

2011 MIAC Women's Indoor Track & Field Awards

Posted: Mar 10, 2011

ST. PAUL, Minn. -- The 2011 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track & Field Championships came to a close on Saturday afternoon with the St. Thomas women capturing the team title for the 12th-straight season. This week, individual awards were announced and the honorees are listed below.



As part of a conference-wide sportsmanship initiative, the MIAC selected the fifth annual All-MIAC Sportsmanship team for Women's Indoor Track & Field. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

Outstanding Women's Track Athlete - Emily Van Heel, St. Thomas

- Van Heel (Fr., Swanville, Minn./Little Falls) made quite an impact in her first MIAC Indoor Championship appearance. Not only was she a big reason the Tommies made it a dozen titles in a row, but the star rookie dazzled with her individual exploits on the track. Van Heel won three individual track events and anchored another relay team to victory Friday at Saturday on her home track. The freshman won the 55-meter dash (7.27), the 200-meter dash (25.48) and the 400-meter dash (58.42), and her times in the 55 and 200 met the NCAA's provisional qualifying standard. She also ran the final leg of the women's 4x400-meter relay for the victorious Tommie team, which finished with a time of 4:02.30. To add to her amazing individual performance, Van Heel also won a title in the triple jump with a provisional distance of 37-05.00.

Outstanding Women's Field Athlete - Janey Helland, Gustavus

- Helland (Sr., Mapleton, Minn./Maple River) is no stranger to success at the MIAC Indoor Championships, but the senior made the most of her final appearance in the meet with a pair of individual titles, a meet record and an NCAA automatic qualifying mark. Helland set a new MIAC Indoor meet record with her winning score of 3,445 in the pentathlon, and that score also automatically earned her a spot in the NCAA Championships. In addition, Helland won her third-straight conference indoor title in the long jump. Helland recorded a distance of 18-03.25, with met the NCAA's provisional standard.

Women's Outstanding Performance of the Meet - Simone Childs-Walker, Carleton

- Childs-Walker (Jr., Seattle, Wash./Lakeside) claimed her third-straight MIAC indoor title in the women's 5,000-meter run last weekend, and this time the junior's effort was even better than her own previous excellence. Childs-Walker set a new meet record in the 5K with a time 17:13.63, which beat the previous meet record of 17:15.31, which was also set by Childs-Walker back in 2009. In addition to her outstanding performance in the 5,000, Childs-Walker won her third title in the 3,000-meter run, and her first title in the mile to claim the MIAC's distance triple crown.

Women's Coach-of-the-Year - Robin Balder-Lanoue, Saint Benedict

- Balder-Lanoue, in her 12th season as the Blazers' head track and field coach, led Saint Benedict to an impressive second-place finish with 107 points and was named the MIAC Women's Indoor Track and Field Coach-of-the-Year as a result. A year ago, CSB finished third with 88 points, and this year the Blazers exceeded expectations with its runner-up finish. Blazer runners won one event, turned in eight top-three finishes and 22 scoring performances. This is Balder-Lanoue's second indoor conference coaching honor, and her third award overall in as many seasons. She was named the MIAC's Indoor Coach-of-the-Year in 2009, and won the conference's outdoor honor in 2010.

2011 All-MIAC Sportsmanship Team

Augsburg - Andrea Heil (Fr., Stillwater, Minn./Mounds Park)
Bethel - Jenna Diercks (So., Lakeville, Minn.)
Carleton - Rachel Gottesman (Jr., Cortland Manor, N.Y./Hackley)
Concordia - Kristy Singlestad (Sr., Waseca, Minn.)
Gustavus - Lauren Rothschiller (So., Chaska, Minn.)
Hamline - Kameron Argiannis (Sr., Eden Prairie, Minn.)
Macalester - Mari Mejia (Sr., Golden Valley, Minn./St. Louis Park)
Saint Benedict - Molly Noel (Sr., Eagan, Minn./Cretin-Derham Hall)
St. Catherine - Kelsey Eder (So., Maple Grove, Minn.)
Saint Mary's - Sara Harstad (Sr., Chatfield, Minn./Chosen Valley-Chatfield)
St. Olaf - Brady Pennig (Sr., Centerville, Minn./Totino Grace)
St. Thomas - Julianna Gorder (Sr., Minnehaha Academy)