

# 2020 MIAC Men's Indoor Track & Field Regional and National Awards

## ATHLETIC HONORS

### 2020 Men's Indoor Track and Field USTFCCCA All-America Selections

| Name               | Institution  | Class | Event            | Previous Selections |
|--------------------|--------------|-------|------------------|---------------------|
| Joel Smith         | Bethel       | So.   | 4x400 Relay      | --                  |
| Isaac Erickson     | Bethel       | Sr.   | 4x400 Relay      | 2017   2018   2019  |
| Josh Sampson       | Bethel       | Fr.   | 4x400 Relay      | --                  |
| Shawn Monroe       | Bethel       | Sr.   | 4x400 Relay      | 2018   2019         |
| Matthew Wilkinson  | Carleton     | Jr.   | 3000-Meter Run   | --                  |
| Matthew Wilkinson  | Carleton     | Jr.   | 5000-Meter Run   | 2019                |
| Jesse Middendorf   | Concordia    | So.   | 800-Meter Run    | --                  |
| Matt Bye           | Concordia    | Sr.   | Heptathlon       | --                  |
| Taylor Rooney      | Gustavus     | Jr.   | 60-Meter Hurdles | 2018                |
| Steven Orzolek     | Gustavus     | So.   | Shot Put         | --                  |
| Frank Gustafson    | Hamline      | Sr.   | Mile Run         | --                  |
| Fernando Benitez   | Hamline      | Sr.   | Mile Run         | --                  |
| Joe Martin         | Hamline      | Jr.   | Shot Put         | --                  |
| David Palmer       | Macalester   | Sr.   | 400-Meter Dash   | --                  |
| Ryan Miller        | Saint John's | Jr.   | 60-Meter Dash    | --                  |
| Maguire Petersen   | Saint John's | Fr.   | High Jump        | --                  |
| Drew Dockendorf    | Saint John's | Jr.   | Pole Vault       | --                  |
| Collin Trout       | Saint John's | Sr.   | Triple Jump      | --                  |
| Michael Wallace    | Saint John's | So.   | Triple Jump      | --                  |
| Kyle Lichttenegger | Saint Mary's | Sr.   | 60-Meter Dash    | --                  |
| Kyle Lichttenegger | Saint Mary's | Sr.   | Long Jump        | --                  |
| Sean Lonergan      | St. Olaf     | Sr.   | Mile Run         | 2019                |
| Eric Douville      | St. Thomas   | So.   | 200-Meter Dash   | --                  |
| Karl Wachter       | St. Thomas   | Sr.   | Mile Run         | --                  |
| Jake Kelly         | St. Thomas   | Jr.   | High Jump        | --                  |
| Parker Feuerborn   | St. Thomas   | So.   | Weight Throw     | --                  |

### 2020 USTFCCCA Central Region Track Athlete of the Year

| Name              | Institution | Class | Hometown   High School        | Previous Selections |
|-------------------|-------------|-------|-------------------------------|---------------------|
| Matthew Wilkinson | Carleton    | Jr.   | Greenwood, Minn.   Minnetonka | --                  |

### 2020 USTFCCCA Central Region Field Athlete of the Year

| Name               | Institution  | Class | Hometown   High School | Previous Selections |
|--------------------|--------------|-------|------------------------|---------------------|
| Kyle Lichttenegger | Saint Mary's | Sr.   | De Pere, Wis.   West   | --                  |

### 2020 USTFCCCA Assistant Coach of the Year

| Name       | Institution  | Previous Selections |
|------------|--------------|---------------------|
| Joe Vardas | Saint John's | --                  |

