

2020 MIAC Women's Indoor Track & Field Regional and National Awards

ATHLETIC HONORS

2020 Women's Indoor Track and Field USTFCCCA All-America Selections

Name	Institution	Class	Event	Previous Selections
Jada Lewis	Augsburg	Jr.	60-Meter Dash	--
Delia Labatt	Bethel	Sr.	400-Meter Dash	2018 2019
Kelsie Sealock	Bethel	Fy.	60-Meter Hurdles	--
Hannah Sankey	Bethel	Jr.	4x400 Relay	2018 2019
Corin McKinstrey	Bethel	Sr.	4x400 Relay	2019
Mikayla Turek	Bethel	Fy.	4x400 Relay	--
Delia Labatt	Bethel	Sr.	4x400 Relay	2018
Clara Mayfield	Carleton	Fy.	5000-Meter Run	--
Josie Herrmann	Concordia	Jr.	800-Meter Run	--
Tierney Winter	Gustavus	Sr.	Mile Run	--
Birgen Nelson	Gustavus	Fy.	60-Meter Hurdles	--
Briana Berninghaus	Hamline	Sr.	200-Meter Dash	--
Alexandra Maddux	Hamline	So.	800-Meter Run	--
Helen Dolan	Hamline	Jr.	Mile Run	--
Alexandra Kolstad	Hamline	So.	Shot Put	--
Johanna Glaaser	St. Olaf	Sr.	400-Meter Dash	--
Ellen Mickelson	St. Olaf	So.	Mile Run	--
Mackenzie Schoustra	St. Olaf	Sr.	Pentathlon	--
Carly Scheuerman	St. Thomas	Jr.	800-Meter Run	--
Morgan Dammann	St. Thomas	Sr.	800-Meter Run	--
Martha Hubbell	St. Thomas	Sr.	Mile Run	--
Steph Kretlow	St. Thomas	Sr.	Long Jump	--
Megan Gehrke	St. Thomas	So.	Shot Put	--

2020 USTFCCCA Assistant Coach of the Year

Name	Institution	Previous Selections
Luke Kopnick	St. Thomas	--

2020 USTFCCCA All-Central Region

Name	Institution	Class	Event	Previous Selections
Jada Lewis	Augsburg	Jr.	60 Meters	2018 2019
Delia Labatt	Bethel	Sr.	400 Meters	2017 2018 2019
Delia Labatt	Bethel	Sr.	4x400 Relay	2019
Corin McKinstrey	Bethel	Sr.	4x400 Relay	2019
Hannah Sankey	Bethel	Jr.	4x400 Relay	2019
Kelsie Sealock	Bethel	Fy.	60-Meter Hurdles	--
Mikayla Turek	Bethel	Fy.	4x400 Relay	--
Clara Mayfield	Carleton	Fy.	5000 Meters	--

Clara Mayfield	Carleton	Fy.	3000 Meters	--
Josie Herrmann	Concordia	Jr.	800 Meters	2019
Birgen Nelson	Gustavus	Fy.	60-Meter Hurdles	--
Tierney Winter	Gustavus	Sr.	Mile	2019
Briana Berninghaus	Hamline	Sr.	200 Meters	2019
Helen Dolan	Hamline	Jr.	Mile	--
Alexandra Kolstad	Hamline	So.	Shot Put	--
Alexandra Kolstad	Hamline	So.	800 Meters	--
Hannah Grosse	Macalester	So.	Pole Vault	--
Elsie Lundquist	St. Catherine	Jr.	High Jump	--
Sydney Klausler	Saint Mary's	So.	Long Jump	--
Emily Bohlig	St. Olaf	Sr.	Pentathlon	--
Johanna Glaaser	St. Olaf	Sr.	400 Meters	2019
Mackenzie Schoustra	St. Olaf	Sr.	High Jump	--
Mackenzie Schoustra	St. Olaf	Sr.	Pentathlon	2019
Morgan Dammann	St. Thomas	Sr.	800 Meters	--
Megan Gehrke	St. Thomas	So.	Shot Put	2019
Martha Hubbell	St. Thomas	Sr.	3000 Meters	2019
Martha Hubbell	St. Thomas	Sr.	Mile	--
Steph Kretlow	St. Thomas	Sr.	Long Jump	2019
Carly Scheuerman	St. Thomas	Jr.	800 Meters	--
Mariah Terhaar	St. Thomas	Sr.	Pole Vault	2019

