



# GNAC WOMEN'S OUTDOOR TRACK & FIELD ALL-TIME AWARD WINNERS

Updated Through 2023 Season

## TEAM CHAMPIONS

|      |                    |       |
|------|--------------------|-------|
| 2002 | Seattle Pacific    | 226   |
| 2003 | Western Oregon     | 210.5 |
| 2004 | Western Oregon     | 231.5 |
| 2005 | Western Oregon     | 217.5 |
| 2006 | Seattle Pacific    | 203   |
| 2007 | Seattle Pacific    | 200   |
| 2008 | Western Oregon     | 162   |
| 2009 | No Meet            |       |
| 2010 | Seattle Pacific    | 224   |
| 2011 | Seattle Pacific    | 206.5 |
| 2012 | Seattle Pacific    | 188   |
| 2013 | Alaska Anchorage   | 175   |
| 2014 | Alaska Anchorage   | 137   |
| 2015 | Seattle Pacific    | 183   |
| 2016 | Seattle Pacific    | 148.5 |
| 2017 | Alaska Anchorage   | 158   |
| 2018 | Seattle Pacific    | 154.5 |
| 2019 | Seattle Pacific    | 166   |
| 2020 | No Meet            |       |
| 2021 | Seattle Pacific    | 208   |
| 2022 | Western Oregon     | 155   |
| 2023 | Western Washington | 183   |

## ATHLETE OF THE YEAR

|      |  |
|------|--|
| 2002 | Stephanie Huffman, Seattle Pacific                                 |
| 2003 | Danielle Ayers-Stamper, Seattle Pacific                            |
| 2004 | Kelly Fullerton, Seattle   |
| 2005 | Danielle Ayers-Stamper, Seattle Pacific                            |
| 2006 | Katie McMeel, Central Washington                                   |
| 2007 | Jessica Pixler, Seattle Pacific                                    |
| 2008 | Ashley Puga, Northwest Nazarene                                    |
| 2009 | Ashley Puga, Northwest Nazarene                                    |
| 2010 | Jessica Pixler, Seattle Pacific                                    |
| 2011 | Sarah Porter, Western Washington<br>Helen Crofts, Simon Fraser     |
| 2012 | Brittany Aanstad, Seattle Pacific<br>Susan Tanui, Alaska Anchorage |
| 2013 | Ali Worthen, Seattle Pacific                                       |
| 2014 | McKayla Fricker, Seattle Pacific                                   |
| 2015 | Lindsey Butterworth, Simon Fraser                                  |
| 2016 | Bethany Drake, Western Washington                                  |
| 2017 | Bethany Drake, Western Washington                                  |
| 2018 | Caroline Kurgat, Alaska Anchorage                                  |
| 2019 | Caroline Kurgat, Alaska Anchorage                                  |
| 2020 | Not Awarded  |
| 2021 | Renick Meyer, Seattle Pacific                                      |
| 2022 | Alison Andrews-Paul, Simon Fraser                                  |
| 2023 | Marie-Éloïse Leclair, Simon Fraser                                 |

## NEWCOMER OF THE YEAR

|      |                                  |
|------|----------------------------------|
| 2002 | Leah Wiest, Seattle Pacific      |
| 2003 | None Selected                    |
| 2004 | Kelly Legard, Central Washington |
| 2005 | Bonnie Galloway, Western Oregon  |
| 2006 | Mary Pearce, Alaska Anchorage    |
| 2007 | None selected                    |
| 2008 | Jeeni Schantin, Seattle Pacific  |
| 2009 | Janae Larson, Seattle Pacific    |

|      |                                     |
|------|-------------------------------------|
| 2010 | Crystal Sims, Seattle Pacific       |
| 2011 | Sarah Sawatzky, Simon Fraser        |
| 2012 | Susan Tanui, Alaska Anchorage       |
| 2013 | Becki Duhamel, Central Washington   |
| 2014 | Joyce Kipchumba, Alaska Anchorage   |
| 2015 | Jennifer Johnson, Simon Fraser      |
| 2016 | Della Lyle, Montana State Billings  |
| 2017 | Emily Bland, Central Washington     |
| 2018 | Raquel Pellecer, Western Washington |
| 2019 | None Selected                       |
| 2020 | Not Awarded                         |
| 2021 | Caitlin Heldt, Western Oregon       |
| 2022 | Abbey Wood, Northwest Nazarene      |
| 2023 | Marian Ledesma, W. Washington       |

## FRESHMAN OF THE YEAR

|      |   |
|------|---|
| 2002 | Ashlee Vincent, Western Washington                                |
| 2003 | Danielle Ayers-Stamper, Seattle Pacific                           |
| 2004 | Jennifer Marsh, Seattle Pacific                                   |
| 2005 | Kelsey Cooley, Seattle Pacific                                    |
| 2006 | Clara Cook, Western Washington<br>Ashley Puga, Northwest Nazarene |
| 2007 | Jessica Pixler, Seattle Pacific                                   |
| 2008 | Brittany Aanstad, Seattle Pacific                                 |
| 2009 | Eleanor Siler, Western Washington                                 |
| 2010 | Carolanne Powers, Western Oregon                                  |
| 2011 | Susan Bick, Alaska Anchorage<br>Kishia Mitchell, Seattle Pacific  |
| 2012 | Grace Morgan, Alaska Anchorage                                    |
| 2013 | Karolin Anders, Alaska Anchorage                                  |
| 2014 | Jamie Ashcroft, Alaska Anchorage                                  |
| 2015 | Caroline Kurgat, Alaska Anchorage                                 |
| 2016 | Ellie Logan, Northwest Nazarene                                   |
| 2017 | Vanessa Aniteye, Alaska Anchorage                                 |
| 2018 | Renick Meyer, Seattle Pacific                                     |
| 2019 | Keshara Romain, Saint Martin's                                    |
| 2020 | Not Awarded   |
| 2021 | Ellie Rising, Seattle Pacific                                     |
| 2022 | Marie-Éloïse Leclair, Simon Fraser                                |
| 2023 | Ashley Reeck, Western Washington                                  |

## OUTSTANDING PERFORMER (CONFERENCE MEET)

|      |   |
|------|---|
| 2002 | Stephanie Huffman, Seattle Pacific                                      |
| 2003 | Sarah Kraybill, Seattle Pacific   |
| 2004 | Monica Smith, Western Oregon  |
| 2005 | Monica Smith, Western Oregon<br>Danielle Ayers-Stamper, Seattle Pacific |
| 2006 | Mary Pearce, Alaska Anchorage   |
| 2007 | Jessica Pixler, Seattle Pacific   |
| 2008 | Ashley Puga, Northwest Nazarene   |
| 2009 | No Meet   |
| 2010 | Crystal Sims, Seattle Pacific   |
| 2011 | Helen Crofts, Simon Fraser  |
| 2012 | Ali Worthen, Seattle Pacific  |
| 2013 | Ali Worthen Seattle Pacific   |
| 2014 | Katelyn Steen, Western Washington                                       |
| 2015 | Jamie Ashcroft, Alaska Anchorage  |
| 2016 | Maliea Luquin, Seattle Pacific  |

|      |                            |
|------|----------------------------|
| 2017 | McKenzie Warren, Concordia |
|------|----------------------------|

## TRACK ATHLETE OF THE MEET

|      |                                    |
|------|------------------------------------|
| 2018 | Caroline Kurgat, Alaska Anchorage  |
| 2019 | Caroline Kurgat, Alaska Anchorage  |
| 2020 | No Meet                            |
| 2021 | Dania Holmberg, Seattle Pacific    |
| 2022 | Marie-Éloïse Leclair, Simon Frase  |
| 2023 | Marie-Éloïse Leclair, Simon Fraser |

## FIELD ATHLETE OF THE MEET

|      |   |
|------|---|
| 2018 | Christina MacDonald, Concordia<br>Renick Meyer, Seattle Pacific |
| 2019 | HarLee Ortega, Central Washington                               |
| 2020 | No Meet   |
| 2021 | Renick Meyer, Seattle Pacific                                   |
| 2022 | Jenelle Hurley, Western Oregon                                  |
| 2023 | Jenelle Hurley, Western Oregon                                  |

## PERFORMANCE OF THE MEET

|      |  |
|------|--|
| 2018 | Ellie Logan, Northwest Nazarene<br>Renick Meyer, Seattle Pacific |
| 2019 | Sidney Trinidad, Central Washington                              |
| 2020 | No Meet  |
| 2021 | Renick Meyer, Seattle Pacific                                    |
| 2022 | Seattle Pacific 4x100 Relay Team                                 |
| 2023 | Kinsey Yenor, Northwest Nazarene                                 |

## COACH OF THE YEAR

|      |                                    |
|------|------------------------------------|
| 2002 | Jack Hoyt, Seattle Pacific         |
| 2003 | John Knight, Western Oregon        |
| 2004 | Mike Johnson, Western Oregon       |
| 2005 | Mike Johnson, Western Oregon       |
| 2006 | Karl Lerum, Seattle Pacific        |
| 2007 | Karl Lerum, Seattle Pacific        |
| 2008 | Mike Johnson, Western Oregon       |
| 2009 | PeeWee Halsell, Western Washington |
| 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 | Karl Lerum, Seattle Pacific        |
| 2017 | Michael Friess, Alaska Anchorage   |
| 2018 | Karl Lerum, Seattle Pacific        |
| 2019 | Karl Lerum, Seattle Pacific        |
| 2020 | Not Awarded                        |
| 2021 | Karl Lerum, Seattle Pacific        |
| 2022 | Brit Townsend, Simon Fraser        |
| 2023 | Ben Stensland, Western Washington  |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### INDIVIDUAL EVENT CHAMPIONS

#### 100 METERS

|      |                           |       |
|------|---------------------------|-------|
| 2002 | Jody Binder, CWU          | 12.0  |
| 2003 | Melissa Behrens, WWU      | 12.28 |
| 2004 | Melissa Behrens, WWU      | 12.73 |
| 2005 | Bonnie Galloway, WOU      | 12.26 |
| 2006 | Keyanna Jenkins, WOU      | 12.44 |
| 2007 | NyEma Sims, SPU           | 12.46 |
| 2008 | Nicki Schutte, NNU        | 12.82 |
| 2010 | Latasha Essien, SPU       | 12.16 |
| 2011 | Kishia Mitchell, SPU      | 12.39 |
| 2012 | Grace Morgan, UAA         | 11.91 |
| 2013 | Grace Morgan, UAA         | 12.12 |
| 2014 | Jamie Ashcroft, UAA       | 11.99 |
| 2015 | Jamie Ashcroft, UAA       | 11.84 |
| 2016 | Jamie Ashcroft, UAA       | 12.15 |
| 2017 | Katherine Lucas, SFU      | 12.13 |
| 2018 | Renick Meyer, SPU         | 12.16 |
| 2019 | Macie Allen, CU           | 12.08 |
| 2021 | Jenna Bouyer, SPU         | 11.93 |
| 2022 | Marie-Éloïse Leclair, SFU | 11.66 |
| 2023 | Marie-Éloïse Leclair, SFU | 11.47 |

#### 200 METERS

|      |                           |       |
|------|---------------------------|-------|
| 2002 | Dania Swosinski, WWU      | 25.30 |
| 2003 | Dania Swosinski, WWU      | 25.45 |
| 2004 | Terran Legard, CWU        | 25.53 |
| 2005 | Bonnie Galloway, WOU      | 24.9  |
| 2006 | Mary Pearce, UAA          | 25.08 |
| 2007 | NyEma Sims, SPU           | 25.12 |
| 2008 | Latoya Tidwell, NNU       | 26.00 |
| 2010 | Latasha Essien, SPU       | 25.23 |
| 2011 | Kishia Mitchell, SPU      | 25.52 |
| 2012 | Grace Morgan, UAA         | 24.61 |
| 2013 | Grace Morgan, UAA         | 24.44 |
| 2014 | Jamie Ashcroft, UAA       | 24.62 |
| 2015 | Jamie Ashcroft, UAA       | 24.45 |
| 2016 | Jamie Ashcroft, UAA       | 25.01 |
| 2017 | Katherine Lucas, SFU      | 24.58 |
| 2018 | Grace Bley, SPU           | 24.70 |
| 2019 | Grace Bley, SPU           | 24.56 |
| 2021 | Grace Bley, SPU           | 24.52 |
| 2022 | Marie-Éloïse Leclair, SFU | 23.88 |
| 2023 | Marie-Éloïse Leclair, SFU | 24.12 |

#### 400 METERS

|      |                         |       |
|------|-------------------------|-------|
| 2002 | Dania Swosinski, WWU    | 57.66 |
| 2003 | Dania Swosinski, WWU    | 57.88 |
| 2004 | Terran Legard, CWU      | 55.98 |
| 2005 | Kinyatta Leonhardt, SPU | 57.16 |
| 2006 | Mary Pearce, UAA        | 55.65 |
| 2007 | Mary Pearce, UAA        | 55.45 |
| 2008 | Lindsay Brady, NNU      | 57.47 |
| 2010 | Emily Quatier, SPU      | 57.23 |
| 2011 | Helen Crofts, SFU       | 55.25 |
| 2012 | Eleanor Siler, WWU      | 55.73 |
| 2013 | Helen Crofts, SFU       | 54.46 |
| 2014 | Kishia Mitchell, SPU    | 56.54 |
| 2015 | Jahzelle Ambus, SPU     | 55.91 |
| 2016 | Jahzelle Ambus, SPU     | 56.80 |
| 2017 | Vanessa Aniteye, UAA    | 54.88 |
| 2018 | Vanessa Aniteye, UAA    | 55.22 |
| 2019 | Vanessa Aniteye, UAA    | 54.19 |
| 2021 | Tylantiss Atlas, UAA    | 55.44 |
| 2022 | Vanessa Aniteye, SFU    | 54.62 |
| 2023 | Claire Bosma, SFU       | 57.20 |

#### 800 METERS

|      |                          |         |
|------|--------------------------|---------|
| 2002 | Sarah Kraybill, SPU      | 2:12.92 |
| 2003 | Sarah Kraybill, SPU      | 2:17.25 |
| 2004 | Jennifer Marsh, SPU      | 2:15.50 |
| 2005 | Jennifer Marsh, SPU      | 2:19.00 |
| 2006 | Sarah Howell, WOU        | 2:17.15 |
| 2007 | Jessica Pixler, SPU      | 2:10.93 |
| 2008 | Ashley Puga, NNU         | 2:13.10 |
| 2010 | Jessica Pixler, SPU      | 2:06.38 |
| 2011 | Jessica Smith, SFU       | 2:09.21 |
| 2012 | McKayla Fricker, SPU     | 2:11.79 |
| 2013 | McKayla Fricker, SPU     | 2:10.24 |
| 2014 | McKayla Fricker, SPU     | 2:09.15 |
| 2015 | Lindsey Butterworth, SFU | 2:06.67 |
| 2016 | Sophie Dodd, SFU         | 2:11.47 |
| 2017 | Addy Townsend, SFU       | 2:07.96 |
| 2018 | Danielle McCormick, UAA  | 2:08.25 |
| 2019 | Danielle McCormick, UAA  | 2:08.67 |
| 2021 | Ellie Rising, SPU        | 2:12.16 |
| 2022 | Alison Andrews-Paul, SFU | 2:07.63 |
| 2023 | Marian Ledesma, WWU      | 2:14.50 |

#### 1,500 METERS

|      |                            |         |
|------|----------------------------|---------|
| 2002 | Alicen Maier, CWU          | 4:31.84 |
| 2003 | Sarah Kraybill, SPU        | 4:40.37 |
| 2004 | Kari Konrad, WOU           | 4:40.72 |
| 2005 | Kari Konrad, WOU           | 4:47.92 |
| 2006 | Ashley Puga, NNU           | 4:37.67 |
| 2007 | Jessica Pixler, SPU        | 4:32.80 |
| 2008 | Jane Larson, SPU           | 4:29.66 |
| 2010 | Jessica Pixler, SPU        | 4:24.01 |
| 2011 | Helen Crofts, SFU          | 4:25.80 |
| 2012 | Lindsey Butterworth, SFU   | 4:28.77 |
| 2013 | Helen Crofts, SFU          | 4:26.85 |
| 2014 | McKayla Fricker, SPU       | 4:28.19 |
| 2015 | Lynelle Decker, SPU        | 4:29.60 |
| 2016 | Lynelle Decker, SPU        | 4:29.68 |
| 2017 | Miryam Bassett, SFU        | 4:35.85 |
| 2018 | Addy Townsend, SFU         | 4:24.59 |
| 2019 | Caroline Kurgat, UAA       | 4:23.02 |
| 2021 | Dania Holmberg, SPU        | 4:27.31 |
| 2022 | Alison Andrews-Paul, SFU   | 4:31.94 |
| 2023 | Cassidy Walchak-Sloan, SMU | 4:28.45 |

#### 3,000 METERS

|      |                           |          |
|------|---------------------------|----------|
| 2002 | Alice Maier, CWU          | 10:06.86 |
| 2003 | Ashlee Vincent, WWU       | 10:17.34 |
| 2004 | Brandy Anderson, CWU      | 10:39.32 |
| 2005 | Brandy Anderson, CWU      | 10:17.24 |
| 2006 | Mary Moriarty, SPU        | 10:22.8  |
| 2007 | Jessica Pixler, SPU       | 9:53.80  |
| 2008 | Elizabeth Chepkosgei, UAA | 9:59.16  |

#### 5,000 METERS

|      |                       |          |
|------|-----------------------|----------|
| 2002 | Katie Gosnell, HSU    | 17:35.03 |
| 2003 | Katie Gosnell, HSU    | 17:56.29 |
| 2004 | Laura Trevelyan, WWU  | 17:48.65 |
| 2005 | Kelly Fullerton, SU   | 18:19.16 |
| 2006 | Mandy Kaempf, UAA     | 17:24.11 |
| 2007 | Laura Carr, UAA       | 18:30.56 |
| 2008 | Laura Carr, UAA       | 17:44.74 |
| 2010 | Sarah Porter, WWU     | 16:39.39 |
| 2011 | Ruth Keino, UAA       | 17:23.81 |
| 2012 | Susan Tanui, UAA      | 17:31.67 |
| 2013 | Ruth Keino, UAA       | 17:35.97 |
| 2014 | Katelyn Steen, WWU    | 17:03.91 |
| 2015 | Jennifer Johnson, SFU | 17:04.46 |
| 2016 | Shannon Porter, SMU   | 16:42.14 |
| 2017 | Zannah Jepchumba, UAA | 17:21.08 |
| 2018 | Caroline Kurgat, UAA  | 16:53.43 |
| 2019 | Caroline Kurgat, UAA  | 16:35.10 |
| 2021 | Dania Holmberg, SPU   | 17:43.57 |
| 2022 | Ila Davis, WWU        | 17:13.78 |
| 2023 | Ila Davis, WWU        | 18:12.34 |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### INDIVIDUAL EVENT CHAMPIONS

