



**MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2026 Men's Outdoor Track & Field Championships
Friday-Saturday, May 8-9 • Northfield, Minnesota**

2026 MIAC Men's Outdoor Track Athlete of the Year

Name	Institution	Class	Hometown	High School	Previous Selections
Grant Nelson	Bethel	Sr.	Minneapolis, Minn.	Providence Academy	--

2026 MIAC Men's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown	High School	Previous Selections
Isaiah Watson	Hamline	So.	Fridley, Minn.	Fridley	--

2026 MIAC Men's Outdoor Track & Field Rookie of the Year

Name	Institution	Class	Hometown	High School
Paxon Myers	St. Olaf	Fy.	Minneapolis, Minn.	St. Louis Park

2026 MIAC Men's Outdoor Track & Field Coach of the Year

Name	Institution	Previous Selections
Andrew Rock	Bethel	2024 2025

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Landen Liu, BU	10.35
2. Cameron McConnell, BU	10.47
3. Jade Anstine, GAC	10.55

200-Meter Dash

1. Grant Nelson, BU	21.11
2. Cameron McConnell, BU	21.48
3. Elliott Kent, BU	21.80

400-Meter Dash

1. Grant Nelson, BU	46.06
2. Elliott Kent, BU	47.37
3. Noah Kubicek, CSS	48.29

800-Meter Run

1. Paxon Myers, STO	1:52.01
2. Cullen Moore, STO	1:52.08
3. Christian Fells, STO	1:53.79

1500-Meter Run

1. Cole Stencil, SJU	3:51.31
2. Hootie Hage, BU	3:53.44
3. Nicholas Brauer, GAC	3:53.62

5000-Meter Run

1. Cole Stencil, SJU	14:27.19
2. Kevin Turlington, STO	14:31.95
3. Garrett Seppanen, STO	14:40.87

10000-Meter Run

1. Kevin Turlington, STO	30:59.28
2. Gael Manzur Strandlund, STO	31:00.45
3. Tyler Edwards, MAC	31:34.51

110-Meter Hurdles

1. Logan Swanson, BU	14.64
2. Pryce Ferrin, BU	14.68
3. Bashir Amoud, SJU	14.75

400-Meter Hurdles

1. Cooper Smith, SJU	52.75
2. Blake Viesselman, BU	54.51
3. Cristian Escobar Pearson, STO	54.53

3000-Meter Steeplechase

1. Tyler Goss, CON	9:13.01
2. Jack Deaver, STO	9:27.75
3. Jacob Malecha, SJU	9:34.78

High Jump

1. Kyler Flunker, GAC	1.94m
2. Ataa Mensah, MAC	1.94m
3. Trevor Turner, CSS	1.94m

Pole Vault

1. Tyler Evans, CON	4.70m
2. Austin Schloeder, HU	4.60m
3. James Gates, CAR	4.50m

Long Jump

1. Max Albertson, STO	7.28m
2. Anthony Sletta, SJU	6.95m
3. Anthony Mahowald, CSS	6.86m

Triple Jump

1. Isaiah Watson, HU	15.32m
2. D'Vante McElroy, AUG	14.46m
3. Ataa Mensah, MAC	14.24m

Shot Put

1. Cooper Folkestad, CON	18.23m
2. Trent Beseth, CSS	17.05m
3. Timmy Ball, BU	16.08m

Discus Throw

1. Timmy Ball, BU	52.56m
2. Trent Beseth, CSS	52.48m
3. Grady Minnerath, SJU	48.25m

Hammer Throw

1. Joshua Monreal, CSS	57.44m
2. Adam Hokanson, BU	57.27m
3. Trent Beseth, CSS	54.53m

Javelin Throw

1. Mitchell Degen, SJU	65.87m
2. Eli Hayes, CON	55.07m
3. Logan Day, GAC	54.14m

Decathlon

1. Bailey Evans, SJU	6,592
2. Connor McCormick, GAC	6,519
3. Soren Kaster, CON	6,351

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

- | | |
|-------------------|-------|
| 1. Bethel | 40.74 |
| Landen Liu | |
| Grant Nelson | |
| Stephen Feig | |
| Cameron McConnell | |
| 2. Saint John's | 41.31 |
| Jaden Alexander | |
| Anthony Ferrante | |
| Derek Guth | |
| Kieran Murnan | |
| 3. Gustavus | 41.98 |
| Tyler Heil | |
| Frank Terway | |
| Conner Martens | |
| Jade Anstine | |

4x400-Meter Relay

- | | |
|------------------|---------|
| 1. Gustavus | 3:18.76 |
| Cohen Stursa | |
| Conner Martens | |
| Luke Scheel | |
| Nicholas Brauer | |
| 2. St. Olaf | 3:19.17 |
| Aidan McKeever | |
| Lance Nemecek | |
| Paxon Myers | |
| Austin McInturff | |
| 3. Bethel | 3:19.57 |
| Tony Haack | |
| Caleb Ketterling | |
| Brody Schelhaas | |
| Victor Lelinga | |

