

2023-24 MIAC Men's Track & Field Regional and National Awards**2024 USTFCCCA Men's Outdoor All-America**

Name	Institution	Class	Event	Team	Previous Honors
Jayson Ekiyor	Bethel	Jr.	110-Meter Hurdles	First Team	--
Landen Liu	Bethel	So.	100 Meters	First Team	--
Landen Liu	Bethel	So.	4x100 Relay	First Team	--
Cameron McConnell	Bethel		4x100 Relay	First Team	--
Grant Nelson	Bethel	So.	4x100 Relay	First Team	--
Grant Nelson	Bethel	So.	4x400 Relay	First Team	2023
Jacob Parent	Bethel	Sr.	200 Meters	First Team	--
Jacob Parent	Bethel	Jr.	4x100 Relay	First Team	--
Jacob Parent	Bethel	Jr.	4x400 Relay	First Team	2022 2023
Josh Sampson	Bethel	Sr.	4x400 Relay	First Team	2022 2023
Joel Smith	Bethel	Sr.	400-Meter Hurdles	First Team	2021 2022 2023
Joel Smith	Bethel	Sr.	4x400 Relay	First Team	2022 2023
Ian Mortensen	Carleton	Sr.	Decathlon	First Team	--
Kevin Arthur	Saint John's	Sr.	100 Meters	First Team	2023
Jackson McDowell	Saint John's	Fy.	High Jump	First Team	--
Will Kelly	St. Olaf	Sr.	Steeplechase	First Team	--
Trent Beseth	St. Scholastica	Jr.	Shot Put	First Team	--
Wade Rhonemus	Concordia	Sr.	Decathlon	Second Team	--
Arlo Heitler	Macalester	Jr.	400 Meters	Second Team	--
Kevin Arthur	Saint John's	Sr.	200 Meters	Second Team	--

2024 USTFCCCA Men's Indoor All-America

Name	Institution	Class	Event	Team	Previous Honors
Jayson Ekiyor	Bethel	Jr.	60-Meter Hurdles	First Team	2023
Landen Liu	Bethel	So.	60 Meters	First Team	2023
Grant Nelson	Bethel	So.	400 Meters	First Team	--
Grant Nelson	Bethel	So.	4x400 Relay	First Team	2023
Jacob Parent	Bethel	Sr.	400 Meters	First Team	--
Jacob Parent	Bethel	Jr.	4x400 Relay	First Team	2023
Josh Sampson	Bethel	Sr.	4x400 Relay	First Team	2023
Josh Thomsen	Bethel	So.	4x400 Relay	First Team	--
Calvin Boone	St. Scholastica		Distance Medley Relay	First Team	--
Lars DeWall	St. Scholastica		Distance Medley Relay	First Team	--

Noah Kubicek	St. Scholastica		Distance Medley Relay	First Team	--
Tucker Wallin	St. Scholastica		Distance Medley Relay	First Team	--
Jacob Parent	Bethel	Sr.	200 Meters	Second Team	--
Josh Sampson	Bethel	Sr.	60-Meter Hurdles	Second Team	--
Cooper Folkestad	Concordia	Sr.	Shot Put	Second Team	--
Wade Rhonemus	Concordia	Sr.	Heptathlon	Second Team	--
Kevin Arthur	Saint John's	Sr.	60 Meters	Second Team	--
Will Kelly	St. Olaf	Sr.	5000 Meters	Second Team	--
Demetri Lord	St. Olaf		Heptathlon	Second Team	--
Trent Beseth	St. Scholastica	Jr.	Shot Put	Second Team	--

