

Wildcats sweep MIAC Women's S&D Awards

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BLOOMINGTON, Minn. – One day after concluding a record-breaking swimming and diving championship meet at the Jean K. Freeman Aquatic Center on the campus of the University of Minnesota, the Minnesota Intercollegiate Athletic Conference (MIAC) announced its award winners for the 2018-19 women's season.

St. Catherine University claimed 12 first-place finishes at the 2019 MIAC Championships and that effort was recognized in the end-of-year awards, as the Wildcats took home Swimmer of the Year, Diver of the Year, and Coach of the Year honors. First-year swimmer **Jordyn Wentzel** was named MIAC Swimmer of the Year after the rookie won four events while setting conference records in all four. She also logged the fastest time in Division III in the 200-yard breaststroke and clocked the nation's fourth-fastest time in the 200-yard individual medley. Senior diver **Gabby Page** placed first in the one-meter diving competition and fourth in the three-meter event to earn MIAC Diver of the Year honors.

For the second year in a row, St. Kate's head coach Justin Zook was honored by his peers as the MIAC Women's Coach of the Year. The third-year coach assembled what proved to be one of the most dynamic recruiting classes in MIAC history (St. Catherine first-years played a role in an unprecedented 11 MIAC victories, including eight in individual events) and guided the Wildcats to a third-place finish at the 2019 Championships - one point shy of second-place and the best finish ever for SCU. Saint Mary's diving coach Jeremiah Jackson was awarded MIAC Diving Coach of the Year.

In addition to the top individual award winners, the MIAC also recognized the 13th annual Men's Swimming and Diving All-Sportsmanship team at Sunday's final session, and those individuals are listed below, along with the 2019 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.



Two-time MIAC Women's Swimming Coach of the Year Justin Zook (middle) alongside 2019 MIAC Swimmer of the Year Jordyn Wentzel (left), 2019 MIAC Diver of the Year Gabby Page (right), and SCU dive coach Jake Dunn (far right). (Photo: Lindsay Madryga)

2019 MIAC WOMEN'S SWIMMING AND DIVING AWARDS

Swimmer of the Year: Jordyn Wentzel, St. Catherine (Fy. | Corcoran, Minn. | Delano)

Diver of the Year: Gabby Page, St. Catherine (Sr. | Cottage Grove, Minn. | Park)

Swimming Coach of the Year: Justin Zook, St. Catherine (3rd season)

Diving Coach of the Year: Jeremiah Jackson, Saint Mary's (14th season)

2019 MIAC Women's Swimming and Diving All-Sportsmanship Team

Name	Institution	Class	Hometown High School
Cassie Lehman	Augsburg	Jr.	Blaine, Minn. Centennial
Marly Schrom	Carleton	Sr.	Grand Rapids, Minn.
Ciara White	Concordia	Sr.	Plymouth, Minn. Cooper
Grace Carlson	Gustavus	Sr.	St. Peter, Minn.
Alex Torgrimson	Hamline	So.	Zumbrota, Minn. Zumbrota-Mazeppa
Olivia Borgmann	Macalester	Sr.	Seattle, Wash. Garfield
Andrea Molus	Saint Benedict	Jr.	Clear Lake, Minn. Becker
Molly McMahon	St. Catherine	So.	Verona, Wis. Madison Memorial
Dakota Becerra	Saint Mary's	Fy.	Yorba Linda, Calif. Esperanza
Ye Won Esther Song	St. Olaf	Sr.	Seoul, South Korea Greengates
Annie Kleckner-Thiele	St. Thomas	Sr.	Ramsey, Minn. Robbinsdale Cooper

2019 MIAC Women's Swimming and Diving All-Conference Team

50-Yard Freestyle

Place	Name	Class	Institution	Time
1.	Maggie Webster	Sr.	Gustavus	00:23.37 R, ST18
2.	Caroline Mather	Sr.	Carleton	00:23.40 ST18
3.	Macy Klein	Fy.	St. Catherine	00:23.48 ST18

100-Yard Freestyle

Place	Name	Class	Institution	Time
1.	Macy Klein	Fy.	St. Catherine	00:51.08 ST18
2.	Maggie Webster	Sr.	Gustavus	00:51.55 ST18
3.	Caroline Mather	Sr.	Carleton	00:51.68 B

200-Yard Freestyle

Place	Name	Class	Institution	Time
1.	Maggie Menso	Fy.	St. Catherine	01:50.64 M, ST18
2.	Marissa Wolff	So.	St. Olaf	01:51.30 ST18
3.	Alex Howard	Jr.	St. Thomas	01:53.23

500-Yard Freestyle

Place	Name	Class	Institution	Time
1.	Maggie Menso	Fy.	St. Catherine	04:51.31 M, M*, ST18
2.	Marissa Wolff	So.	St. Olaf	05:00.06 B
3.	Alex Howard	Jr.	St. Thomas	05:04.35

1-meter Diving

Place	Name	Class	Institution	Score
1.	Gabby Page	Sr.	St. Catherine	463.45 !A
2.	Soph Steinberg	So.	Gustavus	427.65 \$A
3.	Kellie Pruitt	Sr.	St. Thomas	401.30 \$A

3-meter Diving

Place	Name	Class	Institution	Score
1.	Peyton Eckman	Fy.	St. Thomas	415.70 \$
2.	Mallory Jarvi	Jr.	Saint Benedict	412.35 \$
3.	Kapani Kirkland	Fy.	Carleton	397.05 %

