

2021 MIAC Women's Cross Country Regional and National Awards

ATHLETIC HONORS

2021 USTFCCCA Women's All-America

Name	Institution	Class	Hometown High School	Previous Selections
Clara Mayfield	Carleton	Jr.	Manhattan, Kan.	2019
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	--

2021 USTFCCCA North Region Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	--

2021 USTFCCCA Women's All-Central Region

Name	Institution	Class	Hometown High School	Previous Selections
Mary Blanchard	Carleton	So.	Grinnell, Iowa	--
Helen Cross	Carleton	So.	Nederland, Colo.	--
Clara Mayfield	Carleton	Jr.	Manhattan, Kan.	2019
Libby Rowland	Carleton	Fy.	Tulsa, Okla. Holland Hall	--
Phoebe Ward	Carleton	So.	Dobbs Ferry, N.Y.	--
Evelyn Villalobos	Gustavus	So.	Crystal, Minn. Robbinsdale Cooper	--
Emily DeMorett	Saint Benedict	Jr.	Waseca, Minn.	--
Tracy Renier	Saint Benedict	Sr.	Plymouth, Minn. Benilde-St. Margaret's	--
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	--
Sofia Carlson	St. Olaf	Fy.	Boise, Idaho	--
Julia Everest	St. Olaf	So.	West Yellowstone, Mont.	--
Ellen Mickelson	St. Olaf	Sr.	Coon Rapids, Minn. Blaine	2019
Sam Posey	St. Olaf	Sr.	Atlanta, Ga. Mount Pisgah Christian	--
Maj-Lis Helmer	St. Scholastica	So.	Duluth, Minn. East	--

2021 USTFCCCA National Athlete of the Week MIAC Selections

Date	Name	Institution	Class	Hometown High School
September 20, 2021	<u>Clara Mayfield</u>	Carleton	Jr.	Manhattan, Kan.

ACADEMIC HONORS

2021-22 CoSIDA Academic All-America Women's T&F/XC Team

Name	Institution	Class	GPA	Major	Team	Previous Selections
Birgen Nelson	Gustavus	Jr.	3.98	Classics Political Science	First Team	2021 (3T)
Elizabeth Donnelly	Gustavus	Sr.	3.98	Sociology & Anthropology	Second Team	--
Fiona Smith	Saint Benedict	So.	4.00	Mathematics	Second Team	--

2021-22 CoSIDA Academic All-District Women's T&F/XC Team

Name	Institution	Class	Hometown High School	Major	GPA	Previous Selections
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Elizabeth Donnelly	Gustavus	Sr.	Langley, Wash. South Whidbey	Sociology Anthropology	3.98	--
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	Mathematics	4.00	--

2021 USTFCCCA Women's All-Academic

Name	Institution	Class	Hometown High School	Major	Previous Selections
Mary Blanchard	Carleton	So.	Grinnell, Iowa	Undeclared	--
Helen Cross	Carleton	So.	Nederland, Colo.	Undeclared	--
Clara Mayfield	Carleton	Jr.	Manhattan, Kan.	Biology	--
Libby Rowland	Carleton	Fy.	Tulsa, Okla. Holland Hall	Undeclared	--
Phoebe Ward	Carleton	So.	Dobbs Ferry, N.Y.	Undeclared	--
Isabel Fredrickson	Concordia	Sr.	Bloomington, Minn. Jefferson	Nursing Spanish	--
Lily Engebretson	Gustavus	Sr.	White Bear Lake, Minn. Mahtomedi	Environmental Studies	--
Evelyn Villalobos	Gustavus	So.	Crystal, Minn. Robbinsdale Cooper	Undeclared	--
Maria Blaesing	Macalester	So.	Munster, Ind.	Undeclared	--
Emily DeMorett	Saint Benedict	Jr.	Waseca, Minn.	Exercise Science	--
Tracy Renier	Saint Benedict	Sr.	Plymouth, Minn. Benilde-St. Margaret's	Accounting	--
Fiona Smith	Saint Benedict	So.	Dhahran, Saudi Arabia	Mathematics	--
Sophie Call	St. Olaf	So.	Overland Park, Kan. Blue Valley West	Undeclared	--
Sofia Carlson	St. Olaf	Fy.	Boise, Idaho	Undeclared	--
Julia Everest	St. Olaf	So.	West Yellowstone, Mont.	English Studio Art	--
Ellen Mickelson	St. Olaf	Sr.	Minneapolis, Minn. Blaine	Economics Political Science	2018 2019
Sam Posey	St. Olaf	Sr.	Atlanta, Ga. Mount Pisgah Christian	Economics Mathematics	--
Maj Lis Helmer	St. Scholastica	So.	Duluth, Minn. East	Exercise Physiology	--

MIAC AWARDS

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