



# Women's Outdoor Track & Field

## **26<sup>th</sup> Annual NAIA Women's Outdoor Track & Field National Championships**

*May 25-May 27, 2006*

*Fresno Pacific University*

*Fresno, Calif.*



# NAIA WOMEN'S OUTDOOR TRACK & FIELD

## 2005 NAIA WOMEN'S OUTDOOR T & F ALL-AMERICANS

### Women's 100-Meter Dash

Nickesha Anderson, Missouri Baptist; Rosemary Okafor, McKendree (Ill.); Tatiana Simon, Langston (Okla.); Stephanie Woodfin, Cumberland (Ky.); Equilla Weatherton, Wayland Baptist (Texas); Mary Russell, Huston-Tillotson (Texas)

### Women's 200-Meter Dash

Nickesha Anderson, Missouri Baptist; Rosemary Okafor, McKendree (Ill.); Darnesha Sellers, Langston (Okla.); Erica Young, Bethel (Ind.); Tamara Rigby, Florida Memorial; Tomoye Bryan, MidAmerica Nazarene (Kan.)

### Women's 400-Meter Dash

Nickesha Anderson, Missouri Baptist; Rosemary Okafor, McKendree (Ill.); Lauren Seibel, British Columbia; Tamisha Rose, Hastings (Neb.); Kyli Bean, Oklahoma Baptist; Brandee Means, Langston (Okla.)

### Women's 800-Meter Dash

Rebecca Johnstone, Simon Fraser (B.C.); Kyta Ferrer, Oklahoma Baptist; Julia Howard, Simon Fraser (B.C.); Bethany McCoy, Olivet Nazarene (Ill.); Maresia Pencil, Missouri Baptist; Renee Wageman, Northwest (Wash.)

### Women's 1,500-Meter Run

Julia Howard, Simon Fraser (B.C.); Evelina Slatinska, Central Methodist (Mo.); Natalie Perkins, Concordia (Calif.); Jenny Thune, Vanguard (Calif.); Molly Engel, Concordia (Neb.); Carmin Green, Olivet Nazarene (Ill.)

### Women's 5,000-Meter Run

Mirriam Kaumba, Oklahoma Baptist; Heather McEwen, British Columbia; Genevieve Binsfield, Minot State (N.D.); Lyuda Anderson, MidAmerica Nazarene (Kan.); Tiffany Stilwater, Northwest (Wash.); Natalie Perkins, Concordia (Calif.)

### Women's 10,000-Meter Run

Mirriam Kaumba, Oklahoma Baptist; Lyuda Anderson, MidAmerica Nazarene (Kan.); Petrana Petkova, Goshen (Ind.); Samantha Maat, Cedarville (Ohio); Jasmine Marks, Point Loma Nazarene (Calif.); Anna Stumbo, Westmont (Calif.)

### Women's 3,000-Meter Race Walk

Megan Huzzy, British Columbia; Lindsey Hipp, Malone (Ohio); Caitlin Ayers, Lindenwood (Mo.); Beth Lewis, Central Methodist (Mo.); Ashley Thomas, Malone (Ohio); Billie Robinson, Rio Grande (Ohio)

### Women's 100-Meter Hurdles

Ruky Abdulai, Simon Fraser (B.C.); Janeille Brathwaite, Wayland Baptist (Texas); Kelley Park, Windsor (Ontario); Melanie Lachapelle, Windsor (Ontario); Jessica Olfert, British Columbia; Stephanie Allers, Cornerstone (Mich.)

### Women's 400-Meter Hurdles

Shawna Kern, Mary (N.D.); Lauren Welch, British Columbia; Keyonna Hornbuckle, Oklahoma Baptist; Halimat Ismala, McKendree (Ill.); Ashley Steckle, Windsor (Ontario); Chelsea Shelnick, Tiffin (Ohio)

### Women's 3,000-Meter Steeplechase

Angi Axmann, Black Hills State (S.D.); Meredith MacGregor, Simon Fraser (B.C.); Tiffany Ackerman, Mary (N.D.); Kelly Waterman, Concordia (Neb.); Joanna Genter, Malone (Ohio); Whitney Jacobsmeyer, Azusa Pacific (Calif.)