### 2020 USTFCCCA All-Central Region

| Name               | Institution  | Class | Event            | Previous Selections |
|--------------------|--------------|-------|------------------|---------------------|
| Isaac Erickson     | Bethel       | Sr.   | 4x400 Relay      | 2017   2018   2019  |
| Shawn Monroe       | Bethel       | Sr.   | 4x400 Relay      | 2017   2018   2019  |
| Josh Sampson       | Bethel       | Fr.   | 60-Meter Hurdles | --                  |
| Josh Sampson       | Bethel       | Fr.   | 4x400 Relay      | --                  |
| Joel Smith         | Bethel       | So.   | 4x400 Relay      | --                  |
| Lukas Walton       | Bethel       | So.   | Heptathlon       | --                  |
| Cameron Meikle     | Carleton     | Sr.   | 5000 Meters      | --                  |
| Matthew Wilkinson  | Carleton     | Jr.   | 3000 Meters      | --                  |
| Matthew Wilkinson  | Carleton     | So.   | 5000 Meters      | 2018                |
| Matthew Wilkinson  | Carleton     | Jr.   | Mile             | --                  |
| Matt Bye           | Concordia    | Sr.   | Heptathlon       | 2019                |
| Jesse Middendorf   | Concordia    | So.   | 800 Meters       | --                  |
| Steven Orzolek     | Gustavus     | SO.   | Shot Put         | --                  |
| Taylor Rooney      | Gustavus     | Jr.   | High Jump        | 2018   2019         |
| Taylor Rooney      | Gustavus     | Jr.   | 60-Meter Hurdles | 2018   2019         |
| Fernando Benitez   | Hamline      | Sr.   | 3000 Meters      | --                  |
| Fernando Benitez   | Hamline      | Sr.   | Mile             | --                  |
| Frank Gustafson    | Hamline      | Sr.   | Mile             | 2019                |
| Joe Martin         | Hamline      | Jr.   | Shot Put         | --                  |
| Will Murphy        | Macalester   | Fy.   | Triple Jump      | --                  |
| David Palmer       | Macalester   | Sr.   | 400 Meters       | --                  |
| Drew Dockendorf    | Saint John's | Jr.   | Pole Vault       | --                  |
| Ryan Miller        | Saint John's | Jr.   | 60 Meters        | 2018   2019         |
| Maguire Petersen   | Saint John's | Fr.   | High Jump        | --                  |
| Shawn Schindler    | Saint John's | So.   | Pole Vault       | --                  |
| Collin Trout       | Saint John's | Sr.   | Triple Jump      | 2018   2019         |
| Michael Wallace    | Saint John's | So.   | Triple Jump      | 2019                |
| Kyle Lichttenegger | Saint Mary's | Sr.   | 60 Meters        | --                  |
| Kyle Lichttenegger | Saint Mary's | Sr.   | 200 Meters       | --                  |
| Kyle Lichttenegger | Saint Mary's | Sr.   | Long Jump        | --                  |
| Elliot Kadrofske   | St. Olaf     | Sr.   | 5000 Meters      | --                  |
| Sean Lonergan      | St. Olaf     | Sr.   | 3000 Meters      | --                  |
| Sean Lonergan      | St. Olaf     | Sr.   | Mile             | --                  |
| Tyler Cullen       | St. Thomas   | So.   | Pole Vault       | --                  |
| Eric Douville      | St. Thomas   | So.   | 200 Meters       | 2019                |
| Parker Feuerborn   | St. Thomas   | So.   | Weight Throw     | --                  |
| Jake Kelly         | St. Thomas   | Jr.   | High Jump        | --                  |
| Gage O'Brien       | St. Thomas   | Sr.   | Weight Throw     | --                  |
| Aidan Ritzenthaler | St. Thomas   | Sr.   | Pole Vault       | 2019                |
| Karl Wachter       | St. Thomas   | Sr.   | Mile             | 2019                |

**2020 USTFCCCA NCAA Division III Athlete of the Week**

| Date          | Name                 | Institution | Class | Hometown   High School |
|---------------|----------------------|-------------|-------|------------------------|
| Jan. 21, 2020 | <u>Taylor Rooney</u> | Gustavus    | Jr.   | Andover, Minn.         |

ACADEMIC HONORS

2019-20 CoSIDA Academic All-America Men's T&F/XC Team

| Name              | Institution | Class | Hometown   High School                   | GPA  | Major                         | Team   | Previous Selections |
|-------------------|-------------|-------|------------------------------------------|------|-------------------------------|--------|---------------------|
| Sean Lonergan     | St. Olaf    | Sr.   | Oak Park, Ill.   Oak Park & River Forest | 3.78 | Economics   Political Science | First  | 2019 (3T)           |
| Matthew Wilkinson | Carleton    | Jr.   | Greenwood, Minn.   Minnetonka            | 3.44 | Biology                       | Second | --                  |

