

2024-25 MIAC Women's Track & Field Regional and National Awards

2025 USTFCCA Women's Outdoor All-America

| Name | Institution | Class | Event | Team | Previous Honors |
|----------------------|-----------------|-------|-------------------|-------------|---------------------------|
| Kelsie Sealock | Bethel | Gr. | 100-Meter Hurdles | First Team | 2021 2022 2023 2024 |
| Kelsie Sealock | Bethel | Gr. | 400-Meter Hurdles | First Team | 2024 |
| Shalom Sulungaine | Bethel | So. | 400 Meters | First Team | -- |
| Ariella Rogahn-Press | Macalester | Fy. | 400 Meters | First Team | -- |
| Alison Bode | St. Olaf | Sr. | 10000 Meters | First Team | -- |
| Anna Speratos | Bethel | Jr. | Hammer | Second Team | -- |
| Megan Geraets | Gustavus | Sr. | 200 Meters | Second Team | 2023 (2T) |
| Megan Geraets | Gustavus | Sr. | 400 Meters | Second Team | |
| Ella Stritesky | St. Scholastica | Jr. | Hammer | Second Team | -- |

2025 USTFCCA Women's Indoor All-America

| Name | Institution | Class | Event | Team | Previous Honors |
|----------------------|-------------|-------|-------------|-------------|-----------------|
| Allison Hookom | Augsburg | Jr. | 400 Meters | First Team | -- |
| Hannah Preisser | Carleton | Jr. | 5000 Meters | First Team | -- |
| Ariella Rogahn-Press | Macalester | Fy. | 400 Meters | First Team | -- |
| Hailey Gregg | Bethel | Sr. | 4x400 Relay | Second Team | 2024 (1T) |
| Sarah Stellmach | Bethel | | 4x400 Relay | Second Team | -- |
| Shalom Sulungaine | Bethel | So. | 4x400 Relay | Second Team | 2024 (1T) |
| Abbie Swenson | Bethel | | 4x400 Relay | Second Team | 2024 (1T) |
| Megan Geraets | Gustavus | Sr. | 200 Meters | Second Team | 2024 (1T) |
| Megan Geraets | Gustavus | Sr. | Long Jump | Second Team | 2024 (2T) |
| Isabel Wyatt | St. Olaf | Jr. | 800 Meters | Second Team | -- |

2025 USTFCCA Women's Outdoor All-North Region

| Name | Institution | Class | Event | Previous Honors |
|-------------------|-------------|-------|-------------------|---------------------------|
| Hailey Gregg | Bethel | Sr. | 4x400 Relay | -- |
| Hannah Kvant | Bethel | So. | 400 Meter Hurdles | -- |
| Kelsie Sealock | Bethel | Gr. | 100-Meter Hurdles | 2021 2022 2023 2024 |
| Kelsie Sealock | Bethel | Gr. | 400-Meter Hurdles | 2024 |
| Kelsie Sealock | Bethel | Gr. | 4x400 Relay | 2021 2022 2023 2024 |
| Shalom Sulungaine | Bethel | So. | 400 Meters | -- |

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|----------------------|----------------|-----|--------------|-------------|
| Shalom Sulungaine | Bethel | So. | 4x400 Relay | 2024 |
| Abbie Swenson | Bethel | | 4x400 Relay | 2024 |
| Aliya Larsen | Carleton | Sr. | 10000 Meters | -- |
| Sophie McManus | Carleton | Sr. | Steeplechase | 2024 |
| Genevieve Gruba | Concordia | So. | Javelin | 2024 |
| Kyla Nygaard | Concordia | Jr. | 800 Meters | -- |
| Kate Carlson | Gustavus | Sr. | 200 Meters | 2024 |
| Megan Geraets | Gustavus | Sr. | 200 Meters | 2023 2024 |
| Megan Geraets | Gustavus | Sr. | 400 Meters | 2023 2024 |
| Megan Geraets | Gustavus | Sr. | Long Jump | 2024 |
| Lili Guy | Gustavus | Sr. | Triple Jump | -- |
| Ariella Rogahn-Press | Macalester | Fy. | 400 Meters | -- |
| Sabriya Farquharson | Saint Benedict | So. | Triple Jump | -- |
| Zari Young | Saint Mary's | Fy. | 100 Meters | -- |
| Sophie Abernethy | St. Olaf | Sr. | 1500 Meters | -- |
| Alison Bode | St. Olaf | Sr. | 1500 Meters | -- |
| Alison Bode | St. Olaf | Sr. | 5000 Meters | -- |
| Alison Bode | St. Olaf | Sr. | 10000 Meters | 2023 2024 |
| Isabel Wyatt | St. Olaf | Jr. | 800 Meters | -- |
| Isabel Wyatt | St. Olaf | Jr. | 1500 Meters | -- |

