



# GNAC WOMEN'S INDOOR TRACK & FIELD CONFERENCE CHAMPIONS & YEARLY AWARDS

Updated Through 2022-23 Season

## TEAM CHAMPION

2004	Seattle Pacific	160
2005	Seattle Pacific	188
2006	Seattle Pacific	154
2007	Seattle Pacific	192
2008	Seattle Pacific	183
2009	Seattle Pacific	181
2010	Seattle Pacific	179.5
2011	Seattle Pacific	126.5
2012	Seattle Pacific	182
2013	Alaska Anchorage	147
2014	Alaska Anchorage	154
2015	Seattle Pacific	146
2016	Alaska Anchorage	164
2017	Seattle Pacific	124
2018	Central Washington	136
	Seattle Pacific	136
2019	Seattle Pacific	154
2020	Concordia	128.33
2021	No Meet	
2022	Simon Fraser	124
2023	Western Oregon	122

## ATHLETE OF THE YEAR

2006	Teona Perkins, Seattle Pacific
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific
2009	Jessica Pixler, Seattle Pacific
2010	Jessica Pixler, Seattle Pacific
2011	Sarah Porter, Western Washington Helen Crofts, Simon Fraser
2012	Ashley Potter, Western Oregon
2013	Helen Crofts, Simon Fraser
2014	Karolin Anders, Alaska Anchorage
2015	Lindsey Butterworth, Simon Fraser
2016	Joyce Chelimo, Alaska Anchorage
2017	Addy Townsend, Simon Fraser
2018	Danielle McCormick, Alaska Anchorage
2019	Caroline Kurgat, Alaska Anchorage
2020	Addy Townsend, Simon Fraser
2021	Not Awarded
2022	Alison Andrews-Paul, Simon Fraser
2023	Vanessa Aniteye, Seattle Pacific

## CONFERENCE MEET

### OUTSTANDING PERFORMER

2004	Terran Legard, Central Washington
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Krissy Tandle, Central Washington
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific
2009	Ashley Puga, Northwest Nazarene
2010	Jessica Pixler, Seattle Pacific

2011	Torrie Self, Central Washington
2012	Ali Worthen, Seattle Pacific
2013	Tanya Bjornsson, Western Washington
2014	Karolin Anders, Alaska Anchorage
2015	Lindsey Butterworth, Simon Fraser Becki Duhamel, Central Washington Karolin Anders, Alaska Anchorage
2016	Karolin Anders, Alaska Anchorage
2017	Jamie Ashcroft, Alaska Anchorage

## CONFERENCE MEET

### TRACK ATHLETE OF THE MEET

2018	Ali Anderson, Central Washington
2019	Caroline Kurgat, Alaska Anchorage
2020	Addy Townsend, Simon Fraser
2021	No Meet
2022	Annika Esvelt, Seattle Pacific
2023	Marie-Éloïse Leclair, Simon Fraser

## CONFERENCE MEET

### FIELD ATHLETE OF THE MEET

2018	Jasmine McMullin, W. Washington
2019	HarLee Ortega, Central Washington
2020	Keshara Romain, Saint Martin's
2021	No Meet
2022	Aliyah Dawkins, Western Washington
2023	Jenelle Hurley, Western Oregon

## CONFERENCE MEET

### PERFORMANCE OF THE MEET

2018	Jasmine McMullin, WWU, Triple Jump
2019	Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat, UAA Distance Medley Relay
2020	Paige Johnson, CU, 60 Meters
2021	No Meet
2022	Alison Andrews-Paul, SFU, 800 Meter
2023	Marie-Éloïse Leclair, SFU, 60 Meters

## COACH OF THE YEAR

2004	Jack Hoyt, Seattle Pacific
2005	Jack Hoyt, Seattle Pacific
2006	Kevin Adkisson, Central Washington
2007	Karl Lerum, Seattle Pacific
2008	Karl Lerum, Seattle Pacific
2009	Karl Lerum, Seattle Pacific
2010	Karl Lerum, Seattle Pacific
2011	Karl Lerum, Seattle Pacific
2012	Karl Lerum, Seattle Pacific
2013	Michael Friess, Alaska Anchorage
2014	Michael Friess, Alaska Anchorage
2015	Karl Lerum, Seattle Pacific
2016	Michael Friess, Alaska Anchorage

2017	Karl Lerum, Seattle Pacific Brit Townsend, Simon Fraser
2018	Kevin Adkisson, Central Washington
2019	Karl Lerum, Seattle Pacific
2020	Jerret Mantalas, Concordia
2021	Not Awarded
2022	Brit Townsend, Simon Fraser
2023	Octavious Gillespie-Bennett, WOU

## NEWCOMER OF THE YEAR

2004	Terran Legard, Central Washington
2005	Chelsi Claussen, Saint Martin's
2006	Teona Perkins, Seattle Pacific
2007	None Selected
2008	None Selected
2009	Janae Larson, Seattle Pacific
2010	Ashley Potter, Western Oregon
2011	Kaitlin Davis, Central Washington
2012	Leeza Henry, MSU Billings
2013	Becki Duhamel, Central Washington
2014	Joyce Kipchumba, Alaska Anchorage
2015	Jennifer Johnson, Simon Fraser
2016	Della Lyle, Montana State Billings
2017	None Selected
2018	Akelila Knight, Alaska Anchorage
2019	Maddie Taylor, Western Washington
2020	Paige Johnson, Concordia
2021	Not Awarded
2022	Charlie Hill, Seattle Pacific
2023	Ujunwa Nwokoma, Western Oregon

## FRESHMAN OF THE YEAR

2004	Kinyatta Leonhardt, Seattle Pacific
2005	Karin Rohde, Seattle Pacific
2006	Ashley Puga, Northwest Nazarene
2007	Jessica Pixler, Seattle Pacific
2008	Jaclyn Puga, Northwest Nazarene
2009	Ali Worthen, Seattle Pacific
2010	Sarah Kathrein, Western Oregon
2011	Becca Clark, Central Washington
2012	Tasia Baldwin, Seattle Pacific
2013	Caroline Anders, Alaska Anchorage
2014	Ali Silva, Northwest Nazarene
2015	Paige Nock, Simon Fraser
2016	Addy Townsend, Simon Fraser
2017	Scout Cai, Seattle Pacific
2018	Renick Meyer, Seattle Pacific
2019	Peace Igbonagwam, Seattle Pacific
2020	Maya Hopwood, Western Oregon
2021	Not Awarded
2022	Annika Esvelt, Seattle Pacific
2023	Emma Cannan, Simon Fraser Meaera Shannon, W. Washington

# GNAC WOMEN'S INDOOR TRACK & FIELD CHAMPIONS & YEARLY AWARDS

## INDIVIDUAL EVENT CHAMPIONS

### 60 METERS

2004	Kinyatta Leonhardt, SPU	7.96
2005	Kinyatta Leonhardt, SPU	7.96
2006	Whitney Knox, WWU	8.02
2007	Latasha Essien, SPU	7.73
2008	Latasha Essien, SPU	7.90
2009	Latasha Essien, SPU	7.77
2010	Latasha Essien, SPU	7.67
2011	Jane Channell, SFU	7.81
2012	Kishia Mitchell, SPU	7.80
2013	Tanya Bjornsson, WWU	7.84
2014	Jamie Ashcroft, UAA	7.69
2015	Jamie Ashcroft, UAA	7.65
2016	Jamie Ashcroft, UAA	7.61
2017	Jamie Ashcroft, UAA	7.55
2018	Renick Meyer, SPU	7.71
2019	Macie Allen, CU	7.58
2020	Paige Johnson, CU	7.52
2021	No Meet	
2022	E'Lexis Hollis, CWU	7.58
2023	Marie-Éloïse Leclair, SFU	7.33

### 200 METERS

2004	Kinyatta Leonhardt, SPU	25.40
2005	Terran Legard, CWU	25.25
2006	Anna Soule, SPU	26.04
2007	Latasha Essien, SPU	25.50
2008	Jessica Hinton, SPU	25.92
2009	Jessica Hinton, SPU	25.35
2010	Eleanor Siler, WWU	25.03
2011	Jane Channell, SFU	25.57
2012	Madison McClung, WOU	25.16
2013	Rosie Smith, UAA	25.20
2014	Jamie Ashcroft, UAA	24.69
2015	Jamie Ashcroft, UAA	24.25
2016	Jahzelle Ambus, SPU	24.35
2017	Jamie Ashcroft, UAA	24.09
2018	Ali Anderson, CWU	25.00
2019	Grace Bley, SPU	24.86
2020	Erykah Weems, CWU	24.56
2021	No Meet	
2022	Marie-Éloïse Leclair, SFU	24.53
2023	Marie-Éloïse Leclair, SFU	23.63

### 400 METERS

2004	Terran Legard, CWU	57.69
2005	Terran Legard, CWU	56.57
2006	Terran Legard, CWU	57.75
2007	Heidi Dimmitt, WWU	59.11
2008	Elisa Decker, NNU	58.21
2009	Eleanor Siler, WWU	56.23
2010	Eleanor Siler, WWU	56.93
2011	Helen Crofts, SFU	55.90
2012	Eleanor Siler, WWU	56.70
2013	Melissa Grammer, NNU	57.16
2014	Kishia Mitchell, SPU	57.00
2015	Jahzelle Ambus, SPU	56.18
2016	Jahzelle Ambus, SPU	54.87
2017	Chantel Desch, SFU	55.37
2018	Ali Anderson, CWU	55.68
2019	Erykah Weems, CWU	56.24
2020	Erykah Weems, CWU	56.69
2021	No Meet	
2022	Emily Lindsay, SFU	55.79
2023	Claire Bosma, SFU	57.90

### 800 METERS

2004	Jennifer Marsh, SPU	2:14.80
2005	Josie Lavin, SPU	2:16.09
2006	Ashley Puga, NNU	2:16.55
2007	Jessica Pixler, SPU	2:11.52
2008	Jessica Pixler, SPU	2:10.18
2009	Ashley Puga, NNU	4:47.37
2010	Jessica Pixler, SPU	2:08.28
2011	Brianna Kane, SFU	2:14.58
2012	McKayla Fricker, SPU	2:15.53
2013	Helen Crofts, SFU	2:12.29
2014	Sarah Sawatzky, SFU	2:08.57
2015	Lindsey Butterworth, SFU	2:10.04
2016	Addy Townsend, SFU	2:11.54
2017	Addy Townsend, SFU	2:12.09
2018	Danielle McCormick, UAA	2:09.19
2019	Addy Townsend, SFU	2:10.12
2020	Addy Townsend, SFU	2:10.87
2021	No Meet	
2022	Alison Andrews-Paul, SFU	2:05.09
2023	Vanessa Aniteye, SPU	2:08.71