200-Yard Individual Medley

Place	Name	Class	Institution	Time
1.	Jordyn Wentzel	Fy.	St. Catherine	02:01.75 ST18
2.	Hannah Svendsen	Fy.	St. Catherine	02:07.92
3.	Haley Pesik	Sr.	Gustavus	02:07.99

400-Yard Individual Medley

Place	Name	Class	Institution	Time
1.	Hannah Svendsen	Fy.	St. Catherine	04:30.15 B
2.	Linnea Rizzo	Sr.	St. Olaf	04:32.60
3.	Ana Birklid	Fy.	Saint Benedict	04:35.28

100-Yard Backstroke

Place	Name	Class	Institution	Time
1.	Kelly Punyko	Sr.	St. Olaf	00:56.92 B
2.	Taylor Martinek	Sr.	Hamline	00:56.98 B
3.	Mikayla Von Wahlde	Fy.	Saint Benedict	00:57.22

200-Yard Backstroke

Place	Name	Class	Institution	Time
1.	Alex Howard	Jr.	St. Thomas	02:04.68
2.	Mikayla Von Wahlde	Fy.	Saint Benedict	02:05.00
3.	Taylor Martinek	Sr.	Hamline	02:07.98

100-Yard Breaststroke

Place	Name	Class	Institution	Time
1.	Jordyn Wentzel	Fy.	St. Catherine	01:01.75 M, M*, ST18
2.	Franceska Hernandez-Nietling	So.	St. Catherine	01:04.33 ST18
3.	Ada Meyer	Jr.	Carleton	01:04.49 B

200-Yard Breaststroke

Place	Name	Class	Institution	Time
1.	Jordyn Wentzel	Fy.	St. Catherine	02:12.85 M, M*, A, ST18
2.	Ada Meyer	Jr.	Carleton	02:21.45 ST18
3.	Hailey Auran	So.	Gustavus	02:22.55

100-Yard Butterfly

200-Yard Butterfly

Place	Name	Class	Institution	Time	Place	Name	Class	Institution	Time
1.	Anna Astrup	Fy.	St. Thomas	00:56.54 B	1.	Anna Astrup	Fy.	St. Thomas	02:06.83
2.	Kate Smarjesse	Sr.	St. Thomas	00:56.64 B	2.	Paige Pawlenty	Jr.	St. Thomas	02:08.14
3.	Haley Cassens	Sr.	St. Thomas	00:57.79	3.	Alison Cameron	Fy.	Carleton	02:09.20
1,650-yard Freestyle					200-yard Freestyle Relay				
Place	Name	Class	Institution	Time	Place	Name	Institution	Time	
1.	Maggie Menso	Fy.	St. Catherine	16:52.62 M, ST18	1.	Kate Smarjesse Katelyn Strauss Alex Howard Mira Schroeder	St. Thomas	01:35.86	
2.	Gretchen Behrens	So.	St. Thomas	17:19.14	2.	Maggie Webster Alyssa Lokensgard Alyssa Kohorst Haley Pesik	Gustavus	01:36.08	
3.	Caitlin Croasdell	Jr.	St. Olaf	17:24.05	3.	Macy Klein Ella Henderson Sydney Grohman Jordyn Wentzel	St. Catherine	01:36.45	
400-Yard Freestyle Relay					800-yard Freestyle Relay				
Place	Name	Institution	Time		Place	Name	Institution	Time	
1.	Jordyn Wentzel Sydney Grohman Maggie Menso Macy Klein	St. Catherine	03:26.96 ST18		1.	Jordyn Wentzel Sydney Grohman Hannah Svendsen Maggie Menso	St. Catherine	07:32.73 M, M*, ST18	
2.	Alex Howard Mira Schroeder Katelyn Strauss Kate Smarjesse	St. Thomas	03:30.69		2.	Katelyn Strauss Kasey Ericson Alex Howard Mira Schroeder	St. Thomas	07:36.01	
3.	Alyssa Lokensgard Alyssa Kohorst Haley Pesik Maggie Webster	Gustavus	03:33.14		3.	Marissa Wolff Maya Knutson Caitlin Croasdell Linnea Rizzo	St. Olaf	07:37.60	
200-yard Medley Relay					400-yard Medley Relay				
Place	Name	Institution	Time		Place	Name	Institution	Time	
1.	Kirsten Nelson Ashley Christensen Anna Astrup Kate Smarjesse	St. Thomas	01:45.02 B		1.	Hannah Svendsen Franceska Hernandez- Nietling Jordyn Wentzel Macy Klein	St. Catherine	03:49.12 ST18	
2.	Kelly Punyko Sophia Nevin Helen Jensen Marissa Wolff	St. Olaf	01:45.50		2.	Kelly Punyko Sophia Nevin Helen Jensen Marissa Wolff	St. Olaf	03:50.54 ST18	
3.	Hanna Pokornowski Hailey Auran Michelle Simms Maggie Webster	Gustavus	01:45.89		3.	Kirsten Nelson Ashley Christensen Katelyn Strauss Kate Smarjesse	St. Thomas	03:51.45	

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; ST18 - 2018 NCAA Selection Time; \$ - NCAA Diving Zone 11-Dive Qualifying Score.