



GNAC WOMEN'S INDOOR TRACK & FIELD ALL-TIME REGIONAL & NATIONAL AWARD WINNERS

Updated Through 2022-23 Season

REGIONAL AWARDS

USTFCCCA WEST REGION TRACK ATHLETE OF THE YEAR

Jamie Ashcroft, Alaska Anchorage	2017
Joyce Chelimo, Alaska Anchorage	2016
Katie Hummel, Central Washington	2006
Joyce Kipchumba, Alaska Anchorage	2014
Caroline Kurgat, Alaska Anchorage	2019
Jessica Pixler, Seattle Pacific	2007, 2008, 2010
Sarah Porter, Western Washington	2011
Katelyn Steen, Western Washington	2015
Addy Townsend, Simon Fraser	2020

USTFCCCA WEST REGION FIELD ATHLETE OF THE YEAR

Karolin Anders, Alaska Anchorage	2016
Scout Cai, Seattle Pacific	2018, 2019
Becky Duhamel, Central Washington	2013
Krissy Tandle, Central Washington	2009
Teone Perkins, Seattle Pacific	2007
Keshara Romain, Saint Martin's	2020
Emily Warman, Western Washington	2019
McKenzie Warren, Concordia	2017
Ali Worthen, Seattle Pacific	2012

USTFCCCA WEST REGION COACH OF THE YEAR

Michael Friess, Alaska Anchorage	2013-14-16
Karl Lerum, Seattle Pacific	2007-08-09-10-11-12
Jerret Mantalas, Concordia	2020

USTFCCCA WEST REGION ASSISTANT COACH OF THE YEAR

Brittany Aanstad, Central Washington	2019
Ryan McWilliams, Alaska Anchorage	2014
Chris Reed, Seattle Pacific	2015
Jarred Rome, Concordia	2018
Audra Smith, Seattle Pacific	2016

USTFCCCA ALL-WEST REGION SELECTIONS

Top-Five Ranked Individuals & Top-Three Ranked Relays In Region

Awarded Starting In 2011

ALASKA ANCHORAGE

Name	Event	Years
Karolin Anders	High Jump	2014-15-16
Karolin Anders	Long Jump	2014-15-16
Karolin Anders	Triple Jump	2014-15-16
Karolin Anders	Pentathlon	2013-14-15-16
Vanessa Aniteye	400 Meters	2017-18-19
Vanessa Aniteye	4x400 Relay	2017-19
Vanessa Aniteye	DMR	2018-19
Jamie Ashcroft	60 Meters	2014-15-16-17
Jamie Ashcroft	200 Meters	2014-15-16-17
Jamie Ashcroft	4x400 Relay	2017
Tylantiss Atlas	4x400 Relay	2019
Hayley Bezanson	4x400 Relay	2017
Susan Bick	DMR	2013-14
Alexia Blalock	Triple Jump	2015
Elena Cano	Long Jump	2020
Elena Cano	Pentathlon	2020

Emmah Chelimo	3,000 Meters	2020
Emmah Chelimo	5,000 Meters	2018-20
Joyce (Kipchumba) Chelimo	3,000 Meters	2014-16
Joyce (Kipchumba) Chelimo	5,000 Meters	2014-16
Joyce Chelimo	DMR	2016
Mary Kathleen Cross	200 Meters	2016
Mary Kathleen Cross	400 Meters	2017
Mary Kathleen Cross	4x400 Relay	2017
Mary Kathleen Cross	DMR	2016-17
Ruth Cvancara	800 Meters	2020
Ruth Cvancara	DMR	2019-20
Beatrice Decker	DMR	2015
Nancy Jeptoo	Mile	2019-20
Nancy Jeptoo	3,000 Meters	2019
Nancy Jeptoo	DMR	2020
Chrislayn Johnson	Long Jump	2019
Chrisalyn Johnson	Triple Jump	2019
Amy Johnston	5,000 Meters	2015
Ruth Keino	3,000 Meters	2013
Ruth Keino	5,000 Meters	2013
Yemi Knight	DMR	2018
Caroline Kurgat	800 Meters	2019
Caroline Kurgat	Mile	2017-19
Caroline Kurgat	3,000 Meters	2016-17-19
Caroline Kurgat	5,000 Meters	2016-17
Caroline Kurgat	DMR	2017-19
Hayleigh Lloyd	DMR	2013-14-15
Danielle McCormick	800 Meters	2017-18-19
Danielle McCormick	4x400 Relay	2019
Danielle McCormick	DMR	2017-18-19
Ivy O'Guinn	800 Meters	2014
Ivy O'Guinn	Mile	2014
Ivy O'Guinn	3,000 Meters	2014
Ivy O'Guinn	DMR	2013-14
Jessica Pahkala	800 Meters	2015
Jessica Pahkala	DMR	2013-14-15-16
Tamara Perez	800 Meters	2016-17-18
Tamara Perez	Mile	2018
Tamara Perez	DMR	2016-17-18
Marie Ries	4x400 Relay	2019
Marie Ries	DMR	2020
Rosie Smith	60-Meter Hurdles	2014-15-16
Rosie Smith	DMR	2015
Rosie Smith	Pentathlon	2015-16
Susan Tanui	Mile	2013
Susan Tanui	3,000 Meters	2013
Susan Tanui	5,000 Meters	2013