2025 USTFCCA Women's Indoor All-North Region

| Name | Institution | Class | Event | Previous Selections |
|-------------------|-------------|-------|-----------------------|---------------------|
| Allison Hookom | Augsburg | Jr. | 400 Meters | 2023 2024 |
| Hailey Gregg | Bethel | Sr. | 4x400 Relay | 2023 2024 |
| Sarah Stellmach | Bethel | Jr. | 4x400 Relay | -- |
| Shalom Sulungaine | Bethel | So. | 4x400 Relay | 2024 |
| Abbie Swenson | Bethel | Gr. | 4x400 Relay | 2024 |
| Elle Thorson | Bethel | Sr. | Pentathlon | -- |
| Kayla Marx | Carleton | Fy. | Distance Medley Relay | -- |
| Hannah Preisser | Carleton | Jr. | 3000 Meters | -- |
| Hannah Preisser | Carleton | Jr. | 5000 Meters | -- |
| Libby Rowland | Carleton | Sr. | Distance Medley Relay | -- |
| Celia Silverstein | Carleton | Jr. | Distance Medley Relay | -- |
| Hadley Twichell | Carleton | Jr. | Distance Medley Relay | -- |
| Kyla Nygaard | Concordia | Jr. | 400 Meters | -- |

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|----------------------|------------|-----|-----------------------|--------------------|
| Kate Carlson | Gustavus | Sr. | 200 Meters | 2024 |
| Megan Geraets | Gustavus | Sr. | 200 Meters | 2024 |
| Megan Geraets | Gustavus | Sr. | 400 Meters | 2022 2023 2024 |
| Megan Geraets | Gustavus | Sr. | Long Jump | 2024 |
| Ariella Rogahn-Press | Macalester | Fy. | 200 Meters | -- |
| Ariella Rogahn-Press | Macalester | Fy. | 400 Meters | -- |
| Sophie Abernethy | St. Olaf | Sr. | Distance Medley Relay | -- |
| Alison Bode | St. Olaf | Sr. | 3000 Meters | -- |
| Molly DiNardo | St. Olaf | So. | Distance Medley Relay | -- |
| Emma Storbakken | St. Olaf | Sr. | Distance Medley Relay | -- |
| Megan Timmerman | St. Olaf | Jr. | Distance Medley Relay | -- |
| Isabel Wyatt | St. Olaf | Jr. | 800 Meters | -- |

2024-25 USTFCCA National Athlete of the Week

| Name | Institution | Class | Hometown High School | Date |
|-------------------------------|-------------|-------|------------------------|------------|
| Megan Geraets | Gustavus | Sr. | Mankato, Minn. East | 2025-05-12 |

2024-25 CSC Academic All-America Women's Cross Country/Track & Field

| Name | Institution | Class | Hometown High School | Team | Previous Selections |
|--------------|-------------|-------|--------------------------------|------------|---------------------|
| Isabel Wyatt | St. Olaf | Jr. | Minneapolis, Minn. Southwest | Third Team | -- |