### MILE

2004	Jamie Witt, SPU	5:09.21
2005	Karen Dickson, SPU	5:08.23
2006	Katie Hummel, CWU	5:08.11
2007	Jessica Pixler, SPU	4:54.53
2008	Jessica Pixler, SPU	4:50.38
2009	Ashley Puga, NNU	4:47.37
2010	Jessica Pixler, SPU	4:40.39
2011	Jessica Smith, SFU	5:04.83
2012	Lindsey Butterworth, SFU	5:07.32
2013	Lindsey Butterworth, SFU	4:58.09
2014	McKayla Fricker, SPU	5:00.37
2015	Lindsey Butterworth, SFU	4:55.34
2016	Joyce Chelimo, UAA	5:00.28
2017	Caroline Kurgat, UAA	4:53.07
2018	Tamara Perez, UAA	5:00.52
2019	Caroline Kurgat, UAA	4:47.86
2020	Addy Townsend, SFU	4:58.62
2021	No Meet	
2022	Megan Roxby, SFU	5:02.38
2023	Megan Roxby, SFU	5:05.63

### 3,000 METERS

2013	Susan Tanui, UAA	9:54.95
2014	Joyce Kipchumba, UAA	10:01.01
2015	Jennifer Johnson, SFU	9:47.64
2016	Joyce Chelimo, UAA	9:50.70
2017	Shannon Porter, SMU	10:01.86
2018	Julia Howley, SFU	9:47.83
2019	Caroline Kurgat, UAA	9:54.40
2020	Kate Lilly, SPU	9:47.88
2021	No Meet	
2022	Annika Esvelt, SPU	9:50.84
2023	Ila Davis, WWU	10:14.64

### 5,000 METERS

2004	Alana Garcia, SU	19:33.9*
2005	Karin Rohde, SPU	18:41.46
2006	Brandy Anderson, CWU	18:27.98
2007	Karin Rohde, SPU	18:17.35
2008	Jane Larson, SPU	17:39.95
2009	Jane Larson, SPU	17:27.34
2010	Sarah Porter, WWU	16:47.07
2011	Sarah Porter, WWU	17:17.92
2012	Heidi Laabs-Johnson, SPU	17:42.79
2013	Susan Tanui, UAA	17:51.26
2014	Joyce Kipchumba, UAA	17:22.40
2015	Anna Patti, SFU	17:14.01
2016	Joyce Chelimo, UAA	17:05.05
2017	Caroline Kurgat, UAA	17:44.68
2018	Kennedy Rufener, WOU	17:18.64
2019	Nancy Jeptoo, UAA	17:48.46
2020	Emmah Chelimo, UAA	17:21.08
2021	No Meet	
2022	Annika Esvelt, SPU	17:31.71
2023	Meaera Shannon, WWU	17:55.64

\* - Because of lap-counting error, 2004 race was 5,200 meters.

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### 60 METER HURDLES

2004	Monica Smith, WOU	9.22
2005	Danielle Ayers-Stamper, SPU	8.66
2006	Linda Blake, SPU	9.10
2007	Kelsey Cooley, SPU	9.30
2008	Michelle Howe, WWU	9.30
2009	Michelle Howe, WWU	9.07
2010	Michelle Howe, WWU	9.02
2011	Tanya Bjornsson, WWU	8.98
2012	Ali Worthen, SPU	8.75
2013	Tanya Bjornsson, WWU	8.79
2014	Tanya Bjornsson, WWU	8.72
2015	Chelsey Knott, NNU	8.82
2016	Mariyah Vongsaveng, CWU	8.72
2017	Lexi Tubbs, NNU	8.68
2018	Mariyah Vongsaveng, CWU	8.58
2019	Lexi Tubbs, NNU	8.63
2020	Paige Johnson, CU	8.55
2021	No Meet	
2022	Diana Voloshin, SFU	8.77
2023	Lauryn Chandler, CWU	8.57

### 4X400 RELAY

2004	Central Washington	3:58.72
2005	Central Washington	4:00.32
2006	Central Washington	3:59.48
2007	Seattle Pacific	3:58.68
2008	Seattle Pacific	3:57.36
2009	Northwest Nazarene	3:55.58
2010	Western Washington	3:55.21
2011	Simon Fraser	3:51.72
2012	Seattle Pacific	3:53.59
2013	Simon Fraser	3:48.36
2014	Seattle Pacific	3:51.94
2015	Seattle Pacific	3:50.68
2016	Simon Fraser	3:46.31
2017	Alaska Anchorage	3:46.99
2018	Central Washington	3:50.64
2019	Simon Fraser	3:49.99
2020	Central Washington	3:49.73
2021	No Meet	
2022	Simon Fraser	3:47.07
2023	Simon Fraser	3:48.10

### DISTANCE MEDLEY RELAY

2004	Seattle Pacific	12:47.76
2005	Seattle Pacific	12:35.89
2006	Central Washington	12:24.60
2007	Seattle Pacific	11:58.41
2008	Seattle Pacific	12:04.81
2009	Seattle Pacific	12:01.79
2010	Seattle Pacific	11:36.32
2011	Simon Fraser	11:46.64
2012	Simon Fraser	12:11.42
2013	Simon Fraser	11:47.86
2014	Alaska Anchorage	11:58.61
2015	Simon Fraser	11:59.08
2016	Simon Fraser	11:58.28
2017	Simon Fraser	12:05.77
2018	Simon Fraser	11:37.88
2019	Alaska Anchorage	11:23.47
2020	Simon Fraser	12:03.55
2021	No Meet	
2022	Simon Fraser	12:13.12
2023	Western Washington	11:59.03

### HIGH JUMP

2004	Sharon Bjella, SPU	5-3.25 (1.61)
2005	Danielle Ayers-Stamper, SPU	5-6 (1.68)
2006	Teona Perkins, SPU	5-6.5 (1.69)
2007	Emily Peterson, NNU	5-5.75 (1.67)
2008	Teona Golding, SPU	5-5.25 (1.66)
2009	Ali Worthen, SPU	5-8.5 (1.74)
2010	Brittany Aanstad, SPU	5-5.25 (1.66)
2011	Ali Worthen, SPU	5-5.25 (1.66)
2012	Katie Pelchar, WOU	5-7.25 (1.71)
2013	Alexis Anderson, WOU	5-5.25 (1.66)
2014	Taylor Fettig, CWU	5-9.75 (1.77)
2015	Naphtali Ward, SPU	5-6.5 (1.69)
2016	Tori Johnson, CU	5-7.25 (1.71)
2017	Geneva Lehnert, SPU	5-5.25 (1.66)
2018	Tori Johnson, CU	5-7.25 (1.71)
2019	Maddie Taylor, WWU	5-6.5 (1.69)
2020	Paige Johnson, CU	5-5.75 (1.67)
2021	No Meet	
2022	Aliyah Dawkins, WWU	5-5.75 (1.67)
2023	Jenelle Hurley, WOU	5-5.25 (1.66)

### POLE VAULT

2004	Danielle Juarez, WWU	11-6.25 (3.51)
2005	Allison Hedges, SPU	11-10 (3.61)
2006	Amy Harris, SPU	11-7.75 (3.55)
2007	Monica Anderson, SPU	11-0.25 (3.36)
2008	Melissa Peaslee, SPU	12-9 (3.89)
2009	Christy Miller, WWU	12-4 (3.76)
2010	Melissa Peaslee, SPU	12-0 (3.66)
2011	Becca Clark, CWU	12-0.5 (3.67)
2012	Kati Davis, CWU	12-5.5 (3.80)
2013	Karis Anderson, WWU	12-4 (3.76)
2014	Alison Silva, NNU	12-10 (3.91)
2015	Alison Silva, NNU	11-8 (3.56)
2016	Michaela Kahns, SPU	11-6.25 (3.51)
2017	Anna Paradee, WWU	12-6.75 (3.83)
2018	Scout Cai, SPU	12-4.75 (3.78)
2019	Anna Paradee, WWU	12-7.5 (3.84)
2020	Halle Irvine, CWU	12-0.75 (3.68)
2021	No Meet	
2022	Charlie Hill, SPU	12-0.75 (3.68)
2023	Kinsey Yenor, NNU	12-2.75 (3.73)

### LONG JUMP

2004	Katy Kociemba, WOU	17-9.5 (5.42)
2005	Danielle Ayers-Stamper, SPU	18-9.75 (5.73)
2006	Jacqueline Postlewait, WOU	17-8 (5.38)
2007	Kim Bascom, WWU	18-3.75 (5.58)
2008	Jacque Postlewait, WOU	18-0.5 (5.50)
2009	Ali Worthen, SPU	18-6.5 (5.65)
2010	Emily Warman, WWU	18-3.75 (5.58)
2011	Ali Worthen, SPU	18-2.5 (5.55)
2012	Ali Worthen, SPU	18-9.25 (5.72)
2013	Emily Warman, WWU	18-9.75 (5.73)
2014	Tanya Bjornsson, WWU	19-1.25 (5.82)
2015	Karolin Anders, UAA	18-6.5 (5.65)
2016	Karolin Anders, UAA	18-5.75 (5.63)
2017	Kyra Brannan, SPU	19-0.5 (5.80)
2018	Jasmine McMullin, WWU	18-9.75 (5.73)
2019	Peace Igbonagwam, SPU	19-7.5 (5.98)
2020	Peace Igbonagwam, SPU	19-5.5 (5.93)
2021	No Meet	
2022	Peace Igbonagwam, SPU	18-1 (5.51)
2023	Ujunwa Nwokoma, WOU	19-0 (5.79)

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### TRIPLE JUMP

2004	Lea Tiger, CWU	36-5 (11.10)
2005	Amanda Merrill, NNU	36-9 (11.20)
2006	Amanda Merrell, NNU	37-0.25 (11.28)
2007	Kim Bascom, WWU	37-9.25 (11.51)
2008	Megan Paulsen, WWU	37-0.25 (11.28)
2009	Laura Vonarx, NNU	37-2.25 (11.33)
2010	Ashley Potter, WOU	38-10.5 (11.85)
2011	Katharine Lotze, CWU	38-5 (11.71)
2012	Ashley Potter, WOU	39-7 (12.06)
2013	Alexis Anderson, WOU	37-10.5 (11.54)
2014	Karolin Anders, UAA	36-10.5 (11.24)
2015	Jasmine McMullin, WWU	38-2.75 (11.65)
2016	Jasmine McMullin, WWU	40-1.25 (12.22)
2017	Ella Brown, SFU	39-10 (12.14)
2018	Jasmine McMullin, WWU	41-7.25 (12.68)
2019	HarLee Ortega, CWU	39-3.75 (11.98)
2020	Keshara Romain, SMU	41-8 (12.70)
2021	No Meet	
2022	Ana Popchock, WOU	37-2.75 (11.33)
2023	Ana Popchock, WOU	38-2.75 (11.65)

### SHOT PUT

2004	Chevonna Lynch, WOU	40-4.75 (12.31)
2005	Krissy Tandle, CWU	40-11.5 (12.48)
2006	Krissy Tandle, CWU	44-8.75 (13.63)
2007	Krissy Tandle, CWU	42-10.25 (13.06)
2008	Amy Carroll, NNU	42-9 (13.03)
2009	Krissy Tandle, CWU	48-9.5 (14.87)
2010	Joy Warrington, NNU	45-9.25 (13.95)
2011	Torrie Self, CWU	45-10 (13.97)
2011	Torrie Self, CWU	45-10 (13.97)
2012	Joy Warrington, NNU	45-2.25 (13.77)
2013	Becki Duhamel, CWU	43-5.25 (13.24)
2014	Vessie Umu, NNU	43-10.75 (13.38)
2015	Becki Duhamel, CWU	44-8 (13.61)
2016	McKenzie Warren, CU	53-7.5 (16.34)
2017	McKenzie Warren, CU	55-10.25 (17.02)
2018	Melissa Ausman, CU	50-1.75 (15.28)
2019	Samantha La Rue, CWU	42-4.75 (12.92)
2020	Katrina Linenko, CU	46-2.75 (14.09)
2021	No Meet	
2022	Moana Gianotti, WOU	44-11.5 (13.70)
2023	Destany Herbert, NNU	44-7 (13.59)

