

Tinklenberg, Jordan receive 2013 MIAC Women's S&D individual honors

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ST. PAUL, Minn. -- The 2013 Minnesota Intercollegiate Athletic Conference (MIAC) Swimming and Diving Championships were a rousing success last weekend at the University of Minnesota Aquatic Center, and the top individuals were honored for their performance with the presentation of the 2013 MIAC Women's Swimming and Diving Awards. Included in the awards were the top individual swimming, diving and coaching honors, All-MIAC Sportsmanship Team selections and All-Conference individuals and relay teams.

The top 2013 individual swimming honors were split by the top two teams, Gustavus and St. Thomas, with Gustie junior Alissa Tinklenberg earning MIAC Women's Swimmer-of-the-Year honors and Tommie Head Coach Tom Hodgson voted the MIAC Women's Swimming Coach-of-the-Year. The two top diving honors were swept by Macalester with Scots junior Renee' Jordan receiving the MIAC Women's Diver-of-the-Year award and her coach, Jake Dunn, claiming the MIAC Diving Coach-of-the-Year honor.

Gustavus' main catalyst for its fourth-consecutive team title was Tinklenberg, who won three individual events while setting one MIAC and MIAC Championships record, and contributed to three first-place relays, and another second-place relay effort to give her seven All-Conference honors throughout the three-day championships. Tinklenberg's MIAC record came during her title defense of the 200-yard backstroke, as she broke her own record and became the first MIAC woman to break two minutes in the event with her new career best time of 1:59.92.

Tinklenberg also won the 100-yard backstroke in 56.41 and the 400-yard individual medley in 4:30.70. In addition to her individual success, she helped the Gustie relay teams win the 200-yard freestyle relay, the 400-yard freestyle relay and the 400-yard medley relay. Her only non-first-place performance of the weekend was a runner-up finish with the Gustavus 800-yard freestyle relay team. Tinklenberg helped the Gusties amass 743 points, and a 52-point victory in the team standings.

Jordan received 2013 MIAC Women's Diver-of-the-Year honors thanks to her victory on the 3-meter board, and runner-up finish on the 1-meter board and All-Conference honors in both events. She claimed the MIAC title on the 3-meter board a year after finishing second in the event. Her winning score was 464.95, which met the 2012 NCAA selection standard. She also met last year's NCAA cut on the 1-meter board, narrowly finishing second by just 4.80 points to teammate Hunter Hedenberg. Jordan's 1-meter score was 412.10.

St. Thomas Head Coach Tom Hodgson was voted the 2013 MIAC Women's Swimming Coach-of-the-Year by his peers a year after receiving a share of the men's swimming coaching honor. The Tommies gave four-time Gustavus a serious scare thanks to a great performance throughout the weekend. UST scored 691 points in the meet, 52 behind Gustavus and 61 ahead of third-place St. Olaf. Hodgson's team had four first-place finishes and 12 All-Conference performances at the 2013 MIAC Championships.

Macalester's Jake Dunn was selected as the 2013 MIAC Diving Coach-of-the-Year after Scots divers swept the two conference championships, highlighted by a 1-2 finish on the 1-meter board. Dunn coached Jordan to a win on the 3-meter board and a second-place finish on the 1-meter board en route to her Diver-of-the-Year award. Fellow Scot Hedenberg - just a freshman - outdueled her teammate for the 1-meter title in an entertaining display during Saturday's final session. Dunn was the only coach to have three women's All-Conference diving selections.

In addition to the top individual award-winners, the MIAC also recognized the 2013 Women's Swimming and Diving All-MIAC Sportsmanship team at Saturday's final session, and those individuals are listed below. Also listed below are the 2013 MIAC Women's Swimming and Diving All-Conference individuals and relay teams. The top three finishers in each event were received All-MIAC honors, and a medal following their event.

Fans can re-live the 2013 MIAC Swimming and Diving Championships on the event's home page. The page features complete coverage of all six sessions including results, recaps, photos and videos. All six sessions were also broadcast live online by [Webcast America](#), and fans can view the [video archives](#) of each session online, and have the option to purchase a DVD.



2013 MIAC Women's Swimming and Diving Awards

MIAC Women's Swimmer-of-the-Year: Alissa Tinklenberg, Gustavus (Jr., Willmar, Minn.)

MIAC Women's Diver-of-the-Year: Renee' Jordan, Macalester (Jr., Anchorage, Alaska/Stellar Secondary)

MIAC Women's Swimming Coach-of-the-Year: Tom Hodgson, St. Thomas

2013 Women's S&D All-MIAC Sportsmanship Team

Augsburg - Kelsey Knollmueller (Fy., Oakdale, Calif.)
Carleton - Anne Richardson (Sr., Red Wing, Minn.)
Concordia - Kelsey Appert (Jr., Fergus Falls, Minn.)
Gustavus - Nikke Hansen (Sr., Deerwood, Minn.)
Hamline - Maddy Stauber (Fy., Duluth, Minn.)
Macalester - Hanna Currens (Fy., Frederick, Md.)
Saint Benedict - Sam Kessler (Sr., Plymouth, Minn.)
St. Catherine - Kathleen VanDeVoorde (Jr., Rochester, Minn.)
Saint Mary's - Anna Smaron (Jr., Maple Plain, Minn.)
St. Olaf - Maura Nicholson (Sr., Ann Arbor, Mich.)
St. Thomas - Katie Brombeck (Sr., Sparta, N.J.)