CENTRAL WASHINGTON

Name	Event	Years
Shaina Afoa	Shot Put	2011
Ali Anderson	200 Meters	2018
Ali Anderson	400 Meters	2018
Ali Anderson	Pentathlon	2018
Lauryn Chandler	60-Meter Hurdles	2022-23
Becca Clark	Pole Vault	2011

GNAC WOMEN'S INDOOR T&F ALL-TIME REGIONAL/NATIONAL AWARD WINNERS

USTFCCA ALL-WEST REGION SELECTIONS

CENTRAL WASHINGTON

Name	Event	Years
Kati Davis	Pole Vault	2011-12
McCall DeChenne	4x400 Relay	2020
Ellie DeGroot	Pentathlon	2023
Becki Duhamel	Shot Put	2013-15
Becki Duhamel	Weight Throw	2013-15
Dani Eggleston	3,000 Meters	2016
Dani Eggleston	5,000 Meters	2015-16
McKenna Emmert	Pole Vault	2014-15-16-17
Taylor Fettig	High Jump	2013-14-15
Taylor Fettig	Long Jump	2014
Taylor Fettig	Pentathlon	2014-15
Avery Fisk	Shot Put	2022
E'lexis Hollis	60 Meters	2022-23
Halle Irvine	Pole Vault	2018-19-20
Noelia Juarez	4x400 Relay	2020
Kelsey Kreft	5,000 Meters	2012
Samantha La Rue	Shot Put	2019-20
Samantha La Rue	Weight Throw	2019-20
Jamie Larsen	Pole Vault	2013
Katharine Lotze	Triple Jump	2011
Dorothy Moore	Weight Throw	2014
Connie Morgan	Mile	2014
HarLee Ortega	High Jump	2019
HarLee Ortega	Triple Jump	2018
HarLee Ortega	Pentathlon	2018-19
Torrie Self	Shot Put	2011
Torrie Self	Weight Throw	2011
Alexa Shindruk	3,000 Meters	2019
Alexa Shindruk	5,000 Meters	2018-19
Meagan Smallbeck	Weight Throw	2020-22
Jordan Stueckle	Weight Throw	2011
Sidney Trinidad	400 Meters	2020
Sidney Trinidad	4x400 Relay	2020
Mariyah Vongsaveng	60-Meter Hurdles	2016-17-18-19
Erykah Weems	400 Meters	2019
Erykah Weems	60-Meter Hurdles	2017-20
Erykah Weems	4x400 Relay	2020
Brooke Williams	Long Jump	2019
Brooke Williams	Triple Jump	2019
Kelsey Williams	Pentathlon	2014
Amanda Youngers	Shot Put	2016

CONCORDIA

Name	Event	Years
Melissa Ausman	Shot Put	2018
Melissa Ausman	Weight Throw	2018
Chelsea Bone	Pentathlon	2018-19
Sarah Fajer	Shot Put	2020
Emma Hill	Triple Jump	2018
Karlie Hurley	Triple Jump	2020
Paige Johnson	60 Meters	2020
Paige Johnson	60-Meter Hurdles	2020
Paige Johnson	High Jump	2020
Paige Johnson	Long Jump	2020
Paige Johnson	Pentathlon	2020
Tori Johnson	High Jump	2018
Sasha Korolenko	Weight Throw	2020
Katrina Linenko	Shot Put	2018-20
Christina Macdonald	Shot Put	2018

