

2013 MIAC Women's Cross Country Regional and National Awards

ATHLETIC HONORS

USTFCCCA Women's Cross Country All-Americans

| Kimber Meyer | Fy. | Macalester |
| Noelle Olson | Fy. | St. Olaf |

USTFCCCA Women's Cross Country All-Central Region Honorees

Ruth Steinke	So.	Carleton
Winona Rachel	Fy.	Carleton
Colette Celichowski	Jr.	Carleton
Sally Donovan	So.	Carleton
Melissa Uhrich	So.	Concordia
Rebecca Hare	Jr.	Gustavus
Hannah Toedter	Sr.	Hamline
Kimber Meyer	Fy.	Macalester
Anna Schmitz	Jr.	Macalester
Manon Gammon-Deering	Jr.	Saint Benedict
Ailee Larson	Jr.	St. Catherine
Katie Stolz	Jr.	Saint Mary's
Noelle Olson	Fy.	St. Olaf
Jordan Johnson	Jr.	St. Olaf
Michaela Banz	Jr.	St. Olaf
Megan Terukina	So.	St. Thomas

ACADEMIC HONORS

2013-14 Capital One Academic All-American Division III Women's Track & Field/Cross Country Team

First Team	Lauren Rice	Sr.	Augsburg
Third Team	Rebecca Hare	Sr.	Gustavus
Third Team	Erin Statz	Sr.	St. Thomas

2013-14 Capital One Academic All-District 6 Division III Women's Track & Field/Cross Country Team

First Team	Rebecca Hare	Sr.	Gustavus
First Team	Lauren Rice	Sr.	Augsburg
First Team	Erin Statz	Sr.	St. Thomas

MIAC AWARDS

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