

MIAC announces 2019-20 Swimming and Diving awards

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BLOOMINGTON, Minn. -- The Minnesota Intercollegiate Athletic Conference (MIAC) announced its annual Men's and Women's Swimming and Diving awards on Monday. The top three finishers in each event at the 2020 MIAC Swimming and Diving Championships received All-Conference honors, while individual finishers 4-6 and the fourth-place relay team earned honorable mention distinction. The conference also announced its individual award recipients.

| 2019-20 Swimming and Diving All-MIAC Honorees and Award Winners |

St. Catherine sophomore **Jordyn Wentzel** was named the Women's Swimmer of the Year for the second consecutive season. Wentzel won three individual events and was part of four Wildcat relay victories at the 2020 MIAC Championships. She set new meet records in the 200-yard individual medley (2:01.59) and 100-yard breaststroke (1:01.40) and broke the NCAA Division III record in the 200-yard breaststroke with a time of 2:11.85. Wentzel was also part of the Wildcats' 800 free relay team that set a new conference record time of 7:29.60. Wentzel is the fifth woman in conference history to win Swimmer of the Year on multiple occasions and the first to do it since St. Thomas' Emma Paulson won two in a row in 2016 and 2017.

For the second consecutive season, St. Olaf senior **John Loepfe** earned Men's Swimmer of the Year accolades, sharing the honor this year with Gustavus junior **Nolan Larson**. Loepfe won the 100-yard butterfly and swept the backstroke competitions for the third time in his career, bringing his four-year total to nine individual conference championships with seven in the backstroke alone. Larson also picked up a trio of individual victories at the 2020 MIAC Championships, earning conference titles in the 200 individual medley, 200 freestyle, and 200 butterfly. Larson was part of three record-breaking performances last week, setting a new conference mark in the 200 free at 1:38.12, and swimming on the 400 and 800 free relay teams that set new conference marks with times of 3:00.94 and 6:40.27, respectively. Loepfe is the sixth man to win multiple MIAC Swimmer of the Year honors since 2002 and the first to repeat since St. Thomas' Mike Lanz won three in a row from 2014-16. Larson is the fourth different Gustie to win the award in recorded conference history and the second in a row, as Tanner Sonnek was named Co-Swimmer of the Year with Loepfe at the 2019 Championships.

St. Thomas sophomore **Peyton Ekman** was named Women's Diver of the Year after sweeping the 1- and 3-meter competitions. Ekman registered a 420.70 score off the 1-meter board and a 461.10 in the 3-meter competition to become the second Tommie ever to receive the award, joining Jennifer Easton, who was named Women's Diver of the Year in 2012. Gustavus senior **Logan Bican** shared Men's Diver of the Year honors with Saint John's freshman **Jack Grabinski**. Bican won the 1-meter competition with a score of 497.05, while Grabinski took second at 481.70. The pair flipped positions off the 3-meter board, with Grabinski winning thanks to a score of 505.05 and Bican placing second at 451.70. Both men are the second MIAC Men's Diver of the Year recipients at their respective institutions, with Grabinski joining Marcus Rien (2008) and Bican following in the footsteps of Charlie Kimball (2003).

The 2020 MIAC Men's and Women's Coaches of the Year were both repeat selections from 2019. St. Catherine head coach **Justin Zook** received Women's Coach of the Year honors for the third consecutive season after guiding the Wildcats to their first MIAC championship in program history. St. Catherine had seven swimmers receive All-Conference honors in individual events and placed a team in the top-three of all five relay events, winning four of them. On the men's side, **Jon Carlson** was recognized by his peers for the fourth time with Coach of the Year honors. Carlson's team ran away with the men's title in 2020, claiming victory by more than 200 points. Ten different Gusties received All-Conference distinction in addition to five All-MIAC performances in the men's relay events. MIAC coaches selected **Jon Hazen** as this year's Dive Coach of the Year. Hazen helped Saint Benedict and Saint John's to achieve one individual conference championship, three All-Conference performances, and six honorable mention accolades over the weekend.

2020 MIAC All-Sportsmanship Team

Augsburg - Felix Mjelde

Carleton - Ada Meyer, Sam Darwish

Concordia - Lydia Larson

Gustavus - Ingrid Iverson, Sam Deyak

Hamline - Bryce White, Nicolas Hanlon

Macalester - Marie Crane, Jay West

Saint Benedict - Lauren Christiansen

St. Catherine - Molly McMahon



The 2020 MIAC Coaches and Swimmers of the Year left to right, including Jon Carlson, Justin Zook, Nolan Larson, John Loepfe, and Jordyn Wentzel. (Photo: Lindsay Madryga)

St. John's - Friedrich Odesmann

Saint Mary's - Dakota Becerra, Daren Anes Du Quicingco

St. Olaf - Helen Jensen, Ian Kretzmann

St. Thomas - Deidree Voss, Lucas Manke

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