

2016 MIAC Women's Outdoor T&F meet features UST's try for 12th-straight title

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COLLEGEVILLE, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Outdoor Track and Field Championships will be co-hosted by the College of Saint Benedict and Saint John's University Friday and Saturday at SJU's Clemens Stadium. The University of St. Thomas enters the MIAC meet trying to extend and impressive championship streak, and the rest of the conference hoping to bring that run to an end.

A year ago, the Tommies captured their 11th-straight MIAC Championship, and Head Coach Joe Sweeney's club has won the conference title 31 times in the meet's 34-year history. The last time the league had a different champ, Concordia claimed the title in 2004. The Cobbers also won in 1999, and St. Olaf is the lone other team to win an outdoor title back in 1984.

| [CHAMPIONSHIPS HOME PAGE](#) | [PROMO VIDEO](#) |

Those same three teams occupied the top three spots in the standings a year ago, as St. Thomas won with 148 points, with Concordia solidly in second with 129.5 points. The Oles (107.5) edged cross-town rival Carleton (104) for third place, and Saint Benedict scored 96.5 points to round out an extremely formidable top five. Hamline scored 61 points to edge both Gustavus (57) and Bethel (54) for sixth place. St. Catherine was ninth with 46 and Macalester grabbed the final spot in the top 10 with 32 points, and Saint Mary's (11.5) clipped Augsburg (11) by a half-point at the bottom of the standings.

The returning star power will be almost unmatched at the 2016 Championships, starting with the return of all four of last season's major award winners. St. Catherine's Shakeela Wells-Johnson is back after winning the 100-meter dash and Outstanding Track Athlete honors last season. Carleton's Ruth Steinke also returns to try to win a remarkable fourth-straight MIAC title in the 3,000-meter steeplechase, which was also voted the 2015 Outstanding Performance-of-the-Meet. Fellow Knight Amelia Campbell is the two-time defending Outstanding Field Athlete, and she won her third-straight pentathlon title at last week's MIAC multi-event championship with the nation's top score in 2016. Coach-of-the-Year Marv Roeske also returns after winning last season's honor in recognition of the Cobbers' outstanding performance and second-place finish.

That list doesn't even include Emily Gapinski, the St. Thomas star who is seeking her third-straight MIAC title in the 1,500 and is fresh off Outstanding Track Athlete honors at the 2016 MIAC Indoor Championships, as well as two national titles at the Division III Indoor Championships in March. Hamline star Carolyn Saulsberry is also back with a pair of titles to defend in the 110-meter hurdles and the triple jump. Bethel's Mollie Gillberg returns with an eye on a repeat in the 10,000-meter run, St. Catherine's Alyssa Besch is the MIAC's defending javelin champion, and Saint Benedict's London Stelten hopes to give the home crowd something to cheer about as she aims for a second-straight MIAC pole vault title.

Augsburg has a pair of standout juniors back with Callie Jones leading the Auggies in the sprints and jumps, and Taybri Irving looking to compete for the distance race titles. Beyond Gillberg, Bethel has high hopes in the spring events with junior Jill Krier back to team up with first-year runner AddieKay Johnson. In addition to Steinke and Campbell, Carleton has senior Reilly Simon back in the sprinting events, and junior Trish Hare eyeing All-MIAC honors or a title in the javelin. Concordia also has a javelin standout in Mikayla Forness, and senior Olivia Johnson - a three-time NCAA participant - gives the Cobbers another outstanding thrower.

Gustavus will be led by a trio of talented seniors - Marit Sonnesyn in the distance events, sprinter Kaitlin Bembenek and Marta Agre in the steeplechase. Hamline's highest hopes rest with Saulsberry, but junior Gabby Koel will lead the Piper throwers, and Gabrielle Brown gives the team another talent in the hurdles. Macalester is excited about the MIAC meet prospects of distance runners Sara Johnathan and Kimber Meyer, and sprinter Hannah Sonsalla also has All-MIAC aspirations in the 200 and 400. The host Blazers will again be led by Stelten in the pole vault, senior Kiley Green in the distance races, and talented junior Allison Kosobud in the middle-distance events.

