

2018 MIAC Women's Cross Country Regional and National Awards

ATHLETIC HONORS

2018 USTFCCCA Central Region Women's Coach of the Year

Name	Institution	Previous Selections
Donna Ricks	Carleton	2009 2014 2017

2018 USTFCCCA Women's All-Central Region

Name	Institution	Class	Hometown High School	Previous Selections
Malakai Holloway	Bethel	Fy.	Carver, Minn. Eden Prairie	--
Fiona Casey	Carleton	So.	Chicago, Ill. Northside Prep	--
Marietta Geist	Carleton	Jr.	Crookston, Minn.	--
Emma Greenlee	Carleton	So.	Aurora, Minn. Mesabi East	2017
Amanda Mosborg	Carleton	So.	Edina, Minn.	2017
Sarah Nazarino	Carleton	Sr.	Seattle, Wash. Garfield	--
Samantha Schnirring	Carleton	Sr.	Eden Prairie, Minn.	2015 2016 2017
Helen Schuda	Carleton	Jr.	Seattle, Wash. Roosevelt	--
Kara Andersen	Concordia	Jr.	Plymouth, Minn. Armstrong	--
Meritt Miller	Concordia	Fy.	Baxter, Minn. Brainerd	--
Iliana Ramon	Gustavus	Fy.	Fairmont, Minn.	--
Tierney Winter	Gustavus	So.	Waterville, Minn. W-E-M	--
Helen Dolan	Hamline	So.	Holliston, Mass.	--
Madeline Dopp	Hamline	Sr.	Oglivie, Minn. Mora	2016
Bernadette Hayden	Hamline	Jr.	Onalaska, Wash.	--
Marlee Yost-Wolff	Macalester	Sr.	Lawrence, Kan. Lawrence Free State	--
Abby Goff	Saint Benedict	Fy.	Spokane, Wash. Lewis & Clark	--
Morgan Pierce	Saint Benedict	Sr.	Mandan, N.D. Saint Mary's Central	--
Lisa Fisher	St. Olaf	Jr.	St. Paul, Minn. Henry Sibley	2017
Bryony Hawgood	St. Olaf	Jr.	Harare, Zimbabwe Arundel	2016 2017
Martha Hubbell	St. Thomas	Jr.	Mendota Heights, Minn. Visitation	--
Olivia Moll	St. Thomas	Fy.	Hammond, Wis. St. Croix Central	--
Becca Wilkin	St. Thomas	Jr.	Eagan, Minn. Trinity	2017

ACADEMIC HONORS

2019 Google Cloud Academic All-District Track & Field/Cross Country Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
Phoebe Aguiar	Macalester	Sr.	Prairie Village, Kan. Shawnee Mission East	Environmental Studies	3.60	--
Marie Morrier	St. Catherine	Sr.	Hudson, N.H. Academy for Science and Design	Exercise & Sport Science Physical Therapy	3.97	--
Morgan Pierce	Saint Benedict	Sr.	Mandan, N.D. Saint Mary's Central	Biology	3.79	--

2018 USTFCCCA Women's All-Academic

Name	Institution	Class	Hometown High School	Major	Previous Selections
Fiona Casey	Carleton	So.	Chicago, Ill. Northside Prep	Undeclared	--
Marietta Geist	Carleton	Jr.	Crookston, Minn.	Studio Art Mathematics	--
Emma Greenlee	Carleton	So.	Aurora, Minn. Mesabi East	Undeclared	2017
Amanda Mosborg	Carleton	So.	Edina, Minn.	Undeclared	2017
Sarah Nazarino	Carleton	Sr.	Seattle, Wash. Garfield	Cinema and Media Studies	2016
Samantha Schnirring	Carleton	Sr.	Eden Prairie, Minn.	Political Science International Relations	2015
Helen Schuda	Carleton	Jr.	Seattle, Wash. Roosevelt	Economics	--
Kara Andersen	Concordia	Jr.	Plymouth, Minn. Armstrong	Mathematical Finance	--
Iliana Ramon	Gustavus	Fy.	Fairmont, Minn.	Undeclared	--
Helen Dolan	Hamline	So.	Holliston, Mass.	Studio Arts	--
Madeline Dopp	Hamline	Sr.	Oglivie, Minn. Mora	Legal Studies	2016 2017
Bernadette Hayden	Hamline	Jr.	Onalaska, Wash.	Legal Studies Women's Studies Criminal Justice	--
Alia Benedict	Macalester	Sr.	Manchester, Mich.	Biology	--
Marlee Yost-Wolff	Macalester	Sr.	Lawrence, Kan. Lawrence Free State	International Studies	2017
Abby Goff	Saint Benedict	Fy.	Spokane, Wash. Lewis & Clark	Political Science French	--
Morgan Pierce	Saint Benedict	Sr.	Mandan, N.D. Saint Mary's Central	Biochemistry	2017
Lisa Fisher	St. Olaf	Jr.	St. Paul, Minn. Henry Sibley	Biology	2017
Bryony Hawgood	St. Olaf	Jr.	Harare, Zimbabwe Arundel	Biology Exercise Science	2016
Lauren Herland	St. Olaf	Sr.	Apple Valley, Minn. Eastview	Exercise Science Psychology	--
Ellen Mickelson	St. Olaf	Fy.	Minneapolis, Minn. Blaine	Undeclared	--
Meredith Moore	St. Olaf	Jr.	Worthington, Minn.	Psychology	2016
Katie Breuckman	St. Thomas	Jr.	Andover, Minn.	Chemistry	--
Amber Matzoll	St. Thomas	Sr.	St. Anthony, Minn. Totino-Grace	Biology	2017
Olivia Moll	St. Thomas	Fy.	Hammond, Wis. St. Croix Central	Financial Management	--
Carly Scheuerman	St. Thomas	So.	St. Mary's Point, Minn. St. Croix Academy	Marketing Management	--
Becca Wilkin	St. Thomas	Jr.	Eagan, Minn. Trinity	Actuarial Science	2017

MIAC AWARDS

| [2018 MIAC Women's Cross Country Awards](#) | [Athletes of the Week](#) | [Elite 22 Award](#) | [Academic All-Conference](#) |