

Familiar faces lead 2016 MIAC Women's S&D Awards

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BLOOMINGTON, Minn. – The 2017 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Swimming and Diving Championships produced plenty of standout moments from familiar names, and that theme continued Wednesday with the announcement of the 2017 MIAC Women's Swimming and Diving Awards.

St. Thomas star swimmer Emma Paulson was named the MIAC Women's Swimmer-of-the-Year for the second-straight season, and St. Catherine star diver Jenna Nagy won MIAC Women's Diver-of-the-Year honors for the third time in her decorated career. Women's Swimming Coach-of-the-Year honors went to Andy Clark at Carleton, and Diving Coach-of-the-Year honors were claimed by Nagy's coach, Jake Dunn. All-Conference honorees (top three) and the All-MIAC Sportsmanship Team were also recognized.

Paulson received her second-straight MIAC Women's Swimmer-of-the-Year award behind another impressive all-around performance. Individually, three was the magic number for the reigning National Swimmer-of-the-Year, as Paulson won her third-straight MIAC titles in three events – the 50-yard freestyle (23.02) and the 100- (55.39) and 200-yard backstroke (1:58.80) events, with NCAA 2016 Selection Times in all three races and a new meet record in the 200-back. Paulson also helped St. Thomas set a new MIAC record of 1:33.49 (ST16) while winning the 200-yard freestyle relay, and she also swam on victorious 400-yard freestyle (3:27.48, ST16) and 200- (1:43.71, ST16) and 400-yard medley relay (3:48.09, ST16) teams. Essentially, Paulson was a perfect 7-for-7, with each event she entered winning and meeting the 2016 NCAA Selection time. That led to her latest major individual honor, leaving her as one of the most decorated MIAC swimmers in recent memory.



Diver-of-the-Year honors went to another familiar name, as St. Catherine's Jenna Nagy won the honor for the third time in her career. She was named the MIAC's top diver in 2014 and 2015, then capped her career with the award one more time in 2017. Nagy swept the MIAC titles on both boards, winning the 1-meter title Saturday with a stirring finals performance and a score of 438.35, to add to the 3-meter title she won (451.75) earlier in the weekend. Both scores were NCAA A Qualifying marks.

Clark's Women's Swimming Coach-of-the-Year honor was well-deserved for his outstanding work with the Knights in 2016-17. He led Carleton to a third-place finish at the MIAC Championships with 477 points, as the Knights held off cross-town rival St. Olaf (448 points) for a spot in the top three. Clark – now in his 24th season leading the Knights – coached three swimmers to individual MIAC titles, and led his team to four top-three relay finishes and 11 total All-Conference (top three) performances. The award is also fitting because Clark and his staff served as one of the two host schools for the meet, meaning his involvement in the 2017 Championships went well beyond coaching.

Dunn received his Diving Coach-of-the-Year award for outstanding work with Nagy. Dunn guided her to her third career MIAC Diver-of-the-Year honor with impressive performances on both the 1-meter and 3-meter board. Like Nagy, Dunn is no stranger to MIAC recognition – he was also named the MIAC Diving Coach-of-the-Year in 2013 and 2014 while coaching at Macalester College. He made the move to St. Catherine prior to the 2015-16 season, and now finds himself with the same award for his new employer.

In addition to the top individual award-winners, the MIAC also recognized the 2017 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 2017 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 2017 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.

2017 MIAC WOMEN'S SWIMMING & DIVING AWARDS

2017 MIAC Women's Swimming & Diving Awards

Women's Swimmer-of-the-Year

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

Women's Diver-of-the-Year

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

Women's Swimming Coach-of-the-Year

Andy Clark, Carleton (24th season)

Diving Coach-of-the-Year

Jake Dunn, St. Catherine (2nd season)

2017 Women's S&D All-MIAC Sportsmanship Team

- Augsburg - Mary McSharry (So., Aurora, Ill./Rosary)
- Carleton - Allie Clark (Sr., Northfield, Minn.)
- Concordia - Sarah Nelson (Sr., Sauk Centre, Minn.)
- Gustavus - Mal Carlson (Sr., Lindstrom, Minn./Chisago Lakes)
- Hamline - Taylor Elgarten (Jr., Warwick, N.Y./Warwick Valley)
- Macalester - Mara Halvorson (Sr., Maple Grove, Minn./Wayzata)
- Saint Benedict - Amy Nemanich (Sr., Red Wing, Minn.)
- St. Catherine - Mary Jane Voss (Jr., Mequon, Wis.)
- Saint Mary's - Chloe Morrison (Sr., Ashkum, Ill./Clifton Central)
- St. Olaf - Claire Walters (Sr., Northfield, Minn.)
- St. Thomas - Elizabeth Falconer (Sr., Kohler, Wis.)

