

2024-25 MIAC Men's Track & Field Regional and National Awards

2025 USTFCCA Men's Outdoor All-America					
Name	Institution	Class	Event	Team	Previous Honors
Timmy Ball	Bethel	Fy.	Discus	First Team	--
Jayson Ekiyor	Bethel	Sr.	110-Meter Hurdles	First Team	2022 2024
Victor Lelinga	Bethel	So.	4x400 Relay	First Team	--
Cameron McConnell	Bethel	Jr.	4x100 Relay	First Team	2024
Grant Nelson	Bethel	Jr.	400 Meters	First Team	--
Grant Nelson	Bethel	Jr.	4x100 Relay	First Team	2024
Grant Nelson	Bethel	Jr.	4x400 Relay	First Team	2023 2024
Jacob Parent	Bethel	Sr.	400 Meters	First Team	--
Jacob Parent	Bethel	Sr.	4x100 Relay	First Team	2024
Jacob Parent	Bethel	Sr.	4x400 Relay	First Team	2022 2023 2024
Sam Raitz	Bethel	So.	4x100 Relay	First Team	--
Josh Thomsen	Bethel	Sr.	4x400 Relay	First Team	--
Brady Goss	Concordia	So.	Steeplechase	First Team	--
Cooper Folkestad	Concordia	Jr.	Shot Put	First Team	--
Austin Schloeder	Hamline	So.	Pole Vault	First Team	--
Kevin Arthur	Saint John's	Sr.	100 Meters	First Team	2023 2024
Kevin Arthur	Saint John's	Sr.	200 Meters	First Team	2024 (2T)
Kevin Arthur	Saint John's	Sr.	4x100 Relay	First Team	--
Max Lelwica	Saint John's	Sr.	Decathlon	First Team	--
Jackson McDowell	Saint John's	So.	High Jump	First Team	2024
Kieran Murnan	Saint John's	So.	4x100 Relay	First Team	--
Emanuel Popoca	Saint John's	Sr.	4x100 Relay	First Team	--
Max Reis	Saint John's	Fy.	100 Meters	First Team	--
Max Reis	Saint John's	Fy.	4x100 Relay	First Team	--
Jayson Ekiyor	Bethel	Sr.	400-Meter Hurdles	Second Team	--
Landen Liu	Bethel	Jr.	100 Meters	Second Team	2023 (1T)
Josh Thomsen	Bethel	Sr.	400-Meter Hurdles	Second Team	--
Tommy Schreiner	Concordia	Fy.	Long Jump	Second Team	--
Isaiah Watson	Hamline	Fy.	Triple Jump	Second Team	--
Max Reis	Saint John's	Fy.	Long Jump	Second Team	--
Ignatius Fitzgerald	St. Olaf	Jr.	Steeplechase	Second Team	--
Kevin Turlington	St. Olaf	Jr.	5000 Meters	Second Team	--

2025 USTFCCCA Men's Indoor All-America

Name	Institution	Class	Event	Team	Previous Honors
Mohammed Bati	Augsburg	Jr.	5000 Meters	First Team	--
Jayson Ekiyor	Bethel	Sr.	60-Meter Hurdles	First Team	2023 2024
Victor Lelinga	Bethel	So.	4x400 Relay	First Team	--
Landen Liu	Bethel	Jr.	60 Meters	First Team	2023 2024
Grant Nelson	Bethel	Jr.	400 Meters	First Team	2024
Grant Nelson	Bethel	Jr.	4x400 Relay	First Team	2023 2024
Jacob Parent	Bethel	Sr.	4x400 Relay	First Team	2023 2024
Josh Thomsen	Bethel	Jr.	4x400 Relay	First Team	2024
Cooper Folkestad	Concordia	Jr.	Shot Put	First Team	2024 (2T)
Trent Beseth	St. Scholastica	Sr.	Shot Put	First Team	2024 (2T)
Jacob Parent	Bethel	Sr.	200 Meters	Second Team	2024
Josh Thomsen	Bethel	Sr.	60-Meter Hurdles	Second Team	--
Arlo Heitler	Macalester	Sr.	400 Meters	Second Team	--
Max Lelwica	Saint John's	Sr.	Heptathlon	Second Team	--
Jackson McDowell	Saint John's	So.	High Jump	Second Team	--
Zach Schaffer	Saint John's	Jr.	Long Jump	Second Team	--
Anthony Thurk	Saint John's	Sr.	Heptathlon	Second Team	--
Max Albertson	St. Olaf	So.	Long Jump	Second Team	--

