

Tommie teammates repeat to headline 2016 MIAC Men's S&D Awards

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BLOOMINGTON, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Swimming and Diving Championships were held Feb. 18-20 and the top performers from an outstanding meet were honored with the announcement of the 2016 MIAC Men's Swimming and Diving Awards. A pair of individuals from conference-champion St. Thomas were selected for the top two honors again this season.

Mike Lanz (Sr., Maple Grove, Minn.) capped his remarkable MIAC career with his third-straight MIAC Men's Swimmer-of-the-Year honors, and sophomore teammate Andrew Grabowski (So., Park Ridge, Ill.) won his second-straight MIAC Men's Diver-of-the-Year award. Saint John's Head Coach Bill Saxton (18th season) was voted the MIAC Men's Swimming Coach-of-the-Year for the second time in his career, and St. Olaf/Carleton Diving Coach Gabe Korteum (12th season) received his sixth MIAC Diving Coach-of-the-Year honor.



Lanz and Grabowski were a perfect nine-for-nine in their events, with nine first-place finishes between the two. Those performances helped St. Thomas capture its second-straight title in dominant fashion, as the Tommies accumulated 923.5 points, and won by a margin of 396.5. It was UST's fourth MIAC title since 2009, and 13th overall.

For the third-straight season, Lanz swam to the front of the pack in the MIAC with a fitting conclusion to his tremendous conference championship career. He won his third-straight titles in the 100- and 200-yard butterfly events, and repeated as the 200-yard individual medley champ as well. His time of 47.97 in the 100-fly met the 2015 selection standard and established a new MIAC Championships meet record. He met the NCAA 'B' cut in the 200-fly with a time of 1:50.76, and he won the 200-IM with a time of 1:52.55.

He also excelled in the relay events, as he led St. Thomas to four relay titles. He helped the 400-yard medley relay set a new meet record (3:19.98), and both that time and the 800-yard freestyle relay's winning time of 6:45.02 met the 2015 NCAA selection cut. The other two relay wins - the 400-yard freestyle relay (3:03.76) and the 200-yard medley relay (1:31.63) - each met the NCAA 'B' cut with their winning times.

Grabowski has certainly started his career in style, as the sophomore has now been named MIAC Diver-of-the-Year in each of his first two seasons. This year, he prevailed on both the 1- and 3-meter board in fantastic duels with St. Olaf's Scott Hodgson, as Grabowski surged ahead on his final dive on both boards. The Tommie sophomore scored 430.55 on the 1-meter board to win by less than a point, and he repeated as the 3-meter champ with a score of 472.00 to win by 12.1 points. Both of Grabowski's score met the selection standard for the NCAA Diving Zone meet.

Saxton was recognized by his peers as the Swimming Coach-of-the-Year for his role in Saint John's second-place finish. The Johnnies were fifth after the first day, then surged to second on day two and held on to the runner-up spot with a final score of 527 points. Saxton coached Kenny Bergman to a second-straight 100-yard freestyle title, and coached five All-MIAC individual performances and two top-three relay finishes. This is Saxton's second Coach-of-the-Year award, with the other coming in 2003.

Korteum was honored for his work coaching both the St. Olaf and Carleton divers with his fifth MIAC Diving Coach-of-the-Year award. The former NCAA champion on the 1-meter board as a St. Olaf student-athlete, his Ole divers turned in outstanding performances at the 2016 MIAC Championships. Hodgson was the runner-up to Grabowski on both boards, and Leif Jorgensen was third on the 3-meter board. On the women's side, he coached the Oles' Courtney Miller to Diver-of-the-Year honors and titles on both boards.

In addition to the top individual award-winners, the MIAC also recognized the 2016 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 2016 MIAC Men's Swimming and Diving All-Conference individuals and relay teams. The top three finishers in each event received All-MIAC honors, and a medal following their event.

Fans can re-live all the action of the 2016 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.

2016 MIAC MEN'S SWIMMING & DIVING AWARDS

2016 MIAC Men's Swimming & Diving Awards

Men's Swimmer-of-the-Year

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

Men's Diver-of-the-Year

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

Men's Swimming Coach-of-the-Year

Bill Saxton, Saint John's (18th season)

Diving Coach-of-the-Year

Gabe Korteum, St. Olaf/Carleton (12th season)

2016 Men's S&D All-MIAC Sportsmanship Team

- Carleton - Robert Krossa (Sr., Kirkland, Wash.)
- Gustavus - Tim Anderson (Sr., Mendota Heights, Minn.)
- Hamline - Connor Benson (Sr., Eagan, Minn.)
- Macalester - Ian Lock (Jr., Fond Du Lac, Wis.)
- Saint John's - Nolan Bauer (Sr., Helena, Mont.)
- Saint Mary's - P.J. Heller (Sr., St. Cloud, Minn.)
- St. Olaf - Chad Ray (Sr., Hibbing, Minn.)
- St. Thomas - Max Hamilton (Sr., Richfield, Minn.)

