



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

2026 MIAC Women's Outdoor Track Athlete of the Year

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

2026 MIAC Women's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown	High School	Previous Selections
Ellie Hernes	Bethel	Sr.	Fairmont, Minn.	Fairmont	--

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

Name	Institution	Class	Hometown	High School
Claire Stein	St. Olaf	Fy.	Mendota Heights, Minn.	Two Rivers

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

Name	Institution	Previous Selections
Marv Roeske	Concordia	1998 1999 2004 2012 2015

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Zari Young, SMU	11.93
2. Samantha Munson, SMU	12.11
3. Emily Rengo, CON	12.12

200-Meter Dash

1. Samantha Munson, SMU	25.22
2. Izzi Jaeckle, STO	25.30
3. Shalom Sulungaine, BU	25.35

400-Meter Dash

1. Shalom Sulungaine, BU	55.28
2. Madi Pelowski, BU	55.67
3. Izzi Jaeckle, STO	56.53

800-Meter Run

1. Mya Slavin, SMU	2:10.85
2. Lauren Tittel, CAR	2:12.40
3. Kyla Nygaard, CON	2:12.59

1500-Meter Run

1. Lauren Tittel, CAR	4:35.46
2. Kate Fox, MAC	4:38.43
3. Mya Slavin, SMU	4:38.86

5000-Meter Run

1. Hannah Preisser, CAR	17:22.10
2. Molly Liston, GAC	17:29.69
3. Kate Fox, MAC	17:42.43

10000-Meter Run

1. Hannah Preisser, CAR	35:30.60
2. Molly Liston, GAC	36:39.86
3. Aliya Larsen, CAR	38:40.88

100-Meter Hurdles

1. Michaela Zenz, BU	14.76
2. Claire Stein, STO	14.77
3. Lauren Pearson, CON	14.86

400-Meter Hurdles

1. Claire Stein, STO	1:01.45
2. Lauren Berg, CSB	1:01.49
3. Josie Brown, CON	1:01.84

3000-Meter Steeplechase

1. Mary Kenney, CSB	10:56.27
2. Abigale Lindquist, STO	11:08.01
3. Kelyn Henry-Perlich, CON	11:13.68

High Jump

1. Lauren Selle, CON	1.67m
2. Lauren Pearson, CON	1.64m
3. Tessa Myatt, MAC	1.61m

Pole Vault

1. AnnaGrace Nelson, BU	3.63m
2. Abigail Frei, STO	3.63m
3. Jaylyn Ahlberg, CSB	3.53m

Long Jump

1. Ellie Hernes, BU	5.62m
2. Ashlyn Jore, STO	5.60m
3. Kaili Malvey, CON	5.54m

Triple Jump

1. Ellie Hernes, BU	12.04m
2. Kalyee Hawks, GAC	11.74m
3. Ava Loftness, GAC	11.52m

Shot Put

1. Arabella Sutch, GAC	13.52m
2. Tessa Myatt, MAC	13.36m
3. Chloe Mueffelmann, CON	13.35m

Discus Throw

1. Otelia Lighthill, STO	42.80m
2. Genevieve Dabout, CON	42.69m
3. Keira McCord, GAC	42.18m

Hammer Throw

1. Anna Speratos, BU	55.12m
2. Ella Stritesky, CSS	53.83m
3. Jessica Lin, MAC	48.85m

Javelin Throw

1. Genevieve Gruba, CON	39.16m
2. Isabella Schei, SMU	37.55m
3. Kaia Gack, CON	35.35m

Heptathlon

1. Claire Stein, STO	4,604
2. Lauren Pearson, CON	4,511
3. Kaili Malvey, CON	4,502

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

- | | |
|--------------------|-------|
| 1. Bethel | 47.38 |
| Ella Paulson | |
| Autumn Maki | |
| Raina Kaping | |
| Alethia Olson-Skog | |
| 2. Saint Mary's | 47.43 |
| Zari Young | |
| McKenzie Munson | |
| Joscelyn Saamanen | |
| Samantha Munson | |
| 3. Concordia | 48.22 |
| Lydia Fynboh | |
| Emily Rengo | |
| Piper Osborne | |
| Andie Sandman | |

4x400-Meter Relay

- | | |
|-------------------|---------|
| 1. Bethel | 3:49.34 |
| Madi Pelowski | |
| Ashley Slaybaugh | |
| Hannah Bingham | |
| Shalom Sulungaine | |
| 2. Concordia | 3:50.55 |
| Emily Rengo | |
| Josie Brown | |
| Emma Warner | |
| Kyla Nygaard | |
| 3. St. Olaf | 3:56.04 |
| Izzi Jaeckle | |
| Nora Mickelson | |
| Molly DiNardo | |
| Ellie Semple | |