2024-25 CSC Academic All-District Women's Cross Country/Track & Field

| Name | Institution | Class | Hometown High School | Previous Selections |
|-------------------|-------------|-------|--------------------------------------|---------------------|
| Hannah Kvant | Bethel | So. | St. Michael, Minn. STMA | -- |
| Kelsie Sealock | Bethel | Gr. | Plymouth, Minn. Osseo | -- |
| Anna Speratos | Bethel | Jr. | Farmington, Minn. | -- |
| Shalom Sulungaine | Bethel | So. | Blaine, Minn. | -- |
| Nora Wilhelm | Bethel | Jr. | Maplewood, Minn. Concordia Academy | -- |
| Stephanie Baranov | Carleton | Jr. | Streamwood, Ill. Hoffman Estates | -- |
| Lara Erickson | Carleton | Sr. | Columbia Falls, Mont. | -- |
| Sophie McManus | Carleton | Sr. | McCall, Idaho McCall-Donnelly | 2023 2024 |
| Hannah Preisser | Carleton | Jr. | Chapel Hill, N.C. Carrboro | 2024 |
| Libby Rowland | Carleton | Sr. | Tulsa, Okla. Holland Hall | -- |

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|------------------|-----------------|-----|--|-------------|
| Drew Frolek | Concordia | Sr. | Lidgerwood, N.D. | 2023 2024 |
| Genevieve Gruba | Concordia | So. | Enderlin, N.D. | -- |
| Jenna Kalevik | Concordia | Sr. | Otsego, Minn. Rogers | 2024 |
| Emily Rengo | Concordia | Jr. | Esko, Minn. | 2024 |
| Meg Shercliffe | Concordia | Sr. | Alexandria, Minn. | 2024 |
| Kelley Brennan | Gustavus | Sr. | Shakopee, Minn. | 2024 |
| Kate Carlson | Gustavus | Sr. | Inver Grove Heights, Minn. Simley | 2024 |
| Megan Geraets | Gustavus | Sr. | Mankato, Minn. East | 2023 2024 |
| Sydney Hagen | Gustavus | Sr. | Starbuck, Minn. Minnewaska | -- |
| Molly Liston | Gustavus | Jr. | Richfield, Minn. The Blake School | -- |
| Frankie Witham | Hamline | So. | St. Paul, Minn. Two Rivers | -- |
| Ivy Coldren | Macalester | So. | Frederick, Md. Urbana | -- |
| Tessa Myatt | Macalester | So. | Chicago, Ill. Northside College Prep | -- |
| Ingrid Norquist | Macalester | Fy. | Minneapolis, Minn. Anoka | -- |
| Hadley Wilkins | Macalester | Jr. | St. Louis, Mo. Whitfield School | -- |
| Seneca Wilson | Macalester | So. | Durango, Colo. | -- |
| Jaylyn Ahlberg | Saint Benedict | Jr. | Shoreview, Minn. Mounds View | 2024 |
| Lauren Berg | Saint Benedict | Jr. | Bemidji, Minn. | -- |
| Mary Kenney | Saint Benedict | Jr. | St. Paul, Minn. East Ridge | -- |
| Emerson Knapp | Saint Benedict | Sr. | Aurora, Colo. Lutheran | -- |
| Lucy Lyngen | Saint Benedict | Gr. | Rogers, Minn. De La Salle | -- |
| Sydney Jackman | Saint Mary's | Sr. | Litchfield, Minn. | -- |
| Samantha Munson | Saint Mary's | Jr. | Plain City, Utah St. Joseph | -- |
| Morgan Wallendal | Saint Mary's | Sr. | Fond du Lac, Wis. | -- |
| Sophie Abernethy | St. Olaf | Sr. | Arvada, Colo. Standley Lake | 2024 |
| Alison Bode | St. Olaf | Sr. | Minneapolis, Minn. Southwest | 2023 2024 |
| Alison Jore | St. Olaf | Jr. | Prior Lake, Minn. | -- |
| Grace Moeller | St. Olaf | Jr. | Lake Crystal, Minn. Wellcome Memorial | 2024 |
| Isabel Wyatt | St. Olaf | Jr. | Minneapolis, Minn. Southwest | 2024 |
| Ella Engen | St. Scholastica | Jr. | Clearbrook, Minn. Clearbrook-Gonvick | -- |

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|-----------------|-----------------|-----|-------------------------|----|
| Grace McCormick | St. Scholastica | So. | Duluth, Minn. Denfeld | -- |
| Elli Schritz | St. Scholastica | So. | Mora, Minn. | -- |
| Toria Strampe | St. Scholastica | Sr. | Austin, Minn. | -- |
| Ella Stritesky | St. Scholastica | Jr. | Rogers, Minn. | -- |