ACADEMIC HONORS

2019-20 CoSIDA Academic All-America Women's T&F/XC Team

Name	Institution	Class	Hometown High School	GPA	Major	Team	Previous Selections
Mariah Terhaar	St. Thomas	Sr.	Stewartville, Minn.	3.98	Biology Spanish	Third	--

2019-20 CoSIDA Academic All-District Women's T&F/XC Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Helen Dolan	Hamline	Jr.	Holliston, Mass.	Studio Arts	3.97	--
Jessie Juenemann	Hamline	Sr.	Two Harbors, Minn.	Exercise Science	3.76	--
Steph Kretlow	St. Thomas	Sr.	Owatonna, Minn.	Biology	3.65	--
Amanda Mosborg	Carleton	Jr.	Bloomington, Minn. Edina	English	3.79	--
Mariah Terhaar	St. Thomas	Sr.	Stewartville, Minn.	Biology Spanish	3.98	--

2020 MIAC USTFCCCA Women's Track & Field All-Academic Team

Name	Institution	Class	Hometown High School	Previous Selections
Delia Labatt	Bethel	Sr.	Cushing, Wis. Grantsburg	2017 2018 2019
Corin McKinstrey	Bethel	Sr.	Pella, Iowa	2019
Hannah Sankey	Bethel	Jr.	Plover, Wis. Stevens Point Area	2018 2019
Kelsie Sealock	Bethel	Fy.	Plymouth, Minn. Osseo	--

Mikayla Turek	Bethel	Fy.	Orange City, Iowa Unity Christian	--
Josie Herrmann	Concordia	Jr.	New Prague, Minn.	2019
Cayle Hovland	Concordia	So.	Willmar, Minn.	2019
Katie Keelin	Gustavus	Sr.	Burnsville, Minn. Eagan	2017 2019
Birgen Nelson	Gustavus	Fy.	Edina, Minn.	--
Annika Poe	Gustavus	Fy.	Big Lake, Minn.	--
Briana Berninghaus	Hamline	Sr.	Montgomery, Minn. Tri-City United	2018 2019
Helen Dolan	Hamline	Jr.	Holliston, Mass.	2019
Alexandra Maddux	Hamline	So.	Moorhead, Minn.	--
Elsie Lundquist	St. Catherine	Jr.	Pine City, Minn.	2019
Johanna Glaaser	St. Olaf	Sr.	Northfield, Ill. New Trier	2019
Ellen Mickelson	St. Olaf	So.	Coon Rapids, Minn. Blaine	--
Ellie Pahl	St. Olaf	Fy.	Osakis, Minn. Wayzata	--
Berit Borstad	St. Thomas	Jr.	Duluth, Minn. East	--
Claire Chell	St. Thomas	So.	Des Moines, Iowa Roosevelt	2019
Morgan Dammann	St. Thomas	Sr.	Lake City, Minn. Lincoln	--
Steph Kretlow	St. Thomas	Sr.	Owatonna, Minn.	2019
Grace McGuire	St. Thomas	So.	Pequot Lakes, Minn.	--
Carly Scheuerman	St. Thomas	Jr.	St. Mary's Point, Minn. St. Croix Academy	--
Jordan Sifferle	St. Thomas	Sr.	Maple Lake, Minn.	--
Anna Smith	St. Thomas	Jr.	Chaska, Minn.	2017 2019
Mariah Terhaar	St. Thomas	Sr.	Stewartville, Minn.	--

MIAC AWARDS

| [2020 MIAC Women's Indoor Track and Field Awards](#) | [Athletes of the Week](#) | [Elite 22 Award](#) | [Academic All-Conference](#) |