

Tommie teammates headline 2015 MIAC Men's S&D Awards

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BLOOMINGTON, Minn. -- The University of St. Thomas stole the show at the 2015 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Swimming and Diving Championships as the Tommies pulled away from the pack and seized the team championship. St. Thomas' big weekend got even better with the announcement of the 2015 MIAC Men's Swimming and Diving Awards, as the champs took home three of the top four individual honors.

Mike Lanz (Jr., Maple Grove, Minn.) claimed his second-straight MIAC Men's Swimmer-of-the-Year honors, freshman Andrew Grabowski (Fr., Park Ridge, Ill.) won the MIAC Men's Diver-of-the-Year award and first-year Head Coach Scott Blanchard was voted the MIAC Men's Swimming Coach-of-the-Year after the trio led St. Thomas to its 12th over MIAC Championship and its third since 2010. MIAC Diving Coach-of-the-Year honors went to Jon Hazen (Fifth season) for his combined work coaching the divers from Saint John's and Saint Benedict.



Lanz repeated as the MIAC's top swimmer thanks to another incredible performance on the conference's biggest stage. Lanz won three individual titles, helped win two relay championships and added another top-three relay finish, with either an NCAA B cut or 2014 selection time in all six events. Individually, Lanz repeated as the MIAC champion in the 100-yard butterfly (48.34) and 200-yard butterfly (1:49.57) and added a first-place finish in the 200-yard individual medley (1:51.49), with all three times meeting the 2014 NCAA selection cut.

The St. Thomas relay success also received big contributions from Lanz. He led off a winning effort in the 800-yard freestyle relay, which finished with an 2014 selection time of 6:46.19, and he swam the third leg (butterfly) to help UST win the 400-yard medley relay (3:22.13) which met the NCAA B standard. Lanz also anchored the third-place 400-yard freestyle relay, which met the NCAA B cut with a time of 3:04.84.

Grabowski made a splash - or lack thereof - in his MIAC Championships debut. The Tommie rookie earned top diving honors thanks to finishing in the top two on both boards. He dazzled the crowd Saturday with a first-place finish on the 3-meter diving board and added a second-place finish on the 1-meter board. Both of his scores - 442.50 on the 3-meter and 431.95 on the 1-meter - met the NCAA Diving Zone Regional qualifying marks.

Blanchard took home top swimming honors in his first season as head coach after leading St. Thomas to the MIAC title. His team was brilliant all weekend - particularly over the final two days. The team race was close between four teams after day one, but the Tommies steadily surged away from the pack and finished with 808 points and a 203.5 margin of victory over two-time defending champion St. Olaf.

At the 2015 MIAC Championships, Blanchard coached both the MIAC Swimmer- and Diver-of-the-Year as UST swept three of the four individual awards. Blanchard's team finished first in eight different events. He coached 17 individual All-MIAC (top three) performances, and four of the five St. Thomas relay teams also earned All-Conference accolades. Blanchard doubled up as the MIAC Women's Swimming Coach-of-the-Year after leading UST to a close runner-up finish behind six-time defending champion Gustavus.

Hazen was honored with the MIAC Diving Coach-of-the-Year award thanks to his combined performance instructing the Saint John's and Saint Benedict divers. In each of the four diving events, Hazen coached three of the top eight finishers. The Saint John's men placed 4-5-6 on the 1-meter board and 4-5-7 on the 3-meter board. The Saint Benedict women had similar success as Megan Lawson earned All-MIAC honors to pace a trio the finished 3-6-8 on the 1-meter board, and the Blazers' also took the 4-6-8 spots on the 3-meter board.

In addition to the top individual award-winners, the MIAC also recognized the 2015 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 2015 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 re-live all the action of the 2015 MIAC Swimming and Diving Championships online. The [event home page](#) has complete results, recaps and photo galleries 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.

2015 MIAC MEN'S SWIMMING & DIVING AWARDS

2015 MIAC Men's Swimming & Diving Awards

Men's Swimmer-of-the-Year

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

Men's Diver-of-the-Year

Andrew Grabowski, St. Thomas (Fr., Park Ridge, Ill.)

Men's Swimming Coach-of-the-Year

Scott Blanchard, St. Thomas (First season)

Diving Coach-of-the-Year

Jon Hazen, Saint Benedict and Saint John's (Fifth season)

2015 Men's S&D All-MIAC Sportsmanship Team

Carleton - Eli Danson (Sr., Wausau, Wis.)

Gustavus - Jens Thomsen (Sr., Shawnee, Kan.)

Hamline - Ethan Ross (So., Sauk Centre, Minn.)

Macalester - Ina Lock (So., Fond Du Lac, Wis.)

Saint John's - Brian Bohman (Sr., Shoreview, Minn.)

Saint Mary's - Joe Tonda (So., St. Paul, Minn.)

St. Olaf - Henry Schares (Sr., Cedar Falls, Iowa)

St. Thomas - Matt Lagieski (Sr., Menasha, Wis.)

