

UST's Paulson, St. Olaf's Miller headline 2016 MIAC Women's S&D Awards

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BLOOMINGTON, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Swimming and Diving Championships were held Feb. 18-20 and the top performers from an outstanding meet were honored with the announcement of the 2016 MIAC Women's Swimming and Diving Awards. Conference-champion St. Thomas and third-place St. Olaf split the top individual honors.

Tommie junior Emma Paulson (Wayzata, Minn.) and her coach, Scott Blanchard, were honored as the Women's Swimming Athlete- and Coach-of-the-Year, respectively, for their role in UST's first MIAC team championship. The Oles swept the diving honors, as junior Courtney Miller (Minneapolis, Minn.) was named Diver-of-the-Year, and St. Olaf/Carleton Coach Gabe Korteum received Diving Coach-of-the-Year honors.



Paulson earned her swimming honor thanks to a record-setting performance at the MIAC Championships. The St. Thomas junior won her second-straight title in the 50-yard freestyle and the 100- and 200-yard backstroke events, with 2015 NCAA selection times in all three. She set a new MIAC overall and meet record with her time of 54.61 in the 100-back, her time of 22.86 in the 50-free was also a new meet record, and she won the 200-back in 1:59.72.

The Tommie relays also benefitted from Paulson's talents, as she helped UST win three races, finish second in another, and set one new MIAC record, with 2015 selection times in all four relays. The 800-yard freestyle relay's winning time of 7:36.06 now stands as the new MIAC and meet record, and she also helped the 400-yard freestyle (3:28.02) and the 400-yard medley (3:49.24) relay teams finish first, while the 200-yard freestyle relay team finished second (1:34.53).

Miller turned in a tremendous performance on both diving boards to win a pair of MIAC titles and, ultimately, the league's top diving honor as 2016 Diver-of-the-Year. She won both the 1- and 3-meter diving titles with NCAA Diving Zone qualifying scores on both boards. Her two scores were nearly identical, as she finished with 427.85 points on the 1-meter board, and 427.65 points on the 3-meter board. Miller defeated St. Catherine's Jenna Nagy - the defending champ on both boards and reigning two-time MIAC Diver-of-the-Year - in spirited battles on both diving boards to earn her honor.

Blanchard is now a perfect two-for-two in MIAC Women's Swimming Coach-of-the-Year honors, as he repeated the honor in his second season leading the Tommies. This time, he guided UST to its first-ever women's MIAC championship, as his team scored 873.5 points to unseat six-time defending champion Gustavus by 180.5 points. St. Thomas led by just three points after the first day, but steadily pulled away to secure its first title. Blanchard coached Paulson to Swimmer-of-the-Year honors and led the Tommies to eight first-place finishes, 17 individual All-MIAC honors and top-three finishes in all five relay races.

Korteum was honored for his work coaching both the St. Olaf and Carleton divers with his fifth MIAC Diving Coach-of-the-Year award. The former NCAA champion on the 1-meter board as a St. Olaf student-athlete, his Ole divers turned in outstanding performances at the 2016 MIAC Championships. He coached Miller to her two MIAC titles and conference Diver-of-the-Year honors. On the men's side, he also coached Scott Hodgson to a pair of second-place finishes along with a third-place on the 3-meter board for Leif Jorgensen.

In addition to the top individual award-winners, the MIAC also recognized the 2016 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 2016 MIAC Women's Swimming and Diving All-Conference individuals and relay teams. The top three finishers in each event received All-MIAC honors, and a medal following their event.

Fans can re-live all the action of the 2016 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.

2016 MIAC WOMEN'S SWIMMING & DIVING AWARDS

2016 MIAC Women's Swimming & Diving Awards

Women's Swimmer-of-the-Year

Emma Paulson, St. Thomas (Jr., Wayzata, Minn.)

Women's Diver-of-the-Year

Courtney Miller, St. Olaf (Jr., Minneapolis, Minn.)

Women's Swimming Coach-of-the-Year

Scott Blanchard, St. Thomas (Second season)

Diving Coach-of-the-Year

Gabe Korteum, St. Olaf/Carleton (12th season)

2016 Women's S&D All-MIAC Sportsmanship Team

- Augsburg - Chelsea Pedersen (Sr., West St. Paul, Minn.)
- Carleton - Lydia Henderson (Sr., Castro Valley, Calif.)
- Concordia - Annie Herkenhoff (Jr., Freeport, Minn.)
- Gustavus - Meghan Heldt (Sr., Shorewood, Minn.)
- Hamline - Taylor Hanson (Fy., Proctor, Minn.)
- Macalester - Christina Bloom (Sr., Henderson, Nev.)
- Saint Benedict - Haley Chatelaine (Sr., Lakeville, Minn.)
- St. Catherine - Katie Rising (Fy., Bismarck, N.D.)
- Saint Mary's - Christina Weldai (Jr., London, England)
- St. Olaf - Abbey Schnaith (Sr., Red Wing, Minn.)
- St. Thomas - Molly Peichel (Sr., Sartell, Minn.)