2025 USTFCCCA Men's Outdoor All-North Region

Name	Institution	Class	Event	Previous Selections
Jayson Ekiyor	Bethel	Sr.	110-Meter Hurdles	2022 2023 2024
Jayson Ekiyor	Bethel	Sr.	400-Meter Hurdles	--
Victor Lelinga	Bethel	So.	800 Meters	--
Victor Lelinga	Bethel	So.	4x400 Relay	--
Landen Liu	Bethel	Jr.	100-Meter Hurdles	2024
Grant Nelson	Bethel	Jr.	200 Meters	--
Grant Nelson	Bethel	Jr.	400 Meters	2024
Grant Nelson	Bethel	Jr.	4x400 Relay	2023 2024
Jacob Parent	Bethel	Sr.	200 Meters	2024
Jacob Parent	Bethel	Sr.	400 Meters	2023 2024
Jacob Parent	Bethel	Sr.	4x400 Relay	2021 2022 2023 2024
Josh Thomsen	Bethel	Sr.	400-Meter Hurdles	--

Josh Thomsen	Bethel	Sr.	4x400 Relay	--
Cooper Folkestad	Concordia	Sr.	Shot Put	2024
Cooper Folkestad	Concordia	Sr.	Discus	--
Brady Goss	Concordia	So.	Steeplechase	--
Isaiah Watson	Hamline	Fy.	Triple Jump	--
John Ihrke	Macalester	Fy.	800 Meters	--
Kevin Arthur	Saint John's	Sr.	100 Meters	2021 2023 2024
Kevin Arthur	Saint John's	Sr.	200 Meters	2023 2024
Mitchell Degen	Saint John's	Jr.	Javelin	2024
Max Lelwica	Saint John's	Sr.	Decathlon	--
Jackson McDowell	Saint John's	So.	High Jump	2024
Max Reis	Saint John's	Fy.	Long Jump	--
Ignatius Fitzgerald	St. Olaf	Jr.	1500 Meters	--
Lance Nemecek	St. Olaf	Jr.	800 Meters	--

2025 USTFCCCA Men's Indoor All-North Region

Name	Institution	Class	Event	Previous Selections
Mohammed Bati	Augsburg	Jr.	5000 Meters	--
Jayson Ekiyor	Bethel	Sr.	60-Meter Hurdles	2022 2023 2024
Victor Lelinga	Bethel		4x400 Relay	--
Landen Liu	Bethel	Jr.	60 Meters	2023 2024
Grant Nelson	Bethel	Jr.	200 Meters	--
Grant Nelson	Bethel	Jr.	400 Meters	2023 2024
Grant Nelson	Bethel	Jr.	4x400 Relay	2023 2024
Jacob Parent	Bethel	Sr.	200 Meters	2024
Jacob Parent	Bethel	Sr.	4x400 Relay	2021 2023 2024
Sam Raitz	Bethel	So.	4x400 Relay	--
Josh Thomsen	Bethel	Jr.	60-Meter Hurdles	--
Cooper Folkestad	Concordia	Jr.	Shot Put	--
Kalid Ali	Macalester	Sr.	Distance Medley Relay	--
Ben Crotteau	Macalester	Sr.	Distance Medley Relay	--
Arlo Heitler	Macalester	Sr.	400 Meters	--
John Ihrke	Macalester	Fy.	800 Meters	--
Tor Olsson	Macalester	Sr.	Distance Medley Relay	--
Henry Schonebaum	Macalester	Jr.	Distance Medley Relay	--
Max Lelwica	Saint John's	Sr.	Heptathlon	--

