

2021 MIAC Women's Indoor Track & Field Regional and National Awards

ATHLETIC HONORS

2021 USTFCCCA All-Central Region

Name	Institution	Class	Event	Previous Selections
Annessa Ihde	Bethel	Fy.	800 Meters	--
Sadie Koelz	Bethel	Sr.	Pole Vault	--
Jessica Lilland	Bethel	So.	Pole Vault	--
Britta Nordberg	Bethel	So.	4x400 Relay	--
Grace Perrenoud	Bethel	Jr.	Triple Jump	--
Hannah Sankey	Bethel	Sr.	400 Meters	--
Hannah Sankey	Bethel	Sr.	4x400 Relay	2019 2020
Kelsie Sealock	Bethel	So.	60-Meter Hurdles	2020
Kelsie Sealock	Bethel	So.	4x400 Relay	--
Mikayla Turek	Bethel	So.	4x400 Relay	2020
Josie Herrmann	Concordia	Sr.	800 Meters	2019 2020
Josie Herrmann	Concordia	Sr.	Mile	--
Cayle Hovland	Concordia	Jr.	Shot Put	2019
Madi Kes	Gustavus	Fy.	Triple Jump	--
Doris-Klein	Gustavus	Jr.	Pole Vault	--
Birgen Nelson	Gustavus	So.	60-Meter Hurdles	2020
Birgen Nelson	Gustavus	So.	200 Meters	--
Annika Poe	Gustavus	So.	Shot Put	--
Helen Dolan	Hamline	Sr.	3000 Meters	--
Alexandra Maddux	Hamline	Jr.	800 Meters	2020
Alexandra Maddux	Hamline	Jr.	Mile	--
Jailyn Robinson	Hamline	So.	60 Meters	--
Fiona Smith	Saint Benedict	Fy.	Mile	--
Fiona Smith	Saint Benedict	Fy.	3000 Meters	--
Fiona Smith	Saint Benedict	Fy.	5000 Meters	--
Delany McLoone	St. Thomas	Sr.	60 Meters	--
Tay Walgrave	St. Thomas	Fy.	60-Meter Hurdles	--

ACADEMIC HONORS

2020-21 CoSIDA Academic All-District Women's T&F/XC Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Helen Dolan	Hamline	Sr.	Holliston, Mass.	Studio Arts	3.96	2020
Alexandra Maddux	Hamline	Jr.	Moorhead, Minn.	Accounting	3.95	--
Birgen Nelson	Gustavus	So.	Edina, Minn.	Classics Political Science	3.97	--

MIAC AWARDS

| 2021 MIAC Women's Indoor Track and Field Awards | [Athletes of the Week](#) | Elite 22 Award | [Academic All-Conference](#) |