

2015-16 MIAC Women's Swimming & Diving Regional and National Awards

ATHLETIC HONORS

Class of 2016 Division III Honda Athlete-of-the-Year Nominee

| Emma Paulson | Jr. | St. Thomas |

2016 NCAA Division III Most Outstanding Women's Swimmer

| Emma Paulson | Jr. | St. Thomas |

2016 NCAA Division III Women's Swimming and Diving National Champion

| Emma Paulson | Jr. | St. Thomas | 50-yard freestyle | 100-yard backstroke | 200-yard backstroke |

2016 NCAA Division III Women's Swimming and Diving All-America Team

| Emma Paulson | Jr. | St. Thomas | 50-yard freestyle | 100-yard backstroke | 200-yard backstroke |

2016 NCAA Division III Women's Swimming and Diving All-America Honorable Mention Team

| Kate Reilly | So. | Gustavus | 50-yard freestyle |

| Emma Paulson | Jr. | St. Thomas | 200-yard freestyle relay | 400-yard medley relay | 400-yard freestyle relay |

| Alex Howard | Fy. | St. Thomas | 200-yard freestyle relay | 400-yard medley relay | 400-yard freestyle relay |

| Kate Smarjesse | Fy. | St. Thomas | 200-yard freestyle relay | 400-yard freestyle relay |

| Katelyn Strauss | Fy. | St. Thomas | 400-yard medley relay | 400-yard freestyle relay |

| Tiana Molitor | So. | St. Thomas | 200-yard freestyle relay |

| Molly Peichel | Sr. | St. Thomas | 400-yard medley relay |

ACADEMIC AWARDS

2016 CoSIDA Academic All-District 6 At-Large Team

| Emma Paulson | Jr. | St. Thomas | First Team |

2016 CSCAA Scholar All-America Team

| Nicole Lohman | Jr. | Gustavus |

| Kate Reilly | So. | Gustavus |

| Emma Paulson | Jr. | St. Thomas |

| Molly Peichel | Sr. | St. Thomas |

| Kaitlyn Strauss | Fy. | St. Thomas |

| Jenna Nagy | Jr. | St. Catherine | Honorable Mention |

| Maddie Lee | Sr. | St. Olaf | Honorable Mention |

| Nicole Herrli | So. | St. Thomas | Honorable Mention |

| Kate Washenberger | So. | St. Thomas | Honorable Mention |

2016 CoSIDA Academic All-America At-Large Team

| Emma Paulson | Jr. | St. Thomas | First Team |

MIAC AWARDS

| [2015-16 MIAC Women's Swimming & Diving Awards](#) | [Athletes-of-the-Week](#) | [Elite 22 Award](#) | [Academic All-Conference](#) |