St. Catherine is poised for continued success in the sprints and hurdles with Wells-Johnson and Brittany Moore both back, and Besch leads a strong group of throwers as well. Saint Mary's hopes pole vaulter Maria Missurelli soars to new heights, and Becca Dup and Madeline Eichers give the Cardinals two other talents in the field. St. Olaf will be led by versatile senior Madison Van Wylen, distance runner Morghen Philippi and sophomore sprinter Abby Stets. The Tommies hopes for another title are bolstered by Gapinski's brilliant senior campaign, as well as fellow middle-distance runners Aimee Junget and Summer Ellefson and versatile field athlete Bailey Cook.

The 2016 MIAC Outdoor Track and Field Championships begin Friday at 2 p.m. The meet will conclude Saturday, with field events beginning 2 p.m. and track to follow at 3 p.m. Saturday's final event begins at 6:30 p.m., and there will be a short awards ceremony following the conclusion of the meet to honor both team champions.



The top three individuals in each event and the first-place relay team will automatically earn All-Conference honors, and the 4th-through-6th place finishers in each open event and 2nd-through-6th place relay teams will all be named All-Conference Honorable Mention.

The MIAC has a [home page](#) dedicated to the 2016 Outdoor Championships, complete with venue and admission information, the [event schedule](#), [entries](#), [heat sheets](#) and links to follow the results live (once available). Results, recaps, and multimedia coverage of the championships will be available throughout the event. Fans can connect to the conference throughout the meet on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#) using the hashtag #MIACOTF.

Admission for the event is \$8 for adults and \$3 for students per day, with children ages 5 and under admitted free. MIAC passes will be honored. The MIAC would like to thank Saint John's University and the College of Saint Benedict and their coaches and staff for their efforts to host the event.

2016 MIAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS PROMOTIONAL VIDEO

MIAC WOMEN'S OUTDOOR TRACK AND FIELD LINKS

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TEAM-BY-TEAM PREVIEWS

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AUGSBURG | [Auggies' women's track and field home page](#) |

Head coach

- Emily Hackert (first season)

A Year Ago

- 12th place | 11 points

Athletes to Watch

- Callie Jones (Sprints/Jumps, JR | Top ranked MIAC long jumper with a distance of 5.45-meters (17-feet-10.75), and ranked fifth in the MIAC in the 100-meter dash with a time of 12.47 seconds)
- Taybri Irving (Distance, JR | Ranked second in the MIAC in both the 5,000-meter run (17:29.46) and the 10,000-meter run (36:44.70))
- Nikaylah Woody (Sprints/Hurdles, SO | Top-ten MIAC ranking in the 400-meter hurdles with a time of 1:07.87)
- Mary Cornelius (Mid-Distance, SR | Three top-30 MIAC rankings, with her best event being the 1,500-meter run where she is ranked 18th)

By the Numbers

- 2: The number of top-50 national rankings for the Auggie women with Irving ranked 31st in the 10,000-meter run and 45th in the 5,000-meter run.
- 2: Number of top-five event conference rankings for Jones, ranked No. 1 in the long jump and No. 5 in the 100-meter dash.
- 21: The May 3, 2016 USTFCCA ranking release slotted Augsburg No. 21 in the Central region.

Did You Know?

- Augsburg has a top-10 ranked competitor in five events as they have their eye on sliding up those rankings to earn All-Conference honors and improve on last year's MIAC Outdoor Conference finish.

Off the Track (and Field)

- Emily Hackert was hired as Augsburg's men's and women's track and field head coach in June. She served as interim women's track and field head coach at Colby, an NCAA Division III college in Waterville, Maine, in 2015, after serving as a men's and women's track and field assistant coach there for three seasons. Prior to coming to Colby, she had served as an assistant coach at Washington and Jefferson College (Pa.) and Springfield College (Mass.).