#### 10,000 METERS

|      |                      |          |
|------|----------------------|----------|
| 2002 | Ellie Enos, WOU      | 37:31.43 |
| 2003 | Stacy Edwards, UAA   | 38:48.48 |
| 2004 | Alana Garcia, SU     | 39:48.13 |
| 2005 | Alana Garcia, SU     | 38:56.11 |
| 2006 | Davya Baker, UAA     | 39:07.72 |
| 2007 | Alee Rowley, WOU     | 38:51.17 |
| 2008 | Sarah Porter, WWU    | 36:31.85 |
| 2010 | Lauren Breihof, WWU  | 36:16.89 |
| 2011 | Sarah Porter, WWU    | 36:33.87 |
| 2012 | Ruth Keino, UAA      | 36:37.97 |
| 2013 | Ruth Keino, UAA      | 36:02.00 |
| 2014 | Joyce Kipchumba, UAA | 35:43.38 |
| 2015 | Anna Patti, SPU      | 37:00.02 |
| 2016 | Joyce Chelimo, UAA   | 36:02.39 |
| 2017 | Alexa Shindruk, CWU  | 35:58.99 |
| 2018 | Caroline Kurgat, UAA | 34:49.33 |
| 2019 | Caroline Kurgat, UAA | 38:03.64 |
| 2021 | Bethany Danner, NNU  | 37:09.29 |
| 2022 | Annika Esvelt, SPU   | 36:32.30 |
| 2023 | Meaera Shannon, WWU  | 36:51.65 |

#### 100 METER HURDLES

|      |                             |       |
|------|-----------------------------|-------|
| 2002 | Kate Herber, WWU            | 15.06 |
| 2003 | Danielle Ayers-Stamper, SPU | 14.19 |
| 2004 | Monica Smith, WOU           | 14.75 |
| 2005 | Danielle Ayers-Stamper, SPU | 13.82 |
| 2006 | Bridget Johnson, WOU        | 15.03 |
| 2007 | Jacque Postlewait, WOU      | 15.33 |
| 2008 | Jacque Postlewait, WOU      | 14.73 |
| 2010 | Michelle Howe, WWU          | 14.68 |
| 2011 | Crystal Sims, SPU           | 14.73 |
| 2012 | Haleigh Lloyd, UAA          | 14.23 |
| 2013 | Ali Worthen, SPU            | 14.24 |
| 2014 | Tanya Bjornsson, WWU        | 14.21 |
| 2015 | Rosie Smith, UAA            | 14.18 |
| 2016 | Maliea Luquin, SPU          | 14.07 |
| 2017 | Mariyah Vongsaveng, CWU     | 13.90 |
| 2018 | Mariyah Vongsaveng, CWU     | 13.98 |
| 2019 | Mariyah Vongsaveng, CWU     | 13.99 |
| 2021 | Renick Meyer, SPU           | 13.97 |
| 2022 | Diana Voloshin, SFU         | 14.28 |
| 2023 | Lauryn Chandler, CWU        | 13.97 |

### 400 METER HURDLES

|      |                        |         |
|------|------------------------|---------|
| 2002 | Jawea Harder, SPU      | 1:02.43 |
| 2003 | Laura Burch, WWU       | 1:05.28 |
| 2004 | Janna Schaafsma, SPU   | 1:03.72 |
| 2005 | Chelsi Claussen, SMU   | 1:04.36 |
| 2006 | Jennie Rummell, WOU    | 1:03.32 |
| 2007 | Heidi Dimmitt, WWU     | 1:02.94 |
| 2008 | Heidi Dimmitt, WWU     | 1:01.78 |
| 2010 | Ardrienna Everett, UAA | 1:02.45 |
| 2011 | Kaitlyn Reid, WOU      | 1:02.94 |
| 2012 | Michelle Howe, WWU     | 1:03.06 |
| 2013 | Haleigh Lloyd, UAA     | 1:01.21 |
| 2014 | Irene Moore, SMU       | 1:02.01 |
| 2015 | Haleigh Lloyd, UAA     | 1:00.29 |
| 2016 | Yvonne Jeschke, UAA    | 1:01.95 |
| 2017 | Emily Bland, CWU       | 1:00.58 |
| 2018 | Erykah Weems, CWU      | 1:00.10 |
| 2019 | Erykah Weems, CWU      | 59.08   |
| 2021 | McCall DeChenne, CWU   | 1:01.95 |
| 2022 | McCall DeChenne, CWU   | 1:01.59 |
| 2023 | Erika Binder, SFU      | 1:01.75 |

### STEEPLECHASE

|      |                     |          |
|------|---------------------|----------|
| 2002 | Jill Salmon, WOU    | 11:24.6  |
| 2003 | Kelly Fullerton, SU | 11:10.1  |
| 2004 | Kelly Fullerton, SU | 11:05.27 |
| 2005 | Kelly Fullerton, SU | 11:10.1  |
| 2006 | Karin Rohde, SPU    | 11:09.21 |
| 2007 | Karin Rohde, SPU    | 11:01.6  |
| 2008 | Jessica Harper, WOU | 10:57.0  |
| 2010 | Courtney Olsen, WWU | 10:50.62 |
| 2011 | Jaclyn Puga, NNU    | 10:59.37 |
| 2012 | Susan Tanui, UAA    | 10:24.44 |
| 2013 | Susan Tanui, UAA    | 10:41.88 |
| 2014 | Katelyn Steen, WWU  | 10:34.40 |
| 2015 | Katelyn Steen, WWU  | 10:14.16 |
| 2016 | Dani Eggleston, CWU | 10:23.58 |
| 2017 | Brittany Grant, WWU | 10:43.79 |
| 2018 | Reta Dobie, SFU     | 10:43.38 |
| 2019 | Julia Howley, SFU   | 10:02.45 |
| 2021 | Talia Dreicer, WWU  | 11:04.04 |
| 2022 | Ila Davis, WWU      | 10:31.55 |
| 2023 | Ila Davis, WWU      | 10:41.34 |

### 4x100 RELAY

|      |                    |       |
|------|--------------------|-------|
| 2002 | Central Washington | 48.78 |
| 2003 | Western Washington | 48.04 |
| 2004 | Seattle Pacific    | 47.87 |
| 2005 | Western Oregon     | 47.73 |
| 2006 | Central Washington | 48.37 |
| 2007 | Seattle Pacific    | 48.17 |
| 2008 | Northwest Nazarene | 48.49 |
| 2010 | Western Oregon     | 47.81 |
| 2011 | Seattle Pacific    | 47.23 |
| 2012 | Seattle Pacific    | 47.22 |
| 2013 | Seattle Pacific    | 46.77 |
| 2014 | Alaska Anchorage   | 46.68 |
| 2015 | Seattle Pacific    | 46.82 |
| 2016 | Central Washington | 47.85 |
| 2017 | Alaska Anchorage   | 46.76 |
| 2018 | Seattle Pacific    | 46.60 |
| 2019 | Seattle Pacific    | 46.32 |
| 2021 | Seattle Pacific    | 46.68 |
| 2022 | Seattle Pacific    | 45.88 |
| 2023 | Simon Fraser       | 46.41 |

### 4x400 RELAY

|      |                    |         |
|------|--------------------|---------|
| 2002 | Seattle Pacific    | 3:56.37 |
| 2003 | Western Oregon     | 3:56.80 |
| 2004 | Central Washington | 3:53.42 |
| 2005 | Western Oregon     | 3:55.88 |
| 2006 | Central Washington | 3:51.83 |
| 2007 | Central Washington | 3:51.48 |
| 2008 | Northwest Nazarene | 3:51.47 |
| 2010 | Seattle Pacific    | 3:53.78 |
| 2011 | Simon Fraser       | 3:46.17 |
| 2012 | Seattle Pacific    | 3:48.79 |
| 2013 | Seattle Pacific    | 3:44.11 |
| 2014 | Seattle Pacific    | 3:50.05 |
| 2015 | Simon Fraser       | 3:45.64 |
| 2016 | Simon Fraser       | 3:50.91 |
| 2017 | Simon Fraser       | 3:46.48 |
| 2018 | Simon Fraser       | 3:44.44 |
| 2019 | Central Washington | 3:45.93 |
| 2021 | Seattle Pacific    | 3:52.23 |
| 2022 | Simon Fraser       | 3:43.50 |
| 2023 | Simon Fraser       | 3:48.45 |

# GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

## INDIVIDUAL EVENT CHAMPIONS

### HIGH JUMP

|      |                             |               |
|------|-----------------------------|---------------|
| 2002 | Jenoa Potter, CWU           | 5-4.5 (1.64)  |
| 2003 | Dianna Grossglass, SPU      | 5-4.5 (1.64)  |
| 2004 | Monica Smith, WOU           | 5-6 (1.68)    |
| 2005 | Danielle Ayers-Stamper, SPU | 5-8.5 (1.74)  |
| 2006 | Clara Cook, WWU             | 5-7 (1.70)    |
| 2007 | Teona Perkins, SPU          | 5-8 (1.73)    |
| 2008 | Clara Cook, WWU             | 5-4.25 (1.63) |
| 2010 | Amanda Overdick, WWU        | 5-3 (1.60)    |
| 2011 | Ali Worthen, SPU            | 5-5.75 (1.67) |
| 2012 | Brittany Grandy, WWU        | 5-6.5 (1.69)  |
| 2013 | Karolin Anders, UAA         | 5-5.75 (1.67) |
| 2014 | Taylor Fettig, CWU          | 5-8.5 (1.74)  |
| 2015 | Karolin Anders, UAA         | 5-5.75 (1.67) |
| 2016 | Taylor Fettig, CWU          | 5-9.75 (1.77) |
| 2017 | Tori Johnson, CU            | 5-6.5 (1.69)  |
| 2018 | Maddie Taylor, WWU          | 5-5.25 (1.66) |
| 2019 | HarLee Ortega, CWU          | 5-5.75 (1.67) |
| 2021 | Aliyah Dawkins, WWU         | 5-8 (1.73)    |
| 2022 | Jessica Neal, WWU           | 5-4.5 (1.64)  |
| 2023 | Sydney Kania, SFU           | 5-5.25 (1.66) |

### POLE VAULT

|      |                      |                 |
|------|----------------------|-----------------|
| 2002 | Danielle Juarez, WWU | 11-5.75 (3.50)  |
| 2003 | Ally Studer, SPU     | 12-4 (3.76)     |
| 2004 | Danielle Juarez, WWU | 12-2.75 (3.73)  |
| 2005 | Amy Harris, SPU      | 12-2 (3.71)     |
| 2006 | Amy Harris, SPU      | 11-2.25 (3.41)  |
| 2007 | Tracie Lundsten, SPU | 11-7.75 (3.55)  |
| 2008 | Melissa Peaslee, SPU | 11-9 (3.58)     |
| 2010 | Melissa Peaslee, SPU | 11-9.75 (3.60)  |
| 2011 | Kati Davis, CWU      | 11-11.75 (3.65) |
| 2012 | Karis Anderson, WWU  | 12-6.75 (3.83)  |
| 2013 | Cheyanna Pinley, WWU | 11-8.5 (3.57)   |
| 2014 | Alison Silva, NNU    | 11-0.25 (3.36)  |
| 2015 | Michaela Kahns, SPU  | 11-9.75 (3.60)  |
| 2016 | Anna Paradee, WWU    | 11-7 (3.53)     |
| 2017 | McKenna Emmert, CWU  | 12-0 (3.66)     |
| 2018 | Halle Irvine, CWU    | 12-0.75 (3.68)  |
| 2019 | Scout Cai, SPU       | 12-10 (3.91)    |
| 2021 | Scout Cai, SPU       | 12-3.5 (3.75)   |
| 2022 | Kinsey Yenor, NNU    | 11-11.75 (3.65) |
| 2023 | Kinsey Yenor, NNU    | 13-1.75 (4.01)  |

### LONG JUMP

|      |                             |                 |
|------|-----------------------------|-----------------|
| 2002 | Stephanie Huffman, SPU      | 18-1 (5.51)     |
| 2003 | Danielle Ayers-Stamper, SPU | 17-11.5 (5.47)  |
| 2004 | Katy Kociemba, WOU          | 18-2.5 (5.55)   |
| 2005 | Danielle Ayers-Stamper, SPU | 19-0.75 (5.81)  |
| 2006 | Sarajane Rosenberg, WOU     | 17-5.5 (5.32)   |
| 2007 | Kim Brady, UAA              | 18-0 ½ (5.50)   |
| 2008 | Kim Brady, UAA              | 18-3 (5.56)     |
| 2010 | Ashley Potter, WOU          | 18-4.25 (5.59)  |
| 2011 | Ali Worthen, SPU            | 18-5 (5.61)     |
| 2012 | Emily Warman, WWU           | 19-1.5 (5.83)   |
| 2013 | Ali Worthen, SPU            | 19-8 (5.99)     |
| 2014 | Tanya Bjornsson, WWU        | 18-11.75 (5.78) |
| 2015 | Kyra Brannan, SPU           | 18-4.5 (5.60)   |
| 2016 | Maliea Luquin, SPU          | 18-3.25 (5.57)  |
| 2017 | Kyra Brannan, SPU           | 18-11.25 (5.77) |
| 2018 | Renick Meyer, SPU           | 19-4.75 (5.91)  |
| 2019 | HarLee Ortega, CWU          | 18-11.25 (5.77) |
| 2021 | Renick Meyer, SPU           | 19-7.5 (5.98)   |
| 2022 | Jenelle Hurley, WOU         | 19-5.5 (5.93)   |
| 2023 | Ujunwa Nwokoma, WOU         | 18-7.75 (5.68)  |

### TRIPLE JUMP

|      |                        |                  |
|------|------------------------|------------------|
| 2002 | Shelley Comstock, WOU  | 37-4.5 (11.39)   |
| 2003 | Lea Tiger, CWU         | 36-8.5 (11.19)   |
| 2004 | Katy Kociemba, WOU     | 36-11.5 (11.26)  |
| 2005 | Lea Tiger, CWU         | 37-6.75 (11.45)  |
| 2006 | Kim Bascom, WWU        | 38-0 (11.58)     |
| 2007 | Kim Bascom, WWU        | 36-9.5 (11.21)   |
| 2008 | Kim Brady, UAA         | 39-3.75 (11.98)  |
| 2010 | Amanda Alvarez, SPU    | 39-1.25 (11.92)  |
| 2011 | Ashley Potter, WOU     | 38-9.5 (11.82)   |
| 2012 | Ashley Potter, WOU     | 40-9 (12.42)     |
| 2013 | Emily Warman, WWU      | 38-10.5 (11.85)  |
| 2014 | Rebecca Laible, WOU    | 37-10 (11.53)    |
| 2015 | Rebecca Laible, WOU    | 38-8.25 (11.79)  |
| 2016 | Jasmine McMullin, WWU  | 38-9.75 (11.83)  |
| 2017 | Jasmine McMullin, WWU  | 39-6.5 (12.05)   |
| 2018 | HarLee Ortega, CWU     | 39-8 (12.09)     |
| 2019 | Chrisalyn Johnson, UAA | 41-3.25 (12.58)  |
| 2021 | Karlie Hurley, WWU     | 38-7 (11.76)     |
| 2022 | Ana Popchok, WOU       | 38-11.75 (11.88) |
| 2023 | Alyssa Duncan, SMU     | 39-5.75 (12.03)  |

### SHOT PUT

|      |                          |                  |
|------|--------------------------|------------------|
| 2002 | Dionna Anderson, SPU     | 44-5.5 (13.55)   |
| 2003 | Dorothy Kerr, WOU        | 42-7.5 (12.99)   |
| 2004 | Alicia Vandervelden, WOU | 41-2.5 (12.56)   |
| 2005 | Tammy Carlson, WWU       | 39-11.25 (12.17) |
| 2006 | Chevonna Lynch, WOU      | 43-0.5 (13.12)   |
| 2007 | Krissy Tandle, CWU       | 45-8 (13.92)     |
| 2008 | Shaina Afoa, CWU         | 42-7.5 (12.99)   |
| 2010 | Joy Warrington, NNU      | 44-0.5 (13.42)   |
| 2011 | Anica Knispel, MSUB      | 46-0.75 (14.04)  |
| 2012 | Joy Warrington, NNU      | 45-10.75 (13.99) |
| 2013 | Vessie Umu, NNU          | 45-7 (13.89)     |
| 2014 | Vessie Umu, NNU          | 44-3.5 (13.50)   |
| 2015 | Emmi Collier, WOU        | 45-7 (13.89)     |
| 2016 | Emmi Collier, WOU        | 45-4 (13.81)     |
| 2017 | McKenzie Warren, CU      | 54-3.25 (16.55)  |
| 2018 | Christina MacDonald, CU  | 48-4.5 (14.74)   |
| 2019 | Katrina Linenko, CU      | 45-5.25 (13.85)  |
| 2021 | Moana Gianotti, WOU      | 45-0.5 (13.73)   |
| 2022 | Moana Gianotti, WOU      | 45-3.5 (13.80)   |
| 2023 | Destany Herbert, NNU     | 46-9.5 (14.26)   |

### DISCUS

|      |                       |                   |
|------|-----------------------|-------------------|
| 2002 | Kristi Lund, NNU      | 141-7 (43.15)     |
| 2003 | Jessica Telleria, WWU | 142-9 (43.51)     |
| 2004 | Jessica Telleria, WWU | 140-7 (42.86)     |
| 2005 | Jessica Telleria, WWU | 147-9 (45.03)     |
| 2006 | Jessica Telleria, WWU | 149-4 (45.52)     |
| 2007 | Erica Rance, WWU      | 140-5 (42.80)     |
| 2008 | Erica Rance, WWU      | 140-9 (42.90)     |
| 2010 | Alexi Halvorson, MSUB | 135-8 (41.36)     |
| 2011 | Torrie Self, CWU      | 143-8 (43.78)     |
| 2012 | Jade Richardson, SFU  | 139-6 (42.53)     |
| 2013 | Jade Richardson, SFU  | 141-1 (43.01)     |
| 2014 | Corrie Holm, MSUB     | 143-4 (43.70)     |
| 2015 | Megan Mortensen, WWU  | 142-10 (43.55)    |
| 2016 | Megan Mortensen, WWU  | 151-2.5 (46.08)   |
| 2017 | McKenzie Warren, CU   | 157-11.25 (48.13) |
| 2018 | Melissa Ausman, CU    | 173-11 (53.01)    |
| 2019 | Katrina Linenko, CU   | 146-0 (44.51)     |
| 2021 | Avery Fisk, CWU       | 141-10 (43.24)    |
| 2022 | Avery Fisk, CWU       | 142-7 (43.47)     |
| 2023 | Katie Potts, WWU      | 143-8 (43.78)     |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### INDIVIDUAL EVENT CHAMPIONS

#### HAMMER

|      |                        |                  |
|------|------------------------|------------------|
| 2002 | Jennifer Dunkin, WOU   | 149-11 (45.70)   |
| 2003 | Jennifer Dunkin, WOU   | 177-1 (53.98)    |
| 2004 | Kristin Hepler, WOU    | 175-5 (53.48)    |
| 2005 | Jaci Cederberg, WOU    | 174-8 (53.25)    |
| 2006 | Audrey Oswald, HSU     | 178-10 (54.51)   |
| 2007 | Sabrina Freed, WOU     | 164-3 (50.06)    |
| 2008 | Sabrina Freed, WOU     | 168-9 (51.44)    |
| 2010 | Torrie Self, CWU       | 176-1 (53.68)    |
| 2011 | Torrie Self, CWU       | 175-5 (53.48)    |
| 2012 | Lindsay Wells, WWU     | 166-6 (50.76)    |
| 2013 | Lindsay Wells, WWU     | 170-8 (52.03)    |
| 2014 | Lindsay Wells, WWU     | 173-7 (52.92)    |
| 2015 | Caitlin Curtis, NNU    | 169-3 (51.59)    |
| 2016 | Kirby Neale, SMU       | 163-3.25 (49.81) |
| 2017 | McKenzie Warren, CU    | 190-9.25 (58.14) |
| 2018 | Chrisina MacDonald, CU | 195-7 (59.62)    |
| 2019 | Liz Larson, SMU        | 180-0 (54.86)    |
| 2021 | Meagan Smallbeck, CWU  | 175-8 (53.54)    |
| 2022 | Raine Westfall, WWU    | 170-1 (51.84)    |
| 2023 | Raine Westfall, WWU    | 172-1 (52.45)    |

