

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

ATHLETIC HONORS

2019 Central Region Field Athlete of the Year

Name	Institution	Class	Previous Selections
Michael Hensch	Gustavus	Sr.	--

2019 Central Region Coach of the Year

Name	Institution	Previous Selections
Steve Mathre	St. Thomas	2017 2016 2009 2008

2019 MIAC Men's Outdoor Track and Field All-Americans

Name	Institution	Class	Event	Finish	Previous Selections
Isaac Erickson	Bethel	Jr.	4x400 Relay	6th (03:11.62)	2018
Carl Klamm	Bethel	Sr.	400 Meters	2nd (00:46.58)	2018
Carl Klamm	Bethel	Sr.	4x400 Relay	6th (03:11.62)	2018
Nolan Metz	Bethel	Fr.	4x400 Relay	6th (03:11.62)	--
Shawn Monroe	Bethel	Jr.	4x400 Relay	6th (03:11.62)	--
Tris Dodge	Carleton	Sr.	10000 Meters	8th (30:59.36)	--
Lucas Mueller	Carleton	So.	5000 Meters	5th (14:50.04)	--
Lucas Mueller	Carleton	So.	10000 Meters	2nd (30:14.26)	--
Matthew Wilkinson	Carleton	So.	3000-Meter Steeplechase	4th (09:08.95)	--
Matt Bye	Concordia	Jr.	Decathlon	8th (6623)	--
Michael Hensch	Gustavus	Sr.	Shot Put	7th (54-01.75 - 16.50m)	--
Michael Hensch	Gustavus	Sr.	Discus	8th (160-09 - 49.00m)	--
Michael Hensch	Gustavus	Sr.	Hammer	3rd (202-01.00 - 61.61m)	2017
Eric Dols	Hamline	Sr.	Hammer	4th (199-06.00 - 60.81m)	2017
Nick Gannon	Saint John's	So.	4x100 Relay	1st (00:40.92)	--
Brady Labine	Saint John's	So.	4x100 Relay	1st (00:40.92)	--
Ryan Miller	Saint John's	So.	4x100 Relay	1st (00:40.92)	--
Ryan Miller	Saint John's	So.	100 Meters	2nd (00:10.22)	--
Drew Schoenbauer	Saint John's	Sr.	4x100 Relay	1st (00:40.92)	--
Sean Lonergan	St. Olaf	Jr.	1500 Meters	5th (03:51.07)	--
David Danhauer	St. Thomas	Sr.	Shot Put	8th (53-09.00 - 16.38m)	--
Eric Holst	St. Thomas	Sr.	Hammer	2nd (202-05.00 - 61.69m)	2018

2019 MIAC Men's Outdoor T&F USTFCCCA All-Central Region Team

Name	Institution	Class	Event	Previous Selections
Isaac Erickson	Bethel	Jr.	400 Meters	2018
Isaac Erickson	Bethel	Jr.	4x400 Relay	2018
Carl Klamm	Bethel	Sr.	400 Meters	2017 2016
Carl Klamm	Bethel	Sr.	4x400 Relay	2017 2016
Nolan Metz	Bethel	Fr.	4x400 Relay	--
Shawn Monroe	Bethel	Jr.	400 Meters	--
Shawn Monroe	Bethel	Jr.	4x400 Relay	--
Tris Dodge	Carleton	So.	10,000 Meters	2018
Lucas Mueller	Carleton	So.	5,000 Meters	--
Lucas Mueller	Carleton	So.	10,000 Meters	2018
Matthew Wilkinson	Carleton	So.	Steeplechase	2018
Christian Zaytoun	Carleton	Sr.	Javelin	--
Will Berning	Concordia	Jr.	Javelin	--
Matt Bye	Concordia	Jr.	Javelin	--
Matt Bye	Concordia	Jr.	Decathlon	2018
Willie Julkes	Concordia	Jr.	110-Meter Hurdles	--
Michael Hensch	Gustavus	Sr.	Discus	--
Michael Hensch	Gustavus	Sr.	Shot Put	2018