BETHEL | [Royals' women's track and field home page](#) |



Head coach

- Andrew Rock (4th season)

A Year Ago

- 8th place | 54 points

Athletes to Watch

- Jill Krier (100m/200m, Junior | 4th indoor 60m, 8th indoor 200m, 5th 2015 outdoor 100m, currently ranked 7th in the 100, 6th in the 200m)
- AddieKay Johnson (200m/400m, Freshman | 3rd indoor 200m, 5th indoor 400m, currently ranked 5th in both the 200m and 400m)
- Erin Alpers (800, Sophomore | Indoor 800m champion, currently ranked 8th in the 800)
- Annika Halverson (1500m, Sophomore | 4th indoor 3000m, 3rd 2015 outdoor 1500m, currently ranked 7th in the 1500m)
- Mollie Gillberg (5000m/10000m, Senior | Indoor 5000m champion, 2015 outdoor 10000m champion, currently ranked 4th in the 10000m))

By the Numbers

- 7: Scorers returning from last year's 8th-place team
- 4: Events in which freshman AddieKay Johnson is expected to score points (200, 400, 4x100, 4x400)
- 2: Number of consecutive titles Mollie Gillberg is seeking in the 10,000-meter run after winning last year

Did You Know?

- The Royals, currently ranked 1st in the 4x100, look to return to the top of the podium after last winning the event in 2014.

Off the Track (and Field)

- The Royals sent athletes on spring break mission trips to Belize and the Dominican Republic.

CARLETON | [Knights' women's track and field home page](#) |



Head coach

- Donna Ricks (23rd season)

A Year Ago

- 4th place | 104 points

In the 2015 NCAA Championships

- Amelia Campbell '16 placed 4th in the Heptathlon
- Ruth Steinke '16 placed 11th in the Steeplechase
- Colette Celichowski '15 placed 16th in the 1500-meter run

Athletes to Watch

- Ruth Steinke (Sr. | ranks No. 6 in the nation in the steeplechase [10:46.31], No. 9 in the nation in the 5000m [16:49.17], and No. 23 in the nation in the 1500m [4:33.78]... seeded first in the MIAC this season in the first two of those events and second at the 1500m distance... Won the MIAC Steeplechase in 2013, 2014, and 2015...At the 2016 NCAA Indoor Championships, she was the runner-up in the indoor 5000m and finished fifth in the 3000m race)
- Amelia Campbell (Sr. | MIAC Heptathlon champion in 2014, 2015, and 2016... ranks No. 1 in the nation in the heptathlon [5,058 points] this season... was All-American in the heptathlon in both 2014 [national champ] and 2015... nine career All-MIAC awards in outdoor track and field... in the MIAC this season, ranked No. 2 in the 100m hurdles [14.49], No. 3 in 100m dash [12.46], No. 4 in long jump [5.33m] and high jump [1.61m], No. 10 in javelin [37.49m] and 200m dash [26.05])
- Trish Hare (Jr. | ranks 2nd in the MIAC and No. 8 nationally in the javelin [42.91m] this season)
- Reilly Simon (Sr. | ranks No. 31 in the nation in the 400m [56.78]... in the MIAC this season, ranks 1st in 400m and 6th in the 200-meter

dash [25.84])

- Emma Russ (Sr. | ranks 7th in the MIAC in the 400-meter hurdles [65.32])

By the Numbers

- 1: Carleton owns the MIAC's top time this season in the 4x400 meter relay with a time of 3:59.59.
- 5: Knights have posted 5 of the top 11 times in the 5000-meter run this season:
- 6: Trish Hare has won the javelin at all six meets in which she has participated.

Did You Know?

- Only nine women in the history of Division III athletics have scored higher in the heptathlon than Amelia Campbell (5,058 points) did at this year's MIAC Mulits.

Off the Track (and Field)

- Carleton posted a 3.59 GPA and ranked 11th in Division III and 19th across all three NCAA Divisions last year. Additionally, five team members received USTFCCA Individual All-Academic awards for their classroom work. This group included current competitors Amelia Campbell '16, Ruth Steinke '16, and Emma Grisanzio '17.