### Women's Marathon

Tausha Kuzmic, Lewis-Clark State (Idaho); Rebekah Brock, Oklahoma Baptist; Melissa Lehman, Goshen (Ind.); Maria Herrera, Concordia (Calif.); Melissa Schmidt, Mount Marty (S.D.); Cassie Knutson, Black Hills State (S.D.)

### Women's 4x100-Meter Relay

Langston (Okla.) (Darnesha Sellers, Tasia Galbreath, Tatiana Simon, Dominique McDonald); Missouri Baptist (Rachel Baldwin, Sherline Duncan, Charminique Ray, Nickesha Anderson); Florida Memorial (Tamara Rigby, Zindzi Swan, Angelaine Villarceau, Tavera Rigby); Huston-Tillotson (Texas) (Ruma Brown, Ashley Smith, Lydia Ernest, Mary Russell); Voorhees (S.C.) (DeOndra McCoy, Sherly Sylvester, Keisha Tulloch, Lindsay Colclough); Missouri Valley (Shantelle Reynolds, Lynn Dettenwanger, Shameice Bailey, Linze Leimkuehler)

### Women's 4x400-Meter Relay

Oklahoma Baptist (Keyonna Hornbuckle, Melissa Mount, Kyta Ferrer, Kyli Bean); Langston (Okla.) (Darnesha Sellers, Tatiana Simon, Dominique McDonald, Brandee Means); Huston-Tillotson (Texas) (Ruma Brown, Ashleigh Blackmon, Lydia Ernest, Mary Russell); British Columbia (Lauren Seibel, Alena Stewart, Kari-Jean McKenzie, Lauren Welch); Cornerstone (Mich.) (Stephanie Allers, Kim Lorenzen, Shannon Bambach, Cathi Velzen); Missouri Baptist (Charminique Ray, Maresia Pencil, Nicola Smith, Nickesha Anderson)

### Women's 4x800-Meter Relay

Simon Fraser (B.C.) (Alexandra Krasovska, Kristen Kolstad, Rebecca Johnstone, Julia Howard); Oklahoma Baptist (Chandra Huckabay, Melissa Mount, Kyli Bean, Kyta Ferrer); Olivet Nazarene (Ill.) (Carmin Green, Abby Heinold, Sara Batkiewicz, Bethany McCoy); Concordia (Neb.) (Jennifer Nikkila, Angela Matthews, Micah Dubbs, Molly Engel); Black Hills State (S.D.) (Jamie Hahn, Liz Woodruff, Angi Axmann, Wesleigh Hardy); Point Loma Nazarene (Calif.) (Lauren Quinn, Christina Metzler, Kristal Peterson, Alisa Boon)

### Women's High Jump

Heike Siener, Point Loma Nazarene (Calif.); Zindzi Swan, Florida Memorial; Erin Kinney, Warner Pacific (Ore.); Jackie Fleddermann, Missouri Baptist; Shannon Burmaster, Cornerstone (Mich.); Ruky Abdulai, Simon Fraser (B.C.)

### Women's Pole Vault

Amanda Haines, Siena Heights (Mich.); Meagan Bauer, Doane (Neb.); Kristen Schwehr, Mary (N.D.); Delainey Rockwell, Point Loma Nazarene (Calif.); Kristi Hook, Biolo (Calif.); Morgan Altizer, Azusa Pacific (Calif.)

### Women's Long Jump

Ruky Abdulai, Simon Fraser (B.C.); Zindzi Swan, Florida Memorial; Kelley Park, Windsor (Ontario); Ebony Phillips, Friends (Kan.); Lynn Dettenwanger, Missouri Valley; Noelia Garcia, Aquinas (Mich.)

### Women's Triple Jump

Ruky Abdulai, Simon Fraser (B.C.); Zindzi Swan, Florida Memorial; Kayla Pietzyk, Doane (Neb.); Agnieszka Jankowska, McKendree (Ill.); Renee Faimon, Hastings (Neb.); Katie Carroll, Point Loma Nazarene (Calif.)

### Women's Shot Put

Shernelle Nicholls, Missouri Baptist; Aubrey Baxter, Mary (N.D.); Marissa Moore, Sioux Falls (S.D.); Carina Alejo, Concordia (Calif.); Denise Rieck, Hastings (Neb.); Ann Gramkow, Midland Lutheran (Neb.)

