

2001 MIAC Indoor Track & Field Awards

Women

Tish Dusich of St. Thomas was selected Women's MIAC Indoor Track and Field Most Outstanding Athlete for her performance at the indoor championship March 2-3. Dusich was a double champion in the 600 meter (1:35.18, meet record) and 800 meter (2:15.04, NCAA automatic qualifying, meet record) and anchored the Tommies second place 4 x 400 meter relay. Dusich's 800 and 600 also garnered top votes respectively for **Most Outstanding Performance**.

Also receiving top votes were Megan Daymont of St. Olaf and Kara Hedin of St. Thomas. Daymont was a double champion in the 1000 (2:58.19) and the 1500 (4:39.97), finished third in the 600 (1:38.35) and anchored the Oles 4 x 400 meter relay. Hedin was a double champion in the long jump (5.38m, 17 feet-8 inches) and the triple jump (11.44m, 37-6.5, meet record, NCAA provisional qualifying), finished fourth in the 55 hurdles and ran on the Tommies second place 4 x 400 relay. Behind Dusich's 800 and 600, Caroline Boatz of St. Benedict received top votes for most outstanding performance for her meet record and NCAA automatic qualifying mark in the pole vault (3.41m, 11-2.25).

Men

Carleton distance runner Andy Sherman was selected Men's MIAC Indoor Track and Field Most Outstanding Athlete for his triple champion performances in the 3000 (8:41.65), 5000 15:02.91) and as anchor of the Knights distance medley relay.

Also receiving top votes was **St. Olaf's Cory Dingels** who was the MIAC long jump (13.57m, 44-6.25, NCAA automatic qualifying) and high jump (1.96m, 6-5) champion as well as garnering second in the pentathlon (3492 points) and 4 x 400 relay and fifth in the triple jump. Dingels long jump performance was picked as the MIAC men's **Most Outstanding Performance**.

Others receiving top votes were St. Thomas' Jeremy Heckman for outstanding athlete for triple champion honors in the 200 (22.15), 400 (49.19) and 4 x 400 relay and second in the 55, and Gustavus' Jerry Washington for outstanding performance in the 55 (6.39).

Meet Highlights

The MIAC Indoor Track & Field Championship was held March 2-3 at St. John's University. The St. Thomas men and women were both crowned team champions.