CONCORDIA | [Cobbers' women's track and field home page](#) |

Head coach

- Marv Roeske (21st season)

A Year Ago

- 2nd place | 129.50 pts

In the 2015 NCAA Championships

- 19th at 2015 NCAA National Outdoor Meet
- Cherae Reeves won the national championship in the shot put at the 2015 NCAA Outdoor Meet

Athletes to Watch

- Mikayla Forness (Jr. | Runner-up in the javelin at the 2015 MIAC Outdoor Meet; currently ranked 1st in the MIAC and 6th in the nation in the javelin; finished second in the heptathlon at last week's multi-even competition)
- Olivia Johnson (Sr. | 3-time NCAA Meet participant; currently ranked 9th in the shot put and 17th in the javelin in Division III and first in the MIAC in the shot put)
- Hannah Lundstrom (So. | Won the 200 and 400 meters at the 2016 MIAC Indoor Meet; currently ranked 1st in the MIAC in the 200 meters and 4th in both the 100 and 400 meters)
- Emma Peterson (Jr. | Set the school record in the high jump; won the high jump at the 2016 MIAC Indoor Meet; currently ranked first in the MIAC in the high jump and tied for 2nd in the nation)
- Ashley Thompson (Sr. | All-MIAC Honorable Mention in the shot put at the 2016 MIAC Indoor Meet; currently ranked 2nd in the MIAC in the discus and 7th in the shot put)

By the Numbers

- 13: The Cobbers have had at least one NCAA Outdoor Track and Field All-American for 13 straight seasons.
- 26: Concordia has placed in the top 6 at the MIAC Outdoor Championship Meet for 26 consecutive years.
- 129.50: The 129.50 points scored by Concordia at the 205 MIAC Outdoor Meet were the most since the 2001 season.

Did You Know?

- Concordia assistant coach Dave Reuter, who helped Cherae Reeves become a two-time national champion last year, is coaching his little sister – Tresa – who is a freshman thrower on this year's team.



GUSTAVUS | [Gusties' women's track and field home page](#) |

Head coach

- Dale Bahr (Seventh season)

A Year Ago

- 7th place | 57 points

In the 2015 NCAA Championships

- Elizabeth Weiers placed 11th out of 21 in the hammer throw at the NCAA Championships

Athletes to Watch

- Kaitlin Bembenek (sprinter, Sr. | fifth in the MIAC in the 200-meter dash and seventh in the 400-meter)
- Marit Sonnesyn (distance, Sr. | national qualifier in the 10k and first in the MIAC, seventh in the 5k)
- Mata Agre (distance, Sr. | fourth in the MIAC 3,000-meter steeplechase)
- Mallory Butchko (vault, Fy. | third in the MIAC pole vault)
- Sarah Swanson (thrower, Sr. | second in the MIAC shot put and fourth in the hammer throw)

By the Numbers

- 36:10.38: Marit Sonnesyn's school record time in the 10k, set last month at UW-La Crosse.



HAMLIN | [Pipers' women's track and field home page](#) |

Head coach

- Shawn Johnson-Hipp (21st season)

A Year Ago

- 6th place | 61 points

In the 2015 NCAA Championships

- Jessica Putland (9th, Shot Put); Erin Urbanowicz (16th, Hammer)

Athletes to Watch

- Carolyn Saulsberry (Sr., Top 100 M Hurdle time spring -14.39; Tops in Triple Jump – 36-11.75; 3rd in Long Jump – 17-6.75;)
- Gabby Koel (Jr., tops in Discus – 152-3, 8th in Shot Put- 38-11)
- Gabrielle Brown (Fr., 3rd in 100 M Hurdles, 14.76)
- Kiana Verdugo (8th, Hammer, 142-9)

By the Numbers

- 6: number of conference championships Carolyn Saulsberry has already won
- 12: number of freshmen on HU team
- 44: members on HU roster

Did You Know?