### Women's Discus Throw

Barbara Sugar, Azusa Pacific (Calif.); Tawna Trail, Hastings (Neb.); Marie Gardner, Concordia (Calif.); Brittni Harris, Evangel (Mo.); Kristal Keffeler, Black Hills State (S.D.); Aubrey Baxter, Mary (N.D.)

### Women's Hammer Throw

Barbara Sugar, Azusa Pacific (Calif.); Lee Ann Fleming, Siena Heights (Mich.); Molly McAmis, Fresno Pacific (Calif.); Kristi Young, Azusa Pacific (Calif.); Kim Svoboda, Doane (Neb.); Zenaida Cruz, Fresno Pacific (Calif.)

### Women's Javelin Throw

LeeAnn Pekovitch, Minot State (N.D.); Jen Stuczynski, Roberts Wesleyan (N.Y.); Jocelyn Spurgin, Doane (Neb.); Rachel Komarek, Friends (Kan.); Amy Tiffin, Windsor (Ontario); Michelle Klaja, Oregon Tech

### Women's Heptathlon

Annette Ekberg, Hastings (Neb.); Cathi Velzen, Cornerstone (Mich.); Morgan Altizer, Azusa Pacific (Calif.); Katie Kosmos, Doane (Neb.); Kate Anderson, Point Loma Nazarene (Calif.); Cloe Hewitt, British Columbia



