

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

ATHLETIC HONORS

2021 MIAC Women's Outdoor Track and Field All-Americans

Name	Institution	Class	Event	Finish	Previous NCAA Outdoor Honors
Kelsie Sealock	Bethel	So.	100-Meter Hurdles	4th (00:14.21)^	--
Birgen Nelson	Gustavus	So.	100-Meter Hurdles	2nd (00:13.90)	--
Birgen Nelson	Gustavus	So.	400-Meter Hurdles	5th (01:02.33)	--
Helen Dolan	Hamline	Sr.	5000-Meter Run	8th (17:02.40)	--
Fiona Smith	Saint Benedict	Fy.	5000-Meter Run	5th (16:45.74)	--
Anna Swanson	Saint Mary's	So.	Javelin	2nd (153-01.00)	--
Paige Woldt	St. Olaf	Sr.	Triple Jump	7th (38-02.25)	--
Tay Walgrave	St. Thomas	Fy.	100-Meter Hurdles	8th (00:14.65)	--
Delaney McLoone	St. Thomas	Sr.	4x100-Meter Relay	8th (00:47.64)	--
Tay Walgrave	St. Thomas	Fy.	4x100-Meter Relay	8th (00:47.64)	--
Maddy Dolby	St. Thomas	So.	4x100-Meter Relay	8th (00:47.64)	--
Sarah Stellmach	St. Thomas	Fy.	4x100-Meter Relay	8th (00:47.64)	--
Megan Gehrke	St. Thomas	Jr.	Shot Put	2nd (49-10.00)	--
Berit Borstad	St. Thomas	Sr.	Hammer	7th (166-08.00)	--

2021 USTFCCA Central Region Women's Assistant Coach of the Year

Name	Institution	Previous Selections
Pat Ahern	St. Thomas	--

2021 MIAC Women's Outdoor T&F USTFCCA All-Central Region Team

Name	Institution	Class	Event	Previous Selections
Annessa Ihde	Bethel	Fy.	800 Meters	--
Jessica Lilland	Bethel	Fy.	Pole Vault	--
Britta Nordberg	Bethel	Fy.	4x400 Relay	--
Hannah Sankey	Bethel	Jr.	400 Meters	--
Hannah Sankey	Bethel	Jr.	4x400 Relay	2018 2019
Kelsie Sealock	Bethel	Fy.	100 Meter Hurdles	--
Kelsie Sealock	Bethel	Fy.	4x400 Relay	--
Mikayla Turek	Bethel	Fy.	400 Meter Hurdles	--
Mikayla Turek	Bethel	Fy.	4x400 Relay	--
Gabrielle Evans	Carleton	Jr.	Pole Vault	--
Clara Mayfield	Carleton	So.	5,000 Meters	--
Clara Mayfield	Carleton	So.	10,000 Meters	--
Josie Herrmann	Concordia	Sr.	800 Meters	--
Josie Herrmann	Concordia	Sr.	1,500 Meters	--
Cayle Hovland	Concordia	Jr.	Shot Put	--
Peyton Selle	Concordia	Fy.	Heptathlon	--

Halley Brocker	Gustavus	So.	High Jump	--
Madi Kes	Gustavus	Fy.	Triple Jump	--
Doris-Klein Mor	Gustavus	So.	Pole Vault	--
Birgen Nelson	Gustavus	Fy.	100 Meter Hurdles	--
Birgen Nelson	Gustavus	Fy.	400 Meter Hurdles	--
Annika Poe	Gustavus	Fy.	Shot Put	--
Helen Dolan	Hamline	Jr.	5,000 Meters	--
Alexandra Maddux	Hamline	So.	800 Meters	--
Jenneel Rodney	Hamline	So.	Hammer	--
Abigail Van Goethem	Hamline	Sr.	Javelin	--
Journey Amundson	Macalester	So.	Triple Jump	--
Hannah Grosse	Macalester	Jr.	Pole Vault	--
Fiona Smith	Saint Benedict	Fy.	1,500 Meters	--
Fiona Smith	Saint Benedict	Fy.	5,000 Meters	--
Bryana Leverentz	St. Catherine	So.	Javelin	2019
Elsie Lundquist	St. Catherine	Sr.	High Jump	2019
Riley McMahon	St. Catherine	Sr.	Steeplechase	--
Caroline Gearin	Saint Mary's	Fy.	Pole Vault	--
Sydney Klausler	Saint Mary's	So.	Long Jump	--
Rachel Ohde	Saint Mary's	Jr.	High Jump	2019
Anna Swanson	Saint Mary's	Fy.	Javelin	--
Ellen Mickelson	St. Olaf	Jr.	1,500 Meters	--
Paige Woldt	St. Olaf	Sr.	Triple Jump	2019
Berit Borstad	St. Thomas	Sr.	Hammer	--
Maddy Dolby	St. Thomas	So.	4x100 Relay	--
Megan Gehrke	St. Thomas	Jr.	Discus	--
Megan Gehrke	St. Thomas	Jr.	Shot Put	--
Delaney McLoone	St. Thomas	Sr.	200 Meters	--
Delaney McLoone	St. Thomas	Sr.	4x100 Relay	--
Sara Miller	St. Thomas	Sr.	10,000 Meters	--
Sarah Stellmach	St. Thomas	Fy.	4x100 Relay	--
Tay Walgrave	St. Thomas	Fy.	100 Meter Hurdles	--
Tay Walgrave	St. Thomas	Fy.	4x100 Relay	--

ACADEMIC HONORS

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

Name	Institution	Class	GPA	Major	Team	Previous Selections
Helen Dolan	Hamline	Sr.	3.96	Studio Arts	First Team	--
Birgen Nelson	Gustavus	So.	3.97	Classics Political Science	Third Team	--

