

2018-19 MIAC Women's Swimming & Diving Regional and National Awards

ATHLETIC HONORS

2019 NCAA Division III All-America

Name	Institution	Class	Event	Team	Previous Selections
Maggie Menso	St. Catherine	Fy.	500-Yard Freestyle	First Team (5th Place)	--
Maggie Menso	St. Catherine	Fy.	1650-Yard Freestyle	First Team (3rd Place)	--
Jordyn Wentzel	St. Catherine	Fy.	100-Yard Breaststroke	First Team (2nd Place)	--
Jordyn Wentzel	St. Catherine	Fy.	200-Yard Breaststroke	First Team (2nd Place)	--
Jordyn Wentzel	St. Catherine	Fy.	200-Yard Individual Medley	First Team (4th Place)	--
Sydney Grohman	St. Catherine	So.	400-Yard Freestyle Relay	First Team (6th Place)	--
Macy Klein	St. Catherine	Fy.	400-Yard Freestyle Relay	First Team (6th Place)	--
Maggie Menso	St. Catherine	Fy.	400-Yard Freestyle Relay	First Team (6th Place)	--
Jordyn Wentzel	St. Catherine	Fy.	400-Yard Freestyle Relay	First Team (6th Place)	--
Maggie Webster	Gustavus	Sr.	50-Yard Freestyle	Honorable Mention (11th Place)	2018 (HM)
Marissa Wolff	St. Olaf	So.	500-Yard Freestyle	Honorable Mention (11th Place)	--
Sophia Nevin	St. Olaf	So.	200-Yard Breaststroke	Honorable Mention (14th Place)	--
Sydney Grohman	St. Catherine	So.	800-Yard Freestyle Relay	Honorable Mention (12th Place)	--
Maggie Menso	St. Catherine	Fy.	800-Yard Freestyle Relay	Honorable Mention (12th Place)	--
Hannah Svendsen	St. Catherine	Fy.	800-Yard Freestyle Relay	Honorable Mention (12th Place)	--
Jordyn Wentzel	St. Catherine	Fy.	800-Yard Freestyle Relay	Honorable Mention (12th Place)	--

ACADEMIC HONORS

2019 CSCAA Scholar All-America Team

Name	Institution	Class	Hometown High School	Team	Previous Selections
Caroline Mather	Carleton	Sr.	Highlands Ranch, Colo. Mountain Vista	First Team	2018 (HM)
Sydney Grohman	St. Catherine	So.	Muskego, Wis.	First Team	--
Macy Klein	St. Catherine	Fy.	Apple Valley, Minn.	First Team	--
Maggie Menso	St. Catherine	Fy.	Barrington, Ill.	First Team	--
Hannah Svendsen	St. Catherine	Fy.	Mead, Colo.	First Team	--
Jordyn Wentzel	St. Catherine	Fy.	Corcoran, Minn. Delano	First Team	--
Sophia Nevin	St. Olaf	So.	Northfield, Minn.	First Team	2018 (HM)
Marissa Wolff	St. Olaf	So.	McFarland, Wis.	First Team	--
Anna Astrup	St. Thomas	Fy.	Fargo, N.D.	First Team	--
Ashley Christensen	St. Thomas	Jr.	St. Paul, Minn. Cretin-Derham Hall	First Team	--
Kirsten Nelson	St. Thomas	Jr.	Eden Prairie, Minn.	First Team	--
Kapani Kirkland	Carleton	Fy.	Mendota Heights, Minn. Convent of the Visitation	Honorable Mention	--
Ada Meyer	Carleton	Jr.	Seattle, Wash. Ingraham	Honorable Mention	--
Hailey Auran	Gustavus	So.	St. Paul, Minn.	Honorable Mention	--
Gabby Page	St. Catherine	Sr.	Cottage Grove, Minn. Park	Honorable Mention	--
Caitlin Croasdel	St. Olaf	Jr.	Sedalia, Colo. Douglas County	Honorable Mention	2017 (HM) 2018 (1T)
Kelly Punyko	St. Olaf	Sr.	Duluth, Minn. East	Honorable Mention	--
Gretchen Behrens	St. Thomas	So.	Oak Forest, Ill.	Honorable Mention	--
Emily Weldon	St. Thomas	Fy.	Cottage Grove, Minn. Hastings	Honorable Mention	--

MIAC AWARDS

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