2016 MIAC Men's Swimming & Diving All-Conference Team

50-yard Freestyle

1. Stephen Grinich, Carleton, Sr., 20.59, B, R
2. Karl Schwarzkopf, Carleton, Fr., 20.89
3. Paul Knaak, Saint John's, 20.90

100-yard Freestyle

1. Kenny Bergman, Saint John's, Jr., 46.06, R
2. Paul Knaak, Saint John's, Sr., 46.07
3. Stephen Grinich, Carleton, 46.09

200-yard Freestyle

1. Warren Melton, St. Thomas, So., 1:40.44, B
2. Luke Schneeman, St. Thomas, Jr., 1:42.33
3. Hodd Gorman, Hamline, So., 1:43.72

500-yard Freestyle

1. Warren Melton, St. Thomas, So., 4:34.34, B
2. Chris Tri, St. Thomas, Sr., 4:39.72
3. Brady Anderson, St. Thomas, So., 4:40.60

1,650-yard Freestyle

1. Warren Melton, St. Thomas, 16:04.38, B
2. Bobby Schultze, St. Olaf, 16:12.31, B
3. Hodd Gorman, Hamline, 16:18.51

100-yard Backstroke

1. Tom Osmolak, St. Thomas, Sr., 50.27, B, R
2. Karl Schwarzkopf, Carleton, Fr., 50.72, B
3. Tom Negaard, St. Thomas, Fr., 51.58

200-yard backstroke

1. Tom Osmolak, St. Thomas, Sr., 1:48.22, ST15, R
2. Karl Schwarzkopf, Carleton, Fr., 1:51.61, B
3. Brady Anderson, St. Thomas, So., 1:53.01

100-yard Breaststroke

1. Nicholas Wilkerson, St. Olaf, Jr., 56.03, B
2. Maxwell Hamilton, St. Thomas, Sr., 56.62, B
3. Tanner Sonnek, Gustavus, Fr., 56.69, B

200-yard Breaststroke

1. Tanner Sonnek, Gustavus, Fr., 2:04.06, B
2. Nicholas Wilkerson, St. Olaf, Jr., 2:04.28, B
3. Maxwell Hamilton, St. Thomas, Sr., 2:05.49, B

100-yard Butterfly

1. Mike Lanz, St. Thomas, Sr., 47.97, ST15, R3, M
2. Stephen Grinich, Carleton, Sr., 49.11, B
3. Nick Cox, St. Thomas, Jr., 50.32

200-yard Butterfly

1. Mike Lanz, St. Thomas, Sr., 1:50.76, B, R3
2. Chris Tri, St. Thomas, Sr., 1:53.36, B
3. Brady Anderson, St. Thomas, So., 1:55.17

200-yard Individual Medley

1. Michael Lanz, St. Thomas, Sr., 1:52.55, R
2. Bailey Biwer, St. Thomas, So., 1:53.98
3. Jose Alvarez, Saint John's, Jr., 1:54.37

400-yard Individual Medley

1. Chris Tri, St. Thomas, Sr., 4:06.40, B
2. Walker Matthews, St. Thomas, Jr., 4:07.99
3. Alex Mathson, Carleton, Jr., 4:09.48

1-meter Diving

1. Andrew Grabowski, St. Thomas, So., 430.35, NCAA11
2. Scott Hodgson, St. Olaf, Sr., 429.85, NCAA11
3. Justin Wollin, Saint John's, 395.45

3-meter Diving

1. Andrew Grabowski, St. Thomas, So., 472.00, NCAA11, R
2. Scott Hodgson, St. Olaf, Sr., 459.90, NCAA11
3. Leif Jorgensen, St. Olaf, Fr., 367.95

200-yard Freestyle Relay

1. Carleton, 1:22.41, ST15
(Stephen Grinich, Karl Schwarzkopf, Wilson Josephson, George McAneny)
2. St. Thomas, 1:23.80,
(Luke Schneeman, Bailey Biwer, Nick Cox, Charles Hynes)
3. Gustavus, 1:25.27
(Zach Holman, Seth Berry, Jeffrey Nelson, Andrew Peters)

400-yard Freestyle Relay

1. St. Thomas, 3:03.76, B
(Luke Schneeman, Bailey Biwer, Warren Melton, Mike Lanz)
2. Carleton, 3:04.09, B
(Karl Schwarzkopf, Stephen Grinich, Wilson Josephson, George McAneny)
3. Saint John's, 3:06.64
(Paul Knaak, Jose Alvarez, Sam Konsor, Kenny Bergman)

800-yard Freestyle Relay

1. St. Thomas, 6:45.02, ST15
(Brady Anderson, Michael Lanz, Bailey Biwer, Warren Melton)
2. St. Olaf, 7:02.20
(Andrew France, Dmirtriy Pelutis, Graham Downing, Bobby Schultze)
3. Gustavus, 7:04.59
(Jacob Stern, Andrew Peters, Jeffrey Nelson, Seth Berry)

200-yard Medley Relay

1. St. Thomas, 1:31.63, B
(Tom Osmolak, Maxwell Hamilton, Michael Lanz, Luke Schneeman)
2. Carleton, 1:32.02, B
(Karl Schwarzkopf, Noah Brackenbury, Stephen Grinich, George McAneny)
3. Saint John's, 1:33.04
(Braden McCormack, Connor Magee, Matthew McCormack, Paul Knaak)

400-yard Medley Relay

1. St. Thomas, 3:19.98, ST15, M
(Tom Osmolak, Maxwell Hamilton, Michael Lanz, Bailey Biwer)
2. St. Olaf, 3:24.80
(Abe Eyman Casey, Nicholas Wilkerson, Jack Welsh, Andrew France)
3. Carleton, 3:25.26
(Karl Schwarzkopf, Noah Brackenbury, Stephen Grinich, George McAneny)

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.*