### WEIGHT THROW

2004	Kristen Hepler, WOU	53-9.25 (16.39)
2005	Heather Yergen, CWU	46-11.5 (14.31)
2006	Krissy Tandle, CWU	50-0.75 (15.26)
2007	Sabrina Freed, WOU	49-4.25 (15.04)
2008	Sabrina Freed, WOU	51-4.25 (15.65)
2009	Krissy Tandle, CWU	52-4.75 (15.97)
2010	Joy Warrington, NNU	49-10.5 (15.20)
2011	Torrie Self, CWU	53-7.5 (16.34)
2012	Joy Warrington, NNU	53-1 (16.18)
2013	Becki Duhamel, CWU	54-2 (16.51)
2014	Caitlin Curtis, NNU	50-10 (15.49)
2015	Becki Duhamel, CWU	57-10.25 (17.63)
2016	McKenzie Warren, CU	56-11.25 (17.35)
2017	McKenzie Warren, CU	56-10.25 (17.32)
2018	Christina MacDonald, CU	60-0.25 (18.25)
2019	Kori Sprague, CU	54-6.5 (16.62)
2020	Kori Sprague, CU	61-3 (18.67)
2021	No Meet	
2022	Meagan Smallbeck, CWU	56-2 (17.12)
2023	Raine Westfall, WWU	54-6.5 (16.62)

### PENTATHLON

2011	Katy Gross, SPU	3,297
2012	Katy Gross, SPU	3,469
2013	Katy Gross, SPU	3,505
2014	Karolin Anders, UAA	3,640
2015	Karolin Anders, UAA	3,761
2016	Karolin Anders, UAA	3,711
2017	Scout Cai, SPU	3,499
2018	Scout Cai, SPU	3,610
2019	Scout Cai, SPU	3,815
2020	Elena Cano, UAA	3,543
2021	No Meet	
2022	Jenelle Hurley, WOU	3,457
2023	Jenelle Hurley, WOU	3,585

# GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

## ALL-CONFERENCE SELECTIONS BY EVENT

### All-GNAC Award To Top-Three Finishers In Individual Events And Winning Relay At Conference Championship

#### 60 METERS

Year	1st Place	2nd Place	3rd Place
2004	Kinyatta Leonhardt, SPU	Melissa Behrens, WWU	Terran Legard, CWU
2005	Kinyatta Leonhardt, SPU	Chelsi Claussen, SMU	Bonnie Galloway, WOU
2006	Whitney Knox, WWU	Heidi Dimmitt, WWU	Keyanna Jenkins, WOU
2007	Latasha Essien, SPU	NyEma Sims, SPU	Jessica Hinton, SPU
2008	Latasha Essien, SPU	Laureen Duckett, WOU	Megan Zukowski, WWU
2009	Latasha Essien, SPU	Jessica Hinton, SPU	Lauren Duckett, WOU
2010	Latasha Essien, SPU	Joana Houplin, WWU	Megan Zukowski, WWU
2011	Jane Channell, SFU	Madison McClung, WOU	Lacey Meusec, WOU
2012	Kishia Mitchell, SPU	Madison McClung, WOU	Tasia Baldwin, WWU
2013	Tanya Bjornsson, WWU	Kishia Mitchell, WWU	Madison McClung, WOU
2014	Jamie Ashcroft, UAA	Tanya Bjornsson, WWU	Natasha Kianipour, SFU
2015	Jamie Ashcroft, UAA	Becca Houk, SPU	Taylor Deskins, NNU
2016	Jamie Ashcroft, UAA	Valda Kabia, SFU	Taylor Deskins, NNU
2017	Jamie Ashcroft, UAA	Katherine Lucas, SFU	Valda Kabia, SFU
2018	Renick Meyer, SPU	Meyer Quaynor, SFU	Julia Stepper, SPU
2019	Macie Allen, CU	Peace Igbonagwam, SPU	Renick Meyer, SPU
2020	Paige Johnson, CU	Maya Hopwood, WOU	Macie Allen, CU
2021	No Meet		
2022	E'lexis Hollis, CWU	Marie-Éloïse Leclair, SFU	Makenna Hansen, CWU
2023	Marie-Éloïse Leclair, SFU	E'lexis Hollis, CWU	Maliyah Thompson, WOU

#### 200 METERS

Year	1st Place	2nd Place	3rd Place
2004	Kinyatta Leonhardt, SPU	Terran Legard, CWU	Kara Nygard, CWU
2005	Terran Legard, CWU	Kinyatta Leonhardt, SPU	Monica Smith, WOU
2006	Anna Soule, SPU	Chelsi Claussen, SMU	Terran Legard, CWU
2007	Latasha Essien, SPU	NyEma Sims, SPU	Jessica Hinton, SPU
2008	Jessica Hinton, SPU	Latoya Tidwell, NNU	Nicki Schutte, NNU
2009	Jessica Hinton, SPU	Latasha Essien, SPU	Ellie Siler, WWU
2010	Ellie Siler, WWU	Sarah Kathrein, WOU	Megan Zukowski, WWU
2011	Jane Channell, SFU	Madison McClung, WOU	Melissa Grammer, NNU
2012	Madison McClung, WOU	Kishia Mitchell, SPU	Ali Worthen, SPU
2013	Rosie Smith, UAA	Grace Morgan, UAA	Melissa Grammer, NNU
2014	Jamie Ashcroft, UAA	Tasia Baldwin, SPU	Kishia Mitchell, SPU
2015	Jamie Ashcroft, UAA	Becca Houk, SPU	Jahzelle Ambus, SPU
2016	Jahzelle Ambus, SPU	Jamie Ashcroft, UAA	Valda Kabia, SFU
2017	Jamie Ashcroft, UAA	Valda Kabia, SFU	Katherine Lucas, SFU
2018	Ali Anderson, CWU	Grace Bley, SPU	Savannah Smith, WWU
2019	Grace Bley, SPU	Jenna Bouyer, SPU	Peace Igbonagwam, SPU
2020	Erykah Weems, CWU	Grace Bley, CWU	Peace Igbonagwam, SPU
2021	No Meet		
2022	Marie-Éloïse Leclair, SFU	Makenna Hansen, CWU	Jenna Bouyer, SPU
2023	Marie-Éloïse Leclair, SFU	Emma Cannan, SFU	Juliette Williams, CWU

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### 400 METERS

Year	1st Place	2nd Place	3rd Place
2004	Terran Legard, CWU	Kara Nygard, CWU	Julie Durringer, SPU
2005	Terran Legard, CWU	Jean Kolb, SPU	Katie Hingston, CWU
2006	Terran Legard, CWU	Teona Perkins, SPU	Rachael Kaercher, CWU
2007	Heidi Dimmitt, WWU	Chelsea Evans, CWU	Jessica Hinton, SPU
2008	Elisa Decker, NNU	Teona Golding, SPU	Heidi Dimmitt, WWU
2009	Ellie Siler, WWU	Jessica Hinton, SPU	Elisa Decker, NNU
2010	Ellie Siler, WWU	Sarah Brownell, WWU	Sarah Kathrein, WOU
2011	Helen Crofts, SFU	Eleanor Siler, WWU	Kishia Mitchell, SPU
2012	Eleanor Siler, WWU	Myisha Valentine, SPU	Emily Quatier, SPU
2013	Melissa Grammer, NNU	Chantel Desch, SFU	Jasmine Johnson, SPU
2014	Kishia Mitchell, SPU	Sydney Coffey, WWU	Audrey Hellesto, WOU
2015	Jahzelle Ambus, SPU	Chantel Desch, SFU	Monique Lisek, SFU
2016	Jahzelle Ambus, SPU	Jalen Tims, SPU	Chaltel Desch, SFU
2017	Chantel Desch, SFU	Vanessa Aniteye, UAA	Mary Kathleen Cross, UAA
2018	Ali Anderson, CWU	Vanessa Aniteye, UAA	Lani Taylor, SPU
2019	Erykah Weems, CWU	Sidney Trinidad, CWU	Vanessa Aniteye, UAA
2020	Erykah Weems, CWU	Amelia Maguin, CU	Marie Ries, UAA
2021	No Meet		
2022	Emily Lindsay, SFU	Tylantiss Atlas, UAA	McCall DeChenne, CWU
2023	Claire Bosma, SFU	McCall DeChenne, CWU	Erika Binder, SFU

#### 800 METERS

Year	1st Place	2nd Place	3rd Place
2004	Jennifer Marsh, SPU	Victoria Perkins, SPU	Mandi Johnson, NNU
2005	Josie Lavin, SPU	Lindy Mullen, CWU	Mealnie Nisley, NNU
2006	Ashley Puga, NNU	Lindy Mullen, CWU	Victoria Perkins, SPU
2007	Jessica Pixler, SPU	Ashley Puga, NNU	Jennifer Marsh, SPU
2008	Jessica Pixler, SPU	Jane Larson, SPU	Ashley Puga, NNU
2009	Ashley Puga, NNU	Jessica Pixler, SPU	Jane Larson, SPU
2010	Jessica Pixler, SPU	Jane Larson, SPU	Janelle Everetts, WOU
2011	Brianna Kane, SFU	Rachael Johnson, WWU	Annan Applebee, WOU
2012	McKayla Fricker, SPU	Janelle Everetts, WPU	Michaela Kane, SFU
2013	Helen Crofts, SFU	Sarah Sawatzky, SFU	Susan Bick, UAA
2014	Sarah Sawatzky, SFU	McKayla Fricker, SPU	Natalie Evans, NNU
2015	Lindsey Butterworth, SFU	Lynelle Decker, SPU	Paige Nock, SFU
2016	Addy Townsend, SFU	Lynelle Decker, SPU	Tamara Perez, UAA
2017	Addy Townsend, SFU	Danielle McCormick, UAA	Tamara Perez, UAA
2018	Danielle McCormick, UAA	Alana Mussatto, SFU	Ruth Cvancara, UAA
2019	Addy Townsend, SFU	Olivia Woods, WOU	Paige Nock, SFU
2020	Addy Townsend, SFU	Ruth Cvancara, UAA	Mairin Shields-Brown, SFU
2021	No Meet		
2022	Alison Andrews-Paul, SFU	Ellie Rising, SPU	Kailee Stoppel, MSUB
2023	Vanessa Aniteye, SPU	Megan Roxby, SFU	Kailee Stoppel, MSUB