Jackson McDowell	Saint John's	So.	High Jump	--
Owen Montreuil	Saint John's	Jr.	Distance Medley Relay	--
Nick St. Peter	Saint John's	Jr.	Distance Medley Relay	--
Cole Stencil	Saint John's	So.	Distance Medley Relay	--
Wyatt Witschen	Saint John's	So.	Distance Medley Relay	--
Trent Beseth	St. Scholastica	Sr.	Shot Put	--

2024-25 USTFCCA National Athlete of the Week

Name	Institution	Class	Hometown High School	Date
Landen Liu	Bethel	Jr.	Blaine, Minn. Centennial	2025-01-27
Kevin Arthur	Saint John's	Sr.	Champlin, Minn.	2025-05-12

2024-25 CSC Academic All-America Men's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Team	Previous Selections
Jackson McDowell	Saint John's	Sr.	Centennial, Colo. Arapahoe	Third Team	--

2024-25 CSC Academic All-District Men's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Philip Conant	Bethel	So.	Anoka, Minn. St. Francis	--
Jayson Ekiyor	Bethel	Sr.	Dayton, Minn. Providence Academy	--
Landen Liu	Bethel	Jr.	Blaine, Minn. Centennial	--
Grant Nelson	Bethel	Jr.	Minneapolis, Minn. Providence Academy	--
Jacob Parent	Bethel	Sr.	New Richmond, Wis.	--
Soren Kaster	Carleton	So.	Horace, N.D. West Fargo Sheyenne	--
Roy Llewellyn	Carleton	Jr.	Downers Grove, Ill. North	2024
Indy Lyness	Carleton	Jr.	Silver Spring, Md. Montgomery Blair	--
Josh Meier	Carleton	Sr.	Badger, Iowa Fort Dodge	--
Gabe Nichols	Carleton	Jr.	Grove City, Penn.	2024
Logan Clark	Concordia	Jr.	Sartell, Minn.	2024
Blake Houska	Concordia	So.	Hickson, N.D. Kindred	--
Peyton Johnsrud	Concordia	Sr.	Starbuck, Minn. Minnewaska	2024
Peyton Kessel	Concordia	Sr.	Fargo, N.D. South	--
Gabe Thompson	Concordia	Sr.	Perham, Minn.	--

Wyatt Hudspeth	Gustavus	So.	Esko, Minn.	--
Will Janzen	Gustavus	Jr.	Minneapolis, Minn. Roosevelt	--
Markus Rupnow	Gustavus	Sr.	Mankato, Minn. West	--
Sam Schulze	Gustavus	Sr.	Bemidji, Minn.	2024
Tyler Smith	Gustavus	Sr.	Norwood Young America, Minn. Central	2023 2024
Austin Schloeder	Hamline	So.	Buffalo, Minn. Rockford	--
Kalid Ali	Macalester	Sr.	St. Paul, Minn. Como Park	--
Ben Crotteau	Macalester	Sr.	Lincoln, Neb. Southeast	--
Tyler Edwards	Macalester	Jr.	Beaverton, Ore. Oregon Episcopal	2024
Arlo Heitler	Macalester	Sr.	Hastings, N.Y.	2023 2024
Reece McKee	Macalester	Sr.	Charlottesville, Va.	2023 2024
Mitchell Degen	Saint John's	Jr.	Brainerd, Minn.	--
Max Lelwica	Saint John's	Sr.	Brainerd, Minn.	2024
Jackson McDowell	Saint John's	Sr.	Centennial, Colo. Arapahoe	2024
Owen Montreuil	Saint John's	Jr.	Jordan, Minn.	--
Anthony Thurk	Saint John's	Sr.	St. Bonifacius, Minn. Waconia	--
Oliver Adamson	Saint Mary's	Sr.	Rochester, Minn. Lourdes	--
Max Albertson	St. Olaf	So.	Hastings, Minn.	--
Gael Manzur Strandlund	St. Olaf	Jr.	Minneapolis, Minn. Washburn	--
Lance Nemecek	St. Olaf	Jr.	Minnetrista, Minn. Mound Westonka	--
Andrew Skemp	St. Olaf	Sr.	La Crosse, Wis. Aquinas	2023 2024
Kevin Turlington	St. Olaf	Jr.	Rochester, Minn. Lourdes	2024
Sean Alfaro Diedrich	St. Scholastica	Sr.	Plymouth, Minn. Wayzata	--
Calvin Boone	St. Scholastica	Gr.	St. Paul, Minn. Highland Park	2023 2024
Lars Dewall	St. Scholastica	Gr.	Stillwater, Minn.	2024
Noah Kubicek	St. Scholastica	Jr.	Owatonna, Minn.	--
Joshua Monreal	St. Scholastica	So.	Proctor, Minn.	--

