

# 2010 MIAC Men's Indoor Track & Field Awards

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St. Paul, Minn. -- The 2010 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track & Field Championships came to a close on Saturday afternoon with the St. Thomas men capturing the team title. This week, individual awards were announced and the honorees are listed below.



As part of a conference-wide sportsmanship initiative, the MIAC selected the fourth annual All-MIAC Sportsmanship team for Men's Indoor Track & Field. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

## *Outstanding Men's Track Athlete* - **Max Hanson, Gustavus**

- Hanson (Sr., Buffalo, Minn.) set the meet and Carleton Rec Center records in two individual events and one relay over the weekend. On Friday, he hit a NCAA automatic qualifying time of 1:52.54 in the 800 meter run and in the process set the meet and track record. Later that night, he ran the anchor leg for the first-place Gustavus Distance Medley Relay team that finished in a meet and track record time of 10:16.26. On Saturday, Hanson set the track and meet record in the 600 yard dash with his winning time of 1:11.48.

## *Outstanding Men's Field Athlete* - **Eyo Ekpo, St. Thomas**

- Ekpo (Fy., Andover, Minn.) placed first in the triple jump, second in the long jump, and third in the high jump in his first MIAC Indoor Championship. Ekpo took the triple jump title on Saturday with a facility record and NCAA provisional distance of 47-10 3/4 (14.60m). The 14.60 meter distance is currently fourth best in Division III. On Saturday, he also finished in third in the high jump with a mark of 6-5 (1.96m). In Friday's long jump competition, Ekpo placed second with a leap of 21-9 (6.63m).

## *Men's Outstanding Performance of the Meet* - **Max Hanson, Gustavus**

- On Friday, Hanson turned in the top individual performance of the day by winning the 800-meter run with an NCAA automatic qualifying time of 1:52.54. His time is also a new Recreation Center record and meet record. Hanson's time ranks second in the nation heading into this weekend's NCAA Division III Championships.

## *Men's Coach of the Year* - **Paul Schmaedeke, Hamline**

- Schmaedeke led the Pipers to a second place finish in closest competition in the history of the MIAC Indoor Championships. Hamline's 156 points was second to St. Thomas' 163 point total. The Piper men tallied four individual conference champions, a meet-high 26 athletes who scored points, one NCAA automatic qualifier, three NCAA provisional qualifiers and one school record en route to their second-place team finish.

## **2010 All-MIAC Sportsmanship Team**

Augsburg - Shane Pantila (Jr., St. Michael, Minn./St. Michael-Albertville)  
Bethel - Gabriel Hymer (So., Apple Valley, Minn.)  
Carleton - Michael Sanders (Sr., Cedar Falls, Iowa)  
Concordia - Jeff Bakke (Sr., Grand Forks, N.D./Red River)  
Gustavus - Colin Rust (Sr., Chanhassen, Minn./Chaska)  
Hamline - Nate Bell (Sr., St. Peter, Minn.)  
Macalester - Tim Erkel (Jr., Woodbury, Minn./Minnehaha Academy)  
Saint John's - Josh Wallert (Sr., Woodbury, Minn./New Life Academy)  
Saint Mary's - Curt VanAsten (Sr., Shiocton, Wis.)  
St. Olaf - Benjamin Bayer (Jr., Duluth, Minn./East)  
St. Thomas - Mark Geskermann (Sr., Maplewood, Minn./Tartan)

[2010 MIAC Indoor Track & Field Championships Website](#)