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### MILE

Year	1st Place	2nd Place	3rd Place
2004	Jamie Witt, SPU	Victoria Perkins, SPU	Mandi Johnson, NNU
2005	Karen Dickson, SPU	Melanie Nisley, NNU	Brandy Anderson, CWU
2006	Katie Hummel, CWU	Karin Rohde, SPU	Brandi McCoy, SPU
2007	Jessica Pixler, SPU	Jane Larson, SPU	Ashley Puga, NNU
2008	Jessica Pixler, SPU	Jaclyn Puga, NNU	Ashley Puga, NNU
2009	Ashley Puga, NNU	Jessica Pixler, SPU	Jane Larson, SPU
2010	Jessica Pixler, SPU	Jane Larson, SPU	Courtney Olsen, CWU
2011	Jessica Smith, SFU	Jaclyn Puga, NNU	Allison Cutting, SPU
2012	Lindsey Butterworth, SFU	Heidi Laabs-Johnson, SPU	Katelyn Steen, WWU
2013	Lindsey Butterworth, SFU	Susan Tanui, UAA	Ruth Keino, UAA
2014	McKayla Fricker, SPU	Joyce Kipchumba, UAA	Ivy O'Gwinn, UAA
2015	Lindsey Butterworth, SFU	Beatrice Decker, UAA	Rebecca Bassett, SFU
2016	Joyce Chelimo, UAA	Lynelle Decker, SPU	Caroline Kurgat, UAA
2017	Caroline Kurgat, UAA	Shannon Porter, SMU	Mary Charleson, SPU
2018	Tamara Perez, UAA	Suzie Van De Grift, WOU	Paige Nock, SFU
2019	Caroline Kurgat, UAA	Kate Lilly, SPU	Kaylee Mitchell, SPU
2020	Addy Townsend, SFU	Nancy Jeptoo, UAA	Dania Holmberg, SPU
2021	No Meet		
2022	Megan Roxby, SFU	Cassidy Walchak-Sloan, SMU	Nancy Jeptoo, UAA
2023	Megan Roxby, SFU	Libby Michael, SPU	Ila Davis, WWU

#### 3,000 METERS

Year	1st Place	2nd Place	3rd Place
2013	Susan Tanui, UAA	Ruth Keino, UAA	Kirsten Allen, SFU
2014	Joyce Kipchumba, UAA	Jordan Rehfeld, NNU	Emma Chadsey, SFU
2015	Jennifer Johnson, SFU	Rebecca Bassett, SFU	Anna Patti, SPU
2016	Joyce Chelimo, UAA	Caroline Kurgat, UAA	Dani Eggleston, CWU
2017	Shannon Porter, SMU	Brittany Grant, WWU	Caroline Kurgat, UAA
2018	Julia Howley, SFU	Reta Dobie, SFU	Mary Charleson, SPU
2019	Caroline Kurgat, UAA	Alexa Shindruk, CWU	Nancy Jeptoo, UAA
2020	Kate Lilly, SPU	Dania Holmberg, SPU	Nancy Jeptoo, UAA
2021	No Meet		
2022	Annika Esvelt, SPU	Olivia Willett, SFU	Brook Wedin, WWU
2023	Ila Davis, WWU	Morgan Erler, NNU	Libby Michael, SPU

#### 5,000 METERS

Year	1st Place	2nd Place	3rd Place
2004	Alana Garcia, SU	Karen Dickson, SPU	Rachel Seuss, SU
2005	Karin Rohde, SPU	Alana Garcia, SU	Rachel Bailey, CWU
2006	Brandy Anderson, CWU	Marcie Mullen, CWU	Karin Rohde, SPU
2007	Karin Rohde, SPU	Alee Rowley, WOU	Kaitlin Rohde, SPU
2008	Jane Larson, SPU	Sarah Porter, WWU	Katie Hansen, SU
2009	Jane Larson, SPU	Janae Larson, SPU	Natty Plunkett, SPU
2010	Sarah Porter, WWU	Lauren Breihof, WWU	Courtney Olsen, CWU
2011	Sarah Porter, WWU	Natty Plunkett, SPU	Amanda Wright, WOU
2012	Heidi Laabs-Johnson, SPU	Natty Plunkett, SPU	Kelsey Kraft, CWU
2013	Susan Tanui, UAA	Ruth Keino, UAA	Katie Thralls, SPU
2014	Joyce Kipchumba, UAA	Jordan Rehfeld, NNU	Katelyn Steen, WWU
2015	Anna Patti, SPU	Amy Johnston, UAA	Shannon Porter, SMU
2016	Joyce Chelimo, UAA	Caroline Kurgat, UAA	Shannon Porter, SMU
2017	Caroline Kurgat, UAA	Kennedy Rufener, WOU	Stephanie Rexus, CWU
2018	Kennedy Rufener, WOU	Alexa Shindruk, CWU	Emmah Chelimo, UAA
2019	Nancy Jeptoo, UAA	Sophia Galvez, WWU	Olivia Willett, SFU
2020	Emmah Chelimo, UAA	Chelsea Ribiero, SFU	Sophia Galvez, WWU
2021	No Meet		
2022	Annika Esvelt, SPU	Caitlin Heldt, WOU	Brook Wedin, WWU
2023	Meaera Shannon, WWU	Caitlin Heldt, WOU	Sara Sabra, SMU

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### 60-METER HURDLES

Year	1st Place	2nd Place	3rd Place
2004	Monica Smith, WOU	Ashley Rountree, CWU	Kirsten Holt, WWU
2005	Danielle Ayers-Stamper, SPU	Ashley Rountree, CWU	Kristin Janney, SPU
2006	Linda Blake, SPU	Bridget Johnson, WOU	Ashley Wornell, NNU
2007	Kelsey Cooley, SPU	Ashley Wornell, NNU	Lindsay Lunderman, WWU
2008	Michelle Howe, WWU	Jacque Postlewait, WOU	Chelsi Claussen, SMU
2009	Michelle Howe, WWU	Ali Worthen, SPU	Jacque Helbling, WOU
2010	Michelle Howe, WWU	Terra Schumacher, SPU	Mandy Keifer, WOU
2011	Tanya Bjornsson, WWU	Kaitlyn Reid, WOU	Ali Worthen, SPU
2012	Ali Worthen, SPU	Andrea Abrams, SFU	Janna Vander Muelen, WOU
2013	Tanya Bjornsson, WWU	Rosie Smith, UAA	Andrea Abrams, SFU
2014	Tanya Bjornsson, WWU	Marie Smith, NNU	Rosie Smith, UAA
2015	Chelsey Knott, NNU	Rosie Smith, UAA	Malia Luquin, SPU
2016	Mariyah Vongsaveng, CWU	Rosie Smith, UAA	Maliea Luquin, SPU
2017	Lexi Tubbs, NNU	Diana Voloshin, SFU	Michaela Johnson, MSUB
2018	Mariyah Vongsaveng, CWU	Renick Meyer, SPU	Sidney Trinidad, CWU
2019	Lexi Tubbs, NNU	Erykah Weems, CWU	Renick Meyer, SPU
2020	Paige Johnson, CU	Erykah Weems, CWU	Renick Meyer, SPU
2021	No Meet		
2022	Diana Voloshin, SFU	Lauryn Chandler, CWU	Ana Popchock, WOU
2023	Lauryn Chandler, CWU	Maliyah Thompson, WOU	Blanca De Arvizu Sarrias, UAA

#### 4x400 METER RELAY

Year	1st Place
2004	Central Washington (Kara Nygard, Katie Hingston, Lindy Mullen, Terran Legard)
2005	Central Washington (Chelsea Evans, Ashley Rountree, Katie Hingston, Terran Legard)
2006	Central Washington (Rachael Kaercher, Chelsea Evans, Amanda Gius, Terran Legard)
2007	Seattle Pacific (Latasha Essien, Brittany Bekins, Kelsey Cooley, Jessica Hinton)
2008	Seattle Pacific (Latasha Essien, Melissa Peaslee, Jennifer Pike, Teona Golding)
2009	Northwest Nazarene (Jame Beaty, Ashley Puga, Jaclyn Puga, Elisa Decker)
2010	Western Washington (Ellie Siler, Michelle Howe, Sarah Brownell, Megan O'Connell)
2011	Simon Fraser (Emma Vogt, Brianna Kane, Jessica Smith, Helen Crofts)
2012	Seattle Pacific (Emily Quatier, Kishia Mitchell, BryAnne Wochink, Ali Worthen)
2013	Simon Fraser (Helen Crofts, Sarah Sawatzky, Michaela Kane, Chantel Desch)
2014	Seattle Pacific (Kishia Mitchell, Tasia Baldwin, Jasmine Johnson, McKayla Fricker)
2015	Seattle Pacific (Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson)
2016	Simon Fraser (Valda Kabia, Alana Mussatto, Monique Lisek, Chantel Desch)
2017	Alaska Anchorage (Jamie Ashcroft, Vanessa Aniteye, Hayley Bezanson, Mary Kathleen Cross)
2018	Central Washington (Sidney Trinidad, Katie Collins, Erykah Weems, Ali Anderson)
2019	Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Renate Bluschke)
2020	Central Washington (Noelia Juarez, McCall DeChenne, Sidney Trinidad, Erykah Weems)
2021	No Meet
2022	Simon Fraser (Erika Binder, Alison Andrews-Paul, Marie-Éloïse Leclair, Emily Lindsay)
2023	Simon Fraser (Erika Binder, Claire Bosma, Emma Cannan, Marie-Éloïse Leclair)



## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### DISTANCE MEDLEY RELAY

Year	1st Place
2004	Seattle Pacific (Abby Groth, Linda Blake, Jannifeer Marsh, Jamie Witt)
2005	Seattle Pacific (Josie Lavin, Karin Rohde, Victoria Perkin, Karen Dickson)
2006	Central Washington (Sarah Benson, Teresa Schlafer, Lindy Mullen, Katie Hummel)
2007	Seattle Pacific (Jane Larson, Teona Perkins, Jennifer Marsh, Jessica Pixler)
2008	Seattle Pacific (Jane Larson, Lisa Anderberg, Brittany Bekins, Jessica Pixler)
2009	Seattle Pacific (Lisa Anderberg, Kate Harline, Jessica Pixler, Latasha Essien)
2010	Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler)
2011	Simon Fraser (Jessica Smith, Helen Crofts, Brianna Kane, Emma Vogt)
2012	Simon Fraser (Lindsay Butterworth, Michaela Kane, Sarah Sawatsky, Abbey Vogt)
2013	Simon Fraser (Helen Crofts, Lindsey Butterworth, Michaela Kane, Chantel Desch)
2014	Alaska Anchorage (Susan Bick, Ivy O'Guinn, Hayleigh Lloyd, Jessica Pahkala)
2015	Simon Fraser (Lindsey Butterworth, Chantel Dsech, Paige Nock, Jennifer Johnson)
2016	Simon Fraser (Addy Townsend, Chantel Desch, Alana Mussatto, Rebecca Bassett)
2017	Simon Fraser (Addy Townsend, Sophie Dodd, Alana Mussatto, Paige Nock)
2018	Simon Fraser (Paige Nock, Renate Bluschke, Alana Mussatto, Julia Howley)
2019	Alaska Anchorage (Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat)
2020	Simon Fraser (Addy Townsend, Renate Bluschke, Megan Roxby, Mairin Sheilds-Brown)
2021	No Meet
2022	Simon Fraser (Megan Roxby, Emily Lindsay, Emily Chilton, Alison Andrews-Paul)
2023	Western Washington (Sophie Wright, Marian Ledesma, Mia Crocker, Ila Davis)

