

2003 MIAC Women's Cross Country Awards

Coaches of the Year: Scott Jerome, Gustavus / Matt Haugen, Macalester

Athletes of the Meet: Koby Hagen, Macalester / Matt Hooley, Carleton

St. Paul, Minn. - November 4, 2003

MIAC Cross Country Coaches of the Year

Scott Jerome of Gustavus Adolphus and Matt Haugen of Macalester were selected the Minnesota Intercollegiate Athletic Conference women's and men's cross country coaches of the year respectively. Jerome's Gusties claimed their first ever Minnesota Intercollegiate Athletic Conference championship on Saturday, November 1st. The Gusties placed first out of 12 teams at the competition held in Como Park in St. Paul. The squad won with 68 points. The Gusties' previous best finish was second in 2001. Last year the team finished fourth.

Haugen's Scots jumped from a seventh place MIAC finish a year ago to a fourth-place finish this year, the program's best since placing fourth in 1986, and its team score was the lowest for the Scots since 1971. The Scots had five top-30 finishers, the first time they've done that since '71. Both teams will compete at the NCAA Central Region meet in Grinnell, Iowa, Saturday, November 15.

MIAC Women's Athlete of the Meet

Koby Hagen (So., Minneapolis, MN / Southwest) became Macalester's first individual conference champ since 1986 when she won the MIAC championship Saturday Nov. 1 at Como Park Golf Course in a time of 18:46 (5000 meters).

MIAC CC Championships Women

Como Park G.C. , St.Paul, MN

Nov. 1, 2003

All-Conference (Top 15 Finishers)

1	Koby Hagen, So	18:46	Macalester
2	Jen Skalko, Sr	18:51	Gustavus Adolphus
3	Nicole Gurgel, Jr	18:52	St. Thomas
4	Nichole Petersen, Jr	18:55	Gustavus Adolphus
5	Leah Wurm, So	19:04	St. Benedict
6	Brigid Power, Jr	19:05	St. Thomas
7	Erin Bengtson, So	19:07	St. Olaf
8	Keidra Anderson, So	19:13	Hamline
9	Lisa Owen, Sr	19:15	Concordia
10	Amy Lyons, Fr	19:17	Bethel
11	Tasha Pike, Jr	19:17	Gustavus Adolphus
12	Cindy Blendermann, Sr	19:17	St. Benedict
13	Melissa Grunst, Sr	19:18	Carleton
14	Andrea Grunst, Sr	19:18	Carleton
15	Ellen Waldow, So	19:24	Augsburg College

All-Conference Honorable Mention (Places 16-25)

16	Kari Koos, So	19:26	St. Olaf
17	Erin Weier, Fr	19:27	St. Olaf
18	Marit Grorud, Sr	19:29	St. Olaf
19	Chelsea Guettinger, So	19:30	St. Thomas
20	Ellen Koranda, So	19:30	Saint Mary's
21	Laura Hudson, Jr	19:30	Carleton
22	Brenna Bray, So	19:31	St. Olaf
23	Corrin Hoffman, Sr	19:31	Hamline
24	Ali Cordie, Jr	19:35	Gustavus Adolphus
25	Lindsay Boetcher, So	19:36	St. Olaf