2024-25 USTFCCCA All-Academic Men's Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Timmy Ball	Bethel	Fy.	Hugo, Minn. Centennial	--
Philip Conant	Bethel	So.	Anoka, Minn. St. Francis	--
Jayson Ekiyor	Bethel	Sr.	Dayton, Minn. Providence Academy	2022 2023 2024

Adam Hokanson	Bethel	Jr.	Shakopee, Minn.	--
Landen Liu	Bethel	Jr.	Blaine, Minn. Centennial	2023 2024
David Myres	Bethel	Sr.	Clear Lake, Minn.	2022 2023 2024
Grant Nelson	Bethel	Jr.	Minneapolis, Minn. Providence Academy	2023 2024
Jacob Parent	Bethel	Sr.	New Richmond, Wis.	2021 2022 2023 2024
Soren Kaster	Carleton	So.	Horace, N.D. West Fargo Sheyenne	2024
Gabe Nichols	Carleton	Jr.	Grove City, Penn.	2023 2024
Liam Frommelt	Gustavus	Fy.	St. Peter, Minn.	--
Cole Matetich	Gustavus	Sr.	Bemidji, Minn.	--
Austin Schloeder	Hamline	So.	Buffalo, Minn. Rockford	2024
Arlo Heitler	Macalester	Sr.	Hastings, N.Y.	2022 2023 2024
John Ihrke	Macalester	Fy.	Northbrook, Ill. Glenbrook North	--
Mitchell Degen	Saint John's	Jr.	Brainerd, Minn.	--
Matt Hansen	Saint John's	So.	Longmont, Colo. Niwot	2024
Max Lelwica	Saint John's	Sr.	Brainerd, Minn.	2023 2024
Jackson McDowell	Saint John's	Sr.	Centennial, Colo. Arapahoe	2024
Aidan Morey	Saint John's	Jr.	Omaha, Neb. Creighton Prep	2024
Emanuel Popoca	Saint John's	Sr.	Minneapolis, Minn. Bloomington Kennedy	2023
Max Reis	Saint John's	Fy.	West Fargo, N.D. Spectrum	--
Cooper Smith	Saint John's	So.	Alvarado, Minn. East Grand Forks	--
Anthony Thurk	Saint John's	Jr.	St. Bonifacius, Minn. Waconia	--
Max Albertson	St. Olaf	So.	Hastings, Minn.	--
Ignatius Fitzgerald	St. Olaf	Jr.	Missoula, Mont. Hellgate	2024
Sean Hartney	St. Olaf	Sr.	Minneapolis, Minn. Washburn	--
Lance Nemecek	St. Olaf	Jr.	Minnetrissa, Minn. Mound Westonka	--
Andrew Skemp	St. Olaf	Jr.	La Crosse, Wis. Aquinas	--
Kevin Turlington	St. Olaf	So.	Rochester, Minn. Lourdes	--
Calvin Boone	St. Scholastica	Gr.	St. Paul, Minn. Highland Park	2024
Lars Dewall	St. Scholastica	Sr.	Stillwater, Minn.	2024