#### HIGH JUMP

Year	1st Place	2nd Place	3rd Place
2004	Sharon Bjella, SOU	Liz Ryen, CWU	Ashley Rickels, NNU
2005	Danielle Ayers-Stamper, SPU	Emily Peterson, NNU	Monica Smith, WOU
2006	Teona Perkins, SPU	Emily Peterson, NNU	Sharon Bjella, SPU
2007	Emily Peterson, NNU	Teona Perkins, SPU	Taryn Plypick, WOU
2008	Teona Golding, SPU	Brittany Aanstad, WPU	Clara Cook, WWU
2009	Ali Worthen, SPU	Sabrina Schwindler, WWU	Jacque Helbling, WOU
			Clara Cook, WWU
2010	Brittany Aanstad, SPU	Ali Worthen, SPU	—
		Kary Gross, SPU	
2011	Ali Worthen, SPU	Katie Pelchar, WOU	Rachelle Barnett, SFU
2012	Katie Pelchar, WOU	Ali Worthen SPU	Taylor Fettig, CWU
2013	Alexis Anderson, WOU	Laura Tesch, SMU	Katy Gross, SPU
2014	Taylor Fettig, CWU	Courtney Schroeder, NNU	—
		Karolin Anders, UAA	
2015	Naphtali Ward, SPU	Taylor Fettig, CWU	Louisa McInnis, SPU
			Karolin Anders, UAA
			Katelyn Wright, WWU
2016	Tori Johnson, CU	Miranda Osadchey, WWU	Geneva Lehnert, SPU
2017	Geneva Lehnert, SPU	Miranda Osadchey, WWU	Rachel Miller, NNU
2018	Tori Johnson, CU	Scout Cai, SPU	Geneva Lehnert, SPU
2019	Maddie Taylor, WWU	Heather Faretta, WWU	HarLee Ortega, CWU
2020	Paige Johnson, CU	Sydney Kania, SFU	Chase Stephens, CU
2021	No Meet		
2022	Aliyah Dawkins, WWU	Sydney Kania, SFU	—
		Jessica Neal, WWU	
2023	Jenelle Hurley, WOU	Kylie Griffin, CWU	Amity Deters, WOU

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### POLE VAULT

Year	1st Place	2nd Place	3rd Place
2004	Danielle Juarez, WWU	Allison Hedges, SPU	Aubrey Metzger, NNU
2005	Allison Hedges, SPU	Andrea Kreft, WWU	Amy Harris, SPU
2006	Amy Harris, SPU	Monica Anderson, SPU	Allison Hedges, SPU
2007	Monica Anderson, SPU	Christy Miller, WWU	Haley Amos, CWU
2008	Melissa Peaslee, SPU	Monica Anderson, SPU	Christy Miller, WWU
2009	Christy Miller, WWU	Melissa Peaslee, SPU	Carrie Hauck, SPU
2010	Melissa Peaslee, SPU	Terra Schumacher, SPU	Diana DiMarco, WWU
2011	Becca Clark, CWU	Kaitlin Davis, CWU	Terra Schumacher, SPU
2012	Kati Davis, CWU	Karis Anderson, WWU	Terra Schumacher, SPU
2013	Karis Anderson, WWU	Jamie Larsen, CWU	Cheyanna Pinley, WWU
2014	Alison Silva, NNU	Cheyanna Pinley, WWU	McKenna Emmert, CWU
2015	Alison Silva, NNU	Anna Paradee, WWU	—
		McKenna Emmert, CWU	
2016	Michaela Kahns, SPU	McKenna Emmert, CWU	Anna Paradee, WWU
2017	Anna Paradee, WWU	McKenna Emmert, CWU	Michaela Kahns, SPU
2018	Scout Cai, SPU	Halle Irvine, CWU	Rachael Roberts, WWU
2019	Anna Paradee, WWU	Halle Irvine, CWU	Scout Cai, SPU
2020	Halle Irvine, CWU	Lexi Perry, WWU	Madison Licari, SPU
2021	No Meet		
2022	Charlie Hill, SPU	Kinsey Langin, NNU	Lizzy Daugherty, SPU
2023	Kinsey Yenor, NNU	Kayla Tassara, SPU	Lizzy Daugherty, SPU

#### LONG JUMP

Year	1st Place	2nd Place	3rd Place
2004	Katy Kociemba, WOU	Danae Clark, SPU	Nini Callan, WOU
2005	Danielle Ayers-Stamper, SPU	Katy Kociemba, WOU	Bridget Johnson, WOU
2006	Jacque Postelwait, WOU	Kelsey Cooley, SPU	Linda Blake, SPU
2007	Kim Bascom, WWU	Jacque Postelwait, WOU	Sarajane Rosenberg, WOU
			Amanda Merrell, NNU
2008	Jacque Postelwait, WOU	Brittany Aanstad, SPU	Sarajane Rosenberg, WOU
2009	Ali Worthen, SPU	Emily Warman, WWU	Molly Reid, NNU
2010	Emily Warman, WWU	Crystal Sims, SPU	Brittany Aanstad, SPU
2011	Ali Worthen, SPU	Tanya Bjornsson, WWU	Diepiriwe Iworima, SFU
2012	Ali Worthen, SPU	Emily Warman, WWU	Ashley Potter, WOU
2013	Emily Warman, WWU	Tanya Bjornsson, WWU	Tasia Baldwin, SPU
2014	Tanya Bjornsson, WWU	Kyra Brannan, SPU	Karolin Anders, UAA
2015	Karolin Anders, UAA	Kyra Brannan, SPU	Tasia Baldwin, SPU
2016	Karolin Anders, UAA	Rosie Smith, UAA	Kyra Brannan, SPU
2017	Kyra Brannan, SPU	Geneva Lehnert, SPU	Ali Anderson, CWU
2018	Jasmine McMullin, WWU	Ali Anderson, CWU	HarLee Ortega, CWU
2019	Peace Igbonagwam, SPU	Renick Meyer, SPU	Chrisalyn Johnson, UAA
2020	Peace Igbonagwam, SPU	Keshara Romain, SMU	Renick Meyer, SPU
2021	No Meet		
2022	Peace Igbonagwam, SPU	Jenelle Hurley, WOU	Matty Lagerwey, WWU
2023	Ukunwa Nwokoma, WOU	Jenelle Hurley, WOU	Tatum Hull, MSUB

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### TRIPLE JUMP

Year	1st Place	2nd Place	3rd Place
2004	Lea Tiger, CWU	Katy Kociemba, WOU	Danae Clark, SPU
2005	Amanda Merrell, NNU	Katy Kociemba, WOU	Nini Callan, WOU
2006	Amanda Merrell, NNU	Kim Bascom, WWU	Sarajane Rosenberg, WOU
2007	Kim Bascom, WWU	Amanda Merrell, NNU	Sarajane Rosenberg, WOU
2008	Megan Paulsen, WWU	Christy Miller, WWU	Melissa Flower, SPU
2009	Laura Vonarx, NNU	Emily Warman, WWU	Ali Worthen, SPU
2010	Ashley Potter, WOU	Emily Warman, WWU	Amanda Alvarez, SPU
2011	Katharine Lotze, CWU	Ashley Potter, WOU	Jasmyn Jewett, NNU
2012	Ashley Potter, WOU	Emily Warman, WWU	Katharine Lotze, CWU
2013	Alexis Anderson, WOU	Emily Walters, WWU	Rebecca Laible, WOU
2014	Karolin Anders, UAA	Ella Brown, SFU	Rebecca Laible, WOU
2015	Jasmine McMullin, WWU	Karolin Anders, UAA	Alexia Blalock, UAA
2016	Jasmine McMullin, WWU	Ella Brown, SFU	Karolin Anders, UAA
2017	Ella Brown, SFU	Brooke Benner, SPU	HarLee Ortega, CWU
2018	Jasmine McMullin, WWU	Emma Hill, CU	HarLee Ortega, CWU
2019	HarLee Ortega, CWU	Chrisalyn Johnson, UAA	Brooke Williams, CWU
2020	Keshara Romain, SMU	Kalulusno Ngaida, WOU	Devon Olson, WWU
2021	No Meet		
2022	Ana Popchock, WOU	Erica Cabanos, CWU	Madison Paugh, SFU
2023	Ana Popchock, WOU	Kennedy Primrise, SFU	Erica Cabanos, CWU

#### SHOT PUT

Year	1st Place	2nd Place	3rd Place
2004	Chevonna Lynch, WOU	Alicia Vandervelden, WOU	Tammy Carlson, WWU
2005	Krissy Tandle, CWU	Tammy Carlson, WWU	Tiffany Quilter, CWU
2006	Krissy Tandle, CWU	Chevonna Lynch, WOU	Bridget Johnson, WOU
2007	Krissy Tandle, CWU	Chevonna Lynch, WOU	Brittany Bekins, SPU
2008	Amy Carroll, NNU	Kacie Vanderloos, MSUB	Jordan Stueckle, CWU
2009	Krissy Tandle, CWU	Joy Warrington, NNU	Jordan Stueckle, CWU
2010	Joy Warrington, NNU	Torrie Self, CWU	Carly Dranginis, NNU
2011	Torrie Self, CWU	Shaina Afoa, CWU	Joy Warrington, NNU
2012	Joy Warrington, NNU	Leeza Henry, MSUB	Anica Knispel, MSUB
2013	Becki Duhamel, CWU	Vessie Umu, NNU	Emmi Collier, WOU
2014	Vessie Umu, NNU	Jessica Johns, NNU	Taylor VanValey, NNU
2015	Becki Duhamel, CWU	Emmi Collier, WOU	Taylor VanValey, NNU
2016	McKenzie Warren, CU	Emmi Collier, WOU	Christina Macdonald, CU
2017	McKenzie Warren, CU	Katrina Linenko, CU	Christina Macdonald, CU
2018	Melissa Ausman, CU	Christina Macdonald, CU	Katrina Linenko, CU
2019	Samantha La Rue, CWU	Joselynn Tensley, CU	Chanelle Eddy, WWU
2020	Katrina Linenko, CU	Samantha La Rue, CWU	Moana Gianotti, WOU
2021	No Meet		
2022	Moana Gianotti, WOU	Destany Herbert, NNU	Avery Fisk, CWU
2023	Destany Herbert, NNU	Katie Potts, WWU	Mara Parks, WWU