2017 MIAC Women's Swimming & Diving All-Conference Team

50-yard Freestyle

1. Emma Paulson, St. Thomas, Sr., 23:02, R3, ST16
2. Caroline Mather, Carleton, So., 23.32, ST16
3. Kate Reilly, Gustavus, Jr., 23.54, ST16

100-yard Freestyle

1. Caroline Mather, Carleton, So., 51.44, B
2. Claire Walters, St. Olaf, Sr., 51.56, B
3. Kate Reilly, Gustavus, Jr., 52.00, B

200-yard Freestyle

1. Alex Howard, St. Thomas, So., 1:52.81
2. Caroline Mather, Carleton, So., 1:53.76
3. Alex Braiedy, Carleton, Sr., 1:54.42

500-yard Freestyle

1. Alex Howard, St. Thomas, So., 5:02.01
2. Katelyn Strauss, St. Thomas, So., 5:03.88
3. Sydney Hallmark, Gustavus, So., 5:07.64

1,650-yard Freestyle

1. Caitlin Croasdell, St. Olaf, Fy., 17:30.66, B
2. Linnea Rizzo, Gustavus, So., 17:40.65
3. Sydney Hallmark, Gustavus, So., 17:54.05

100-yard Backstroke

1. Emma Paulson, St. Thomas, Sr., 55.39, ST16
2. Kirsten Nelson, St. Thomas, Fy., 57.21, B
3. Kelly Punyko, St. Olaf, So., 57.61

200-yard Backstroke

1. Emma Paulson, St. Thomas, Sr., 1:58.80, R3, M, ST16
2. Maria Wetzel, Carleton, Sr., 2:03.49, B
3. Hayley Booher, Gustavus, Sr., 1:06.76

100-yard Breaststroke

1. Ada Meyer, Carleton, Fy., 1:05.34
2. Melissa Rose, St. Thomas, So., 1:05.91
3. Ashley Christiansen, St. Thomas, Fy., 1:06.01

200-yard Breaststroke

1. Nicole Herrli, St. Thomas, Jr., 2:21.46, R, B
2. Ada Meyer, Carleton, Fy., 2:24.26
3. Deidree Voss, St. Thomas, Fy., 2:24.33

100-yard Butterfly

1. Claire Walters, St. Olaf, Sr., 56.26, ST16
2. Katelyn Strauss, St. Thomas, So., 56.69, B
3. Kate Reilly, Gustavus, Jr., 57.12

200-yard Butterfly

1. Katelyn Strauss, St. Thomas, So., 2:03.61, M*, ST16
2. Kirsten Nelson, St. Thomas, Fy., 2:09.51
3. Helen Jensen, St. Olaf, Fy., 2:11.29

200-yard Individual Medley

1. Nicole Herrli, St. Thomas, Jr., 2:06.77, B
2. Helen Jensen, St. Olaf, Fy., 2:07.92
3. Hayley Booher, Gustavus, 2:08.57

400-yard Individual Medley

1. Maria Wetzel, Carleton, Sr., 4:28.03, M*, ST16
2. Helen Jensen, St. Olaf, Fy., 4:29.89, ST16
3. Nicole Herrli, St. Thomas, Jr., 4:34.02, B

1-meter Diving

1. Jenna Nagy, St. Catherine, Sr., 438.35, A
2. Courtney Miller, St. Olaf, Sr., 4:09.05, A
3. Madeline Moser, Augsburg, So., 373.50, B

3-meter Diving

1. Jenna Nagy, St. Catherine, Sr., 451.75, A
2. Courtney Miller, St. Olaf, Sr., 448.90, A
3. Kayla Hennum, Hamline, Sr., 376.00, B

200-yard Freestyle Relay

1. St. Thomas, 1:33.49, M*, ST16
(Tiana Molitor, Emma Paulson, Katelyn Strauss, Alex Howard)
2. Gustavus, 1:34.29, ST16
(Kennedy Holwerda, Kate Reilly, Nicole Lohman, Maggie Webster)
3. Carleton, 1:36.06
(Caroline Mather, Anisa Lester, Maria Wetzel, Alex Braiedy)

400-yard Freestyle Relay

1. St. Thomas, 3:27.48, ST16
(Tiana Molitor, Emma Paulson, Kate Smarjesse, Alex Howard)
2. Gustavus, 3:28.29, ST16
(Nicole Lohman, Kennedy Holwerda, Maggie Webster, Kate Reilly)
3. Carleton, 3:33.31
(Alex Braiedy, Caroline Mather, Maria Wetzel, Allie Clark)

800-yard Freestyle Relay

1. St. Thomas, 7:40.08
(Katelyn Strauss, Alex Howard, Kate Smarjesse, Molly Vancil)
2. Gustavus, 7:49.19
(Nicole Lohman, Sydney Hallmark, Haley Pesik, Maggie Webster)
3. St. Olaf, 7:52.51
(Helen Jensen, Claire Walters, Caitlin Croasdell, Zoe Barlow)

200-yard Medley Relay

1. St. Thomas, 1:43.71, ST16
(Tiana Molitor, Melissa Rose, Haley Cassens, Emma Paulson)
2. Gustavus, 1:45.56, B
(Hayley Booher, Madline Westendorp, Kate Reilly, Maggie Webster)
3. Carleton, 1:47.09
(Allie Clark, Ada Meyer, Alex Braiedy, Caroline Mather)

400-yard Medley Relay

1. St. Thomas, 3:48.09, ST16
(Emma Paulson, Melissa Rose, Katelyn Strauss, Alex Howard)
2. Carleton, 3:55.35
(Maria Wetzel, Ada Meyer, Alex Braiedy, Caroline Mather)
3. Gustavus, 3:56.74
(Kennedy Holwerda, Haley Pesik, Kate Reilly, Nicole Lohman)

Key: M - Meet Record; M* - MIAC Record; R - Repeat Champion; R3 - Three-time Champion, R4 - Four-time Champion; A - NCAA 'A' Qualifying Standard; B - NCAA 'B' Qualifying Standard; ST16 - 2016 NCAA Selection Time; NCAA 11 - NCAA Diving Zone 11-Dive Qualifying Score.