2005 DAKTRONICS-NAIA WOMEN'S T&F SCHOLAR-ATHLETES

Sarah Ellis, Aquinas College (Mich.)  
 Val Kunde, Aquinas College (Mich.)  
 Jenny Millis, Aquinas College (Mich.)  
 Sarah Stafford, Azusa Pacific University (Calif.)  
 Kristine Young, Azusa Pacific University (Calif.)  
 Morgan Altizer, Azusa Pacific University (Calif.)  
 Brianna Carstensen, Azusa Pacific University (Calif.)  
 Sarah Jackson, Azusa Pacific University (Calif.)  
 Laurie Cook, Berry College (Ga.)  
 Wendy Dinkel, Bethany College (Kan.)  
 Erica Young, Bethel College (Ind.)  
 Kris Pearson, Bethel College (Ind.)  
 Kristi Hook, Biola University (Calif.)  
 Crystal Hostetter, Black Hills State University (S.D.)  
 Celia Ambery, University of British Columbia  
 Heather McEwen, University of British Columbia  
 Kari-Jean McKenzie, University of British Columbia  
 Lauren Seibel, University of British Columbia  
 Rachael Castro, Cedarville University (Ohio)  
 Natalie Perkins, Concordia University (Calif.)  
 Jeanelle Goonetilleke, Concordia University (Calif.)  
 Emily Dieter, Concordia University (Calif.)  
 Carina Alejo, Concordia University (Calif.)  
 Michelle Quinlan, Concordia University (Neb.)  
 Jennifer Henderson, Concordia University (Neb.)  
 Melissa Weeder, Concordia University (Neb.)  
 Kelly Waterman, Concordia University (Neb.)  
 Micah Dubbs, Concordia University (Neb.)  
 Jennifer Nikkila, Concordia University (Neb.)  
 Margaret Pelz, Cornerstone University (Mich.)  
 Christina Sumner, Cumberland College (Ky.)  
 Erin Clouse, Cumberland College (Ky.)  
 Kristin Welsch, Dakota Wesleyan University (S.D.)  
 Jennie Day, Dakota Wesleyan University (S.D.)  
 Dru McMillan, Dana College (Neb.)  
 Chioko Nakasone, Dickinson State University (N.D.)  
 Anne Dreyer, Doane College (Neb.)  
 Alyssa Jefferson, Doane College (Neb.)  
 Gail Klitz, Doane College (Neb.)  
 Theresa Strand, Doane College (Neb.)  
 Beth De Jonge, Dordt College (Iowa)  
 Stephanie Colkitt, Eastern Oregon University  
 Molly McAmis, Fresno Pacific University (Calif.)  
 Zenaida Cruz, Fresno Pacific University (Calif.)  
 Rachel Komareck, Friends University (Kan.)  
 Melissa Lehman, Goshen College (Ind.)  
 Kendra King, Graceland University (Iowa)  
 Annette Ekberg, Hastings College (Neb.)  
 Mary Gibson, Houghton College (N.Y.)  
 Abbey Zellers, Indiana Wesleyan University  
 Allison Owens, Indiana Wesleyan University  
 Katie Bloomquist, Indiana Wesleyan University  
 Kelli Brackman, Indiana Wesleyan University  
 Amy Ayers, Indiana Wesleyan University  
 Katie Alloway, Indiana Wesleyan University  
 Liz McCarty, Jamestown College (N.D.)  
 Lisa Naves, Jamestown College (N.D.)  
 Michel Maurer, Jamestown College (N.D.)  
 Marrie Johnson, Jamestown College (N.D.)  
 Erica Mois, Jamestown College (N.D.)  
 Cheri Ewert, Jamestown College (N.D.)  
 Andrea Velez, Kansas Wesleyan University  
 Sarah Decker, Malone College (Ohio)  
 Ashley Thomas, Malone College (Ohio)  
 Brittani Lyons, Malone College (Ohio)  
 Amy Arnold, Malone College (Ohio)  
 Lacey Watkins, Malone College (Ohio)  
 Shawna Kern, University of Mary (N.D.)  
 Kristen Schwehr, University of Mary (N.D.)  
 Katie Rau, University of Mary (N.D.)  
 Sarah Wolfe, Midland Lutheran College (Neb.)  
 Ann Gramkow, Midland Lutheran College (Neb.)  
 Nicole Callan, Midland Lutheran College (Neb.)  
 Jacquelyn Fleddermann, Missouri Baptist University  
 Jennifer Sproehle, Missouri Baptist University  
 Kate Murphy, Missouri Baptist University  
 Melissa Schmidt, Mount Marty College (S.D.)  
 Renee Wageman, Northwest University (Wash.)  
 Tiffany Stilwater, Northwest University (Wash.)  
 Ashley Teran, Northwest University (Wash.)  
 Shanna Vetter, Northwestern College (Iowa)  
 Megan Quayle, Northwestern College (Iowa)  
 Mary Kummerfeld, Northwestern College (Iowa)  
 Mikyla Dittman, Northwestern College (Iowa)  
 Melissa Mount, Oklahoma Baptist University  
 Andrea Mount, Oklahoma Baptist University  
 Simone Mulieri, Olivet Nazarene University (Ill.)  
 Jenny Ellis, Olivet Nazarene University (Ill.)  
 Sara Batkiewicz, Olivet Nazarene University (Ill.)  
 Amy Bricco, Oregon Institute of Technology  
 Samantha Gilbert, Oregon Institute of Technology  
 Brandi Bigham, Ottawa University (Kan.)  
 Katharine Carroll, Point Loma Nazarene University (Calif.)  
 Deanna Sick, Point Loma Nazarene University (Calif.)  
 Katie Grace, Point Loma Nazarene University (Calif.)  
 Alisa Boon, Point Loma Nazarene University (Calif.)  
 Christina Metzler, Point Loma Nazarene University (Calif.)  
 Amanda Stickel, University of Rio Grande (Ohio)  
 Jen Stuczynski, Roberts Wesleyan (N.Y.)  
 Laurel Reed, Roberts Wesleyan (N.Y.)  
 Jessica Garrison, Roberts Wesleyan (N.Y.)  
 Renee Evans, Roberts Wesleyan (N.Y.)  
 Jen Scribani, Roberts Wesleyan (N.Y.)  
 Leah Boeckerman-Belanger, Simon Fraser University (B.C.)  
 Katie Novak, University of Sioux Falls (S.D.)  
 Marissa Moore, University of Sioux Falls (S.D.)  
 Jaime Finck, University of Sioux Falls (S.D.)  
 Amy McMullin, Southern Nazarene University (Okla.)  
 Sheri Grimes, Southern Nazarene University (Okla.)  
 Tara Revell, Southwestern College (Kan.)  
 Stephanie Swanson, Southwestern College (Kan.)  
 Liz Lamb, Spring Arbor University (Mich.)  
 Meg Peters, Spring Arbor University (Mich.)  
 Christine Ingraham, Spring Arbor University (Mich.)  
 Michelle Lea Davis, St. Gregory's University (Okla.)  
 Nancy Lamuth, Tiffin University (Ohio)  
 Sarah Roggelin, Tiffin University (Ohio)  
 Laura Bowman, Vanguard University (Calif.)  
 Kari VanPelt, William Jewell College (Mo)  
 Ashley Steckle, University of Windsor (Ontario)  
 Melanie Lachapelle, University of Windsor (Ontario)

**2005 WOMEN'S CHAMPIONSHIPS RECAP**

**25th Annual Women's Outdoor Track & Field**

**May 26-28, 2005**

**Cardinal Park - Louisville, Kentucky**

Simon Fraser University (B.C.) women returned to championship form tallying 79.5 team points for the national crown at the 2005 NAIA Outdoor Track & Field National Championships.