2024-25 USTFCCA All-Academic Women's Track & Field

| Name | Institution | Class | Hometown High School | Previous Selections |
|-------------------|-------------|-------|---------------------------------------|----------------------------------|
| Allison Hookom | Augsburg | Jr. | Andover, Minn. Anoka | 2024 |
| Jireh Babalola | Bethel | Gr. | Minneapolis, Minn. Park Center | -- |
| Hailey Gregg | Bethel | Sr. | Colorado Springs, Colo. Air Academy | 2023 2024 |
| Ellie Hernes | Bethel | Jr. | Fairmont, Minn. | 2023 2024 |
| Hannah Kvant | Bethel | So. | St. Michael, Minn. STMA | -- |
| Madi Pelowski | Bethel | Jr. | Jordan, Minn. | -- |
| Kelsie Sealock | Bethel | Gr. | Plymouth, Minn. Osseo | 2020 2021 2022 2023 2024 |
| Anna Speratos | Bethel | | | -- |
| Sarah Stellmach | Bethel | | Mahtomedi, Minn. | 2021 2022 2023 |
| Shalom Sulungaine | Bethel | So. | Blaine, Minn. | 2024 |
| Abbie Swenson | Bethel | Sr. | Woodbury, Minn. New Life Academy | 2024 |
| Elle Thorson | Bethel | Gr. | Red Wing, Minn. | 2023 |
| Nora Wilhelm | Bethel | Jr. | Maplewood, Minn. Concordia Academy | -- |
| Sophie McManus | Carleton | Sr. | McCall, Idaho McCall-Donnelly | 2023 2024 |
| Hannah Preisser | Carleton | Jr. | Chapel Hill, N.C. Carrboro | 2023 2024 |
| Kaia Gack | Concordia | Fy. | Sartell, Minn. | -- |
| Genevieve Gruba | Concordia | So. | Enderlin, N.D. | 2024 |
| Jenna Kalevik | Concordia | Sr. | Otsego, Minn. Rogers | 2024 |
| Emily Rengo | Concordia | Jr. | Esko, Minn. | -- |
| Peyton Selle | Concordia | Sr. | Dickinson, N.D. | 2021 2022 2023 2024 |
| Meg Shercliffe | Concordia | Sr. | Alexandria, Minn. | -- |
| Emma Warner | Concordia | Fy. | McGregor, Minn. | -- |
| Kelley Brennan | Gustavus | Sr. | Shakopee, Minn. | 2024 |
| Kate Carlson | Gustavus | Sr. | Inver Grove Heights, Minn. Simley | 2023 2024 |

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|----------------------|-----------------|-----|---|--------------------|
| Olivia Duncan | Gustavus | So. | Savage, Minn. Prior Lake | -- |
| Megan Geraets | Gustavus | Sr. | Mankato, Minn. East | 2023 2024 |
| Lili Guy | Gustavus | Sr. | Glendale Heights, Ill. Glenbard North | -- |
| Kayla Kajer | Gustavus | Fy. | Lake Elmo, Minn. Stillwater | -- |
| Lexi Brainer | Hamline | Sr. | Lakeville, Minn. South | -- |
| Tessa Myatt | Macalester | So. | Chicago, Ill. Northside College Prep | -- |
| Ariella Rogahn-Press | Macalester | Fy. | Albuquerque, N.M. Bosque School | -- |
| Lauren Berg | Saint Benedict | Jr. | Bemidji, Minn. | 2023 2024 |
| Justus Floren | Saint Benedict | Sr. | Sauk Rapids, Minn. Sauk Rapids-Rice | 2023 2024 |
| LiLi Raidt | Saint Benedict | So. | Waconia, Minn. | -- |
| Alison Bode | St. Olaf | Sr. | Minneapolis, Minn. Southwest | 2022 2023 2024 |
| Lauren Walda | St. Olaf | Jr. | Fort Wayne, Ind. South Side | -- |
| Isabel Wyatt | St. Olaf | Jr. | Minneapolis, Minn. Southwest | 2024 |
| Ella Stritesky | St. Scholastica | Jr. | Rogers, Minn. | -- |