

Minnesota Intercollegiate Athletic Conference



2022-23 MIAC Swimming & Diving Season Preview

Swimming & Diving

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BLOOMINGTON, Minn. – Men's and women's swimmers and divers from across the Minnesota Intercollegiate Athletic Conference (MIAC) are ready to jump back in the pool for the beginning of the 2022-23 seasons.

Regular season competition officially begins this Saturday in St. Paul, when several MIAC teams will compete in the annual St. Catherine Pentathlon. Conference squads will then spend the better part of the next four months preparing for the [2023 MIAC Swimming and Diving Championships](#) in February.

The 2023 MIAC Championships will begin on the evening of Wednesday, February 15, and run through Saturday, February 18, with morning prelims and evening finals scheduled for the last three days of the meet. The 2023 Championships will once again take place at the Jean K. Freeman Aquatic Center on the campus of the University of Minnesota with Augsburg University, Carleton College, and Concordia College serving as hosts.

As the season progresses, the top MIAC [men's](#) and [women's](#) swim times and dive scores will be logged weekly on MIACathletics.com. Following the MIAC Championships in February, the 2023 NCAA Division III Swimming & Diving Championships will be held March 15-18, 2023 in Greensboro, N.C.

2021-22 CHAMPIONSHIP STANDINGS

MIAC Men's Swimming & Diving

*Gustavus (1030)
Saint John's (731)
Carleton (590)
St. Olaf (410)
Macalester (220)
Hamline (64)

MIAC Women's Swimming & Diving

*St. Catherine (809)
Gustavus (714)
St. Olaf (504)
Carleton (430.5)
Saint Benedict (417.5)
Macalester (305)
Hamline (164)
Concordia (125)
Augsburg (108)

*MIAC Champion

RULE CHANGES

The NCAA Swimming and Diving Rules change process occurs every two years, and began in January 2021. The current rulebook is available for download at www.ncaapublications.com.

NEW MIAC WEBSITE & APP

The MIAC launched a [refreshed website](#) and new [mobile app](#) over the summer through a new multi-year partnership with SIDEARM Sports. The updated website design is intended to be more user-friendly and interactive for student-athletes, parents, alumni, and fans, featuring easy access to stories, schedules, results, standings, and championship information. The new mobile app is free to fans and can be downloaded on both the [Apple App Store](#) and the [Google Play Store](#) for Android devices. The MIAC's previous "Front Row" app will be retired and no longer update as of the 2022-23 academic year.

AWARD WATCH

The MIAC Men's and Women's All-Conference honorees will be announced in February following the conference championships. The top three finishers in each conference

championship event, including relays, will receive All-Conference status. Finishers #4-6 and relay finisher #4 at the conference championship meet will receive honorable mention distinction. Head coaches will also vote on individual awards, including Swimmer of the Year, Diver of the Year, Rookie of the Year, and Coach of the Year following the championships. To be eligible for Rookie of the Year honors, a student-athlete must be a true college first-year student (not a transfer from another institution or an academic sophomore/junior/senior who has not used eligibility).

Throughout the regular season, the MIAC will recognize top individual performances with MIAC Athlete of the Week awards for both swimming and diving. Athlete of the Week awards will be issued on Tuesdays throughout the academic year when at least three MIAC teams have competed in a given week and nominations for outstanding performances have been submitted.

LOOKING AHEAD

First Meet Date: Saturday, October 15

MIAC Championships: Wednesday, February 15-Saturday, February 18, 2023

Men's Season Links: [Schedule](#) | [News](#) | [Leaderboard](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

Women's Season Links: [Schedule](#) | [News](#) | [Leaderboard](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

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