Simon Fraser won its first national championship in 1998 before winning this year's title. He Clan brought home six first-place finishes and broke the 4x800 relay record to win the competition. Ruky Abdulai was a triple winner for SFU with a first place in the long jump, triple jump and 100-meter hurdles. Runner-up Oklahoma Baptist's Mirian Kaumba was named the women's Most Outstanding Performer for her titles in 5,000-meter and the 10,000-meter runs. Kaumba broke the 5,000 meter record with a time of 15:47.58.

Simon Fraser's Brit Townsend was honored as the women's Coach of the Year.

**2005 WOMEN'S TEAM RESULTS**

1. Simon Fraser (B.C.).....	79.5	40. Oregon Tech.....	5.33
2. Oklahoma Baptist.....	64	41. Westmont (Calif.).....	5
3. Missouri Baptist.....	59.5	41. Cal State-San Marcos.....	5
4. British Columbia.....	47	41. Bethel (Ind.).....	5
5. Azusa Pacific (Calif.).....	38	41. Evangel (Mo.).....	5
6. Mary (N.D.).....	37	41. Cumberland (Ky.).....	5
7. Langston (Okla.).....	35	46. Warner Pacific (Ore.).....	4.5
8. Florida Memorial.....	34	47. Biola (Calif.).....	4
8. McKendree (Ill.).....	34	47. Mount Marty (S.D.).....	4
10. Hastings (Neb.).....	33	49. Rio Grande (Ohio).....	3
11. Doane (Neb.).....	31.33	49. Tiffin (Ohio).....	3
12. Point Loma Nazarene (Calif.).....	29	51. Dakota Wesleyan (S.D.).....	2
13. Windsor (Ontario).....	25	51. Notre Dame (Ohio).....	2
13. Concordia (Calif.).....	25	51. Dickinson State (N.D.).....	2
15. Black Hills State (S.D.).....	22	51. Dakota State (S.D.).....	2
16. Cornerstone (Mich.).....	19.5	51. Spring Arbor (Mich.).....	2
17. Concordia (Neb.).....	18	56. Indiana Wesleyan.....	1.33
17. Minot State (N.D.).....	18	57. St. Gregory's (Okla.).....	1
17. Siena Heights (Mich.).....	18	57. Morris (S.C.).....	1
20. MidAmerica Nazarene (Kan.).....	16	57. Texas College.....	1
20. Olivet Nazarene (Ill.).....	16		
20. Malone (Ohio).....	16		
23. Huston-Tillotson (Texas).....	14		
24. Wayland Baptist (Texas).....	13		
24. Central Methodist (Mo.).....	13		
26. Goshen (Ind.).....	12		
27. Fresno Pacific (Calif.).....	11		
28. Roberts Wesleyan (N.Y.).....	10		
28. Lewis-Clark State (Idaho).....	10		
28. Friends (Kan.).....	10		
31. Northwest (Wash.).....	9		
32. Lindenwood (Mo.).....	8		
33. Vanguard (Calif.).....	7		
33. Missouri Valley.....	7		
33. Midland Lutheran (Neb.).....	7		
33. Aquinas (Mich.).....	7		
33. Cedarville (Ohio).....	7		
38. Voorhees (S.C.).....	6		
38. Sioux Falls (S.D.).....	6		