#### JAVELIN

|      |                        |                   |
|------|------------------------|-------------------|
| 2002 | Stephanie Huffman, SPU | 148-4 (45.21)     |
| 2003 | Holly Conrad, WOU      | 147-7 (44.99)     |
| 2004 | Sara Johnson, SPU      | 141-10 (43.24)    |
| 2005 | Lauren VerMulm, SPU    | 145-4 (44.29)     |
| 2006 | Lauren VerMulm, SPU    | 144-7 (44.08)     |
| 2007 | Katie McMeel, CWU      | 147-0 (44.82)     |
| 2008 | Brittany Aanstad, SPU  | 147-10 (45.07)    |
| 2010 | Carolanne Powers, WOU  | 154-9 (47.16)     |
| 2011 | Monika Gruszecki, WWU  | 156-11 (47.83)    |
| 2012 | Amanda Schumaker, WOU  | 154-1 (46.97)     |
| 2013 | Amanda Schumaker, WOU  | 153-6 (46.79)     |
| 2014 | Katie Reichert, WWU    | 156-4 (47.65)     |
| 2015 | Kathryn Walker, SMU    | 148-3 (45.19)     |
| 2016 | Katie Reichert, WWU    | 164-8.25 (50.19)  |
| 2017 | Bethany Drake, WWU     | 171-11.25 (52.40) |
| 2018 | Ellie Logan, NNU       | 162-3 (49.45)     |
| 2019 | Ellie Logan, NNU       | 157-4 (47.97)     |
| 2021 | Natalie Vetto, WWU     | 146-8 (44.71)     |
| 2022 | Kaylee Wright, WOU     | 149-6 (45.57)     |
| 2023 | Kaylee Wright, WOU     | 141-11 (43.25)    |

#### HEPTATHLON

|      |                             |       |
|------|-----------------------------|-------|
| 2002 | Stephanie Huffman, SPU      | 4,867 |
| 2003 | Danielle Ayers-Stamper, SPU | 5,024 |
| 2004 | Linda Blake, SPU            | 4,593 |
| 2005 | Bridget Johnson, WOU        | 4,997 |
| 2006 | Bridget Johnson, WOU        | 5,053 |
| 2007 | Jacque Postlewait, WOU      | 4,529 |
| 2008 | Jacque Postlewait, WOU      | 4,615 |
| 2009 | Mandy Keifer, WOU           | 4,588 |
| 2010 | Crystal Sims, SPU           | 4,769 |
| 2011 | Ali Worthen, SPU            | 4,904 |
| 2012 | Ali Worthen, SPU            | 5,199 |
| 2013 | Ali Worthen, SPU            | 5,390 |
| 2014 | Karolin Anders, UAA         | 4,997 |
| 2015 | Karolin Anders, UAA         | 5,162 |
| 2016 | Maliea Luquin, SPU          | 4,738 |
| 2017 | Karolin Anders, UAA         | 5,032 |
| 2018 | Renick Meyer, SPU           | 5,114 |
| 2019 | HarLee Ortega, CWU          | 5,212 |
| 2021 | Renick Meyer, SPU           | 4,903 |
| 2022 | Elena Cano, UAA             | 4,936 |
| 2023 | Jenelle Hurley, WOU         | 4,803 |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### ALL-CONFERENCE SELECTIONS BY EVENT

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

**NOTE:** GNAC Championships canceled in 2009 due to bird flu scare at Western Oregon. Heptathlon was contested that season. GNAC Championships canceled in 2020 due to COVID-19 outbreak.

#### 100 METERS

| Year | 1st Place                 | 2nd Place            | 3rd Place              |
|------|---------------------------|----------------------|------------------------|
| 2002 | Jody Binder, CWU          | Melissa Behrens, WWU | Davina Strauss, CWU    |
| 2003 | Melissa Behrens, WWU      | Jody Binder, CWU     | Monica Smith, WOU      |
| 2004 | Melissa Behrens, WWU      | Jean Kolb, SPU       | Monica Smith, WOU      |
| 2005 | Bonnie Galloway, WOU      | Monica Smith, WOU    | Chelsi Claussen, SMU   |
| 2006 | Keyanna Jenkins, WOU      | Chelsi Claussen, SMU | Whitney Knox, WWU      |
| 2007 | NyEma Sims, SPU           | Mary Pearce, UAA     | Jessica Hinton, SPU    |
| 2008 | Nicki Schulte, NNU        | Latoya Tidwell, NNU  | Lauren Dockett, WOU    |
| 2010 | Latasha Essien, SPU       | Joana Houplin, WWU   | Crystal Sims, SPU      |
| 2011 | Kishia Mitchell, SPU      | Crystal Sims, SPU    | Madison McClung, WOU   |
| 2012 | Grace Morgan, UAA         | Madison McClung, WOU | Kishia Mitchell, SPU   |
| 2013 | Grace Morgan, UAA         | Madison McClung, WOU | Christabel Leonce, NNU |
| 2014 | Jamie Ashcroft, UAA       | Madison McClung, WOU | Makenzie Harsch, UAA   |
| 2015 | Jamie Ashcroft, UAA       | Becca Houk, SPU      | Taylor Deskins, NNU    |
| 2016 | Jamie Ashcroft, UAA       | Taylor Deskins, NNU  | Madison Garcia, CWU    |
| 2017 | Katherine Lucas, SFU      | Jamie Ashcroft, UAA  | Valda Kabia, SFU       |
| 2018 | Renick Meyer, SPU         | Meyer Quaynor, SFU   | Marie Ries, UAA        |
| 2019 | Macie Allen, CU           | Grace Bley, SPU      | Peace Igbonagwam, SPU  |
| 2021 | Jenna Bouyer, SPU         | Grace Bley, SPU      | Renick Meyer, SPU      |
| 2022 | Marie-Éloïse Leclair, SFU | Jenna Bouyer, SPU    | E'lexis Hollis, CWU    |
| 2023 | Marie-Éloïse Leclair, SFU | E'lexis Hollis, CWU  | Abbey Wood, NNU        |

#### 200 METERS

| Year | 1st Place                 | 2nd Place               | 3rd Place                |
|------|---------------------------|-------------------------|--------------------------|
| 2002 | Dania Swosinski, WWU      | Jody Binder, CWU        | Carrie Bronson, HSU      |
| 2003 | Dania Swosinski, WWU      | Melissa Behrens, WWU    | Jody Binder, CWU         |
| 2004 | Terran Legard, CWU        | Kinyatta Leonhardt, SPU | Monica Smith, WOU        |
| 2005 | Bonnie Galloway, WOU      | Monica Smith, WOU       | Kinyatta Leonhardt, SPU  |
| 2006 | Mary Pearce, UAA          | Keyanna Jenkins, WOU    | Terran Legard, CWU       |
| 2007 | NyEma Sims, SPU           | Mary Pearce, UAA        | Jessica Hinton, SPU      |
| 2008 | Latoya Tidwell, NNU       | Nicki Schulte, NNU      | Jessica Hinton, SPU      |
| 2010 | Latasha Essien, SPU       | Crystal Sims, SPU       | McKenzie Redberg, WOU    |
| 2011 | Kishia Mitchell, SPU      | Crystal Sims, SPU       | Lexi Pola, WOU           |
| 2012 | Grace Morgan, UAA         | Madison McClung, WOU    | Myisha Valentine, SPU    |
| 2013 | Grace Morgan, UAA         | Madison McClung, WOU    | Ali Worthen, SPU         |
| 2014 | Jamie Ashcroft, UAA       | Madison McClung, WOU    | Kishia Mitchell, SPU     |
| 2015 | Jamie Ashcroft, UAA       | Becca Houk, SPU         | Jahzelle Ambus, SPU      |
| 2016 | Jamie Ashcroft, UAA       | Madison Garcia, CWU     | Mary Kathleen Cross, UAA |
| 2017 | Katherine Lucas, SFU      | Valda Kabia, SFU        | Mary Kathleen Cross, UAA |
| 2018 | Grace Bley, SPU           | Marie Ries, UAA         | Savannah Smith, WWU      |
| 2019 | Grace Bley, SPU           | Hannah Bradley, WWU     | Macie Allen, CU          |
| 2021 | Grace Bley, SPU           | Karlie Hurley, WWU      | Makiya Worthy, SMU       |
| 2022 | Marie-Éloïse Leclair, SFU | Peace Igbonagwam, SPU   | Jenna Bouyer, SPU        |
| 2023 | Marie-Éloïse Leclair, SFU | Abbey Wood, NNU         | Juliette Williams, CWU   |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### 400 METERS

| Year | 1st Place               | 2nd Place                | 3rd Place                |
|------|-------------------------|--------------------------|--------------------------|
| 2002 | Dania Swosinski, WWU    | Toni Adair, WOU          | Lindsey Stewart, SPU     |
| 2003 | Dania Swosinski, WWU    | Sarah Kraybill, SPU      | Toni Adair, WOU          |
| 2004 | Terran Legard, CWU      | Kinyatta Leonhardt, SPU  | Julie Durringer, SPU     |
| 2005 | Kinyatta Leonhardt, SPU | Katie Hingston, CWU      | Katy Kociemba, WOU       |
| 2006 | Mary Pearce, UAA        | Terran Legard, CWU       | Rachael Kaercher, CWU    |
| 2007 | Mary Pearce, UAA        | Terran Legard, CWU       | Rachael Kaercher, CWU    |
| 2008 | Lindsay Brady, NNU      | Chelsea Evans, CWU       | Megan O'Connell, WWU     |
| 2010 | Emily Quatier, SPU      | Sarah Brownell, WWU      | Lindsay Brady, NNU       |
| 2011 | Helen Crofts, SFU       | Lexi Pola, WOU           | Brianna Kane, SFU        |
| 2012 | Eleanor Siler, WWU      | Myisha Valentine, SPU    | Jasmine Johnson, SPU     |
| 2013 | Helen Crofts, SFU       | Jasmine Johnson, SPU     | Melissa Grammer, NNU     |
| 2014 | Kishia Mitchell, SPU    | Chantel Desch, SFU       | BryAnne Wochnick, SPU    |
| 2015 | Jahzelle Ambus, SPU     | Chantel Desch, SFU       | Mary Kathleen Cross, UAA |
| 2016 | Jahzelle Ambus, SPU     | Mary Kathleen Cross, UAA | Megan Rose, WOU          |
| 2017 | Vanessa Aniteye, UAA    | Chantel Desch, SFU       | Sophie Dodd, SFU         |
| 2018 | Vanessa Aniteye, UAA    | Lani Taylor, SPU         | Renate Bluschke, SFU     |
| 2019 | Vanessa Aniteye, UAA    | Marie Ries, UAA          | Savannah Smith, WWU      |
| 2021 | Tylantiss Atlas, UAA    | Lauren Wuertz, NNU       | Peace Igbonagwam, SPU    |
| 2022 | Vanessa Aniteye, SPU    | Emily Lindsay, SFU       | Tylantiss Atlas, UAA     |
| 2023 | Claire Bosma, SFU       | Laine DeJong, NNU        | Marissa Crane, SPU       |

### 800 METERS

| Year | 1st Place                | 2nd Place               | 3rd Place               |
|------|--------------------------|-------------------------|-------------------------|
| 2002 | Sarah Kraybill, SPU      | Rachel Ross, SPU        | Nikki Hodgson, HSU      |
| 2003 | Sarah Kraybill, SPU      | Lindy Mullen, CWU       | Jessica Opersteny, WWU  |
| 2004 | Jennifer Marsh, SPU      | Victoria Perkins, SPU   | Kari Konrad, WOU        |
| 2005 | Jennifer Marsh, SPU      | Lindy Mullen, CWU       | Josie Lavin, SPU        |
| 2006 | Sarah Howell, WOU        | Suzie Strickler, SPU    | Ashley Puga, NNU        |
| 2007 | Jessica Pixler, SPU      | Sarah Howell, WOU       | Jennifer Marsh, SPU     |
| 2008 | Ashley Puga, NNU         | Rachael Johnson, SU     | Ashley Berry, WOU       |
| 2010 | Jessica Pixler, SPU      | Rachael Johnson, WWU    | Lindsay Brady, NNU      |
| 2011 | Jessica Smith, SFU       | Rachael Johnson, WWU    | Annan Applebee, WOU     |
| 2012 | McKayla Fricker, SPU     | Sarah Sawatzky, SFU     | Michaela Kane, SFU      |
| 2013 | McKayla Fricker, SPU     | Sarah Sawatzky, SFU     | Ivy O'Guinn, UAA        |
| 2014 | McKayla Fricker, SPU     | Sarah Sawatzky, SFU     | Natalie Evans, NNU      |
| 2015 | Lindsey Butterworth, SFU | Lynelle Deecker, SPU    | Alana Mussatto, SFU     |
| 2016 | Sophie Dodd, SFU         | Lynelle Decker, SPU     | Suzie Van De Grift, WOU |
| 2017 | Addy Townsend, SFU       | Danielle McCormick, UAA | Alana Mussatto, SFU     |
| 2018 | Danielle McCormick, UAA  | Sophie Dodd, SFU        | Addy Townsend, SFU      |
| 2019 | Danielle McCormick, UAA  | Sophie Dodd, SFU        | Alana Mussatto, SFU     |
| 2021 | Ellie Rising, SPU        | Julia LaMar, NNU        | Ruth Cvancara, UAA      |
| 2022 | Alison Andrews-Paul, SFU | Megan Roxby, SFU        | Sophie Wright, WWU      |
| 2023 | Marian Ledesma, WWU      | Megan Roxby, SFU        | Mia Crocker, WWU        |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### 1,500 METERS

| Year | 1st Place                  | 2nd Place                  | 3rd Place                  |
|------|----------------------------|----------------------------|----------------------------|
| 2002 | Alicen Maier, CWU          | Rachel Ross, SPU           | Josie Lavin, SPU           |
| 2003 | Sarah Kraybill, WOU        | Ashlee Vincent, WWU        | Erika Olson, CWU           |
| 2004 | Kari Konrad, WOU           | Jennifer Marsh, SPU        | Kamie Jo Massey, UAA       |
| 2005 | Kari Konrad, WOU           | Josie Lavin, SPU           | Nicole Campbell, HSU       |
| 2006 | Ashley Puga, NNU           | Lindy Mullen, CWU          | Jessica Harper, WOU        |
| 2007 | Jessica Pixler, SPU        | Ashley Puga, NNU           | Jane Larson, SPU           |
| 2008 | Jane Larson, SPU           | Ashley Puga, NNU           | Elizabeth Chepkosgei, UAA  |
| 2010 | Jessica Pixler, SPU        | Courtney Olsen, WWU        | Jane Larson, SPU           |
| 2011 | Helen Crofts, SFU          | Sarah Porter, WWU          | Lindsey Butterworth, SFU   |
| 2012 | Lindsey Butterworth, SFU   | Susan Tanui, UAA           | Ivy O'Guinn, UAA           |
| 2013 | Helen Crofts, SFU          | Lindsey Butterworth, SFU   | Ivy O'Guinn, UAA           |
| 2014 | McKayla Fricker, SPU       | Katelyn Steen, WWU         | Connie Morgan, CWU         |
| 2015 | Lynelle Decker, SPU        | Haley O'Connor, WWU        | Stephanie Stuckey, WOU     |
| 2016 | Lynelle Decker, SPU        | Shannon Porter, SMU        | Mary Charleson, SPU        |
| 2017 | Miryam Bassett, SFU        | Julia Howley, SFU          | Mary Charleson, SPU        |
| 2018 | Addy Townsend, SFU         | Caroline Kurgat, UAA       | Suziee Van De Grift, WOU   |
| 2019 | Caroline Kurgat, UAA       | Kate Lilly, SPU            | Danielle McCormick, UAA    |
| 2021 | Dania Holmberg, SPU        | Ellie Rising, SPU          | Cassidy Walchak-Sloan, SMU |
| 2022 | Alison Andrews-Paul, SFU   | Cassidy Walchak-Sloan, SMU | Mia Crocker, WWU           |
| 2023 | Cassidy Walchak-Sloan, SFU | Ashley Reeck, WWU          | Mia Crocker, WWU           |

### 3,000 METERS

| Year | 1st Place                 | 2nd Place                | 3rd Place           |
|------|---------------------------|--------------------------|---------------------|
| 2002 | Alicen Maier, CWU         | Kari Gosnell, HSU        | Kelly Fullerton, SU |
| 2003 | Ashlee Vincent, WWU       | Katie Gosnell, HSU       | Jamie Witt, SPU     |
| 2004 | Brandy Anderson, CWU      | Kendra Steinbrugger, SMU | Abby Groth, SPU     |
| 2005 | Brandy Anderson, CWU      | Nicole Campbell, HSU     | Karin Rohde, SPU    |
| 2006 | Mary Moriarty, SPU        | Jessica Rendon, HSU      | Laura Carr, UAA     |
| 2007 | Jessica Pixler, SPU       | Jane Larson, SPU         | Katie Hummel, CWU   |
| 2008 | Elizabeth Chepkosgei, UAA | Ashley Puga, NNU         | Katie Hansen, SU    |

### 5,000 METERS

| Year | 1st Place             | 2nd Place                 | 3rd Place                      |
|------|-----------------------|---------------------------|--------------------------------|
| 2003 | Katie Gosnell, HSU    | Ashlee Vincent, WWU       | Dolores Bergmann, HSU          |
| 2003 | Katie Gosnell, HSU    | Lisa Pearl, WWU           | Tiffany Picinich, CWU          |
| 2004 | Laura Trevelyan, WWU  | Karen Dickson, SPU        | Kelly Fullerton, SU            |
| 2005 | Kelly Fullerton, SU   | Rachel Bailey, CWU        | Brandy Anderson, CWU           |
| 2006 | Mandy Kaempf, UAA     | Rachel Bailey, CWU        | Marcie Mullen, CWU             |
| 2007 | Laura Carr, UAA       | Alee Rowley, WOU          | Elizabeth Chepkosgei, UAA      |
| 2008 | Laura Carr, UAA       | Elizabeth Chepkosgei, UAA | Katie Hansen, SU               |
| 2010 | Sarah Porter, WWU     | Laura Carr, UAA           | Lauren Breihof, WWU            |
| 2011 | Ruth Keino, UAA       | Miriam Kipng'eno, UAA     | Lauren Breihof, WWU            |
| 2012 | Susan Tanui, UAA      | Ruth Keino, UAA           | Miriam Kipng'eno, UAA          |
| 2013 | Ruth Keino, UAA       | Susan Tanui, UAA          | Ivy O'Guinn, UAA               |
| 2014 | Katelyn Steen, WWU    | Jordan Rehfeldt, NNU      | Joyce (Chelimo) Kipchumba, UAA |
| 2015 | Jennifer Johnson, SFU | Dani Eggleston, CWU       | Megan Rogers, CWU              |
| 2016 | Shannon Porter, SMU   | Joyce Chelimo, UAA        | Brittany Grant, WWU            |
| 2017 | Zannah Jepchumba, UAA | Mary Charleson, SPU       | Alyssa Foote, SPU              |
| 2018 | Caroline Kurgat, UAA  | Kennedy Rufener, WOU      | Ally Ginther, SFU              |
| 2019 | Caroline Kurgat, UAA  | Alexa Shindruk, CWU       | Dania Holmberg, SPU            |
| 2021 | Dania Holmberg, SPU   | Kate Lilly, SPU           | Bethany Danner, NNU            |
| 2022 | Ila Davis, WWU        | Annika Esvelt, SPU        | Caitlin Heldt, WOU             |
| 2023 | Ila Davis, WWU        | Ashley Reeck, WWU         | Annika Esvelt, SPU             |



## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### 10,000 METERS

| Year | 1st Place                      | 2nd Place             | 3rd Place               |
|------|--------------------------------|-----------------------|-------------------------|
| 2002 | Ellie Enos, WOU                | Rachael Wiseman, HSU  | Susan Young, NNU        |
| 2003 | Stacy Edwards, UAA             | Delores Bergmann, HSU | Niki McCorkle, WOU      |
| 2004 | Alana Garcia, SU               | Susan Young, NNU      | Amber Green, CWU        |
| 2005 | Alana Garcia, SU               | Marcie Mullen, CWU    | Davya Baker, UAA        |
| 2006 | Davya Baker, UAA               | Amber Green, CWU      | Nikki Jensen, SPU       |
| 2007 | Alee Rowley, WOU               | Jessie Dunnam, SMU    | Katie Hart, SPU         |
| 2008 | Sarah Porter, WWU              | Katie Hart, SPU       | Davya Flaherty, UAA     |
| 2010 | Lauren Breihof, WWU            | Natty Plunkett, SPU   | Sarah Porter, WWU       |
| 2011 | Sarah Porter, WWU              | Natty Plunkett, SPU   | Lauren Breihof, WWU     |
| 2012 | Ruth Keino, UAA                | Mirian Kipng'eno, UAA | Natty Plunkett, SPU     |
| 2013 | Ruth Keino, UAA                | Susan Tanui, UAA      | Whitney Mickelsen, MSUB |
| 2014 | Joyce (Chelimo) Kipchumba, UAA | Jordan Rehfeld, NNU   | Anna Patti, SPU         |
| 2015 | Anna Patti, SPU                | Amy Johnston, UAA     | Caroline Kurgat, UAA    |
| 2016 | Joyce Chelimo, UAA             | Caroline Kurgat, UAA  | Elena Gomez, CWU        |
| 2017 | Alexa Shindruk, CWU            | Stephanie Rexus, CWU  | Zennah Jepchumba, UAA   |
| 2018 | Caroline Kurgat, UAA           | Sophia Galvez, WWU    | Alexa Shindruk, CWU     |
| 2019 | Caroline Kurgat, UAA           | Katherine Walter, SPU | Sedona McNerney, SPU    |
| 2021 | Bethany Danner, NNU            | Caitlin Heldt, WOU    | Kalen Johnson, NNU      |
| 2022 | Annika Esvelt, SPU             | Kalen Belton, NNU     | Caitlin Heldt, WOU      |
| 2023 | Meaera Shannon, WWU            | Caitlin Heldt, WOU    | Nell Baker, UAA         |

### 100-METER HURDLES

| Year | 1st Place                   | 2nd Place              | 3rd Place              |
|------|-----------------------------|------------------------|------------------------|
| 2002 | Kate Herber, WWU            | Jennifer Pyeatt, SPU   | Natalie Svenvold, WWU  |
| 2003 | Danielle Ayers-Stamper, SPU | Ashley Rountree, CWU   | Linda Blake, SPU       |
| 2004 | Monica Smith, WOU           | Ashley Rountree, CWU   | Kristin Janney, SPU    |
| 2005 | Danielle Ayers-Stamper, SPU | Monica Smith, WOU      | Ashley Rountree, CWU   |
| 2006 | Bridget Johnson, WOU        | Linda Blake, SPU       | Kelsey Cooley, SPU     |
| 2007 | Jacque Postlewait, WOU      | Emily Tweto, UAA       | Lindsay Lunderman, WWU |
| 2008 | Jacque Postlewait, WOU      | Michelle Howe, WWU     | Sarah Barker, WOU      |
| 2010 | Michelle Howe, WWU          | Crystal Sims, SPU      | Kaitlyn Reid, WOU      |
| 2011 | Crystal Sims, SPU           | Terra Schumacher, SPU  | Ali Worthen, SPU       |
| 2012 | Haleigh Lloyd, UAA          | Ali Worthen, SPU       | Michelle Howe, WWU     |
| 2013 | Ali Worthen, SPU            | Tanya Bjornsson, WWU   | Haleigh Lloyd, UAA     |
| 2014 | Tanya Bjornsson, WWU        | Rosie Smith, UAA       | Marie Smith, NNU       |
| 2015 | Rosie Smith, UAA            | Lexi Tubbs, NNU        | Haleigh Lloyd, UAA     |
| 2016 | Maliea Luquin, SPU          | Mariah Vongsaveng, CWU | Allison Deck, CWU      |
| 2017 | Mariyah Vongsaveng, CWU     | Diana Voloshin, SFU    | Lexi Tubbs, NNU        |
| 2018 | Mariyah Vongsaveng, CWU     | Renick Meyer, SPU      | Erykah Weems, CWU      |
| 2019 | Mariyah Vongsaveng, CWU     | Sidney Trinidad, CWU   | Renick Meyer, SPU      |
| 2021 | Renick Meyer, SPU           | Aliyah Dawkins, WWU    | Lauryn Chandler, CWU   |
| 2022 | Diana Voloshin, SFU         | McCall DeChenne, CWU   | Elena Cano, UAA        |
| 2023 | Lauryn Chandler, CWU        | Diana Voloshin, SFU    | Maliyah Thompson, WOU  |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### 400-METER HURDLES

| Year | 1st Place              | 2nd Place              | 3rd Place              |
|------|------------------------|------------------------|------------------------|
| 2002 | Jawea Harder, SPU      | Cassie Moorhouse, WOU  | Jennifer Pyeatt, SPU   |
| 2003 | Laura Burch, WWU       | Kelsey Gleason, SPU    | Jennie Rummell, WOU    |
| 2004 | Janna Schaafsma, SPU   | Kelsey Gleason, SPU    | Kara Nygard, CWU       |
| 2005 | Chelsi Claussen, SMU   | Ashley Rickels, NNU    | Jennie Rummell, WOU    |
| 2006 | Jennie Rummell, WOU    | Chelsi Claussen, SMU   | Sarah Barker, WOU      |
| 2007 | Heidi Dimmitt, WWU     | Sarah Barker, WOU      | Chelsi Claussen, SMU   |
| 2008 | Heidi Dimmitt, WWU     | Sarah Barker, WOU      | Jacque Postlewait, WOU |
| 2010 | Ardrienna Everett, UAA | Kaitlyn Reid, WOU      | Natalie Nobbs, SPU     |
| 2011 | Kaitlyn Reid, WOU      | Ardrienna Everett, UAA | Ali Mosher, WOU        |
| 2012 | Michelle Howe, WWU     | Natalie Hobbs, SPU     | Amber Dodd, WWU        |
| 2013 | Haleigh Lloyd, UAA     | Maliea Luquin, SPU     | Amber Dodd, WWU        |
| 2014 | Irene Moore, SMU       | Megan Teigen, SMU      | Hannah Borden, NNU     |
| 2015 | Haleigh Lloyd, UAA     | Maliea Luquin, SPU     | Jalen Tims, SPU        |
| 2016 | Yvonne Jeschke, UAA    | Ali Anderson, CWU      | Maliea Luquin, PU      |
| 2017 | Emily Bland, CWU       | Ali Anderson, CWU      | Yvonne Jeschke, UAA    |
| 2018 | Erykah Weems, CWU      | Ali Anderson, CWU      | Katie Collins, CWU     |
| 2019 | Erykah Weems, CWU      | Sidney Trinidad, CWU   | Emily Bland, CWU       |
| 2021 | McCall DeChenne, CWU   | Elena Cano, UAA        | Michaela Yonkman, WOU  |
| 2022 | McCall DeChenne, CWU   | Elena Cano, UAA        | Madeline Lambing, WOU  |
| 2023 | Erika Binder, SFU      | Zoe McDevitt, CWU      | Brooke Mansfield, WWU  |

### STEEPLECHASE

| Year | 1st Place           | 2nd Place             | 3rd Place               |
|------|---------------------|-----------------------|-------------------------|
| 2002 | Jill Salmon, WOU    | Kara Richard, SPU     | Emily Thomas, SMU       |
| 2003 | Kelly Fullerton, SU | Jill Salmon, WOU      | Amber Brougher, WOU     |
| 2004 | Kelly Fullerton, SU | Stephanie Stine, CWU  | Kristie Rice, SU        |
| 2005 | Kelly Fullerton, SU | Keri Gross, HSU       | Brandi McCoy, SPU       |
| 2006 | Karin Rohde, SPU    | Brandi McCoy, SPU     | Sarah Benson, CWU       |
| 2007 | Karin Rohde, SPU    | Jessica Harper, WOU   | Shirlon Moncrief, WOU   |
| 2008 | Jessica Harper, WOU | Suzie Strickler, SPU  | Lyndsey McKillip, WOU   |
| 2010 | Courtney Olsen, WWU | Jaclyn Puga, NNU      | Danielle Slaughter, WWU |
| 2011 | Jaclyn Puga, NNU    | Emma Bohman, UAA      | Adriana Mendoza, CWU    |
| 2012 | Susan Tanui, UAA    | Hallidie Witt, UAA    | Katelyn Steen, WWU      |
| 2013 | Susan Tanui, UAA    | Katelyn Steen, WWU    | Kelsey Kreft, CWU       |
| 2014 | Katelyn Steen, WWU  | Dani Eggleston, CWU   | Bryn Haebe, UAA         |
| 2015 | Katelyn Steen, WWU  | Dani Eggleston, CWU   | Jessica Rawlins, SPU    |
| 2016 | Dani Eggleston, CWU | Della Lyle, MSUB      | Erin Chinchar, CWU      |
| 2017 | Brittany Grant, WWU | Mariah Burroughs, UAA | Emmah Chelimo, UAA      |
| 2018 | Reta Dobie, SFU     | Emmah Chelimo, UAA    | Chelsea Ribeiro, SFU    |
| 2019 | Julia Howley, SFU   | Kaylee Mitchell, SPU  | Chelsea Ribiero, SFU    |
| 2021 | Talia Dreicer, WWU  | Kate Lilly, SPU       | Ila Davis, WWU          |
| 2022 | Ila Davis, WWU      | Olivia Willett, SFU   | Kailee Stoppel, MSUB    |
| 2023 | Ila Davis, WWU      | Ashley Reeck, WWU     | Kailee Stoppel, MSUB    |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### 4x100 METER RELAY

| Year | 1st Place  |
|------|--|
| 2002 | Central Washington (Alison DeGracia, Davina Strauss, Christina Lashbrook, Jody Binder) |
| 2003 | Western Washington (Dani Reid, Dania Swosinski, Laura Burch, Melissa Behrens)          |
| 2004 | Seattle Pacific (Kelsey Gleason, Janna Schaafsma, Jean Kolb, Kinyatta Leonhardt)       |
| 2005 | Western Oregon (Keyanna Jenkins, Katy Kociemba, Bonnie Galloway, Monica Smith)         |
| 2006 | Central Washington (Ashley Rountree, Britany Hood, Amanda Gius, Teresa Schlafer)       |
| 2007 | Seattle Pacific (Brittany Bekins, Jessica Hinton, Anna Walters, NyEma Sims)            |
| 2008 | Northwest Nazarene (Kim Berberick, Nicki Schutte, Lindsay Brady, Latoya Tidwell)       |
| 2010 | Western Oregon (Stefani Dittmar, Sarah Kathrein, McKenzie Redberg, Lacey Meusec)       |
| 2011 | Seattle Pacific (Kishia Mitchell, Ali Worthen, Emily Quatier, Crystal Sims)            |
| 2012 | Seattle Pacific (BreAnne Wochnick, Ali Worthen, Myisha Valentine, Kishia Mitchell)     |
| 2013 | Seattle Pacific (BreAnne Wochnick, Ali Worthen, Tasia Baldwin, Kishia Mitchell)        |
| 2014 | Alaska Anchorage (Makenize Harsch, Marie Smith, Sasha Halfyard, Jamie Ashcroft)        |
| 2015 | Seattle Pacific (Becca Houk, Jahzelle Ambus, Kyra Brannan, Tasia Baldwin)              |
| 2016 | Central Washington (Mariyah Vongsaveng, Tianna Banfro, Ashley Harmon, Madison Garcia)  |
| 2017 | Alaska Anchorage (Jamie Ashcroft, Mary Kathleen Cross, Marie Ries, Vanessa Aniteye)    |
| 2018 | Seattle Pacific (Renick Meyer, Julia Stepper, Becca Houk, Grace Bley)                  |
| 2019 | Seattle Pacific (Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper)            |
| 2021 | Seattle Pacific (Jenna Bouyer, Renick Meyer, Grace Bley, Julia Stepper)                |
| 2022 | Seattle Pacific (Peace Igbonagwam, Vanessa Aniteye, Aniya Geen, Jenna Bouyer)          |
| 2023 | Simon Fraser (Diana Voloshin, Marie-Éloïse Leclair, Emma Cannan, Jaeland Cummings)     |

### 4x400 METER RELAY

| Year | 1st Place   |
|------|---|
| 2002 | Seattle Pacific (Jawea Harder, Amanda McClary, Sarah Kraybill, Rachel Ross)           |
| 2003 | Western Oregon (Kristen Weise, Toni Adair, Shelley Comstock, Monica Smith)            |
| 2004 | Central Washington (Kara Nygard, Katie Hingston, Ashley Rountree, Terran Legard)      |
| 2005 | Western Oregon (Bridget Johnson, Bonnie Galloway, Katy Kociemba, Monica Smith)        |
| 2006 | Central Washington (Rachael Kaercher, Amanda Gius, Chelsea Evans, Terran Legard)      |
| 2007 | Central Washington (Rachael Kaercher, Amanda Gius, Chelsea Evans, Terran Legard)      |
| 2008 | Northwest Nazarene (Nicki Schutte, Elisa Decker, Lindsay Brady, Ashley Puga)          |
| 2010 | Seattle Pacific (Emily Quatier, Crystal Sims, Lisa Anderberg, Jessica Pixler)         |
| 2011 | Simon Fraser (Helen Crofts, Jessica Smith, Brianna Kane, Michaela Kane)               |
| 2012 | Seattle Pacific (Myisha Valentine, Emily Quatier, Jasmine Johnson, McKayla Fricker)   |
| 2013 | Seattle Pacific (Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker)    |
| 2014 | Seattle Pacific (Kishia Mitchell, BreAnne Wochnick, Tasia Baldwin, McKayla Fricker)   |
| 2015 | Simon Fraser (Alana Mussatto, Lindsey Butterworth, Monique Lisek, Chantel Desch)      |
| 2016 | Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Alana Mussatto)                 |
| 2017 | Simon Fraser (Alana Mussatto, Addy Townsend, Sophie Dodd, Chantel Desch)              |
| 2018 | Simon Fraser (Nicole Lindsay, Sophie Dodd, Addy Townsend, Renate Bluschke)            |
| 2019 | Central Washington (Katie Collins, Sidney Trinidad, HarLee Ortega, Erykah Weems)      |
| 2021 | Seattle Pacific (Jenna Bouyer, Ellie Rising, Renick Meyer, Grace Bley)                |
| 2022 | Simon Fraser (Erika Binder, Alison Andrews-Paul, Marie-Éloïse Leclair, Emily Lindsay) |
| 2023 | Simon Fraser (Emma Cannan, Claire Bosma, Erika Binder, Marie-Éloïse Leclair)          |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### HIGH JUMP

| Year | 1st Place                   | 2nd Place              | 3rd Place              |
|------|-----------------------------|------------------------|------------------------|
| 2002 | Jenoa Potter, CWU           | Stephanie Huffman, SPU | Natalie Svenvold, WWU  |
| 2003 | Dianna Grossglass, SPU      | Amy Krickenberg, WWU   | —                      |
| 2004 | Monica Smith, WOU           | Monica Smith, WOU      | Ashley Rickels, NNU    |
| 2005 | Danielle Ayers-Stamper, SPU | Sharon Bjella, SPU     | Monica Smith, WOU      |
| 2006 | Clara Cook, WWU             | Emily Peterson, NNU    | Teona Perkins, SPU     |
| 2007 | Teona Perkins, WWU          | Emily Peterson, NNU    | Emily Peterson, NNU    |
| 2008 | Clara Cook, WWU             | Taryn Pylpik, WOU      | —                      |
| 2010 | Amanda Overdick, WWU        | Brittany Aanstad, SPU  | Jacquie Mattson, SPU   |
| 2011 | Ali Worthen, SPU            | Mara Becker, SU        | —                      |
| 2012 | Brittany Grandy, WWU        | Katy Gross, SPU        | Katie Pelchar, WOU     |
| 2013 | Karolin Anders, UAA         | Katy Gross, SPU        | Ali Worthen, SPU       |
| 2014 | Taylor Fettig, CWU          | Katie Pelchar, WOU     | —                      |
| 2015 | Karolin Anders, UAA         | Ali Worthen, SPU       | Katelyn Wright, WWU    |
| 2016 | Taylor Fettig, CWU          | Katelyn Wright, WWU    | Tori Johnson, CU       |
| 2017 | Tori Johnson, CU            | Katlyn Wright, WWU     | Bridget Henry, WWU     |
| 2018 | Maddie Taylor, WWU          | Miranda Osadchey, WWU  | Karolin Anders, UAA    |
|      |                             | Geneva Lehnert, SPU    | Katie Conklin, NNU     |
|      |                             |                        | Tori Johnson, CU       |
|      |                             |                        | Scout Cai, SPU         |
| 2019 | HarLee Ortega, CWU          | Miranda Osadchey, WWU  | Mackenzie Stewart, SFU |
|      |                             | Geneva Lehnert, SPU    | Heather Faretta, WWU   |
| 2021 | Aliyah Dawkins, WWU         | Maddie Taylor, WWU     | Geneva Lehnert, SPU    |
| 2022 | Jessica Neal, WWU           | Jessica Neal, WWU      | Jenelle Hurley, WOU    |
| 2023 | Sydney Kania, SFU           | Miya Koch, NNU         | Amity Deters, WOU      |
|      |                             | Jenelle Hurley, WOU    | Amity Deters, WOU      |

