

NAIA WOMEN'S OUTDOOR TRACK AND FIELD

Updated 11.5.05

CHAMPIONSHIP HISTORY

| YEAR | SITE | CHAMPION | POINTS | RUNNER-UP | POINTS |
|------|--------------------------|----------------------------|--------|----------------------------|--------|
| 1981 | Houston, Texas | Texas Southern | 115.5 | Prairie View A&M (Texas) | 68 |
| 1982 | Charleston, W.Va. | Prairie View A&M (Texas) | 117 | Adams State (Colo.) | 73 |
| 1983 | Charleston, W.Va. | Prairie View A&M (Texas) | 119 | Hampton Institute (Va.) | 90 |
| 1984 | Charleston, W.Va. | Prairie View A&M (Texas) | 100 | Adams State (Colo.) | 83 |
| 1985 | Hillsdale, Mich. | Prairie View A&M (Texas) | 109 | Adams State (Colo.) | 63.5 |
| 1986 | Russellville, Ark. | Prairie View A&M (Texas) | 117 | Wayland Baptist (Texas) | 110 |
| 1987 | Russellville, Ark. | Prairie View A&M (Texas) | 144 | Wayland Baptist (Texas) | 86 |
| 1988 | Azusa, Calif. | Prairie View A&M (Texas) | 93 | Wayland Baptist (Texas) | 82 |
| 1989 | Azusa, Calif. | Prairie View A&M (Texas) | 109 | Arkansas-Pine Bluff | 50 |
| | | | | Concordia (Neb.) | 50 |
| 1990 | Stephenville, Texas | Prairie View A&M (Texas) | 103 | Vacant | - |
| 1991 | Stephenville, Texas | Central State (Ohio) | 115 | Simon Fraser (B.C.) | 81 |
| 1992 | Abbotsford, B.C. | Central State (Ohio) | 140 | Simon Fraser (B.C.) | 125.5 |
| 1993 | Abbotsford, B.C. | Central State (Ohio) | 132 | Simon Fraser (B.C.) | 116 |
| 1994 | Azusa, Calif. | Central State (Ohio) | 96 | Doane (Neb.) | 71 |
| 1995 | Azusa, Calif. | Southern-New Orleans (La.) | 104.33 | Central State (Ohio) | 103 |
| 1996 | Marietta, Ga. | Central State (Ohio) | 108 | Azusa Pacific (Calif.) | 65.5 |
| 1997 | Marietta, Ga. | Southern-New Orleans (La.) | 80 | Mary (N.D.) | 64 |
| 1998 | Tulsa, Okla. | Simon Fraser (B.C.) | 84 | Mary (N.D.) | 62 |
| 1999 | Palm Beach Gardens, Fla. | McKendree (Ill.) | 127 | Life (Ga.) | 72 |
| 2000 | Abbotsford, B.C. | Life (Ga.) | 156 | McKendree (Ill.) | 108 |
| 2001 | Abbotsford, B.C. | Doane (Neb.) | 59 | Central State (Ohio) (3rd) | 56 |
| | | Life (Ga.) | 59 | | |
| 2002 | Olathe, Kan. | Doane (Neb.) | 67 | Azusa Pacific (Calif.) | 60 |
| 2003 | Olathe, Kan. | Azusa Pacific (Calif.) | 86 | Lindenwood (Mo.) | 78 |
| 2004 | Louisville, Ky. | Azusa Pacific (Calif.) | 104 | Lindenwood (Mo.) | 76 |
| 2005 | Louisville, Ky. | Simon Fraser (B.C.) | 79.5 | Oklahoma Baptist | 64 |

MEET RECORDS

METERS

100-Meter Dash

Vida Nsiah, Central State (Ohio), 2001, 11.37

200-Meter Dash

Sevethedn Fynes, Southern-New-Orleans (La.), 1994, 23.10

400-Meter Dash

Fatimat Yusuf, Azusa Pacific (Calif.), 1996, 51.44

800-Meter Run

Brit McRoberts, Simon Fraser (B.C.), 1986, 2:03.89

1500-Meter Run

Sarah Howell, Simon Fraser (B.C.), 1992, 4:16.56

3000-Meter Run

Sarah Howell, Simon Fraser (B.C.), 1992, 9:13.20

5000-Meter Run

Mirian Kaumba, Oklahoma Baptist, 2005, 16:44.19

10,000-Meter Run

Jill Beals, George Fox (Ore.), 1992, 34.25.5

Marathon

Amber Anderson, Midland Lutheran (Neb.), 1992, 2:49.14

100-Meter Hurdles

Davetta Shepherd, Lindenwood (Mo.), 2004, 13.33

400-Meter Hurdles

Deon Hemmings, Central State (Ohio), 1993, 55.14

3000 Meter Race Walk

Sarah Stevenson, Olivet Nazarene (Ill.), 2000, 12:39.67

3000-Meter Steeplechase

Andrea Mohr, Southwestern (Kan.), 2004, 10:32.63

4x100-Meter Relay

Central State (Ohio) (Bridgette Edwards, Beverly Grant, Audrea Sterling, Catherine Pomales), 1994, 44.32

Sprint Medley Relay

Prairie View A&M (Texas) (Lynn Gamble, Loretta Edwards, Casandra Graham, Easter Gabriel), 1982, 1:39.32

4x400-Meter Relay

Southern-New Orleans (La.) (Sevethedn Fynes, Winsome Cole, Lesakay Morgridge, Shermaine McKenzie), 1994, 3:33.96

4x800-Meter Relay

Simon Fraser (B.C.) (Alexandra Krasovska, Kristen Kolstad, Rebecca Johnstone, Julia Howard), 2005 8:43.99

FIELD EVENTS

High Jump

Latrese Johnson, Azusa Pacific (Calif.), 1991, 1.89 (6-2 1/4)

Pole Vault

Lesia Kubistha, Point Loma Nazarene (Calif.), 2000, 4.16 (13-07)

Long Jump

Raquel Andrews, Prairie View A&M (Texas), 1990, 6.49 (21-3 3/4)

Triple Jump

Yvette French, Prairie View A&M (Texas), 1997, 13.30 (43-07 3/4)

Shot Put

Vivian Chukwuemeka, Azusa Pacific (Calif.), 2002, 18.17 (59-7 1/2)

Discus

Vivian Chukwuemeka, Azusa Pacific (Calif.), 2003, 56.92 (186-09)

Hammer Throw

Jennifer Padrinao, Simon Fraser (B.C.), 2003, 55.68 (182-08)

Javelin

Barb Lashinski, Whitworth (Wash.), 1987, 51.68 (169-7)

Heptathlon

Kim Vanderhoek, Simon Fraser (B.C.), 1992, 5626

HEPTATHLON EVENT RECORDS**100 Hurdles**

14.25, Robin Leafblad, Point Loma Nazarene (Calif.), 1999

High Jump

1.79 (5-10 1/2), Kim Vanderhoek, Simon Fraser (B.C.), 1992

Shot Put

12.79 (41-11 1/2), Kim Vanderhoek, Simon Fraser (B.C.), 1993

200 Meters

24.77, Neisha Thompson, McKendree (Ill.), 1999

Long Jump

6.28 (20-7 1/4), Wendi Simmons, Graceland (Iowa), 1990

Javelin

45.58 (149-6), Kim Vanderhoek, Simon Fraser (B.C.), 1993

800 Meters

2:12.65, Carmen Gage, Azusa Pacific (Calif.), 1994

ALL-TIME TEAM CHAMPIONSHIPS

| | |
|----------------------------|---|
| Prairie View A&M (Texas) | 9 |
| Central State (Ohio) | 5 |
| Azusa Pacific (Calif.) | 2 |
| Doane (Neb.) | 2 |
| Life (Ga.) | 2 |
| Simon Fraser (B.C.) | 2 |
| Southern-New Orleans (La.) | 2 |
| McKendree (Ill.) | 1 |
| Texas Southern | 1 |