# NAIA WOMEN'S OUTDOOR TRACK & FIELD ALL-TIME WOMEN'S CHAMPIONSHIP RESULTS

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

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

### 3000-Meter Steeplechase

Kristina Proticova, Northwest (Wash.), 2003, 10:56.13

### 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

\*Electronic

+Hand

## MEET RECORDS - 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

## MEET RECORDS - HEPTATHLON

### 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



# NAIA WOMEN'S OUTDOOR TRACK & FIELD

## ALL-TIME TEAM CHAMPIONSHIPS

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

## ALL-TIME INDIVIDUAL CHAMPIONSHIPS

Prairie View A&M (Texas) ..... 58	Hastings (Neb.) ..... 6	Westmont (Calif.) ..... 3
Central State (Ohio) ..... 42	Texas Southern ..... 6	Arkansas-Pine Bluff ..... 2
Simon Fraser (B.C.) ..... 39	Puget Sound (Wash.) ..... 5	Berry (Ga.) ..... 2
Azusa Pacific (Calif.) ..... 35	Southern Oregon ..... 5	Biola (Calif.) ..... 2
Wayland Baptist (Texas) ..... 23	Western State (Colo.) ..... 5	British Columbia ..... 2
Life (Ga.) ..... 22	Emporia State (Kan.) ..... 4	Findlay (Ohio) ..... 2
Doane (Neb.) ..... 16	Moorhead State (Minn.) ..... 4	Graceland (Iowa) ..... 2
Adams State (Colo.) ..... 14	Oklahoma Baptist ..... 4	Huston-Tillotson (Texas) ..... 2
Southern-New Orleans (La.) ..... 14	Olivet Nazarene (Ill.) ..... 4	Indiana Wesleyan ..... 2
McKendree (Ill.) ..... 12	Willamette (Ore.) ..... 4	Mississippi Valley State ..... 2
Concordia (Neb.) ..... 10	Cedarville (Ohio) ..... 3	Oklahoma Christian ..... 2
Mary (N.D.) ..... 10	Chicago State (Ill.) ..... 3	Park (Mo.) ..... 2
Wisconsin-Parkside ..... 9	Dickinson State (N.D.) ..... 3	Point Loma Nazarene (Calif.) ..... 2
Lindenwood (Mo.) ..... 8	Florida Memorial ..... 3	Portland State ..... 2
George Fox (Ore.) ..... 7	Hillsdale (Mich.) ..... 3	Warner Southern (Fla.) ..... 2
Kearney State (Neb.) ..... 7	Iowa Wesleyan ..... 3	Whitworth (Wash.) ..... 2
Midland Lutheran (Neb.) ..... 7	Jamestown (N.D.) ..... 3	Windsor (Ontario) ..... 2
Missouri Baptist ..... 7	Minot State (N.D.) ..... 3	Winona State (Minn.) ..... 2
Pacific Lutheran (Wash.) ..... 7	Southern-Baton Rouge (La.) ..... 3	Wisconsin-Eau Claire ..... 2
Central Methodist (Mo.) ..... 6	Southern Utah ..... 3	Wisconsin-Milwaukee ..... 2
Hampton Institute (Va.) ..... 6	Western Washington ..... 3	

### The following institutions have one individual champion each:

Aquinas (Mich.); Bethel (Kan.); Black Hills State (S.D.); Briar Cliff (Iowa); California Baptist; Cal State-San Marcos; Concordia (Calif.); Dana (Neb.); Friends (Kan.); Fresno Pacific (Calif.); Harding (Ark.); Jackson State (Miss.); 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.); 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.

## ALL-TIME INDIVIDUAL TITLES, 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

## ALL-TIME 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)

## ALL-TIME 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 Chukwemeka, 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)  
LaVonda Luckett, Prairie View A&M (Texas) (400-meter hurdles, 1984-85-86-87)



# NAIA WOMEN'S OUTDOOR TRACK & FIELD

## 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)  
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)  
Carolin 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 ..... Carolin Sterling, Central State (Ohio)  
1992 ..... Carolin 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.)  
2005 ..... 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 RESULTS

### 100-METER DASH

1981 .... Angel Doyle, Southern-Baton Rouge (La.), 11.85  
1982 .... Cassandra 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 .... Sevedhedn 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 .... Cassandra 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 .... Sevedhedn Fynes, So-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



## ALL-TIME RESULTS

### 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, Biola (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 .... Agnes 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 Urjo, 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 .... Miriam Kaumba, Oklahoma Baptist, 17:18.58  
 2005 .... Miriam 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 .... Lorie 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 Urjo, 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 .... Miriam Kaumba, Oklahoma Baptist, 36:49.59  
 2005 .... Miriam 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

