

# NAIA WOMEN'S OUTDOOR TRACK AND FIELD

Updated 5.31.06

## 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
2006	Fresno, Calif.	Missouri Baptist	126	Azusa Pacific (Calif.)	79

## 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**

Lesa 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**

13.94, Nadina Marsh, Missouri Baptist, 2006

**High Jump**

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

**Shot Put**

18.17 (59-07 1/2) Vivian Chukwuemeka, Azusa Pacific (Calif.), 2006

**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
Missouri Baptist	1
Texas Southern	1

**ALL-TIME INDIVIDUAL CHAMPIONSHIPS**

Prairie View A&M (Texas)	58
Simon Fraser (B.C.)	49
Central State (Ohio)	42
Azusa Pacific (Calif.)	40
Wayland Baptist (Texas)	23
Life (Ga.)	22
Missouri Baptist	19
Doane (Neb.)	16
Adams State (Colo.)	14
Southern-New Orleans (La.)	14
McKendree (Ill.)	12
Mary (N.D.)	11
Concordia (Neb.)	10
Oklahoma Baptist	10
Wisconsin-Parkside	9
Lindenwood (Mo.)	8
George Fox (Ore.)	7
Hastings (Neb.)	7
Kearney State (Neb.)	7
Midland Lutheran (Neb.)	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
Westmont (Calif.)	4
Willamette (Ore.)	4
British Columbia	3
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
Arkansas-Pine Bluff	2
Berry (Ga.)	2
Black Hills State (S.D.)	2
Biola (Calif.)	2
Concordia (Ore.)	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.); Dordt (Iowa); 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**

Missouri Baptist, 2006  
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.), 2006  
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, 2006 (100-meter dash, 200-meter dash, 400-meter dash)  
Vivian Chukwuemeka, Azusa Pacific (Calif.) (shot put, discus, hammer throw)  
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**

### **Eight Titles**

Vivian Chukwuemeka, Azusa Pacific (Calif.) (shot put, 2002-03-04-06; discus, 2003-04-06; hammer throw 2006)

### **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**

Nickesha Anderson, Missouri Baptist, (100-meter dash, 2005-06; 200-meter dash, 2005-06; 400-meter dash, 2005-06)  
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**

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**

Megan Hazzey, British Columbia (3000-meter racewalk, 2004-05-06)  
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 Pomaes, 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.)
2005	Mirian Kaumba, Oklahoma Baptist
2006	Nickesha Anderson, Missouri 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.)
2006	Vince Bingham, Missouri Baptist

## 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 Carnagie, Central State (Ohio), 11.54
1993	Layphane Carnagie, Central State (Ohio), 11.62
1994	Sevethedn 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
2006	Nickesha Anderson, Missouri Baptist, 11.41

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	Carolyn 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
2006	Nickesha Anderson, Missouri Baptist, 23.86

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
2006	Nickesha Anderson, Missouri Baptist, 54.53

## 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  
2006 Rebecca Johnstone, Simon Fraser (B.C.), 2:05.42

### 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  
2006 Julia Howard, Simon Fraser (B.C.), 4:29.11

### 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  
2006 Megan Huzzey, British Columbia, 13:53.57

### **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  
2006 Jen Kempers, Dordt (Iowa), 10:55.04

### **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  
2006 Betty Rotich Missouri Baptist, 16:48.07

### **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  
2006 Betty Rotich, Missouri Baptist, 35:01.08

### **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  
 2006 LaToya Greaves, Oklahoma Baptist, 13.39  
 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 Lockett, Prairie View A&M (Texas), 1:00.78  
 1985 LaVonda Lockett, Prairie View A&M (Texas), 58.89  
 1986 LaVonda Lockett, Prairie View A&M (Texas), 58.09  
 1987 LaVonda Lockett, 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  
 2006 Nickiesha Wilson, Oklahoma Baptist, 58.25

#### 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  
 2006 Jessica Goulder, Westmont (Calif.), 2:49:14.70

#### 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 Morgridge, 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 (Dorcia 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
2006	Missouri Baptist (Nikkita Holder, Rachel Baldwin, Lanece Clarke, Nickesha Anderson), 46.19

#### SPRINT MEDLEY RELAY

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

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 Morgoridge, 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
2006	Oklahoma Baptist (Kyli Bean, Kyta Willets, LaToya Greaves, Nickiesha Wilson), 3:45.47

#### 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	California 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
2006	Simon Fraser (B.C.) (Heather Mancell, Ali Hudson, Rebecca Johnstone, Julia Howard), 8:56.06

## 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)
2006	Ruky Abdulai, Simon Fraser (B.C.), 6.79 (22-03 ½)

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 Heberd, 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)
2006	Ruky Abdulai, Simon Fraser (B.C.), 1.79 (5-10 ½)

## 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)  
 2006 Vivian Chukwuemeka, Azusa Pacific (Calif.), 18.17 (59-07 ½)

## 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)  
 2006 Vivian Chukwuemeka, Azusa Pacific (Calif.), 53.37 (175-01)

## 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 Pektivitch, Minot State (N.D.), 49.87 (163-07)  
 2006 Lauren Sexton, Concordia (Ore.) 47.94 (157-03)

### TRIPLE JUMP

- 1986 Denise Williams, Wayland Baptist (Texas), 12.06 (39-6 ¾)  
 1987 Michelle Neal, Prairie View A&M (Texas), 12.57 (41-3)  
 1988 Kimolyn Vanzant, Prairie View A&M (Texas), 12.33 (40-5 ½)  
 1989 Sandra Stepney, Missouri Baptist, 12.27 (40-3 ¼)  
 1990 Gina Rhodes, Western State (Colo.), 12.75 (41-10)  
 1991 Gina Rhodes, Western State (Colo.), 12.23 (40-1 ½)  
 1992 Stephanie Sherman, Cedarville (Ohio), 12.20 (40-0 ½)  
 1993 Christine Gray, Prairie View A&M (Texas), 12.93 (42-5 ¼)  
 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 ½)  
 1997 Yvette French, Prairie View A&M (Texas), 13.30 (43-7 ¾)  
 1998 Sharen Fidge, Hastings (Neb.), 12.32 (40-05)  
 1999 Sharen Fidge, Hastings (Neb.), 12.35 (40-06 ¼)  
 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 ½)  
 2003 Rochelle Schmidt, Doane (Neb.), 12.22 (40-1 ¼)  
 2004 Petra Earls, MidAmerica Nazarene (Kan.), 12.29 (40-04)  
 2005 Ruky Abdulai, Simon Fraser (B.C.), 12.7 (41-08)  
 2006 Seidre Forde, Missouri Baptist, 12.96 (42-06 ¼)

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 Ekhoft, 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 Padriao, Simon Fraser (B.C.), 53.29 (174-10)  
 2003 Jennifer Padriao, Simon Fraser (B.C.), 55.68 (182-8)  
 2004 Jennifer Padriao, Simon Fraser (B.C.), 55.62 (182-06)  
 2005 Barbara Sugar, Azusa Pacific (Calif.), 53.79 (176-06)  
 2006 Vivian Chukwumeka, Azusa Pacific (Calif.), 60.00 (196-10)

### 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 Beberniss, 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)  
 2006 Jessie Gallaher, Concordia (Ore.), 3.90 (12-09 ½)

### 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  
2006 Nadina Marsh, Missouri Baptist, 5268