

2004 MIAC Indoor Track & Field Awards

Women

Brigid Power and **Kristal Grigsby**, both of St. Thomas, were selected MIAC Women's Most Outstanding Track Athlete and Most Outstanding Field Athlete, respectively for their performances at the indoor championship March 5-6. Power, who has provisionally qualified for NCAA nationals in the 800 and 1500-meter runs, was a double champion with wins in the 1000, 1500. Grigsby, a double champion in the horizontal jumps winning both the long and triple jump, and will compete in both at the national meet, March 12-13 at UW-Whitewater. Her performance in the triple jump was also a meet record.

Tonnisha Bell of Augsburg earned the honor of MIAC Women's Most Outstanding Performance with a meet record in the 200-meter dash. Bell will compete in the 55 m dash at the national indoor meet. The Augsburg sprinter placed second in the 55 behind teammate Alanna Carter.

Men

Mathew Shannon of Augsburg and **Peter Cathcart** of St. Olaf were selected MIAC Men's Most Outstanding Track and Field Athletes. Shannon was a double champion in the 55 and 400m dashes and was second in the 200m dash. He has qualified for the NCAA championships in both the 55 and 400m dash. His performance in the 400 was also a MIAC meet record. Cathcart placed first in the shot put with an NCAA provisional mark, and was fourth in the 35lb. weight throw.

The award for MIAC Men's Most Outstanding Performance also went to **Shannon** of Augsburg for his meet record performance in the 400-meter dash.

MIAC INDOOR TRACK & FIELD COACHES OF THE YEAR

Joe Sweeney of St. Thomas and **Bill Thornton** of St. Olaf were selected women's and men's MIAC Indoor Coaches of the Year respectively. Sweeney's Tommies claimed the team championship for the fifth consecutive year, while Thornton's Oles finished second with 126 points, up from a 102 point third place finish in 2003. Sweeney's title was his 50th MIAC team title.