

# Tinklenberg, Nagy headline 2014 MIAC Women's S&D Awards

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ST. PAUL, Minn. -- The 2014 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Swimming and Diving Championships concluded Saturday at the University of Minnesota Aquatic Center, with Gustavus hoisting the championship trophy for the fifth-straight season. As a result of their standout performance, the Gusties claimed two of the conference's top individual honors, with St. Catherine and Macalester also represented with the announcement of the 2014 MIAC Women's Swimming and Diving Awards.

Gustie senior Alissa Tinklenberg was honored with her second-straight MIAC Women's Swimmer-of-the-Year award and her coach, Jon Carlson, was voted the MIAC Women's Swimming Coach-of-the-Year in honor of Gustavus' championship performance. St. Catherine rookie Jenna Nagy was honored as the 2014 MIAC

Women's Diver-of-the-Year in her first MIAC Championships appearance, and Macalester's Jake Dunn repeated as the MIAC Diving Coach-of-the-Year. All were honored at an awards ceremony following the conclusion of Saturday's final session.

Tinklenberg was an easy choice to repeat after her perfect performance over the weekend. The Gustavus star competed in seven events and finished with seven first-place finishes and five new MIAC records. Six of her seven times met the NCAA's 2013 qualifying standard, so there is a good chance she will conclude her career competing in many of those events at the 2014 NCAA Championships.

Tinklenberg will graduate as the top backstroke swimmer in MIAC history. Over the weekend she won her third-straight title in both the 100- and 200-yard backstrokes, and her times of 55.26 in the 100 and 1:59.59 in the 200 both stand as MIAC records. She also swam the backstroke legs of the Gustavus 200- and 400-yard medley relays, which both set MIAC records with times of 1:43.57 and 3:47.09, respectively. She also won the 50-yard freestyle in 23.18 and anchored the 400-yard freestyle relay team which set a new MIAC record of 3:26.77.

Nagy certainly didn't perform like a first-year diver in her first MIAC Championships. The Wildcat rookie scored All-Conference honors on both boards and claimed her first conference title. Nagy scored 394.65 points on the 1-meter board to defeat the defending champion, Macalester's Hunter Hedenberg, by 14.30 points. Nagy also turned in a great performance on the 3-meter board, scoring 418.70 to finish third. Her 3-meter score met the previous NCAA selection standard, and Nagy was just one of two divers to earn All-MIAC honors on both diving boards in 2014.

Carlson received his third MIAC Women's Swimming Coach-of-the-Year honor, after also winning the honor in 2002 and 2010. Carlson's team captured its fifth-straight MIAC title, which is now the second-longest women's swimming and diving championship streak in league history. Only St. Olaf's 11-straight titles beginning in 1987 is a longer run at the top than the current one enjoyed by Carlson's crew.

Their fifth title may have been his team's most dominant performance, as Gustavus amassed 886.5 points to win by nearly 200 over runner-up St. Thomas, and no other MIAC team was within 370 of the Gusties. Gustavus finished first in 14 of the 18 swimming events, setting seven new MIAC records in the process. It was especially good in the relays, winning four of five with three new MIAC records. In all, Carleton's team turned in 24 All-Conference (top three) performances - 19 individual and five relay.

Dunn received his second-straight MIAC Diving Coach-of-the-Year award for his work with the Macalester women. He coached Scots senior Renee Jordan to a repeat victory on the 3-meter diving board, and both Jordan and runner-up Hedenberg met the previous NCAA selection score. Hedenberg also finished second on the 1-meter board, and Jordan led on that board as well following both the prelims and semifinals, but had to withdraw from the finals due to injury.

In addition to the top individual award-winners, the MIAC also recognized the 2014 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 2014 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 relive all the action of the 2014 MIAC Swimming and Diving Championships online. The [event home page](#) has complete results, recaps, [photo galleries](#) and [highlight videos](#) from an exciting weekend. All photos are available for purchase directly from the galleries. All six sessions are also [archived online](#) thanks to [Webcast America](#), and fans can purchase DVDs or watch each session on-demand.