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY EVENT

#### WEIGHT THROW

Year	1st Place	2nd Place	3rd Place
2004	Kristen Hepler, WOU	Jaci Cederberg, WOU	Kristina Wherry, NNU
2005	Heather Yergen, CWU	Jaci Cederberg, WOU	Christin McDowell, CWU
2006	Krissy Tandle, CWU	Sabrina Freed, WOU	Hannah Bowman, NNU
2007	Sabrina Freed, WOU	Hannah Bowman, NNU	Krissy Tandle, CWU
2008	Sabrina Freed, WOU	Amy Carroll, NNU	Sara Cole, WOU
2009	Krissy Tandle, CWU	Torrie Self, CWU	Courtney Little, NNU
2010	Joy Warrington, NNU	Torrie Self, CWU	Jordan Stueckle, CWU
2011	Torrie Self, CWU	Jordan Stueckle, CWU	Anica Knispel, MSUB
2012	Joy Warrington, NNU	Anica Knispel, MSUB	Alicia Hedrick, NNU
2013	Becki Duhamel, CWU	Carly Dranginis, NNU	Lindsay Wells, WWU
2014	Caitlin Curtis, NNU	Dorothy Moore, CWU	Taylor VanValey, NNU
2015	Becki Duhamel, CWU	Caitlin Curtis, NNU	Taylor VanValey, NNU
2016	McKenzie Warren, CU	Kirby Heale, SMU	Jessica Mattos, CU
2017	McKenzie Warren, CU	Christina Macdonald, CU	Kirby Neale, SMU
2018	Christina Macdonald, CU	Melissa Ausman, CU	Liz Larson, SMU
2019	Kori Sprague, CU	Mariah Gronbach, WOU	Samantha La Rue, CWU
2020	Kori Sprague, CU	Meagan Smallbeck, CWU	Samantha La Rue, CWU
2021	No Meet		
2022	Meagan Smallbeck, CWU	Moana Gianotti, WOU	Raine Westfall, WWU
2023	Raine Westfall, WWU	Katie Potts, WWU	Jocelyn Saribay, SMU

#### PENTATHLON

Year	1st Place	2nd Place	3rd Place
2011	Katy Gross, SPU	Jennifer Pike, SPI	Rachelle Barnett, SFU
2012	Katy Gross, SPU	Charlene Harber, WOU	Jill Bennett, NNU
2013	Katy Gross, SPU	Karolin Anders, UAA	Katie Reichert, WWU
2014	Karolin Anders, UAA	Taylor Fettig, CWU	Maddie Holmes, SPU
2015	Karolin Anders, UAA	Rosie Smith, UAA	Maliea Luquin, SPU
2016	Karolin Anders, UAA	Rosie Smith, UAA	Maliea Luquin, SPU
2017	Scout Cai, SPU	Brooke Benner, SPU	Geneva Lehnert, SPU
2018	Scout Cai, SPU	HarLee Ortega, CWU	Chelsea Bone, CU
2019	Scout Cai, SPU	HarLee Ortega, CWU	Chelsea Bone, CU
2020	Elena Cano, UAA	Scout Cai, SPU	Jenelle Hurley, WOU
2021	No Meet		
2022	Jenelle Hurley, WOU	Aliyah Dawkins, WWU	Matty Lagerwey, WWU
2023	Jenelle Hurley, WOU	Matty Lagerwey, WWU	Sarah Sewell, CWU

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### ALASKA ANCHORAGE

Name	Event	Years
Karolin Anders	High Jump	2014-15
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
Vanessa Aniteye	DMR	2019
Jamie Ashcroft	60 Meters	2014-15-16-17
Jamie Ashcroft	200 Meters	2014-15-16-17
Jamie Ashcroft	4x400 Relay	2017
Tylantiss Atlas	400 Meters	2022
Hayley Bezanson	4x400 Relay	2017
Susan Bick	800 Meters	2013
Susan Bick	DMR	2014
Alexa Blalock	Triple Jump	2015
Elena Cano	Pentathlon	2020
Emmah Chelimo	5,000 Meters	2018-20
Joyce (Kipchumba) Chelimo	Mile	2014-16
Joyce (Kipchumba) Chelimo	3,000 Meters	2014-16
Joyce (Kipchumba) Chelimo	5,000 Meters	2014-16
Mary Kathleen Cross	400 Meters	2017
Mary Kathleen Cross	4x400 Relay	2017
Ruth Cvancara	800 Meters	2018-20
Ruth Cvancara	DMR	2019
Blanca De Arvizu Sarrias	60-Meter Hurdles	2023
Beatrice Decker	Mile	2015
Zannah Jepchumba	5,000 Meters	2017
Nancy Jeptoo	Mile	2020-22
Nancy Jeptoo	3,000 Meters	2019
Nancy Jeptoo	5,000 Meters	2019
Chrisalyn Johnson	Long Jump	2019
Chrisalyn Johnson	Triple Jump	2019
Amy Johnston	5,000 Meters	2015
Ruth Keino	Mile	2013
Ruth Keino	3,000 Meters	2013
Ruth Keino	5,000 Meters	2013
Caroline Kurgat	Mile	2016-17-19
Caroline Kurgat	3,000 Meters	2017-19
Caroline Kurgat	5,000 Meters	2016-17
Caroline Kurgat	DMR	2019
Hayleigh Lloyd	DMR	2014
Danielle McCormick	800 Meters	2017-18
Danielle McCormick	DMR	2019
Grace Morgan	200 Meters	2013
Ivy O'Guinn	Mile	2014
Ivy O'Guinn	DMR	2014
Jessica Pahkala	DMR	2014
Tamara Perez	800 Meters	2016-17
Tamara Perez	Mile	2018
Marie Ries	400 Meters	2020
Rosie Smith	200 Meters	2013
Rosie Smith	60-Meter Hurdles	2013-14-15-16
Rosie Smith	Long Jump	2016
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
Haley Amos	Pole Vault	2007
Ali Anderson	200 Meters	2018
Ali Anderson	400 Meters	2018
Ali Anderson	4x400 Relay	2018
Ali Anderson	Long Jump	2017-18
Brandy Anderson	Mile	2004-05
Brandy Anderson	5,000 Meters	2006
Rachel Bailey	5,000 Meters	2005
Sarah Benson	DMR	2006
Erica Cabanos	Triple Jump	2022-23
Lauryn Chandler	60-Meter Hurdles	2022-23
Katie Collins	4x400 Relay	2018
Kati Davis	Pole Vault	2012
McCall DeChenne	400 Meters	2022-23
McCall DeChenne	4x400 Relay	2020
Becki Duhamel	Shot Put	2013-15
Becki Duhamel	Weight Throw	2013-15
Dani Eggleston	3,000 Meters	2016
McKenna Emmert	Pole Vault	2014-15-16-17
Chelsea Evans	400 Meters	2007
Chelsea Evans	4x400 Relay	2005-06
Taylor Fettig	High Jump	2012-14-15
Taylor Fettig	Pentathlon	2014
Avery Fisk	Shot Put	2022
Amanda Gius	4x400 Relay	2006
Kylie Griffin	High Jump	2023
Makenna Hansen	60 Meters	2022
Makenna Hansen	200 Meters	2022
Katie Hingston	400 Meters	2005
Katie Hingston	4x400 Relay	2004-05
E'lexis Hollis	60 Meters	2022-23
Katie Hummel	Mile	2006
Katie Hummel	DMR	2006
Halle Irvine	Pole Vault	2018-19-20
Noelia Juarez	4x400 Relay	2020
Rachael Kaercher	400 Meters	2006
Rachael Kaercher	4x400 Relay	2006
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
Terran Legard	60 Meters	2005
Terran Legard	200 Meters	2004-05-06
Terran Legard	400 Meters	2004-05-06
Terran Legard	4x400 Relay	2004-05-06
Katharine Lotze	Triple Jump	2011
Christin McDowell	Weight Throw	2005
Dorothy Moore	Weight Throw	2014
Lindy Mullen	800 Meters	2005-06
Lindy Mullen	4x400 Relay	2004
Lindy Mullen	DMR	2006
Marcie Mullen	5,000 Meters	2006
Kara Nygard	200 Meters	2004
Kara Nygard	400 Meters	2004
Kara Nygard	4x400 Relay	2004
Courtney Olsen	Mile	2010
Courtney Olsen	5,000 Meters	2010
HarLee Ortega	High Jump	2019
HarLee Ortega	Long Jump	2018

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### CENTRAL WASHINGTON

Name	Event	Years
HarLee Ortega	Triple Jump	2017-18-19
HarLee Ortega	Pentathlon	2018-19
Tiffany Quilter	Shot Put	2005
Stephanie Rexus	5,000 Meters	2017
Ashley Rountree	60-Meter Hurdles	2004-05
Ashley Rountree	4x400 Relay	2005
Liz Ryen	High Jump	2004
Teresa Schlafer	DMR	2006
Torrie Self	Shot Put	2010-11
Torrie Self	Weight Throw	2009-10-11
Sarah Sewell	Pentathlon	2023
Alexa Shindruk	3,000 Meters	2019
Alexa Shindruk	5,000 Meters	2018
Megan Smallbeck	Weight Throw	2020-22
Jordan Stueckle	Shot Put	2008-09
Jordan Stueckle	Weight Throw	2010-11
Krissy Tandle	Shot Put	2005-06-07-09
Krissy Tandle	Weight Throw	2006-07-09
Lea Tiger	Tripe Jump	2004
Sidney Trinidad	400 Meters	2019
Sidney Trinidad	60-Meter Hurdles	2018
Sidney Trinidad	4x400 Relay	2018-20
Mariah Vongsaveng	60-Meter Hurdles	2016-18
Erykah Weems	200 Meters	2020
Erykah Weems	400 Meters	2019-20
Erykah Weems	60-Meter Hurdles	2019
Erykah Weems	4x400 Relay	2018-20
Brooke Williams	Triple Jump	2019
Juliette Williams	200 Meters	2023
Tiffany Yergen	Weight Throw	2005

#### CONCORDIA

Name	Event	Years
Macie Allen	60 Meters	2019-20
Melissa Ausman	Shot Put	2018
Melissa Ausman	Weight Throw	2018
Chelsea Bone	Pentathlon	2018-19
Emma Hill	Triple Jump	2018
Paige Johnson	60 Meters	2020
Paige Johnson	60-Meter Hurdles	2020
Paige Johnson	High Jump	2020
Tori Johnson	High Jump	2016-18
Katrina Linenko	Shot Put	2017-18-20
Christina Macdonald	Shot Put	2016-17-18
Christina Macdonald	Weight Throw	2017-18
Amelia Maguin	400 Meters	2020
Jessica Mattos	Weight Throw	2016
Kori Sprague	Weight Throw	2019-20
Chase Stephens	High Jump	2020
Joselynn Tensley	Shot Put	2019
McKenzie Warren	Shot Put	2016-17
McKenzie Warren	Weight Throw	2016-17

#### MONTANA STATE BILLINGS

Name	Event	Years
Leeza Henry	Shot Put	2012
Tatum Hull	Long Jump	2023
Anica Knispel	Shot Put	2012
Anica Knispel	Weight Throw	2011

Michaela Johnson	60-Meter Hurdles	2017
Kailee Stoppel	800 Meters	2022-23
Kacie Vanderloos	Shot Put	2008