2024 USTFCCA Men's Outdoor All-North Region

Name	Institution	Class	Event	Previous Selections
Jayson Ekiyor	Bethel	Jr.	110-Meter Hurdles	2022 2023
Landen Liu	Bethel	So.	100-Meter Hurdles	--
Landen Liu	Bethel	So.	4x100 Relay	--
Cameron McConnell	Bethel		4x100 Relay	--
David Myres	Bethel	Sr.	110-Meter Hurdles	--
Grant Nelson	Bethel	So.	400 Meters	--
Grant Nelson	Bethel	So.	4x100 Relay	--
Grant Nelson	Bethel	So.	4x400 Relay	2023
Jacob Parent	Bethel	Sr.	200 Meters	--
Jacob Parent	Bethel	Sr.	400 Meters	2023
Jacob Parent	Bethel	Sr.	4x100 Relay	--
Jacob Parent	Bethel	Sr.	4x400 Relay	2021 2022 2023
Josh Sampson	Bethel	Sr.	110-Meter Hurdles	2023
Josh Sampson	Bethel	Sr.	400-Meter Hurdles	--
Josh Sampson	Bethel	Sr.	4x400 Relay	2022 2023
Joel Smith	Bethel	Sr.	400-Meter Hurdles	2021 2022 2023
Joel Smith	Bethel	Sr.	4x400 Relay	2021 2022 2023
Josh Thomsen	Bethel	Jr.	110-Meter Hurdles	--
Ian Mortensen	Carleton	Sr.	Javelin	2023
Gabe Nichols	Carleton	So.	1500 Meters	2023
Cooper Folkestad	Concordia	Sr.	Shot Put	--
Eli Hayes	Concordia	Fy.	Javelin	--
Austin Schloeder	Hamline	Fy.	Pole Vault	--

Arlo Heitler	Macalester	Jr.	400 Meters	--
Aiden Yang	Macalester	Jr.	Javelin	--
Kevin Arthur	Saint John's	Sr.	100 Meters	2021 2023
Kevin Arthur	Saint John's	Sr.	200 Meters	2023
Mitchell Degen	Saint John's	So.	Javelin	--
Jackson McDowell	Saint John's	Fy.	High Jump	--
Will Kelly	St. Olaf	Sr.	Steeplechase	2022 2023
David Lynn	St. Olaf	Sr.	10000 Meters	--
Trent Beseth	St. Scholastica	Jr.	Discus	--

2024 USTFCCA Men's Indoor All-North Region

Name	Institution	Class	Event	Previous Selections
Jayson Ekiyor	Bethel	Jr.	60-Meter Hurdles	2022 2023
Landen Liu	Bethel	So.	60 Meters	2023
David Myres	Bethel	Sr.	60-Meter Hurdles	--
Grant Nelson	Bethel	So.	400 Meters	2023
Grant Nelson	Bethel	So.	4x400 Relay	2023
Jacob Parent	Bethel	Sr.	200 Meters	--
Jacob Parent	Bethel	Sr.	400 Meters	2021 2023
Jacob Parent	Bethel	Jr.	4x400 Relay	2021 2023
Josh Sampson	Bethel	Sr.	60-Meter Hurdles	2020 2021 2023
Josh Sampson	Bethel	Sr.	4x400 Relay	2020 2021 2023
Josh Thomsen	Bethel	So.	4x400 Relay	2023
Kevin Arthur	Saint John's	Sr.	60 Meters	--

2023-24 CSC Academic All-America Men's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Team	Previous Selections
Tommy Allen	Saint John's	Sr.	Woodbury, Minn. St. Paul Academy	Third Team	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	Third Team	--

2023-24 CSC Academic All-District Men's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Roy Llewellyn	Carleton	So.	Downers Grove, Ill. North	--
Chris Melville	Carleton	Sr.	Bloomington, Minn. Jefferson	--
Ian Mortensen	Carleton	Sr.	Seattle, Wash. Shorecrest	--
Gabe Nichols	Carleton	So.	Grove City, Penn.	--

Alistair Pattison	Carleton	Sr.	St. Paul, Minn. Como Park	--
Logan Clark	Concordia	So.	Sartell, Minn.	--
Peyton Johnsrud	Concordia	Jr.	Starbuck, Minn. Minnewaska	--
Cole Nowacki	Concordia	Sr.	East Grand Forks, Minn.	--
Jacob Piphoo	Concordia	So.	Decorah, Iowa	--
Trevor Tiongson	Concordia	Jr.	Fargo, N.D. West Fargo Sheyenne	--
Sam Schulze	Gustavus	Jr.	Bemidji, Minn.	--
Matthew Skelly	Gustavus	Sr.	Le Sueur, Minn. Henderson	--
Tyler Smith	Gustavus	Jr.	Norwood Young America, Minn. Central	2023
Zack Stordahl	Gustavus	Jr.	Cary, Ill. Cary-Grove Community	--
Michael Braun	Hamline	Sr.	Rogers, Minn.	2023
Tyler Edwards	Macalester	So.	Beaverton, Ore. Oregon Episcopal	--
Arlo Heitler	Macalester	Jr.	Hastings, N.Y.	2023
Riley Hodin	Macalester	Jr.	Buffalo, N.Y. Amherst Central	2023
Reece McKee	Macalester	Jr.	Charlottesville, Va.	2023
Aiden Yang	Macalester	Jr.	Eugene, Ore. South Eugene	--
Tommy Allen	Saint John's	Sr.	Woodbury, Minn. St. Paul Academy	--
Jaeden Frost	Saint John's	Sr.	Omro, Wis.	2023
Max Lelwica	Saint John's	Jr.	Brainerd, Minn.	--
Jackson McDowell	Saint John's	Jr.	Centennial, Colo. Arapahoe	--
Lloyd Young	Saint John's	Sr.	Bloomington, Minn. Kennedy	2023
Ian Curtis	St. Olaf	Sr.	Missoula, Mont. Hellgate	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	--
Demetri Lord	St. Olaf	Sr.	Seattle, Wash. TMI Episcopal	2023
Andrew Skemp	St. Olaf	Jr.	La Crosse, Wis. Aquinas	2023
Kevin Turlington	St. Olaf	So.	Rochester, Minn. Lourdes	--
Calvin Boone	St. Scholastica	Sr.	St. Paul, Minn. Highland Park	2023
Lars Dewall	St. Scholastica	Sr.	Stillwater, Minn.	--