2014 MIAC Women's Swimming & Diving Awards

2014 Women's S&D All-MIAC Sportsmanship Team

Women's Swimmer-of-the-Year

Alissa Tinklenberg, Gustavus (Sr., Willmar, Minn.)

Women's Diver-of-the-Year

Jenna Nagy, St. Catherine (Fy., Hutchinson, Minn.)

Women's Swimming Coach-of-the-Year

Jon Carlson, Gustavus (24th Season)

Diving Coach-of-the-Year

Jake Dunn, Macalester (Fourth season)

Augsburg - Kelsey Knollmueller (So., Oakdale, Calif.)

Carleton - Claire Wilson (Sr., Franklin, Ind.)

Concordia - Joleen Baker (So., Ostego, Minn.)

Gustavus - Michaela Holm (Sr., Red Wing, Minn.)

Hamline - Ashley Daniels (Fy., St. Paul, Minn.)

Macalester - Elise Hollinger (Sr., New London, N.H.)

Saint Benedict - Lauren Kessler (Sr., Plymouth, Minn.)

St. Catherine - Jenna Nagy (Fy., Hutchinson, Minn.)

Saint Mary's - Anna Smaron (Sr., Maple Plain, Minn.)

St. Olaf - Rebecca Barry (Sr., Deerfield, Ill.)

St. Thomas - Erin Windschitl (Sr., St. Cloud, Minn.)

2014 MIAC Women's Swimming & Diving All-Conference Team

#### 50-yard freestyle

1. Alissa Tinklenberg, Gustavus, 23.18, ST13
2. Katie Olson, Gustavus, 23.51, ST13
3. Milana Socha, Carleton, 23.57, ST13

#### 100-yard freestyle

1. Katie Olson, Gustavus, Jr., 51.61, B
2. Milana Socha, Carleton, Sr., 51.67, B
3. Maddie Lee, St. Olaf, So., 52.14, B

#### 200-yard freestyle

1. Maddie Lee, St. Olaf, So., 1:51.64, B
2. Milana Socha, Carleton, Sr., 1:53.78
3. Steph Bierman, Saint Benedict, So., 1:54.52

#### 500-yard freestyle

1. Jenny Strom, Gustavus, 5:02.22, B
2. Maddie Lee, St. Olaf, 5:03.87
3. Leah Anderson, Gustavus 5:08.22

#### 1,650-yard freestyle

1. Elise Guenther, St. Thomas, Jr., 17:48.98, R3
2. Libby Larson, Gustavus, Jr., 17:57.00
3. McKenna Jones, Gustavus, Jr., 17:59.44

#### 100-yard backstroke

1. Alissa Tinklenberg, Gustavus, Sr., 55.26, M\*, R3, ST13
2. Carolyn Bernhardt, St. Olaf, Sr., 57.22, B
3. Hayley Trace, St. Thomas, Sr., 58.24

#### 200-yard backstroke

1. Alissa Tinklenberg, Gustavus, Sr., 1:59.59, M\*, R3, ST13
2. Maria Wetzel, Carleton, Fy., 2:03.99, B
3. Hayley Booher, Gustavus, Fy., 2:04.45, B

#### 100-yard breaststroke

1. Jenny Strom, Gustavus, Jr., 1:03.78, R3, ST13
2. Emily Punyko, St. Thomas, 1:04.55, B
3. Alex Zuelke, St. Catherine, 1:05.29, B

#### 200-yard breaststroke

1. Jenny Strom, Gustavus, Jr., 2:17.11, M\*, R3, ST13
2. Emily Punyko, St. Thomas, Jr., 2:21.34, B
3. Maggie Boling, St. Olaf, Sr., 2:23.89, B

