



2024 MIAC Women's Cross Country Awards

2024 MIAC Women's Cross Country Athlete of the Year

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

2024 MIAC Women's Cross Country Rookie of the Year

Name	Institution	Class	Hometown High School
Kate Fox	Macalester	Fy.	Seattle, Wash. Roosevelt

2024 MIAC Women's Cross Country Coach of the Year

Name	Institution	Previous Selections
Erica Maker	St. Olaf	2021

2024 MIAC Women's Cross Country All-Conference

Finish	Name	Institution	Class	Hometown High School	Previous Honors
1	Hannah Preisser	Carleton	Jr.	Chapel Hill, N.C. Carrboro	2022 2023
2	Alison Bode	St. Olaf	Sr.	Minneapolis, Minn. Southwest	2021 (HM) 2022 2023 (HM)
3	Lauren Walda	St. Olaf	Jr.	Fort Wayne, Ind. South Side	2022 2023
4	Sophie McManus	Carleton	Sr.	McCall, Idaho McCall-Donnelly	2021 (HM) 2022 2023
5	Molly Liston	Gustavus	Jr.	Richfield, Minn. The Blake School	--
6	Aliya Larsen	Carleton	Jr.	Newport, Ore.	2022 (HM) 2023
7	Ella Landis	St. Olaf	Jr.	Middlebury, Vt. Union	2023 (HM)
8	Regan DeWitt	St. Scholastica	So.	Bemidji, Minn.	2023 (HM)
9	Kate Fox	Macalester	Fy.	Seattle, Wash. Roosevelt	--
10	Isabel Wyatt	St. Olaf	Jr.	Minneapolis, Minn. Southwest	--
11	Sydney Hagen	Gustavus	Sr.	Starbuck, Minn. Minnewaska	--
12	Grace Moeller	St. Olaf	Jr.	Lake Crystal, Minn. Wellcome Memorial	2022 (HM) 2023
13	Grace McCormick	St. Scholastica	So.	Duluth, Minn. Denfield	--
14	Ruby Gernandt	Bethel	Sr.	Nerstrand, Minn. Faribault	--
15	Josie Harms	Bethel	Sr.	Slayton, Minn. Murray County Central	2022 (HM) 2023 (HM)

2024 MIAC Women's Cross Country Honorable Mention

Finish	Name	Institution	Class	Hometown High School	Previous Honors
16	Greta Leitheiser	St. Scholastica	Jr.	Bend, Ore. Sun Valley Community School	--
17	Sophie Abernethy	St. Olaf	Sr.	Arvada, Colo. Standley Lake	2022 (HM) 2023 (HM)
18	Anna Cargill	Bethel	Jr.	Otsego, Minn. Rogers	2023 (HM)
19	Libby Rowland	Carleton	Jr.	Tulsa, Okla. Holland Hill	2021 (AC) 2022 (AC) 2023 (AC)
20	Molly Kate McCloskey	St. Olaf	Jr.	Denver, Colo. Regis Jesuit	--
21	Mya Slavin	Saint Mary's	Fy.	St. Charles, Minn.	--
22	Abi Lindquist	St. Olaf	Fy.	Inver Grove Heights, Minn. Simley	--
23	Kelsey Johannes	St. Scholastica	Sr.	Anchorage, Alaska West	--
24	Lucy Lyngen	Saint Benedict	Gr.	Rogers, Minn. DeLaSalle	--
25	Nora Daley	Carleton	So.	Carrboro, N.C. Chapel Hill	2023 (HM)
