

NAIA WOMEN'S INDOOR TRACK & FIELD

Updated 7/16/09

CHAMPIONSHIP HISTORY

YEAR	SITE	CHAMPION	POINTS	RUNNER-UP	POINTS
1981	Kansas City, Mo.	Jackson State (Miss.)	149	Adams State (Colo.)	53
1982	Kansas City, Mo.	Texas Southern	101.5	Prairie View A&M (Texas)	74
1983	Kansas City, Mo.	Texas Southern	111	Prairie View A&M (Texas)	83
1984	Kansas City, Mo.	Prairie View A&M (Texas)	92	Texas Southern	62
1985	Kansas City, Mo.	Adams State (Colo.)	67	Prairie View A&M (Texas)	64
1986	Kansas City, Mo.	Wayland Baptist (Texas)	106	Prairie View A&M (Texas)	96
1987	Kansas City, Mo.	Prairie View A&M (Texas)	108	Wayland Baptist (Texas)	81
1988	Kansas City, Mo.	Wayland Baptist (Texas)	84	Prairie View A&M (Texas)	82.5
1989	Kansas City, Mo.	Midland Lutheran (Neb.)	64	Prairie View A&M (Texas)	63.6
1990	Kansas City, Mo.	Simon Fraser (B.C.)	84	Prairie View A&M (Texas)	67
1991	Kansas City, Mo.	Prairie View A&M (Texas)	72	Central State (Ohio)	61
1992	Kansas City, Mo.	Simon Fraser (B.C.)	94	Central State (Ohio)	86
1993	Kansas City, Mo.	Central State (Ohio)	97	Wayland Baptist (Texas)	65
1994	Kansas City, Mo.	Wayland Baptist (Texas)	80	Central State (Ohio)	57
1995	Lincoln, Neb.	Southern-New Orleans (La.)	90	Central State (Ohio)	71
1996	Lincoln, Neb.	Central State (Ohio)	96	Wayland Baptist (Texas)	86
1997	Lincoln, Neb.	Southern-New Orleans (La.)	86	Simon Fraser (B.C.)	60
1998	Lincoln, Neb.	Simon Fraser (B.C.)	73	Mary (N.D.)	65
1999	Lincoln, Neb.	McKendree (Ill.)	96	Mary (N.D.)	64
2000	Lincoln, Neb.	McKendree (Ill.)	125	Life (Ga.)	113
2001	Johnson City, Tenn.	McKendree (Ill.)	66	Life (Ga.)	64
2002	Johnson City, Tenn.	McKendree (Ill.)	77	Azusa Pacific (Calif.)	75
2003	Johnson City, Tenn.	Azusa Pacific (Calif.)	121	Doane (Neb.)	51
2004	Johnson City, Tenn.	Azusa Pacific (Calif.)	95	Simon Fraser (B.C.)	65
2005	Johnson City, Tenn.	Oklahoma Baptist	86.5	McKendree (Ill.)	72
2006	Johnson City, Tenn.	Missouri Baptist	172	Simon Fraser (B.C.)	92
2007	Johnson City, Tenn.	Oklahoma Baptist	52.33	Wayland Baptist (Tex.)	51
2008	Johnson City, Tenn.	Wayland Baptist (Texas)	71	Azusa Pacific (Calif.)	70
2009	Johnson City, Tenn.	Wayland Baptist (Texas)	68	Azusa Pacific (Calif.)	67

MEET RECORDS

METERS

55-Meter Dash

Agne Visockaite, McKendree (Ill.), 2000, 6.75 p

60-Meter Dash

Kimberly Smith, Wayland Baptist, 2008, 7.32

55-Meter Hurdles

Catherine Pomales, Central State (Ohio), 1995, 7.74

60-Meter Hurdles

LaToya Greaves, Oklahoma Baptist, 2006, 8.42

200-Meter Dash

Agne Visockaite, McKendree (Ill.), 2000, 23.50

Fatimat Yusuf, Azusa Pacific (Calif.), 1996, 23.50

400-Meter Dash

Fatimat Yusuf, Azusa Pacific (Calif.), 1996, 53.05

600-Meter Dash

Sherene Pinnock, Oklahoma Baptist, 2008, 1:30.53

800-Meter Run

Margaret Nakintu, Missouri Baptist, 2006, 2:07.87

1000-Meter Run

Julia Howard, Simon Fraser (B.C.), 2006, 2:48.69

3000-Meter Run

Miriam Kaumba, Oklahoma Baptist, 2006, 9:30.06

3000-Meter Race Walk

Amber Antonia, Wisconsin-Parkside, 2002, 13:56.06

5000-Meter Run

Mirian Kaumba, Oklahoma Baptist, 2005, 16:20.97

Distance Medley Relay

Simon Fraser (B.C.) (Julie Howard, Meredith MacGregor, Alexandra Krasovska, Rebecca Johnson), 2005, 11:43.08

1600-Meter Relay

Southern-New Orleans (La.) (Christine Smith, Altrice Taylor, Selisha Hudson, Vernetta Rolle), 1995, 3:41.18

3200-Meter Relay

Simon Fraser (B.C.) (Alexandra Krasovska, Heather Mancell, Rebecca Johnstone, Julia Howard), 2006, 8:50.86

YARDS

60-Yard Dash

Savatheda Fynes, Southern-New Orleans (La.), 1994, 6.76

60-Yard Hurdles

Carolyn Sterling, Central State (Ohio), 1993, 7.75

440-Yard Dash

Fatima Yusuf, Azusa Pacific (Calif.), 1994, 54.00

600-Yard Run

Julie Jenkins, Adams State (Colo.), 1984, 1:21.78

880-Yard Run

Julie Jenkins, Adams State (Colo.), 1985, 2:10.69

1000-Yard Run

Elizabeth Onyambu, Biola (Calif.), 1994, 2:34.23

Mile Run

Leah Pells, Simon Fraser (B.C.), 1988, 4:43.68

Mile Relay

Prairie View A&M (Texas) (Rhonda Lampkin, Celsia Shy, Mary Miller, Wanda Clay), 1990, 3:45.73 p

Two-Mile Relay

Simon Fraser (B.C.) (Sarah Howell, Lori Ewing, Leah Pells, Chris Wagner), 1988, 9:00.40

Distance Medley Relay

Simon Fraser (B.C.) (Chris Wagner, Leah Pells, Lori Ewing, Alana Kripps), 1988, 11:48.94

Two-Mile Run

Tori Neubauer, Wisconsin-La Crosse, 1983, 10:22.21

Three-Mile Run

Paula Stokman, Wisconsin-Parkside, 1992, 16.04.85

FIELD EVENTS**High Jump**

Latrese Johnson, Azusa Pacific (Calif.), 1990, 1.83 (6-0)

Shot Put

Vivian Chukwuemeka, Azusa Pacific (Calif.), 2003, 18.03 (59-2)

Pole Vault

Jessie Gallaher, Concordia (Ore.), 2007, 4.20 (13-09 1/4)

Long Jump

Carolyn Sterling, Central State (Ohio), 1992, 6.50 (21-4 ¾)

Triple Jump

Latoya Heath, Lindenwood (Mo.), 2006, 13.0 (42-08)

20-Lb. Weight Throw

Aubrey Baxter, Black Hills State (S.D.), 2009, 19.79 (64-11 ¼)

Pentathlon

Natasha Miller, Biola (Calif.), 2009, 3943

p - record established in preliminary heats

PENTATHLON EVENT RECORDS**55-Meter Hurdles**

Mandy Schroeder, Mary (N.D.), 1999, 8.00

60-Meter Hurdles

Nadina Marsh, Missouri Baptist, 2006, 8.50

Long Jump

Nadina Marsh, Missouri Baptsist, 2006, 5.96 (19-6 ¾)

Shot Put

Gretchin Kotschwar, Doane (Neb.), 1997, 13.29 (43-7 ¼)

800 Meters

Carmen Gage, Azusa Pacific (Calif.), 1995, 2:17.8

High Jump

Natasha Miller, Biola (Calif.), 2009, 1.75 (5-08 ¾)

ALL-TIME TEAM CHAMPIONSHIPS

Wayland Baptist (Texas)	5
McKendree (Ill.)	4
Simon Fraser (B.C.)	3
Prairie View A&M (Texas)	3
Azusa Pacific (Calif.)	2
Central State (Ohio)	2
Southern-New Orleans (La.)	2
Texas Southern	2
Oklahoma Baptist	2
Jackson State (Miss.)	1
Midland Lutheran (Neb.)	1
Missouri Baptist	1
Adams State (CO)	1

