

2003 MIAC Indoor Track & Field Awards

Women

Megan Daymont of St. Olaf and **Jackie Luehmann** of Gustavus were selected MIAC Women's Most Outstanding Track Athlete and Most Outstanding Field Athlete, respectively for their performances at the indoor championship March 7-8. Daymont, who has automatically qualified for NCAA nationals in the 800 and 1500-meter runs, was a triple champion with wins in the 600, 1000, 1500. Her performances in the 600 and 1000 were also meet records. Luehmann, a double champion in the throws winning both the shot put and 20lb. weight throw, will compete at the national meet in the shot put.

Tonnisha Bell of Augsburg earned the honor of MIAC Women's Most Outstanding Performance with a meet record in the 55 meter dash, which automatically qualified for NCAA nationals to be held at Greencastle, Indiana March 14-15.

Also receiving top votes for most outstanding track and field athletes was **Laura Bloedorn** of Carleton and **Heidi Vogel** of St. Thomas. Bloedorn's weekend included victories in the 3000 and 5000 and as a member of the distance Medley relay. Vogel won the triple jump and 1600m relay, was second in the long jump, third in the 200, and fourth in the 55m dash.

Men

Carson Glad of St. Thomas and **Luke Speltz** of Gustavus were selected MIAC Men's Most Outstanding Track and Field Athletes. Glad was a triple champion in the 200 and 400m dashes and as the anchor leg in the 1600-meter relay, and was fifth in the 55m dash. He has qualified for the NCAA championships in the 400 and the in 1600 meter relay. Speltz was a double champion in the throws, winning both the shot put and 35lb. weight throw. He will compete in both events next week at the NCAA national meet.

The award for MIAC Men's Most Outstanding Performance went **Will Sallee** of Hamline for his meet record performance in the pentathlon, which included a NCAA qualifying mark in the high jump. Sallee also placed first in the 55m hurdles and seventh in the long jump.

Also receiving top votes for most outstanding track athlete was **Tom Kreger** of Hamline, a double champion in the 3000 and 5000m runs.

Meet Highlights

The MIAC Indoor Track & Field Championship was held March 7-8 at St. Olaf College. The St. Thomas men and women were both crowned team champions. The Tommie men were crowned champions for the 19th time in the 19 year history of the event. The UST women won the championship for the 16th time in 19 years.

MIAC Indoor Coaches of the Year

Joe Sweeney of St. Thomas and **Tom Thorkelson** of Gustavus were selected women's and men's MIAC Indoor Coaches of the Year respectively. Sweeney's Tommies claimed the team championship for the fourth consecutive year, while Thorkelson's Gusties finished second with 134 points, up from a 99 point fourth place finish in 2002.