

2024 MIAC Women's Cross Country Regional and National Awards

2024 USTFCCCA Women's All-America

Name	Institution	Class	Hometown High School	Previous Selections
Hannah Preisser	Carleton	Jr.	Chapel Hill, N.C. Carrboro	2022 2023
Allison Bode	St. Olaf	Sr.	Minneapolis, Minn. Southwest	--

2024 USTFCCCA North Region Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Hannah Preisser	Carleton	Jr.	Chapel Hill, N.C. Carrboro	--

2024 USTFCCCA Women's All-North Region

Name	Institution	Class	Hometown High School	Previous Selections
Nora Daley	Carleton	Sr.	Carrboro, N.C. Chapel Hill	--
Aliya Larsen	Carleton	Jr.	Newport, Ore.	2023
Sophie McManus	Carleton	Sr.	McCall, Idaho McCall-Donnelly	2022 2023
Hannah Preisser	Carleton	Jr.	Chapel Hill, N.C. Carrboro	2022 2023
Sydney Hagen	Gustavus	Sr.	Starbuck, Minn. Minnewaska	--
Molly Liston	Gustavus	Jr.	Richfield, Minn. The Blake School	--
Kate Fox	Macalester	Fy.	Seattle, Wash. Roosevelt	--
Sophie Abernethy	St. Olaf	Sr.	Arvada, Colo. Standley Lake	2023
Allison Bode	St. Olaf	Sr.	Minneapolis, Minn. Southwest	--
Grace Moeller	St. Olaf	Jr.	Lake Crystal, Minn. Wellcome Memorial	--
Lauren Walda	St. Olaf	Jr.	Fort Wayne, Ind. South Side	2022 2023
Isabel Wyatt	St. Olaf	Jr.	Minneapolis, Minn. Southwest	--

2024-25 CSC Academic All-America Women's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Team	Previous Selections
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2024-25 CSC Academic All-District Women's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
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2024 USTFCCCA All-Academic Women's Cross Country

Name	Institution	Class	Hometown High School	Previous Selections
Nora Daley	Carleton	Sr.	Carrboro, N.C. Chapel Hill	2023

Sophie McManus	Carleton	Sr.	McCall, Idaho McCall-Donnelly	2022 2023
Hannah Preisser	Carleton	Jr.	Chapel Hill, N.C. Carrboro	2022 2023
Libby Rowland	Carleton	Sr.	Tulsa, Okla. Holland Hall	2021 2022 2023
Sydney Hagen	Gustavus	Sr.	Starbuck, Minn. Minnewaska	--
Molly Liston	Gustavus	Jr.	Richfield, Minn. The Blake School	--
Kate Fox	Macalester	Fy.	Seattle, Wash. Roosevelt	--
Mary Kenney	Saint Benedict	Jr.	Woodbury, Minn. East Ridge	--
Sophie Abernethy	St. Olaf	Sr.	Arvada, Colo. Standley Lake	2023
Allison Bode	St. Olaf	Sr.	Minneapolis, Minn. Southwest	2022 2023
Molly Kate McCloskey	St. Olaf	Jr.	Denver, Colo. Regis Jesuit	--
Grace Moeller	St. Olaf	Jr.	Lake Crystal, Minn. Wellcome Memorial	--
Lauren Walda	St. Olaf	Jr.	Fort Wayne, Ind. South Side	2022 2023
Isabel Wyatt	St. Olaf	Jr.	Minneapolis, Minn. Southwest	--