2023-24 USTFCCCA All-Academic Men's Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Jayson Ekiyor	Bethel	Jr.	Dayton, Minn. Providence Academy	2022 2023

Victor Lelinga	Bethel	Fy.	New Brighton, Minn. Mounds View	--
Landen Liu	Bethel	So.	Blaine, Minn. Centennial	2023
David Myres	Bethel	Sr.	Clear Lake, Minn.	2022 2023
Grant Nelson	Bethel	So.	Minneapolis, Minn. Providence Academy	2023
Jacob Parent	Bethel	Sr.	New Richmond, Wis.	2021 2022 2023
Josh Sampson	Bethel	Sr.	Arden Hills, Minn. Mounds View	2020 2021 2022 2023
Joel Smith	Bethel	Gr.	Shoreview, Minn. Mounds View	2019 2020 2021 2022 2023
Soren Kaster	Carleton	Fy.	Horace, N.D. West Fargo Sheyenne	--
Indy Lyness	Carleton	So.	Silver Spring, Md. Montgomery Blair	--
Ian Mortensen	Carleton	Sr.	Seattle, Wash. Shorecrest	2021 2022 2023
Gabe Nichols	Carleton	So.	Grove City, Penn.	2023
Jade Anstine	Gustavus	Fy.	Dell Rapids, S.D. Sioux Falls O’Gorman	--
Austin Schloeder	Hamline	Sr.	Buffalo, Minn. Rockford	--
Arlo Heitler	Macalester	Jr.	Hastings, N.Y.	2022 2023
Aiden Yang	Macalester	Jr.	Eugene, Ore. South Eugene	--
Joseph Charbonneau	Saint John’s	Sr.	New Richmond, Wis.	--
Matt Hansen	Saint John’s	Fy.	Longmont, Colo. Niwot	--
Max Lelwica	Saint John’s	Jr.	Brainerd, Minn.	2023
Jackson McDowell	Saint John’s	Jr.	Centennial, Colo. Arapahoe	--
Aidan Morey	Saint John’s	So.	Omaha, Neb. Creighton Prep	--
Anthony Thurk	Saint John’s	Jr.	St. Bonifacius, Minn. Waconia	--
Chris Bulwa	Saint Mary’s	Jr.	Glenview, Ill. New Trier	--
Henry Fisher	St. Olaf	Sr.	Falcon Heights, Minn. DeLaSalle	--
Ignatius Fitzgerald	St. Olaf	So.	Missoula, Mont. Hellgate	--
Will Kelly	St. Olaf	Sr.	Golf, Ill. Glenbrook South	2022 2023
Demetri Lord	St. Olaf	Sr.	Seattle, Wash. TMI Episcopal	2022 2023
David Lynn	St. Olaf	Sr.	Redmond, Wash. Tesla STEM	--
Cullen Moore	St. Olaf	So.	Lake Elmo, Minn. Minnehaha Academy	--
Andrew Skemp	St. Olaf	Jr.	La Crosse, Wis. Aquinas	--
Kevin Turlington	St. Olaf	So.	Rochester, Minn. Lourdes	--

Calvin Boone	St. Scholastica	Sr.	St. Paul, Minn. Highland Park	--
Lars Dewall	St. Scholastica	Sr.	Stillwater, Minn.	--
Noah Kubicek	St. Scholastica	So.	Owatonna, Minn.	--