

Gustavus' Strom, St. Catherine's Nagy headline 2015 MIAC Women's S&D Awards

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BLOOMINGTON, Minn. -- Throughout the 2014-15 Minnesota Intercollegiate Athletic Conference (MIAC) women's swimming and diving season, Gustavus swimmer Jennifer Strom and St. Catherine diver Jenna Nagy built incredible resumes. The duo capped their seasons with spectacular performances at the MIAC Championships to headline the 2015 MIAC Women's Swimming and Diving Awards.

Both Strom (Sr., Rochester, Minn./Century) and Nagy (So., Hutchinson, Minn.) each claimed three-straight MIAC Women's Swimming and Diving Athlete-of-the-Week awards during the regular season, then used their brilliant Championships performances to claim the MIAC Women's Swimmer- and Diver-of-the-Year honors, respectively. Top coaching honors were also presented, with St. Thomas' Scott Blanchard (First season) receiving MIAC Women's Swimming Coach-of-the-Year and Jon Hazen (Fifth season) claiming MIAC Diving Coach-of-the-Year honors for his work with the divers from Saint Benedict and Saint John's.



Strom capped her incredible career with the conference's top swimming honor after finishing off a career sweep in two events at the top of her impressive list of accomplishments. The Gustie star won both the 100-yard breaststroke and the 200-yard breaststroke in each of her four seasons as a MIAC swimmer. She completed her career sweep in both events last weekend as she broke her own MIAC record in the 100-breast with a time of 1:02.70, and she also won the 200-breast with a time of 2:17.39. Both times met the 2014 NCAA selection standard.

Strom's highlights at the 2015 championships went beyond her breaststroke brilliance, as she earned six All-MIAC honors with five titles and one runner-up finish. She added her second-straight title in the 500-yard freestyle with a time of 5:02.53. She also helped the Gusties win the 400-yard medley relay with a 2014 selection time of 3:47.68 and the 800-yard freestyle relay with an NCAA B cut time of 7:39.47. She also swam on Gustavus' second-place team in the 200-yard medley relay, which beat the previous MIAC record with a time of 1:43.55 (2014 selection time) and finished second behind St. Thomas and its new record time of 1:43.14.

Nagy also continued the overly impressive start to her career, as the sophomore has now earned the MIAC's top diving honor in each of her first two seasons. This time around, the Wildcats star claimed conference titles on both boards with NCAA Zone Diving Regional qualifying marks on both. She repeated as the MIAC champion on the 1-meter board with a score of 432.10 and she added the title on the 3-meter board after finishing third a year ago with a winning score of 446.70.

Blanchard was voted the MIAC's top swimming coach after leading the Tommies to a runner-up finish at the 2015 championships. UST made six-time defending champion Gustavus work for its latest title. The Tommies pulled ahead early during Saturday's final session, but couldn't quite hold off the Gusties during an entertaining duel for the title. In the end, Gustavus won with 858 points to St. Thomas' 817 points.

Under Blanchard's direction, the Tommies swam to five first-place finishes, with four individual wins and one relay victory. That relay victory was the new MIAC record in the 200-yard medley relay. UST had 16 individual All-Conference performances (top three) and four of the five relay teams earned All-MIAC honors with one win and three runner-up finishes. Blanchard received the same honor on the men's side after coaching the St. Thomas men to the MIAC team championship.

Hazen was honored with the MIAC Diving Coach-of-the-Year award thanks to his combined performance instructing the Saint Benedict and Saint John's divers. In each of the four diving events, Hazen coached three of the top eight finishers. The Saint Benedict women had similar success as Megan Lawson earned All-MIAC honors to pace a trio the finished 3-6-8 on the 1-meter board, and the Blazers' also took the 4-6-8 spots on the 3-meter board. The Saint John's men placed 4-5-6 on the 1-meter board and 4-5-7 on the 3-meter board.

In addition to the top individual award-winners, the MIAC also recognized the 2015 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 2015 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 all the action of the 2015 MIAC Swimming and Diving Championships online. The [event home page](#) has complete results, recaps and photo galleries 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.