#### 100-yard butterfly

1. Mariann Kukielka, St. Thomas, Jr., 55.25, M\*, R3, ST13
2. Dani Klunk, Gustavus, Fy., 56.91, B
3. Courtney Grunewald, St. Thomas, Fy., 57.71, B

#### 200-yard butterfly

1. Dani Klunk, Gustavus, Fy., 2:06.45, M\*, B
2. Courtney Grunewald, St. Thomas, Fy., 2:08.92
3. Mariann Kukielka, St. Thomas, Jr., 2:09.96

#### 200-yard individual medley

1. Dani Klunk, Gustavus, 2:06.96, B
2. Laura Drake, Gustavus, 2:07.11, B
3. Hayley Booher, Gustavus, 2:07.21, B

#### 400-yard individual medley

1. Hayley Booher, Gustavus, Fy., 4:30.77, B
2. Kristi Podratz, Gustavus, Fy., 4:39.44
3. Abby Lyle, Gustavus, Sr., 4:39.56

#### 1-meter diving

1. Jenna Nagy, St. Catherine, Fy., 394.65
2. Hunter Hedenberg, Macalester, So., 380.35
3. Megan Lawson, Saint Benedict, 372.10

#### 3-meter diving

1. Renee Jordan, Macalester, Sr., 516.00, R, ST13
2. Hunter Hedenberg, Macalester, So., 442.25, ST13
3. Jenna Nagy, St. Catherine, Fy., 418.70, ST13

#### 200-yard freestyle relay

1. Gustavus, 1:33.83, ST13  
(Alissa Tinklenberg, Tarin Anding, Dani Klunk, Katie Olson)
2. St. Thomas, 1:36.91  
(Courtney Grunewald, Emily Punyko, Claire Larson, Erin Hogan)
3. Carleton, 1:37.33  
(Milana Socha, Alexandra Guy, Alex Braidey, Maria Wetzel)

#### 400-yard freestyle relay

1. Gustavus, 3:26.77, M\*, ST13  
(Katie Olson, Leah Anderson, Dani Klunk, Alissa Tinklenberg)
2. St. Olaf, 3:30.76, B  
(Abbey Schnaith, Carolyn Bernhardt, Sarah Kemp, Maddie Lee)
3. St. Thomas, 3:21.81  
(Erin Hogan, Emily Punyko, Courtney Grunewald, Hayley Trace)

#### 800-yard freestyle relay

1. St. Olaf, 7:37.51, M, ST13  
(Carolyn Bernhardt, Sarah Kemp, Abbey Schnaith, Maddie Lee)
2. Gustavus, 7:41.15, B  
(Katie Olson, Leah Anderson, Hayley Booher, Jenny Strom)
3. Carleton, 7:51.80  
(Milana Socha, Brittany Salazar, Alex Braiedy, Maria Wetzel)

#### 200-yard medley relay

1. Gustavus, 1:43.57, M\*, ST13  
(Alissa Tinklenberg, Laura Drake, Dani Klunk, Katie Olson)
2. St. Thomas, 144.75, ST13  
(Hayley Trace, Emily Punyko, Mariann Kukielka, Courtney Grunewald)
3. St. Olaf, 1:47.35  
(Carolyn Bernhardt, Megan Gaylord, Abbey Schnaith, Maria Thomforde)

#### 400-yard medley relay

1. Gustavus, 3:47.09, M\*  
(Alissa Tinklenberg, Jenny Strom, Dani Klunk, Katie Olson)
2. St. Thomas, 3:54.09  
(Hayley Trace, Emily Punyko, Mariann Kukielka, Erin Hogan)
3. St. Olaf, 3:55.68  
(Carolyn Bernhardt, Megan Gaylor, Abbey Schnaith, Maddie Lee)

Key: M - Meet Record; M\* - MIAC Record; R - Repeat Champion; R3 - 3-time Champion, R4 - 4-time Champion; A - NCAA 'A' Qualifying Standard; B - NCAA 'B' Qualifying Standard; ST13 - 2013 NCAA Selection Time.