

Tommie teammates headline 2014 MIAC Men's S&D Awards

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ST. PAUL, Minn. -- The St. Olaf men captured a second-straight MIAC Men's Swimming and Diving Championship Saturday at the 2014 conference meet, and St. Thomas also performed well with a second-place finish. The two rivals shared the top honors when the 2014 MIAC Men's Swimming and Diving Awards were announced following the meet.

The Tommies took home the top two individual student-athlete awards, as senior Nick Johnson repeated as the MIAC Men's Diver-of-the-Year, and sophomore teammate Mike Lanz was named the MIAC Men's Swimmer-of-the-Year. Ole coaches Bob Hauck and Maya Hamilton were recognized for their team's title with the MIAC Swimming Coach-of-the-Year, and Macalester's Jake Dunn was voted the MIAC Diving Coach-of-the-Year for the second-straight season.



Johnson closed his stellar career with a second-straight MIAC Men's Diver-of-the-Year award thanks to another tremendous performance on both diving boards. Johnson captured his third-straight 1-meter diving conference title, and added a second-straight championship on the 3-meter board as well. His scores of 477.90 and 489.85 both met the previous NCAA selection score. Johnson came up big under pressure, as he received a stiff challenge from St. Olaf's Scott Hodgson, as the Tommie senior won by less than 12 points on each board.

Another Tommie - Lanz - burst onto the scene with a pair of stunning record-breaking performances to capture MIAC Men's Swimmer-of-the-Year honors. Lanz defeated defending champion Bill Brebrick of St. Olaf in both the 100- and 200-yard butterfly, setting a new MIAC record in each race. He won the 100 with a new record time of 1:48:21, and came from behind in the final 50 yards of the 200 to win in 1:48.73, also a new MIAC all-time best. Both times met the NCAA's 2013 selection standard.

Lanz also added another All-Conference performance in the 200-yard individual medley, finishing second in 1:51.66, which also met the NCAA selection standard. He helped the St. Thomas 400-yard medley relay team and 800-yard freestyle relay team also earn runner-up finishes to give Lanz five All-MIAC honors at the meet. The 400-medley team met the NCAA B cut.

Johnson and Lanz combined to help St. Thomas finish as the runner-up for the second-straight season after winning the MIAC title in 2012. The Tommies had 740 points, and were more than 100 points better than the rest of the field. Their dual honors are also a fitting going-away present for Head Coach Tom Hodgson, who will retire following 35 years directing the St. Thomas programs.

The St. Olaf coaching staff - including Bob and Dave Hauck and Maya Hamilton - was justly honored as the MIAC Men's Swimming Coaches-of-the-Year after leading the Oles to their 30th MIAC men's swimming and diving title - the most in MIAC history. It was St. Olaf's second-straight championship, and fifth in eight years. The Oles scored 848 points to beat St. Thomas by 108 points, and the rest of the field by more than 300.

The St. Olaf team captured 14 of the 18 swimming championships, setting two new MIAC records and four meet records in the process. The Oles were dominant in the relays, winning all five and setting one MIAC record and two more meet records. In all, the Haucks and Hamilton coached St. Olaf to 24 All-MIAC selections - 19 individual and five relay.

Dunn received his second-straight MIAC Diving Coach-of-the-Year award for his work with the Macalester women. He coached Scots senior Renee Jordan to a repeat victory on the 3-meter diving board, and both Jordan and runner-up Hedenberg met the previous NCAA selection score. Hedenberg also finished second on the 1-meter board, and Jordan led on that board as well following both the prelims and semifinals, but had to withdraw from the finals due to injury.

In addition to the top individual award-winners, the MIAC also recognized the 2014 Men's Swimming and Diving All-MIAC Sportsmanship team at Saturday's final session, and those individuals are listed below. Also listed below are the 2014 MIAC Men's Swimming and Diving All-Conference individuals and relay teams. The top three finishers in each event were received All-MIAC honors, and a medal following their event.

Fans can relive all the action of the 2014 MIAC Swimming and Diving Championships online. The [event home page](#) has complete results, recaps, [photo galleries](#) and [highlight videos](#) from an exciting weekend. All photos are available for purchase directly from the galleries. All six sessions are also [archived online](#) thanks to [Webcast America](#), and fans can purchase DVDs or watch each session on-demand.

2014 MIAC MEN'S SWIMMING & DIVING AWARDS

2014 MIAC Men's Swimming & Diving Awards

Men's Swimmer-of-the-Year

Mike Lanz, St. Thomas (So., Maple Grove, Minn.)

Men's Diver-of-the-Year

Nick Johnson, St. Thomas (Sr., Blaine, Minn.)

Men's Swimming Coach-of-the-Year

Bob Hauck (24th season) and Maya Hamilton (Seventh season), St. Olaf

Diving Coach-of-the-Year

Jake Dunn, Macalester (Fourth season)

2014 MIAC Men's Swimming & Diving All-Conference Team

2014 Men's S&D All-MIAC Sportsmanship Team

- Carleton - Christian Edwards (Sr., Atlanta, Ga.)
- Gustavus - Zack Gardner (Sr., Bloomington, Minn.)
- Hamline - Zack Lameyer (Sr., North St. Paul, Minn.)
- Macalester - Ben Kromash (So., Chicago, Ill.)
- Saint John's - Philip English (Sr., Minnetonka, Minn.)
- Saint Mary's - P.J. Heller (So., St. Cloud, Minn.)
- St. Olaf - Mike Neufeld (Sr., Mankato, Minn.)
- St. Thomas - Nick Johnson (Sr., Blaine, Minn.)

