

2016 MIAC Women's Outdoor Track and Field Regional and National Awards

ATHLETIC HONORS

2016 USTFCCCA National Women's Field Athlete-of-the-Year

| Amelia Campbell | Sr. | Carleton |

2016 USTFCCCA Women's Outdoor Track and Field All-Americans

Amelia Campbell	Sr.	Carleton	Heptathlon	
Ruth Steinke	Sr.	Carleton	5,000-meter run	
Olivia Johnson	Sr.	Concordia	Shot Put	
Emma Peterson	Jr.	Concordia	High Jump	
Alyssa Besch	Sr.	St. Catherine	Javelin	
Emily Gapinski	Sr.	St. Thomas	800-meter run	1,500-meter run

2016 USTFCCCA Women's Outdoor Track and Field Region Awards

Emily Gapinski	Sr.	St. Thomas	Central Region Track Athlete-of-the-Year
Amelia Campbell	Sr.	Carleton	Central Region Field Athlete-of-the-Year
Donna Ricks	Carleton	Central Region Coach-of-the-Year	
Rich Maleniak	St. Thomas	Central Region Assistant Coach-of-the-Year	

2016 USTFCCCA Women's Outdoor Track and Field All-Central Region Team

Taybri Irving	Augsburg	5,000-meter run	10,000-meter run	
Callie Jones	Augsburg	100-meter dash	Long Jump	
Amelia Campbell	Carleton	100-meter Hurdles	Long Jump	Heptathlon
Trish Hare	Carleton	Javelin		
Reilly Simon	Carleton	400-meter dash		
Ruth Steinke	Carleton	1,500-meter run	3,000-meter Steeplechase	5,000-meter run
Mikayla Forness	Concordia	Javelin	Heptathlon	
Vanessa Johnson	Concordia	High Jump		
Olivia Johnson	Concordia	Shot Put		
Hannah Lundstrom	Concordia	200-meter dash		
Emma Peterson	Concordia	High Jump		
Mallory Butchko	Gustavus	Pole Vault		
Marit Sonnesyn	Gustavus	10,000-meter run		
Sarah Swanson	GUstavus	Shot Put		
Gabby Koel	Hamline	Discus		
Carolyn Sausberry	Hamline	100-meter Hurdles	Long Jump	Triple Jump
Sarah Jonathan	Macalester	3,000-meter Steeplechase		
Kiley Green	Saint Benedict	10,000-meter run		
Leah Koll	Saint Benedict	Triple Jump		
Allison Kosobud	Saint Benedict	800-meter run		
London Stelten	Saint Benedcit	Pole Vault		
Anna Wagner	Saint Benedict	Triple Jump		
Alyssa Besch	St. Catherine	Javelin		
Megan Pohlmann	St. Catherine	Javelin		
Tori Thompson	St. Catherine	Long Jump		
Shakeela Wells-Johnson	St. Catherine	100-meter dash		
Maria Missurelli	Saint Mary's	Pole Vault		
Brielle Bierman	St. Thomas	400-meter hurdles		
Emily Gapinski	St. Thomas	800-meter run	1,500-meter run	
Hannah Helstad	St. Thomas	800-meter run		
Kayla Janto	St. Thomas	800-meter run		
Aimee Junget	St. Thomas	1,500-meter run		
Elizabeth Russell	St. Thomas	Triple Jump		

ACADEMIC HONORS

2016 CoSIDA Academic All-American Track and Field/Cross Country Team

Amelia Campbell	Sr.	Carleton	First Team
Emily Gapinski	Sr.	St. Thomas	First Team
Kimber Meyer	Jr.	Macalester	Second Team
Ruth Steinke	Sr.	Carleton	Second Team
Mary Cornelius	Sr.	Augsburg	Third Team

2016 CoSIDA Academic All-District 6 Track and Field/Cross Country Team

| Amelia Campbell | Sr. | Carleton | First Team |
| Emily Gapinski | Sr. | St. Thomas | First Team |

Kimber Meyer	Jr.	Macalester	First Team
Ruth Steinke	Sr.	Carleton	First Team
Mary Cornelius	Sr.	Augsburg	First Team

2016 USTFCCCA Women's All-Academic Team

Taybri Irving	Jr.	Augsburg
Mollie Gillberg	Sr.	Bethel
Ruth Steinke	Sr.	Carleton
Amelia Campbell	Sr.	Carleton
Reilly Simon	Sr.	Carleton
Trish Hare	Jr.	Carleton
Emma Peterson	Jr.	Concordia
Olivia Johnson	Sr.	Concordia
Mikayla Forness	Jr.	Concordia
Marit Sonnesyn	Sr.	Gustavus
Sarah Swanson	Sr.	Gustavus
Gabby Koel	Jr.	Hamline
Sarah Jonathan	Sr.	Macalester
Allison Kosobud	Jr.	Saint Benedict
Megan Sundstrom	So.	Saint Benedict
Alyssa Besch	Sr.	St. Catherine
Megan Pohlmann	Jr.	St. Catherine
Madison Van Wylen	Sr.	St. Olaf
Laura Eischens	So.	St. Thomas
Aimee Junget	Sr.	St. Thomas
Emily Gapinski	Sr.	St. Thomas
Megan Terukina	Sr.	St. Thomas
Summer Ellefson	Sr.	St. Thomas

MIAC AWARDS

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