### POLE VAULT

| Year | 1st Place            | 2nd Place             | 3rd Place               |
|------|----------------------|-----------------------|-------------------------|
| 2002 | Danielle Juarez, WWU | Ally Studer, SPU      | Theresa Mangahas, SU    |
| 2003 | Ally Studer, SPU     | Amy Harris, SPU       | Aubrey Metzger, NNU     |
| 2004 | Danielle Juarez, WWU | Alison Hedges, SPU    | Alison Hedges, SPU      |
| 2005 | Amy Harris, SPU      | Andrea Kreft, WWU     | Amy Harris, SPU         |
| 2006 | Amy Harris, SPU      | Monica Anderson, SPU  | Alison Hedges, SPU      |
| 2007 | Tracie Lundsten, SPU | Monica Anderson, SPU  | Christy Miller, WWU     |
| 2008 | Melissa Peaslee, SPU | Christy Miller, WWU   | Tracie Lundsten, SPU    |
| 2010 | Melissa Peaslee, SPU | Karina Elzinga, NNU   | Elsa Couvelier, SPU     |
| 2011 | Kati Davis, CWU      | Karis Anderson, WWU   | Melissa Peaslee, SPU    |
| 2012 | Karis Anderson, WWU  | Kati David, CWU       | Becca Clark, CWU        |
| 2013 | Cheyanna Pinley, WWU | Jamie Larsen, CWU     | Terra Schmacher, SPU    |
| 2014 | Alison Silva, NNU    | Cheyanna Pinley, WWU  | Karis Anderson, WWU     |
|      |                      |                       | Madi Webster, SPU       |
|      |                      |                       | KcKenna Emmert, CWU     |
| 2015 | Michaela Kahns, SPU  | McKenna Emmert, CWU   | Michaela Kahns, SPU     |
| 2016 | Anna Paradee, WWU    | Michaela Kahns, SPU   | Anna Paradee, WWU       |
| 2017 | McKenna Emmert, CWU  | Jewels Oliquiano, WWU | Emma Lambert, SPU       |
| 2018 | Halle Irvine, CWU    | Anna Paradee, WWU     | Anna Paradee, WWU       |
| 2019 | Scout Cai, SPU       | Lexi Perry, WWU       | Scout Cai, SPU          |
| 2021 | Scout Cai, SPU       | Kinsey Langin, NNU    | Madison Licari, SPU     |
| 2022 | Kinsey Yenor, NNU    | Lizzy Daugherty, SPU  | Annie Tran, WWU         |
| 2023 | Kinsey Yenor, NNU    | Emily Thompson, SPU   | Mette van der Meer, UAA |
|      |                      |                       | Lizzy Daugherty, SPU    |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### LONG JUMP

| Year | 1st Place                   | 2nd Place               | 3rd Place              |
|------|-----------------------------|-------------------------|------------------------|
| 2002 | Stephane Huffman, SPU       | Davina Strauss, CWU     | Laura Widman, SPU      |
| 2003 | Danielle Ayers-Stamper, SPU | Bridget Johnson, WOU    | Teresa Schlafer, CWU   |
| 2004 | Katy Kociemba, WOU          | Bridget Johnson, WOU    | Julie Kendall, WOU     |
| 2005 | Danielle Ayers-Stamper, SPU | Katy Kociemba, WOU      | Bridget Johnson, WOU   |
| 2006 | Sarahjane Rosenberg, WOU    | Jacque Postlewait, WOU  | Bridget Johnson, WOU   |
| 2007 | Kim Brady, UAA              | Kim Bascom, WWU         | Jacque Postlewait, WOU |
| 2008 | Kim Brady, UAA              | Sarajane Rosenberg, WOU | Jacque Postlewait, WOU |
| 2010 | Ashley Potter, WOU          | Emily Warman, WWU       | Trinna Miranda, SPU    |
| 2011 | Ali Worthen, SPU            | Katy Gross, SPU         | Crystal Sims, SPU      |
| 2012 | Emily Warman, WWU           | Kelsea Johnson, UAA     | Tasia Baldwin, SPU     |
| 2013 | Ali Worthen, SPU            | Tanya Bjornnson, WWU    | Katy Gross, SPU        |
| 2014 | Tanya Bjornnson, WWU        | Taylor Fettig, CWU      | Karolin Anders, UAA    |
| 2015 | Kyra Brannan, SPU           | Karolin Anders, UAA     | Maliea Luquin, SPU     |
| 2016 | Maliea Luquin, SPU          | Jasmine McMullin, WWU   | Ali Anderson, CWU      |
| 2017 | Kyra Brannon, SPU           | Geneva Lehnert, SPU     | Jasmine McMullin, WWU  |
| 2018 | Renick Meyer, SPU           | HarLee Ortega, CWU      | Darian Wilson, WOU     |
| 2019 | HarLee Ortega, CWU          | Chrisalyn Johnson, UAA  | Renick Meyer, SPU      |
| 2021 | Renick Meyer, SPU           | Aliyah Dawkins, WWU     | Karlie Hurley, WWU     |
| 2022 | Jenelle Hurley, WOU         | Peace Igbonagwam, SPU   | Matty Lagerwey, WWU    |
| 2023 | Ujunwa Nwokoma, WOU         | Matty Lagerwey, WWU     | Jenelle Hurley, WOU    |

### TRIPLE JUMP

| Year | 1st Place              | 2nd Place               | 3rd Place             |
|------|------------------------|-------------------------|-----------------------|
| 2002 | Shelley Comstock, WOU  | Stephanie Huffman, SPU  | Lea Tiger, CWU        |
| 2003 | Lea Tiger, CWU         | Shelley Comstock, WOU   | Diana Grossglass, SPU |
| 2004 | Katy Kociemba, WOU     | Lea Tiget, CWU          | Kim Bascom, WWU       |
| 2005 | Lea Tiger, CWU         | Katy Kociemba, WOU      | Kim Bascom, WWU       |
| 2006 | Kim Bascom, WWU        | Amanda Merrell, NNU     | Christy Miller, WWU   |
| 2007 | Kim Bascom, WWU        | Christy Miller, WWU     | Kim Brady, UAA        |
| 2008 | Kim Brady, UAA         | Sarajane Rosenberg, WOU | Laura VonArx, NNU     |
| 2010 | Amanda Alvarez, SPU    | Ashley Potter, WOU      | Jasmyn Jewett, NNU    |
| 2011 | Ashley Potter, WOU     | Jasmyn Jewett, NNU      | Katharine Lotze, CWU  |
| 2012 | Ashley Potter, WOU     | Katharine Lotze, CWU    | Jasmyn Jewett, NNU    |
| 2013 | Emily Warman, WWU      | Rebecca Laible, WOU     | Alexis Anderson, WOU  |
| 2014 | Rebecca Laible, WOU    | Alexia Blalock, UAA     | Ella Brown, SFU       |
| 2015 | Rebecca Laible, WOU    | Ella Brown, SFU         | Kylie Reinholdt, WOU  |
| 2016 | Jasmine McMullin, WWU  | Ella Brown, SFU         | Alexia Blalock, UAA   |
| 2017 | Jasmine McMullin, WWU  | Ella Brown, SFU         | Alexia Blalock, UAA   |
| 2018 | HarLee Ortega, CWU     | Nice Loufoua, NNU       | Emma Hill, CU         |
| 2019 | Chrisalyn Johnson, UAA | Keshara Romain, SMU     | Karlie Hurley, CU     |
| 2021 | Karlie Hurley, WWU     | Devon Olson, WWU        | Kellie May, SPU       |
| 2022 | Ana Popchock, WOU      | Aliyah Dawkins, WWU     | Erica Cabanos, CWU    |
| 2023 | Alyssa Duncan, SMU     | Kendall Lynn, MSUB      | Amariyah Clay, WOU    |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### SHOT PUT

| Year | 1st Place                | 2nd Place               | 3rd Place                |
|------|--------------------------|-------------------------|--------------------------|
| 2002 | Dionna Anderson, SPU     | Jennifer Pyeat, SPU     | Laura Widman, SPU        |
| 2003 | Dorothy Kerr, WOU        | Holly Conrad, WOU       | Jennifer Pyeat, SPU      |
| 2004 | Alicia VanderVelden, WOU | Chevonna Lynch, WOU     | Tammy Carlson, WWU       |
| 2005 | Tammy Carlson, WWU       | Nini Callan, WOU        | Mindy Lindquist, UAA     |
| 2006 | Chevonna Lynch, WOU      | Krissy Tandle, CWU      | Alicia VanderVelden, WOU |
| 2007 | Krissy Tandle, CWU       | Shaina Afoa, CWU        | Chevonna Lynch, WOU      |
| 2008 | Shaina Afoa, CWU         | Jessica Houston, UAA    | Amy Carroll, NNU         |
| 2010 | Joy Warrington, NNU      | Torrie Self, CWU        | Raisa Yates, CWU         |
| 2011 | Anica Knispel, MSUB      | Joy Warrington, NNU     | Shaina Afoa, CWU         |
| 2012 | Joy Warrington, NNU      | Leeza Henry, MSUB       | Anica Knispel, MSUB      |
| 2013 | Vessie Umu, NNU          | Emmi Collier, WOU       | Becki Duhamel, CWU       |
| 2014 | Vessie Umu, NNU          | Emmi Collier, WOU       | Kirby Neale, SMU         |
| 2015 | Emmi Collier, WOU        | Kahili Novikoff, SMU    | Taylor VanValey, NNU     |
| 2016 | Emmi Collier, WOU        | Katrina Linenko, CU     | Christina MacDonald, CU  |
| 2017 | McKenzie Warren, CU      | Christina MacDonald, CU | Tasha Willing, CU        |
| 2018 | Christina MacDonald, CU  | Melissa Ausman, CU      | Katrina Linenko, CU      |
| 2019 | Katrina Linenko, CU      | Holly Taylor, SFU       | Samantha La Rue, CWU     |
| 2021 | Moana Gianotti, WOU      | Avery Fisk, CWU         | Jocelyn Saribay, SMU     |
| 2022 | Moana Gianotti, WOU      | Destany Herbert, NNU    | Avery Fisk, CWU          |
| 2023 | Destany Herbert, NNU     | Jocelyn Saribay, SMU    | Mara Parks, WWU          |

### DISCUS

| Year | 1st Place             | 2nd Place               | 3rd Place              |
|------|-----------------------|-------------------------|------------------------|
| 2002 | Kristi Lund, NNU      | Jaci Cederberg, WOU     | Lauren Kooy, SPU       |
| 2003 | Jessica Telleria, WWU | Dorothy Kerr, WOU       | Ashley VanOeveren, WWU |
| 2004 | Jessica Telleria, WWU | Ashley VanOeveren, WWU  | Jaci Cederberg, WOU    |
| 2005 | Jessica Telleria, WWU | Jaci Cederberg, WOU     | Ashley VanOeveren, WWU |
| 2006 | Jessica Telleria, WWU | Krissy Tandle, CWU      | Becky Scherer, CWU     |
| 2007 | Erica Rance, WWU      | Amy Carroll, NNU        | Lyndsay Currier, SU    |
| 2008 | Erica Rance, WWU      | Shaina Afoa, CWU        | Lexi Halvorson, MSUB   |
| 2010 | Alexi Halvorson, MSUB | Joy Warrington, NNU     | Torrie Self, CWU       |
| 2011 | Torrie Self, CWU      | Elizabeth Thatcher, SMU | Shaina Afoa, CWU       |
| 2012 | Jade Richardson, SFU  | Leeza Henry, MSUB       | Joy Warrington, NNU    |
| 2013 | Jade Richardson, SFU  | Becki Duhamel, CWU      | Corrie Holm, MSUB      |
| 2014 | Corrie Holm, MSUB     | Jessica Johns, NNU      | Caitlin Curtis, NNU    |
| 2015 | Megan Mortensen, WWU  | Caitlin Curtis, NNU     | Kahili Novikoff, SMU   |
| 2016 | Megan Mortensen, WWU  | Brooklyn Daylong, NNU   | Jessica Johns, NNU     |
| 2017 | McKenzie Warren, CU   | Rachael Huffman, WOU    | Samantha La Rue, CWU   |
| 2018 | Melissa Ausman, CU    | Rachel Bring, CU        | Megan Vernoy, SMU      |
| 2019 | Katrina Linenko, CU   | Chanelle Eddy, WWU      | Moana Gianotti, WOU    |
| 2021 | Avery Fisk, CWU       | Katie Potts, WWU        | Taliyah Coe, WWU       |
| 2022 | Avery Fisk, CWU       | Katie Potts, WWU        | Taliyah Coe, WWU       |
| 2023 | Katie Potts, WWU      | Brenna Board, CWU       | Krystal Andres, WOU    |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### HAMMER

| Year | 1st Place               | 2nd Place              | 3rd Place               |
|------|-------------------------|------------------------|-------------------------|
| 2002 | Jennifer Durkin, WOU    | Jaci Cederberg, WOU    | Marianne Scott, WWU     |
| 2003 | Jennifer Durkin, WOU    | Jaci Cederberg, WOU    | Ashley VanOeveren, WWU  |
| 2004 | Kristin Hepler, WOU     | Jaci Cederberg, WOU    | Christin McDowell, CWU  |
| 2005 | Jaci Cederberg, WOU     | Christin McDowell, CWU | Kristina MacCully, WWU  |
| 2006 | Audrey Oswald, HSU      | Sabrina Freed, WOU     | Kristi Wherry, NNU      |
| 2007 | Sabrina Freed, WOU      | Krissy Tandle, CWU     | Katie Taylor, WWU       |
| 2008 | Sabrina Freed, WOU      | Amy Carroll, NNU       | Sara Cole, WOU          |
| 2010 | Torrie Self, CWU        | Erika McCarthy, NNU    | Carly Dranginis, NNU    |
| 2011 | Torrie Self, CWU        | Lindsay Wells, WWU     | Carly Dranginis, NNU    |
| 2012 | Lindsay Wells, WWU      | Joy Warrington, NNU    | Anica Knispel, MSUB     |
| 2013 | Lindsay Wells, WWU      | Becki Duhamel, CWU     | Carly Dranginis, NNU    |
| 2014 | Lindsay Wells, WWU      | Caitlin Curtis, NNU    | Jessica Johns, NNU      |
| 2015 | Caitlin Curtis, NNU     | Ami Wick, SMU          | Emily Wetherell, WOU    |
| 2016 | Kirby Neale, SMU        | Rachel McKinnis, CU    | Christina MacDonald, CU |
| 2017 | McKenzie Warren, CU     | Kirby Neale, SMU       | Tasha Willing, CU       |
| 2018 | Christina MacDonald, CU | Tasha Willing, CU      | Liz Larson, SMU         |
| 2019 | Liz Larson, SMU         | Holly Taylor, SFU      | Meagan Smallbeck, CWU   |
| 2021 | Meagan Smallbeck, CWU   | Taylor Stringari, MSUB | Raine Westfall, WWU     |
| 2022 | Raine Westfall, WWU     | Zuzanna Liniewski, SFU | Mercedes Pesina, CWU    |
| 2023 | Raine Westfall, WWU     | Destany Herbert, NNU   | Kaitlyn Hanger, SFU     |

### JAVELIN

| Year | 1st Place              | 2nd Place              | 3rd Place                   |
|------|------------------------|------------------------|-----------------------------|
| 2002 | Stephanie Huffman, SPU | Holly Conrad, WOU      | Kate Droz, HSU              |
| 2003 | Holly Conrad, WOU      | Stacey Hopkins, WOU    | Ashlyn Terry, WOU           |
| 2004 | Sara Johnson, SPU      | Stacey Hopkins, WWU    | Nini Callan, WOU            |
| 2005 | Lauren VerMulm, SPU    | Bridget Johnson, WOU   | Danielle Ayers-Stamper, SPU |
| 2006 | Lauren VerMulm, SPU    | Katie McMeel, CWU      | Bridget Johnson, WOU        |
| 2007 | Katie McMeel, CWU      | Monica Gruszecki, WWU  | Molly Barnes, SPU           |
| 2008 | Brittany Aanstad, SPU  | Jeeni Schantlin, SPU   | Monika Gruszecki, WWU       |
| 2010 | Carolanne Powers, WOU  | Brittany Aanstad, SPU  | Amanda Schumaker, WOU       |
| 2011 | Monika Gruszecki, WWU  | Brittany Aanstad, SPU  | Amanda Schumaker, WOU       |
| 2012 | Amanda Schumaker, WOU  | Brittany Aanstad, SPU  | Seabre Church, WOU          |
| 2013 | Amanda Schumaker, WOU  | Seabre Church, WOU     | Katy Gross, SPU             |
| 2014 | Katie Reichert, WWU    | Seabre Church, WOU     | Kathryn Walker, SMU         |
| 2015 | Kathryn Walker, SMU    | Katie Reichert, WWU    | Amanda Short, WOU           |
| 2016 | Katie Reichert, WWU    | Bethany Drake, WWU     | Anosi Laupola, WWU          |
| 2017 | Bethany Drake, WWU     | Jona Spiller, SMU      | Nicole Nobbs, NNU           |
| 2018 | Ellie Logan, NNU       | Raquel Pellecer, WWU   | Darian Wilson, WOU          |
| 2019 | Ellie Logan, NNU       | Darian Wilson, WOU     | Amanda Short, WWU           |
| 2021 | Natalie Vetto, WWU     | Darian Wilson, WOU     | Amanda Short, WWU           |
| 2022 | Kaylee Wright, WOU     | Amanda Short, WWU      | Carlotta Duenninger, UAA    |
| 2023 | Kaylee Wright, WOU     | Lyndee McLaughlin, WOU | Abigail Sanders, WOU        |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### HEPTATHLON

| Year | 1st Place                   | 2nd Place            | 3rd Place                |
|------|-----------------------------|----------------------|--------------------------|
| 2002 | Stephanie Huffman, SPU      | Laura Widman, SPU    | Leah Wiest, SPU          |
| 2003 | Danielle Ayers-Stamper, SPU | Linda Blake, SPU     | LeAnne Evans, WWU        |
| 2004 | Linda Blake, SPU            | Bridget Johnson, WOU | Kristin Janney, SPU      |
| 2005 | Bridget Johnson, WOU        | Kelsey Johnson, SPU  | Monica Smith, WOU        |
| 2006 | Bridget Johnson, WOU        | Kelsey Cooley, SPU   | Linda Blake, SPU         |
| 2007 | Jacque Postlewait, WOU      | Amand Merrell, NNU   | Ashley Wornell, NNU      |
| 2008 | Jacque Postlewait, WOU      | Mandy Keifer, WOU    | Brittany Aanstad, WPU    |
| 2009 | Mandy Keifer, WOU           | Clara Cook, WWU      | Raquel Gonzalez, CWU     |
| 2010 | Crystal Sims, SPU           | Raquel Gonzalez, CWU | Jennifer Pike, SPU       |
| 2011 | Ali Worthen, SPU            | Katy Gross, SPU      | Crystal Sims, SPU        |
| 2012 | Ali Worthen, SPU            | Kelsea Johnson, UAA  | Katie Reichert, WWU      |
| 2013 | Ali Worthen, SPU            | Karolin Anders, UAA  | Katy Gross, SPU          |
| 2014 | Karolin Anders, UAA         | Taylor Fettig, CWU   | Maddi Hommes, SPU        |
| 2015 | Karolin Anders, UAA         | Haleigh Lloyd, UAA   | Maliea Luquin, SPU       |
| 2016 | Maliea Luquin, SPU          | Ellie Logan, NNU     | Ali Anderson, CWU        |
| 2017 | Karolin Anders, UAA         | Scout Cai, SPU       | Brooke Benner, SPU       |
| 2018 | Renick Meyer, SPU           | Scout Cai, SPU       | HarLee Ortega, CWU       |
| 2019 | HarLee Ortega, CWU          | Scout Cai, SPU       | Chelsea Bone, CU         |
| 2021 | Renick Meyer, SPU           | Elena Cano, UAA      | McCall DeChenne, CWU     |
| 2022 | Elena Cano, UAA             | Jenelle Hurley, WOU  | McCall DeChenne, CWU     |
| 2023 | Jenelle Hurley, WOU         | Matty Lagerwey, WWU  | Carlotta Duenninger, UAA |



## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### ALL-CONFERENCE SELECTIONS BY SCHOOL