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	--
Paige Woldt	St. Olaf	Sr.	Shoreview, Minn. Mounds View	Chemistry Psychology	3.76	--

2021 MIAC USTFCCA Women's Track & Field All-Academic Team

Name	Institution	Class	Hometown High School	Previous Selections
Annessa Ihde	Bethel	Fy.	Appleton, Wis. North	--
Sadie Koelz	Bethel	Sr.	Webster, Wis.	--
Jessica Lilland	Bethel	So.	Prior Lake, Minn.	--
AnnaGrace Nelson	Bethel	Fy.	Cambridge, Minn. Cambridge-Isanti	--
Britta Nordberg	Bethel	So.	Big Lake, Minn.	--
Sally Paul	Bethel	Sr.	Maplewood, Minn. Concordia Academy	--
Grace Perrenoud	Bethel	Jr.	Sioux Falls, S.D. Christian	--
Emma Roethler	Bethel	So.	Northfield, Minn.	--
Hannah Sankey	Bethel	Sr.	Plover, Wis. Stevens Point Area	2018 2019 2020
Grace Scott	Bethel	Jr.	Victoria, Minn. Southwest Christian	--
Kelsie Sealock	Bethel	So.	Plymouth, Minn. Osseo	2020
Mikayla Turek	Bethel	So.	Orange City, Iowa Unity Christian	2020
Gabrielle Evans	Carleton	Jr.	Minnetonka, Minn.	--
Sydney Marsh	Carleton	Jr.	Austin, Minn.	--
Clara Mayfield	Carleton	So.	Manhattan, Kan.	--
Amanda Mosborg	Carleton	Sr.	Bloomington, Minn. Edina	--
Josie Herrmann	Concordia	Sr.	New Prague, Minn.	2019 2020
Cayle Hovland	Concordia	Jr.	Willmar, Minn.	2019 2020
Meritt Miller	Concordia	Sr.	Baxter, Minn. Brainerd	--
Peyton Selle	Concordia	Fy.	Dickinson, N.D.	--
Halley Brocker	Gustavus	Jr.	Ankeny, Iowa Des Moines Roosevelt	--
Elizabeth Donnelly	Gustavus	Fy.	Lake Lillian, Minn. Atwater Cosmos Grove City	--
DeAnna Giles	Gustavus	Sr.	Plymouth, Minn. Wayzata	--
Madis Kes	Gustavus	Fy.	Jordan, Minn.	--
Madeline McDermott	Gustavus	Sr.	St. Paul, Minn. Sibley	--
Doris-Klein Mor	Gustavus	Jr.	St. Peter, Minn. Prior Lake	--
Birgen Nelson	Gustavus	So.	Edina, Minn.	2020
Paige Patterson	Gustavus	Sr.	Red Wing, Minn.	--
Annika Poe	Gustavus	So.	Big Lake, Minn.	2020
Helen Dolan	Hamline	Sr.	Holliston, Mass.	2019 2020
Alexandra Maddux	Hamline	Jr.	Moorhead, Minn.	2020
Jen Valley	Hamline	So.	Forest Lake, Minn.	--
Abigail Van Goethem	Hamline	Sr.	Kewaunee, Wis.	--
Nyjah Willis	Hamline	Sr.	Brooklyn Park, Minn. Blaine	--
Journey Amundson	Macalester	So.	Iron River, Wis. Northwestern	--

Hannah Grosse	Macalester	Jr.	Minneapolis, Minn. Coon Rapids	--
Kate Gallagher	Saint Benedict	Fy.	Fargo, N.D. Shanley	--
Stephanie Pickthorn	Saint Benedict	Jr.	Cottonwood, Minn. Lakeview	--
Tracy Renier	Saint Benedict	Jr.	Plymouth, Minn. Benilde-St. Margaret's	--
Fiona Smith	Saint Benedict	Fy.	Dhahran, Saudi Arabia	--
Lauren Isaacson	St. Catherine	Jr.	Faribault, Minn.	--
Bryana Leverentz	St. Catherine	Jr.	Andover, Minn.	--
Elsie Lundquist	St. Catherine	Sr.	Pine City, Minn.	2019 2020
Riley McMahon	St. Catherine	Sr.	Union Grove, Wis.	--
Jena Hauch	St. Olaf	Sr.	Maple Grove, Minn.	--
Ellen Mickelson	St. Olaf	Jr.	Coon Rapids, Minn. Blaine	2020
Annika Muller	St. Olaf	So.	Minnetonka, Minn.	--
Taylor Paulsen	St. Olaf	Sr.	Eden Prairie, Minn.	--
Paige Woldt	St. Olaf	Sr.	Shoreview, Minn. Mounds View	--
Berit Borstad	St. Thomas	Sr.	Duluth, Minn. East	2020
Paige Cater	St. Thomas	Sr.	Woodbury, Minn. Tartan	--
Megan Gehrke	St. Thomas	Jr.	Faribault, Minn.	--
Olivia Lemke	St. Thomas	So.	Glencoe, Minn. Glencoe-Silver Lake	--
Grace McGuire	St. Thomas	Jr.	Pequot Lakes, Minn.	2020
Sara Miller	St. Thomas	Sr.	Hudson, Wis.	--
Carly Scheuerman	St. Thomas	Sr.	St. Mary's Point, Minn. St. Croix Academy	2020
Alaina Schoenfelder	St. Thomas	Fy.	Elk River, Minn.	--
Sarah Stellmach	St. Thomas	Fy.	Mahtomedi, Minn.	--
Tay Walgrave	St. Thomas	Fy.	Prior Lake, Minn.	--

MIAC AWARDS

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