2015 MIAC Women's Swimming & Diving Awards

Women's Swimmer-of-the-Year

Jennifer Strom, Gustavus (Sr., Rochester, Minn./Century)

Women's Diver-of-the-Year

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

Women's Swimming Coach-of-the-Year

Scott Blanchard, St. Thomas (First season)

Diving Coach-of-the-Year

Jon Hazen, Saint Benedict and Saint John's (Fifth season)

2015 Women's S&D All-MIAC Sportsmanship Team

- Augsburg - Jessica Carwin (Jr., Oakdale, Minn.)
- Carleton - Emily Houlihan (Sr., Boulder, Colo.)
- Concordia - Sarah Nelson (So., Sauk Centre, Minn.)
- Gustavus - Breanna Schlegel (Sr., Eagan, Minn.)
- Hamline - Hannah Hawker (Sr., Hutchinson, Minn.)
- Macalester - Alese Halvorson (Sr., Maple Grove, Minn.)
- Saint Benedict - Hannah Iverson (Sr., Anchorage, Alaska)
- St. Catherine - Hayley French-Krah (Jr., Rochester, Minn.)
- Saint Mary's - Grace Van Beest (So., Flossmoor, Ill.)
- St. Olaf - Hannah Hein (So., St. Louis Park, Minn.)
- St. Thomas - Averi Splinter (Sr., Austin, Minn.)

2015 MIAC Women's Swimming & Diving All-Conference Team

50-yard Freestyle

1. Emma Paulson, St. Thomas, So., 22.99, ST14
2. Katie Olson, Gustavus, Sr., 23.40, ST14
3. Kathleen Reilly, Gustavus, Fr., 23.87, NCAA B

100-yard Freestyle

1. Katie Olson, Gustavus, Sr., 51.60, ST14, R
2. Kathleen Reilly, Gustavus, Fy., 51.71, NCAA B
3. Maddie Lee, St. Olaf, Jr., 52.24

200-yard Freestyle

1. Maddie Lee, St. Olaf, 1:52.63, NCAA B, R
2. Michelle Campeau, Gustavus, Fr., 1:52.85, NCAA B
3. Leah Anderson, Gustavus, 1:53.54

500-yard Freestyle

1. Jennifer Strom, Gustavus, Sr., 5:02.53, R
2. Maddie Lee, St. Olaf, Jr., 5:03.56
3. Leah Anderson, Gustavus, Jr., 5:09.41

1,650-yard Freestyle

1. Elise Guenther, St. Thomas, Sr., 17:39.33, R4
2. Katelyn Washenberger, St. Thomas, Fy., 17:55.06
3. Kenzie Young, Saint Benedict, Fy., 17:58.66

100-yard Backstroke

1. Emma Paulson, St. Thomas, So., 55.33, ST14
2. Maria Wetzal, Carleton, So., 57.54, NCAA B
3. Abbey Schnaith, St. Olaf, Jr., 58.85

200-yard Backstroke

1. Emma Paulson, St. Thomas, So., 2:00.13, ST14
2. Maria Wetzal, Carleton, So., 2:02.74, ST14
3. Hayley Booher, Gustavus, So., 2:03.67, NCAA B

100-yard Breaststroke

1. Jennifer Strom, Gustavus, Sr., 1:02.70, ST14, R4, M*
2. Emily Punyko, St. Thomas, 1:05.05, NCAA B
3. Elizabeth Falconer, St. Thomas, 1:06.12

200-yard Breaststroke

1. Jennifer Strom, Gustavus, Sr., 2:17.39, ST14, R4
2. Emily Punyko, St. Thomas, Sr., 2:22.21, B
3. Eliza Falconer, St. Thomas, So., 2:24.84

100-yard Butterfly

1. Kathleen Reilly, Gustavus, Fr., 57.17, NCAA B
2. Claire Walters, St. Olaf, So., 57.23, NCAA B
3. Courtney Grunewald, St. Thomas, 57.55