2013 Women's S&D All-MIAC Individuals and Relay Teams

1-meter diving

1. Hunter Hedenberg (Fr., Macalester) 416.90
2. Renee' Jordan (Jr., Macalester) 412.10
3. Alivia Bavier (So., St. Catherine) 396.00

3-meter diving

1. Renee' Jordan (Jr., Macalester) 464.95
2. Alivia Bavier (So., St. Catherine) 420.10
3. Kaci Pahl (Fr., St. Thomas) 364.70

50-yard freestyle

1. Sophie Pilhofer (Sr., Carleton) 23.43
2. Katie Olson (So., Gustavus) 23.69
3. Averi Splinter (So., St. Thomas) 23.85

100-yard freestyle

1. Meghan Weiss (Sr., St. Olaf) 51.72
2. Sophie Pilhofer (Sr., Carleton) 51.93
3. Stephanie Bierman (Fr., Saint Benedict) 52.11

200-yard freestyle

1. Meghan Weiss (Sr., St. Olaf) 1:50.71
2. Maddie Lee (Fr., St. Olaf) 1:53.11
3. Stephanie Bierman (Fr., Saint Benedict) 1:54.55

500-yard freestyle

1. Meghan Weiss (Sr., St. Olaf) 5:00.26
2. Maddie Lee (Fr., St. Olaf) 5:08.13
3. McKenna Jones (So., Gustavus) 5:08.64

1,650-yard freestyle

1. Elise Guenther (So., St. Thomas) 17:34.46
2. McKenna Jones (So., Gustavus) 17:49.74
3. Molly Spence (Sr., Carleton) 17:56.01

200-yard individual medley

1. Steff Jurusik (Sr., St. Catherine) 2:06.92
2. Lydia Feldman (Sr., St. Olaf) 2:08.12
3. Jenny Strom (So., Gustavus) 2:09.22

400-yard individual medley

1. Alissa Tinklenberg (Jr., Gustavus) 4:30.70
2. Abby Lyle (Jr., Gustavus) 4:37.71
3. Steff Jurusik (Sr., St. Catherine) 4:37.89

100-yard backstroke

1. Alissa Tinklenberg (Jr., Gustavus) 56.41
2. Carolyn Bernhardt (Jr., St. Olaf) 56.58
3. Hayley Trace (Jr., St. Thomas) 57.48

200-yard backstroke

1. Alissa Tinklenberg (Jr., Gustavus) 1:59.92
2. Carolyn Bernhardt (Jr., St. Olaf) 2:03.52
3. Maddie Lee (Fr., St. Olaf) 2:06.87

100-yard breaststroke

1. Jenny Strom (So., Gustavus) 1:03.85
2. Emily Punyko (So., St. Thomas) 1:06.41
3. Victoria Tormanen (Fr., Saint Benedict) 1:06.43

200-yard breaststroke

1. Jenny Strom (So., Gustavus) 2:19.65
2. Maggie McKenna (Fr., Macalester) 2:24.85
3. Maria Gathje (Jr., Saint Benedict) 2:25.10

100-yard butterfly

1. Mariann Kukielka (So., St. Thomas) 57.19
2. Sophie Pilhofer (Sr., Carleton) 58.12)
3. Lydia Feldman (Sr., St. Olaf) 58.60

200-yard butterfly

1. Katie Bromback (Sr., St. Thomas) 2:09.24
2. Ellen Dean (Jr., Saint Benedict) 2:10.23
3. Lydia Feldman (Sr., St. Olaf) 2:11.50

200-yard freestyle relay

1. Gustavus (1:34.89)
- (Alissa Tinklenberg, Sarah Hund, Tarin Anding, Katie Olson)
2. St. Thomas (1:35.55)
 3. Carleton (1:35.70)

400-yard freestyle relay

1. Gustavus (3:29.72)
- (Katie Olson, Sarah Hund, Jenny Strom, Alissa Tinklenberg)
2. St. Thomas (3:30.94)
 3. St. Olaf (3:31.12)

800-yard freestyle relay

1. St. Olaf (7:39.32)
- (Carolyn Bernhardt, Maddie Lee, Abby Schnaith, Meghan Weiss)
2. Gustavus (7:40.59)
 3. St. Thomas (7:51.99)

200-yard medley relay

1. St. Thomas (1:44.79)
- (Hayley Trace, Emily Punyko, Mariann Kukielka, Averi Splinter)
2. St. Olaf (1:45.66)
 3. Gustavus (1:45.87)

400-yard medley relay

1. Gustavus (3:51.67)
- (Alissa Tinklenberg, Jenny Strom, Laura Drake, Katie Olson)
2. St. Thomas (3:52.49)
 3. St. Olaf (3:52.66)