ALL-TIME INDIVIDUAL CHAMPIONSHIPS

| | |
|----------------------------|----|
| Prairie View A&M (Texas) | 58 |
| Simon Fraser (B.C.) | 44 |
| Central State (Ohio) | 42 |
| Azusa Pacific (Calif.) | 37 |
| Wayland Baptist (Texas) | 23 |
| Life (Ga.) | 22 |
| Doane (Neb.) | 16 |
| Adams State (Colo.) | 14 |
| Southern-New Orleans (La.) | 14 |
| McKendree (Ill.) | 12 |
| Mary (N.D.) | 11 |
| Missouri Baptist | 11 |
| Concordia (Neb.) | 10 |
| Wisconsin-Parkside | 9 |
| Lindenwood (Mo.) | 8 |
| George Fox (Ore.) | 7 |
| Hastings (Neb.) | 7 |
| Kearney State (Neb.) | 7 |
| Midland Lutheran (Neb.) | 7 |
| Oklahoma Baptist | 7 |
| Pacific Lutheran (Wash.) | 7 |
| Central Methodist (Mo.) | 6 |
| Hampton Institute (Va.) | 6 |
| Texas Southern | 6 |
| Olivet Nazarene (Ill.) | 5 |
| Puget Sound (Wash.) | 5 |
| Southern Oregon | 5 |
| Western State (Colo.) | 5 |
| Emporia State (Kan.) | 4 |

| | |
|------------------------------|---|
| Minot State (N.D.) | 4 |
| Moorhead State (Minn.) | 4 |
| Willamette (Ore.) | 4 |
| Cedarville (Ohio) | 3 |
| Chicago State (Ill.) | 3 |
| Dickinson State (N.D.) | 3 |
| Florida Memorial | 3 |
| Hillsdale (Mich.) | 3 |
| Iowa Wesleyan | 3 |
| Jamestown (N.D.) | 3 |
| Point Loma Nazarene (Calif.) | 3 |
| Southern-Baton Rouge (La.) | 3 |
| Southern Utah | 3 |
| Western Washington | 3 |
| Westmont (Calif.) | 3 |
| Arkansas-Pine Bluff | 2 |
| Berry (Ga.) | 2 |
| Black Hills State (S.D.) | 2 |
| Biola (Calif.) | 2 |
| British Columbia | 2 |
| Findlay (Ohio) | 2 |
| Graceland (Iowa) | 2 |
| Huston-Tillotson (Texas) | 2 |
| Indiana Wesleyan | 2 |
| Mississippi Valley State | 2 |
| Oklahoma Christian | 2 |
| Park (Mo.) | 2 |
| Portland State | 2 |
| Warner Southern (Fla.) | 2 |
| Whitworth (Wash.) | 2 |
| Windsor (Ontario) | 2 |
| Winona State (Minn.) | 2 |
| Wisconsin-Eau Claire | 2 |
| Wisconsin-Milwaukee | 2 |

The following institutions have one individual champion each:

Aquinas (Mich.); Bethel (Kan.); Briar Cliff (Iowa) ; California Baptist; Cal State-San Marcos; Concordia (Calif.); Dana (Neb.); Friends (Kan.); Fresno Pacific (Calif.); Harding (Ark.) ; Jackson State (Miss.); Langston (Okla.); Lewis-Clark State (Idaho); Lewis & Clark (Ore.); Marquette (Wis.); MidAmerica Nazarene (Kan.); Mobile (Ala.); North Florida; Northwest (Wash.); Ozarks (Mo.); Phillips (Okla.); Rio Grande (Ohio); Roberts Wesleyan (N.Y.); Saginaw Valley State (Mich.); St. Augustine's (N.C.); Siena Heights (Mich.); Southern Colorado; Southern Nazarene (Okla.); Southwestern (Kan.); Taylor (Ind.); Tri-State (Ind.); Webber (Fla.); Western Oregon ; Whitman (Wash.); Wisconsin-Parkside

Note: Relay victories count one for each event.

INDIVIDUAL CHAMPIONSHIPS, ONE YEAR

Nine Titles

Central State (Ohio), 1992
Life (Ga.), 2000

Eight Titles

Prairie View A&M (Texas), 1982, 1983

Seven Titles

Central State (Ohio), 1991
Prairie View A&M (Texas), 1985, 1987

Six Titles

Central State (Ohio), 1993
Texas Southern, 1981
Wayland Baptist (Texas), 1986

Five Titles

Simon Fraser (B.C.), 2005
Azusa Pacific (Calif.), 2004
Central State (Ohio), 1996
McKendree (Ill.), 1999
Prairie View A&M (Texas), 1984

MOST INDIVIDUAL TITLES, ONE YEAR

Three Titles

Nickesha Anderson, Missouri Baptist, 2005 (100-meter dash, 200-meter dash, 400-meter dash)
Comfort Igeh, Wayland Baptist (Texas), 1986 (100-meter dash, 200-meter dash, long jump)
Jamie Mulske, Mary (N.D.), 1998 (heptathlon, long jump, 400-meter hurdles)

Carolyn Sterling, Central State (Ohio), 1992 (200-meter dash, 100-meter hurdles, long jump)

MOST INDIVIDUAL TITLES, CAREER

Seven Titles

Carol Bailey, Concordia (Neb.) (100-meter dash, 1987-88-89-90; 200-meter dash, 1987-89-90)
Carolyn Sterling, Central State (Ohio) (200-meter dash, 1992; 100-meter hurdles, 1991-92-93; long jump, 1991-92-93)

Six Titles

Sarah Howell, Simon Fraser (B.C.) (1,500-meter run, 1990-91-92; 3,000-meter run 1990-91-92)
Sarah Korir, McKendree (Ill.), (5,000-meter run, 1997, 99, 2000; 10,000-meter run 1998-99, 2000)
Jamie Mulske, Mary (N.D.) (heptathlon, 1996-97-98; long jump, 1997-98; 400-meter hurdles, 1998)

Five Titles

Vivian Chukwuemeka, Azusa Pacific (Calif.) (shot put, 2002-03-04; discus, 2003-04)
Comfort Igeh, Wayland Baptist (Texas) (100-meter dash, 1986; 200-meter dash, 1986; long jump, 1986-87-88)
Leah Pells, Simon Fraser (B.C.) (1,500-meter run, 1983-87-88; 800-meter run, 1983; 3,000-meter run, 1988)
Catherine Pomales, Central State (Ohio) (100-meter hurdles, 1994-96; 400-meter hurdles, 1994-95-96)
Beth Stuart, Kearney State (Neb.) (shot put, 1984-87; discus, 1985-86-87)

Four Titles

Rosa Ibarra, Wayland Baptist (Texas) (5,000-meter run, 1994-95; 10,000-meter run, 1994-95)
Mirriam Kaumba, Oklahoma Baptist (5,000-meter run, 2004-05; 10,000-meter run, 2004-05)
LaVonda Luckett, Prairie View A&M (Texas) (400-meter hurdles, 1984-85-86-87)

REPEAT CHAMPIONS

Four-Time

Carol Bailey, Concordia (Neb.) (100-meter dash, 1987-88-89-90)
LaVonda Luckett, Prairie View A&M (Texas) (400-meter hurdles, 1984-85-86-87)

Three-Time

Thomasina Busch, Hampton Institute (Va.) (100-meter hurdles, 1982-83-84)
Vivian Chukwuemeka, Azusa Pacific (Calif.) (shot put, 2002-03-04)
Annette Ekberg, Hastings (Neb.) (heptathlon, 2003-04-05)
Deon Hemmings, Central State (Ohio) (400-meter hurdles, 1991-92-93)
Sarah Howell, Simon Fraser (B.C.) (1,500-meter run, 1990-91-92; 3,000-meter run, 1990-91-92)
Comfort Igeh, Wayland Baptist (Texas) (long jump, 1986-87-88)
Latrese Johnson, Azusa Pacific (Calif.) (high jump, 1989-90-91)
Sarah Korir, McKendree (Ill.) (10,000-meter run, 1998-99, 2000)
Jamie Mulske, Mary (N.D.) (heptathlon, 1996-97-98)
Jennifer Padriano, Simon Fraser (B.C.) (hammer, 2002-03-04)
Catherine Pomales, Central State (400-meter hurdles, 1994-95-96)
Audrea Sterling, Central State (Ohio) (400-meter dash, 1991-92-93)
Carolyn Sterling, Central State (Ohio) (100-meter hurdles, 1991-92-93; long jump, 1991-92-93)
Beth Stuart, Kearney State (Neb.) (discus, 1985-86-87)
Kim Vanderhoek, Simon Fraser (B.C.) (heptathlon, 1991-92-93)
Karen Waddell, Prairie View A&M (Texas) (shot put, 1981-82-83)
Corinna Wolf, Simon Fraser (B.C.) (high jump, 1993-94-95)

HERBERT B. MARETT OUTSTANDING PERFORMER

1981 Wendy Burman, Wisconsin-Parkside
1982 Mary Jaqua, Adams State (Colo.)
1983 Leah Pells, Simon Fraser (B.C.)
1984 Denise Bullocks, Chicago State (Ill.)
1985 Deirdre Jackson, Prairie View A&M (Texas)
1986 Comfort Igeh, Wayland Baptist (Texas)
1987 Edith Renfro, Prairie View A&M (Texas)
1988 Airat Bakare, Azusa Pacific (Calif.)
1989 Carol Bailey, Concordia (Neb.)
1990 Wendi Simmons, Graceland (Iowa)
1991 Carolyn Sterling, Central State (Ohio)
1992 Carolyn Sterling, Central State (Ohio)
1993 Deon Hemmings, Central State (Ohio)
1994 Catherine Pomales, Central State (Ohio)
1995 Rosa Ibarra, Wayland Baptist (Texas)
1996 Catherine Pomales, Central State (Ohio)
1997 Jamey Mulske, Mary (N.D.)
1998 Jamey Mulske, Mary (N.D.)
1999 Neisha Thompson, McKendree (Ill.)
2000 Sara Stevenson, Olivet Nazarene (Ill.)
2001 Vida Nsiah, Central State (Ohio)
2002 Emilie Mondor, Simon Fraser (B.C.)
Vanessa Wilhelm, Azusa Pacific (Calif.)
2003 Vivian Chukwuemeka, Azusa Pacific (Calif.)

