

2022 MIAC Women's Outdoor Track & Field Regional and National Awards

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ATHLETIC HONORS

2022 MIAC Women's Outdoor Track & Field All-Americans

Name	Institution	Class	Event	Finish	Previous NCAA Outdoor Honors
Kelsie Sealock	Bethel	So.	100-Meter Hurdles	2nd (00:13.76)	4th (2021)
Hannah Sankey	Bethel	Sr.	4x400-Meter Relay	8th (03:47.26)	5th (2018) 4th (2019)
Sarah Stellmach	Bethel	Fy.	4x400-Meter Relay	8th (03:47.26)	--
Mikayla Turek	Bethel	So.	4x400-Meter Relay	8th (03:47.26)	--
Kelsie Sealock	Bethel	So.	4x400-Meter Relay	8th (03:47.26)	--
Clara Mayfield	Carleton	So.	10,000-Meter Run	5th (35:33.26)	--
Elizabeth Donnelly	Gustavus	So.	800-Meter Run	5th (02:08.60)	--
Birgen Nelson	Gustavus	So.	100-Meter Hurdles	1st (00:13.44)*#	2nd (2021)
Birgen Nelson	Gustavus	So.	400-Meter Hurdles	2nd (00:59.22)	5th (2021)
Annika Poe	Gustavus	Fy.	Shot Put	6th (47-01.50)	--
Fiona Smith	Saint Benedict	So.	5000-Meter Run	4th (16:28.46)	5th (2021)
Fiona Smith	Saint Benedict	So.	10,000-Meter Run	4th (35:24.97)	--

2022 MIAC Women's Outdoor T&F USTFCCCA All-North Region Team

Name	Institution	Class	Event	Previous Selections
Britta Nordberg	Bethel	So.	4x400 Relay	2021
Hannah Sankey	Bethel	Sr.	400 Meters	2021
Hannah Sankey	Bethel	Sr.	4x400 Relay	2018 2019 2021
Kelsie Sealock	Bethel	So.	100 Meter Hurdles	2021
Kelsie Sealock	Bethel	So.	4x400 Relay	2021
Sarah Stellmach	Bethel	Fy.	100 Meters	--
Mikayla Turek	Bethel	So.	4x400 Relay	2021
Clara Mayfield	Carleton	Jr.	5,000 Meters	2021
Clara Mayfield	Carleton	Jr.	10,000 Meters	2021
Elizabeth Donnelly	Gustavus	So.	800 Meters	--
Birgen Nelson	Gustavus	So.	100 Meter Hurdles	2021
Birgen Nelson	Gustavus	So.	400 Meter Hurdles	2021
Annika Poe	Gustavus	So.	Shot Put	2021
Alexandra Maddux	Hamline	Jr.	800 Meters	2021
Jailyn Robinson	Hamline	So.	Long Jump	--
Justus Floren	Saint Benedict	Fy.	High Jump	--
Tracy Renier	Saint Benedict	Sr.	Steeplechase	--
Fiona Smith	Saint Benedict	So.	1,500 Meters	2021
Fiona Smith	Saint Benedict	So.	5,000 Meters	2021
Fiona Smith	Saint Benedict	So.	10,000 Meters	--
Bryana Leverentz	St. Catherine	Jr.	Javelin	2019 2021
Anna Swanson	Saint Mary's	Jr.	Javelin	2021
Lily Beneke	St. Scholastica	Fy.	Hammer	--

2022 USTFCCCA North Region Track Athlete of the Year

Name	Institution	Class	Previous Selections
Birgen Nelson	Gustavus	So.	--

ACADEMIC HONORS

2021-22 CoSIDA Academic All-America Women's T&F/XC Team

Name	Institution	Class	GPA	Major	Team	Previous Selections
Birgen Nelson	Gustavus	Jr.	3.98	Classics I Political Science	First Team	2021 (3T)
Elizabeth Donnelly	Gustavus	Sr.	3.98	Sociology & Anthropology	Second Team	--
Fiona Smith	Saint Benedict	So.	4.00	Mathematics	Second Team	--