- Thrower Kiana Verdugo is the niece of Athletic Director Jason Verdugo.

Off the Track (and Field)

- Thrower Gabby Koel is a candidate for the CoSIDA Academic All-America team this year. Becky Culp, one of her coaches, is a former first team Academic AC recipient.

MACALESTER | [Scots' women's track and field home page](#) |



Head coach

- Margaret Gehring (2nd season)

A Year Ago

- 10th place | 32 points

Athletes to Watch

- Sarah Jonathan (Distance, Sr. | Unbeaten in 3000 ST this spring; ranks 2nd in MIAC and 24th nationally)
- Hannah Sonsalla (Sprints, So. | Ranks 3rd in 200 and 400 on MIAC performance lists; All-MIAC indoors (200))
- Kimber Meyer (Distance, Jr. | 6th-best time in MIAC in 5000; 5-time All-American)
- Brooke Hunter (Hept, 100H, Jr. | Placed 7th in the Heptathlon; ranks 9th in the 100 hurdles in the MIAC)
- Risa Luther (Weights, Sr. | Ranks 7th in the hammer on MIAC performance list)

By the Numbers

- 3: Times Sarah Jonathan has broken the school record in the steeplechase this season
- 15.37: Brooke Hunter's season-best time in the 100 hurdles, set at Thursday's Heptathlon championship
- 2: Number of athletes (Anik Regan and Audrey Seligman) who broke the school record in the pole vault at the Tommie Twilight on May 4

Did You Know?

- In her first season throwing the javelin, sophomore Clara Baumann has the No. 4 all-time performance at Macalester with a toss of 36.65 meters (120-3).

Off the Track (and Field)

- The middle distance and distance runners participated in their annual Earth Day run on Apr. 22. The team splits up in groups, brings garbage bags on their run and collects trash and recyclables they find on the run.

SAINT BENEDICT | [Blazers women's track and field home page](#) |



Head coach

- Robin Balder-Lanoue (17th season)

A Year Ago

- 5th place | 96.5 points

Athletes to Watch

- London Stelten (Pole Vault, Jr. | MIAC Champ 2015 Outdoor, 2016 Indoor; has best mark in MIAC to date)
- Kiley Green (Distance, Sr. | Three school records this outdoor season (3K, 5K, 10K; has a top three time in the MIAC in 5K and 10K; top 40 in D3 in 10K)
- Allison Kosobud (Mid-Distance, Jr. | Set school record in 1,500; top five time in MIAC in 800 and 1,500; top 40 in D3 in both races)
- Anna Wagner (Triple jump, Sr. | Took 3rd in MIAC in 2015 Outdoor and 2nd 2016 Indoor; Currently 2nd-best jump in MIAC)
- Alicia Evenson (Jumps, Sr. | Runner-up in long jump 2016 Indoor; top-10 marks in MIAC in long and high jump)

By the Numbers

- 4: CSB has watched four school records fall this outdoor season. Senior Kiley Green has set three and junior Allison Kosobud one.
- 16: The Blazers have recorded 16 times or marks in the top 10 in school history so far this season.
- 8: Eight athletes who earned All-MIAC or All-MIAC Honorable Mention at the 2015 outdoor championships are back to compete this season.

Did You Know?

- The CSB track and field team holds the Blazers' top conference finish so far this season with a second-place finish at the indoor conference championships, and also has one of CSB's top team GPAs.