- 2004 Vivian Chukwuemeka, Azusa Pacific (Calif.)
 2004 Mirian Kaumba, Oklahoma Baptist

COACH OF THE YEAR

- 1981 LaVerne Sweat, Hampton Institute (Va.)
 1982 Rocky Light, Adams State (Colo.)
 1983 Barbara Jacket, Prairie View A&M (Texas)
 1984 Joe Vigil, Adams State (Colo.)
 1985 Milon Donley, Adams State (Colo.)
 1986 Barbara Jacket, Prairie View A&M (Texas)
 1987 Barbara Jacket, Prairie View A&M (Texas)
 1988 Clark Wille, Missouri Baptist
 1989 Fred Beile, Doane (Neb.)
 1990 Vacant
 1991 Zenon Smiechowski, Simon Fraser (B.C.)
 1992 Zenon Smiechowski, Simon Fraser (B.C.)
 1993 Josh Culbreath, Central State (Ohio)
 1994 Fred Beile, Doane (Neb.)
 1995 Artis Davenport, Southern-New Orleans (La.)
 1996 Rick Dealy, Wayland Baptist (Texas)
 1997 Mike Thorson, Mary (N.D.)
 1998 Zenon Smiechowski, Simon Fraser (B.C.)
 1999 Mike Thorson, Mary (N.D.)
 2000 Rena Rieder, Life (Ga.)
 2001 Fred Beile, Doane (Neb.)
 Jahan Culbreath, Central State (Ohio)
 2002 Fred Biele, Doane (Neb.)
 2003 Mike Barnett, Azusa Pacific (Calif.)
 2004 Mike Barnett, Azusa Pacific (Calif.)
 2005 Brit Townsend, Simon Fraser (B.C.)

ALL-TIME INDIVIDUAL CHAMPIONS

100-METER DASH

- 1981 Angel Doyle, Southern-Baton Rouge (La.), 11.85
 1982 Casandra Graham, Prairie View A&M (Texas), 11.82
 1983 Sheila Labome, Prairie View A&M (Texas), 11.89
 1984 Virgie Bullie, Midland Lutheran (Neb.), 11.71
 1985 Deirdre Jackson, Prairie View A&M (Texas), 11.82
 1986 Comfort Igeh, Wayland Baptist (Texas), 11.68
 1987 Carol Bailey, Concordia (Neb.), 12.00
 1988 Carol Bailey, Concordia (Neb.), 11.54
 1989 Carol Bailey, Concordia (Neb.), 11.52
 1990 Carol Bailey, Concordia (Neb.), 11.60
 1991 Faith Idehen, Missouri Baptist, 11.44w
 1992 Layphane Carnegie, Central State (Ohio), 11.54
 1993 Layphane Carnegie, Central State (Ohio), 11.62
 1994 Sevethefn Fynes, Southern-New Orleans (La.), 11.42 w
 1995 Bridgette Edwards, Central State (Ohio), 11.60 w
 1996 Jasmine Sampson, Park (Mo.), 11.75
 1997 Calister Uba, Harding (Ark.) 11.71
 1998 Nicole Duncan, Iowa Wesleyan, 11.75
 1999 Camille Clarke, Life (Ga.), 11.77
 2000 Monica Twum, Life (Ga.), 11.52
 2001 Vida Nsiah, Central State (Ohio), 11.37
 2002 Vida Nsiah, Central State (Ohio), 11.51
 2003 Danielle Norville, Lindenwood (Mo.), 11.70
 2004 Genna Williams, Lindenwood (Mo.), 11.47
 2005 Nickesha Anderson, Missouri Baptist, 11.65
 w wind-aided

200-METER DASH

- 1981 Angel Doyle, Southern-Baton Rouge (La.), 23.98
 1982 Casandra Graham, Prairie View A&M (Texas), 24.03
 1983 Sheila Labome, Prairie View A&M (Texas), 24.16
 1984 Denise Bullocks, Chicago State (Ill.), 24.14
 1985 Deirdre Jackson, Prairie View A&M (Texas), 24.03
 1986 Comfort Igeh, Wayland Baptist (Texas), 23.69
 1987 Carol Bailey, Concordia (Neb.), 23.93
 1988 Airat Bakare, Azusa Pacific (Calif.), 23.71
 1989 Carol Bailey, Concordia (Neb.), 23.57
 1990 Carol Bailey, Concordia (Neb.), 23.78
 1991 Faith Idehen, Missouri Baptist, 23.61 w

1992 Carolin Sterling, Central State (Ohio), 23.62
1993 Layphane Carnagie, Central State (Ohio), 23.78
1994 Sevethedn Fynes, Southern-New Orleans (La.), 23.10
1995 Chantel Rolle, Southern-New Orleans (La.), 23.44 w
1996 Beverly Grant, Central State (Ohio), 13.44
1997 Altrice Taylor, Southern-New Orleans (La.), 24.18
1998 Louise Ayetotche, Iowa Wesleyan, 23.60
1999 Camille Clarke, Life (Ga.), 23.70
2000 Monica Twum, Life (Ga.), 23.95
2001 Sallie Green, Florida Memorial, 23.95
2002 Melocia Clarke, Central State (Ohio), 23.96
2003 Danielle Norville, Lindenwood (Mo.), 23.69
2004 Genna Williams, Lindenwood (Mo.), 23.61
2005 Nickesha Anderson, Missouri Baptist, 24.02
w wind-aided

400-METER DASH

1981 Loretta Edwards, Prairie View A&M (Texas), 54.38
1982 Easter Gabriel, Prairie View A&M (Texas), 52.53
1983 Easter Gabriel, Prairie View A&M (Texas), 53.91
1984 Denise Bullocks, Chicago State (Ill.), 54.09
1985 Carol Williams, Mississippi Valley State, 53.65
1986 Airat Bakare, Azusa Pacific (Calif.), 51.83
1987 Denise Bullocks, Chicago State (Ill.), 55.21
1988 Airat Bakare, Azusa Pacific (Calif.), 52.20
1989 Rhonda Lampkin, Prairie View A&M (Texas), 55.20
1990 Rhonda Lampkin, Prairie View A&M (Texas), 54.56
1991 Audrea Sterling, Central State (Ohio), 52.87
1992 Audrea Sterling, Central State (Ohio), 53.37
1993 Audrea Sterling, Central State (Ohio), 52.33
1994 Fatimat Yusuf, Azusa Pacific (Calif.), 51.57
1995 Beverly Grant, Central State (Ohio), 53.13
1996 Fatimat Yusuf, Azusa Pacific (Calif.), 51.44
1997 Zoila Stewart, Life (Ga.), 53.34
1998 Zoila Stewart, Life (Ga.), 53.13
1999 Lucyann Richards, Life (Ga.), 53.55
2000 Sedell Roberts, Life (Ga.), 53.77
2001 Sharline Maxwell, Briar Cliff (Iowa), 53.69
2002 Daniela Georgieva, Central Methodist (Mo.), 53.65
2003 Crystal Haynes, Webber (Fla.), 54.94
2004 Niema Golphin, Azusa Pacific (Calif.), 53.58
2005 Nickesha Anderson, Missouri Baptist, 53.39