2019-20 CoSIDA Academic All-District Men's T&F/XC Team

| Name              | Institution | Class | Hometown   High School                   | Major                         | GPA  | Previous Selections |
|-------------------|-------------|-------|------------------------------------------|-------------------------------|------|---------------------|
| Sean Lonergan     | St. Olaf    | Sr.   | Oak Park, Ill.   Oak Park & River Forest | Economics   Political Science | 3.78 | 2019                |
| Matthew Wilkinson | Carleton    | Jr.   | Greenwood, Minn.   Minnetonka            | Biology                       | 3.44 | --                  |

2020 MIAC USTFCCCA Men's Track & Field All-Academic Team

| Name              | Institution  | Class | Hometown   High School                           | Previous Selections |
|-------------------|--------------|-------|--------------------------------------------------|---------------------|
| Isaac Erickson    | Bethel       | Sr.   | Wahpeton, N.D.                                   | 2018   2019         |
| Gabe Irons        | Bethel       | So.   | Lake Mills, Iowa                                 | --                  |
| Josh Sampson      | Bethel       | Fr.   | Arden Hills, Minn.   Mounds View                 | --                  |
| Tyler Sealock     | Bethel       | So.   | Plymouth, Minn.   Osseo                          | --                  |
| Joel Smith        | Bethel       | So.   | Shoreview, Minn.   Mounds View                   | 2019                |
| Lukas Walton      | Bethel       | So.   | Roseville, Minn.   Como Park                     | --                  |
| Nicholas Brusilow | Carleton     | Jr.   | Grosse Pointe, Mich.   University Liggett School | --                  |
| Zachary Kulstad   | Carleton     | Jr.   | Savage, Minn.   Prior Lake                       | 2018                |
| Cameron Meikle    | Carleton     | Sr.   | Hamilton, Mont.                                  | --                  |
| Benjamin Santos   | Carleton     | So.   | Boulder, Colo.                                   | --                  |
| Matthew Wilkinson | Carleton     | Jr.   | Minnetonka, Minn.                                | 2018   2019         |
| Matt Bye          | Concordia    | Sr.   | Moorhead, Minn.                                  | 2018   2019         |
| Jesse Middendorf  | Concordia    | So.   | Melrose, Minn.                                   | 2019                |
| Colin Schuller    | Concordia    | So.   | Sioux Falls, S.D.   Lincoln                      | --                  |
| Cal Wright        | Concordia    | So.   | Mora, Minn.                                      | 2019                |
| Steven Orzolek    | Gustavus     | So.   | Darwin, Minn.   Litchfield                       | 2019                |
| Frank Gustafson   | Hamline      | Sr.   | Willmar, Minn.   New London-Spicer               | 2019                |
| Dylan Larson      | Hamline      | Sr.   | Alexandria, Minn.                                | 2019                |
| Joe Martin        | Hamline      | Jr.   | Lakeville, Minn.   South                         | --                  |
| Will Murphy       | Macalester   | Fy.   | Longmont, Colo.                                  | --                  |
| Maguire Petersen  | Saint John's | Fr.   | Hutchinson, Minn.                                | --                  |
| Collin Trout      | Saint John's | Sr.   | Cloquet, Minn.                                   | 2019                |
| Elliot Kadrofske  | St. Olaf     | Sr.   | Okemos, Mich.                                    | --                  |
| Sean Lonergan     | St. Olaf     | Sr.   | Oak Park, Ill.   Oak Park & River Forest         | 2018   2019         |

|                |            |     |                                        |             |
|----------------|------------|-----|----------------------------------------|-------------|
| Tyler Adler    | St. Thomas | Jr. | Waunakee, Wis.                         | 2019        |
| Eric Douville  | St. Thomas | So. | Minnetonka, Minn.                      | 2019        |
| Jordan Johnson | St. Thomas | Sr. | Stewartville, Minn.                    | 2019        |
| Jake Kelly     | St. Thomas | Jr. | Eden Prairie, Minn.                    | 2018   2019 |
| Gage O'Brien   | St. Thomas | Sr. | Inver Grove Heights, Minn.   Rosemount | 2019        |
| Evan Teynor    | St. Thomas | Jr. | Prairie Du Chien, Wis.                 | --          |
| Karl Wachter   | St. Thomas | Sr. | Shakopee, Minn.                        | 2018   2019 |

**MIAC AWARDS**

| [2020 MIAC Men's Indoor Track and Field Awards](#) | [Athletes of the Week](#) | [Elite 22 Award](#) | [Academic All-Conference](#) |