Christina Macdonald	Weight Throw	2018
Kori Sprague	Weight Throw	2019-20
Chase Stephens	High Jump	2020
Chase Stephens	Triple Jump	2020

MONTANA STATE BILLINGS

Name	Event	Years
Sierra Durbin	DMR	2021
Marley Glessner	DMR	2021
Leeza Henry	Shot Put	2012
Anica Knispel	Shot Put	2011-12
Anica Knispel	Weight Throw	2011-12
Kendall Lynn	Triple Jump	2021
Kaitlin Mason	60 Meters	2021
Joleen Pollat	Shot Put	2021
Joleen Pollat	Weight Throw	2021
Kailee Stoppel	Mile	2021
Kailee Stoppel	3,000 Meters	2021
Kailee Stoppel	DMR	2021
Ally Whitmer	DMR	2021

NORTHWEST NAZARENE

Name	Event	Years
Annalisa Abdalla	Mile	2021
Ellie Alberts	Triple Jump	2021
Jill Bennett	Pentathlon	2011
Kalli Brence	400 Meters	2021
Caitlin Curtis	Weight Throw	2014-15
Bethany Danner	Mile	2021
Elisa Decker	4x400 Relay	2011
Elisa Decker	DMR	2011
Taylor Deskins	60 Meters	2016
Carly Dranginis	Shot Put	2013
Carly Dranginis	Weight Throw	2013
Natalie Evans	800 Meters	2014
Natalie Evans	4x400 Relay	2011
Natalie Evans	DMR	2011
Melissa Grammer	4x400 Relay	2011
Christine Harwood	DMR	2011
Katie Heckathorn	Triple Jump	2021
Alicia Hedrick	Weight Throw	2013
Destany Herbert	Shot Put	2021-22-23
Destany Herbert	Weight Throw	2021
Jasmyn Jewett	Triple Jump	2011
Jessica Johns	Shot Put	2014-16
Kalen Johnson	3,000 Meters	2021
Jaidyn Kinneeveauk	High Jump	2021
Jaidyn Kinneeveauk	Pentathlon	2021
Chelsey Knott	60-Meter Hurdles	2015-16
Julia LaMar	800 Meters	2021
Olivia Mancinelli	Pole Vault	2021
Heidi Nisly	800 Meters	2021
Laura Pridgen	Pentathlon	2013
Jaclyn Puga	Mile	2011
Jaclyn Puga	DMR	2011
Jordan Rehfeld	3,000 Meters	2014
Jordan Rehfeld	5,000 Meters	2014
Shanna Rippy	4x400 Relay	2011
Jessa Saum	Weight Throw	2021
Courtney Schroeder	High Jump	2014
Shayna Shute	Weight Throw	2011
Alison Silva	Pole Vault	2014-15

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USTFCCCA ALL-WEST REGION SELECTIONS

NORTHWEST NAZARENE

Name	Event	Years
Marie Smith	60-Meter Hurdles	2014
Lexi Tubbs	60-Meter Hurdles	2016-17-19
Vessie Umu	Shot Put	2013-14
Madison VonBrethorst	High Jump	2020-21
Taylor VanValey	Shot Put	2014-15
Taylor VanValey	Weight Throw	2014
Joy Warrington	Shot Put	2011-12
Joy Warrington	Weight Throw	2012
Jordan Woods	5,000 Meters	2021
Kinsey (Langin) Yenor	Pole Vault	2021-22-23

SAINT MARTIN'S

Name	Event	Years
Joscelyn Minton	Mile	2011
Kirby Neale	Shot Put	2015-16
Shannon Porter	3,000 Meters	2016-17
Shannon Porter	5,000 Meters	2016-17
Keshara Romain	Long Jump	2020
Keshara Romain	Triple Jump	2019-20