800-METER RUN

1981 Cheritta Jackson, Texas Southern, 2:12.05
1982 Denise Day, Midland Lutheran (Neb.), 2:12.61
1983 Leah Pells, Simon Fraser (B.C.), 2:09.77
1984 Julie Jenkins, Adams State (Colo.), 2:08.60
1985 Teresa Lloyd, Jamestown (N.D.), 2:10.67
1986 Brit McRoberts, Simon Fraser (B.C.), 2:03.89
1987 Cathy Taylor, Prairie View A&M (Texas), 2:06.57
1988 Chris Wagner, Simon Fraser (B.C.), 2:07.10
1989 Barbara Smith, Prairie View A&M (Texas), 2:09.79
1990 Sherdon Smith, Central State (Ohio), 2:07.03
1991 Barbara Smith, Prairie View A&M (Texas), 2:08.01
1992 Elizabeth Onyambu, Biola (Calif.), 2:06.17
1993 Elizabeth Onyambu, Biola (Calif.), 2:04.42
1994 Dytonya Maryland, Prairie View A&M (Texas), 2:09.32
1995 Vernetta Rolle, Southern-New Orleans (La.), 2:09.16
1996 Christine Smith, Southern-New Orleans (La.), 2:09.80
1997 Carolyn Murray, Simon Fraser (B.C.), 2:08.36
1998 Steph Miller, Southern Nazarene (Okla.), 2:10.60
1999 Chrystal Dee Nayer, Azusa Pacific (Calif.), 2:10.60
2000 Lenotine Tsiba, Life (Ga.) 2:08.63
2001 Lenotine Tsiba, Life (Ga.), 2:09.24
2002 Brandy Bratton, Oklahoma Baptist, 2:12.87
2003 Julia Howard, Simon Fraser (B.C.), 2:12.49
2004 Julie Howard, Simon Fraser (B.C.), 2:07.89
2005 Rebecca Johnstone, Simon Fraser (B.C.), 2:04.92

1500-METER RUN

1981 Mary Damiani, Southern Utah, 4:32.35
1982 Debbie Spino, Wisconsin-Parkside, 4:35.47
1983 Leah Pells, Simon Fraser (B.C.), 4:25.42

1984 Cindy Grant, Simon Fraser (B.C.), 4:32.09
1985 Julie Jenkins, Adams State (Colo.), 4:29.52
1986 Teresa Lloyd, Jamestown (N.D.), 4:23.50
1987 Leah Pells, Simon Fraser (B.C.), 4:18.14
1988 Leah Pells, Simon Fraser (B.C.), 4:19.32
1989 Donna Spickelmier, Kearney State (Neb.), 4:30.49
1990 Sarah Howell, Simon Fraser (B.C.), 4:25.04
1991 Sarah Howell, Simon Fraser (B.C.), 4:22.51
1992 Sarah Howell, Simon Fraser (B.C.), 4:16.56
1993 Lindsay McLaren, Simon Fraser (B.C.), 4:25.85
1994 Danita Parkhurst, Puget Sound (Wash.), 4:29.39
1995 Ivana Skladana, Mobile (Ala.), 4:32.15
1996 Tamara Dingley, Wayland Baptist (Texas), 4:26.69
1997 Carolyn Murray, Simon Fraser (B.C.), 4:22.61
1998 Heather deGeest, Simon Fraser (B.C.), 4:27.32
1999 Heather deGeest, Simon Fraser (B.C.), 4:26.72
2000 Leontine Tsiba, Life (Ga.), 4:27.03
2001 Eszter Erdelyi, Central Methodist (Mo.), 4:30.34
2002 Emilie Mondor, Simon Fraser (B.C.), 4:18.29
2003 Evelina Slatinska, Central Methodist (Mo.), 4:30.09
2004 Evelina Slatinska, Central Methodist (Mo.), 4:25.94
2005 Julia Howard, Simon Fraser (B.C.), 4:33.80

3000-METER RUN

1981 Angie Pikschus, Ozarks (Mo.), 10:11.55
1982 Mary Jaqua, Adams State (Colo.), 10:04.15
1983 Carolyn Sheild, Wisconsin-Eau Claire, 9:52.09
1984 Denise Falzone, Adams State (Colo.), 9:47.30
1985 Ann Manning, Portland (Ore.), 9:43.64
1986 Ann Manning, Portland (Ore.), 9:34.69
1987 Valerie Hilden, Pacific Lutheran (Wash.), 9:51.71
1988 Leah Pells, Simon Fraser (B.C.), 9:19.93
1989 Donna Spickelmier, Kearney State (Neb.), 9:37.49
1990 Sarah Howell, Simon Fraser (B.C.), 10:04.05
1991 Sarah Howell, Simon Fraser (B.C.), 9:42.16
1992 Sarah Howell, Simon Fraser (B.C.), 9:13.20
1993 Lindsay McLaren, Simon Fraser (B.C.), 9:33.46
1994 Suzanne Weeder, Doane (Neb.), 9:49.17
1995 Jessica Bissonnette, Whitman (Wash.), 10:01.16
1996 Tamara Dingley, Wayland Baptist (Texas), 9:43.58
1997 Sarah Andrews, Puget Sound (Wash.), 9:52.64
1998 Carolyn Murray, Simon Fraser (B.C.), 9:59.66
1999 Dana Boyle, Puget Sound (Wash.), 9:52.93
2000 Heather deGeest, Simon Fraser (B.C.) 9:28.4
2001 Eszter Erdelyi, Central Methodist (Mo.), 9:58.45
2002 Agness Kipkuma, Life (Ga.), 10:06.21

3000-METER RACE WALK

1993 Jennifer Zalewski, Wisconsin-Parkside, 13:53.3
1994 Kelly Watson, Wisconsin-Parkside, 14:24.43
1995 Sue Kisting, Wisconsin-Parkside, 14:19.61
1996 Anne-Marie Oswald, Simon Fraser (B.C.), 15:15.91
1997 Jill Zenner, Cedarville (Ohio), 13:16.16
1998 Jessie Nethery, Wisconsin-Parkside, 14:56.35
1999 Jaimie Roberts, Wisconsin-Parkside, 15:02.78
2000 Sara Stevenson, Olivet Nazarene (Ill.), 12:39.62
2001 Sara Stevenson, Olivet Nazarene (Ill.), 14:03.89
2002 Amber Antonia, Wisconsin-Parkside, 13:27.46
2003 Karen Foan, British Columbia, 14:29.05
2004 Megan Huzzey, British Columbia, 15:18.95
2005 Megan Huzzey, British Columbia, 14:53.98

3000-METER STEEPLECHASE

2003 Kristina Proticova, Northwest (Wash.), 10:56.13
2004 Andrea Mohr, Southwestern (Kan.), 10:32.63
2005 Angi Axmann, Black Hills State (S.D.), 10:33.38

5000-METER RUN

1981 Wendy Burman, Wisconsin-Parkside, 17:03.77
1982 Mary Jaqua, Adams State (Colo.), 16:56.97
1983 Linda Marquardt, Wisconsin-Milwaukee, 16:53.49
1984 Julie Willoughby, Moorhead State (Minn.), 17:13.8
1985 Denise Falzone, Adams State (Colo.), 16:49.36
1986 Erin Gillespie, Hillsdale (Mich.), 16:56.64

1987 Lorie Moreno, Western State (Colo.), 17:01.2
 1988 Doris Watson, Adams State (Colo.), 16:47.38
 1989 Yvonne Hollmann, Midland Lutheran (Neb.), 17:18.26
 1990 Paula Stokman, Wisconsin-Parkside, 17:29.77
 1991 Melissa Johnson, Adams State (Colo.), 17:02.86
 1992 Amy Giblin, Adams State (Colo.), 16:44.48
 1993 Tigist Moreda, Wayland Baptist (Texas), 16:52.44
 1994 Rosa Ibarra, Wayland Baptist (Texas), 17:14.80
 1995 Rosa Ibarra, Wayland Baptist (Texas), 16:55.93
 1996 Tumaini Urrio, Life (Ga.), 17:13.52
 1997 Sarah Korir, McKendree (Ill.), 17:01.89
 1998 Cari Rampersad, Simon Fraser (B.C.), 17:18.83
 1999 Sarah Korir, McKendree (Ill.), 16:59.63
 2000 Sarah Korir, McKendree (Ill.), 17:13.77
 2001 Mary Livengood, Doane (Neb.), 17:15.33
 2002 Genevieve Graff-Ermeling, Concordia (Calif.), 17:11.24
 2003 Evelina Slatinska, Central Methodist (Mo.), 17:40.17
 2004 Mirriam Kaumba, Oklahoma Baptist, 17:18.58
 2005 Mirriam Kaumba, Oklahoma Baptist, 16:44.19

10,000-METER RUN

1983 Linda Marquardt, Wisconsin-Milwaukee, 35:17.88
 1984 Karen Schoenrock, Wisconsin-Eau Claire, 35:37.6
 1985 Katie Webb, Marquette (Wis.), 35:44.07
 1986 Erin Gillespie, Hillsdale (Mich.), 35:06.51
 1987 Erin Gillespie, Hillsdale (Mich.), 36:05.47
 1988 Lori Moreno, Western State (Colo.), 35:12.15
 1989 Jill Jamison, George Fox (Ore.), 36:08.71
 1990 Terry Villarreal, Adams State (Colo.), 36:50.57
 1991 Jill Beals, George Fox (Ore.), 35:50.39
 1992 Jill Beals, George Fox (Ore.), 34:25.5
 1993 Tigist Moreda, Wayland Baptist (Texas), 35:12.46
 1994 Rosa Ibarra, Wayland Baptist (Texas), 35:44.12
 1995 Rosa Ibarra, Wayland Baptist (Texas), 34:55.06
 1996 Tumaini Urrio, Life (Ga.), 36:03.37
 1997 Ann Marie Hynes, Rio Grande (Ohio), 35:41.04
 1998 Sarah Korir, McKendree (Ill.), 38:17.78
 1999 Sarah Korir, McKendree (Ill.), 35:29.86
 2000 Sarah Korir, McKendree (Ill.), 36:44.34
 2001 Mary Livengood, Doane (Neb.), 35:45.89
 2002 Nicole DeRoin, Hastings (Neb.), 37:20.38
 2003 Amanda Portis, Tri-State (Ind.), 37:02.77
 2004 Mirriam Kaumba, Oklahoma Baptist, 36:49.59
 2005 Mirriam Kaumba, Oklahoma Baptist, 35:03.67

