2026 MIAC WOMEN'S CROSS COUNTRY AWARDS

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

ATHLETE OF THE YEAR

INGRID NORQUIST

Macalester · Sr.

Minneapolis, Minn. · Anoka

Previous selections: --

ROOKIE OF THE YEAR

ABIGAIL BURNS

Carleton · Fy.

Iowa City, Iowa · Iowa City

COACH OF THE YEAR

DONNA RICKS

Carleton

Previous selections: 1995, 2004, 2005, 2009, 2011, 2013, 2014, 2015, 2017, 2018, 2019, 2022, 2023, 2025

ALL-CONFERENCE

15 HONOREES · ORDER OF FINISH

PL.	NAME	SCHOOL	CL.	TIME	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
1	**Ingrid Norquist**	Macalester	Sr.	21:48.6	Minneapolis, Minn. Anoka	2025
2	**Abigail Burns**	Carleton	Fy.	22:24.9	Iowa City, Iowa Iowa City	--
3	**Nina Peterson**	Carleton	So.	22:30.5	Iowa City, Iowa Iowa City	--
4	**Nicole Peterson**	Carleton	So.	22:31.0	Iowa City, Iowa Iowa City	2025
5	**Regan Niemi**	St. Scholastica	Sr.	22:34.9	Bemidji, Minn. Bemidji	2023 (HM), 2024, 2025
6	**Louisa Lamarre**	St. Olaf	Jr.	22:35.4	Bend, Ore. Cascades Academy	--
7	**Lauren Tittel**	Carleton	So.	22:39.8	Sherwood, Ore. Oregon Episcopal School	2025
8	**Kate Fox**	Macalester	Jr.	22:41.7	Seattle, Wash. Roosevelt	2024, 2025
9	**Amelia Campbell**	Carleton	So.	22:42.4	Portland, Ore. Grant	2025
10	**Ashley Nelson**	Concordia	Jr.	22:58.8	Rice, Minn. Sartell	2025 (HM)
11	**Elizabeth Weider**	St. Olaf	Jr.	23:03.3	Shorewood, Minn. Minnetonka	--
12	**Abigale Lindquist**	St. Olaf	Jr.	23:11.5	Inver Grove Heights, Minn. Simley	2024 (HM), 2025
13	**Abby Wood**	St. Scholastica	Jr.	23:13.6	Circle Pines, Minn. Centennial	2025 (HM)
14	**Molly DiNardo**	St. Olaf	Sr.	23:16.9	Minneapolis, Minn. Minnehaha Academy	--
15	**Jane Coffey-Read**	Carleton	Fy.	23:17.4	Portland, Ore. Ida B. Wells-Barnett	--

HONORABLE MENTION 10 HONOREES · ORDER OF FINISH

PL.	NAME	SCHOOL	CL.	TIME	HOMETOWN / HIGH SCHOOL	PREVIOUS HONORS
16	**Aubrey Jensen**	Macalester	So.	23:17.9	Floresville, Texas --	--
17	**Mya Slavin**	Saint Mary's	Jr.	23:19.6	St. Charles, Minn. St. Charles	2024 (HM), 2025 (AC)
18	**Eleanor Lindeman**	St. Catherine	So.	23:21.3	St. Louis Park, Minn. St. Louis Park	--
19	**Louise Ruzanic**	Carleton	So.	23:24.4	Cold Spring, Minn. Saint John's Prep	--
20	**Anna Peikert**	St. Olaf	So.	23:25.2	Rochester, Minn. Lourdes	--
21	**Stella Powell**	St. Olaf	Fy.	23:25.8	Duluth, Minn. Duluth East	--
22	**Addison Enfield**	Gustavus	So.	23:26.3	Northfield, Minn. Northfield	2025 (AC)
23	**Abby Chestovich**	St. Olaf	Fy.	23:26.6	St. Paul, Minn. Cretin-Derham Hall	--
24	**Anna-Britta Helmer**	St. Olaf	So.	23:27.1	Duluth, Minn. East	--
25	**Lucia Williams**	Macalester	Fy.	23:27.3	Corvallis, Ore. Corvallis	--