SEATTLE PACIFIC

Name	Event	Years
Jahzelle Ambus	200 Meters	2015-16
Jahzelle Ambus	400 Meters	2015-16
Jahzelle Ambus	4x400 Relay	2015-16
Jahzelle Ambus	DMR	2016
Brittany Anstad	High Jump	2011
Vanessa Aniteye	800 Meters	2023
Tasia Baldwin	200 Meters	2014
Tasia Baldwin	4x400 Relay	2014-15
Tasia Baldwin	Long Jump	2015
Brooke Benner	High Jump	2017
Brooke Benner	Triple Jump	2017
Grace Bley	200 Meters	2018
Kyra Brannan	200 Meters	2017
Kyra Brannan	Long Jump	2014-15-17
Scout Cai	High Jump	2017-18
Scout Cai	Pole Vault	2017-18-19-20
Scout Cai	Pentathlon	2017-18-19-20
Mary Charleson	3,000 Meters	2017
Mary Charleson	DMR	2017-18
Allison Cutting	Mile	2011
Allison Cutting	Mile	2011
Lizzy Daugherty	Pole Vault	2023
Lynelle Decker	800 Meters	2014-15-16
Lynelle Decker	Mile	2014
Lynelle Decker	4x400 Relay	2016
Lynelle Decker	DMR	2015-16
Annika Esvelt	3,000 Meters	2022
Annika Esvelt	5,000 Meters	2022
Alyssa Foote	5,000 Meters	2018
McKayla Fricker	800 Meters	2012-13-14
McKayla Fricker	Mile	2014
McKayla Fricker	4x400 Relay	2014
McKayla Fricker	DMR	2011
Katy Gross	High Jump	2011-13
Katy Gross	Pentathlon	2011-12-13
Charlie Hill	Pole Vault	2022
Maddie Hommes	Pentathlon	2014

Dania Holmberg	3,000 Meters	2020
Dania Holmberg	5,000 Meters	2020
Cheryl Hong	4x400 Relay	2016
Becca Houk	60 Meters	2015
Becca Houk	200 Meters	2015
Becca Houk	DMR	2015
Peace Ibgonagwam	Long Jump	2020-22
Jasmine Johnson	800 Meters	2012
Jasmine Johnson	4x400 Relay	2014-15
Michaela Kahns	Pole Vault	2016-17
Heidi Laabs-Johnson	Mile	2012
Heidi Laabs-Johnson	5,000 Meters	2012
Heidi Laabs-Johnson	DMR	2011
Emma Lambert	Pole Vault	2016
Geneva Lehnert	High Jump	2016-17
Kate Lilly	Mile	2019
Kate Lilly	DMR	2018
Maliea Luquin	60-Meter Hurdles	2015-16
Maliea Luquin	Long Jump	2016
Maliea Luquin	Pentathlon	2015-16
Sarah Macdonald	DMR	2017
Sammi Markham	Shot Put	2015
Renick Meyer	60 Meters	2014-18
Renick Meyer	60-Meter Hurdles	2018-19-20
Renick Meyer	Long Jump	2019-20
Anna Patti	3,000 Meters	2015
Kishia Mitchell	60 Meters	2012-14
Kishia Mitchell	200 Meters	2012-14
Kishia Mitchell	400 Meters	2011-14
Kishia Mitchell	4x400 Relay	2014
Anna Patti	5,000 Meters	2014-15-16
Anna Patti	DMR	2015-16
Melissa Peaslee	Pole Vault	2011
Jennifer Pike	Pentathlon	2011
Chynna Phan	800 Meters	2016
Chynna Phan	DMR	2016-17-18
Natty Plunkett	5,000 Meters	2011-12
Jessica Rawlins	DMR	2015
Terra Schumacher	Pole Vault	2011-12
Crystal Sims	DMR	2011
Crystal Sims	Pentathlon	2011
Kayla Tassara	Pole Vault	2023
Lani Taylor	DMR	2017-18
Jalen Tims	400 Meters	2015-16
Jalen Tims	4x400 Relay	2016
Naphtali Ward	High Jump	2015-16
Ali Worthen	60-Meter Hurdles	2011-12
Ali Worthen	High Jump	2011-12
Ali Worthen	Long Jump	2011-12
Ali Worthen	Pentathlon	2012

SIMON FRASER

Name	Event	Years
Kirsten Allen	3,000 Meters	2013
Kirsten Allen	DMR	2014
Alison Andrews-Paul	800 Meters	2022
Alison Andrews-Paul	4x400 Relay	2022
Alison Andrews-Paul	DMR	2022
Miryam Bassett	Mile	2016-17-18
Rebecca Bassett	Mile	2015-16
Rebecca Bassett	3,000 Meters	2015-16
Rebecca Bassett	DMR	2014-15-16