4x800-Meter Relay

- | | |
|------------------|---------|
| 1. St. Olaf | 7:40.85 |
| Jackson Bullock | |
| Aaron Ruesink | |
| Zach Martin | |
| Austin McInturff | |
| 2. Bethel | 7:41.88 |
| Michael Schultz | |
| Hootie Hage | |
| TJ Strubbe | |
| Victor Lelinga | |
| 3. Saint John's | 7:51.42 |
| Owen Montreuil | |
| Lars Molenkamp | |
| Max McCoy | |
| Nick St. Peter | |

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

4. Andrei Pettis, HU	10.65
5. Kieran Murnan, SJU	10.65
6. Ryan Cramer, SMU	10.68

200-Meter Dash

4. Ethan Lebrija, CON	21.80
5. Stephen Feig, BU	21.83
6. Jade Anstine, GAC	21.92

400-Meter Dash

4. Caleb Ketterling, BU	48.93
5. Manny Poscher, HU	49.63
6. Brody Schelhaas, BU	49.69

800-Meter Run

4. Lance Nemecek, STO	1:54.79
5. Owen Montreuil, SJU	1:55.28
6. Max McCoy, SJU	1:56.56

1500-Meter Run

4. Gabe Nichols, CAR	3:54.39
5. Nick St. Peter, SJU	3:54.48
6. Garrett Seppanen, STO	3:55.04

5000-Meter Run

4. Gabe Nichols, CAR	14:55.15
5. Hootie Hage, BU	15:06.42
6. Noah DuVivier, STO	15:11.07

10000-Meter Run

4. Tyler Goss, CON	31:50.03
5. Roy Llewellyn, CAR	31:51.19
6. Travis Brown, CAR	31:51.58

110-Meter Hurdles

4. Connor McCormick, GAC	15.04
5. Blake Viesselman, BU	15.07
6. Morris Suah, HU	15.41

400-Meter Hurdles

4. Aidan McKeever, STO	55.27
5. Trevor Stundahl, BU	55.36
6. Ryan Richardson, CON	55.46

3000-Meter Steeplechase

4. Lex Kaye, STO	9:39.16
5. Ethan Martel, STO	9:39.23
6. Ignatius Fitzgerald, STO	9:46.73

High Jump

4. Eli Hegland, CON	1.91m
5. Bailey Evans, SJU	1.91m
6. Connor O'Brien, SJU	1.88m

Pole Vault

T4. Alex Chirhart, SJU	4.50m
T4. Stephen Feig, BU	4.50m
6. Soren Kaster, CAR	4.40m

Long Jump

4. Brayden Waldron, BU	6.80m
5. Josiah Budiman, HU	6.79m
6. Isaiah Watson, HU	6.76m

Triple Jump

4. Matthew Erickson, CSS	14.07m
5. Vicente Bolivar, AUG	13.74m
6. Nick Bovitz, BU	13.60m

Shot Put

4. Blake Houska, CON	15.37m
5. Joshua Monreal, CSS	14.96m
6. Adam Hokanson, BU	14.88m

Discus Throw

4. Philip Conant, BU	48.21m
5. Cooper Folkestad, CON	47.85m
6. Wyatt Hudspith, GACA	46.68m

Hammer Throw

4. Blake Houska, CON	51.52m
5. Timmy Ball, BU	51.24m
6. Dillon Thurston, HU	49.59m

Javelin Throw

4. Reese Anderson, CAR	52.80m
5. Dash Schwab, CAR	49.78m
6. Kole Guth, SJU	49.13m

Decathlon

4. Amos Anderson, GAC	5,940
5. Reese Anderson, CAR	5,684
6. Timothy Hubers, BU	5,507

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. St. Olaf	42.64
Oche Ali	
Cristian Escobar Pearson	
Abe Polzien	
Max Albertson	
5. Saint Mary's	42.68
Ben Kritsberg	
Gage Hatch	
Jinwoo Jung	
Curtis Schupp	
6. Hamline	42.91
Manny Poscher	
Rufus Zulu	
Andrei Pettis	
Jukari Blackshere	

4x400-Meter Relay

4. St. Scholastic	3:20.88
Finn Eskeli	
Jeffrey Kayfes	
Zachary Bartsch	
Noah Kubicek	
5. Concordia	3:21.15
Ryan Richardson	
Trevor Tiongson	
Brady Andrews	
Michael Crowder	
6. Saint John's	3:23.51
Derek Guth	
Zander Olmschenk	
Ryan Becker	
Cooper Smith	

4x800-Meter Relay

4. Carleton	7:55.53
Ronen Silberman	
Indy Lyness	
Jacob Hopkins	
Gabe Nichols	
5. Macalester	7:57.36
Henry Schonebaum	
Donovan Connole	
Daniel Wiltse	
Jay Lebakken	
6. Gustavus	8:03.42
Logan Jandro	
Colin Talle	
Camden Cilek	
Nicholas Brauer	