#### ALASKA ANCHORAGE

| Name  | Event             | Years         |
|---|-------------------|---------------|
| Karolin Anders  | High Jump         | 2013-14-15-17 |
| Karolin Anders  | Long Jump         | 2014-15       |
| Karolin Anders  | Heptathlon        | 2013-14-15-16 |
| Vanessa Aniteye   | 400 Meters        | 2017-18-19    |
| <i>Aniteye also was one-time all-conference in 400 meters for SPU.</i>  |                   |               |
| Vanessa Aniteye   | 4x100 Relay       | 2017          |
| <i>Aniteye was also one-time all-conference in 4x100 relay for SPU.</i> |                   |               |
| Jamie Ashcroft  | 100 Meters        | 2014-15-16-17 |
| Jamie Ashcroft  | 200 Meters        | 2014-15-16    |
| Jamie Ashcroft  | 4x100 Relay       | 2014-17       |
| Tylantiss Atlas   | 400 Meters        | 2021-22       |
| Davya Baker   | 10,000 Meters     | 2005-06       |
| Nell Baker  | 10,000 Meters     | 2023          |
| Alexia Blalock  | Triple Jump       | 2014-16-17    |
| Emma Bohman   | Steeplechase      | 2011          |
| Kim Brady   | Long Jump         | 2007-08       |
| Kim Brady   | Triple Jump       | 2007-08       |
| Mariah Burroughs  | Steeplechase      | 2017          |
| Elena Cano  | 100-Meter Hurdles | 2022          |
| Elena Cano  | 400-Meter Hurdles | 2021-22       |
| Elena Cano  | Heptathlon        | 2021-22       |
| Laura Carr  | 3,000 Meters      | 2006          |
| Laura Carr  | 5,000 Meters      | 2007-08-10    |
| Emmah Chelimo   | Steeplechase      | 2017-18       |
| Joyce Chelimo   | 5,000 Meters      | 2014          |
| Joyce Chelimo   | 10,000 Meters     | 2014-16       |
| Elizabeth Chepkosgei  | 1,500 Meters      | 2008          |
| Elizabeth Chepkosgei  | 3,000 Meters      | 2008          |
| Elizabeth Chepkosgei  | 5,000 Meters      | 2007-08       |
| Mary Kathleen Cross   | 200 Meters        | 2016-17       |
| Mary Kathleen Cross   | 400 Meters        | 2015-16       |
| Mary Kathleen Cross   | 4x100 Relay       | 2017          |
| Ruth Cvancara   | 800 Meters        | 2021          |
| Carlotta Duenninger   | Javelin           | 2022          |
| Carlotta Duenninger   | Heptathlon        | 2023          |
| Stacy Edwards   | 10,000 Meters     | 2003          |
| Ardrienna Everett   | 400-Meter Hurdles | 2010-11       |
| Davya Flaherty  | 10,000 Meters     | 2008          |
| Bryn Haebe  | Steeplechase      | 2014          |
| Sasha Halfyard  | 4x100 Relay       | 2014          |
| Makenzie Harsch   | 100 Meters        | 2014          |
| Makenzie Harsch   | 4x100 Relay       | 2014          |
| Jessica Houston   | Shot Put          | 2008          |
| Zannah Jepchumba  | 5,000 Meters      | 2017          |
| Zannah Jepchumba  | 10,000 Meters     | 2017          |
| Yvonne Jeschke  | 400-Meter Hurdles | 2016-17       |
| Chrisalyn Johnson   | Long Jump         | 2019          |
| Chrisalyn Johnson   | Triple Jump       | 2019          |
| Amy Johnston  | 10,000 Meters     | 2015          |
| Kelsea Johnson  | Long Jump         | 2012          |
| Kelsea Johnson  | Heptathlon        | 2012          |
| Mandy Kaempf  | 5,000 Meters      | 2006          |
| Ruth Keino  | 5,000 Meters      | 2011-12-13    |
| Ruth Keino  | 10,000 Meters     | 2012-13       |
| Miriam Kipng'eno  | 5,000 Meters      | 2011-12       |
| Miriam Kipng'eno  | 10,000 Meters     | 2012          |
| Caroline Kurgat   | 1,500 Meters      | 2018-19       |
| Caroline Kurgat   | 5,000 Meters      | 2018-19       |

|                    |                   |               |
|--------------------|-------------------|---------------|
| Caroline Kurgat    | 10,000 Meters     | 2015-17-18-19 |
| Mindy Lindquist    | Shot Put          | 2005          |
| Haleigh Lloyd      | 100-Meter Hurdles | 2012-13-15    |
| Haleigh Lloyd      | 400-Meter Hurdles | 2013-15       |
| Haleigh Lloyd      | Heptathlon        | 2015          |
| Danielle McCormick | 800 Meters        | 2017-18-19    |
| Danielle McCormick | 1,500 Meters      | 2019          |
| Kamie Jo Massey    | 1,500 Meters      | 2004          |
| Grace Morgan       | 100 Meters        | 2012-13       |
| Grace Morgan       | 200 Meters        | 2012-13       |
| Ivy O'Guinn        | 800 Meters        | 2013          |
| Ivy O'Guinn        | 1,500 Meters      | 2012          |
| Ivy O'Guinn        | 5,000 Meters      | 2013          |
| Mary Pearce        | 100 Meters        | 2007          |
| Mary Pearce        | 200 Meters        | 2006-07       |
| Mary Pearce        | 400 Meters        | 2006-07       |
| Marie Ries         | 100 Meters        | 2018          |
| Marie Ries         | 200 Meters        | 2018          |
| Marie Ries         | 400 Meters        | 2019          |
| Marie Ries         | 4x100 Relay       | 2017          |
| Rosie Smith        | 100-Meter Hurdles | 2014-15       |
| Rosie Smith        | 4x100 Relay       | 2014          |
| Susan Tanui        | 1,500 Meters      | 2012          |
| Susan Tanui        | 5,000 Meters      | 2012-13       |
| Susan Tanui        | 10,000 Meters     | 2013          |
| Susan Tanui        | Steeplechase      | 2012-13       |
| Emily Tweto        | 100-Meter Hurdles | 2007          |
| Mette van der Meer | Pole Vault        | 2022          |
| Halladie Witt      | Steeplechase      | 2012          |

#### CENTRAL WASHINGTON

| Name            | Event             | Years      |
|-----------------|-------------------|------------|
| Shaina Afoa     | Shot Put          | 2007-08-11 |
| Shaina Afoa     | Discus            | 2008-11    |
| Ali Anderson    | 400-Meter Hurdles | 2016-17-18 |
| Ali Anderson    | Long Jump         | 2016       |
| Ali Anderson    | Heptathlon        | 2016       |
| Brandy Anderson | 3,000 Meters      | 2004-05    |
| Brandy Anderson | 5,000 Meters      | 2005       |
| Rachel Bailey   | 5,000 Meters      | 2005-06    |
| Tianna Banfro   | 4x100 Relay       | 2016       |
| Sarah Benson    | Steeplechase      | 2006       |
| Jody Binder     | 100 Meters        | 2002-03    |
| Jody Binder     | 200 Meters        | 2002-03    |
| Jody Binder     | 4x100 Relay       | 2002       |
| Emily Bland     | 400-Meter Hurdles | 2017-19    |
| Brenna Board    | Discus            | 2023       |
| Erica Cabanos   | Triple Jump       | 2022       |
| Laurny Chandler | 100-Meter Hurdles | 2021-23    |
| Erin Chinchar   | Steeplechase      | 2016       |
| Becca Clark     | Pole Vault        | 2011       |
| Katie Collins   | 400-Meter Hurdles | 2018       |
| Katie Collins   | 4x400 Relay       | 2019       |
| Katie Collins   | High Jump         | 2018       |
| Kati Davis      | Pole Vault        | 2011-12    |
| McCall DeChenne | 100-Meter Hurdles | 2022       |
| McCall DeChenne | 400-Meter Hurdles | 2021-22    |
| McCall DeChenne | Heptathlon        | 2022       |
| Alison DeGracia | 4x100 Relay       | 2002       |
| Laine DeJong    | 400 Meters        | 2023       |
| Allison Deck    | 100-Meter Hurdles | 2016       |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### CENTRAL WASHINGTON CONTINUED

| Name                | Event             | Years      |
|---------------------|-------------------|------------|
| Becki Duhamel       | Shot Put          | 2013       |
| Becki Duhamel       | Discus            | 2013       |
| Becki Duhamel       | Hammer            | 2013       |
| Dani Eggleston      | 5,000 Meters      | 2015       |
| Dani Eggleston      | Steeplechase      | 2014-15-16 |
| McKenna Emmert      | Pole Vault        | 2014-15-17 |
| Chelsea Evans       | 400 Meters        | 2008       |
| Chelsea Evans       | 4x400 Relay       | 2006-07    |
| Taylor Fettig       | High Jump         | 2014-16    |
| Taylor Fettig       | Long Jump         | 2014       |
| Taylor Fettig       | Heptathlon        | 2014       |
| Avery Fisk          | Shot Put          | 2021-22    |
| Avery Fisk          | Discus            | 2021-22    |
| Madison Garcia      | 100 Meters        | 2016       |
| Madison Garcia      | 200 Meters        | 2016       |
| Madison Garcia      | 4x100 Relay       | 2016       |
| Amanda Gius         | 4x100 Relay       | 2006       |
| Amanda Gius         | 4x400 Relay       | 2006-07    |
| Elena Gomez         | 10,000 Meters     | 2016       |
| Raquel Gonzalez     | Heptathlon        | 2009-10    |
| Amber Green         | 10,000 Meters     | 2004-06    |
| Ashley Harmon       | 4x100 Relay       | 2016       |
| Katie Hingston      | 400 Meters        | 2005       |
| Katie Hingston      | 4x400 Relay       | 2004       |
| Britany Hood        | 4x100 Relay       | 2006       |
| E'lexis Hollis      | 100 Meters        | 2022-23    |
| Katie Hummel        | 3,000 Meters      | 2007       |
| Halle Irvine        | Pole Vault        | 2018       |
| Rachael Kaercher    | 400 Meters        | 2006-07    |
| Rachael Kaercher    | 4x400 Relay       | 2006-07    |
| Kelsey Kreft        | Steeplechase      | 2013       |
| Samantha La Rue     | Shot Put          | 2019       |
| Samantha La Rue     | Discus            | 2017       |
| Jamie Larsen        | Pole Vault        | 2013       |
| Christina Lashbrook | 4x100 Relay       | 2002       |
| Terran Legard       | 200 Meters        | 2004-06-07 |
| Terran Legard       | 400 Meters        | 2004-06-07 |
| Terran Legard       | 4x400 Relay       | 2004-06-07 |
| Katharine Lotze     | Triple Jump       | 2011-12    |
| Zoe McDevitt        | 400-Meter Hurdles | 2023       |
| Christin McDowell   | Hammer            | 2004-05    |
| Katie McMeel        | Javelin           | 2006-07    |
| Alicen Maier        | 1,500 Meters      | 2002       |
| Alicen Maier        | 3,000 Meters      | 2002       |
| Adriana Mendoza     | Steeplechase      | 2011       |
| Connie Morgan       | 1,500 Meters      | 2014       |
| Lindy Mullen        | 800 Meters        | 2003-05    |
| Lindy Mullen        | 1,500 Meters      | 2006       |
| Marcie Mullen       | 5,000 Meters      | 2006       |
| Marcia Mullen       | 10,000 Meters     | 2005       |
| Kara Nygard         | 400-Meter Hurdles | 2004       |
| Kara Nygard         | 4x400 Relay       | 2004       |
| Erika Olson         | 1,500 Meters      | 2003       |
| HarLee Ortega       | 4x400 Relay       | 2019       |
| HarLee Ortega       | High Jump         | 2019       |
| HarLee Ortega       | Long Jump         | 2018-19    |
| HarLee Ortega       | Triple Jump       | 2018       |
| HarLee Ortega       | Heptathlon        | 2018-19    |
| Mercedes Pesina     | Hammer            | 2022       |
| Tiffany Picinich    | 5,000 Meters      | 2003       |

|                    |                   |               |
|--------------------|-------------------|---------------|
| Jenoa Potter       | High Jump         | 2002          |
| Stephanie Rexus    | 10,000 Meters     | 2017          |
| Megan Rogers       | 5,000 Meters      | 2015          |
| Ashley Rountree    | 100-Meter Hurdles | 2003-04-05    |
| Ashley Rountree    | 4x100 Relay       | 2006          |
| Ashley Rountree    | 4x400 Relay       | 2004          |
| Becky Scherer      | Discus            | 2006          |
| Teresa Schlafer    | 4x100 Relay       | 2006          |
| Teresa Schlafer    | Long Jump         | 2003          |
| Torrie Self        | Shot Put          | 2010          |
| Torrie Self        | Discus            | 2010-11       |
| Torrie Self        | Hammer            | 2010-11       |
| Alexa Shindruk     | 5,000 Meters      | 2019          |
| Alexa Shindruk     | 10,000 Meters     | 2017-18       |
| Meagan Smallbeck   | Hammer            | 2019-21       |
| Nicole Soleim      | Steeplechase      | 2018          |
| Stephanie Stine    | Steeplechase      | 2004          |
| Davina Strauss     | 100 Meters        | 2002          |
| Davina Strauss     | 4x100 Relay       | 2002          |
| Davina Strauss     | Long Jump         | 2002          |
| Krissy Tandle      | Shot Put          | 2006-07       |
| Krissy Tandle      | Discus            | 2006          |
| Krissy Tandle      | Hammer            | 2007          |
| Lea Tiger          | Triple Jump       | 2002-03-04-05 |
| Sidney Trinidad    | 100-Meter Hurdles | 2019          |
| Sidney Trinidad    | 400-Meter Hurdles | 2019          |
| Sidney Trinidad    | 4x400 Relay       | 2019          |
| Mariyah Vongsaveng | 100-Meter Hurdles | 2016-17-18-19 |
| Mariyah Vongsaveng | 4x100 Relay       | 2016          |
| Erykah Weems       | 100-Meter Hurdles | 2018          |
| Erykah Weems       | 400-Meter Hurdles | 2018-19       |
| Erykah Weems       | 4x400 Relay       | 2019          |
| Juliette Williams  | 200 Meters        | 2023          |
| Raisa Yates        | Shot Put          | 2010          |

### CONCORDIA

| Name                | Event       | Years      |
|---------------------|-------------|------------|
| Macie Allen         | 100 Meters  | 2019       |
| Macie Allen         | 200 Meters  | 2019       |
| Melissa Ausman      | Shot Put    | 2018       |
| Melissa Ausman      | Discus      | 2018       |
| Rachel Bring        | Discus      | 2018       |
| Chelsea Bone        | Heptathlon  | 2019       |
| Emma Hill           | Triple Jump | 2018       |
| Karlie Hurley       | Triple Jump | 2019       |
| Tori Johnson        | High Jump   | 2016-17-18 |
| Katrina Linenko     | Shot Put    | 2016-18-19 |
| Katrina Linenko     | Discus      | 2019       |
| Christina MacDonald | Shot Put    | 2016-17-18 |
| Christina MacDonald | Hammer      | 2016-18    |
| Rachel McKinnis     | Hammer      | 2016       |
| McKenzie Warren     | Shot Put    | 2017       |
| McKenzie Warren     | Discus      | 2017       |
| McKenzie Warren     | Hammer      | 2017       |
| Tasha Willing       | Shot Put    | 2017       |
| Tasha Willing       | Hammer      | 2017-18    |

### HUMBOLDT STATE

| Name            | Event         | Years   |
|-----------------|---------------|---------|
| Delores Bergman | 10,000 Meters | 2002-03 |
| Carrie Bronson  | 200 Meters    | 2003    |
| Nicole Campbell | 1,500 Meters  | 2005    |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### HUMBOLDT STATE CONTINUED

| Name            | Event         | Years   |
|-----------------|---------------|---------|
| Nicole Campbell | 3,000 Meters  | 2005    |
| Kate Droz       | Javelin       | 2002    |
| Katie Gosnell   | 3,000 Meters  | 2002-03 |
| Katie Gosnell   | 5,000 Meters  | 2002-03 |
| Keri Gross      | Steeplechase  | 2005    |
| Nikki Hodgson   | 800 Meters    | 2002    |
| Audrey Oswald   | Hammer        | 2006    |
| Jessica Rendon  | 3,000 Meters  | 2006    |
| Rachel Wiseman  | 10,000 Meters | 2002    |

### MONTANA STATE BILLINGS

| Name              | Event         | Years   |
|-------------------|---------------|---------|
| Alexi Halvorson   | Discus        | 2008-10 |
| Leeza Henry       | Shot Put      | 2012    |
| Leeza Henry       | Discus        | 2012    |
| Corrie Holm       | Discus        | 2013-14 |
| Anica Knispel     | Shot Put      | 2011-12 |
| Anica Knispel     | Hammer        | 2012    |
| Della Lyle        | Steeplechase  | 2016    |
| Kendall Lynn      | Triple Jump   | 2023    |
| Whitney Mickelsen | 10,000 Meters | 2013    |
| Kailee Stoppel    | Steeplechase  | 2022-23 |
| Taylor Stringari  | Hammer        | 2021    |

### NORTHWEST NAZARENE

| Name              | Event             | Years      |
|-------------------|-------------------|------------|
| Kalen Belton      | 10,000 Meters     | 2022       |
| Kim Berberick     | 4x100 Relay       | 2008       |
| Hannah Borden     | 400-Meter Hurdles | 2014       |
| Lindsay Brady     | 400 Meters        | 2008-10    |
| Lindsay Brady     | 4x100 Relay       | 2008       |
| Lindsay Brady     | 4x400 Relay       | 2008       |
| Amy Carroll       | Shot Put          | 2008       |
| Amy Carroll       | Discus            | 2007       |
| Amy Carroll       | Hammer            | 2008       |
| Caitlin Curtis    | Discus            | 2014-15    |
| Caitlin Curtis    | Hammer            | 2014-15    |
| Bethany Danner    | 5,000 Meters      | 2021       |
| Bethany Danner    | 10,000 Meters     | 2021       |
| Brooklyn Daylong  | Discus            | 2016       |
| Elisa Decker      | 4x400 Relay       | 2008       |
| Taylor Deskins    | 100 Meters        | 2015-16    |
| Carly Dranginis   | Hammer            | 2010-11-13 |
| Karina Elzinga    | Pole Vault        | 2010       |
| Natalie Evans     | 800 Meters        | 2014       |
| Melissa Grammer   | 400 Meters        | 2013       |
| Destany Herbert   | Shot Put          | 2022-23    |
| Destany Herbert   | Hammer            | 2023       |
| Jasmyne Jewett    | Triple Jump       | 2010-11-12 |
| Jessica Johns     | Discus            | 2014-16    |
| Jessica Johns     | Hammer            | 2014       |
| Kalen Johnson     | 10,000 Meters     | 2021       |
| Miya Koch         | High Jump         | 2022       |
| Julia LaMar       | 800 Meters        | 2021       |
| Christabel Leonce | 100 Meter         | 2013       |
| Ellie Logan       | Javelin           | 2018-19    |
| Ellie Logan       | Heptathlon        | 2016       |
| Nice Loufoua      | Triple Jump       | 2018       |
| Kristi Lund       | Discus            | 2002       |
| Erika McCarthy    | Hammer            | 2010       |

|                       |                   |            |
|-----------------------|-------------------|------------|
| Amanda Merrell        | Triple Jump       | 2006       |
| Amanda Merrell        | Heptathlon        | 2007       |
| Aubrey Metzger        | Pole Vault        | 2003       |
| Nicole Nobbs          | Javelin           | 2016       |
| Emily Peterson        | High Jump         | 2005-06-07 |
| Ashley Puga           | 800 Meters        | 2006-08    |
| Ashley Puga           | 1,500 Meters      | 2006-07-08 |
| Ashley Puga           | 3,000 Meters      | 2008       |
| Ashley Puga           | 4x400 Relay       | 2008       |
| Jaclyn Puga           | Steeplechase      | 2010-11    |
| Jordan Rehfeld        | 5,000 Meters      | 2014       |
| Jordan Rehfeld        | 10,000 Meters     | 2014       |
| Ashley Rickels        | 400-Meter Hurdles | 2005       |
| Ashley Rickels        | High Jump         | 2004       |
| Courtney Schroeder    | High Jump         | 2014       |
| Nicki Schutte         | 100 Meters        | 2008       |
| Nicki Schutte         | 200 Meters        | 2008       |
| Nicki Schutte         | 4x100 Relay       | 2008       |
| Nicki Schutte         | 4x400 Relay       | 2008       |
| Alison Silva          | Pole Vault        | 2014       |
| Marie Smith           | 100-Meter Hurdles | 2014       |
| Latoya Tidwell        | 100 Meters        | 2008       |
| Latoya Tidwell        | 200 Meters        | 2008       |
| Latoya Tidwell        | 4x100 Relay       | 2008       |
| Lexi Tubbs            | 100-Meter Hurdles | 2015-17    |
| Vessie Umu            | Shot Put          | 2013-14    |
| Taylor VanValey       | Shot Put          | 2015       |
| Laura VonArx          | Triple Jump       | 2008       |
| Joy Warrington        | Shot Put          | 2010-11-12 |
| Joy Warrington        | Discus            | 2010-12    |
| Joy Warrington        | Hammer            | 2012       |
| Kristi Wherry         | Hammer            | 2006       |
| Abbey Wood            | 100 Meters        | 2023       |
| Abbey Wood            | 200 Meters        | 2023       |
| Ashley Wornell        | Heptathlon        | 2007       |
| Lauren Wuertz         | 400 Meters        | 2021       |
| Kinsey (Langin) Yenor | Pole Vault        | 2021-22-23 |
| Susan Young           | 10,000 Meters     | 2002-04    |

