

Gustavus' Sonnek, UST's Grabowski lead 2017 MIAC Men's S&D Awards

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BLOOMINGTON, Minn. – The 2017 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Swimming and Diving Championships certainly produced some unforgettable performances and, Wednesday, the top individuals from an outstanding weekend were recognized with the announcement of the 2017 MIAC Men's Swimming and Diving Awards.

Gustavus's Tanner Sonnek was voted the conference's Men's Swimmer-of-the-Year, while St. Thomas junior Andrew Grabowski continued his outstanding career with his third-straight Men's Diver-of-the-Year honor. The MIAC-champion Tommies were further honored as Head Coach Scott Blanchard was named Men's Swimming Coach-of-the-Year, and St. Catherine's Jake Dunn was voted Diving Coach-of-the-Year. All-Conference honorees (top three) and the All-MIAC Sportsmanship Team were also recognized.

Grabowski added more hardware to his already-full trophy case, as the junior was named MIAC Men's Diver-of-the-Year for the third-straight season. Thursday he captured his second-straight MIAC title on the 1-meter board with an NCAA A Qualifying Score of 472.05, and he was even better Saturday. Grabowski put the finishing touches on a remarkable performance with a score of 522.10 to claim his third-straight MIAC title on the 3-meter board by more than 100 points, and cement another overall diving honor. Both met the NCAA A Qualifying standard. Grabowski's three Diver-of-the-Year awards have coincided with his team winning three-straight MIAC team titles.



Sonnek – just a sophomore – had a brilliant individual performance throughout the three days. Sonnek set a new meet record with a 2016 NCAA Selection Time of 55.10 to win the 100-yard breaststroke, he added another win in the 200-yard individual medley (1:53.06) and Saturday he repeated as the 100-yard breaststroke champ with a 2016 Selection Time of 2:02.12. Sonnek also led a quartet of Gustie relay teams to All-Conference (top three) honors – the 200- (second place, 1:23.01) and 400-yard (3:07.39) freestyle relays (second place, 1:23.01) and the 200- (1:33.96) and 400-yard (3:25.40) medley relays. The standout sophomore helped Gustavus finish second in the team standings.

Blanchard received the Men's Swimming Coach-of-the-Year honor for leading the Tommies to a their MIAC three-peat, and the US has now won five titles since 2010. UST's latest title saw them steadily build and increase their lead over the field throughout the championships. Blanchard's team finished with 910 points and won by a margin of 257 points. It's the 14th overall men's swimming and diving conference title for the Tommies, which is the fourth-best total in the MIAC. St. Thomas swept all five relays, won seven individual events and racked up a total of 26 All-Conference (top three) performances. This is Blanchard's second MIAC Men's Swimming Coach-of-the-Year honor in three years leading the Tommies.

Dunn received his Diving Coach-of-the-Year award for his work with MIAC Women's Diver-of-the-Year Jenna Nagy, who swept the titles on the 1- and 3-meter boards en route to the conference's top women's diving honor.

In addition to the top individual award-winners, the MIAC also recognized the 2017 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 2017 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 2017 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.

2017 MIAC MEN'S SWIMMING & DIVING AWARDS

2017 MIAC Men's Swimming & Diving Awards

Men's Swimmer-of-the-Year

Tanner Sonnek, Gustavus (So., North Mankato, Minn./Mankato West)

Men's Diver-of-the-Year

Andrew Grabowski, St. Thomas (Jr., Park Ridge, Ill./Maine South)

Men's Swimming Coach-of-the-Year

Scott Blanchard, St. Thomas (3rd Season)

Diving Coach-of-the-Year

Jake Dunn, St. Catherine (2nd season)

2017 MIAC Men's Swimming & Diving All-Conference Team

2017 Men's S&D All-MIAC Sportsmanship Team

- Carleton - Alex Claman (Sr., San Rafael, Calif.)
- Gustavus - Dave Brazel (Sr., Bloomington, Minn./Kennedy)
- Hamline - John Stoltz (Sr., Bloomington, Minn./Kennedy)
- Macalester - Ian Lock (Sr., Fond Du Lac, Wis.)
- Saint John's - Nick Hedman (Sr., Ramsey, Minn./Anoka)
- Saint Mary's - Nicholas Sawchuck (So., Rochester, Minn./Mayo)
- St. Olaf - Graham Downing (Sr., Denver, Colo./East)
- St. Thomas - Luke Schneeman (Sr., Mendota Heights, Minn./St. Thomas Academy)

50-yard Freestyle

1. Matt Allison, Gustavus, Fr., 20.72
2. Kenny Bergman, Saint John's, Sr., 20.80
3. Tom Negaard, St. Thomas, So., 20.88

100-yard Freestyle

1. Kenny Bergman, Saint John's, Sr., 45.36, R3, B
2. Matt Allison, Gustavus, Fr., 45.43, B
3. Nick Cox, St. Thomas, 46.19

200-yard Freestyle

1. Warren Melton, St. Thomas, Jr., 1:40.21, B
2. Matt Allison, Gustavus, Fr., 1:41.30
3. Luke Schneeman, St. Thomas, Sr., 1:42.85