ST. CATHERINE | [Wildcats' women's track and field home page](#) |



Head coach

- Shannon Houlihan (4th season)

A Year Ago

- 9th place | 46 points

Athletes to Watch

- Shakeela Wells-Johnson (Sprints/Hurdles, Jr. | 2015 Outdoor Track Athlete of the Year, defending MIAC 100 meter champion; All-MIAC in 100m and 100m hurdles in 2015; 2x All-MIAC Honorable Mention in 4x100m relay; school record holder in 100m (12.11), 100H (14.66), and 200m (26.28) ; holds top-10 performance in school history in 4 x 100-meter relay (No. 5, No. 7).
- Brittany Moore (Sprints/Hurdles, Sr. | 3x All-MIAC Honorable Mention in 4x100m relay, 2x All-MIAC Honorable Mention in 100H (2014, 2015); holds top-10 performance in school history in 100m (12.74), 100H (15.33), 4 x 100 Relay (No. 5, No. 6, No. 7), Long Jump (4.89m).
- Alyssa Besch (Throws, Sr. | Defending MIAC javelin throw champion; 2014 All-MIAC in javelin; school record holder in the javelin throw (41.44m)
- Megan Pohlmann (Throws, Jr. | 2015 All-MIAC Honorable Mention in javelin; 2014 and 2015 MIAC qualifier in hammer throw and javelin; No. 2 throw in school history in javelin (41.38 meters); top-10 performances in hammer throw and javelin)
- Tori Thompson (Long jump, Throws, Fy. | School record holder in long jump (5.44m); ranked No. 2 in the MIAC in long jump and No. 7 in discuss)

By the Numbers

- 2: The Wildcats have two defending champs returning to the MIAC Championship this weekend. Sprinter Shakeela Wells-Johnson is the returning 100 meter dash champion and Alyssa Besch returns to the conference meet to defend her javelin title.
- 3: The Wildcats set three different school records in three straight meets from March 20 to April 16. Tori Thompson set the school record in long jump, Megan Pohlmann took back the school record in javelin, and Shakeela Wells-Johnson set another St. Kate's record in the 200 meter dash.

Did You Know?

- The Wildcats have three multisport student-athletes participating in the MIAC Championships. First year Tori Thompson is also a member of the St. Kate's hockey team, while Alyssa Besch and Johna Radke are members of the volleyball team. St. Kate's also has 14 runners on the cross country team as well.

Off the Track (and Field)

- St. Kate's was one of 170 Division III programs to earn the USTFCCA All-Academic Team Award for the 2015 season. Alyssa Besch (Apple Valley, Minn./Eastview) also earned All-Academic honors as an individual, which is given to student-athletes with a 3.30 GPA and either qualify for the NCAA Championships or rank in the top 35 nationally in an individual event. Besch finished the year ranked 27th in the javelin.

SAINT MARY'S | [Cardinals' women's track and field home page](#) |



Head coach

- Niels Anderson (3rd season)

A Year Ago

- 11th place | 11.5 points

Top Performers

- Maria Missurelli (So., 5-5, Franklin, Wis. | First-Team All-MIAC in indoor pole vault in 2016. ... First-Team All-MIAC in outdoor pole vault

and honorable-mention All-MIAC in indoor pole vault. ... Set school record in indoor pole vault in 2016, clearing 3.35m at MIAC Indoor Championships.

- Becca Dup (Fr., 5-6, Albert Lea, Minn. | 2016 honorable-mention All-MIAC in the long jump ... Has been team's top sprinter and long-jumper all season).
- Madeline Eichers (So., 5-10, Independence, Minn. | Owns MIAC outdoor-qualifying marks in both the hammer and discus)

By The Numbers

- 1 x 2: Maria Missurelli is the team's record-holder both the indoor and outdoor pole vault. Missurelli has cleared 3.35m indoors and 3.49m outdoors.
- 2: Maria Missurelli and Becca Dup each earned All-MIAC honors at the MIAC Indoor Championships in March—Missurelli was First-Team All-MIAC selection in the pole vault, while Dupo, competing in her first collegiate conference championships, was honorable-mention in the long jump.
- 2: Maria Missurelli's school-record 3.49-meter leap in the pole vault—recorded at the Lee Krough Invitational on April 16—ranks No. 2 in the conference this outdoor season.

Did You Know?

- Having never long jumped competitively before the 2016 indoor season, Becca Dup currently holds the seventh-longest leap this outdoor season at 5.25 meters.

