

2009 MIAC Indoor Track & Field Championships



March 6-7, 2009

Pentathlon - March 5, 2009

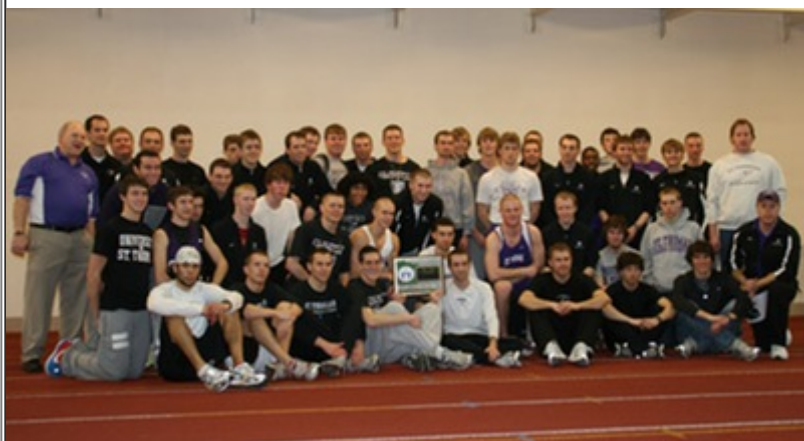
Olson Forum - Concordia College

Moorhead, Minn.

2009 Men's Championships	2009 Women's Championships
Men's Results	Women's Results
Men's Pentathlon Results	Women's Pentathlon Results
Heat Sheets	Heat Sheets
Meet Entries	Meet Entries
Championship Schedule	Championship Schedule
Championship Preview	Championship Preview

Championships Recap

With a team total of 178.5, the St. Thomas men were able to win their 25th MIAC Indoor Championship in the 25th year of the event. Hamline finished second with 111 points followed closely by Bethel with 98 and St. Olaf with 90.5. Saint John's rounded out the top five with 75 points.



(Photo
courtesy of

Chris Beach)

Individual highlights for the men included: St. Thomas' Joe DeFrance winning the 200 dash in a meet-record time of 21.96, St. Thomas's Brian Sames winning both the 800 and 1000, Carleton's Charlie Gamble sweeping the 3,000 and 5,000, Gustavus' Tyler Geyen breaking the meet record in the 55 hurdles with a time of 7.59, and Saint John's Eric Buss automatically qualified for the NCAA Championships with a leap of 48-1 1/4. The St. Thomas men also won both the 800 and 4x400 Relays.

The St. Thomas women won their 10th consecutive team title with a 161 point total. The Tommies outdistanced second-place Gustavus with 107.3, Saint Benedict's 97.3, Bethel's 79.3, and Concordia finished fifth with 77.5.



(Photo courtesy of

Matt Ten Haken)

The women's events featured: St. Thomas' Nikki Arola winning both the 55 and 200 meter dash, Bethel's Marie Borner taking both the 600 and mile run, Carleton first-year Simone Childs-Walker sweeping the 3,000 and the 5,000 in a meet record time of 17:15.31, and Gustavus' Kaelene Lundstrum winning the pentathlon and the high jump both in meet records. Bethel also won the 800 Relay and Distance Medley Relay. St. Thomas won the 4x400 Relay with a meet record time of 3:56.85.

Final Team Standings

Men

- 1 St. Thomas - 178.5
- 2 Hamline - 111.0
- 3 Bethel - 98.0
- 4 St. Olaf - 90.5
- 5 Saint John's - 75.0
- 6 Concordia Moorhead - 62.0
- 7 Carleton - 55.0
- 8 Gustavus - 50.0
- 9 Augsburg - 34.0
- 10 Macalester - 15.0
- 11 Saint Mary's - 10.0

Women

- 1 St. Thomas - 161.0
- 2 Gustavus - 107.3
- 3 Saint Benedict - 97.3
- 4 Bethel - 79.3
- 5 Concordia - 77.5
- 6 Carleton - 65.0
- 7 St. Catherine - 54.5
- 8 Hamline - 54.0
- 9 St. Olaf - 35.0
- 10 Saint Mary's - 27.0
- 11 Augsburg - 17.0
12. Macalester - 5.0

Men's Indoor Track & Field History	Women's Indoor Track & Field History
Men's Recordbook	Women's Recordbook
Men's Archives	Women's Archives
2008 Men's Results	2008 Women's Results
2008 Championships Website	2008 Championships Website
2008 MIAC Awards	2008 MIAC Awards

MIAC Men's Indoor Track & Field: | [Website](#) | [MIAC Performance Lists](#) | [Composite Schedule](#) | Team Pages |

MIAC Women's Indoor Track & Field: | [Website](#) | [MIAC Performance Lists](#) | [Composite Schedule](#) | Team Pages |

Concordia: | [Concordia Championship Meet Website](#) | [Olson Forum Website](#) | [Concordia Map](#) |

NCAA: | [NCAA Division III Qualifying Standards](#) | [Men's Division III Performance Lists](#) | [Women's Division III Performance Lists](#) |

[Apple Raceberry JaM](#)