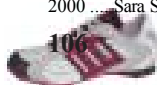
1981 .... Felicia Durham, Southern-Baton Rouge (La.), 1:00.47  
 1982 .... Margaret Gamble, Prairie View A&M (Texas), 59.30  
 1983 .... Margaret Gamble, Prairie View A&M (Texas), 58.99  
 1984 .... LaVonda Luckett, Prairie View A&M (Texas), 1:00.78  
 1985 .... LaVonda Luckett, Prairie View A&M (Texas), 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 Morgogole, South-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, (Ga. Neb.), 2:57:19.0  
 1998 .... Amy Knobloch, Lindenwood (Mo.), 2:57:23.00  
 1999 .... Michelle Abernathy, Berry (Ga.), 2:58.40  
 2000 .... Shandi Hertz, Mary (N.D.), 3:04:01.00  
 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

### 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, Pra. 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, Pra. 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



# NAIA WOMEN'S OUTDOOR TRACK & FIELD ALL-TIME RESULTS

## 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 Luth. (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, Pra. View A&M (Tx), 14.18 (46-6 1/4)  
 1982 .... Karen Waddell, Pra. View A&M (Tx), 14.36 (47-1 1/2)  
 1983 .... Karen Waddell, Prairie View A&M (Tx), 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 (Tx), 14.55 (47-9)  
 1986 .... Sharon Harrison, Prairie View A&M (Tx), 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 Rhoadamer, Doane (Neb.), 14.72 (48-3 1/2)  
 1995 .... Heather Rhoadamer, Doane (Neb.), 14.52 (47-7 3/4)  
 1996 .... Dagmar Flynt, Azusa Pacific (Calif.), 14.86 (48-9)  
 1997 .... Michelle Haage, Wayland Bap (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 Pac (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 .... Shemelle Nicholls, Missouri Baptist, 14.92 (48-11 1/2)

## 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 Pomaes), 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 Pomaes), 44.95  
 1997 .... Southern-New Orleans (La.) (Lesakay Morgridge, 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.) (Sheree Collier, 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

## DISCUS

1981 .... Pam Schmitt, 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 Luth. (Wash.), 44.92 (147-4)  
 1993 .... Debbie Malachowski, Azusa Pac. (Calif.), 49.28 (161-8)  
 1994 .... Kim Hayes, Doane (Neb.), 48.36 (158-8)  
 1995 .... Wendy Cordeiro, Pacific Luth. (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 St. (N.D.), 46.46 (152-5)  
 2002 .... Amanda Anderson, Dickinson St. (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 .... Michaele 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 Trent, 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)  
 2005 .... Ruky Abdulai, Simon Fraser (B.C.), 12.7 (41-08)  
 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 Bernemiss, 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

# NAIA WOMEN'S OUTDOOR TRACK & FIELD ALL-TIME RESULTS

## 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 Camagie, Audrea Sterling), 1:40.35  
 1993 .... Central State (Ohio) (Sandra Kidd, Bridgette Edwards, Layphane Camagie, 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.) (Sevethefn Fynes, Wynsome Cole, Lesakay Morgridge, Shermaine McKenzie), 3:33.96  
 1995 .... Southern-New Orleans (La.) (Christine Smith, Altrice Taylor, Selisha Hudson, Vemetta 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, Shemett 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 .... California Baptist (Angela Evans, Heidi Joos, Shryere Nduwke, Loaritz Leonhardt), 9:10.94  
 2000 .... Findlay (Ohio) (Andrea Jensen, Kati Stedcke, Andrea Morgan, Kelly Cothem), 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



