

2021 MIAC Men's Cross Country Regional and National Awards

ATHLETIC HONORS

2021 USTFCCCA Men's All-America

Name	Institution	Class	Hometown High School	Previous Selections
Munir Isahak	Concordia	Sr.	Fargo, N.D. South	--

2021 USTFCCCA Men's All-North Region

Name	Institution	Class	Hometown High School	Previous Selections
Henry Bowman	Carleton	Jr.	Lafayette, Colo. Centaurius	2019
Adam Nakasaka	Carleton	Sr.	Chevy Chase, Md. Bethesda-Chevy Chase	--
Ben Santos	Carleton	Sr.	Boulder, Colo.	2019
Munir Isahak	Concordia	Sr.	Fargo, N.D. South	--
Garet Grant	Gustavus	Sr.	Winona, Minn. Cotter	2019
Henry Hinchcliffe	Gustavus	Jr.	Austin, Minn.	--
Andrew Stumbo	Gustavus	Sr.	Boone, Iowa Ogden	2018 2019
Andy Goldsmith	Saint John's	Sr.	Tulsa, Okla. Cascia Hall	--
Lloyd Young	Saint John's	So.	Bloomington, Minn. Kennedy	--
Logan Bocovich	St. Olaf	Jr.	Monument, Colo. Palmer Ridge	--
Ian Curtis	St. Olaf	So.	Missoula, Mont. Hellgate	--
Will Kelly	St. Olaf	So.	Golf, Ill. Glenbrook South	--
Calvin Boone	St. Scholastica	So.	St. Paul, Minn. Highland Park	--
Lars Dewall	St. Scholastica	Jr.	Stillwater, Minn.	--

ACADEMIC HONORS

2021-22 CoSIDA Academic All-District Men's T&F/XC Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Stephen Lavey	Carleton	Sr.	Cedar Grove, Wis. Cedar Grove-Belgium	Chemistry	3.92	--

2021 USTFCCCA Men's All-Academic

Name	Institution	Class	Hometown High School	Major	Previous Selections
Henry Bowman	Carleton	Jr.	Lafayette, Colo. Centaurus	Physics	2019
Adam Nakasaka	Carleton	Sr.	Chevy Chase, Md. Bethesda-Chevy Chase	Studio Art, Political Science International Relations	--
Ben Santos	Carleton	So.	Boulder, Colo.	Computer Science	2019
Leo Smith	Concordia	Sr.	West Fargo, N.D. Sheyenne	Chemistry	--
Henry Hinchcliffe	Gustavus	Jr.	Austin, Minn.	Social Studies Education	--
Bryce Knutson	Gustavus	Sr.	Owatonna, Minn.	Physics Mathematics	--
Andrew Stumbo	Gustavus	Sr.	Boone, Iowa Ogden	Music Education	2017 2018 2019
Frank Gustafson	Hamline	Jr.	Spicer, Minn. New London-Spicer	Legal Studies Philosophy	2017 2018
Logan Bocovich	St. Olaf	Jr.	Monument, Colo. Palmer Ridge	Chemistry Environmental Science	--

Elliott Cassidy	St. Olaf	Sr.	Longmont, Colo. Silver Creek	Computer Science Mathematics	--
Ian Curtis	St. Olaf	So.	Missoula, Mont. Hellgate	Mathematics Kinesiology	--
Will Kelly	St. Olaf	So.	Golf, Ill. Glenbrook South	Chemistry	--
Calvin Boone	St. Scholastica	So.	St. Paul, Minn. Highland Park	Exercise Physiology	--
Lars Dewall	St. Scholastica	Jr.	Stillwater, Minn.	Exercise Physiology	--

MIAC AWARDS

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