200-yard Butterfly

1. Claire Walters, St. Olaf, So., 2:07.15 B
2. Sammy Jagler, Gustavus, Fy., 2:09.23
3. Sydney Wenner, St. Catherine, So., 2:09.28

200-yard Individual Medley

1. Hayley Booher, Gustavus, So., 2:07.33, NCAA B
2. Maria Wetzal, Carleton, So., 2:07.53, NCAA B
3. Courtney Grunewald, St. Thomas, So., 2:08.96

400-yard Individual Medley

1. Hayley Booher, Gustavus, Soph., 4:31.43, NCAA B, R
2. Katelyn Washenberger, St. Thomas, Fr., 4:32.27, NCAA B
3. Nicole Herrli, St. Thomas, Fr., 4:39.44

1-meter Diving

1. Jenna Nagy, St. Catherine, So., 432.10, NCAA 11, R
2. Katherine Becker, St. Thomas, Sr., NCAA 11, 414.40
3. Megan Lawson, Saint Benedict, Sr., NCAA 11, 402.55

3-meter Diving

1. Jenna Nagy, St. Catherine, Soph., 446.70, NCAA 11
3. Casey Nightengale, St. Thomas, Jr., 431.15 NCAA 11
2. Katherine Becker, St. Thomas, Sr., 429.40, NCAA 11

200-yard Freestyle Relay

1. Gustavus, 1:34.80, ST14
(Michelle Campeau, Kathleen Reilly, Dani Klunk, Katie Olson)
2. St. Thomas, 1:34.81, ST14
(Emma Paulson, Tiana Molitor, Alix Glassbrenner, Emily Punyko)
3. St. Olaf, 1:37.32
(Maddie Lee, Megan Gaylord, Nina McLarnan, Marla Thomforde)

400-yard Freestyle Relay

1. Gustavus, 3:27.12, ST14
(Michelle Campeau, Leah Anderson, Kathleen Reilly, Katie Olson)
2. St. Thomas, 3:30.96, B
(Tiana Molitor, Emily Punyko, Courtney Grunewald, Emma Paulson)
3. St. Olaf, 3:31.70
(Abbey Schnaith, Claire Walters, Marla Thomforde, Maddie Lee)

800-yard Freestyle Relay

1. Gustavus, 7:39.47, NCAA B
(Jennifer Strom, Hayley Booher, Michelle Campeau, Leah Anderson)
2. St. Olaf, 7:41.65, NCAA B
(Maddie Lee, Claire Walters, Marla Thomforde, Abbey Schnaith)
3. Carleton, 7:55.35
(Alex Braidey, Brittany Salazar, Maria Wetzal, Lexi Shin)

200-yard Medley Relay

1. St. Thomas, 1:43.14, ST14, M*
(Emma Paulson, Emily Punyko, Mariann Kukielka, Courtney Grunewald)
2. Gustavus, 1:43.55, ST14
(Hayley Booher, Jennifer Strom, Kathleen Reilly, Katie Olson)
3. St. Olaf, 1:47.25
(Abbey Schnaith, Megan Gaylord, Claire Walters, Marla Thomforde)

400-yard Medley Relay

1. Gustavus, 3:47.68, ST14
(Hayley Booher, Jennifer Strom, Kathleen Reilly, Katie Olson)
2. St. Thomas, 3:50.99, NCAA B
(Emma Paulson, Emily Punyko, Mariann Kukielka, Tiana Molitor)
3. St. Olaf, 3:55.87
(Abbey Schnaith, Megan Gaylord, Claire Walters, Maddie Lee)

Key: M - Meet Record; M - MIAC Record; R - Repeat Champion; R3 - Three-time Champion, R4 - Four-time Champion; NCAA A - NCAA 'A' Qualifying Standard; NCAA B - NCAA 'B' Qualifying Standard; ST14 - 2014 NCAA Selection Time; NCAA 11 - NCAA Diving Zone 11-Dive Qualifying Score.*