GNAC WOMEN'S INDOOR T&F ALL-TIME REGIONAL/NATIONAL AWARD WINNERS

USTFCCCA ALL-WEST REGION SELECTIONS

SIMON FRASER

Name	Event	Years
Erika Binder	4x400 Relay	2022
Renate Bluschke	4x400 Relay	2018-19
Renate Bluschke	DMR	2018-19-20
Robyn Broomfield	Triple Jump	2014
Ella Brown	Triple Jump	2014-15-16-17
Lindsey Butterworth	800 Meters	2013-15
Lindsey Butterworth	Mile	2013-15
Lindsey Butterworth	DMR	2013-15
Kate Cameron	DMR	2023
Emily Chilton	Mile	2022
Emily Chilton	4x400 Relay	2018
Emily Chilton	DMR	2022
Helen Crofts	400 Meters	2013
Helen Crofts	800 Meters	2013
Helen Crofts	4x400 Relay	2013
Helen Crofts	DMR	2013
Chantel Desch	400 Meters	2015-16-17
Chantel Desch	4x400 Relay	2013-15-16
Chantel Desch	DMR	2013-16-17
Reta Dobie	3,000 Meters	2018
Sophie Dodd	800 Meters	2019
Sophie Dodd	4x400 Relay	2019
Sophie Dodd	DMR	2019
Julia Howley	Mile	2017-18
Julia Howley	3,000 Meters	2018
Julia Howley	DMR	2018
Jennifer Johnson	Mile	2015
Jennifer Johnson	3,000 Meters	2015
Valda Kabia	60 Meters	2016-17
Valda Kabia	200 Meters	2016-17
Valda Kabia	4x400 Relay	2016
Michaela Kane	800 Meters	2013
Michaela Kane	4x400 Relay	2013
Michaela Kane	DMR	2013
Sydney Kania	High Jump	2020
Marie-Éloïse Leclair	60 Meters	2022-23
Marie-Éloïse Leclair	200 Meters	2023
Marie-Éloïse Leclair	400 Meters	2023
Marie-Éloïse Leclair	4x400 Relay	2022
Marie-Éloïse Leclair	DMR	2023
Kayla Lennea	DMR	2014
Emily Lindsay	400 Meters	2022
Emily Lindsay	4x400 Relay	2022
Emily Lindsay	DMR	2022
Monique Lisek	400 Meters	2015
Monique Lisek	4x400 Relay	2015-16
Monique Lisek	DMR	2015
Katherine Lucas	60 Meters	2017
Katherine Lucas	200 Meters	2017
Alana Mussatto	800 Meters	2015-18
Alana Mussatto	4x400 Relay	2015-16-18
Alana Mussatto	DMR	2016-17-18
Paige Nock	800 Meters	2015
Paige Nock	Mile	2015-17-18
Paige Nock	DMR	2015-17-18
Peggy Noel	3,000 Meters	2015
Kennedy Primrose	Triple Jump	2022-23
Meyer Quaynor	60 Meters	2018
Megan Roxby	800 Meters	2023

Megan Roxby	Mile	2022-23
Megan Roxby	DMR	2020-22-23
Sarah Sawatzky	800 Meters	2013-14
Sarah Sawatzky	4x400 Relay	2013
Sarah Sawatzky	DMR	2014
Mairin Shields-Brown	800 Meters	2020
Mairin Shields-Brown	DMR	2020
Addy Townsend	800 Meters	2016-17-19-20
Addy Townsend	Mile	2016-19-20
Addy Townsend	4x400 Relay	2019
Addy Townsend	DMR	2016-17-19-20
Elizabeth Vanderput	DMR	2023
Diana Voloshin	60-Meter Hurdles	2017
Bryce West	4x400 Relay	2018-19-22
Olivia Willett	3,000 Meters	2022

