

2019-20 MIAC Women's Swimming & Diving Regional and National Awards

ATHLETIC HONORS

2020 MIAC Women's Swimming and Diving CSCAA All-Americans

Name	Institution	Class	Event	Previous Selections
Ellen Hofstede	Gustavus	Fy.	100-Yard Freestyle	--
Emi Quill	Saint Benedict	Fy.	1-meter Diving	--
Emi Quill	Saint Benedict	Fy.	3-meter Diving	--
Amelia Baxley	St. Catherine	So.	200-Yard Medley Relay	--
Amelia Baxley	St. Catherine	So.	400-Yard Medley Relay	--
Amelia Baxley	St. Catherine	So.	100-Yard Backstroke	--
Sydney Grohman	St. Catherine	Jr.	800-Yard Freestyle Relay	2019 (HM)
Franceska Hernandez-Nietling	St. Catherine	Jr.	200-Yard Medley Relay	--
Macy Klein	St. Catherine	So.	50-Yard Freestyle	--
Macy Klein	St. Catherine	So.	200-Yard Medley Relay	--
Macy Klein	St. Catherine	So.	400-Yard Medley Relay	2019
Macy Klein	St. Catherine	So.	800-Yard Freestyle Relay	--
Macy Klein	St. Catherine	So.	100-Yard Freestyle	--
Maggie Menso	St. Catherine	So.	500-Yard Freestyle	2019
Maggie Menso	St. Catherine	So.	200-Yard Freestyle	--
Maggie Menso	St. Catherine	So.	800-Yard Freestyle Relay	2019 (HM)
Maggie Menso	St. Catherine	So.	1650-Yard Freestyle	2019
Hannah Svendsen	St. Catherine	So.	400-Yard Medley Relay	--
Jordyn Wentzel	St. Catherine	So.	200-Yard Individual Medley	2019
Jordyn Wentzel	St. Catherine	So.	200-Yard Medley Relay	--
Jordyn Wentzel	St. Catherine	So.	400-Yard Medley Relay	2019
Jordyn Wentzel	St. Catherine	So.	100-Yard Breaststroke	2019
Jordyn Wentzel	St. Catherine	So.	800-yard Freestyle Relay	2019 (HM)
Jordyn Wentzel	St. Catherine	So.	200-Yard Breaststroke	2019
Helen Jensen	St. Olaf	Sr.	800-Yard Freestyle Relay	--
Maya Knutson	St. Olaf	Jr.	800-Yard Freestyle Relay	--
Maria Newton	St. Olaf	Fy.	800-Yard Freestyle Relay	--
Marissa Wolff	St. Olaf	Jr.	800-Yard Freestyle Relay	--
Anna Astrup	St. Thomas	So.	400-Yard Medley Relay	--
Ashley Christensen	St. Thomas	Sr.	400-Yard Medley Relay	--
Kathryn Ericson	St. Thomas	Jr.	400-Yard Medley Relay	--
Kirsten Nelson	St. Thomas	Sr.	400-Yard Medley Relay	--

ACADEMIC HONORS

2019-20 CSCAA Women's Scholar All-America Team

Name	Institution	Class	Hometown High School			Team	Previous Selections
Ellen Hofstede	Gustavus	Fy.	Hopkins, Minn.			First Team	--
Amelia Baxley	St. Catherine	So.	Minneapolis, Minn. Southwest			First Team	--
Sydney Grohman	St. Catherine	Jr.	Muskego, Wis.			First Team	2019 (1T)
Franceska Hernandez-Nietling	St. Catherine	Jr.	Kansas City, Mo. Bishop Miede			First Team	--
Macy Klein	St. Catherine	So.	Apple Valley, Minn.			First Team	2019 (1T)
Maggie Menso	St. Catherine	So.	Barrington, Ill.			First Team	2019 (1T)
Hannah Svendsen	St. Catherine	So.	Mead, Colo.			First Team	2019 (1T)
Jordyn Wentzel	St. Catherine	So.	Corcoran, Minn. Delano			First Team	2019 (1T)
Helen Jensen	St. Olaf	Sr.	Hastings, Minn.			First Team	--
Maya Knutson	St. Olaf	Jr.	Minneapolis, Minn. Southwest			First Team	--
Maria Newton	St. Olaf	Fy.	Ballwin, Mo. Parkway West			First Team	--
Marissa Wolff	St. Olaf	Jr.	McFarland, Wis.			First Team	2019 (1T)
Anna Astrup	St. Thomas	So.	Fargo, N.D.			First Team	2019 (1T)
Ashley Christensen	St. Thomas	Sr.	St. Paul, Minn. Cretin-Derham Hall			First Team	2019 (1T)
Kasey Ericson	St. Thomas	Jr.	Rochester, Minn. Mayo			First Team	--
Kirsten Nelson	St. Thomas	Sr.	Eden Prairie, Minn.			First Team	2019 (1T)
Kapani Kirkland	Carleton	So.	Mendota Heights, Minn. Convent of the Visitation			Honorable Mention	2019 (HM)
Hailey Auran	Gustavus	Jr.	St. Paul, Minn.			Honorable Mention	2019 (HM)
Madeline Westendorp	Gustavus	Sr.	St. Michael, Minn. St. Michael-Albertville			Honorable Mention	--
Francesca Gillis	Macalester	Sr.	River Forest, Ill. Trinity			Honorable Mention	--
Sophia Nevin	St. Olaf	Jr.	Northfield, Minn.			Honorable Mention	2018 (HM) 2019 (1T)
Kelly Punyko	St. Olaf	Sr.	Duluth, Minn. East			Honorable Mention	--
Gretchen Behrens	St. Thomas	Jr.	Oak Forest, Ill.			Honorable Mention	2019 (HM)
Peyton Ekman	St. Thomas	So.	Fargo, N.D. Shanley			Honorable Mention	--

2020 CoSIDA Academic All-District At-Large

Sport	Name	Institution	Class	GPA	Major	Previous Selections
Women's Swimming	Macy Klein	St. Catherine	So.	4.00	Exercise & Sport Science	--
Women's Swimming	Kirsten Nelson	St. Thomas	Sr.	3.92	Actuarial Science Economics	--

MIAC AWARDS

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