100-METER HURDLES

1981 Linda Weekly, Texas Southern, 13.83
 1982 Thomasina Busch, Hampton Institute (Va.), 14.28
 1983 Thomasina Busch, Hampton Institute (Va.), 14.06
 1984 Thomasina Busch, Hampton Institute (Va.), 13.73
 1985 Brenda Jarvis, Adams State (Colo.), 13.71
 1986 Brenda Jarvis, Adams State (Colo.), 13.87
 1987 Denise Williams, Wayland Baptist (Texas), 13.95
 1988 Kimolyn Vanzant, Prairie View A&M (Texas), 13.74
 1989 LaTonya Johnson, Arkansas-Pine Bluff, 13.93
 1990 LaTonya Johnson, Arkansas-Pine Bluff, 13.73
 1991 Carolin Sterling, Central State (Ohio), 13.91
 1992 Carolin Sterling, Central State (Ohio), 13.58
 1993 Carolin Sterling, Central State (Ohio), 13.57
 1994 Catherine Pomales, Central State (Ohio), 13.79 w
 1995 Michelle Campbell, Azusa Pacific (Calif.), 13.08 w
 1996 Catherine Pomales, Central State (Ohio), 13.44
 1997 Amy Cameron, Western Washington, 14.15
 1998 Shanda Spurlock, Olivet Nazarene (Ill.), 13.97
 1999 Shanda Spurlock, Olivet Nazarene (Ill.), 13:78
 2000 Dashika Banks, Huston-Tillotson (Tex.), 14.17
 2001 Vida Nsiah, Central State (Mo.), 13.41
 2002 Karla Fandrich, Mary (N.D.), 13.86
 2003 Melanie Lachapelle, Windsor (Ontario), 14.10
 2004 Daveeta Shepherd, Lindenwood (Mo.), 13.33
 2005 Ruky Abdulai, Simon Fraser (B.C.), 13.96

w wind-aided

400-METER HURDLES

1981 Felicia Durham, Southern-Baton Rouge (La.), 1:00.47
 1982 Margaret Gamble, Prairie View A&M (Texas), 59.30
 1983 Margaret Gamble, Prairie View A&M (Texas), 58.99
 1984 LaVonda Luckett, Prairie View A&M (Texas), 1:00.78
 1985 LaVonda Luckett, Prairie View A&M (Texas), 58.89
 1986 LaVonda Luckett, Prairie View A&M (Texas), 58.09
 1987 LaVonda Luckett, Prairie View A&M (Texas), 57.39
 1988 Susanne Johansson, Point Loma Nazarene (Calif.), 59.25
 1989 Wendi Simmons, Graceland (Iowa), 1:01.06
 1990 Wendi Simmons, Graceland (Iowa), 1:00.42
 1991 Deon Hemmings, Central State (Ohio), 58.14
 1992 Deon Hemmings, Central State (Ohio), 56.56
 1993 Deon Hemmings, Central State (Ohio), 55.14
 1994 Catherine Pomales, Central State (Ohio), 56.57
 1995 Catherine Pomales, Central State (Ohio), 58.04
 1996 Catherine Pomales, Central State (Ohio), 56.98
 1997 Lesakay Morgoridge, Southern-New Orleans (La.), 59.63
 1998 Jamey Mulske, Mary (N.D.), 1:01.32
 1999 Neisha Thompson, McKendree (Ill.), 1:00.45
 2000 Sedell Roberts, Life (Ga.), 59.02
 2001 Natalie Jackson, Simon Fraser (B.C.), 1:00.02
 2002 Kendra Doyle, Bethel (Kan.), 1:01.23
 2003 Anabell Montes, Warner Southern (Fla.), 1:01.04
 2004 Anabell Montes, Warner Southern (Fla.), 59.07
 2005 Shawn Kern, Mary (N.D.), 1:00.08

MARATHON

1981 Wendy Burman, Wisconsin-Parkside, 2:59:44.10
 1982 Liz Garman, Azusa Pacific (Calif.), 3:03:00.43
 1983 Sharon Foster, Adams State (Colo.), 2:58:62.2
 1984 Cindy Reinhart, Saginaw Valley State (Mich.), 2:57:20.5
 1985 Jolene Fisher, Southern Utah, 2:51:05.0
 1986 Tracy Nelson, Winona State (Minn.), 3:07:15.7
 1987 Tracy Nelson, Winona State (Minn.), 2:59:44.80
 1988 Miriam Otten, Missouri Baptist, 3:00:46.4
 1989 Amy Baker, Doane (Neb.), 3:06:03.7
 1990 Marie Farrar, North Florida, 3:03:07
 1991 Peggy Murphy, Oklahoma Christian, 2:49:24
 1992 Amber Anderson, Midland Lutheran (Neb.), 2:49.14
 1993 Peggy Murphy, Oklahoma Christian, 2:52.54
 1994 Theresa Walton, Southern Oregon, 2:58:32
 1995 Shawna Doty, Jamestown (N.D.), 2:54:27.0
 1996 Heather Thompson, Doane (Neb.), 3:07:44.41
 1997 Angie Sparacino, Dana (Neb.), 2:57:19.0
 1998 Amy Knobloch, Lindenwood (Mo.), 2:57:23.00
 1999 Michelle Abernathy, Berry (Ga.), 2:58.40.40
 2000 Shandi Hertz, Mary (N.D.), 3:04:41.00
 2001 Mikki Massey, Park (Mo.), 3:05.11
 2002 Michelle Brake, Friends (Kan.), 3:01:05.23
 2003 Nikki Underwood, Black Hills State (S.D.), 3:05:13.62
 2004 Cara Rumble, Cal State-San Marcos, 2:49:30.0
 2005 Tausha Kuzmic, Lewis-Clark State (Idaho), 2:57:56.01

4x100-METER RELAY

1981 Texas Southern (Donna Lazard, Cora Sherman, Denise Cox, Linda Weekly), 45.41
 1982 Prairie View A&M (Texas) (Sheila Labome, Casandra Graham, Loretta Edwards, Easter Gabriel), 45.25
 1983 Prairie View A&M (Texas) (Lynn Gamble, Norrie McAfee, Sheila Labome, Easter Gabriel), 45.06
 1984 Prairie View A&M (Texas) (Deirdre Jackson, Evan Williams, Jocelyn Tatum, Norrie McAfee), 45.36
 1985 Prairie View A&M (Texas) (Deirdre Jackson, Evan Williams, LaVonda Luckett, Jocelyn Tatum), 45.80
 1986 Wayland Baptist (Texas) (Nzael Kyomo, Comfort Igeh, Starlette Daniels, Althea Thomas), 45.37
 1987 Prairie View A&M (Texas) (Wanda Clay, Evan Williams, Patti Harris, Jocelyn Tatum), 48.55
 1988 Prairie View A&M (Texas) (Kimolyn Vanzant, JoAnne Caraway, Patti Harris, Wanda Clay), 45.76
 1989 Prairie View A&M (Texas) (Terri Clayton, Wanda Clay, Patti Harris, Shana Ford), 46.03
 1990 Missouri Baptist (Sandra Kidd, Dawn Mills, Kerry Evans, Felicia Amajali), 46.12
 1991 Central State (Ohio) (Antonette Jones, Carolin Sterling, Alwren Wallace, Audrea Sterling), 44.81
 1992 Central State (Ohio) (Alwren Wallace, Carolin Sterling, Layphane Carnagie, Audrea Sterling), 45.52
 1993 Central State (Ohio) (Bridgette Edwards, Carolin Sterling, Audrea Sterling, Deon Hemmings), 45.46
 1994 Central State (Ohio) (Bridgette Edwards, Beverly Grant, Audrea Sterling, Catherine Pomales), 44.32
 1995 Southern-New Orleans (La.) (Lesakay Morgoridge, Chantel Rolle, Altrice Taylor, Beverly Langley), 44.66
 1996 Central State (Ohio) (Chanteau White, Beverly Grant, Ronalee Davis, Catherine Pomales), 44.95
 1997 Southern-New Orleans (La.) (Lesakay Morgoridge, Altrice Taylor, Tameca Williams, Cydonie Mothersill), 45.41
 1998 Southern-New Orleans (La.) (Stacian Brown, Keisha Miller, Altrice Taylor, Naomi Mills), 45.90
 1999 Life (Ga.) (Sherese Collie, Lucyann Richards, Misrah Crooks, Camille Clarke), 45.66
 2000 Life (Ga.) (Misrah Crooks, Timishi Gonzalez, Monica Twum, Meosha Hubbard), 45.48
 2001 Florida Memorial (Dorcias Cash, Sallie Green, Lorraine Jackson, Sharlene McQueen), 46.20

