

MIAC announces 2019 MIAC Men's S&D Awards

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BLOOMINGTON, Minn. – The 2018-19 Minnesota Intercollegiate Athletic Conference (MIAC) swimming and diving season came to a close over the weekend with an exhilarating four-day championship meet at the Jean K. Freeman Aquatic Center on the campus of the University of Minnesota. On Monday, the MIAC recognized its award winners from another outstanding season of competition.

Gustavus senior **Tanner Sonnek** (North Mankato, Minn. | Mankato West) and St. Olaf junior **John Loepfe** (La Crescent, Minn.) were honored as Co-Swimmers of the Year, while Oles senior **Leif Jorgensen** (St. Paul, Minn. | Roseville) came away with the Diver of the Year award. Sonnek finished his final MIAC meet as one of the most prolific swimmers in conference history, winning his fourth consecutive 200-yard breaststroke - and setting a MIAC meet record - on Sunday night. He also placed first in the 100 breaststroke for the third year in a row and was part of a pair of Gustie relay victories. Loepfe earned seven All-Conference honors over the course of the four-day meet, highlighted by his third consecutive win in the 100 backstroke. He also took home top honors in the 100 butterfly. Jorgensen completed his final MIAC meet with a conference championship in the three-meter diving competition and placed second off the one-meter board.

Gustavus head coach Jon Carlson was voted the MIAC Men's Swimming Coach of the Year by his peers. Carlson guided the Gusties to their first men's title in more than a decade. Saint Mary's diving coach Jeremiah Jackson was awarded MIAC Diving Coach of the Year.



Tanner Sonnek (left) and John Loepfe were honored as Co-Swimmers of the Year on Sunday.

In addition to the top individual award winners, the MIAC also recognized the 13th annual Men's Swimming and Diving All-Sportsmanship team at Sunday's final session, and those individuals are listed below, along with the 2019 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.

2019 MIAC MEN'S SWIMMING AND DIVING AWARDS

- Co-Swimmer of the Year:** Tanner Sonnek, Gustavus (Sr. | North Mankato, Minn. | Mankato West)
Co-Swimmer of the Year: John Loepfe, St. Olaf (Jr. | La Crescent, Minn.)
Diver of the Year: Leif Jorgensen, St. Olaf (Sr. | St. Paul, Minn. | Roseville)
Swimming Coach of the Year: Jon Carlson, Gustavus (29th season)
Diving Coach of the Year: Jeremiah Jackson, Saint Mary's (14th season)

2019 MIAC Men's Swimming and Diving All-Sportsmanship Team

Name	Institution	Class	Hometown High School
Ben Greenvall	Carleton	Sr.	Branford, Conn.
Scott Nimke	Gustavus	Sr.	Rochester, Minn. John Marshall
Dennis Fleming	Hamline	Jr.	Lake Elmo, Minn. Hill-Murray
Paul Reischmann	Macalester	Sr.	St. Petersburg, Fla. Shorecrest Prep
Jacob Upton	Saint John's	Sr.	Bloomington, Minn. Jefferson
Darren Anes Dy	Saint Mary's	Jr.	Rochester, Minn. John Marshall
DQ Tong	St. Olaf	Sr.	Osseo, Minn. Wayzata
Noah Faldet	St. Thomas	Fr.	Calmar, Iowa Decorah

2019 MIAC Men's Swimming and Diving All-Conference Team

50-Yard Freestyle				100-Yard Freestyle			
Place	Name	Class	Institution	Time	Place	Name	Class
				Time			

1.	Matt Allison	Jr.	Gustavus	00:20.53 B
2.	Jack Heinzl	So.	Carleton	00:20.78
3.	Tom Negaard	Sr.	St. Thomas	00:21.11

200-Yard Freestyle

Place	Name	Class	Institution	Time
1.	Nolan Larson	So.	Gustavus	01:39.29 ST18
2.	Matt Allison	Jr.	Gustavus	01:40.17
3.	Dutch Franko-Dynes	Fy.	Gustavus	01:41.77

1-meter Diving

Place	Name	Class	Institution	Score
1.	Logan Bican	Jr.	Gustavus	461.95 \$A
2.	Leif Jorgensen	Sr.	St. Olaf	452.15 \$A
3.	Kieran Cuddy	So.	Macalester	450.70 \$A

200-Yard Individual Medley

Place	Name	Class	Institution	Time
1.	Nolan Larson	So.	Gustavus	01:51.53 R, B
2.	Josh Muntifering	So.	Gustavus	01:53.02
3.	Tanner Sonnek	Sr.	Gustavus	01:53.07

100-Yard Backstroke

Place	Name	Class	Institution	Time
1.	John Loepfe	Jr.	St. Olaf	00:49.75 R3, B
2.	Abe Casey Eyman	Sr.	St. Olaf	00:51.17
3.	John Gahnz	Fy.	St. Thomas	00:51.51

