



2023 MIAC Women's Cross Country Awards

2023 MIAC Women's Cross Country Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2021 2022

2023 MIAC Women's Cross Country Rookie of the Year

Name	Institution	Class	Hometown High School
Regan DeWitt	St. Scholastica	Fy.	Bemidji, Minn.

2023 MIAC Women's Cross Country Coach of the Year

Name	Institution	Previous Selections
Donna Ricks	Carleton	1995 2004 2005 2009 2011 2013 2014 2015 2017 2018 2019 2022

2023 MIAC Women's Cross Country All-Conference

Finish	Name	Institution	Class	Hometown High School	Previous Honors
1	Fiona Smith	Saint Benedict	Jr.	Dhahran, Saudi Arabia	2021 2022
2	Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	2022
3	Phoebe Ward	Carleton	Jr.	Dobbs Ferry, N.Y.	2021 2022
4	Helen Cross	Carleton	Jr.	Nederland, Colo.	2021 2022
5	Lauren Walda	St. Olaf	So.	Fort Wayne, Ind. South Side	2022
6	Alli Hendrickson	St. Scholastica	Gr.	Becker, Minn.	--
7	Sophie McManus	Carleton	Jr.	McCall, Idaho McCall-Donnelly	2021 (HM) 2022
8	Katie Gebert	St. Olaf	Sr.	Boise, Idaho	2022
9	Aliya Larsen	Carleton	So.	Newport, Ore.	2022 (HM)
10	Mary Blanchard	Carleton	Jr.	Grinnell, Iowa	2021 (HM) 2022 (HM)
11	Bella Call	St. Olaf	Sr.	Overland Park, Kan. Blue Valley West	2021 2022
12	Julia Everest	St. Olaf	Sr.	West Yellowstone, Mont.	2021 2022
13	Annie Kiolbasa	Saint Benedict	Sr.	Stillwater, Minn.	2022
14	Libby Rowland	Carleton	Jr.	Tulsa, Okla. Holland Hill	2021 2022
15	Grace Moeller	St. Olaf	So.	Lake Crystal, Minn. Wellcome Memorial	2022 (HM)

2023 MIAC Women's Cross Country Honorable Mention

Finish	Name	Institution	Class	Hometown High School	Previous Honors
16	Josie Harms	Bethel	Jr.	Slayton, Minn. Murray County Central	2022 (HM)
17	Regan DeWitt	St. Scholastica	Fy.	Bemidji, Minn.	--
18	Sophie Abernethy	St. Olaf	Jr.	Arvada, Colo. Standley Lake	2022 (HM)
19	Ella Landis	St. Olaf	So.	Middlebury, Vt. Union	--
20	Maj Lis Helmer	St. Scholastica	Jr.	Duluth, Minn. East	2021 (AC) 2022 (AC)
21	Nora Daley	Carleton	Fy.	Carrboro, N.C. Chapel Hill	--
22	Alison Bode	St. Olaf	Jr.	Minneapolis, Minn. Southwest	2021 (HM) 2022 (AC)
23	Keiley Maahs	Saint Benedict	Sr.	Plymouth, Minn. Wayzata	--
24	Anna Cargill	Bethel	So.	Otsego, Minn. Rogers	--
25	Ivy Coldren	Macalester	Fy.	Frederick, Md. Urbana	--