#### NORTHWEST NAZARENE

Name	Event	Years
Jamie Beaty	4x400 Relay	2009
Jill Bennett	Pentathlon	2012
Hannah Bowman	Weight Throw	2006-07
Amy Carroll	Shot Put	2008
Amy Carroll	Weight Throw	2008
Caitlin Curtis	Weight Throw	2014-15
Elisa Decker	400 Meters	2008-09
Elisa Decker	4x400 Relay	2009
Taylor Deskins	60 Meters	2015-16
Carly Dranginis	Shot Put	2010
Carly Dranginis	Weight Throw	2013
Morgan Erler	3,000 Meters	2023
Natalie Evans	800 Meters	2014
Melissa Grammer	200 Meters	2011-13
Melissa Grammer	400 Meters	2013
Destany Herbert	Shot Put	2022-23
Jessica Johns	Shot Put	2014
Mandi Johnson	800 Meters	2004
Chelsey Knott	60-Meter Hurdles	2015
Courtney Little	Weight Throw	2009
Amanda Merrell	Triple Jump	2005-06-07
Aburey Metzger	Pole Vault	2004
Rachel Miller	High Jump	2017
Jasmyn Newett	Triple Jump	2011
Melanie Nisley	800 Meters	2005
Melanie Nisley	Mile	2005
Emily Peterson	High Jump	2005-06-07
Emily Peterson	Pole Vault	2006
Ashley Puga	800 Meters	2006-07-08-09
Ashley Puga	Mile	2007-08-09
Ashley Puga	4x400 Relay	2009
Jaclyn Puga	800 Meters	2008
Jaclyn Puga	Mile	2011
Jaclyn Puga	4x400 Relay	2009
Jordan Rehfeld	3,000 Meters	2014
Jordan Rehfeld	5,000 Meters	2014
Molly Reid	Long Jump	2009
Ashley Rickels	High Jump	2004
Courtney Schroeder	High Jump	2014
Nicki Schulte	200 Meters	2008
Alison Silva	Pole Vault	2014-15
Marie Smith	60-Meter Hurdles	2014
Latoya Tidwell	200 Meters	2008
Lexi Tubbs	60-Meter Hurdles	2017-19
Vessie Umu	Shot Put	2013-14
Taylor VanValey	Shot Put	2014-15
Taylor VanValey	Weight Throw	2014-15
Laura Vonarx	Triple Jump	2009
Joy Warrington	Shot Put	2009-10-11-12
Joy Warrington	Weight Throw	2010-12
Kristina Wherry	Weight Throw	2004
Ashley Wornell	60-Meter Hurdles	2006-07
Kinsey (Langin) Yenor	Pole Vault	2022-23

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### SAINT MARTIN'S

Name	Event	Years
Chelsi Claussen	60 Meters	2005
Chelsi Claussen	200 Meters	2006
Chelsi Claussen	60-Meter Hurdles	2008
Liz Larson	Weight Throw	2018
Kirby Neale	Weight Throw	2016-17
Shannon Porter	Mile	2017
Shannon Porter	3,000 Meters	2017
Shannon Porter	5,000 Meters	2015-17
Keshara Romain	Long Jump	2020
Keshara Romain	Triple Jump	2020
Sara Sabra	5,000 Meters	2023
Jocelyn Saribay	Weight Throw	2023
Laura Tesch	High Jump	2013
Cassidy Walchak-Sloan	Mile	2022

#### SEATTLE

Name	Event	Years
Alana Garcia	5,000 Meters	2004-05
Katie Hansen	5,000 Meters	2008
Rachel Seuss	5,000 Meters	2004

#### SEATTLE PACIFIC

Name	Event	Years
Brittany Aanstad	High Jump	2008-10
Brittany Aanstad	Long Jump	2008-10
Amanda Alvarez	Triple Jump	2010
Jahzelle Ambus	200 Meters	2015-16
Jahzelle Ambus	400 Meters	2015-16
Jahzelle Ambus	4x400 Relay	2015
Lisa Anderberg	4x400 Relay	2008
Lisa Anderberg	DMR	2008-09
Monica Anderson	Pole Vault	2008
Vanessa Aniteye	800 Meters	2023
Danielle Ayers-Stamper	60-Meter Hurdles	2005
Danielle Ayers-Stamper	High Jump	2005
Danielle Ayers-Stamper	Long Jump	2005
Tasia Baldwin	60 Meters	2012
Tasia Baldwin	200 Meters	2014
Tasia Baldwin	4x400 Relay	2014-15
Tasia Baldwin	Long Jump	2013-15
Brittany Bekins	4x400 Relay	2007
Brittany Bekins	DMR	2008
Brittany Bekins	Shot Put	2007
Brooke Benner	Triple Jump	2017
Brooke Benner	Pentathlon	2017
Sharon Bjella	High Jump	2004-06
Linda Blake	60-Meter Hurdles	2006
Linda Blake	DMR	2004
Linda Blake	Long Jump	2006
Grace Bley	200 Meters	2018-19-20
Kyra Brannan	Long Jump	2014-15-16-17
Jenna Bouyer	200 Meters	2019-22
Scout Cai	High Jump	2018
Scout Cai	Pole Vault	2018-19
Scout Cai	Pentathlon	2017-18-19-20
Mary Charleson	Mile	2017
Mary Charleson	3,000 Meters	2018
Danae Clark	Long Jump	2004
Danae Clark	Triple Jump	2004

Kelsey Cooley	60-Meter Hurdles	2007
Kelsey Cooley	4x400 Relay	2007
Kelsey Cooley	Long Jump	2006
Allison Cutting	Mile	2011
Lizzy Daugherty	Pole Vault	2022-23
Lynelle Decker	800 Meters	2016
Lynelle Decker	Mile	2016
Karen Dickson	Mile	2005
Karen Dickson	5,000 Meters	2004
Karen Dickson	DMR	2005
Julie Duringer	400 Meters	2004
Latasha Essien	60 Meters	2007-08-09-10
Latasha Essien	200 Meters	2007-09
Latasha Essien	4x400 Relay	2007-08
Latasha Essien	DMR	2009
Annika Esvelt	3,000 Meters	2022
Annika Esvelt	5,000 Meters	2022
Melissa Flower	Triple Jump	2008
McKayla Fricker	800 Meters	2012-14
McKayla Fricker	Mile	2014
McKayla Fricker	4x400 Relay	2014
Teona Golding	400 Meters	2008
Teona Golding	4x400 Relay	2008
Teona Golding	High Jump	2008
Katie Gross	High Jump	2010-13
Katie Gross	Pentathlon	2011-12-13
Abby Groth	DMR	2004
Kate Harline	DMR	2009-10
Amy Harris	Pole Vault	2005-06
Carrie Hauck	Pole Vault	2009
Allison Hedges	Pole Vault	2004-05-06
Charlie Hill	Pole Vault	2022
Jessica Hinton	60 Meters	2007-09
Jessica Hinton	200 Meters	2007-08-09
Jessica Hinton	400 Meters	2007-09
Jessica Hinton	4x400 Relay	2007
Dania Holmberg	Mile	2020
Dania Holmberg	3,000 Meters	2020
Maddie Hommes	Pentathlon	2014
Becca Houk	60 Meters	2015
Becca Houk	200 Meters	2015
Peace Igbonagwam	60 Meters	2019
Peace Igbonagwam	200 Meters	2019-20
Peace Igbonagwam	Long Jump	2019-20-22
Kristin Janney	60-Meter Hurdles	2005
Jasmine Johnson	400 Meters	2013
Jasmine Johnson	4x400 Relay	2014-15
Michaela Kahns	Pole Vault	2016-17
Jean Kolb	400 Meters	2006
Heidi Laabs-Johnson	Mile	2012
Heidi Laabs-Johnson	5,000 Meters	2012
Janae Larson	5,000 Meters	2009
Jane Larson	800 Meters	2010
Jane Larson	Mile	2007-08-09-10
Jane Larson	5,000 Meters	2008-09
Jane Larson	DMR	2007-08-10
Josie Lavin	800 Meters	2005
Josie Lavin	DMR	2005
Geneva Lehnert	High Jump	2016-17-18
Geneva Lehnert	Long Jump	2017
Geneva Lehnert	Pentathlon	2017
Kinyatta Leonhardt	60 Meters	2004-05

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### SEATTLE PACIFIC

Name	Event	Years
Kinyatta Leonhardt	200 Meters	2004-05
Madison Licari	Pole Vault	2020
Kate Lilly	Mile	2019
Kate Lilly	3,000 Meters	2020
Maliea Luquin	60-Meter Hurdles	2015-16
Maliea Luquin	Pentathlon	2015-16
Jennifer Marsh	800 Meters	2004-07
Jennifer Marsh	DMR	2004-07
Louisa McInnis	High Jump	2015
Brandi McCoy	Mile	2006
Renick Meyer	60 Meters	2018-19
Renick Meyer	60-Meter Hurdles	2018-19
Renick Meyer	Long Jump	2019-20
Libby Michael	Mile	2023
Libby Michael	3,000 Meters	2023
Kaylee Mitchell	Mile	2019
Kishia Mitchell	60 Meters	2012-13
Kishia Mitchell	200 Meters	2012-14
Kishia Mitchell	400 Meters	2011-14
Kishia Mitchell	4x400 Relay	2012-14
Anna Patti	3,000 Meters	2015
Anna Patti	5,000 Meters	2015
Melissa Peaslee	Pole Vault	2008-09-10
Teona Perkins	400 Meters	2006
Teona Perkins	DMR	2007
Teona Perkins	High Jump	2006-07
Victoria Perkins	800 Meters	2004-06
Victoria Perkins	DMR	2005
Jennifer Pike	4x400 Relay	2008
Jennifer Pike	DMR	2010
Jennifer Pike	Pentathlon	2011
Jessica Pixler	800 Meters	2007-08-09-10
Jessica Pixler	Mile	2007-08-09-10
Jessica Pixler	DMR	2007-08-09-10
Natty Plunkett	5,000 Meters	2009-11-12
Emily Quatier	400 Meters	2012
Emily Quatier	4x400 Relay	2012
Ellie Rising	800 Meters	2022
Kaitlin Rohde	5,000 Meters	2006-07
Karin Rohde	Mile	2006
Karin Rohde	5,000 Meters	2005-07
Karin Rohde	DMR	2005
Terra Schumacher	60-Meter Hurdles	2010
Terra Schumacher	Pole Vault	2010-12
Crystal Sims	Long Jump	2010
NyEma Sims	60 Meters	2007
NyEma Sims	200 Meters	2007
Julia Stepper	60 Meters	2018
Anna Soule	200 Meters	2006
Kayla Tassara	Pole Vault	2023
Lani Taylor	400 Meters	2018
Katie Thralls	5,000 Meters	2013
Jalen Tims	400 Meters	2016
Jalen Tims	4x400 Relay	2015
Myisha Valentine	400 Meters	2012
Jamie Witt	Mile	2004
Jamie Witt	DMR	2004
BreAnne Wochnick	4x400 Relay	2012
Ali Worthen	200 Meters	2012

Ali Worthen	60-Meter Hurdles	2009-11-12
Ali Worthen	High Jump	2009-10-11-12
Ali Worthen	Long Jump	2009-11-12
Ali Worthen	Triple Jump	2009
Ali Worthen	4x400 Relay	2012