2016 MIAC Women's Swimming & Diving All-Conference Team

50-yard Freestyle

1. Emma Paulson, St. Thomas, Jr., 22.86, ST15, R
2. Kathleen Reilly, Gustavus, So., 23.37, ST15
3. Caroline Mather, Carleton, Fy., 23.79, B

100-yard Freestyle

1. Kathleen Reilly, Gustavus, So., 51.49, ST15
2. Maddie Lee, St. Olaf, Sr., 52.00, B
3. Caroline Mather, Carleton, Fy., 52.35

200-yard Freestyle

1. Maddie Lee, St. Olaf, Sr., 1:52.49, B, R3
2. Leah Anderson, Gustavus, Sr., 1:53.91
3. Alex Howard, St. Thomas, Fy., 1:54.35

500-yard Freestyle

1. Katelyn Strauss, St. Thomas, Fy., 5:01.24
2. Linnea Rizzo, Gustavus, Fy., 5:05.32
3. Alex Howard, St. Thomas, Fy., 5:06.33

1,650-yard Freestyle

1. Linnea Rizzo, Gustavus, Fy., 17:43.27
2. Sydney Hallmark, Gustavus, Fy., 17:46.36
3. Annie Herkenhoff, Concordia, Jr., 17:47.98

100-yard Backstroke

1. Emma Paulson, St. Thomas, Jr., 54.61, ST15, R, M*
2. Maria Wetzel, Carleton, Jr., 57.61
3. Kate Smarjesse, St. Thomas, Fy., 58.20

200-yard backstroke

1. Emma Paulson, St. Thomas, Jr., 1:59.72, ST15, R
2. Maria Wetzel, Carleton, Jr., 2:02.87, B
3. Hayley Booher, Gustavus, Jr., 2:03.85, B

100-yard Breaststroke

1. Megan Gaylord, St. Olaf, Sr., 1:05.17, B
2. Melissa Rose, St. Thomas, Fy., 1:06.08
3. Molly Peichtel, St. Thomas, Sr., 1:06.53

200-yard Breaststroke

1. Nicole Herrli, St. Thomas, So., 2:22.34, B
2. Melissa Rose, St. Thomas, Fy., 2:26.26
3. Katelyn Washenberger, St. Thomas, So., 2:26.73

100-yard Butterfly

1. Kathleen Reilly, Gustavus, So., 56.67, B, R
2. Claire Walters, St. Olaf, Jr., 57.28
3. Hayley Cassens, St. Thomas, Fy., 57.55

200-yard Butterfly

1. Katelyn Strauss, St. Thomas, Fy., 2:06.78, B
2. Alissa Ellingson, St. Catherine, Fy., 2:13.94
3. Halie Langanki, Carleton, 2:14.30

200-yard Individual Medley

1. Hayley Booher, Gustavus, Jr., 2:05.84, B, R, M*
2. Nicole Herrli, St. Thomas, So., 2:06.62, B
3. Maria Wetzel, Carleton, Jr., 2:07.87

400-yard Individual Medley

1. Hayley Booher, Gustavus, Jr., 4:30.49, B, R3
2. Nicole Herrli, St. Thomas, So., 4:32.23, B
3. Kate Washenberger, St. Thomas, So., 4:33.63, B

1-meter Diving

1. Courtney Miller, St. Olaf, Jr., 427.85, NCAA11
2. Jenna Nagy, St. Catherine, Jr., 401.20, NCAA11
3. Carissa Gaffy-Sanford, Saint Benedict, Sr., 362.15

3-meter Diving

1. Courtney Miller, St. Olaf, Jr., 427.65, NCAA11
2. Jenna Nagy, St. Catherine, Jr., 389.85
3. Casey Nightingale, St. Thomas, Sr., 378.80

200-yard Freestyle Relay

1. Gustavus, 1:34.05, ST15
(Kathleen Reilly, Maggie Webster, Nicole Lohman, Tarin Anding)
2. St. Thomas, 1:34.53, ST15
(Alex Howard, Emma Paulson, Kate Smarjesse, Tiana Molitor)
3. Carleton, 1:36.43
(Caroline Mather, Anisa Lester, Maria Wetzel, Alex Braiedy)

400-yard Freestyle Relay

1. St. Thomas, 3:28.02, ST15
(Alex Howard, Emma Paulson, Kate Smarjesse, Katelyn Strauss)
2. Gustavus, 3:28.47, ST15
(Nicole Lohman, Leah Anderson, Maggie Webster, Kathleen Reilly)
3. St. Olaf, 3:31.49
(Maddie Lee, Abbey Schnaith, Marla Thomforde, Claire Walters)

800-yard Freestyle Relay

1. St. Thomas, 7:36.06, ST15, M*
(Katelyn Strauss, Emma Paulson, Alex Howard, Mira Schroeder)
2. Gustavus, 7:40.77
(Linnea Rizzo, Hayley Booher, Nicole Lohman, Leah Anderson)
3. St. Olaf, 7:44.25
(Claire Walters, Abbey Schnaith, Marla Thomforde, Maddie Lee)

200-yard Medley Relay

1. St. Olaf, 1:45.50, B
(Kelly Punyko, Megan Gaylord, Claire Walters, Abbey Schnaith)
2. Gustavus, 1:45.54, B
(Hayley Booher, Tarin Anding, Kathleen Reilly, Maggie Webster)
3. St. Thomas, 1:46.09
(Tiana Molitor, Molly Peichel, Haley Cassens, Kate Smarjesse)

400-yard Medley Relay

1. St. Thomas, 3:49.24, ST15
(Emma Paulson, Molly Peichel, Katelyn Strauss, Alex Howard)
2. St. Olaf, 3:53.21
(Abbey Schnaith, Megan Gaylord, Claire Walters, Maddie Lee)
3. Gustavus, 3:54.03
(Hayley Booher, Tarin Anding, Kathleen Reilly, Maggie Webster)

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.