

2005 MIAC Indoor Track & Field Awards

Women

Hamline's **Keidra Anderson** (Junior, Minocqua, Wis./Lakeland HS) was selected MIAC Women's Most Outstanding Track Athlete as she qualified for the NCAA Indoor Track and Field Championships in the 5000 meters. Anderson had a qualifying time of 17:38.88 in the 5000 meters, which is the 10th lowest time in that nation for this event this season. She also was the MIAC 3000 meter champion with a time of 10:21.54.

St. Thomas' **Kristal Grigsby** (Junior, Minneapolis, Minn./Breck HS) was selected MIAC Women's Most Outstanding Field Athlete for her long jump of 19-0, which was a MIAC record and NCAA Automatic Qualifying distance and her MIAC triple jump performance of 38-6 3/4, which also was a MIAC record and NCAA Automatic Qualifying mark. Grigsby also was the MIAC Champion in the high jump with a distance of 5-3 1/4.

Grigsby earned the honor of MIAC Women's Most Outstanding Performance with first place finishes in the long jump, triple jump, and high jump. She set new MIAC records in the long jump and triple jump. Grigsby is ranked #1 in the nation in the long jump. She will compete in this weekend's NCAA Division III Track & Field Championship at Illinois Wesleyan March 11-12.

Men

St. Olaf's **Tom Cruse** (Sophomore, Hastings, Minn.) was selected MIAC Men's Most Outstanding Track Athlete as he was a double-winner in the 600 and 800 at the 2005 MIAC Championships. Cruse's time of 1:12.35 in the 600 set a MIAC record as well as an Olson Forum record.

Hamline's **Jake Courrier** (Junior, Wells, Minn./United South Central HS) and Saint Mary's **Rob Freindt** (Junior, Ogden, Utah) were selected MIAC Men's Co-Most Outstanding Field Athletes for performances at the 2005 MIAC Track and Field Championships. Courrier broke the school record in the weight throw for the third time this season, throwing a 55-10 1/4 in the finals to better his old record by nearly three feet. The toss also was an NCAA provisional. Freindt competed in a total of 12 events during the competition, bringing home a conference title in the heptathlon, while also accounting for 29 of SMU's 30 points.

Cruse earned the honor of MIAC Men's Most Outstanding Performance with his MIAC record setting first place finish in the 600 yard race.

MIAC INDOOR TRACK & FIELD COACHES OF THE YEAR

Kirk Nauman of Saint Mary's and **Paul Schmaedeke** of Hamline were selected women's and men's MIAC Indoor Coaches of the Year respectively. Nauman's Cardinals finished fourth in the MIAC Indoor Track & Field Championships with 94 points, the highest finish and highest point total in school history, which improved on SMU's 2004 finish in 10th place. Schmaedeke's Pipers finished in fourth place at the 2005 MIAC Indoor Track & Field Championships with 83 points. Hamline's 2005 4th place finish was a major leap from their 2004 finish of 7th (40 points).