100-Yard Breaststroke

Place	Name	Class	Institution	Time
1.	Tanner Sonnek	Sr.	Gustavus	00:54.66 R3, ST18
2.	Noah Faldet	Fr.	St. Thomas	00:56.03 B
3.	Jack Heinzl	So.	Carleton	00:56.23 B

100-Yard Butterfly

Place	Name	Class	Institution	Time
1.	John Loepfe	Jr.	St. Olaf	00:49.48
2.	Tom Negaard	Sr.	St. Thomas	00:49.57
3.	Marcel Hones	So.	St. Olaf	00:50.49

1,650-yard Freestyle

Place	Name	Class	Institution	Time
1.	Adam Boerner	So.	St. Thomas	16:10.93 B

1.	Matt Allison	Jr.	Gustavus	00:45.00 B
2.	Tom Negaard	Sr.	St. Thomas	00:46.03
3.	Dutch Franko-Dynes	Fy.	Gustavus	00:46.08

500-Yard Freestyle

Place	Name	Class	Institution	Time
1.	Sjon Greseth	Fy.	St. Olaf	04:37.71
2.	Adam Boerner	So.	St. Thomas	04:37.77
3.	Zach Dawson	Jr.	Gustavus	04:38.37

3-meter Diving

Place	Name	Class	Institution	Score
1.	Leif Jorgensen	Sr.	St. Olaf	465.20 \$
2.	Jonathan Bovee	Sr.	Gustavus	462.45 \$
3.	Logan Bican	Jr.	Gustavus	454.35 \$

400-Yard Individual Medley

Place	Name	Class	Institution	Time
1.	Josh Muntifering	So.	Gustavus	04:03.29
2.	Zach Dawson	Jr.	Gustavus	04:03.77
3.	Sjon Greseth	Fy.	St. Olaf	04:07.32

200-Yard Backstroke

Place	Name	Class	Institution	Time
1.	Abe Eyman Casey	Sr.	St. Olaf	01:51.15
2.	John Gahnz	Fr.	St. Thomas	01:51.71
3.	John Loepfe	Jr.	St. Olaf	01:52.41

200-Yard Breaststroke

Place	Name	Class	Institution	Time
1.	Tanner Sonnek	Sr.	Gustavus	01:59.82 R4, M, ST18
2.	Logan Shafer	Fr.	St. Thomas	02:04.82
3.	Noah Faldet	Fr.	St. Thomas	02:05.97

200-Yard Butterfly

Place	Name	Class	Institution	Time
1.	Nate Stone	So.	St. Thomas	01:52.94
2.	Nolan Larson	So.	Gustavus	01:53.11
3.	Ryan Sklar	Jr.	Gustavus	01:53.76

200-yard Freestyle Relay

Place	Name	Institution	Time
1.	Matt Allison Nolan Larson Andrew Peters Tanner Sonnek	Gustavus	01:22.73

2.	Zach Dawson	Jr.	Gustavus	16:18.45	2.	Tom Negaard Garrett Riley Michael Foss Omar Omar	St. Thomas	01:23.12
3.	Paul Reischmann	Sr.	Macalester	16:19.87	3.	Jack Heinzl Nick Reeves Stevie Fitch Jack Dalluge	Carleton	01:24.94

400-Yard Freestyle Relay

Place	Name	Institution	Time
1.	Dutch Frank-Dynes Andrew Peters Nolan Larson Matt Allison	Gustavus	03:02.92 B
2.	Omar Omar Max Larson Tom Negaard Garrett Riley	St. Thomas	03:07.92
3.	Marcel Hones Sjon Greseth Abe Eyman Casey John Loepfe	St. Olaf	03:08.62

200-yard Medley Relay

Place	Name	Institution	Time
1.	Tom Negaard Noah Faldet Max Larson Garrett Riley	St. Thomas	01:30.45 ST18
2.	Josh Muntifering Tanner Sonnek Ryan Sklar Andrew Peters	Gustavus	01:32.43
3.	John Loepfe Gus Reynolds Marcel Hones Ian Kretzmann	St. Olaf	01:32.98

800-yard Freestyle Relay

Place	Name	Institution	Time
1.	Dutch Franko-Dynes Josh Muntifering Nolan Larson Matt Allison	Gustavus	06:45.82 B
2.	John Loepfe Marcel Hones Abe Eyman Casey Sjon Greseth	St. Olaf	06:54.28
3.	Nate Stone Hunter Neilsen Adam Boerner Sam Johnson	St. Thomas	06:59.51

400-yard Medley Relay

Place	Name	Institution	Time
1.	Josh Muntifering Tanner Sonnek Nolan Larson Matt Allison	Gustavus	03:21.37
2.	John Gahnz Noah Faldet Max Larson Tom Negaard	St. Thomas	03:22.14
3.	John Loepfe Gus Reynolds Marcel Hones Abe Eyman Casey	St. Olaf	03:25.34

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; ST18 - 2018 NCAA Selection Time; \$ - NCAA Diving Zone 11-Dive Qualifying Score.