2026 MIAC MEN'S CROSS COUNTRY AWARDS

All-Conference: places 1–15 · Honorable Mention: places 16–25

ATHLETE OF THE YEAR

COLE STENCEL

Saint John's · Sr.

Mapleton, Minn. · Maple River

Previous selections: --

ROOKIE OF THE YEAR

CADYN VANDERWAL

St. Scholastica · Fy.

Ortonville, Minn. · Ortonville

COACH OF THE YEAR

LUKE KOPNICK

St. Olaf

Previous selections: --

ALL-CONFERENCE 15 HONOREES · ORDER OF FINISH

PL.	NAME	SCHOOL	CL.	TIME	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
1	**Cole Stencel**	Saint John's	Sr.	24:56.1	Mapleton, Minn. Maple River	2024 (HM), 2025
2	**Garrett Seppanen**	St. Olaf	Jr.	25:09.0	St. Paul, Minn. Como Park	--
3	**Hootie Hage**	Bethel	Jr.	25:19.2	Prior Lake, Minn. Prior Lake	2024 (HM), 2025
4	**Tyler Goss**	Concordia	Sr.	25:24.5	Devils Lake, N.D. Devils Lake	2025 (HM)
5	**Connor Hitchcock**	St. Olaf	So.	25:29.7	Sitka, Alaska Sitka	2025
6	**Cadyn Vanderwal**	St. Scholastica	Fy.	25:40.4	Ortonville, Minn. Ortonville	--
7	**Quinn Hoisington**	Macalester	Sr.	25:40.9	Seattle, Wash. Lincoln	--
8	**Alex Bjork**	St. Olaf	Sr.	25:41.6	St. Paul, Minn. St. Anthony Village	2024 (HM), 2025 (HM)
9	**Corbin Hobert**	St. Olaf	Jr.	25:45.8	Denver, Colo. East	--
10	**Travis Brown**	Carleton	Jr.	25:47.9	Boulder, Colo. Fairview	--
11	**Max Meissner**	Bethel	Fy.	25:52.5	Oconomowoc, Wis. Oconomowoc	--
12	**Quinn McCabe**	St. Olaf	Sr.	25:54.8	Clinton, Wis. Clinton	--
13	**Nick Brauer**	Gustavus	Sr.	25:55.4	Mankato, Minn. East	2023 (HM), 2025 (HM)
14	**Malcolm Richardson**	Carleton	Fy.	25:56.8	Detroit, Mich. De La Salle	--
15	**Isaiah Fitzgerald**	Saint Mary's	Sr.	26:00.2	Rochester, Minn. Stewartville	--

HONORABLE MENTION 10 HONOREES · ORDER OF FINISH

PL.	NAME	SCHOOL	CL.	TIME	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
16	**Noah DuVivier**	St. Olaf	So.	26:06.4	Portland, Ore. Grant	2025 (HM)
17	**Lev Dougherty**	St. Olaf	Fy.	26:09.2	Minneapolis, Minn. River Tree School	--
18	**Vincent Kaluza**	Saint John's	Sr.	26:10.3	Cold Spring, Minn. ROCORI	2024 (AC)
19	**Martin Moshfeghi**	Carleton	So.	26:10.4	Stanford, Calif. Gunn	--
20	**Owen Riter**	St. Olaf	Fy.	26:10.5	Woodbury, Minn. Woodbury	--
21	**Ian Guasco**	St. Olaf	So.	26:16.1	Vancouver, Wash. Hockinson	--
22	**Evan Goddard**	St. Olaf	So.	26:18.4	Lake Elmo, Minn. Stillwater Area	--
23	**Jacob Malecha**	Saint John's	Sr.	26:21.1	Lonsdale, Minn. New Prague	--
24	**Ravi Achar**	Carleton	Jr.	26:30.3	San Diego, Calif. Canyon Crest Academy	--
25	**Ethan Cozine**	St. Olaf	Sr.	26:31.3	Marion, Iowa Linn Mar	--