WESTERN OREGON

Name	Event	Years
Alexis Anderson	High Jump	2013
Aanan Applebee	800 Meters	2011
Emmi Collier	Shot Put	2013-15-16
Janelle Everetts	800 Meters	2011-12
Moana Gianotti	Shot Put	2020-22
Moana Gianotti	Weight Throw	2022
Mariah Gronbach	Weight Throw	2019
Charlene Harber	Pentathlon	2012
Maya Hopwood	60 Meters	2020
Caitlin Heldt	3,000 Meters	2022
Caitlin Heldt	5,000 Meters	2022-23
Jenelle Hurley	Pentathlon	2020-22-23
Grace Knapp	5,000 Meters	2020
Nicole Maurmann	Mile	2016
Madison McClung	200 Meters	2011-12
Kalulusno Ngaida	Triple Jump	2020
Rochelle Pappel	60-Meter Hurdles	2015
Katie Pelchar	High Jump	2011-12
Shelby Peterson	High Jump	2013
Ana Popchock	60-Meter Hurdles	2022
Ana Popchock	Triple Jump	2023
Ashley Potter	Triple Jump	2011-12
Kennedy Rufener	3,000 Meters	2018
Kennedy Rufener	5,000 Meters	2017-18
Stephanie Stuckey	Mile	2015-16
Maliyah Thompson	60-Meter Hurdles	2023
Suzie Van De Grift	800 Meters	2017
Suzie Van De Grift	Mile	2018
Olivia Woods	800 Meters	2017-18-19
Amanda Wright	5,000 Meters	2011

WESTERN WASHINGTON

Name	Event	Years
Karis Anderson	Pole Vault	2012-13
Morgan Annable	Pole Vault	2014
Tanya Bjornsson	60-Meter Hurdles	2011-14
Tanya Bjornsson	Long Jump	2011-13-14
Lauren Breihof	Mile	2011
Lauren Breihof	5,000 Meters	2011
Sydney Coffey	400 Meters	2014
Mia Crocker	DMR	2023
Ila Davis	Mile	2023
Ila Davis	DMR	2023
Aliyah Dawkins	High Jump	2020-22

GNAC WOMEN'S INDOOR T&F ALL-TIME REGIONAL/NATIONAL AWARD WINNERS

USTFCCA ALL-WEST REGION SELECTIONS

WESTERN WASHINGTON

Name	Event	Years
Aliyah Dawkins	Pentathlon	2022
Hannah Dodson	Pole Vault	2018
Sophia Galvez	5,000 Meters	2019
Brittany Grandy	High Jump	2012
Brittany Grant	3,000 Meters	2017
Brittany Grant	5,000 Meters	2017
Leah Huey	Pole Vault	2016
Rachael Johnson	800 Meters	2011
Rachael Johnson	Mile	2011
Rachael Johnson	DMR	2011
Miranda Lahman	DMR	2012
Jasmine McMullin	Long Jump	2018
Jasmine McMullin	Triple Jump	2015-16-18
Anna Miller	DMR	2023
Megan O'Connell	DMR	2011
Miranda Osadchey	High Jump	2016
Anna Paradee	Pole Vault	2015-16-17-19
Cheyanna Pinley	Pole Vault	2013-14
Sarah Porter	5,000 Meters	2011
Sarah Porter	DMR	2011
Katie Potts	Shot Put	2023
Katie Potts	Weight Throw	2023
Katie Reichert	Pentathlon	2014
Rachael Roberts	Pole Vault	2018
Eleanor Siler	400 Meters	2011-12
Eleanor Siler	DMR	2011-12
Katelyn Steen	3,000 Meters	2015
Katelyn Steen	5,000 Meters	2014-15
Katelyn Steen	DMR	2012
Maddie Taylor	High Jump	2019
Mikhakia Thornton	DMR	2012
Emily Warman	Long Jump	2012-13
Emily Warman	Triple Jump	2012
Lindsey Wells	Weight Throw	2013
Raine Westfall	Weight Throw	2023
Sophie Wright	DMR	2023

Bethany Drake, WWU	2016-17
Heather Edic, UAF	2012
Stacy Edwards, UAA	2006
Annika Esvelt, SPU	2022
McKayla Fricker, SPU	2014
Katy Gross, SPU	2012-13
Taylor Guenther, WWU	2016
Bryn Haebe, UAA	2014
Katie Hansen, SU	2008
Renae Hepfner, MSUB	2015
Stephanie Huffman, SPU	2002
Janelle Hurley, WOU	2022
Mandy Kaempf, UAA	2006
Ruth Keino, UAA	2013
Sarah Kraybill, SPU	2002-03
Caroline Kurgat, UAA	2018-19
Jane Larson, SPU	2010
Kate Lilly, SPU	2019
Haleigh Lloyd, UAA	2012
Maliea Luquin, SPU	2016
Della Lyle, MSUB	2016
Alicen Maier, CWU	2002
Danielle McCormick, UAA	2019
Jasmine McMullin, WWU	2017-18
Anna Paradee, WWU	2017-18
Anna Patti, SPU	2015
Teona Perkins, SPU	2007
Jessica Pixler, SPU	2008-09-10
Natty Plunkett, SPU	2011-12
Katie Reichert, WWU	2015
Karin Rohde, SPU	2007
Jeeni Schantlin, SPU	2009
Theresia Schnurr, UAF	2012
Amanda Schumaker, WOU	2013
Amanda Short, WWU	2022
Monica Smith, WOU	2005
Suzie Strickler, SPU	2008,10
Jessica Telleria, WWU	2006
Jenise Trueblood, MSUB	2016
Laura Widman, SPU	2002-03
Jamie Witt, SPU	2004
Ali Worthen, SPU	2012-13
Olivia Woods, WOU	2019