ALL-TIME INDIVIDUAL CHAMPIONSHIPS

Simon Fraser (B.C.)	53
Azusa Pacific (Calif.)	42
Prairie View A&M (Texas)	38
Wayland Baptist (Texas)	35
McKendree (Ill.)	26
Central State (Ohio)	25
Oklahoma Baptist	18
Mary (N.D.)	15
Texas Southern	15
Missouri Baptist	15
Southern-New Orleans (La.)	13
Life (Ga.)	12
Wisconsin-Parkside	12
Doane (Neb.)	12
Midland Lutheran (Neb.)	11
Hastings (Neb.)	9
Adams State (Colo.)	8
Jackson State (Miss.)	7
Saginaw Valley State (Mich.)	7
Lindenwood (Mo.)	7
Olivet Nazarene (Ill.)	6
Black Hills State (S.D.)	6
Kearney State (Neb.)	5
MidAmerica Nazarene (Kan.)	5
Fresno Pacific (Calif.)	5
Wisconsin-La Crosse	4
Minot State (N.D.)	4
Cedarville (Ohio)	4
Goshen (Ind.)	4
Central Methodist (Mo.)	3
Concordia (Neb.)	3
Hillsdale (Mich.)	3
Lubbock Christian (Texas)	3
Bemidji State (Minn.)	2
Briar Cliff (Iowa)	2
Eastern Oregon	2
Emporia State (Kan.)	2
Graceland (Iowa)	2
Malone (Ohio)	2
Mississippi Valley State	2
Moorhead State (Minn.)	2
Ozarks (Mo.)	2
Park (Mo.)	2
Roberts Wesleyan (N.Y.)	2
Siena Heights (Mich.)	2
Southern Nazarene (Okla.)	2
Wisconsin-Milwaukee	2
Dickinson State (N.D.)	2
Embry-Riddle (Fla.)	2
Biola (Calif)	2

The following institutions have one individual champion each:

Bethany (Kan.); Chicago State (Ill.); Central Washington; Concordia (Calif.); Concordia (Ore.); Dakota State (S.D.); Findlay (Ohio); Indiana Wesleyan; Iowa Wesleyan; Huston-Tillotson (Texas); Jamestown (N.D.); Langston (Okla); Lindsey Wilson (Ky.); Linfield (Ore.); Marquette (Wis.); Milligan (Tenn.); Nebraska Wesleyan; Northwest (Wash.); South Dakota M&T; Southwestern (Kan.); Southern Nazarene (Okla.); Spring Arbor (Mich.); Western Oregon; Westmont (Calif.); Wilberforce (Ohio); Wisconsin-Eau Claire; Virginia Intermont;

Note: Relay victories count one for each event.

INDIVIDUAL CHAMPIONSHIPS, ONE YEAR

Eight Titles

Missouri Baptist, 2006

Seven Titles

Azusa Pacific (Calif.), 2003

Jackson State (Miss.), 1981

Six Titles

Central State (Ohio), 1993

Five Titles

Simon Fraser (B.C.), 2005

McKendree (Ill.), 1999

Central State (Ohio), 1992
Midland Lutheran (Neb.), 1989
Prairie View A&M (Texas), 1986, 1987
Texas Southern, 1983

Four Titles

Oklahoma Baptist, 2005, 2006, 2008
Azusa Pacific (Calif.), 2004
McKendree (Ill.), 2001
Simon Fraser (B.C.), 1988, 1992, 1993, 1996, 1997, 2006
Azusa Pacific (Calif.), 1996
Central State (Ohio), 1996
Southern-New Orleans (La.), 1995
Wayland Baptist (Texas), 1986, 2009
Prairie View A&M (Texas), 1982, 1983
Texas Southern, 1982

MOST INDIVIDUAL TITLES, CAREER

Eight Titles

Vivian Chukwuemeka, Azusa Pacific (Calif.) (weight throw, 2002-03-04-05 shot put, 2002-03-04-05)

Seven Titles

Agne Visockaite, McKendree (Ill.) (200-meter dash, 1998-99-2000-02; 55-meter dash, 1999-2000-02)

Six Titles

Kathrene Wallace, Texas Southern (60-yard dash, 1982-83-84-85; long jump, 1983-84)
Fatimat Yusuf, Azusa Pacific (Calif.) (440-yard dash, 1993-94; 400-meter dash, 1995-96; 200-meter dash, 1995-96)

Five Titles

Ruky Abdulai, Simon Fraser (B.C.) (High Jump 2005-06-07-08; Long Jump 2007)
Carolyn Sterling, Central State (Ohio) (60-yard hurdles, 1991-93; long jump 1991-92-93)
Julia Howard, Simon Fraser (B.C.) (800-meter run, 2003; 1000-meter run, 2004-05-06; mile run, 2005)
Nickesha Anderson, Missouri Baptist (60-meter dash 2005,2007; 200 meter-dash 2005-06-07)

Four Titles

Sarah Howell, Simon Fraser (B.C.) (mile run, 1990-91-92; two-mile run, 1991)
Rosa Ibarra, Wayland Baptist (Texas) (two-mile/3,000-meter run 1994-96; three-mile/5,000-meter run 1994-96)
Cathy Schmidt, Saginaw Valley State (Mich.) (880-yard run, 1982-83; 1000-yard run, 1982-83)
Barbara Smith, Prairie View A&M (Texas) (1,000-yard run, 1989-90-91, 880-yard run, 1991)
Audrea Sterling, Central State (Ohio) (600-yard run, 1991-92-93-94)
Nickesha Anderson, Missouri Baptist (55-meter dash, 2005; 200-meter dash, 2005-06; 400-meter dash, 2006)

REPEAT CHAMPIONS

Four-Time

Ruky Abdulai, Simon Fraser (B.C.) (High Jump 2005-06-07-08)
Vivian Chukwuemeka, Azusa Pacific (Calif.) (weight throw 2002-03-04-05)
Vivian Chukwuemeka, Azusa Pacific (Calif.) (shot put 2002-03-04-05)
Audrea Sterling, Central State (Ohio) (600-yard run, 1991-92-93-94)
Agne Visockaite, McKendree (Ill.) (200-meter dash, 1998-99-2000-02)
Kathrene Wallace, Texas Southern (60-yard dash, 1982-83-84-85)
Fatimat Yusuf, Southern-New Orleans (La.)/Azusa Pacific (Calif.) (400-dash/meters, 1993-94-95-96)

Three-Time

Sarah Howell, Simon Fraser (B.C.) (mile run, 1990-91-92)
Latrese Johnson, Azusa Pacific (Calif.) (high jump, 1989-90-91)
Sarah Korir, McKendree (Ill.) (5,000-meter 1998-99-2000)
LaVonda Luckett, Prairie View A&M (Texas) (600-yard run, 1985-86-87)
Barbara Smith, Prairie View A&M (Texas) (1000-yard run, 1989-90-91)
Carolyn Sterling, Central State (Ohio) (long jump, 1991-92-93)
Chandra Williams, Prairie View A&M (Texas) (triple jump, 1989-90-91)
Agne Visockaite, McKendree (Ill.) (55-meter 1999-2000-02)
Karen Waddell, Prairie View A&M (Texas) (shot put 1981-82-83)
Julia Howard, Simon Fraser (B.C.) (1000-meter run, 2004-05-06)
Nickesha Anderson, Missouri Baptist (200-meter dash, 2005-06-07)
Aubrey Baxter, Black Hills State (S.D.) (weight throw, 2007-08-09)
Tina Peters, Goshen (Ind.) (3000-meter race walk, 2007-09-09)

OUTSTANDING PERFORMER

1981 Ralston Jacobs, Jackson State (Miss.)
1982 Cathy Schmidt, Saginaw Valley State (Mich.)
1983 Cathy Schmidt, Saginaw Valley State (Mich.)

