

St. Olaf junior wins pentathlon and sets school record at MIAC Championships

By Carrie Sayre | March 4, 2019

St. Olaf junior, Mackenzie Schoustra '20, won the pentathlon and broke the school record at the MIAC Indoor Track and Field Championships at St. Olaf's Tostrud Fieldhouse on Thursday, Feb 21.

The pentathlon is an indoor track and field event comprised of five segments, all occurring on the same day and performed in the following order: 60-meter hurdles, high jump, shot put, long jump and 800-meter dash. The point value for each individual event is calculated through a formula based on the specific time, height and distance.

Schoustra tied for first in the 60-meter hurdles (9.31 seconds), won the the high jump (1.63 meters) and long jump (5.04 meters). She placed third in the 800-meter dash (2:29:70) and fourth in the shot put (10.17 meters), earning her a cumulative 3425 points. All- American athlete, Jenna Degan, from the College of St. Benedict, was in second place with a score 99 points below Schoustra. The previous St. Olaf record was set in 2012 by Dani Larson '15 with a score of 3421 points.

Schoustra attributes her success to her work ethic, both physically and mentally. In an in-person interview following her win, she said, "With the training that my coaches gave me, my body was able to perform, but mentally I visualized so much and that probably played a really big role into my success."

Teammate Emily Bohlig '20, who placed fourth in the pentathlon at the 2019 MIAC Championships, confirmed Mackenzie's determination by stating, "[Mackenzie] worked so hard. She had this goal set in her mind and she was like, 'I'm going to go for it and give it all I've got.' She went into every event having a hunger to win."

Based on her win at the MIAC Championships, Schoustra has qualified for the 2019 NCAA Division III Indoor Track and Field Championship, where she is currently ranked no. 9 for the pentathlon. The meet will be held at the University of Massachusetts Boston on March 8 and 9.

Sources:

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