### SAINT MARTIN'S

| Name                  | Event             | Years      |
|-----------------------|-------------------|------------|
| Chelsi Claussen       | 100 Meters        | 2005-06    |
| Chelsi Claussen       | 400-Meter Hurdles | 2005-06-07 |
| Alyssa Duncan         | Triple Jump       | 2023       |
| Jessie Dunham         | 10,000 Meters     | 2007       |
| Liz Larson            | Hammer            | 2018-19    |
| Irene Moore           | 400-Meter Hurdles | 2014       |
| Kirby Neale           | Shot Put          | 2014       |
| Kirby Neale           | Hammer            | 2016-17    |
| Kahili Novikoff       | Shot Put          | 2015       |
| Kahili Novikoff       | Discus            | 2015       |
| Shannon Porter        | 5,000 Meters      | 2016       |
| Shannon Porter        | 10,000 Meters     | 2016       |
| Keshara Romain        | Triple Jump       | 2019       |
| Jocelyn Saribay       | Shot Put          | 2021-23    |
| Jona Spiller          | Javelin           | 2017       |
| Kendra Steinbrugger   | 3,000 Meters      | 2004       |
| Elizabeth Thatcher    | Discus            | 2011       |
| Megan Teigen          | 400-Meter Hurdles | 2014       |
| Emily Thomas          | Steeplechase      | 2002       |
| Megan Vernoy          | Discus            | 2018       |
| Cassidy Walchak-Sloan | 1,500 Meters      | 2021-22-23 |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### SAINT MARTIN'S CONTINUED

| Name           | Event      | Years   |
|----------------|------------|---------|
| Kathryn Walker | Javelin    | 2014-15 |
| Ami Wick       | Hammer     | 2015    |
| Makiya Worthy  | 200 Meters | 2021    |

### SEATTLE

| Name             | Event         | Years      |
|------------------|---------------|------------|
| Mara Becker      | High Jump     | 2008       |
| Lindsay Currier  | Discus        | 2007       |
| Kelly Fullerton  | 3,000 Meters  | 2002       |
| Kelly Fullerton  | 5,000 Meters  | 2004-05    |
| Kelly Fullerton  | Steeplechase  | 2003-04-05 |
| Alana Garcia     | 10,000 Meters | 2004-05    |
| Katie Hansen     | 3,000 Meters  | 2008       |
| Katie Hansen     | 5,000 Meters  | 2008       |
| Rachael Johnson  | 800 Meters    | 2008       |
| Theresa Mangahas | Pole Vault    | 2002       |
| Kristie Rice     | Steeplechase  | 2004       |

### SEATTLE PACIFIC

| Name   | Event             | Years         |
|--|-------------------|---------------|
| Brittany Aanstad   | High Jump         | 2008          |
| Brittany Aanstad   | Javelin           | 2008-10-11-12 |
| Brittany Aanstad   | Heptathlon        | 2008          |
| Amanda Alvarez   | Triple Jump       | 2010          |
| Jahzelle Ambus   | 200 Meters        | 2015          |
| Jahzelle Ambus   | 400 Meters        | 2015-16       |
| Jahzelle Ambus   | 4x100 Relay       | 2015          |
| Vanessa Aniteye  | 400 Meters        | 2022          |
| <i>Aniteye also was three-time all-conference in 400 meters for UAA.</i> |                   |               |
| Vanessa Aniteye  | 4x100 Relay       | 2022          |
| <i>Aniteye was also one-time all-conference in 4x100 relay for UAA.</i>  |                   |               |
| Lisa Anderberg   | 4x400 Relay       | 2010          |
| Dionna Anderson  | Shot Put          | 2002          |
| Monica Anderson  | Pole Vault        | 2006-07       |
| Danielle Ayers-Stamper   | 100-Meter Hurdles | 2003-05       |
| Danielle Ayers-Stamper   | High Jump         | 2005          |
| Danielle Ayers-Stamper   | Long Jump         | 2003-05       |
| Danielle Ayers-Stamper   | Javelin           | 2005          |
| Danielle Ayers-Stamper   | Heptathlon        | 2003          |
| Tasia Baldwin  | 4x100 Relay       | 2013-15       |
| Tasia Baldwin  | 4x400 Relay       | 2014          |
| Molly Barnes   | Javelin           | 2007          |
| Sharon Bjella  | High Jump         | 2004          |
| Brittany Bekins  | 4x100 Relay       | 2007          |
| Brooke Benner  | Heptathlon        | 2017          |
| Linda Blake  | 100-Meter Hurdles | 2004-06       |
| Linda Blake  | Heptathlon        | 2003-04-06    |
| Grace Bley   | 100 Meters        | 2019-21       |
| Grace Bley   | 200 Meters        | 2018-19-21    |
| Grace Bley   | 4x100 Relay       | 2018-19-21    |
| Grace Bley   | 4x400 Relay       | 2021          |
| Jenna Bouyer   | 100 Meters        | 2021-22       |
| Jenna Bouyer   | 200 Meters        | 2022          |
| Jenna Bouyer   | 4x100 Relay       | 2019-21       |
| Jenna Bouyer   | 4x400 Relay       | 2021-22       |
| Kyra Brannan   | 4x100 Relay       | 2015          |
| Kyra Brannan   | Long Jump         | 2015-17       |
| Scout Cai  | High Jump         | 2018          |
| Scout Cai  | Pole Vault        | 2018-19-21    |
| Scout Cai  | Heptathlon        | 2017-18-19    |

|                   |                   |               |
|-------------------|-------------------|---------------|
| Mary Charleson    | 1,500 Meters      | 2017          |
| Mary Charleson    | 5,000 Meters      | 2016-17       |
| Kelsey Cooley     | 100-Meter Hurdles | 2006          |
| Kelsey Cooley     | Heptathlon        | 2005-06       |
| Marissa Crane     | 400 Meters        | 2023          |
| Lizzy Daugherty   | Pole Vault        | 2022-23       |
| Lynelle Decker    | 800 Meters        | 2015-16       |
| Lynelle Decker    | 1,500 Meters      | 2015-16       |
| Karen Dickson     | 5,000 Meters      | 2004          |
| Julie Duringer    | 400 Meters        | 2004          |
| Latasha Essien    | 100 Meters        | 2010          |
| Latasha Essien    | 200 Meters        | 2010          |
| Annika Esvelt     | 5,000 Meters      | 2022-23       |
| Annika Esvelt     | 10,000 Meters     | 2022          |
| Dania Holmberg    | 5,000 Meters      | 2019          |
| Alyssa Foote      | 5,000 Meters      | 2017          |
| McKayla Fricker   | 800 Meters        | 2012-13-14    |
| McKayla Fricker   | 1,500 Meters      | 2014          |
| McKayla Fricker   | 4x400 Relay       | 2012-13-14    |
| Kelsey Gleason    | 400-Meter Hurdles | 2003-04       |
| Kelsey Gleason    | 4x100 Relay       | 2004          |
| Aniya Green       | 4x100 Relay       | 2022          |
| Katy Gross        | High Jump         | 2010-11       |
| Katy Gross        | Long Jump         | 2011-13       |
| Katy Gross        | Javelin           | 2013          |
| Katy Gross        | Heptathlon        | 2011-13       |
| Dianna Grossglass | High Jump         | 2003          |
| Dianna Grossglass | Triple Jump       | 2003          |
| Abby Groth        | 3,000 Meters      | 2004          |
| Jawea Harder      | 400-Meter Hurdles | 2002          |
| Jawea Harder      | 4x400 Relay       | 2002          |
| Amy Harris        | Pole Vault        | 2003-04-05-06 |
| Katie Hart        | 10,000 Meters     | 2007-08       |
| Allison Hedges    | Pole Vault        | 2004-05-06    |
| Jessica Hinton    | 100 Meters        | 2007          |
| Jessica Hinton    | 200 Meters        | 2008          |
| Jessica Hinton    | 4x100 Relay       | 2007          |
| Dania Holmberg    | 1,500 Meters      | 2021          |
| Dania Holmberg    | 5,000 Meters      | 2021          |
| Maddi Hommes      | Heptathlon        | 2014          |
| Becca Houk        | 100 Meters        | 2015          |
| Becca Houk        | 200 Meters        | 2015          |
| Becca Houk        | 4x100 Relay       | 2015-18       |
| Stephanie Huffman | Long Jump         | 2002          |
| Stephanie Huffman | Triple Jump       | 2002          |
| Stephanie Huffman | High Jump         | 2002          |
| Stephanie Huffman | Javelin           | 2002          |
| Stephanie Huffman | Heptathlon        | 2002          |
| Peace Igbonagwam  | 100 Meters        | 2019-22       |
| Peace Igbonagwam  | 200 Meters        | 2022          |
| Peace Igbonagwam  | 400 Meters        | 2021          |
| Peace Igbonagwam  | 4x100 Relay       | 2019-22       |
| Peace Igbonagwam  | Long Jump         | 2022          |
| Kristin Janney    | 100-Meter Hurdles | 2004          |
| Kristin Janney    | Heptathlon        | 2004          |
| Nikki Jensen      | 10,000 Meters     | 2006          |
| Jasmine Johnson   | 400 Meters        | 2012-13       |
| Jasmine Johnson   | 4x400 Relay       | 2012-13       |
| Sara Johnson      | Javelin           | 2004          |
| Michaela Kahns    | Pole Vault        | 2014-15-16    |
| Brianna Kane      | 400 Meters        | 2011          |
| Jean Kolb         | 100 Meters        | 2004          |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### SEATTLE PACIFIC CONTINUED

| Name               | Event             | Years      | Name                | Event             | Years        |
|--------------------|-------------------|------------|---------------------|-------------------|--------------|
| Jean Kolb          | 4x100 Relay       | 2004       | Emily Quatier       | 4x400 Relay       | 2010-12-13   |
| Lauren Kooy        | Discus            | 2002       | Teona Perkins       | High Jump         | 2006-07      |
| Sarah Kraybill     | 800 Meters        | 2002-03    | Jessica Rawlins     | Steeplechase      | 2015         |
| Sarah Kraybill     | 1,500 Meters      | 2003       | Kara Richard        | Steeplechase      | 2002         |
| Sarah Kraybill     | 4x400 Relay       | 2002       | Ellie Rising        | 800 Meters        | 2021         |
| Emma Lambert       | Pole Vault        | 2016       | Ellie Rising        | 1,500 Meters      | 2021         |
| Jane Larson        | 1,500 Meters      | 2007-08-10 | Ellie Rising        | 4x400 Relay       | 2021         |
| Jane Larson        | 3,000 Meters      | 2007       | Karin Rohde         | 3,000 Meters      | 2005         |
| Josie Lavin        | 800 Meters        | 2002-06    | Karin Rohde         | Steeplechase      | 2006-07      |
| Josie Lavin        | 1,500 Meters      | 2005       | Rachel Ross         | 800 Meters        | 2002         |
| Geneva Lehnert     | High Jump         | 2018-19    | Rachel Ross         | 1,500 Meters      | 2002         |
| Geneva Lehnert     | Long Jump         | 2017       | Rachel Ross         | 4x400 Relay       | 2002         |
| Kinyatta Leonhardt | 200 Meters        | 2004-05    | Janna Schaafsma     | 400-Meter Hurdles | 2004         |
| Kinyatta Leonhardt | 400 Meters        | 2004-05    | Janna Schaafsma     | 4x100 Relay       | 2004         |
| Kinyatta Leonhardt | 4x100 Relay       | 2004       | Jeeni Schantin      | Javelin           | 2008         |
| Madison Licari     | Pole Vault        | 2019       | Terra Schumacher    | 100-Meter Hurdles | 2011         |
| Kate Lilly         | 1,500 Meters      | 2019       | Terra Schumacher    | Pole Vault        | 2012         |
| Kate Lilly         | 5,000 Meters      | 2021       | Crystal Sims        | 100 Meters        | 2010-11      |
| Kate Lilly         | Steeplechase      | 2021       | Crystal Sims        | 200 Meters        | 2010-11      |
| Tracie Lundsten    | Pole Vault        | 2007-08    | Crystal Sims        | 100-Meter Hurdles | 2010-11      |
| Maliea Luquin      | 100-Meter Hurdles | 2016       | Crystal Sims        | 4x100 Relay       | 2011         |
| Maliea Luquin      | 400-Meter Hurdles | 2013-15-16 | Crystal Sims        | 4x400 Relay       | 2010         |
| Maliea Luquin      | Long Jump         | 2015-16    | Crystal Sims        | Long Jump         | 2011         |
| Maliea Luquin      | Heptathlon        | 2015-16    | Crystal Sims        | Heptathlon        | 2010-11      |
| Brandi McCoy       | Steeplechase      | 2005-06    | NyEma Sims          | 100 Meters        | 2007         |
| Amanda McClary     | 4x400 Relay       | 2002       | NyEma Sims          | 200 Meters        | 2007         |
| Sedona Mc Nerney   | 10,000 Meters     | 2019       | NyEma Sims          | 4x100 relay       | 2007         |
| Jennifer Marsh     | 800 Meters        | 2004-06-07 | Julia Stepper       | 4x100 Relay       | 2018-19-21   |
| Jennifer Marsh     | 1,500 Meters      | 2004       | Lindsay Stewart     | 400 Meters        | 2002         |
| Jacquie Mattson    | High Jump         | 2010       | Suzie Strickler     | 800 Meters        | 2006         |
| Kellie May         | Triple Jump       | 2021       | Suzie Strickler     | Steeplechase      | 2008         |
| Renick Meyer       | 100 Meters        | 2018-21    | Ally Studer         | Pole Vault        | 2002-03      |
| Renick Meyer       | 100-Meter Hurdles | 2018-19-21 | Lani Taylor         | 400 Meters        | 2018         |
| Renick Meyer       | 4x100 Relay       | 2018-21    | Emily Thomason      | Pole Vault        | 2023         |
| Renick Meyer       | 4x400 Relay       | 2021       | Jalen Tims          | 400-Meter Hurdles | 2015         |
| Renick Meyer       | Long Jump         | 2018-19-21 | Myisha Valentine    | 200 Meters        | 2012         |
| Renick Meyer       | Heptathlon        | 2018-21    | Myisha Valentine    | 400 Meters        | 2012         |
| Trinna Miranda     | Long Jump         | 2010       | Myisha Valentine    | 4x100 Relay       | 2012         |
| Kaylee Mitchell    | Steeplechase      | 2019       | Myisha Valentine    | 4x400 Relay       | 2012         |
| Kishia Mitchell    | 100 Meters        | 2011-12    | Lauren VerMulm      | Javelin           | 2005-06      |
| Kishia Mitchell    | 200 Meters        | 2011-14    | Katherine Walter    | 10,000 Meters     | 2019         |
| Kishia Mitchell    | 400 Meters        | 2014       | Anna Walters        | 4x100 Relay       | 2007         |
| Kishia Mitchell    | 4x100 Relay       | 2011-12-13 | Madi Webster        | Pole Vault        | 2014         |
| Kishia Mitchell    | 4x400 Relay       | 2013-14    | Laura Widman        | Long Jump         | 2002         |
| Mary Moriarty      | 3,000 Meters      | 2006       | Laura Widman        | Shot Put          | 2002         |
| Natalie Nobbs      | 400-Meter Hurdles | 2010-12    | Laura Widman        | Heptathlon        | 2002         |
| Anna Patti         | 10,000 Meters     | 2014-15    | Jamie Witt          | 3,000 Meters      | 2003         |
| Melissa Peaslee    | Pole Vault        | 2008-10-11 | BreAnne Wochnick    | 400 Meters        | 2014         |
| Victoria Perkins   | 800 Meters        | 2004       | BreAnne Wochnick    | 4x100 Relay       | 2012-13      |
| Jennifer Pike      | Heptathlon        | 2010       | BreAnne Wochnick    | 4x400 Relay       | 2014         |
| Jessica Pixler     | 800 Meters        | 2007-10    | Ali Worthen         | 200 Meters        | 2013         |
| Jessica Pixler     | 1,500 Meters      | 2007-10    | Ali Worthen         | 100-Meter Hurdles | 2012-13      |
| Jessica Pixler     | 3,000 Meters      | 2007       | Ali Worthen         | 4x100 Relay       | 2011-12-13   |
| Jessica Pixler     | 4x400 Relay       | 2010       | Ali Worthen         | High Jump         | 2011-12-13   |
| Natty Plunkett     | 10,000 Meters     | 2010-11-12 | Ali Worthen         | Long Jump         | 2011-13      |
| Jennifer Pyeatt    | 100-Meter Hurdles | 2002       | Ali Worthen         | Heptathlon        | 2011-12-13   |
| Jennifer Pyeatt    | 400-Meter Hurdles | 2002       |                     |                   |              |
| Jennifer Pyeatt    | Shot Put          | 2002-03    | <b>SIMON FRASER</b> |                   |              |
| Emily Quatier      | 400 Meters        | 2010       | <b>Name</b>         | <b>Event</b>      | <b>Years</b> |
| Emily Quatier      | 4x100 Relay       | 2011       | Alison Andrews-Paul | 800 Meters        | 2022         |
|                    |                   |            | Alison Andrews-Paul | 1,500 Meters      | 2022         |
|                    |                   |            | Alison Andrews-Paul | 4x400 Relay       | 2022         |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### SIMON FRASER CONTINUED