1984	Tori Neubauer, Wisconsin-La Crosse
1985	Carol Williams, Mississippi Valley State
1986	Jane Romig-Brooker, Cedarville (Ohio)
1987	Cathy Taylor, Prairie View A&M (Texas)
1988	Leah Pells, Simon Fraser (B.C.)
1989	Yvonne Hollmann, Midland Lutheran (Neb.)
1990	Alana Kripps, Simon Fraser (B.C.)
1991	Barbara Smith, Prairie View A&M (Texas)
1992	Kim Vanderhoek, Simon Fraser (B.C.)
1993	Tigist Moreda, Wayland Baptist (Texas)
1994	Rosa Ibarra, Wayland Baptist (Texas)
1995	Fatimat Yusuf, Azusa Pacific (Calif.)
1996	Rosa Ibarra, Wayland Baptist (Texas)
1997	Jamey Mulske, Mary (N.D.)
1998	Zoila Stewart, Life (Ga.)
1999	Agne Visockaite, McKendree (Ill.)
2000	Agne Visockaite, McKendree (Ill.)
2001	Shannon Mihaltan, Hastings (Neb.)
2002	Agne Visockaite, McKendree (Ill.) Vivian Chukwemeka, Azusa Pacific (Calif.)
2003	Brianna Carstensen, Azusa Pacific (Calif.) Vivian Chukwemeka, Azusa Pacific (Calif.)
2004	Julie Howard, Simon Fraser (B.C.)
2005	Rosemary Okafor, McKendree (Ill.) Julia Howard, Simon Fraser (B.C.)
2006	Margaret Nakintu, Missouri Baptist
2007	Ruky Abdulai, Simon Fraser (B.C.)
2008	Sherene Pinnock, Wayland Baptist (Texas)
2009	Aubrey Baxter, Black Hills State (S.D.)

MOST VALUABLE PERFORMANCE

(based on total points scored in national meet competition)

2008	Ruky Abdulai, Simon Fraser (B.C.)
2009	Natasha Miller, Biola (Calif.)

COACH OF THE YEAR

1981	Martin Epps, Jackson State (Miss.)
1982	Dave Bethany, Texas Southern
1983	Porter Robinson, Texas Southern
1984	Barbara Jacket, Prairie View A&M (Texas)
1985	Milan Donley, Adams State (Colo.)
1986	John Creer, Wayland Baptist (Texas)
1987	Barbara Jacket, Prairie View A&M (Texas)
1988	John Creer, Wayland Baptist (Texas)
1989	Jim McMahan, Midland Lutheran (Neb.)
1990	Zenon Smiechowski, Simon Fraser (B.C.)
1991	Barbara Jacket, Prairie View A&M (Texas)
1992	Zenon Smiechowski, Simon Fraser (B.C.)
1993	Josh Culbreath, Central State (Ohio)
1994	Rick Beelby, Wayland Baptist (Texas)
1995	Artis Davenport, Southern-New Orleans (La.)
1996	Josh Culbreath, Central State (Ohio)
1997	Artis Davenport, Southern-New Orleans (La.)
1998	Zenon Smiechowski, Simon Fraser (B.C.)
1999	Gary White, McKendree (Ill.)
2000	Mike Thorson, Mary (N.D.)
2001	Fred Beile, Doane (Neb.)
2002	Mike Thorson, Mary (N.D.)
2003	Mike Barnett, Azusa Pacific (Calif.)
2004	Mike Barnett, Azusa Pacific (Calif.)
2005	Ford Mastin, Oklahoma Baptist
2006	Vincet Bingham, Missouri Baptist
2007	Ford Mastin, Oklahoma Baptist
2008	Brian Whitlock, Wayland Baptist
2009	Brian Whitlock, Wayland Baptist

ALL-TIME INDIVIDUAL CHAMPIONS

55-METER DASH

1981	Esther Hope, Jackson State (Miss.), 6.99*
1982	Kathrene Wallace, Texas Southern, 6.87*
1983	Kathrene Wallace, Texas Southern, 6.91*
1984	Kathrene Wallace, Texas Southern, 6.79*
1985	Kathrene Wallace, Texas Southern, 6.88*

1986	Nzael Kyomo, Wayland Baptist (Texas), 6.96*
1987	Marcia Brown, Wayland Baptist (Texas), 6.98*
1988	Comfort Igeh, Wayland Baptist (Texas), 6.93*
1989	Jeanette Pusey, Wayland Baptist (Texas), 6.98*
1990	Felicia Amajali, Missouri Baptist, 6.90*
1991	Faith Idehen, Missouri Baptist, 6.84*
1992	Layphane Carnagie, Central State (Ohio), 6.90*
1993	Layphane Carnagie, Central State (Ohio), 6.82*
1994	Savatheda Fynes, Southern-New Orleans (La.), 6.76*
1995	Chanteau White, Central State (Ohio), 6.97
1996	Catherine Pomales, Central State (Ohio), 6.85
1997	Cydonie Mothersill, Southern New-Orleans (La.), 6.96
1998	Nicole Duncan, Iowa Wesleyan, 6.91
1999	Agne Visockaite, McKendree (Ill.), 6.90
2000	Agne Visockaite, McKendree (Ill.), 6.83
2001	Betty-Ann Haywood, McKendree (Ill.), 7.10
2002	Agne Visockaite, McKendree (Ill.), 6.83
2003	Melissa Brown, Wayland Baptist (Texas), 7.07
2004	Melissa Branch, Wayland Baptist (Texas), 6.92
2005	Nickesha Anderson, Missouri Baptist, 6.95
2006	Lance Clarke, Missouri Baptist, 7.58+
2007	Nickesha Anderson, Missouri Baptist, 7.48+
2008	Kimberly Smith, Wayland Baptist, 7.40+
2009	Kimberly Smith, Wayland Baptist (Texas), 7.37 +

*60 yards

+60 meters

55-METER HURDLES

1981	Linda Weekly, Texas Southern, 7.79*
1982	Linda Weekly, Texas Southern, 7.96*
1983	Arnita Epps, Texas Southern, 8.06*
1984	Thomasina Busch, Hampton (Va.), 7.81*
1985	Maria Usifo, Texas Southern, 7.82*
1986	Brenda Jarvis, Adams State (Colo.), 8.00*
1987	Melody Robinson, Midland Lutheran (Neb.), 7.98*
1988	Martha Hans, Siena Heights (Mich.), 7.96*
1989	Brenda Braun, Moorhead State (Minn.), 8.30*
1990	Tiajuana Newell, Findlay (Ohio), 8.35*
1991	Carolyn Sterling, Central State (Ohio), 8.00*
1992	Kim Vanderhoek, Simon Fraser (B.C.), 8.02*
1993	Carolyn Sterling, Central State (Ohio), 7.75*
1994	Michelle Campbell, Azusa Pacific (Calif.), 8.05*
1995	Catherine Pomales, Central State (Ohio), 7.74
1996	Catherine Pomales, Central State (Ohio), 7.80
1997	Carrie Plumley, Southwestern (Kan.), 8.20
1998	Shanda Spurlock, Olivet Nazarene (Ill.), 7.96
1999	Shanda Spurlock, Olivet Nazarene (Ill.), 7.98
2000	Vanessa Fryer, Simon Fraser (B.C.), 7.96
2001	Shannon Mihaltan, Hastings (Neb.), 8.18
2002	Kareecia Thompson, MidAmerica Nazarene (Kan.), 8.04
2003	Kareecia Thompson, MidAmerica Nazarene (Kan.), 7.89
2004	Daveetta Shepherd, Lindenwood (Mo.), 7.81
2005	Kareecia Thompson, MidAmerica Nazarene (Kan.), 8.05
2006	LaToya Greaves, Oklahoma Baptist, 8.42*+
2007	Shannon Hellman, South Dakota Mines & Tech, 8.63
2008	Shannon Hellman, Black Hills State, 8.60
2009	Zora Golcevska, Azusa Pacific (Calif.), 8.76

*60 yards

+60 meters

200-METER DASH

1995	Fatimat Yusuf, Azusa Pacific (Calif.), 23.64
1996	Fatimat Yusuf, Azusa Pacific (Calif.), 23.50
1997	Cydonie Mothersill, Southern New-Orleans (La.) 24.06
1998	Agne Visockaite, McKendree (Ill.), 24.04
1999	Agne Visockaite, McKendree (Ill.), 23.92
2000	Agne Visockaite, McKendree (Ill.), 23.50
2001	Betty-Ann Haywood, McKendree (Ill.), 24.28
2002	Agne Visockaite, McKendree (Ill.), 24.73
2003	Angilla Corlette, Lindenwood (Mo.), 24.54
2004	Danielle Norville, Lindenwood (Mo.), 24.16
2005	Nickesha Anderson, Missouri Baptist, 23.79

2006	Nickesha Anderson, Missouri Baptist, 23.60
2007	Nickesha Anderson, Missouri Baptist, 23.59
2008	Kimberly Smith, Wayland Baptist (Texas), 24.44
2009	Kimberly Smith, Wayland Baptist (Texas), 24.34

