

2006 MIAC Women's Indoor Track and Field Championship

TOMMIE MEN, WOMEN BOTH REPEAT AS MIAC INDOOR TRACK CHAMPIONS

Northfield, Minn. – The St. Thomas men and women both won the MIAC Indoor Championships track and field team titles, with the UST men claiming its 22nd straight team title and the UST women winning for the seventh straight time.

The Tommie men, who are the only MIAC team to win the indoor title, were paced by four-time winner P.J. Theisen. He added the triple jump title on Saturday to go with Friday's wins in the long jump, 55-meter hurdles and 400 meters. Fittingly, he anchored the event's final relay, the 4x400-meter relay, leading the Tommies to victory.

Other double winners on the men's side included Carleton's Steve Harris (3,000 and 5,000 meters) and St. Olaf's Tom Cruse (600 yards and 800 meters).

The St. Thomas women held off Gustavus and Concordia for its 19th indoor title in the 22-year history of the event. The Tommies won both relays on Saturday, offsetting the fact they didn't pick up an individual event win on the final day.

The women's meet featured five new MIAC records and one tied record, with Augsburg Tonnisha Bell (55 and 200 meters) and Hamline's Keidra Anderson (3,000 and 5,000 meters) earning two individual titles each.

Outstanding Male Track Athlete: Steve Harris, Carleton College

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Outstanding Female Track Athlete: Tonisha Bell, Augsburg College

Outstanding Female Performance: Angie Pfeiffer, Concordia-Moorhead College

Outstanding Male Field Athlete: PJ Theisen, University of St. Thomas

Outstanding Female Field Athlete: Krystal Grigsby, University of St. Thomas

Men's Coach of the Year: Steve Mathre, University of St. Thomas

Women's Coach of the Year: Joe Sweeney, University of St. Thomas

TOMMIE MEN, WOMEN TAKE EARLY LEADS AT MIAC INDOOR CHAMPIONSHIPS

Northfield, Minn. – Four conference records fell by the wayside as St. Thomas claimed a narrow three-point lead over Concordia and a nine-point margin over Gustavus in the women's competition at the MIAC Indoor Championships at Carleton's Recreation Center.

P.J. Theisen of St. Thomas won the long jump, 55-meter hurdles and the 400 meters as the Tommie men bolted to a commanding lead with 112 points, with Hamline second at 64. The Tommies have won all 21 MIAC indoor titles and look to be well on their way to extending that streak to 22.

UST's Kristal Grigsby broke her own MIAC record in the long jump, while Bethel's Vanessa Moore tied the conference high jump mark. Hamline's Keidra Anderson broke the 5,000-meter mark, and Concordia's Angie Pfeiffer nearly became the first woman to break the 57-second mark in winning the 400 meters in MIAC-record time of 57.10. Tonnisha Bell set a new venue record in winning the 55 meters and the Gustavus medley relay team ended the evening by breaking the conference mark in winning in 12:29.76.