ST. OLAF



ST. OLAF | [Oles' women's track and field home page](#) |

Head coach

- Katie Bretscher (First season)

A Year Ago

- Third place | 107.5 points

Athletes to Watch

- Madison Van Wylen (Sprints, Heptathlon, Senior | Currently fourth in the MIAC in the 200 meter dash (25.77)... Runner on the MIAC champion 4x400 meter relay team... Eighth in the 100 meter dash at last year's MIAC championships)
- Abby Stets (Sprints, Sophomore | Currently second in the MIAC in the 200 meter dash (25.55) and the 400 meter dash (57.03)... Led off the 4x400 meter relay team that won the MIAC championships in 2015...Second in the 200 and 400 meter dash at 2015's Championships)
- Morghen Philippi (Distance, Senior | Second in the 5,000 and fifth in the 10,000 at last year's MIAC Championships... Has run 17:52.72 in the 5,000 this season and 37:55.33 in the 10,000)
- Michaela Bolden (Throws, Senior | Currently third in the MIAC for the hammer throw (46.01 meters)... Was 12th in the hammer throw at last year's championships)
- Suzie Hoops (Mid-Distance, Junior | Has run 2:18.58 in the 800 this season... Ran second on the MIAC Champion 4x400 at last year's championships and was on the 4x800 relay for the Oles at the MIAC championships)

By the Numbers

- 15: Number of top ten MIAC performances by St. Olaf athletes this spring
- 8: MIAC scorers from last year's team who are back again to compete this year
- 19: Freshmen and new members of the St. Olaf women's track and field team

Did You Know?

- Madison Van Wylen was named the MIAC track athlete of the week for the week of April 13, 2016.

Off the Track (and Field)

- Senior mid-distance runner Abbey Schnaith was the winner of the Dave Hauck award, given to the top scholar, community service and athlete at St. Olaf each year.



ST. THOMAS | [Tommies' women's track and field home page](#) |

Head coach

- Joe Sweeney (36th season)

A Year Ago

- 1st place | 148 points

In the 2015 NCAA Championships

- T-22nd place | 11 points (5 All-Americans)

Athletes to Watch

- Emily Gapinski (Mid-Dist., Sr. | Top seed in 800 and 1500, 1500m NCAA Indoor champ, 2X NCAA DM relay champ; 2015 NCAA runner-up 1,500; seeded first nationally in 1,500)
- Aimee Junget (Mid-Dist., Sr. | Ranked 24th nationally in 1500 and 35th in 800; 2016 NCAA DM relay champion indoors, Drake Relays runner-up 4x800 and DM Relay)
- Summer Ellefson (Mid-Dist./Hurdles, Sr. | 2016 NCAA relay champion; four career top-5 MIAC finishes; seed in top 7 in MIAC outdoor list in 800, 4x800, 400 hurdles, steeplechase)

- Bailey Cook (Multi, Jr. | Long jump champion at 2016 MIAC indoors; has placed in 23 events in six career MIAC meets indoors and outdoors with 128 individual points and eight relay points)
- Olivia Graham (Throws, Jr. | Second seed in hammer throw; third in weight throw at 2016 MIAC indoors)

By the Numbers

- 11: Consecutive years that UST women have swept MIAC Indoor/Outdoor team crowns
- 6: Tommies who have ran sub-2:17 times this spring in the 800 meters, led by Emily Gapinski (2:10.76) and Hannah Helstad (2:12.65)
- 16: Top-65 performances so far on current Division III outdoor season list

Did You Know?

- With 25 top-5 seeds on 2016 MIAC outdoor season list, UST will look for hurdles and mid-distance scoring to help offset field-event strength of Concordia-Moorhead, the 2015 runner-up.

Off the Track (and Field)

- St. Thomas has 15 athletes who are seeded in the top 12 in the MIAC that also boast a grade-point average of 3.60 or better, led by junior Elizabeth Russell (3.97), senior Aimee Junget (3.94) and junior Bridget McGivern (3.91).