400-METER DASH

1981	Yvonne Joseph, Jackson State (Miss.), 57.96*
1982	Loretta Edwards, Prairie View A&M (Texas), 57.32*
1983	Joyce Townson, Texas Southern, 56.87*
1984	Margaret Gamble, Prairie View A&M (Texas), 56.30*
1985	Carol Williams, Mississippi Valley State 55.44*
1986	Jocelyn Tatum, Prairie View A&M (Texas), 55.72*
1987	Densie Bullock, Chicago State (Ill.), 55.68*
1988	Airat Bakare, Azusa Pacific (Calif.), 56.37*
1989	Airat Bakare, Azusa Pacific (Calif.), 56.88*
1990	Carol Bailey, Concordia (Neb.), 56.83*
1991	Alwren Wallace, Central State (Ohio), 56.87*
1992	Deon Hemmings, Central State (Ohio), 56.93*
1993	Fatimat Yusuf, Southern-New Orleans (La.), 54.60*
1994	Fatimat Yusuf, Southern-New Orleans (La.), 54.00*
1995	Fatimat Yusuf, Azusa Pacific (Calif.), 53.24
1996	Fatimat Yusuf, Azusa Pacific (Calif.), 53.05
1997	Altrice Taylor, Southern New-Orleans (La.), 56.22
1998	Zoila Stewart, Life (Ga.), 55.14
1999	Zoila Stewart, Life (Ga.), 56.43
2000	Sedell Roberts, Life (Ga.), 55.66
2001	Sharline Maxwell, Briar Cliff (Iowa), 56.05
2002	Sharline Maxwell, Briar Cliff (Iowa), 55.55
2003	Janessa Lepp, Azusa Pacific (Calif.), 57.15
2004	Niema Golphin, Azusa Pacific (Calif.), 54.95
2005	Rosemary Okafor, McKendree (Ill.), 54.56
2006	Nickesha Anderson, Missouri Baptist, 54.72
2007	Patricia Mayers, Wayland Baptist (TX), 54.59
2008	Marissa Moseley, Oklahoma Baptist, 54.41
2009	Marissa Moseley, Oklahoma Baptist, 54.85

*440 yards

600-YARD RUN

1981	Radious Jacobs, Jackson State (Miss.), 1:27.09
1982	Easter Gabriel, Prairie View A&M (Texas), 1:23.97
1983	Easter Gabriel, Prairie View A&M (Texas), 1:23.76
1984	Julie Jenkins, Adams State (Colo.), 1:21.78
1985	LaVonda Lockett, Prairie View A&M (Texas), 1:25.19
1986	LaVonda Lockett, Prairie View A&M (Texas), 1:24.46
1987	LaVonda Lockett, Prairie View A&M (Texas), 1:26.64
1988	Airat Bakare, Azusa Pacific (Calif.), 1:24.31
1989	Vida Alexander, Lubbock Christian (Texas), 1:23.36
1990	Monica Stevenson, Malone (Ohio), 1:27.39
1991	Audrea Sterling, Central State (Ohio), 1:25.87
1992	Audrea Sterling, Central State (Ohio), 1:21.88
1993	Audrea Sterling, Central State (Ohio), 1:25.23
1994	Audrea Sterling, Central State (Ohio), 1:24.42

600-METER RUN

1996	Selisha Hudson, Southern-New Orleans (La.), 1:35.42
1997	Erin Boziel, Jamestown (N.D.), 1:33.95
1998	Steph Miller, Southern Nazarene (Okla.), 1:33.08
1999	Nadia Cunningham, McKendree (Ill.), 1:36.11
2000	Shernette Davis, McKendree (Ill.), 1:33.30
2001	Letitia Gilkes, Wayland Baptist (Texas), 1:32.36
2002	Nadia Cunningham, McKendree (Ill.), 1:34.37
2003	Crystal Bethell, Park (Mo.), 1:32.63
2004	Crystal Bethel, Park (Mo.), 1:32.74
2005	Keyonna Hornbuckle, Oklahoma Baptist, 1:34.09
2006	Kyli Bean, Oklahoma Baptist, 1:32.35
2007	Amanda Mayfield, Oklahoma Baptist, 1:32.32
2008	Sherene Pinnock, Oklahoma Baptist, 1:30.53
2009	Brandee Means, Langston (Okla.), 1:31.09

800-METER RUN

1981	Donna Bean, Jackson State (Miss.), 2:16.38*
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1982	Cathy Schmidt, Saginaw Valley State (Mich.), 2:18.95*
1983	Cathy Schmidt, Saginaw Valley State (Mich.), 2:15.65*
1984	Colleen Booms, Saginaw Valley State (Mich.), 2:16.13*
1985	Julie Jenkins, Adams State (Colo.), 2:10.69*
1986	Cathy Taylor, Prairie View A&M (Texas), 2:14.96*
1987	Cathy Taylor, Prairie View A&M (Texas), 2:13.76*
1988	Chris Wagner, Simon Fraser (B.C.), 2:11.46*
1989	Vida Alexander, Lubbock Christian (Texas), 2:14.72*
1990	Alana Kripps, Simon Fraser (B.C.), 2:13.86*
1991	Barbara Smith, Prairie View A&M (Texas), 2:15.71*
1992	Sherdon Smith, Central State (Ohio), 2:15.14*
1993	Sherdon Smith, Central State (Ohio), 2:13.80*
1994	Dytonya Maryland, Prairie View A&M (Texas), 2:14.34*
1995	Vernetta Rolle, Southern-New Orleans (La.), 2:14.06
1996	Steph Miller, Southern Nazarene (Okla.), 2:17.00
1997	Stephanie Minto, Southern-New Orleans (La.), 2:15.06
1998	Zoila Stewart, Life (Ga.), 2:13.78
1999	Laura Peterson, Wisconsin-Parkside, 2:15.37
2000	Leontine Tsiba, Life (Ga.), 2:10.08
2001	Leontine Tsiba, Life (Ga.), 2:08.68
2002	Brandy Bratton, Oklahoma Baptist, 2:11.42
2003	Julia Howard, Simon Fraser (B.C.), 2:14.20
2004	Tara McAvena, Dickinson State (N.D.), 2:15.16
2005	Rebecca Johnstone, Simon Fraser (B.C.), 2:10.74
2006	Margaret Nakintu, Missouri Baptist, 2:07.87
2007	Wesleigh Jastorff, Black Hills State (SD), 2:15.25
2008	Jessica Smith, Simon Fraser (B.C.), 2:13.33
2009	Helen Crofts, Simon Fraser (B.C.), 2:12.11

*880 Yards

1000-YARD RUN

1981	Donna Bean, Jackson State (Miss.), 2:40.36
1982	Cathy Schmidt, Saginaw Valley State (Mich.), 2:39.83
1983	Cathy Schmidt, Saginaw Valley State (Mich.), 2:37.43
1984	Colleen Booms, Saginaw Valley State (Mich.), 2:40.90
1985	Jane Romig, Cedarville (Ohio), 2:38.19
1986	Jane Romig-Brooker, Cedarville (Ohio), 2:36.13
1987	Cathy Taylor, Prairie View A&M (Texas), 2:37.45
1988	Michelle Marter-Rohl, Wisconsin-Parkside, 2:38.06
1989	Barbara Smith, Prairie View A&M (Texas), 2:39.72
1990	Barbara Smith, Prairie View A&M (Texas), 2:40.73
1991	Barbara Smith, Prairie View A&M (Texas), 2:42.22
1992	Ruth Hamilton, Lubbock Christian (Texas), 2:37.52
1993	Sherdon Smith, Central State (Ohio), 2:35.75
1994	Elizabeth Onyambu, Biola (Calif.), 2:34.23

1000-METER RUN

1996	Carolyn Murray, Simon Fraser (B.C.), 2:53.63
1997	Michelle Teodoro, Azusa Pacific (Calif.), 2:55.09
1998	Heather deGeest, Simon Fraser (B.C.), 2:51.30
1999	Heather deGeest, Simon Fraser (B.C.), 2:58.02
2000	Chrystall Denaeyer, Azusa Pacific (Calif.), 2:55.58
2001	Eszter Erdelyi, Central Methodist (Mo.), 2:53.08
2002	Brianna Carstensen, Azusa Pacific (Calif.), 2:58.09
2003	Brianna Carstensen, Azusa Pacific (Calif.), 2:50.54
2004	Julia Howard, Simon Fraser (B.C.), 2:49.41
2005	Julia Howard, Simon Fraser (B.C.), 2:53.23
2006	Julia Howard, Simon Fraser (B.C.), 2:48.69
2007	Carmin Green, Olivet Nazarene (IL), 2:55.85
2008	Beth McCubbin, Embry-Riddle (Fla.), 2:54.28
2009	Beth McCubbin, Embry-Riddle (Fla.), 2:55.81