4x800-Meter Relay

- | | |
|---------------------|---------|
| 1. Concordia | 9:21.47 |
| Londyn Ames | |
| Kelyn Henry-Perlich | |
| Abby Lovelace | |
| Kyla Nygaard | |
| 2. Macalester | 9:23.38 |
| Tilia Iverson | |
| Aubrey Jensen | |
| Kyra Morris | |
| Kate Fox | |
| 3. Saint Benedict | 9:28.87 |
| Taylor Radaich | |
| Anabella Witschen | |
| Bailey Link | |
| Taylor Dean | |

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

4. Gabriella Lund, CSB	12.17
5. Alethia Olson-Skog, BU	12.31
6. Autumn Maki, BU	12.32

200-Meter Dash

4. Emily Rengo, CON	25.43
5. Zari Young, SMU	25.50
6. Allison Stacy, GAC	25.88

400-Meter Dash

4. Emma Warner, CON	57.57
5. Ellie Semple, STO	57.64
6. Ashley Slaybaugh, BU	57.76

800-Meter Run

4. Isabel Wyatt, STO	2:12.82
5. Cora DenHartog, STO	2:16.31
6. Taylor Radaich, CSB	2:16.85

1500-Meter Run

4. Ella Landis, STO	4:39.20
5. Londyn Ames, CON	4:44.00
6. Megan Timmerman, STO	4:47.08

5000-Meter Run

4. Mary Kenney, CSB	18:07.60
5. Lucy Upton, BU	18:16.24
6. Samantha Ellis, MAC	18:19.47

10000-Meter Run

4. Samantha Ellis, MAC	38:55.08
5. Ashley Nelson, CON	39:04.64
6. Arabella England, STO	39:15.06

100-Meter Hurdles

4. Juslene Chea, CSB	15.12
5. Sophia Vogel, GAC	15.19
6. Ellie Hernes, BU	15.23

400-Meter Hurdles

4. Hannah Bingham, BU	1:03.36
5. Sophia Vogel, GAC	1:04.65
6. Brianna Hexum, BU	1:04.82

3000-Meter Steeplechase

4. Amelia Campbell, CAR	11:17.68
5. Daphne Grobstein, CSB	11:30.91
6. Julia Babineau, BU	11:32.67

High Jump

4. Kaili Malvey, CON	1.61m
5. Kayla Kajer, GAC	1.58m
6. Emma Norton, CON	1.58m

Pole Vault

4. Xara Gin, SMU	3.53m
5. Raina Kaping, BU	3.43m
6. Maddox Lee, GAC	3.33

Long Jump

4. Svea Frantzich, STO	5.52m
5. Claire Stein, STO	5.50m
6. Mabel Badejo, HU	5.47m

Triple Jump

4. Sabriya Farquharson, CSB	12.04m
5. Kaili Malvey, CON	11.34m
6. Svea Frantzich, STO	11.30m

Shot Put

4. Nora Larsen, BU	13.32m
5. Yonna Harris, GAC	12.84m
6. Allison Banse, CSB	12.55m

Discus Throw

4. Olivia Duncan, GAC	41.81m
5. Magenta Owens, HU	41.46m
6. Arabella Sutch, GAC	40.97m

Hammer Throw

4. Nora Larsen, BU	48.22m
5. Kyra Hovis, CSS	47.42m
6. Rachel Wehrman, BU	47.20m

Javelin Throw

4. Grace Ciarrochi, CON	35.32m
5. Brooke Boroughs, MAC	34.93m
6. Kaili Malvey, CON	33.87m

Heptathlon

4. Lauren Selle, CON	4,441
5. Ellie Hernes, BU	4,440
6. Tessa Myatt, MAC	4,304

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. Gustavus	48.40
Allison Stacy	
Laura Thauvin	
Sophia Vogel	
Ava Loftness	
5. Hamline	48.61
Grace Hoffmann	
Jaz Turnabugh	
Alexi Schneider	
Claire Siems	
6. St. Olaf	49.26
Ashlyn Jore	
Evangeline Sappington	
Sophie Herweijer	
Svea Frantzich	

4x800-Meter Relay

4. St. Olaf	9:39.27
Louisa Lamarre	
Ella Landis	
Anna Peikert	
Cora DenHartog	
5. Gustavus	9:41.88
Ellyn Soli	
Ella Kienitz	
Katja Wallin	
Addison Enfield	
6. Carleton	9:46.74
Louise Ruzanic	
Nina Peterson	
Nicole Peterson	
Madeleine Reckmeyer	

4x400-Meter Relay

4. Saint Benedict	4:01.53
Haley Zelen	
Anna Schottler	
Taylor Dean	
Lauren Berg	
5. Gustavus	4:03.91
Katja Wallin	
Ella Kienitz	
Adi Bye	
Isabel Fynboh	
6. Hamline	4:04.27
Anabel Bradley	
Aliyah Robran	
Alicia Maddux	
Claire Siems	