

2019 MIAC Men's Indoor Track & Field Regional and National Awards

ATHLETIC HONORS

2019 NCAA Division III Men's Indoor Track and Field All-Americans

Name	Institution	Class	Event	Previous Selections
Carl Klamm	Bethel	Sr.	400 Meters (5th Place)	2017
Shawn Monroe	Bethel	Jr.	4x400 Relay (5th Place)	2018
Isaac Erickson	Bethel	Jr.	4x400 Relay (5th Place)	2017 2018
Nolan Metz	Bethel	Fr.	4x400 Relay (5th Place)	--
Carl Klamm	Bethel	Sr.	4x400 Relay (5th Place)	2017 2018
Lucas Mueller	Carleton	So.	3000 Meters (6th Place)	--
Matthew Wilkinson	Carleton	So.	5000 Meters (6th Place)	--
Eric Dols	Hamline	Sr.	Weight Throw (7th Place)	2018
Sean Lonergan	St. Olaf	Jr.	Mile (6th Place)	--
Nicholas Spann	St. Thomas	Sr.	Long Jump (4th Place)	--
Eric Holst	St. Thomas	Sr.	Weight Throw (National Champion)	--

2019 USTFCCCA Central Region Coach of the Year

Name	Institution	Previous Selections
Steve Mathre	St. Thomas	2008 2009 2012 2013 2015

2019 USTFCCCA All-Central Region

Name	Institution	Class	Event	Previous Selections
Isaac Erickson	Bethel	Jr.	4x400 Relay	2017 2018
Carl Klamm	Bethel	Sr.	400 Meters	2017 2018
Carl Klamm	Bethel	Sr.	4x400 Relay	2016 2017 2018
Nolan Metz	Bethel	Fr.	4x400 Relay	--
Shawn Monroe	Bethel	Jr.	4x400 Relay	2017 2018
Shawn Monroe	Bethel	Jr.	400 Meters	--
Tris Dodge	Carleton	Sr.	3000 Meters	--
Lucas Mueller	Carleton	So.	3000 Meters	2018
Lucas Mueller	Carleton	So.	5000 Meters	2018
Lucas Mueller	Carleton	So.	Mile	2018
Matthew Wilkinson	Carleton	So.	5000 Meters	2018
Matt Bye	Concordia	Jr.	Heptathlon	--
Sam Haley	Concordia	Sr.	Pole Vault	--
Cal Wright	Concordia	Fr.	400 Meters	--
Michael Hensch	Gustavus	Sr.	Shot Put	2018
Michael Hensch	Gustavus	Sr.	Weight Throw	--
Taylor Rooney	Gustavus	So.	High Jump	2018
Taylor Rooney	Gustavus	So.	60-Meter Hurdles	2018
Eric Dols	Hamline	Sr.	Weight Throw	2018
Eric Dols	Hamline	Sr.	Shot Put	2016 2017 2018
Frank Gustafson	Hamline	Jr.	Mile	--
Christian Velishek	Hamline	Fr.	High Jump	--
Andrew Smith	Macalester	Sr.	High Jump	--
Omavi Collison	Saint John's	Fr.	200 Meters	--
Ryan Miller	Saint John's	So.	60 Meters	2018
Drew Schoenbauer	Saint John's	Sr.	200 Meters	2016
Drew Schoenbauer	Saint John's	Sr.	60 Meters	--
Collin Trout	Saint John's	Jr.	Triple Jump	2018
Michael Wallace	Saint John's	Fr.	Triple Jump	--
Jacob Gursky	St. Olaf	Sr.	Pole Vault	2017 2018
Thomas Lerdall	St. Olaf	Sr.	5000 Meters	--
David Danhauer	St. Thomas	Sr.	Shot Put	--

Eric Douville	St. Thomas	Fr.	200 Meters	--
Eric Holst	St. Thomas	Sr.	Weight Throw	2018
Jordan Johnson	St. Thomas	Jr.	Heptathlon	--
Carl Kozlowski	St. Thomas	So.	800 Meters	--
Gage O'Brien	St. Thomas	Jr.	Shot Put	--
Aidan Ritzenthaler	St. Thomas	Jr.	Pole Vault	--
Nicholas Spann	St. Thomas	Sr.	Triple Jump	2017 2018
Nicholas Spann	St. Thomas	Sr.	Long Jump	2017 2018
Karl Wachter	St. Thomas	Jr.	3000 Meters	--
Karl Wachter	St. Thomas	Jr.	Mile	--
Conor White	St. Thomas	Sr.	Long Jump	2017 2018

ACADEMIC HONORS

2019 Google Cloud Academic All-America Track & Field/Cross Country Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Tris Dodge	Carleton	Sr.	Oakland, Calif. The College Preparatory School	Biology	3.95	--
Sean Lonergan	St. Olaf	Jr.	Oak Park, Ill. Oak Park & River Forest	Economics Political Science	3.78	--
Parker Rosenau	St. Thomas	Sr.	West Fargo, N.D.	Neuroscience	3.98	--

2019 Google Cloud Academic All-District Track & Field/Cross Country Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Tris Dodge	Carleton	Sr.	Oakland, Calif. The College Preparatory School	Biology	3.95	2018
Sean Lonergan	St. Olaf	Jr.	Oak Park, Ill. Oak Park & River Forest	Economics Political Science	3.78	--
Parker Rosenau	St. Thomas	Sr.	West Fargo, N.D.	Neuroscience	3.98	2018

MIAC AWARDS

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