MILE RUN

1981	Kellie Benzow, Wisconsin-Parkside, 5:11.63
1982	Debbie Spino, Wisconsin-Parkside, 5:11.46
1983	Leslie Devereaux, Texas Southern, 5:04.49
1984	Tori Neubauer, Wisconsin-La Crosse, 4:59.20
1985	Kate Somers, Wisconsin-Eau Claire, 5:00.03
1986	Kelly McCammon, Emporia State (Kan.), 5:02.09
1987	Donna Spickelmier, Kearney State (Neb.), 4:57.78
1988	Leah Pells, Simon Fraser (B.C.), 4:43.68

1989	Yvonne Hollmann, Midland Lutheran (Neb.), 5:06.51
1990	Sarah Howell, Simon Fraser (B.C.), 5:03.22
1991	Sarah Howell, Simon Fraser (B.C.), 4:55.11
1992	Sarah Howell, Simon Fraser (B.C.), 4:51.51
1993	Lara Leitch, Simon Fraser (B.C.), 4:52.85
1994	Suzanne Weeder, Doane (Neb.), 4:55.73
1995	Valerie Niese, Wisconsin-Parkside, 5:03.19
1996	Heather deGeest, Simon Fraser (B.C.), 4:49.51
1997	Heather deGeest, Simon Fraser (B.C.), 4:53.43
1998	Carolyn Murray, Simon Fraser (B.C.), 4:57.48
1999	Sarah Korir, McKendree (Ill.), 5:04.85
2000	Leontine Tsiba, Life (Ga.), 4:57.56
2001	Leontine Tsiba, Life (Ga.), 4:52.05
2002	Kristy Feldman, Graceland (Iowa), 4:55.59
2003	Evelina Slatinska, Central Methodist (Mo.), 5:12.28
2004	Evelina Slatinska, Central Methodist (Mo.), 4:56.19
2005	Julia Howard, Simon Fraser (B.C.), 4:59.01
2006	Margaret Nakintu, Missouri Baptist, 4:48.58
2007	Bethany McCoy, Olivet Nazarene (Ill.), 4:58.63
2008	Bethany Carr, Olivet Nazarene (Ill.), 4:53.65
2009	Jaime Canterbury, Azusa Pacific (Calif.), 4:53.65

3000-METER RUN

1981	Wendy Burman, Wisconsin-Parkside, 10:47.16*
1982	Angie Pikschus, Ozarks (Mo.), 10:40.47*
1983	Tori Neubauer, Wisconsin-La Crosse, 10:22.21*
1984	Tori Neubauer, Wisconsin-La Crosse, 10:23.02*
1985	Julia Zimmer, Marquette (Wis.), 10:49.46*
1986	Lynn Bouche, Wisconsin-Milwaukee, 10:47.33*
1987	Gina Van Laar, Hillsdale (Mich.), 10:46.81*
1988	Michelle Marter-Rohl, Wisconsin-Parkside, 10:28.96*
1989	Yvonne Hollmann, Midland Lutheran (Neb.), 10:23.68*
1990	Yvonne Hollmann, Midland Lutheran (Neb.), 10:58.62*
1991	Sarah Howell, Simon Fraser (B.C.), 10:22.37*
1992	Amy Giblin, Adams State (Colo.), 10:32.29*
1993	Tigist Moreda, Wayland Baptist (Texas), 10:27.30*
1994	Rosa Ibarra, Wayland Baptist (Texas), 10:53.62*
1995	Jodie Young, Wayland Baptist (Texas), 10:05.79
1996	Rosa Ibarra, Wayland Baptist (Texas), 9:49.23
1997	Cari Rampersad, Simon Fraser (B.C.), 9:37.73
1998	Cari Rampersad, Simon Fraser (B.C.), 9:40.96
1999	Desneige McLean, Simon Fraser (B.C.), 9:55.54
2000	Desneige McLean, Simon Fraser (B.C.), 9:59.52
2001	Mary Livengood, Doane (Neb.), 9:59.23
2002	Chrisie Gregory, Fresno Pacific (Calif.), 10:13.70
2003	Chrisie Gregory, Fresno Pacific (Calif.), 10:10.12
2004	Kristina Proticova, Northwest (Wash.), 10:10.47
2005	Brianna Carstensen, Azusa Pacific (Calif.), 9:55.95
2006	Miriam Kaumba, Oklahoma Baptist, 9:30.06
2007	Genevieve Binsfeld, Minot State (ND), 9:57.96
2008	Jamie Canterbury, Azusa Pacific (Calif.), 10:10.40
2009	Caroline Karunde, Wayland Baptist (Texas), 9:42.60

*Two mile run

5000-METER RUN

1988	Kim Burke, Central Washington, 16:31.99*
1989	Amber Anderson, Midland Lutheran (Neb.), 16:45.64*
1990	Terry Villarreal, Adams State (Colo.), 16:52.85*
1991	Amber Anderson, Midland Lutheran (Neb.), 16:40.63*
1992	Paula Stokman, Wisconsin-Parkside, 16:04.85*
1993	Tigist Moreda, Wayland Baptist (Texas), 16:41.73*
1994	Rosa Ibarra, Wayland Baptist (Texas), 17:24.03*
1995	Tracey Pope, Wisconsin-Parkside, 17:50.23
1996	Rosa Ibarra, Wayland Baptist (Texas), 17:40.23
1997	Josephine Kandie, Life (Ga.), 17:18.22
1998	Sarah Korir, McKendree (Ill.), 17:40.04
1999	Sarah Korir, McKendree (Ill.), 17:55.12
2000	Sarah Korir, McKendree (Ill.), 17:18.17
2001	Missy Almond, Malone (Ohio), 18:00.01
2002	Genevieve Graff-Ermeling, Concordia (Calif.), 17:45.85
2003	Marta Zimon, Milligan (Tenn.), 17:47.02

2004	Kim Cipura, Roberts Wesleyan (N.Y.), 17:40.61
2005	Mirian Kaumba, Oklahoma Baptist, 16:20.97
2006	Betty Rotich, Missouri Baptist, 16:48.00
2007	Petrana Petkova, Goshen (IN), 17:44.99
2008	Alissa McKaig, Indiana Tech, 16:45.07
2009	Nicole Santos, Cedarville (Ohio), 17:15.31

*Three mile run

3000-METER RACE WALK

2000	Sara Stevenson, Olivet Nazarene (Ill.), 14:02.85
2001	Amber Antonia, Wisconsin-Parkside, 16:04.68
2002	Amber Antonia, Wisconsin-Parkside, 13:56.06
2003	Magda Spyra, Mary (N.D.), 15:31.17
2004	Kate Brooker, Simon Fraser (B.C.), 16:26.24
2005	Anine Stanley, Lindsey Wilson (Ky.), 16:05.61
2006	Amanda Gorst, Virginia Intermont, 14:39.30
2007	Tina Peters, Goshen (Ind.), 14:50.36
2008	Tina Peters, Goshen (Ind.), 15:22.43
2009	Tina Peters, Goshen (Ind.), 14:58.96