500-yard Freestyle

1. Bailey Biwer, St. Thomas, Jr., 4:28.61, ST16
2. Warren Melton, St. Thomas, Jr., 4:36.93
3. Hodd Gorman, Hamline, Jr., 4:38.92

1,650-yard Freestyle

1. Paul Reischmann, Macalester, So., 16:05.02, B
2. Bobby Schultze, St. Olaf, Sr., 16:12.96, B
3. Warren Melton, St. Thomas, Jr., 16:27.46

100-yard Backstroke

1. John Loepfe, St. Olaf, Fy., 49.48, ST16
2. Tom Negaard, St. Thomas, So., 50.81
3. Abe Casey Eyman, St. Olaf, So., 51.61

200-yard Backstroke

1. John Loepfe, St. Olaf, Fr., 1:49.44, B
2. Tom Negaard, St. Thomas, So., 1:52.80
3. Abe Eyman Casey, St. Olaf, So., 1:53.76

100-yard Breaststroke

1. Tanner Sonnek, Gustavus, So., 55.10, M, ST16
2. Nathaniel France, St. Olaf, Sr., 55.98, ST16
3. Colin Glass, St. Thomas, 57.10

200-yard Breaststroke

1. Tanner Sonnek, Gustavus, So., 2:02.12, R, ST16
2. Gus Reynolds, St. Olaf, So., 2:07.10
3. Nathaniel France, St. Olaf, Sr., 2:07.34

100-yard Butterfly

1. Bailey Biwer, St. Thomas, Jr., 49.11, B
2. Nick Cox, St. Thomas, Sr., 49.49, B
3. Omar Omar, St. Thomas, Fr., 51.16

200-yard Butterfly

1. Brady Anderson, St. Thomas, Jr., 1:55.30
2. Omar Omar, St. Thomas, Fr., 1:55.80
3. Max Larson, St. Thomas, So., 1:56.03

200-yard Individual Medley

1. Tanner Sonnek, Gustavus, So., 1:53.06
2. John Loepfe, St. Olaf, Fr., 1:53.68
3. Joe Herrli, St. Thomas, Fr., 1:55.70

400-yard Individual Medley

1. Max Larson, St. Thomas, So., 4:06.24, B
2. Jason Tri, St. Thomas, So., 4:07.54
3. Alex Mathson, Carleton, Sr., 4:08.49

1-meter Diving

1. Andrew Grabowski, St. Thomas, Jr., 472.05, R, A
2. Leif Jorgensen Duus, St. Olaf, So., 449.00, A
3. Logan Bican, Gustavus, Fr., 442.00 A

3-meter Diving

1. Andrew Grabowski, St. Thomas, Jr., 522.10, R3, A
2. Leif Jorgensen Duus, St. Olaf, So., 421.95, B
3. Josh Theis, Gustavus, Fy., 394.20, B

200-yard Freestyle Relay

1. St. Thomas, 1:22.77, B
(Nick Cox, Tom Negaard, Luke Schneeman, Mikey Solfelt)
2. Gustavus, 1:23.01
(Matt Allison, Will Clark, Tanner Sonnek, Andrew Peters)
3. Saint John's, 1:23.50
(Sam Konsor, Curtis Noecker, Andrew Urness, Kenny Bergman)

400-yard Freestyle Relay

1. St. Thomas, 3:03.92, B
(Nick Cox, Tom Negaard, Bailey Biwer, Mikey Solfelt)
2. Saint John's, 3:05.97
(Sam Konsor, Andrew Urness, Luke Heller, Kenny Bergman)
3. Gustavus, 3:07.39
(Tanner Sonnek, Andrew Peters, Matt Allison, Adam Peters)

800-yard Freestyle Relay

1. St. Thomas, 6:47.08, B
(Bailey Biwer, Brady Anderson, Luke Schneeman, Warren Melton)
2. St. Olaf, 6:59.99
(Abe Eyman Casey, John Loepfe, Gus Reynolds, Bobby Schultze)
3. Gustavus, 7:01.24
(Zach Dawson, Matt Allison, Andrew Peters, Adam Peters)

200-yard Medley Relay

1. St. Thomas, 1:31.01, B
(Tom Negaard, Eric Schuld, Bailey Biwer, Mikey Solfelt)
2. St. Olaf, 1:32.82
(John Loepfe, Nathaniel France, Andrew France, Matthew Dynneson)
3. Gustavus, 1:33.96
(Frankie Zobitz, Tanner Sonnek, Zach Holman, Adam Peters)

400-yard Medley Relay

1. St. Thomas, 3:20.93, B
(Tom Negaard, Colin Glass, Bailey Biwer, Mikey Solfelt)
2. St. Olaf, 3:23.40
(John Loepfe, Nathaniel France, Jack Welsh, Andrew France)
3. Gustavus, 3:25.40
(Frankie Zobitz, Tanner Sonnek, Zach Holman, Matt Allison)

Key: M - Meet Record; M - MIAC Record; R - Repeat Champion; R3 - Three-time Champion, R4 - Four-time Champion; A - NCAA 'A' Qualifying Standard; B - NCAA 'B' Qualifying Standard; ST16 - 2016 NCAA Selection Time; NCAA 11 - NCAA Diving Zone 11-Dive Qualifying Score.*