| | |
|------|---|
| 2002 | Central State (Ohio) (Marsha Hayles, Vida Nsiah, Avery Sterling, Adetooke Aladefa), 46.40 |
| 2003 | Lindenwood (Mo) (Meila Fleming, Carol Clarke, Danielle Norville, Angilla Corlette), 46.34 |
| 2004 | Lindenwood (Mo.) (Daveeta Shepherd, Carol Clarke, Danielle Norville, Genna Williams), 45.33 |
| 2005 | Langston (Okla.) (Damesha Sellers, Tasia Galbreath, Tatiana Simon, Dominique McDonald), 45.89 |

SPRINT MEDLEY RELAY

| | |
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| 1981 | Prairie View A&M (Texas) (Mary Ann Higgs, Loretta Edwards, Sheila Labome, Easter Gabriel), 1:40.55 |
| 1982 | Prairie View A&M (Texas) (Lynn Gamble, Loretta Edwards, Casandra Graham, Easter Gabriel), 1:39.32 |
| 1983 | Prairie View A&M (Texas) (Lynn Gamble, Norrie McAfee, Sheila LaBome, Easter Gabriel), 1:40.36 |
| 1984 | Prairie View A&M (Texas) (Deirdre Jackson, Evan Williams, Jocelyn Tatum, Norrie McAfee), 1:41.19 |
| 1985 | Prairie View A&M (Texas) (Deirdre Jackson, Evan Williams, Jocelyn Tatum, LaVonda Luckett), 1:41.02 |
| 1986 | Wayland Baptist (Texas) (Nzael Kyomo, Starlette Daniels, Comfort Igeh, Althea Thomas), 1:39.55 |
| 1987 | Prairie View A&M (Texas) (Wanda Clay, Evan Williams, Jocelyn Tatum, LaVonda Luckett), 1:39.73 |
| 1988 | Azusa Pacific (Calif.) (Shannon Shaughnessy, Jennifer Parker, Kim Cockrell, Airat Bakare), 1:41.69 |
| 1989 | Wayland Baptist (Texas) (Kimberlee Gersbach, Kerry Evans, Kim Kayler, Felicia Amajali), 1:42.02 |
| 1990 | Missouri Baptist (Sandra Kidd, Dawn Mills, Kerry Evan, Felicia Amajali), 1:41.52 |
| 1991 | Central State (Ohio) (Antonette Jones, Carolin Sterling, Alwren Wallace, Sherdon Smith), 1:40.02 |
| 1992 | Central State (Ohio) (Alwren Wallace, Carolin Sterling, Layphane Carnagie, Audrea Sterling), 1:40.35 |
| 1993 | Central State (Ohio) (Sandra Kidd, Bridgette Edwards, Layphane Carnagie, Sherdon Smith), 1:40.04 |

4x400-METER RELAY

| | |
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| 1981 | Texas Southern (Earnestine Hanna, Sandra Scott, Denise Cox, Cheritta Jackson), 3:40.24 |
| 1982 | Prairie View A&M (Texas) (Sheila Labome, Loretta Edwards, Lynn Gamble, Easter Gabriel), 3:37.82 |
| 1983 | Prairie View A&M (Texas) (Sheila Labome, Norrie McAfee, Lynn Gamble, Easter Gabriel), 3:42.39 |
| 1984 | Prairie View A&M (Texas) (LaVonda Luckett, Norrie McAfee, Jocelyn Tatum, Cathy Taylor), 3:41.49 |
| 1985 | Mississippi Valley State (Gwendolyn Williams, Linda Fairs, Buretha Graham, Carol Williams), 3:42.37 |
| 1986 | Prairie View A&M (Texas) (Cathy Taylor, Norrie McAfee, Sandra Latham, LaVonda Luckett), 3:37.67 |
| 1987 | Prairie View A&M (Texas) (LaVonda Luckett, Cathy Taylor, Edith Renfro, Jocelyn Tatum), 3:41.1 |
| 1988 | Azusa Pacific (Calif.) (Jennifer Parker, Kim Cockrell, Kim Petway, Airat Bakare), 3:43.77 |
| 1989 | Prairie View A&M (Texas) (Rhonda Lampkin, Barbara Miller Mary Miller, Wanda Clay), 3:39.43 |
| 1990 | Central State (Ohio) (Carolin Sterling, Alwren Wallace, Deon Hemmings, Sherdon Smith), 3:42.17 |
| 1991 | Central State (Ohio) (Alwren Wallace, Deon Hemmings, Sherdon Smith, Audrea Sterling), 3:38.55 |
| 1992 | Central State (Ohio) (Ingrid Gordon, Audrea Sterling, Deon Hemmings, Sherdon Smith), 3:38.39 |
| 1993 | Central State (Ohio) (Carolin Sterling, Deon Hemmings, Audrea Sterling, Sherdon Smith), 3:38.24 |
| 1994 | Southern-New Orleans (La.) (Sevethedn Fynes, Wynsome Cole, Lesakay Morgridge, Shermaine McKenzie), 3:33.96 |
| 1995 | Southern-New Orleans (La.) (Christine Smith, Altrice Taylor, Selisha Hudson, Vernetta Rolle), 3:36.96 |
| 1996 | Southern-New Orleans (La.) (Christine Smith, Lesakay Morgridge, Stephanie Minto, Selisha Hudson), 3:41.27 |
| 1997 | Southern-New Orleans (La.) (Lesakay Morgridge, Altrice Taylor, Stephanie Minto, Tameca Williams), 3:41.46 |
| 1998 | Iowa Wesleyan (Neisha Thompson, Nicola Thompson, Nadia Cunningham, Louise Ayetotche), 3:44.45 |
| 1999 | McKendree (Ill.) (Nadia Cunningham, Neisha Thompson, Petrona McClymont, Aletha Johnson), 3:44.82 |
| 2000 | Life (Ga.) (Monica Twum, Sedell Roberts, Leontine Tsiba, Timishi Gonzalez), 3:44.69 |
| 2001 | Florida Memorial (Brandy Dames, Sallie Green, Lorraine Jackson, Dorcia Cash), 3:47.21 |
| 2002 | McKendree (Ill.) (Betty-Ann Haywood, Shernett Davis, Agne Visockaite, Nadia Cunningham), 3:43.97 |
| 2003 | Oklahoma Baptist (Keyonna Hornbuckle, Melissa Mount, Chandra Huckabay, Amber Lewis), 3:52.30 |
| 2004 | Azusa Pacific (Calif.) (Janessa Goodfellow, Tamara Jones, Lorraine Swaby, Niema Golphin), 3:44.64 |
| 2005 | Oklahoma Baptist (Keyonna Hornbuckle, Melissa Mount, Chandra Huckabay, Kyta Ferrer), 3:44.50 |

4x800-METER RELAY

| | |
|------|---|
| 1981 | Texas Southern (Sandra Scott, Madonna Redd, Towanna Thompson, Cheritta Jackson), 8:54.34 |
| 1982 | Midland (Neb.) (Cindy Lauer, Denise Day, Mary Drey, Edie Hessman), 9:08.67 |
| 1983 | Moorhead State (Minn.) (Katie Class, Tracy Fie, Paula Behrendt, Pam Harty), 9:00.97 |
| 1984 | Moorhead State (Minn.) (Katie Class, Tracy Fie, Pam Harty, Paula Behrendt), 9:05.75 |
| 1985 | Moorhead State (Minn.) (Katie Class, Traci Fie, Judy Mogck, Paula Behrendt), 9:02.84 |
| 1998 | Simon Fraser (B.C.) (Cari Rampersad, Desneige McLean, Carolyn Murray, Heather DeGeest), 9:09.36 |
| 1999 | Califonia Baptist (Angela Evans, Heidi Joos, Shryere Nduwke, Loaritz Leonhardt), 9:10.94 |
| 2000 | Findlay (Ohio) (Andrea Jensen, Kati Stedcke, Andrea Morgan, Kelly Cothorn), 9:06.02 |
| 2001 | Oklahoma Baptist (Amber Staats, Corrie Jones, Sarah Phillips, Brandy Bratton), 9:07.07 |
| 2002 | Simon Fraser (B.C.) (Natasha Wodak, Luci McGregor, Carlene Daniel, Emilie Mondor), 9:08.22 |
| 2003 | Azusa Pacific (Calif.) (Laurie Ramirez, Marissa Reeber, Lisette Saucedo, Brianna Carstensen), 9:04.04 |
| 2004 | Simon Fraser (B.C.) (Natasha Wodak, Alexandra Krasovska, Rebecca Johnstone, Julie Howard), 8:50.85 |
| 2005 | Simon Fraser (B.C.) (Alexandra Krasovska, Kristen Kolstad, Rebecca Johnstone, Julie Howard), 8:43.00 |