#### SIMON FRASER

Name	Event	Years
Andrea Abrams	60-Meter Hurdles	2012-13
Kirsten Allen	3,000 Meters	2013
Monica Anderson	Pole Vault	2007
Alison Andrews-Paul	800 Meters	2022
Alison Andrews-Paul	4x400 Relay	2022
Alison Andrews-Paul	DMR	2022
Rachelle Barnett	High Jump	2011
Rachelle Barnett	Pentathlon	2011
Rebecca Bassett	Mile	2015
Rebecca Bassett	3,000 Meters	2015
Rebecca Bassett	DMR	2016
Erika Binder	400 Meters	2023
Erika Binder	4x400 Relay	2022-23
Renate Bluschke	4x400 Relay	2019
Renate Bluschke	DMR	2018-20
Claire Bosma	800 Meters	2023
Claire Bosma	4x400 Relay	2023
Ella Brown	Triple Jump	2014-16-17
Lindsey Butterworth	800 Meters	2015
Lindsey Butterworth	Mile	2012-13-15
Lindsey Butterworth	DMR	2012-13-15
Emma Cannan	200 Meters	2023
Emma Cannan	4x400 Relay	2023
Emma Chadsey	3,000 Meters	2014
Jane Channell	60 Meters	2011
Jane Channell	200 Meters	2011
Emily Chilton	DMR	2022
Helen Crofts	400 Meters	2011
Helen Crofts	800 Meters	2013
Helen Crofts	4x400 Relay	2011-13
Helen Crofts	DMR	2011-13
Chantel Desch	400 Meters	2013-15-16-18
Chantel Desch	4x400 Relay	2013-16
Chantel Desch	DMR	2013-15-16
Reta Dobie	3,000 Meters	2018
Sophie Dodd	4x400 Relay	2019
Sophie Dodd	DMR	2017
Julia Howley	3,000 Meters	2018
Julia Howley	DMR	2018
Diepiriye Iworima	Long Jump	2011
Jennifer Johnson	3,000 Meters	2015
Jennifer Johnson	DMR	2015
Valda Kabia	60 Meters	2016-17
Valda Kabia	200 Meters	2016-17
Valda Kabia	4x400 Relay	2016
Brianna Kane	800 Meters	2011
Brianna Kane	4x400 Relay	2011
Michaela Kane	800 Meters	2012
Michaela Kane	4x400 Relay	2013
Michaela Kane	DMR	2011-12-13
Sydney Kania	High Jump	2020-22
Natasha Kianipour	60 Meters	2014
Marie-Éloïse Leclair	60 Meters	2022-23
Marie-Éloïse Leclair	200 Meters	2022-23



## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### SIMON FRASER

Name	Event	Years
Marie-Éloïse Leclair	4x400 Relay	2022-23
Emily Lindsay	400 Meters	2022
Emily Lindsay	4x400 Relay	2022
Emily Lindsay	DMR	2022
Monique Lisek	400 Meters	2015
Monique Lisek	4x400 Relay	2016
Katherine Lucas	60 Meters	2017
Katherine Lucas	200 Meters	2017
Alana Mussatto	800 Meters	2018
Alana Mussatto	4x400 Relay	2016
Alana Mussatto	DMR	2016-17-18
Paige Nock	800 Meters	2015-19
Paige Nock	Mile	2018
Paige Nock	DMR	2015-17-18
Madison Paugh	Triple Jump	2022
Kennedy Primrose	Triple Jump	2023
Meyer Quaynor	60 Meters	2018
Chelsea Ribiero	5,000 Meters	2020
Megan Roxby	800 Meters	2023
Megan Roxby	Mile	2022-23
Megan Roxby	DMR	2020-22
Sarah Sawatzky	800 Meters	2013-14
Sarah Sawatzky	4x400 Relay	2013
Sarah Sawatzky	DMR	2012
Mairin Shields-Brown	800 Meters	2020
Mairin Shields-Brown	DMR	2020
Jessica Smith	Mile	2011
Jessica Smith	4x400 Relay	2011
Jessica Smith	DMR	2011
Addy Townsend	800 Meters	2016-17-19-20
Addy Townsend	Mile	2020
Addy Townsend	4x400 Relay	2019
Addy Townsend	DMR	2016-17-20
Abbey Vogt	DMR	2012
Emma Vogt	4x400 Relay	2011
Emma Vogt	DMR	2011
Diana Voloshin	60-Meter Hurdles	2017-22
Naphtali Ward	High Jump	2015
Bryce West	4x400 Relay	2019
Olivia Willett	3,000 Meters	2022
Olivia Willett	5,000 Meters	2019

#### WESTERN OREGON

Name	Event	Years
Alexis Anderson	High Jump	2013
Alexis Anderson	Triple Jump	2013
Annan Applebee	800 Meters	2011
Nini Callan	Long Jump	2004
Nini Callan	Triple Jump	2005
Jaci Cederberg	Weight Throw	2004-05
Sara Cole	Weight Throw	2008
Emmi Collier	Shot Put	2013-15-16
Amity Deters	High Jump	2023
Lauren Duckett	60 Meters	2008-09
Janelle Everetts	800 Meters	2010-12
Moana Gianotti	Shot Put	2020-22
Moana Gianotti	Weight Throw	2022
Mariah Gronbach	Weight Throw	2019
Sabrina Freed	Weight Throw	2006-07-08

Bonnie Galloway	60 Meters	2005
Charlene Harber	Pentathlon	2012
Jacque (Postlewait) Helbling	60-Meter Hurdles	2008-09
Jacque (Postlewait) Helbling	High Jump	2009
Jacque (Postlewait) Helbling	Long Jump	2006-07-08
Caitlin Heldt	5,000 Meters	2022-23
Audrey Hellesto	400 Meters	2014
Kristen Hepler	Weight Throw	2004
Maya Hopwood	60 Meters	2020
Jenelle Hurley	High Jump	2023
Jenelle Hurley	Long Jump	2022-23
Jenelle Hurley	Pentathlon	2020-22-23
Keyanna Jenkins	60 Meters	2006
Bridget Johnson	60-Meter Hurdles	2006
Bridget Johnson	Long Jump	2005
Bridget Johnson	Shot Put	2006
Sarah Kathrein	200 Meters	2010
Sarah Kathrein	400 Meters	2010
Mandy Keifer	60-Meter Hurdles	2010
Katy Kociemba	Long Jump	2004-05
Katy Kociemba	Triple Jump	2004-05
Kari Konrad	Mile	2004
Rebecca Laible	Triple Jump	2013-14
Cheyonna Lynch	Shot Put	2004-06-07
Madison McClung	60 Meters	2011-12
Madison McClung	200 Meters	2011-12
Lacey Meusec	60 Meters	2011
Kalulusno Ngaida	Triple Jump	2020
Ujunwa Nwokoma	Long Jump	2023
Katie Pelchar	High Jump	2011-12
Taryn Plypick	High Jump	2007
Ana Popchock	60-Meter Hurdles	2022
Ana Popchock	Triple Jump	2022-23
Ashley Potter	Long Jump	2012
Ashley Potter	Triple Jump	2010-11
Kaitlyn Reid	60-Meter Hurdles	2011
Sarajane Rosenberg	Long Jump	2007-08
Sarajane Rosenberg	Triple Jump	2006-07
Ally Rowley	5,000 Meters	2007
Kennedy Rufener	5,000 Meters	2017-18
Monica Smith	200 Meters	2005
Monica Smith	60-Meter Hurdles	2004
Monica Smith	High Jump	2005
Maliyah Thompson	60 Meters	2023
Maliyah Thompson	60-Meter Hurdles	2023
Janna Vander Muelen	60-Meter Hurdles	2012
Alicia Vandervelden	Shot Put	2004
Suzie Van De Grift	Mile	2018
Olivia Woods	800 Meters	2019
Amanda Wright	5,000 Meters	2011

#### WESTERN WASHINGTON

Name	Event	Years
Karis Anderson	Pole Vault	2012-13
Kim Bascom	Long Jump	2007
Kim Bascom	Triple Jump	2006-07
Melissa Behrens	60 Meters	2004
Tanya Bjornsson	60 Meters	2013-14
Tanya Bjornsson	60-Meter Hurdles	2011-13-14
Tanya Bjornsson	Long Jump	2011-13-14
Lauren Breihof	5,000 Meters	2010
Sarah Brownell	400 Meters	2010

## GNAC WOMEN'S INDOOR T&F ALL-TIME AWARDS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### WESTERN WASHINGTON

Name	Event	Years	Name	Event	Years
Sarah Brownell	4x400 Relay	2010	Christy Miller	Triple Jump	2008
Tammy Carlson	Shot Put	2004-05	Jessica Neal	High Jump	2022
Sydney Coffey	400 Meters	2014	Megan O'Connell	4x400 Relay	2010
Clara Cook	High Jump	2008	Devon Olson	Triple Jump	2020
Mia Crocker	DMR	2023	Miranda Osadchey	High Jump	2016-17
Ila Davis	Mile	2023	Anna Paradee	Pole Vault	2015-16-17-19
Ila Davis	3,000 Meters	2023	Mara Parks	Shot Put	2023
Ila Davis	DMR	2023	Megan Paulsen	Triple Jump	2008
Aliyah Dawkins	High Jump	2022	Lexie Perry	Pole Vault	2020
Aliyah Dawkins	Pentathlon	2022	Cheyanna Pinley	Pole Vault	2013-14
Diana DiMarco	Pole Vault	2010	Sarah Porter	5,000 Meters	2008-10-11
Heidi Dimmitt	60 Meters	2006	Katie Potts	Shot Put	2023
Heidi Dimmitt	400 Meters	2007-08	Katie Potts	Weight Throw	2023
Chanelle Eddy	Shot Put	2019	Katie Reichert	Pentathlon	2013
Heather Farretta	High Jump	2019	Rachael Roberts	Pole Vault	2018
Sophia Galvez	5,000 Meters	2019-20	Sabrina Schwindler	High Jump	2009
Brittany Grant	3,000 Meters	2017	Meaera Shannon	5,000 Meters	2023
Kirsten Holt	60-Meter Hurdles	2004	Eleanor Siler	200 Meters	2009-10
Joana Houplin	60 Meters	2010	Eleanor Siler	400 Meters	2009-10-11-12
Michelle Howe	60-Meter Hurdles	2008-09-10	Eleanor Siler	4x400 Relay	2010
Michelle Howe	4x400 Relay	2010	Savannah Smith	200 Meters	2018
Rachael Johnson	800 Meters	2009-11	Katelyn Steen	Mile	2012
Danielle Juarez	Pole Vault	2004	Katelyn Steen	5,000 Meters	2014
Whitney Knox	60 Meters	2006	Maddie Taylor	High Jump	2019
Andrea Kreft	Pole Vault	2005	Emily Warman	Long Jump	2009-10-12-13
Matty Lagerwey	Long Jump	2022	Emily Warman	Triple Jump	2009
Matty Lagerwey	Pentathlon	2022-23	Emily Walters	Triple Jump	2010-13
Marian Ledesma	DMR	2023	Brook Wedin	3,000 Meters	2022
Lindsay Lunderman	60-Meter Hurdles	2007	Brook Wedin	5,000 Meters	2022
Jasmine McMullin	Long Jump	2018	Lindsey Wells	Weight Throw	2013
Jasmine McMullin	Triple Jump	2015-16-18	Raine Westfall	Weight Throw	2022-23
Christy Miller	Pole Vault	2007-08-09	Katelyn Wright	High Jump	2015
			Sophie Wright	DMR	2023
			Megan Zukowski	60 Meters	2008-10
			Megan Zukowski	200 Meters	2010