# NAIA WOMEN'S OUTDOOR TRACK & FIELD 2006 WOMEN'S OUTDOOR TRACK & FIELD SCHOOLS

Total # of schools: 146

# denotes the institution sponsors the sport but does not participate in postseason play.

Albertson College of Idaho, ID  
 Allen University, SC  
 Alliant International University, CA  
 Aquinas College, MI  
 Asbury College, KY  
 Ashford University, IA  
 Azusa Pacific University, CA  
 Bacone College, OK  
 Baker University, KS  
 Benedictine College, KS  
 Berea College, KY  
 Berry College, GA  
 Bethany College, KS  
 Bethel College, IN  
 Bethel College, KS  
 Bethel College, TN  
 Biola University, CA  
 Black Hills State University, SD  
 Brevard College, NC  
 Briar Cliff University, IA  
 University of British Columbia, BC  
 Cal State University-East Bay, CA  
 Cal State University - San Marcos, CA  
 Campbellsville University, KY  
 Cascade College, OR  
 Cedarville University, OH  
 Central Methodist University, MO  
 Concordia University, CA  
 Concordia University, NE  
 Concordia University, OR  
 Corban College, OR  
 Cornerstone University, MI  
 Covenant College, GA  
 University of the Cumberlands, KY  
 Dakota State University, SD  
 Dakota Wesleyan University, SD  
 Dana College, NE  
 David N. Myers University, OH  
 Dickinson State University, ND  
 Doane College, NE  
 Dordt College, IA  
 Eastern Oregon University, OR  
 Edward Waters College, FL  
 Embry-Riddle Aeronautical University, FL  
 Evangel University, MO  
 Evergreen State College, WA  
 Florida Memorial University, FL  
 Fresno Pacific University, CA  
 Friends University, KS  
 Geneva College, PA

Goshen College, IN  
 Grace College, IN  
 Graceland University, IA  
 Grand View College, IA  
 Harris-Stowe State University, MO  
 Haskell Indian Nations University, KS  
 Hastings College, NE  
 Holy Names University, CA  
 Houghton College, NY  
 Huntington University, IN  
 Huston-Tillotson University, TX  
 Indiana Wesleyan University, IN  
 Iowa Wesleyan College, IA  
 Jamestown College, ND  
 Johnson & Wales University, FL  
 Kansas Wesleyan University, KS  
 King College, TN  
 #Langston University, OK  
 Lewis-Clark State College, ID  
 Lindenwood University, MO  
 Lindsey Wilson College, KY  
 Loyola University, LA  
 Malone College, OH  
 Marian College, IN  
 McKendree College, IL  
 McPherson College, KS  
 MidAmerica Nazarene University, KS  
 Midland Lutheran College, NE  
 Milligan College, TN  
 Minot State University, ND  
 Missouri Baptist University, MO  
 Missouri Valley College, MO  
 Morningside College, IA  
 Morris College, SC  
 Mount Marty College, SD  
 Mount Mercy College, IA  
 Nebraska Wesleyan University, NE  
 Northwest University, WA  
 Northwestern College, IA  
 Northwood University, TX  
 Notre Dame College, OH  
 Oklahoma Baptist University, OK  
 Oklahoma Christian University, OK  
 Oklahoma Wesleyan University, OK  
 Olivet Nazarene University, IL  
 Oregon Institute of Technology, OR  
 Ottawa University, KS  
 Park University, MO  
 Paul Quinn College, TX  
 Pikeville College, KY

University of Rio Grande, OH  
 Robert Morris College, IL  
 Roberts Wesleyan College, NY  
 Saint Ambrose University, IA  
 University of Saint Francis, IL  
 University of Saint Francis, IN  
 Saint Gregory's University, OK  
 College of Saint Mary, NE  
 College of Saint Scholastica, MN  
 Saint Thomas University, FL  
 Siena Heights University, MI  
 Simon Fraser University, BC  
 University of Sioux Falls, SD  
 South Dakota School of Mines & Tech., SD  
 Southern Nazarene University, OK  
 Southern Oregon University, OR  
 Southern University at New Orleans, LA  
 Southern Virginia University, VA  
 College of the Southwest, NM  
 Southwestern College, KS  
 Spring Arbor University, MI  
 Sterling College, KS  
 Tabor College, KS  
 Taylor University, IN  
 Texas College, TX  
 Univ of Texas of the Permian Basin, TX  
 Tiffin University, OH  
 Trinity Christian College, IL  
 Union College, KY  
 Vanguard Univ of Southern California, CA  
 Virginia Intermont College, VA  
 Voorhees College, SC  
 Walsh University, OH  
 Warner Pacific College, OR  
 Warner Southern College, FL  
 Wayland Baptist University, TX  
 Webber International University, FL  
 Westmont College, CA  
 Wiley College, TX  
 William Jewell College, MO  
 William Penn University, IA  
 William Woods University, MO  
 University of Windsor, ON  
 York College, NE