Michael Hensch	Gustavus	Sr.	Hammer	2018 2017
Michael Hensch	Gustavus	Sr.	Javelin	2018 2017 2016
Taylor Rooney	Gustavus	So.	110-Meter Hurdles	2018
Eric Dols	Hamline	Sr.	Hammer	2018 2017
Frank Gustafson	Hamline	Jr.	1,500 Meters	--
Kai Barber	Saint John's	So.	Shot Put	--
Nick Gannon	Saint John's	So.	4x100 Relay	2018
Brady Labine	Saint John's	So.	400-Meter Hurdles	--
Brady Labine	Saint John's	So.	4x100 Relay	2018
Max Martin	Saint John's	Sr.	110-Meter Hurdles	--
Ryan Miller	Saint John's	So.	200 Meters	--
Ryan Miller	Saint John's	So.	100 Meters	2018
Ryan Miller	Saint John's	So.	4x100 Relay	2018
Shawn Schindler	Saint John's	Fr.	Pole Vault	--
Drew Schoenbauer	Saint John's	Sr.	200 Meters	--
Drew Schoenbauer	Saint John's	Sr.	100 Meters	--
Drew Schoenbauer	Saint John's	Sr.	4x100 Relay	--
Christian Beamer	Saint Mary's	So.	High Jump	--
David Kemper	Saint Mary's	Sr.	Pole Vault	2017
Kyle Lichttenegger	Saint Mary's	Jr.	100 Meters	2017
Christopher Brenk	St. Olaf	Jr.	10,000 Meters	--
Eli Knutson	St. Olaf	Sr.	Pole Vault	--
Eli Knutson	St. Olaf	Sr.	Decathlon	--
Sean Lonergan	St. Olaf	Jr.	1,500 Meters	2018
David Danhauer	St. Thomas	Sr.	Shot Put	--
Eric Douville	St. Thomas	Fr.	200 Meters	--
Eric Douville	St. Thomas	Fr.	100 Meters	--
Eric Holst	St. Thomas	Sr.	Discus	--
Eric Holst	St. Thomas	Sr.	Hammer	2018
Bill Lichliter	St. Thomas	Jr.	Triple Jump	--
Adam Ridders	St. Thomas	Jr.	Long Jump	--
Aidan Ritzenthaler	St. Thomas	So.	Pole Vault	--
Parker Rosenau	St. Thomas	Sr.	Steeplechase	2018
Nicholas Spann	St. Thomas	Sr.	Triple Jump	--
Karl Wachter	St. Thomas	Jr.	1,500 Meters	--
Conor White	St. Thomas	Sr.	Long Jump	2018 2017

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

2019 MIAC USTFCCCA Men's Track & Field All-Academic Team

Name	Institution	Class	Hometown High School	Previous Selections
Andy Barnhart	Bethel	Jr.	Jackson, Wis. Living Word Lutheran	--
Isaac Erickson	Bethel	Jr.	Wahpeton, N.D.	2018
Evan Hatton	Bethel	Sr.	Stevens Point, Wis.	2016 2017 2018
Carl Klamm	Bethel	Sr.	Evanston, Ill.	--

Ezekiel Lelinga	Bethel	So.	New Brighton, Minn. Mounds View	--
Nolan Metz	Bethel	Fr.	Stevens Point, Wis.	--
Joel Smith	Bethel	Fr.	Shoreview, Minn. Mounds View	--
Tris Dodge	Carleton	Sr.	Oakland, Calif. College Prep	2018
Lucas Mueller	Carleton	So.	St. Paul, Minn. Nova Classical Academy	2018
Matthew Wilkinson	Carleton	So.	Minnetonka, Minn.	2018
Will Berning	Concordia	Jr.	St. Michael, Minn. St. Michael-Albertville	--
Matt Bye	Concordia	Jr.	Moorhead, Minn.	2018
Jesse Middendorf	Concordia	Fr.	Melrose, Minn.	--
Cal Wright	Concordia	Fr.	Mora, Minn.	--
Michael Hensch	Gustavus	Sr.	North Branch, Minn.	2017
Steven Orzolek	Gustavus	Fy.	Darwin, Minn. Litchfield	--
Eric Dols	Hamline	Sr.	Prior Lake, Minn.	2016 2017 2018
Frank Gustafson	Hamline	Jr.	Willmar, Minn. New London-Spicer	--
Dylan Larson	Hamline	Jr.	Alexandria, Minn.	--
Mitch Maday	Hamline	Sr.	Alexandria, Minn.	2017
Brady Labine	Saint John's	So.	Detroit Lakes, Minn.	2018
Max Martin	Saint John's	Sr.	Minneapolis, Minn. Wayzata	2017 2018
Collin Trout	Saint John's	Jr.	Cloquet, Minn.	--
Nathan Kurtz-Enko	St. Olaf	Sr.	Leawood, Kan. Shawnee Mission East	2018
Thomas Lerdall	St. Olaf	Sr.	Plymouth, Minn. Wayzata	2018
Sean Lonergan	St. Olaf	Jr.	Oak Park, Ill. Oak Park & River Forest	2018
Ben Scott	St. Olaf	Jr.	Bainbridge Island, Wash.	--
Tyler Adler	St. Thomas	So.	Waunakee, Wis.	--
David Danhauer	St. Thomas	Sr.	Barrington, Ill.	--
Eric Douville	St. Thomas	Fr.	Minnetonka, Minn.	--
Jordan Johnson	St. Thomas	Jr.	Stewartville, Minn.	--
Jake Kelly	St. Thomas	So.	Eden Prairie, Minn.	2018
Gage O'Brien	St. Thomas	Jr.	Inver Grove Heights, Minn. Rosemount	--
Parker Rosenau	St. Thomas	Sr.	West Fargo, N.D.	2018
Karl Wachter	St. Thomas	Jr.	Shakopee, Minn.	2018
Conor White	St. Thomas	Sr.	Deephaven, Minn. Providence Academy	--

MIAC AWARDS

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