1600-METER RELAY

1981	Mississippi Valley State (Harvellia Newsome, Vogel Newsome, Vanessa Cole, Carol D. Williams), 3:55.81*
1982	Prairie View A&M (Texas) (Sheila Labome, Cynthia Bosie, Loretta Edwards, Easter Gabriel), 3:47.23*
1983	Prairie View A&M (Texas) (Sheila Labome, Norrie McAfee, Lynn Gamble, Easter Gabriel), 3:48.31*
1984	Prairie View A&M (Texas) (LaVonda Luckett, Norrie McAfee, Margaret Gamble, Jocelyn Tatum), 3:47.13*
1985	Prairie View A&M (Texas) (Deirdre Jackson, Norrie McAfee, Evan Williams, LaVonda Luckett), 3:51.46*
1986	Wayland Baptist (Texas) (Starlette Daniels, Reater Golston, Florence Ushieagu, Comfort Igeh), 3:55.31*
1987	Prairie View A&M (Texas) (LaVonda Luckett, Cathy Taylor, Evan Williams, Jocelyn Tatum), 3:51.37*
1988	Wayland Baptist (Texas) (Vickie Aoko, Comfort Igeh, Kendra Reeves, Althea Thomas), 3:51.59*
1989	Prairie View A&M (Texas) (Rhonda Lampkin, Celsia Shy, Mary Miller, Wanda Clay), 3:45.73*
1990	Prairie View A&M (Texas) (Rhonda Lampkin, Tracey Garrison, Celsia Shy, Barbara Smith), 3:55.44*
1991	Central State (Ohio) (Alwren Wallace, Deon Hemmings, Audrea Sterling, Sherdon Smith), 3:51.91*
1992	Simon Fraser (B.C.) (Michaela Colluney, Kendall Matheson, Kim Vanderhoek, Sarah Howell), 3:56.68*
1993	Prairie View A&M (Texas) (Cecilia Crear, Kalimba Perry, Lytonia Edwards, Christine Gray), 3:52.30*
1994	Central State (Ohio) (Althea Edwards, Beverley Grant, Antonette Jones, Catharine Scott-Pomales), 3:48.91*
1995	Southern-New Orleans (La.) (Christine Smith, Altrice Taylor, Selisha Hudson, Vernetta Rolle), 3:41.18
1996	Southern-New Orleans (La.) (Christine Smith, Altrice Taylor, Tracyan Baker, Selisha Hudson), 3:48.3 h
1997	Southern-New Orleans (La.) (Lesaka Morgridge, Tameca Williams, Altrice Taylor, Stephanie Minto), 3:48.45
1998	Life (Ga.) (Camille Clark, Neketa Sears, Sherese Collie, Zoila Stewart), 3:47.41
1999	Azusa Pacific (Calif.) (Marie Womplou, Stephanie McCann, Amber Higgins, Chrystall DeNayer), 3:54.79
2000	McKendree (Ill.) (Althea Johnson, Denica Davis, Petrona McClymont, Agne Visockaite), 3:48.19
2001	Wayland Baptist (Texas) (Keisha Esprit, Letitia Gilkes, Letitia Davis, Carissa Graves), 3:52.41
2002	McKendree (Ill.) (Betty-Ann Haywood, Shernette Davis, Agne Visockaite, Nadia Cunningham), 3:48.32
2003	Azusa Pacific (Calif.) (Nicole Shaw, Niema Golphin, Nicole Rosencrantz, Janessa Lepp), 3:52.83
2004	Mary (N.D.) (Latasha Rudolph, Femi Kehinde, Mollie Hoff, Bukky Hassan), 3:48.88
2005	Oklahoma Baptist (Keyonna Hornbuckle, Melissa Mount, Kyta Ferrer, Kyli Bean), 3:49.24
2006	Oklahoma Baptist (Kyli Bean, Chandra Huckabay, Kyta Willets, Nickiesha Wilson) 3:46.85
2007	Wayland Baptist (TX) (Keliesha Ross, Akisha Simmons, Kydia Echols, Patricia Mayers), 3:42.95
2008	Oklahoma Baptist, (Marissa Moseley, Yesenia Avila, Aletha Hubbard, Sherene Pinnock), 3:45.03
2009	Oklahoma Baptist, (Marissa Moseley, Sarah Patterson, Shondia Drew, Verone Chambers), 3:47.35

*one mile

h - hand-timed

3200-METER RELAY

1981	Jackson State (Miss.) (Donna Bean, Gina Smith, Brenda Owens, Radious Jacobs), 9:30.49*
1982	Texas Southern (Madonna Redd, Sandra Scott, Tawonna Thompson, Cheritta Jackson), 9:19.17*
1983	Prairie View A&M (Texas) (Regina Bennett, Cynthia Bosie, Easter Gabriel, Lillie Taylor), 9:18.69*
1984	Saginaw Valley State (Mich.) (Sandy Niedergall, Kelly Vasold, Andrea Bowman, Colleen Booms), 9:20.50*
1985	Prairie View A&M (Texas) (Regina Bennett, Brynette Smith, LaVonda Luckett, Cathy Taylor), 9:15.44*
1986	Prairie View A&M (Texas) (Sandra Latham, Norrie McAfee, LaVonda Luckett, Cathy Taylor), 9:17.24*
1987	Wisconsin-Milwaukee (Amy Simonsen, Carrie Huen, Anne Hills, Corrina Zimbowski), 9:25.37*
1988	Simon Fraser (B.C.) (Sarah Howell, Lori Ewing, Leah Pells, Chris Wagner), 9:00.40*
1989	Midland Lutheran (Neb.) (Mary Beaumont, Amber Anderson, Tanya Vaughn, Yvonne Hollmann), 9:16.46*
1990	Simon Fraser (B.C.) (Sarah Howell, Caroline Fraser, Monica O'Gorman, Alana Kripps), 9:15.92*
1991	Hillsdale (Mich.) (Carrie Ham, Cathy Edwards, Shelly Waugh, Elizabeth Bolden), 9:28.97*
1992	Simon Fraser (B.C.) (Michaela Colluney, Lara Leitch, Lindsay McLaren, Sarah Howell), 9:11.64*
1993	Simon Fraser (B.C.) (Michaela Colluney, Lindsay McLaren, Aundrea Bertoia, Lara Leitch), 9:18.85*
1994	Hillsdale (Mich.) (Jennifer Stevenson, Joy Wright, Sara Petta, Cathy Edwards), 9:24.39*
1995	Southern-New Orleans (La.) (Christine Smith, Patrice Peart, Lesaka Morgridge, Vernetta Rolle), 9:11.34
1996	Southern-New Orleans (La.) (Christine Smith, Stephanie Mito, Lesaka Morgridge, Selisha Hudson), 9:16.95
1997	Simon Fraser (B.C.) (Kristy Zychowka, Carolyn Murray, Laena Garrison, Heather deGeest), 9:12.80

1998	Simon Fraser (B.C.) (Carolyn Murray, Jeannette Vandenburg, Cari Rampersad, Heather deGeest), 9:11.96
1999	Concordia (Neb.) (Stacey Hain, Rachel Geidel, Andrea Overstreet, Julie Reinke), 9:21.61
2000	McKendree (Ill.) (Josephine Suge, Petrona McClymont, Sarah Korir, Shernette Davis), 9:06.53
2001	Spring Arbor (Mich.) (Natalie Kendall, Heidi Bock, Michelle Klein, Meran Miles), 9:20.56
2002	Oklahoma Baptist (Amber Statts, Kari Hart, Sarah Phillips, Brandy Bratton), 9:13.84
2003	Azusa Pacific (Calif.) (Laurie Ramirez, Marissa Reeber, Lisette Saucedo, Brianna Carstensen), 9:07.06
2004	Black Hills State (S.D.) (Kendra Karst, Liz Woodruff, Jamie Hahn, Angi Azmann), 9:09.00
2005	Oklahoma Baptist (Chandra Huckabay, Andrea Mount, Melissa Mount, Kyta Ferrer), 9:06.93
2006	Simon Fraser (B.C.) (Alexandra Krasovska, Heather Mancell, Rebecca Johnstone, Julia Howard) 8:50.86
2007	Oklahoma Baptist (Kisha Gaspard, Amanda Mayfield, Kyli Bean, Sherene Pinnock), 9:06.52
2008	Wayland Baptist (Elva Pedroza, Erin Britton, Kydia Echols, Purity Biwott), 9:15.53
2009	Wayland Baptist (Elva Pedroza, Erin Britton, Caroline Karunde, Purity Biwott), 8:58.54