COLLEGE SPORTS COMMUNICATORS

ACADEMIC ALL-DISTRICT TRACK/CROSS COUNTRY

Includes All XC/TF Honorees During GNAC Era

First Team

Name	Years
Lisa Anderberg, SPU	2010
Karolin Anders, UAA	2015
Alison Andrews-Paul, SFU	2022
Annan Applebee, WOU	2011
Jamie Ashcroft, UAA	2016-17
Linda Blake, SPU	2004-05-06
Chelsea Bone, CU	2019
Leslie Boyd, UAA	2002
Scout Cai, SPU	2018
Laura Carr, UAA	2010
Emily Chilton, SFU	2022
Holly Conrad, WOU	2003
Caitlin Curtis, NNU	2015
Aliyah Dawkins, WWU	2022
Lynelle Decker, SPU	2016
Karen Dickson, SPU	2005
Heidi Dimmitt, WWU	2009

Second Team	Years
Kelly Fullerton, SU	2003
Katy Gross, SPU	2011
Jane Larson, SPU	2009
Jennifer Pike, SPU	2011
Natty Plunkett, SPU	2010
Allyson Studer, SPU	2003
Julie Thielen, SMU	2003

GNAC WOMEN'S INDOOR T&F ALL-TIME REGIONAL/NATIONAL AWARD WINNERS

NATIONAL AWARDS

ALL-AMERICAN AWARDS

See the GNAC Indoor Track & Field National Results Document

Caroline Kurgat, UAA	2018-19
Jasmine McMullin, WWU	2018
Jessica Pixler, SPU	2008-10
Olivia Woods, WOU	2019

USTFCCCA INDOOR TRACK ATHLETE OF THE YEAR

Caroline Kurgat, UAA	2019
Jessica Pixler, SPU	2009

Second Team

Lisa Anderberg, SPU	2010
Katy Gross, SPU	2012
McKayla Fricker, SPU	2014
Mandy Kaempf, UAA	2006
Teona Perkins, SPU	2007
Jessica Pixler, SPU	2009
Natty Plunkett, SPU	2012

USTFCCCA INDOOR TRACK SCHOLAR-ATHLETE OF THE YEAR

Helen Crofts, SFU	2013
Caroline Kurgat, UAA	2019
Jessica Pixler, SPU	2007*, 2009, 2010

* - 2007 Award For Pixler Covered Both Track & Field Athletes

Third Team

Karolin Anders, UAA	2015
Linda Blake, SPU	2006
Chelsea Bone, CU	2019
Holly Conrad, WOU	2003
Taylor Guenther, WWU	2016
Sarah Kraybill, SPU	2003
Jeeni Schantin, SPU	2009
Monica Smith, WOU	2005
Ali Worthen, SPU	2012

USTFCCCA NATIONAL ATHLETES OF THE WEEK

Alison Andrews-Paul, SFU	Jan. 18, 2022
Lindsey Butterworth, SFU	Jan. 20, 2015
Joyce Chelimo, UAA	Feb. 16, 2016
Caroline Kurgat, UAA	Jan. 15, 2019
Caroline Kurgat, UAA	Jan. 29, 2019
McKenzie Warren, CU	Jan. 17, 2017
McKenzie Warren, CU	Jan. 24, 2017
McKenzie Warren, CU	Feb. 14, 2017

COLLEGE SPORTS COMMUNICATORS

ACADEMIC ALL-AMERICA CROSS COUNTRY/TRACK & FIELD

Includes All XC/TF Honorees During GNAC Era

First Team

Jamie Ashcroft, UAA	2017
Bethany Drake, WWU	2017

USTFCCCA ATHLETES HALL OF FAME

For Accomplishments During GNAC Era

Ashley Puga, NNU	2018
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