| Name                 | Event             | Years         |
|----------------------|-------------------|---------------|
| Miryam Bassett       | 1,500 Meters      | 2017          |
| Erika Binder         | 400-Meter Hurdles | 2023          |
| Erika Binder         | 4x400 Relay       | 2022-23       |
| Renate Bluschke      | 400 Meters        | 2018          |
| Renate Bluschke      | 4x400 Relay       | 2018          |
| Claire Bosma         | 400 Meters        | 2023          |
| Claire Bosma         | 4x400 Relay       | 2023          |
| Ella Brown           | Triple Jump       | 2014-15-16-17 |
| Lindsey Butterworth  | 800 Meters        | 2015          |
| Lindsey Butterworth  | 1,500 Meters      | 2011-12       |
| Lindsey Butterworth  | 4x400 Relay       | 2015          |
| Emma Cannan          | 4x100 Relay       | 2023          |
| Emma Cannan          | 4x400 Relay       | 2023          |
| Helen Crofts         | 400 Meters        | 2011-13       |
| Helen Crofts         | 1,500 Meters      | 2011          |
| Helen Crofts         | 4x400 Relay       | 2011          |
| Jaeland Cummings     | 4x100 Relay       | 2023          |
| Chantel Desch        | 400 Meters        | 2014-15-17    |
| Chantel Desch        | 4x400 Relay       | 2015-17       |
| Reta Dobie           | Steeplechase      | 2018          |
| Sophie Dodd          | 400 Meters        | 2017          |
| Sophie Dodd          | 800 Meters        | 2017-18-19    |
| Sophie Dodd          | 4x400 Relay       | 2016-17-18    |
| Ally Ginther         | 5,000 Meters      | 2018          |
| Kaitlyn Hanger       | Hammer            | 2023          |
| Julia Howley         | 1,500 Meters      | 2017          |
| Julia Howley         | Steeplechase      | 2019          |
| Jennifer Johnson     | 5,000 Meters      | 2015          |
| Valda Kabia          | 100 Meters        | 2017          |
| Valda Kabia          | 200 Meters        | 2017          |
| Brianna Kane         | 4x400 Relay       | 2011          |
| Michaela Kane        | 800 Meters        | 2012          |
| Michaela Kane        | 4x400 Relay       | 2011          |
| Sydney Kania         | High Jump         | 2023          |
| Marie-Éloïse Leclair | 100 Meters        | 2022-23       |
| Marie-Éloïse Leclair | 200 Meters        | 2022-23       |
| Marie-Éloïse Leclair | 4x100 Relay       | 2023          |
| Marie-Éloïse Leclair | 4x400 Relay       | 2022-23       |
| Emily Lindsay        | 400 Meters        | 2022          |
| Emily Lindsay        | 4x400 Relay       | 2022          |
| Nicole Lindsay       | 4x400 Relay       | 2018          |
| Zuzanna Liniewski    | Hammer            | 2022          |
| Monique Lisek        | 4x400 Relay       | 2015          |
| Katherine Lucas      | 100 Meters        | 2017          |
| Katherine Lucas      | 200 Meters        | 2017          |
| Quaynor Meyer        | 100 Meters        | 2018          |
| Alana Mussatto       | 800 Meters        | 2015-17-19    |
| Alana Mussatto       | 4x400 Relay       | 2015-16-17    |
| Jade Richardson      | Discus            | 2012-13       |
| Chelsea Ribiero      | Steeplechase      | 2019          |
| Megan Roxby          | 800 Meters        | 2022-23       |
| Sarah Sawatsky       | 800 Meters        | 2012-13-14    |
| Jessica Smith        | 800 Meters        | 2011          |
| Jessica Smith        | 4x400 Relay       | 2011          |
| Mackenzie Stewart    | High Jump         | 2018          |
| Holly Taylor         | Shot Put          | 2019          |
| Holly Taylor         | Hammer            | 2019          |
| Addy Townsend        | 800 Meters        | 2017-18       |
| Addy Townsend        | 1,500 Meters      | 2018          |

|                |                   |            |
|----------------|-------------------|------------|
| Addy Townsend  | 4x400 Relay       | 2016-17-18 |
| Diana Voloshin | 100-Meter Hurdles | 2017-22-23 |
| Diana Voloshin | 4x100 Relay       | 2023       |
| Bryce West     | 4x400 Relay       | 2016       |
| Leah Wiest     | Heptathlon        | 2002       |
| Olivia Willett | Steeplechase      | 2022       |

### WESTERN OREGON

| Name             | Event             | Years         |
|------------------|-------------------|---------------|
| Toni Adair       | 400 Meters        | 2002          |
| Toni Adair       | 4x400 Relay       | 2003          |
| Alexis Anderson  | Triple Jump       | 2013          |
| Krystal Andres   | Discus            | 2023          |
| Annan Applebee   | 800 Meters        | 2011          |
| Sarah Barker     | 100-Meter Hurdles | 2008          |
| Sarah Barker     | 400-Meter Hurdles | 2006-07-08    |
| Ashley Berry     | 800 Meters        | 2008          |
| Shalese Borden   | Hammer            | 2003          |
| Amber Brougher   | Steeplechase      | 2003          |
| Nini Callan      | Shot Put          | 2005          |
| Nini Callan      | Javelin           | 2004          |
| Jaci Cederberg   | Discus            | 2002-04-05    |
| Jaci Cederberg   | Hammer            | 2002-03-04-05 |
| Seabre Church    | Javelin           | 2012-13-14    |
| Amariyah Clay    | Triple Jump       | 2023          |
| Sara Cole        | Hammer            | 2008          |
| Emmi Collier     | Shot Put          | 2013-14-15-16 |
| Shelley Comstock | 4x400 Relay       | 2003          |
| Shelley Comstock | Triple Jump       | 2002-03       |
| Holly Conrad     | Shot Put          | 2003          |
| Holly Conrad     | Javelin           | 2002-03       |
| Amity Deters     | High Jump         | 2022-23       |
| Stefani Dittmar  | 4x100 Relay       | 2010          |
| Lauren Duckett   | 100 Meters        | 2008          |
| Jennifer Durkin  | Hammer            | 2002-03       |
| Ellie Enos       | 10,000 Meters     | 2002          |
| Janelle Everetts | 800 Meters        | 2010          |
| Sabrina Freed    | Hammer            | 2006-07-08    |
| Bonnie Galloway  | 100 Meters        | 2005          |
| Bonnie Galloway  | 200 Meters        | 2005          |
| Bonnie Galloway  | 4x100 Relay       | 2005          |
| Bonnie Galloway  | 4x400 Relay       | 2005          |
| Moana Gianotti   | Shot Put          | 2021-22       |
| Moana Gianotti   | Discus            | 2019          |
| Jessica Harper   | 1,500 Meters      | 2006          |
| Jessica Harper   | Steeplechase      | 2007-08       |
| Caitlin Heldt    | 5,000 Meters      | 2022          |
| Caitlin Heldt    | 10,000 Meters     | 2021-22-23    |
| Kristin Hepler   | Hammer            | 2004          |
| Sarah Howell     | 800 Meters        | 2006-07       |
| Rachael Huffman  | Discus            | 2017          |
| Jenelle Hurley   | High Jump         | 2021-23       |
| Jenelle Hurley   | Long Jump         | 2022-23       |
| Jenelle Hurley   | Heptathlon        | 2021-22-23    |
| Keyanna Jenkins  | 100 Meters        | 2006          |
| Keyanna Jenkins  | 200 Meters        | 2006          |
| Keyanna Jenkins  | 4x100 Relay       | 2005          |
| Bridget Johnson  | 100-Meter Hurdles | 2006          |
| Bridget Johnson  | 4x400 Relay       | 2005          |
| Bridget Johnson  | Long Jump         | 2003-04-05-06 |
| Bridget Johnson  | Javelin           | 2005-06       |
| Bridget Johnson  | Heptathlon        | 2004-05-06    |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### WESTERN OREGON CONTINUED

| Name               | Event             | Years         |
|--------------------|-------------------|---------------|
| Sarah Kathrein     | 4x100 Relay       | 2010          |
| Mandy Keifer       | Heptathlon        | 2008-09       |
| Julie Kendall      | Long Jump         | 2004          |
| Dorothy Kerr       | Shot Put          | 2003          |
| Dorothy Kerr       | Discus            | 2003          |
| Katy Kociemba      | 400 Meters        | 2005          |
| Katy Kociemba      | 4x100 Relay       | 2005          |
| Katy Kociemba      | 4x400 Relay       | 2005          |
| Katy Kociemba      | Long Jump         | 2004-05       |
| Katy Kociemba      | Triple Jump       | 2004-05       |
| Kari Konrad        | 800 Meters        | 2004          |
| Kari Konrad        | 1,500 Meters      | 2004-05       |
| Madeline Lambing   | 400-Meter Hurdles | 2022          |
| Rebecca Laible     | Triple Jump       | 2013-14-15    |
| Chevonna Lynch     | Shot Put          | 2004-06-07    |
| Madison McClung    | 100 Meters        | 2011-12-13-14 |
| Madison McClung    | 200 Meters        | 2012-13-14    |
| Niki McCorkle      | 10,000 Meters     | 2003          |
| Lyndsey McKillip   | Steeplechase      | 2008          |
| Lyndee McLauchlin  | Javelin           | 2023          |
| Lacey Meusec       | 4x100 Relay       | 2010          |
| Shirlon Moncrief   | Steeplechase      | 2007          |
| Cassie Moorhouse   | 400-Meter Hurdles | 2002          |
| Ali Moshier        | 400-Meter Hurdles | 2011          |
| Ujunwa Nwokoma     | Long Jump         | 2023          |
| Katie Pelchar      | High Jump         | 2011-12       |
| Lexi Pola          | 200 Meters        | 2011          |
| Lexi Pola          | 400 Meters        | 2011          |
| Ana Popchock       | Triple Jump       | 2022          |
| Ashley Potter      | Long Jump         | 2010          |
| Ashley Potter      | Triple Jump       | 2010-11-12    |
| Jacque Postlewait  | 100-Meter Hurdles | 2007-08       |
| Jacque Postlewait  | 400-Meter Hurdles | 2008          |
| Jacque Postlewait  | Long Jump         | 2006-07-08    |
| Jacque Postlewait  | Heptathlon        | 2007-08       |
| Carolanne Powers   | Javelin           | 2010          |
| Taryn Pylpik       | High Jump         | 2007          |
| McKenzie Redberg   | 200 Meters        | 2010          |
| McKenzie Redberg   | 4x100 Relay       | 2010          |
| Kaitlyn Reid       | 100-Meter Hurdles | 2010          |
| Kaitlyn Reid       | 400-Meter Hurdles | 2010-11       |
| Kylie Reinholdt    | Triple Jump       | 2015          |
| Megan Rose         | 400 Meters        | 2016          |
| Sarajane Rosenberg | Long Jump         | 2006-08       |
| Sarajane Rosenberg | Triple Jump       | 2008          |
| Alee Rowley        | 10,000 Meters     | 2007          |
| Ally Rowley        | 5,000 Meters      | 2007          |
| Kennedy Rufener    | 5,000 Meters      | 2018          |
| Jennie Rummell     | 400-Meter Hurdles | 2003-05-06    |
| Jill Salmon        | Steeplechase      | 2002-03       |
| Abigail Sanders    | Javelin           | 2023          |
| Amanda Schumaker   | Javelin           | 2010-11-12-13 |
| Amanda Short       | Javelin           | 2015          |
| Monica Smith       | 100 Meters        | 2003-04-05    |
| Monica Smith       | 200 Meters        | 2004-05       |
| Monica Smith       | 100-Meter Hurdles | 2004-05       |
| Monica Smith       | 4x100 Relay       | 2005          |
| Monica Smith       | 4x400 Relay       | 2003-05       |
| Monica Smith       | High Jump         | 2003-04-05    |
| Monica Smith       | Heptathlon        | 2005          |

|                     |                   |            |
|---------------------|-------------------|------------|
| Stephanie Stuckey   | 1,500 Meters      | 2015       |
| Ashlyn Terry        | Javelin           | 2003       |
| Maliyah Thompson    | 100-Meter Hurdles | 2023       |
| Suzie Van De Grift  | 800 Meters        | 2016       |
| Suzie Van De Grift  | 1,500 Meters      | 2018       |
| Alicia VanderVelden | Shot Put          | 2004-06    |
| Kristen Wiese       | 4x400 Relay       | 2003       |
| Darian Wilson       | Long Jump         | 2018       |
| Darian Wilson       | Javelin           | 2018-19-21 |
| Kaylee Wright       | Javelin           | 2022-23    |
| Michaela Yonkman    | 400-Meter Hurdles | 2021       |

### WESTERN WASHINGTON

| Name             | Event             | Years         |
|------------------|-------------------|---------------|
| Karis Anderson   | Pole Vault        | 2011-12-13    |
| Kim Bascom       | Long Jump         | 2007          |
| Kim Bascom       | Triple Jump       | 2004-05-06-07 |
| Melissa Behrens  | 100 Meters        | 2002-03-04    |
| Melissa Behrens  | 200 Meters        | 2003          |
| Melissa Behrens  | 4x100 Relay       | 2003          |
| Tanya Bjornsson  | 100-Meter Hurdles | 2013-14       |
| Tanya Bjornsson  | Long Jump         | 2013-14       |
| Hannah Bradley   | 200 Meters        | 2019          |
| Lauren Breihof   | 5,000 Meters      | 2010-11       |
| Lauren Breihof   | 10,000 Meters     | 2010-11       |
| Sarah Brownell   | 400 Meters        | 2010          |
| Laura Burch      | 400-Meter Hurdles | 2003          |
| Laura Burch      | 4x100 Relay       | 2003          |
| Tammy Carlson    | Shot Put          | 2004-05       |
| Taliah Coe       | Discus            | 2021-22       |
| Clara Cook       | High Jump         | 2006-08       |
| Clara Cook       | Heptathlon        | 2009          |
| Elsa Couvelier   | Pole Vault        | 2010          |
| Mia Crocker      | 800 Meters        | 2023          |
| Mia Crocker      | 1,500 Meters      | 2022-23       |
| Ila Davis        | 5,000 Meters      | 2022-23       |
| Ila Davis        | Steeplechase      | 2021-22-23    |
| Aliyah Dawkins   | 100-Meter Hurdles | 2021          |
| Aliyah Dawkins   | High Jump         | 2021          |
| Aliyah Dawkins   | Long Jump         | 2021          |
| Aliyah Sawkins   | Triple Jump       | 2022          |
| Heidi Dimmitt    | 400-Meter Hurdles | 2007-08       |
| Amber Dodd       | 400-Meter Hurdles | 2012-13       |
| Bethany Drake    | Javelin           | 2016-17       |
| Talia Dreicer    | Steeplechase      | 2021          |
| Chanelle Eddy    | Discus            | 2019          |
| LeAnne Evans     | Heptathlon        | 2003          |
| Heather Farretta | High Jump         | 2019          |
| Sophia Galvez    | 10,000 Meters     | 2018          |
| Brittany Grandy  | High Jump         | 2012          |
| Brittany Grant   | Steeplechase      | 2017          |
| Monika Gruszecki | Javelin           | 2007-08-11    |
| Bridget Henry    | High Jump         | 2016          |
| Kate Herber      | 100-Meter Hurdles | 2002          |
| Stacey Hopkins   | Javelin           | 2003-04       |
| Joana Houplin    | 100 Meters        | 2010          |
| Michelle Howe    | 100-Meter Hurdles | 2008-10-12    |
| Michelle Howe    | 400-Meter Hurdles | 2012          |
| Karlie Hurley    | 200 Meters        | 2021          |
| Karlie Hurley    | Long Jump         | 2021          |
| Karlie Hurley    | Triple Jump       | 2021          |
| Rachael Johnson  | 800 Meters        | 2010-11       |

## GNAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONS & AWARD WINNERS

### WESTERN WASHINGTON CONTINUED

| Name              | Event             | Years         | Name              | Event             | Years         |
|-------------------|-------------------|---------------|-------------------|-------------------|---------------|
| Danielle Juarez   | Pole Vault        | 2002-04       | Erica Rance       | Discus            | 2007-08       |
| Andrea Kreft      | Pole Vault        | 2005          | Ashley Reeck      | 1,500 Meters      | 2023          |
| Amy Kruckenberg   | High Jump         | 2003          | Ashley Reeck      | 5,000 Meters      | 2023          |
| Whitney Knox      | 100 Meters        | 2006          | Ashley Reeck      | Steeplechase      | 2023          |
| Marian Ledesma    | 800 Meters        | 2023          | Katie Reichert    | Javelin           | 2014-15-16    |
| Anosi Laupola     | Javelin           | 2016          | Katie Reichert    | Heptathlon        | 2012          |
| Matty Lagerwey    | Long Jump         | 2022-23       | Dani Reid         | 4x100 Relay       | 2003          |
| Matty Lagerwey    | Heptathlon        | 2023          | Marianne Scott    | Hammer            | 2002          |
| Lyndsay Lunderman | 5,000 Meters      | 2007          | Amanda Short      | Javelin           | 2019-21-22    |
| Kristina McCulley | Hammer            | 2005          | Eleanor Siler     | 400 Meters        | 2012          |
| Jasmine McMullin  | Long Jump         | 2016-17       | Danielle Saughter | Steeplechase      | 2010          |
| Jasmine McMullin  | Triple Jump       | 2016-17       | Meaera Shannon    | 10,000 Meters     | 2023          |
| Brooke Mansfield  | 400-Meter Hurdles | 2023          | Savannah Smith    | 200 Meters        | 2018          |
| Christy Miller    | Pole Vault        | 2007-08       | Savannah Smith    | 400 Meters        | 2019          |
| Christy Miller    | Triple Jump       | 2006-07       | Katelyn Steen     | 1,500 Meters      | 2014          |
| Megan Mortensen   | Discus            | 2015-16       | Katelyn Steen     | 5,000 Meters      | 2014          |
| Jessica Neal      | High Jump         | 2021-22       | Katelyn Steen     | Steeplechase      | 2012-13-14-15 |
| Haley O'Connor    | 1,500 Meters      | 2015          | Natalie Svenvold  | 100-Meter Hurdles | 2002          |
| Megan O'Connell   | 400 Meters        | 2008          | Natalie Svenvold  | High Jump         | 2002          |
| Jewels Oliquiano  | Pole Vault        | 2017          | Dania Swosinski   | 200 Meters        | 2002-03       |
| Courtney Olsen    | 1,500 Meters      | 2010          | Dania Swosinski   | 400 Meters        | 2002-03       |
| Courtney Olsen    | Steeplechase      | 2010          | Dania Swosinski   | 4x100 Relay       | 2003          |
| Devon Olson       | Triple Jump       | 2021          | Katie Taylor      | Javelin           | 2007          |
| Jessica Opersteny | 800 Meters        | 2003          | Maddie Taylor     | High Jump         | 2018-19       |
| Miranda Osadchey  | High Jump         | 2015-17       | Jessica Telleria  | Discus            | 2003-04-05-06 |
| Amanda Overdick   | High Jump         | 2010          | Laura Trevellyan  | 5,000 Meters      | 2004          |
| Anna Paradee      | Pole Vault        | 2015-16-17-18 | Annie Tran        | Pole Vault        | 2021          |
| Mara Parks        | Shot Put          | 2023          | Ashley VanOeveren | Discus            | 2003-04-05    |
| Leah Pearl        | 5,000 Meters      | 2003          | Natalie Vetto     | Javelin           | 2021          |
| Raquel Pellecer   | Javelin           | 2018          | Ashlee Vincent    | 1,500 Meters      | 2003          |
| Lexi Perry        | Pole Vault        | 2019          | Ashlee Vincent    | 3,000 Meters      | 2003          |
| Cheyanna Pinley   | Pole Vault        | 2013-14       | Ashlee Vincent    | 5,000 Meters      | 2002          |
| Sarah Porter      | 1,500 Meters      | 2011          | Emily Warman      | Long Jump         | 2010-12       |
| Sarah Porter      | 5,000 Meters      | 2010          | Emily Warman      | Triple Jump       | 2013          |
| Sarah Porter      | 10,000 Meters     | 2008-10-11    | Lindsay Wells     | Hammer            | 2011-12-13-14 |
| Katie Potts       | Discus            | 2021-22-23    | Raine Westfall    | Hammer            | 2021-22-23    |
|                   |                   |               | Katelyn Wright    | High Jump         | 2013-15       |
|                   |                   |               | Sophie Wright     | 800 Meters        | 2022          |