2015 MIAC Men's Swimming & Diving All-Conference Team

50-yard Freestyle

1. Stephen Grinich, Carleton, Jr., 20.62, ST14
2. Evan Lahr, Carleton, So., 20.76, NCAA B
3. George McAneny, Carleton, Jr., 20.90

100-yard Freestyle

1. Kenny Bergman, St. John's, So., 45.76
2. Michael Gratz, St. Olaf, Sr., 46.12
3. Tanner Roe, St. Olaf, Sr., 46.55

200-yard Freestyle

1. Zac Solis, Gustavus, Sr., 1:41.18
2. Evan Harris, Carleton, Sr., 1:42.88
3. Luke Schneeman, St. Thomas, So., 1:43.42

500-yard Freestyle

1. Zac Solis, Gustavus, Sr., 4:33.27, NCAA B, R
2. Warren Melton, St. Thomas, Fr., 4:38.04
3. Michael Gratz, St. Olaf, 4:40.73

1,650-yard Freestyle

1. Zac Solis, Gustavus, Sr., 16:07.53, NCAA B
2. Alex Mathson, Carleton, So., 16:27.09
3. Josh Gerick, St. Thomas, Fr., 16:27.89

100-yard Backstroke

1. Tom Osmolak, St. Thomas, Jr., 51.69
2. Jose Alvarez, Saint John's, So., 51.75
3. Michael Gratz, St. Olaf, Sr., 51.78

200-yard backstroke

1. Tom Osmolak, St. Thomas, Jr., 1:49.77, NCAA B
2. Brady Anderson, St. Thomas, Fr., 1:53.17, NCAA B
3. Jose Alvarez, Saint John's, So., 1:54.49

100-yard Breaststroke

1. Erik Money, St. Olaf, Sr., 56.07, ST14
2. Nick Wilkerson, St. Olaf, So., 57.10, NCAA B
3. Jacob Stern, Gustavus, Jr., 57.50, NCAA B

200-yard Breaststroke

1. Nicholas Wilkerson, St. Olaf, So., 2:04.92, NCAA B, R
2. Evan Harris, Carleton, Sr., 2:05.98, NCAA B
3. Nathaniel France, St. Olaf, Fr., 2:07.09

100-yard Butterfly

1. Michael Lanz, St. Thomas, Jr., 48.34, ST14, R
2. Bailey Biwer, St. Thomas, Fr., 49.73, NCAA B
3. Stephen Grinich, Carleton, Jr., 50.25

200-yard Butterfly

1. Michael Lanz, St. Thomas, Jr., 1:49.57, ST14, R
2. Bailey Biwer, St. Thomas, Fr., 1:54.46
3. Warren Melton, St. Thomas, Fr., 1:54.83

200-yard Individual Medley

1. Michael Lanz, St. Thomas, Jr., 1:51.49, ST14,
2. Tanner Roe, St. Olaf, Sr., 1:53.03, NCAA B
3. Bailey Biwer, St. Thomas, Fr., 1:53.51

400-yard Individual Medley

1. Warren Melton, St. Thomas, Fr., 4:06.20, NCAA B
2. Chris Tri, St. Thomas, Jr., 4:08.69
3. Alex Mathson, Carleton, Soph., 4:09.90

1-meter Diving

1. Scott Hodgson, St. Olaf, Jr., 458.70, NCAA 11
2. Andrew Grabowski, St. Thomas, Fr., 431.95, NCAA 11
3. Skiah Garde Garcia, Hamline, Fr., 424.24

3-meter Diving

1. Andrew Grabowski, St. Thomas, Fr., 442.50, NCAA 11
2. Skiah Garde Garcia, Hamline, Fr., 424.65
3. Scott Hodgson, St. Olaf, Jr., 410.20

200-yard Freestyle Relay

1. Carleton, 1:22.79, NCAA B
(Stephen Grinich, George McAneny, Wilson Josephson, Evan Lahr)
2. Saint John's, 1:23.04, NCAA B
(Paul Knaak, Joe Duxbury, Andrew Urness, Kenny Bergman)
3. St. Olaf, 1:23.28, NCAA B
(Tanner Roe, Erik Money, Andrew France, Nathaniel France)

400-yard Freestyle Relay

1. Saint John's, 3:04.46, B
(Paul Knaak, Joe Duxbury, Andrew Urness, Kenny Bergman)
2. St. Olaf, 3:04.80, B
(Michael Gratz, Andrew France, Nathaniel France, Tanner Roe)
3. St. Thomas, 3:04.84, B
(Bailey Biwer, Luke Schneeman, Warren Melton, Michael Lanz)

800-yard Freestyle Relay

1. St. Thomas, 6:46.19, ST14
(Michael Lanz, Bailey Biwer, Warren Melton, Brady Anderson)
2. Gustavus, 6:57.18
(Zac Solis, Kurt Youngdahl, Jeffrey Nelson, Ross Larson)
3. Carleton, 7:02.33
(Wilson Josephson, Alex Mathson, Eli Danson, Evan Harris)

200-yard Medley Relay

1. Carleton, 1:32.47, NCAA B
(Jonathan Brodie, Evan Harris, Stephen Grinich, Evan Lahr)
2. St. Olaf, 1:32.70, NCAA B
(Michael Gratz, Erik Money, Nathaniel France, Tanner Roe)
3. St. Thomas, 1:33.45
(Tom Osmolak, Maxwell Hamilton, Evan Eklund, Luke Schneeman)

400-yard Medley Relay

1. St. Thomas, 3:22.13, NCAA B
(Tom Osmolak, Maxwell Hamilton, Michael Lanz, Biwer Bailey)
2. St. Olaf, 3:25.04
(Michael Gratz, Nicholas Wilkerson, Andrew France, Tanner Roe)
3. Carleton, 3:27.22
(Jonathan Brodie, Evan Harris, Stephen Grinich, Evan Lahr))

Key: M - Meet Record; M - MIAC Record; R - Repeat Champion; R3 - Three-time Champion, R4 - Four-time Champion; NCAA A - NCAA 'A' Qualifying Standard; NCAA B - NCAA 'B' Qualifying Standard; ST14 - 2014 NCAA Selection Time; NCAA 11 - NCAA Diving Zone 11-Dive Qualifying Score.*