*two-miles

DISTANCE MEDLEY RELAY

1982	Texas Southern (Jeanice Gunner, Cheritta Jackson, Tawonna Thompson, Leslie Devereaux), 12:41.01
1983	Wisconsin-La Crosse (Mary Kastelic, Patty Heimerman, Doreen Ludlow, Tori Neubauer), 12:09.55
1984	Midland (Neb.) (Shelly Downer, Virgie Buller, Susan Downer, Karla Christensen), 12:02.93
1985	Midland (Neb.) (Shelly Downer, Virgie Buller, Susan Downer, Karla Christensen), 12:04.52
1986	Kearney State (Neb.) (Deb Spickelmier, Tatia Harris, Barb Herbek, Donna Spickelmier), 12:10.77
1987	Kearney State (Neb.) (Beth Wilson, Tatia Harris, Becky Muma, Donna Spickelmier), 12:26.18
1988	Simon Fraser (B.C.) (Alana Kripps, Lori Ewing, Chris Wagner, Leah Pells), 11:48.94
1989	Midland Lutheran (Neb.) (Mary Beaumont, Kris Pierce, Amber Anderson, Yvonne Hollmann), 12:03.29
1990	Simon Fraser (B.C.) (Alana Kripps, Michaela Colluney, Caroline Fraser, Sarah Howell), 12:08.11
1991	Hillsdale (Mich.) (Tina McKinney, Michelle Jefferson, Shelly Waugh, Debbie Pascoe), 12:19.25
1992	Simon Fraser (B.C.) (Lara Leitch, Lisa Thiele, Lindsay McLaren, Sarah Howell), 12:05.72
1993	Simon Fraser (B.C.) (Lara Leitch, Michaela Colluney, Aundrea Bertoia, Lindsay McLaren), 12:05.03
1994	Hillsdale (Mich.) (Cathy Edwards, Danielle Butler, Jennifer Stevenson, Joy Wright), 12:14.84
1995	Wisconsin-Parkside (Magda Tamas, Jennifer Moss, Amy Haines, Valerie Niese), 12:14.43
1996	Simon Fraser (B.C.) (Carolyn Murray, Jean Van Den Bulk, Cari Rampersad, Heather deGeest), 12:00.08
1997	Simon Fraser (B.C.) (Cari Rampersad, Carolyn Murray, Stephanie McCann, Heather deGeest), 12:00.39
1998	Simon Fraser (B.C.) (Carolyn Murray, Vanessa Fryer, Cari Rampersad, Heather deGeest), 11:45.09
1999	Simon Fraser (B.C.) (Desneige McLean, Jeanette Van Den Bulk, Carlene Daniels, Heather deGeest), 12:07.60
2000	Life (Ga.) (Letiwe Marakurwa, Tamishia Gonzalez, Betty Butler, Leontine Tsiba), 12:02.15
2001	Central Methodist (Mo.) (Agatha Gitundu, Naemah Clark, Chasity Hank, Eszter Erdelyi), 12:17.05
2002	Azusa Pacific (Calif.) (Christine Krause, Nicole Rosencrantz, Tanisha White, Brianna Carstensen), 12:08.25
2003	Azusa Pacific (Calif.) (Christin Krause, Laurie Ramirez, Lisette Saucedo, Brianna Carstensen), 11:54.52
2004	Simon Fraser (B.C.) (Rebecca Johnstone, Grace Dunnigan, Julie Howard, Natasha Wodak), 11:57.24
2005	Simon Fraser (B.C.) (Julie Howard, Meredith MacGregor, Alexandra Krasovska, Rebecca Johnstone), 11:43.08
2006	Simon Fraser (B.C.) (Julia Howard, Grace Dunnigan, Rebecca Johnstone, Meredith MacGregor) 11:45.71
2007	Simon Fraser (B.C.) (Heather Mancell, Traci Boss, Kristin Kolstad, Meredith MacGregor), 11:48.57
2008	Simon Fraser (B.C.) (Jessica Smith, Ali Hudson, Heather Mancell, Kristen Kolstad), 11:55.29
2009	Simon Fraser (B.C.) (Heather Mancell, Breanne Carter, Jessica Smith, Helen Crofts), 12:05.97

HIGH JUMP

1981	Vivian Garner, Jackson State (Miss.), 1.70 (5-7)
1982	Paula Benne, MidAmerica Nazarene (Kan.), 1.65 (5-5)
1983	Leanna Jackson, Adams State (Colo.), 1.80 (5-11)
1984	Sybil Reddick, Texas Southern, 1.70 (5-7)
1985	Alberta Thomas, Ozarks (Mo.), 1.73 (5-8)
1986	Erika Hohenstein, Moorhead State (Minn.), 1.70 (5-7)
1987	Sandy Andrews, Midland Lutheran (Neb.), 1.70 (5-7)
1988	Kelly Cox, Missouri Baptist, 1.81 (5-11 ½)
1989	Latrese Johnson, Azusa Pacific (Calif.), 1.78 (5-10)
1990	Latrese Johnson, Azusa Pacific (Calif.), 1.83 (6-0)
1991	Latrese Johnson, Azusa Pacific (Calif.), 1.78 (5-10)
1992	Jana Hochstetler, Doane (Neb.), 1.76 (5-9)
1993	Michelle Laviolette, Simon Fraser (B.C.), 1.78 (5-10)
1994	Corinna Wolf, Simon Fraser (B.C.), 1.76 (5-9 ¼)
1995	Selisha Hudson, Southern-New Orleans (La.), 1.70 (5-7)
1996	Corinna Wolf, Simon Fraser (B.C.), 1.75 (5-9)
1997	Kerrie O'Sullivan, Linfield (Ore.), 1.70 (5-7)
1998	Karen Fink, Doane (Neb.), 1.70 (5-7)
1999	Mandy Schroeder, Mary (N.D.), 1.75 (5-9)
2000	Desa Ray Doyle, Dakota State (S.D.), 1.68 (5-6)
2001	Nickey McClaine, Life (Ga.), 1.80 (5-10 ¾)
2002	Amber Nixon, Westmont (Calif.), 1.74 (5-08 ½)
2003	Erica O'Hara, Wilberforce (Ohio), 1.77 (5-9 ¾)
2004	Petra Earls, MidAmerica Nazarene (Kan.), 1.72 (5-07 ¾)
2005	Ruky Abdulai, Simon Fraser (B.C.), 1.70 (5-07)
2006	Ruky Abdulai, Simon Fraser (B.C.), 1.80 (5-10 ¾)

2007	Ruky Abdulai, Simon Fraser (B.C.), 1.80 (5-10 ¾)
2008	Ruky Abdulai, Simon Fraser (B.C.), 1.75 (5-8 ¾)
2009	Katie Bartels, Doane (Neb.), 1.70 (5-07)

SHOT PUT

1981	Karen Waddell, Prairie View A&M (Texas), 14.23 (46-8 ½)
1982	Karen Waddell, Prairie View A&M (Texas), 14.58 (47-10 ¼)
1983	Karen Waddell, Prairie View A&M (Texas), 14.93 (49-4)
1984	LuAnn Soderling, Nebraska Wesleyan, 15.06 (49-5)
1985	Beth Stuart, Kearney State (Neb.), 14.00 (45-11 ¼)
1986	Sharon Harrison, Prairie View A&M (Texas), 15.20 (49-10 ½)
1987	Beth Stuart, Kearney State (Neb.), 15.44 (50-8)
1988	Liz Mulvihill, Bemidji State (Minn.), 15.55 (51-0 1/4)
1989	Patti Fitzgerald, Bemidji State (Minn.), 13.61 (44-8)
1990	Kathleen Gottberg, Western Oregon, 14.42 (47-3 ¾)
1991	Tiffany Johnson, Mary (N.D.), 13.79 (45-3)
1992	Cecilia Gunn, Emporia State (Kan.), 14.76 (48-5)
1993	Heather Rhoadarmer, Doane (Neb.), 14.25 (46-9)
1994	Heather Rhoadarmer, Doane (Neb.), 14.47 (47-5 ¾)
1995	Michelle Hagge, Wayland Baptist (Texas), 14.59 (47-10 ½)
1996	Dagmar Flynt, Azusa Pacific (Calif.), 14.96 (49-1)
1997	Michelle Hagge, Wayland Baptist (Texas), 14.89 (48-10 ¼)
1998	Donelle Carter, Minot State (N.D.), 15.61 (51-2 ¾)
1999	Donelle Carter, Minot State (N.D.), 15.55 (51-0 ¼)
2000	April Kockrow, Doane (Neb.), 14.62 (47-11 ¾)
2001	Tanya Thomas, McKendree (Ill.), 14.8 (48-06 ¾)
2002	Vivian Chukwuemeka, Azusa Pacific (Calif.), 17.46 (57-03 ½)
2003	Vivian Chukwuemeka, Azusa Pacific (Calif.), 18.03 (59-2)
2004	Vivian Chukwuemeka, Azusa Pacific (Calif.), 17.35 (56-11 ¼)
2005	Vivian Chukwuemeka, Azusa Pacific (Calif.), 17.74 (58-02 ½)
2006	Shernelle Nicholls, Missouri Baptist, 14.93 (48-11 ¾)
2007	Aubrey Baxter, Black Hills State (S.D.), 15.62 (51-3)
2008	Jessica Becker, Bethany (Kan.), 15.39 (50-6)
2009	Aubrey Baxter, Black Hills State (S.D.), 16.57 (54-04 ½)

