

# 2002 MIAC Indoor Track & Field Awards

## Women

**Megan Daymont** of St. Olaf was selected MIAC Women's Most Outstanding Athlete for her performance at the indoor championship March 1-2. Daymont, who has automatically qualified for NCAA nationals in the 800 meter and 1500 was a quadruple champion with wins in the 600, 1000, 1500 and as a member of the 1600 meter relay. Her performances in the 600 and 1000 were also meet records and her 1000 performance was selected as the MIAC Women's Most Outstanding Performance.

Also receiving top votes for most outstanding athlete were **Heidi Vogel** of St. Thomas and **Anne Sikorra** of St. Catherine. Vogel's weekend included victories in the 55 and 400, second in the 200, fifth in the 1600 relay and fifth in the triple jump. Sikorra won the pentathlon, was third in the high jump (tie) and pole vault, fourth in the 800 relay, and sixth in the long jump and 55 hurdles.

## Men

**Cory Dingles** of St. Olaf was selected MIAC Men's Most Outstanding Athlete. Dingles was a double champion in the pentathlon and long jump, second in the 1600 relay and triple jump and third in the high jump. He has already automatically qualified for the NCAA championships in the high jump and long jump.

Also receiving top votes for most outstanding athlete were **Tom Kreger** of Hamline, double champion in the 3000 and 5000, and **Luke Speltz** of Gustavus, shot put champion and third in the 35# weight throw. Hamline's **Mike Baker** earned MIAC Men's Most Outstanding Performance with a meet record performance in the 600 yard with Speltz's shot put also receiving top votes.

## Meet Highlights

The 2002 MIAC Indoor Track & Field Championship was held March 1-2 at Carleton College. The St. Thomas men and women were both crowned team champions.

## MIAC Indoor Coaches of the Year

**Greg Binstock** of St. Catherine and **Paul Schmaedeke** of Hamline were selected women's and men's MIAC Indoor Coaches of the Year respectively. In his second year at St. Kate's, Binstock's Wildcats finished sixth with 54.5 points, the team's highest finish and point total in school history. Schmaedeke's Pipers finished second with 133 points, up from a 68 points fifth place finish in 2001.