2021-22 CoSIDA Academic All-District Women's T&F/XC Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Elizabeth Donnelly	Gustavus	Sr.	Langley, Wash. South Whidbey	Sociology Anthropology	3.98	--
Birgen Nelson	Gustavus	Jr.	Edina, Minn.	Classics Political Science	3.98	2021
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	Mathematics	4.00	--

2022 MIAC USTFCCCA Women's Track & Field All-Academic Team

Name	Institution	Class	Hometown High School	Previous Selections
Annessa Ihde	Bethel	So.	Appleton, Wis. North	2021
Jessica Lilland	Bethel	Jr.	Prior Lake, Minn.	2021
AnnaGrace Nelson	Bethel	So.	Cambridge, Minn. Cambridge-Isanti	2021
Britta Nordberg	Bethel	Jr.	Big Lake, Minn.	2021
Emma Roethler	Bethel	Jr.	Northfield, Minn.	2021
Hannah Sankey	Bethel	Sr.	Plover, Wis. Stevens Point Area	2018 2019 2020 2021
Kelsie Sealock	Bethel	Jr.	Plymouth, Minn. Osseo	2020 2021
Sarah Stellmach	Bethel	So.	Mahtomedi, Minn.	2021
Mikayla Turek	Bethel	So.	Orange City, Iowa Unity Christian	2020
Grace Blanchette	Carleton	Jr.	Honolulu, Hawaii Punahou	--
Katherine Geist	Carleton	So.	Crookston, Minn.	--
Sydney Marsh	Carleton	Sr.	Austin, Minn.	2021
Clara Mayfield	Carleton	Jr.	Manhattan, Kan.	2021
Cayle Hovland	Concordia	Sr.	Willmar, Minn.	2019 2020 2021
Peyton Selle	Concordia	So.	Dickinson, N.D.	2021
Elizabeth Donnelly	Gustavus	So.	Lake Lillian, Minn. Atwater Cosmos Grove City	2021
Megan Geraets	Gustavus	Fy.		--
Sydney Hagen	Gustavus	Fy.		--
Makenna Huetten	Gustavus	Fy.		--
Madi Kes	Gustavus	So.	Jordan, Minn.	2021
Danielle Miller	Gustavus	So.	Waconia, Minn.	--
Birgen Nelson	Gustavus	Jr.	Edina, Minn.	2020 2021
Annika Poe	Gustavus	Jr.	Big Lake, Minn.	2020 2021
Alexandra Maddux	Hamline	Sr.	Moorhead, Minn.	2020 2021
Jen Valley	Hamline	Jr.	Forest Lake, Minn.	2021
Journey Amundson	Macalester	Jr.	Iron River, Wis. Northwestern	2021
Hannah Grosse	Macalester	Sr.	Minneapolis, Minn. Coon Rapids	2021
Maggie Beckmann	Saint Benedict	Sr.	Faribault, Minn. Bethlehem Academy	--
Stephanie Pickthorn	Saint Benedict	Sr.	Cottonwood, Minn. Lakeview	2021
Tracy Renier	Saint Benedict	Sr.	Plymouth, Minn. Benilde-St. Margaret's	2021
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	2021
Lauren Isaacson	St. Catherine	Sr.	Faribault, Minn.	2021
Bryana Leverentz	St. Catherine	Sr.	Andover, Minn.	2021
Caroline Gearin	Saint Mary's	So.	Osceola, Wis.	--
Anna Swanson	Saint Mary's	Jr.	Osceola, Wis.	--

Alison Bode	St. Olaf	Fy.	Minneapolis, Minn. Southwest	--
Sofia Carlson	St. Olaf	Fy.	Boise, Idaho	--
Aleah Keske	St. Olaf	So.	St. Paul, Minn. Mounds View	--
Ellen Mickelson	St. Olaf	Sr.	Coon Rapids, Minn. Blaine	2020 2021
Annika Muller	St. Olaf	Jr.	Minnetonka, Minn.	2021
Teresa Pettitt-Kenney	St. Olaf	Jr.	Evergreen, Colo. Clear Creek	--
Lily Beneke	St. Scholastica	So.	Green Isle, Minn. Sibley East	--

MIAC AWARDS

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