LONG JUMP

| | |
|------|---|
| 1981 | Cornelia Jackson, Jackson State (Miss.), 5.96 (19-6 3/4) |
| 1982 | Yvonne Taylor, Southern Colorado, 5.85 (19-2 1/4) |
| 1983 | Lori Risenhoover, Adams State (Colo.), 6.18 (20-3 1/4) |
| 1984 | Deirdre Jackson, Prairie View A&M (Texas), 6.07 (19-11) |
| 1985 | Michelle Neal, Prairie View A&M (Texas), 6.04 (19-9 3/4) |
| 1986 | Comfort Igeh, Wayland Baptist (Texas), 6.43 (21-1 1/4) |
| 1987 | Comfort Igeh, Wayland Baptist (Texas), 6.29 (20-7 3/4) |
| 1988 | Comfort Igeh, Wayland Baptist (Texas), 6.29 (20-7 3/4) |
| 1989 | Gina Rhodes, Western State (Colo.), 6.11 (20-0 1/2) |
| 1990 | Raquel Andrews, Prairie View A&M (Texas), 6.49 (21-3 3/4) |
| 1991 | Carolin Sterling, Central State (Ohio), 6.30 (20-8) |

1992 Carolin Sterling, Central State (Ohio), 6.29 (20-7 3/4)
 1993 Carolin Sterling, Central State (Ohio), 6.23 (20-5 1/4)
 1994 Christine Gray, Prairie View A&M (Texas), 5.94 (19-5 3/4) w
 1995 Chanteau White, Central State (Ohio), 6.08 (19-11 1/2) w
 1996 Rowena Welford, Wayland Baptist (Texas), 6.13 (20-1 1/2)
 1997 Jamey Mulske, Mary (N.D.), 5.76 (18-10 3/4)
 1998 Jamey Mulske, Mary (N.D.), 6.08 (19-11-1/2)
 1999 Sharen Fidge, Hastings (Neb.), 5.95 (19-6 1/4)
 2000 Meosha Hubbard, Life (Ga.), 6.17 (20-03)
 2001 Melocia Clarke, Central State (Ohio), 5.95 (19-6 1/4)
 2002 Melocia Clarke, Central State (Ohio), 5.90 (19-4 1/4)
 2003 Melanie Lachapelle, British Columbia, 5.88 (19-03 1/2)
 2004 Kelley Park, Windsor (Ontario), 5.89 (19-04)
 2005 Ruky Abdulai, Simon Fraser (B.C.), 6.28 (20-01 1/4)
 w wind-aided

HIGH JUMP

1981 Sybil Reddick, Texas Southern, 1.79 (5-10 1/2)
 1982 Lori Shepard, Taylor (Ind.), 1.675 (5-6)
 1983 Mechele Hebbard, Southern Utah, 1.73 (5-8 1/4)
 1984 Kristy Dees, Western Washington, 1.73 (5-8)
 1985 Michelle Tuggle, Berry (Ga.), 1.70 (5-7)
 1986 Denise Bruce, Pacific Lutheran (Wash.), 1.75 (5-9)
 1987 Denise Bruce, Pacific Lutheran (Wash.), 1.74 (5-8 3/4)
 1988 Kelly Cox, Missouri Baptist, 1.80 (5-10 3/4)
 1989 Latrese Johnson, Azusa Pacific (Calif.), 1.84 (6-0 1/2)
 1990 Latrese Johnson, Azusa Pacific (Calif.), 1.84 (6-0 1/2)
 1991 Latrese Johnson, Azusa Pacific (Calif.), 1.89 (6-2 1/4)
 1992 Michelle Holtman, Doane (Neb.), 1.75 (5-8 3/4)
 1993 Corinna Wolf, Simon Fraser (B.C.), 1.80 (5-10 3/4)
 1994 Corinna Wolf, Simon Fraser (B.C.), 1.80 (5-10 3/4)
 1995 Corinna Wolf, Simon Fraser (B.C.), 1.80 (5-10 3/4)
 1996 Nancy Rissmiller, George Fox (Ore.), 1.77 (5-9 3/4)
 1997 Nancy Rissmiller, George Fox (Ore.), 1.70 (5-7)
 1998 Mandy Schroeder, Mary (N.D.), 1.70 (5-7)
 1999 Kellie Leeuw, Aquinas (Mich.), 1.70 (5-7)
 2000 Beth Baldrige, Findlay (Ohio), 1.70 (5-07)
 2001 Nichole McClain, Life (Ga.), 1.78 (5-10)
 2002 Amber Nixon, Westmont (Calif.), 1.73 (5-08)
 2003 Amber Nixon, Westmont (Calif.) 1.76 (5-09 1/4)
 2004 Rebekah Perdue, Indiana Wesleyan 1.70 (5-07)
 2005 Heike Siener, Point Loma Nazarene (Calif.) 1.78 (5-10)

SHOT PUT

1981 Karen Waddell, Prairie View A&M (Texas), 14.18 (46-6 1/4)
 1982 Karen Waddell, Prairie View A&M (Texas), 14.36 (47-1 1/2)
 1983 Karen Waddell, Prairie View A&M (Texas), 15.0 (49-2 1/2)
 1984 Beth Stuart, Kearney State (Neb.), 13.90 (45-7 1/4)
 1985 Sharon Harrison, Prairie View A&M (Texas), 14.55 (47-9)
 1986 Sharon Harrison, Prairie View A&M (Texas), 15.34 (50-4)
 1987 Beth Stuart, Kearney State (Neb.), 14.47 (47-5 3/4)
 1988 Nicole Munroe, Fresno Pacific (Calif.), 13.77 (45-2 1/4)
 1989 Kathy Gottberg, Concordia (Neb.), 13.96 (45-9 3/4)
 1990 Carrie Pietig, Willamette (Ore.), 14.93 (48-11 3/4)
 1991 Cecilia Gunn, Emporia State (Kan.), 14.03 (46-0 1/2)
 1992 Cecilia Gunn, Emporia State (Kan.), 14.54 (47-8 1/2)
 1993 Kim Hayes, Doane (Neb.), 14.84, (48-8 1/4)
 1994 Heather Rhoadarmer, Doane (Neb.), 14.72 (48-3 1/2)
 1995 Heather Rhoadarmer, Doane (Neb.), 14.52 (47-7 3/4)
 1996 Dagmar Flynt, Azusa Pacific (Calif.), 14.86 (48-9)
 1997 Michelle Haage, Wayland Baptist (Texas), 14.84 (48-8 1/4)
 1998 Donelle Carter, Minot State (N.D.), 14.99 (49-2)
 1999 Donelle Carter, Minot State (N.D.), 15.60 (51-2 1/4)
 2000 April Kockrow, Doane (Neb.), 14.35 (47-01)
 2001 Tanya Thomas, McKendree (Ill.), 14.54 (47-8 1/2)
 2002 Vivian Chukwuemeka, Azusa Pacific (Calif.), 18.17 (59-7 1/2)
 2003 Vivian Chukwuemeka, Azusa Pacific (Calif.), 17.87 (58-07 1/2)
 2004 Vivian Chukwuemeka, Azusa Pacific (Calif.), 17.75 (58-03)
 2005 Shernelle Nicholls, Missouri Baptist, 14.92 (48-11 1/2)

