

UST's Strauss, STO's Peterson headline MIAC Women's S&D Awards

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BLOOMINGTON, Minn. – The 2017-18 Minnesota Intercollegiate Athletic Conference (MIAC) swimming and diving season came to a close over the weekend with a memorable three-day Championship meet at the Jean K. Freeman Aquatic Center on the campus of the University of Minnesota. On Wednesday, the MIAC recognized its award winners from another outstanding season of competition.

St. Thomas junior **Katelyn Strauss** (Plymouth, Minn. | Osseo) was named the MIAC Women's Swimmer of the Year, while St. Olaf senior **Rose Peterson** (Woodbury, Minn.) earned MIAC Women's Diver of the Year honors. Strauss was part of six MIAC titles in 2018, bringing her career total to 15. Peterson swept the diving events at the 2018 Championships, scoring a 377.95 off the 1-meter board and a 401.40 in the 3-meter competition.

St. Catherine's Justin Zook and Gustavus' Jon Carlson came away with Co-Swimming Coach of the Year honors on the women's side. In his second season at the helm for the Wildcats, Zook guided St. Kate's to back-to-back top-five finishes for the first time in program history. Carlson - whose Gusties came in second place at the 2018 Conference Championships - was honored with the award for the fourth time in his illustrious tenure at Gustavus. Carleton and St. Olaf diving coach Gabe Kortuem was awarded MIAC Diving Coach of the Year.



Katelyn Strauss has won 15 career MIAC individual-relay titles.

In addition to the top individual award winners, the MIAC also recognized the 12th annual Women's Swimming and Diving All-Sportsmanship team at Saturday's final session, and those individuals are listed below, along with the 2018 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.

2018 MIAC WOMEN'S SWIMMING AND DIVING AWARDS

Swimmer of the Year: Katelyn Strauss, St. Thomas (Jr. | Plymouth, Minn. | Osseo)

Diver of the Year: Rose Peterson, St. Olaf (Sr. | Woodbury, Minn.)

Swimming Coach of the Year: Justin Zook, St. Catherine (2nd season), Jon Carlson, Gustavus (28th season)

Diving Coach of the Year: Gabe Kortuem, Carleton/St. Olaf (15th season)

2018 MIAC Women's Swimming and Diving All-Sportsmanship Team

Name	Institution	Class	Hometown High School
Carli Kirchoff	Augsburg	Jr.	Cokato, Minn. Dassel-Cokato
Emily Marks	Carleton	Sr.	Brookfield, Wis. Brookfield Academy
Ann Marie O'Connell	Concordia	Jr.	Edina, Minn.
Leah Johnson	Gustavus	Sr.	Minnetonka, Minn.
Elizabeth Gregorio	Hamline	Sr.	Milford, Conn. Jonathan Law
Lauren Noel	Saint Benedict	Sr.	Dubuque, Iowa Wahlert Catholic
Abby Propsom	Saint Mary's	Jr.	Bloomington, Minn. Kennedy
Katie Rising	St. Catherine	Jr.	Bismark, N.D. Century
Emily Maruyama	St. Olaf	Sr.	Golden, Colo. Lakewood
Annie Kleckner-Thiele	St. Thomas	Jr.	Ramsey Robbinsdale Cooper

2018 MIAC Women's Swimming and Diving All-Conference Team

50-yard Freestyle

Place	Name	Institution	Class	Time
1.	Maggie Webster	Gustavus	Jr.	23.25, ST17
2.	Kate Reilly	Gustavus	Sr.	23.49, ST17
3.	Caroline Mather	Carleton	Jr.	23.93

100-yard Freestyle

Place	Name	Institution	Class	Time
1.	Maggie Webster	Gustavus	Jr.	51.59, B
2.	Kate Smarjesse	St. Thomas	Jr.	52.39
3.	Caroline Mather	Carleton	Jr.	52.49

200-yard Freestyle

Place	Name	Institution	Class	Time
1.	Marissa Wolff	St. Olaf	Fy.	1:52.47, B
2.	Alex Howard	St. Thomas	Jr.	1:53.36
3.	Maggie Webster	Gustavus	Jr.	1:54.32

500-yard Freestyle

Place	Name	Institution	Class	Time
1.	Katelyn Strauss	St. Thomas	Jr.	4:59.92, B
2.	Marissa Wolff	St. Olaf	Fy.	5:03.10
3.	Alex Howard	St. Thomas	Jr.	5:05.50

1,650-yard Freestyle

Place	Name	Institution	Class	Time
1.	Caitlin Croasdel	St. Olaf	So.	17:12.65, R, ST17
2.	Kasey Ericson	St. Thomas	Fy.	17:35.51
3.	Gretchen Behrens	St. Thomas	Fy.	17:45.53

100-yard Breaststroke

Place	Name	Institution	Class	Time
1.	Ashley Christensen	St. Thomas	So.	1:04.92, B
2.	Sophia Nevin	St. Olaf	Fy.	1:05.66