50-yard freestyle

1. Tanner Roe, St. Olaf, 20.68, B
2. Evan Lahr, Carleton, 20.82 B
3. Stephen Grinich, Carleton, 20.85 B

100-yard freestyle

1. Michael Gratz, St. Olaf, Jr., 44.74, ST13
2. Tanner Roe, St. Olaf, Jr., 45.47
3. Evan Lahr, Carleton, Fr., 46.02

200-yard freestyle

1. Tanner Roe, St. Olaf, Jr., 1:39.18, M, R, ST13
2. Zac Solis, Gustavus, Jr., 1:42.56
3. Griffin Voss, St. Thomas, Jr., 1:43.33

500-yard freestyle

1. Zac Solis, Gustavus, 4:35.35, B
2. Spencer Scarth, St. Olaf, 4:37.67
3. Evan Harris, Carleton, 4:40.06

1,650-yard freestyle

1. Spencer Scarth, St. Olaf, Sr., 16:16.27, R3, B
2. Zac Solis, Gustavus, Jr., 16:17.69
3. Walker Matthews, St. Thomas, Fr., 16:27.60

100-yard backstroke

1. Michael Gratz, St. Olaf, Jr., 49.53, R, ST13
2. Dante Colucci, Gustavus, So., 49.62, ST13
3. Braden McCormack, Saint John's, 51.52

200-yard backstroke

1. Dante Colucci, Gustavus, So., 1:50.40, B
2. Aaron Schwab, Carleton, Fr., 1:53.35
3. Justin Mullee, St. Thomas, 1:54.13

200-yard breaststroke

1. Nick Wilkerson, St. Olaf, Fr., 2:01.31, M, ST13
2. Colby Kubat, St. Olaf, Sr., 2:03.46, B
3. Evan Harris, Carleton, 2:03.57, B

100-yard breaststroke

1. Colby Kubat, St. Olaf, Sr., 55.52, R4, ST13
2. Nick Wilkerson, St. Olaf, Fr., 55.98, ST13
3. Erik Money, St. Olaf, Jr., 56.17, ST13

100-yard butterfly

1. Mike Lanz, St. Thomas, So., 48.21, M*, ST13
2. Billy Brebrick, St. Olaf, So., 48.46, ST13
3. Evan Eklund, St. Thomas, 50.31

200-yard butterfly

1. Mike Lanz, St. Thomas, So., 1:48.73, M*, ST13
2. Billy Brebrick, St. Olaf, So., 1:49.10
3. Griffin Voss, St. Thomas, Jr., 1:55.72

200-yard individual medley

1. Michael Gratz, St. Olaf, 1:49.03, M*, R3, ST13
2. Mike Lanz, St. Thomas, 1:51.66, ST13
3. Colby Kubat, St. Olaf, 1:52.03, B

400-yard individual medley

1. Spencer Scarth, St. Olaf, 4:05.76, R, B
2. Chris Tri, St. Thomas, 4:07.68, B
3. Walker Matthews, 4:09.03

1-meter diving

1. Nick Johnson, St. Thomas, 477.90, R3, ST13
2. Scott Hodgson, St. Olaf, 467.65, ST13
3. Bennet Woltjer, Gustavus, 405.75

3-meter diving

1. Nick Johnson, St. Thomas, Sr., 489.85, R, ST13
2. Scott Hodgson, St. Olaf, So., 478.80, ST13
3. Bennet Woltjer, Gustavus, So., 365.10

200-yard freestyle relay

1. St. Olaf, 1:21.60, ST13
(Tanner Roe, Billy Brebrick, Alek Rudstrom, Michael Gratz)
2. Carleton, 1:22.91, B
(Stephen Grinich, Evan Lahr, George McAneny, Benito Ramirez)
3. St. Thomas, 1:23.93
(Ben Henrickson, Luke Schneeman, Nick Cox, Mike Solfelt)

400-yard freestyle relay

1. St. Olaf, 3:02.22, ST13
(Tanner Roe, Colby Kubat, Andrew France, Michael Gratz)
2. St. Thomas, 3:03.82 B
(Ben Henrickson, Luke Schneeman, Mike Solfelt, Mike Lanz)
3. Carleton, 3:04.33, B
(Evan Lahr, Stephen Grinich, George McAneny, Evan Harris)

800-yard freestyle

1. St. Olaf, 6:44.36, M*, ST13
(Michael Gratz, Tanner Roe, Billy Brebrick, Spencer Scarth)
2. St. Thomas, 6:58.64
(Mike Lanz, Cole Fuerste, Luke, Schneeman, Griffin Voss)
3. Carleton, 6:59.72
(Stephen Grinich, Evan Harris, Alex Mathson, Benito Ramirez)

200-yard medley relay

1. St. Olaf, 1:30.36, M, ST13
(Michael Gratz, Colby Kubat, Billy Brebrick, Alek Rudstrom)
2. Gustavus, 1:33.15
(Dante Colucci, Jake Stern, Ross Larson, Sam Olson-Anstett)
3. Saint John's, 1:33.25
(Braden McCormack, Joe Duxbury, Matthew McCormack, Paul Knaak)

400-yard medley relay

1. St. Olaf, 3:20.20, M, ST13
(Alek Rudstrom, Colby Kubat, Billy Brebrick, Tanner Roe)
2. St. Thomas, 3:23.86, B
(Justin Mullee, Max Hamilton, Mike Lanz, Ben Henrickson)
3. Gustavus, 3:24.47, B
(Dante Colucci, Jake Stern, Ross Larson, Zac Solis)

Key: M - Meet Record; M* - MIAC Record; R - Repeat Champion; R3 - 3-time Champion; R4 - 4-time Champion; A - NCAA 'A' Qualifying Standard; B - NCAA 'B' Qualifying Standard; ST13 - 2013 NCAA Selection Time.