DISCUS

1981 Pam Schmott, Midland Lutheran (Neb.), 43.94 (144-2)
 1982 Lynette Antoine, St. Augustine's (N.C.), 46.20 (151-1)

1983 Carol Woodside, Hampton (Va.), 46.08 (151-1)
 1984 Carol Woodside, Hampton (Va.), 44.76 (146-10)
 1985 Beth Stuart, Kearney State (Neb.), 46.08 (151-2)
 1986 Beth Stuart, Kearney State (Neb.), 49.12 (161-2)
 1987 Beth Stuart, Kearney State (Neb.), 50.74 (166-6)
 1988 Lisa Farris, Emporia State (Kan.), 44.56 (146-2)
 1989 Lisa Farris, Emporia State (Kan.), 44.30 (145-4)
 1990 Carrie Pietig, Willamette (Ore.), 51.00 (167-4)
 1991 Carrie Pietig, Willamette (Ore.), 49.80 (163-5)
 1992 Wendy Cordeiro, Pacific Lutheran (Wash.), 44.92 (147-4)
 1993 Debbie Malachowski, Azusa Pacific (Calif.), 49.28 (161-8)
 1994 Kim Hayes, Doane (Neb.), 48.36 (158-8)
 1995 Wendy Cordeiro, Pacific Lutheran (Wash.), 46.00 (150-11)
 1996 Dagmar Flynt, Azusa Pacific (Calif.), 53.06 (174-1)
 1997 Dagmar Flynt, Azusa Pacific (Calif.), 48.58 (159-4)
 1998 Stephanie Schilke, Concordia (Neb.), 50.57 (165-11)
 1999 Donelle Carter, Minot State (N.D.), 48.00 (157-6)
 2000 Gretchen Newell, Indiana Wesleyan, 44.48 (145-11)
 2001 Amanda Anderson, Dickinson State (N.D.), 46.46 (152-5)
 2002 Amanda Anderson, Dickinson State (N.D.), 44.73 (146-9)
 2003 Vivian Chukwuemeka, Azusa Pacific (Calif.), 56.92 (186-9)
 2004 Vivian Chukwuemeka, Azusa Pacific (Calif.), 50.98 (167-03)
 2005 Barbara Sugar, Azusa Pacific (Calif.), 49.19 (161-05)

JAVELIN

1981 Michael McCandless, Simon Fraser (B.C.), 44.88 (147-3)
 1982 Carol Woodside, Hampton (Va.), 44.38 (145-7)
 1983 Maria Haley, Wayland Baptist (Texas), 50.00 (164-0)
 1984 Joan Williamson, Western Washington, 50.76 (166-6)
 1985 Karen Murray, Simon Fraser (B.C.), 51.04 (167-5)
 1986 Carol Wester, Pacific Lutheran (Wash.), 51.26 (168-2)
 1987 Barb Lashinski, Whitworth (Wash.), 51.68 (169-7)
 1988 Patricia Perry, Puget Sound (Wash.), 49.94 (163-10)
 1989 Kris Ettner, Southern Oregon, 46.96 (154-1)
 1990 Cathy Carlson, Dickinson State (N.D.), 47.68 (156-5)
 1991 Debbie Malachowski, Azusa Pacific (Calif.), 46.56 (152-9)
 1992 Margaret Frantz, Willamette (Ore.), 48.66 (159-8)
 1993 Debbie Malachowski, Azusa Pacific (Calif.), 45.32 (148-8)
 1994 Marykand Raymond, Doane (Neb.), 45.78 (150-2)
 1995 Trina Gumm, Whitworth (Wash.), 43.76 (143-7)
 1996 Becci Harper, George Fox (Ore.), 47.82 (156-11)
 1997 Becci Harper, George Fox (Ore.), 44.40 (145-8)
 1998 Nicky Emblem, Phillips (Okla.), 50.75 (166-6)
 1999 Sarah Roberts, Azusa Pacific (Calif.), 45.81 (150-3)
 2000 Nicole Stehlik, Doane (Neb.), 44.16 (144-10)
 2001 Nichole Stehlik, Doane (Neb.), 43.64 (143-2)
 2002 Vanessa Wilhelm, Azusa Pacific (Calif.), 45.80 (150-3)
 2003 Vanessa Wilhelm, Azusa Pacific (Calif.), 43.89 (144)
 2004 Renee Eckley, Azusa Pacific (Calif.), 45.47 (149-02)
 2005 LeeAnn Pekovitch, Minot State (N.D.), 49.87 (163-07)

TRIPLE JUMP

1986 Denise Williams, Wayland Baptist (Texas), 12.06 (39-6 3/4)
 1987 Michelle Neal, Prairie View A&M (Texas), 12.57 (41-3)
 1988 Kimolyn Vanzant, Prairie View A&M (Texas), 12.33 (40-5 1/2)
 1989 Sandra Stepney, Missouri Baptist, 12.27 (40-3 1/4)
 1990 Gina Rhodes, Western State (Colo.), 12.75 (41-10)
 1991 Gina Rhodes, Western State (Colo.), 12.23 (40-1 1/2)
 1992 Stephanie Sherman, Cedarville (Ohio), 12.20 (40-0 1/2)
 1993 Christine Gray, Prairie View A&M (Texas), 12.93 (42-5 1/4)
 1994 Christine Gray, Prairie View A&M (Texas), 12.90 (42-4) w
 1995 Stephanie Sherman, Cedarville (Ohio), 12.80 (42-0) w
 1996 Yvette French, Prairie View A&M (Texas), 12.99 (42-7 1/2)
 1997 Yvette French, Prairie View A&M (Texas), 13.30 (43-7 3/4)
 1998 Sharen Fidge, Hastings (Neb.), 12.32 (40-05)
 1999 Sharen Fidge, Hastings (Neb.), 12.35 (40-06 1/4)
 2000 Meosha Hubbard, Life (Ga.), 12.62 (41-05)
 2001 Rose Gaubier, Life (Ga.), 11.96 (39-3)
 2002 Rose Gaubier, Life (Ga.), 12.28 (43-3 1/2)
 2003 Rochelle Schmidt, Doane (Neb.), 12.22 (40-1 1/4)
 2004 Petra Earls, MidAmerica Nazarene (Kan.), 12.29 (40-04)

w wind-aided

HAMMER THROW

1996 Becky Franzleubbers, Doane (Neb.), 47.14 (154-8)
1997 Corie Krueger, Pacific Lutheran (Wash.), 52.30 (171-7)
1998 Becky Dale, Wayland Baptist (Texas), 52.72 (172-11)
1999 Candace Ekhoﬀ, Western Oregon, 49.40 (162-1)
2000 Wykeisha Thompson, Wayland Baptist (Texas), 50.98 (167-03)
2001 Sarah Roberts, Azusa Pacific (Calif.), 51.56 (169-2)
2002 Jennifer Padrinao, Simon Fraser (B.C.), 53.29 (174-10)
2003 Jennifer Padrinao, Simon Fraser (B.C.), 55.68 (182-8)
2004 Jennifer Padrinao, Simon Fraser (B.C.), 55.62 (182-06)
2005 Barbara Sugar, Azusa Pacific (Calif.), 53.79 (176-06)

POLE VAULT

1997 Karen Bureker, Lewis & Clark (Ore.), 3.50 (11-5 3/4)
1998 Amy Wells, Puget Sound (Wash.), 3.55 (11-7-3/4)
1999 Lesa Kubishta, Point Loma Nazarene (Calif.), 3.85 (12-7 1/2)
2000 Lesa Kubishta, Point Loma Nazarene (Calif.), 4.16 (13-07)
2001 Krystal Laughlin, Huston-Tillotson (Texas), 3.80 (12-5 1/2)
2002 Allison Knode, Westmont (Calif.), 3.65 (11-11 3/4)
2003 Stephanie Bebermiss, Concordia (Neb.), 3.65 (11-11 3/4)
2004 Renee Evans, Roberts Wesleyan (N.Y.), 3.92 (12-10 1/4)
2005 Amanda Haines, Siena Heights (Mich.), 3.95 (12-11 1/2)

HEPTATHLON

1983 Kari Kramme, Midland Lutheran (Neb.), 4782
1984 Jennifer Schwartz, Azusa Pacific (Calif.), 4981
1985 Jennifer Schwartz, Azusa Pacific (Calif.), 4715
1986 Edith Renfro, Prairie View A&M (Texas), 4870
1987 Edith Renfro, Prairie View A&M (Texas), 5162
1988 Melanie Byrne, Southern Oregon, 4812
1989 Melanie Byrne, Southern Oregon, 5132
1990 Wendi Simmons, Graceland (Iowa), 5312
1991 Kim Vanderhoek, Simon Fraser (B.C.), 5553
1992 Kim Vanderhoek, Simon Fraser (B.C.), 5626
1993 Kim Vanderhoek, Simon Fraser (B.C.), 5513
1994 Carmen Gage, Azusa Pacific (Calif.), 5039
1995 Jill Carrier, Southern Oregon, 5108
1996 Jamey Mulske, Mary (N.D.), 4809
1997 Jamey Mulske, Mary (N.D.), 4944
1998 Jamey Mulske, Mary (N.D.), 4874
1999 Neisha Thompson, McKendree (Ill.), 5014
2000 Neisha Thompson, McKendree (Ill.), 4963
2001 Beth Stroud, Windsor (Ontario), 4944
2002 Annie Goodson, Mary (N.D.), 4969
2003 Annette Ekberg, Hastings (Neb.), 4672
2004 Annette Ekberg, Hastings (Neb.), 4787
2005 Annette Ekberg, Hastings (Neb.), 5047