200-Yard Individual Medley

Place	Name	Institution	Class	Time
1.	Nicole Herrli	St. Thomas	Sr.	2:08.59, R
2.	Haley Pesik	Gustavus	Jr.	2:09.63
3.	Kennedy Holwerda	Gustavus	Sr.	2:10.31

400-Yard Individual Medley

Place	Name	Institution	Class	Time
1.	Helen Jensen	St. Olaf	So.	4:30.46, B
2.	Nicole Herrli	St. Thomas	Sr.	4:31.66
3.	Linnea Rizzo	St. Olaf	Jr.	4:32.60

1-meter Diving

Place	Name	Institution	Class	Score
1.	Rose Peterson	St. Olaf	Sr.	377.95, %B
2.	Sophia Steinberg	Gustavus	Fy.	362.15, %B
3.	Amy Roach	Carleton	Sr.	353.65, %B

3-meter Diving

Place	Name	Institution	Class	Score
1.	Rose Peterson	St. Olaf	Sr.	401.40, B
2.	Kellie Pruitt	St. Thomas	Jr.	387.55, B
3.	Amy Roach	Carleton	Sr.	383.15, B

200-yard Freestyle Relay

Place	Name	Institution	Time
1.	Kennedy Holwerda Maggie Webster Alyssa Lokensgard Kate Reilly	Gustavus	1:33.73, ST17
2.	Alex Howard Tiana Molitor Kate Smarjesse Katelyn Strauss	St. Thomas	1:34.90, B
3.	Carolina Mather Morgan Mayer Eveline Dowling Anisa Lester	Carleton	1:38.24

400-yard Freestyle Relay

Place	Name	Institution	Time
1.	Tiana Molitor Katelyn Strauss Alex Howard Kate Smarjesse	St. Thomas	3:28.74, ST17
2.	Kennedy Holwerda Alyssa Kohorst Maggie Webster Kate Reilly	Gustavus	3:29.68, B

3.	Franceska Hernandez-Nietling	St. Catherine	Fy.	1:05.96	3.	Linnea Rizzo Kelly Punyko Helen Jensen Marissa Wolff	St. Olaf	3:34.45
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200-yard Breaststroke

Place	Name	Institution	Class	Time
1.	Nicole Herrli	St. Thomas	Sr.	2:24.63, R3, B
2.	Ashley Christensen	St. Thomas	So.	2:22.23, B
3.	Franceska Hernandez-Nietling	St. Catherine	Fy.	2:23.48

100-yard Butterfly

Place	Name	Institution	Class	Time
1.	Katelyn Strauss	St. Thomas	Jr.	56.85
2.	Kate Smarjesse	St. Thomas	Jr.	57.48
3.	Kate Reilly	Gustavus	Sr.	57.58

200-yard Butterfly

Place	Name	Institution	Class	Time
1.	Katelyn Strauss	St. Thomas	Jr.	2:05.77, R, B
2.	Helen Jensen	St. Olaf	So.	2:08.66
3.	Kirsten Nelson	St. Thomas	So.	2:09.67

100-yard Backstroke

Place	Name	Institution	Class	Time
1.	Taylor Martinek	Hamline	Jr.	57.14, B
2.	Kirsten Nelson	St. Thomas	So.	57.50
3.	Tiana Molitor	St. Thomas	Sr.	57.70

800-yard Freestyle Relay

Place	Name	Institution	Time
1.	Alex Howard Katelyn Strauss Kasey Ericson Kate Smarjesse	St. Thomas	7:40.54
2.	Linnea Rizzo Helen Jensen Caitlin Croasdell Marissa Wolff	St. Olaf	7:45.29
3.	Sydney Hallmark Amelia Bjorklund Haley Pesik Maggie Webster	Gustavus	7:50.14

200-yard Medley Relay

Place	Name	Institution	Time
1.	Tiana Molitor Melissa Rose Haley Cassens Kate Smarjesse	St. Thomas	1:44.93, B
2.	Kennedy Holwerda Madeline Westendorp Kate Reilly Maggie Webster	Gustavus	1:44.97, B
3.	Kelly Punyko Sophia Nevin Helen Jensen Marissa Wolff	St. Olaf	1:46.52

400-yard Medley Relay

Place	Name	Institution	Time
1.	Kirsten Nelson Melissa Rose Katelyn Strauss Alex Howard	St. Thomas	3:50.55, B
2.	Kelly Punyko Sophia Nevin Helen Jensen Marissa Wolff	St. Olaf	3:54.26
3.	Kennedy Holwerda Haley Pesik Kate Reilly Alyssa Lokensgard	Gustavus	3:55.72

200-yard Backstroke

Place	Name	Insitution	Class	Time
1.	Kirsten Nelson	St. Thomas	So.	2:04.22
2.	Taylor Martinek	Hamline	Jr.	2:05.94
3.	Katie Rising	St. Catherine	Jr.	2:08.90

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; ST17 - 2017 NCAA Selection Time; \$ - NCAA Diving Zone 11-Dive Qualifying Score.