POLE VAULT

1997	Ashley Hickman, Azusa Pacific (Calif.), 3.20 (10-6)
1998	Kristen Peterson, Eastern Oregon, 3.51 (11-6)
1999	Stephanie McCann, Azusa Pacific (Calif.), 3.51 (11-6)
2000	Kari Wilson, Mary (N.D.), 3.51 (11-6)
2001	Krystal Laughlin, Huston-Tillotson (Texas), 3.74 (12-3 ¼)
2002	Kari Wilson, Mary (N.D.), 3.81 (12-06)
2003	Steph Bebermiss, Concordia (Neb.), 3.70 (12-1 ½)
2004	Kristin Schwehr, Mary (N.D.), 3.8 (12-05 ½)
2005	Jen Sturzynski, Roberts Wesleyan (N.Y.), 4.00 (13-01 ½)
2006	Amanda Haines, Siena Heights (Mich.), 3.80 (12-05 ½)
2007	Jessie Gallaher, Concordia (OR), 4.20 (13-09 ¼)
2008	Kelsey Aide, Dickinson State (N.D.), 3.65 (11-11 ¾)
2009	Brianna Shippy, Oklahoma Baptist, 3.75 (12-03 ½)

LONG JUMP

1981	Lori Risenhoover, Adams State (Colo.), 5.66 (18-7)
1982	Thomasina Busch, Hampton (Va.), 5.91 (19-4 ¾)
1983	Kathrene Wallace, Texas Southern, 6.27 (20-7)
1984	Kathrene Wallace, Texas Southern, 6.28 (20-7 ½)
1985	Lori Risenhoover, Adams State (Colo.), 5.99 (19-8)
1986	Comfort Igeh, Wayland Baptist (Texas), 6.21 (20-4 ¾)
1987	Michelle Neal, Prairie View A&M (Texas), 5.97 (19-7)
1988	Raquel Andrews, Prairie View A&M (Texas), 6.07 (19-11)
1989	Felicia Amajali, Wayland Baptist (Texas), 5.84 (19-2)
1990	Wendi Simmons, Graceland (Iowa), 6.44 (20-1 ½)
1991	Carolyn Sterling, Central State (Ohio), 6.20 (20-4 ¼)
1992	Carolyn Sterling, Central State (Ohio), 6.50 (21-4 ¾)
1993	Carolyn Sterling, Central State (Ohio), 6.12 (20-1)
1994	Rowena Welford, Wayland Baptist (Texas), 5.89 (19-4)
1995	Ronalee Davis, Central State (Ohio), 6.10 (20-0 ¼)
1996	Ronalee Davis, Central State (Ohio), 6.26 (20-6 ½)
1997	Jamey Mulske, Mary (N.D.), 5.87 (19-3 ¼)
1998	Nicole Duncan, Iowa Wesleyan, 5.81 (19-0 ¾)
1999	Sharen Fidge, Hastings (Neb.), 5.70 (18-8 ½)
2000	Keisha Harvey, McKendree (Ill.), 5.71 (18-9)

2001	Betty-Ann Haywood, McKendree (Ill.), 5.93 (19-5 ½)
2002	Melocia Clarke, Central State (Ohio), 6.11 (20-00 ½)
2003	Melocia Clarke, Central State (Ohio), 5.88 (19-3 ½)
2004	Rochelle Schmidt, Doane (Neb.), 5.91 (19-04 ¾)
2005	Aishia James, Southern-New Orleans (La.), 6.12 (20-01)
2006	Anna Kay Campbell, Lindenwood (Mo.), 6.37 (20-10 ¾)
2007	Ruky Abdulai, Simon Fraser (B.C.), 6.32 (20-09)
2008	Ruky Abdulai, Simon Fraser (B.C.), 6.43 (21-01 ¼)
2009	Tamara Francis, McKendree (Ill.), 5.93 (19-05 ½)

TRIPLE JUMP

1986	Denise Williams, Wayland Baptist (Texas), 12.21 (40-0 ¾)
1987	Denise Williams, Wayland Baptist (Texas), 12.09 (39-8)
1988	Kimolyn Vanzant, Prairie View A&M (Texas), 11.91 (39-1)
1989	Chandra Williams, Prairie View A&M (Texas), 12.04 (39-6)
1990	Chandra Williams, Prairie View A&M (Texas), 12.76 (41-10 ½)
1991	Chandra Williams, Prairie View A&M (Texas), 11.92 (39-9 ¼)
1992	Antoinette Reed, Wayland Baptist (Texas), 12.02 (39-5 ½)
1993	Christine Gray, Prairie View A&M (Texas), 12.74 (41-9 ¾)
1994	Christine Gray, Prairie View A&M (Texas), 12.45 (40-10 ½)
1995	Yvette French, Prairie View A&M (Texas), 12.33 (40-5 ½)
1996	Ronalee Davis, Central State (Ohio), 12.23 (40-1 ½)
1997	Sharen Fidge, Hastings (Neb.), 12.07 (39-7 ¼)
1998	Sharen Fidge, Hastings (Neb.), 11.90 (39-0 ½)
1999	Roatter Johnson, Lindenwood (Mo.), 12.19 (40-0)
2000	Keisha Harvey, McKendree (Ill.), 12.34 (40-6)
2001	Rose Gauber, Life (Ga.), 12.46 (40-10 ½)
2002	Shannon Mihaltan, Hastings (Neb.), 12.55 (41-02.55)
2003	Rochelle Schmidt, Doane (Neb.), 12.15 (39-10 ½)
2004	Rochelle Schmidt, Doane (Neb.), 12.34 (40-06)
2005	Christal Waters, McKendree (Ill.), 12.39 (40-07 ¾)
2006	Latoya Heath, Lindenwood (Mo.), 13.00 (42-08)
2007	Sarah Ensslen, Cedarville (OH), 12.29 (40-04)
2008	Natalie Friesen, Fresno Pacific (Calif.), 12.42 (40-9)
2009	Zhulieta Mechkarska, Lindenwood (Mo.), 12.09 (39-08)

20-LB. WEIGHT THROW

1996	Dagmar Flynt, Azusa Pacific (Calif.), 17.49 (57-4 ¾)
1997	Becky Dale, Wayland Baptist (Texas), 16.21 (53-2 ¼)
1998	Becky Dale, Wayland Baptist (Texas), 16.55 (54-3 ¾)
1999	Donelle Carter, Minot State (N.D.), 16.72 (54-10 ¼)
2000	April Kockrow, Doane (Neb.), 17.27 (56-8)
2001	April Haney, Eastern Oregon, 16.34 (53-7 ½)
2002	Vivian Chukwuemeka, Azusa Pacific (Calif.), 17.41 (57-01 ½)
2003	Vivian Chukwuemeka, Azusa Pacific (Calif.), 18.44 (60-6)
2004	Vivian Chukwuemeka, Azusa Pacific (Calif.), 18.47 (60-07 ¼)
2005	Vivian Chukwuemeka, Azusa Pacific (Calif.), 18.80 (61-08 ¼)
2006	Barbara Sugar, Azusa Pacific (Calif.), 18.19 (59-08 ¼)
2007	Aubrey Baxter, Black Hills State (S.D.), 18.86 (61-10 ½)
2008	Aubrey Baxter, Black Hills State (S.D.), 18.37 (60-3 ¼)
2009	Aubrey Baxter, Black Hills State (S.D.), 19.79 (64-11 ¼)

PENTATHLON

1994	Kim Vanderhoek, Simon Fraser (B.C.), 3771
1995	Carmen Gage, Azusa Pacific (Calif.), 3464
1996	Cindy Leingang, Mary (N.D.), 3481
1997	Jamey Mulske, Mary (N.D.), 3559
1998	Mandy Schroeder, Mary (N.D.), 3768
1999	Mandy Schroeder, Mary (N.D.), 3715
2000	Neisha Thompson, McKendree (Ill.), 3668
2001	Shannon Mihaltan, Hastings (Neb.), 3550
2002	Annie Goodson, Mary (N.D.), 3545
2003	Annette Ekberg, Hastings (Neb.), 3501
2004	Mireya Beltran, Azusa Pacific (Calif.), 3613
2005	Annette Ekberg, Hastings (Neb.), 3539
2006	Nadina Marsh, Missouri Baptist, 3893
2007	Katie Kosmos, Doane (NE), 3849
2008	Zora Golcevska, Azusa Pacific (Calif.), 3642
2009	Natasha Miller, Biola (Calif.), 3943