

## **OUTDOOR TRACK AND FIELD - WOMEN**

**2007 — Champion:** Washington

**Most Outstanding Performers:**

Olivia Alford • Brandeis (*running events*)  
Jordan Beall • Emory (*field events*)

**Rookie of the Year:**

Claire Ray • Chicago

**Individual Champions**

100-Meter Dash: Whitney Horne • CASE  
200-Meter Dash: Jane Ukandu • EU  
400-Meter Dash: Olivia Alford • BR  
800-Meter Run: Molly Schlamb • WU  
1,500-Meter Run: Lauren Shores • EU  
3,000 Steeplechase: Abbey Hartmann • WU  
5,000-Meter Run: Amy DiBianca • EU  
10,000-Meter Run: Tyler Mulkin • WU  
100-Meter Hurdles: Ashley DeMarco • EU  
400-Meter Hurdles: Nellie Movtchan • UC  
High Jump: Ashley DeMarco • EU  
Pole Vault: Morgen Leonard-Fleckman • WU  
Long Jump: Jordan Beall • EU  
Triple Jump: Anat Benun • BR  
Shot Put: Nicole Murphy • UC  
Discus: Claire Ray • UC  
Javelin: Alli Alberts • WU  
Hammer: Becky Metler • CMU

**2004 — Champion:** Washington

**Most Outstanding Performer:**

Hallie Hutchens • Washington

**Rookie of the Year:**

Delaina Martin • Washington

**Individual Champions**

100-Meter Dash: Emily Watts • EU  
200-Meter Dash: Jane Ukandu • EU  
400-Meter Dash: Lauren Henkel • NYU  
800-Meter Run: Jocelyn Sikora • CMU  
1,500-Meter Run: Jessica Winter • UC  
3,000 Steeplechase: Amy Staub • CASE  
5,000-Meter Run: Erin Steiner • UC  
10,000-Meter Run: Maggie Grabow • WU  
100-Meter Hurdles: Hallie Hutchens • WU  
400-Meter Hurdles: Hallie Hutchens • WU  
High Jump: Lauren Henkel • NYU  
Pole Vault: Jane Farrell • BR  
Long Jump: Kammie Holt • WU  
Triple Jump: Lindsey Clark-Ryan • WU  
Shot Put: Cassie Armstrong • CASE  
Discus: Delaina Martin • WU  
Javelin: Beth Nemias • NYU  
Hammer: Valerie Anderson • UC

**2006 — Champion:** Washington

**Most Outstanding Performers:**

Katie Anding • Emory (*field events*)  
Tricia Frisella • Washington (*running events*)

**Rookie of the Year:**

Alli Alberts • Washington

**Individual Champions**

100-Meter Dash: Nofi Mojidi • UC  
200-Meter Dash: Jane Ukandu • EU  
400-Meter Dash: Jane Farrell • BR  
800-Meter Run: Andrea Moreland • WU  
1,500-Meter Run: Tricia Frisella • WU  
3,000 Steeplechase: Abbey Hartmann • WU  
5,000-Meter Run: Tricia Frisella • WU  
10,000-Meter Run: Beth Herndon • WU  
100-Meter Hurdles: Katie Anding • EU  
400-Meter Hurdles: Crystal Winter • NYU  
High Jump: Ashley DeMarco • EU  
Pole Vault: Katie Anding • EU  
Long Jump: Myra Collins • UC  
Triple Jump: Appie Hirve • UC  
Shot Put: Delaina Martin • WU  
Discus: Elizabeth Ehrke • CASE  
Javelin: Alli Alberts • WU  
Hammer: Delaina Martin • WU

**2003 — Champion:** Washington

**Most Outstanding Performer:**

Andrea Midyett • Emory

**Rookies of the Year:**

Harmonie Foster • Case  
Julie McDermitt • Washington

**Individual Champions**

100-Meter Dash: Julie McDermitt • WU  
200-Meter Dash: Valerie Lasko • WU  
400-Meter Dash: Valerie Lasko • WU  
800-Meter Run: Andrea Midyett • EU  
1,500-Meter Run: Mariko Tansey Holbrook • BR  
3,000 Steeplechase: Katie Aerni • CMU  
5,000-Meter Run: Maggie Grabow • WU  
10,000-Meter Run: Beth Van Alstine • NYU  
100-Meter Hurdles: Hallie Hutchens • WU  
400-Meter Hurdles: Hallie Hutchens • WU  
High Jump: Elizabeth Stoll • WU  
Pole Vault: Sarah Springer • WU  
Long Jump: Kammie Holt • WU  
Triple Jump: Kammie Holt • WU  
Shot Put: Valerie Anderson • UC  
Discus: Karoline Evans • CMU  
Javelin: Elizabeth Stoll • WU  
Hammer: Valerie Anderson • UC

**2005 — Champion:** Washington

**Most Outstanding Performers:**

Maggie Grabow • Washington (*running events*)  
Delaina Martin • Washington (*field events*)

**Rookie of the Year:**

Danielle Wadlington • Washington

**Individual Champions**

100-Meter Dash: Emily Watts • EU  
200-Meter Dash: Danielle Wadlington • WU  
400-Meter Dash: Michelle McCully • WU  
800-Meter Run: Laura Ehret • WU  
1,500-Meter Run: Maggie Grabow • WU  
3,000 Steeplechase: Katie Bowman • EU  
5,000-Meter Run: Maggie Grabow • WU  
10,000-Meter Run: Lindsay Harkema • WU  
100-Meter Hurdles: Hallie Hutchens • WU  
400-Meter Hurdles: Crystal Winter • NYU  
High Jump: Lauren Pringle • NYU  
Pole Vault: Dana Al-Meer • UC  
Long Jump: Myra Collins • UC  
Triple Jump: Danielle Wadlington • WU  
Shot Put: Cassi Armstrong • CASE  
Discus: Delaina Martin • WU  
Javelin: Tiffany Barbour • WU  
Hammer: Delaina Martin • WU

**2002 — Champion:** Washington

**Most Outstanding Performer:**

Sarah Byrd • EU

**Rookie of the Year:**

Lauren Henkel • NYU

**Individual Champions**

100-Meter Dash: Jennifer Shew • WU  
200-Meter Dash: Jennifer Shew • WU  
400-Meter Dash: Lauren Henkel • NYU  
800-Meter Run: Jessica Curlew • BR  
1,500-Meter Run: Mindy Kuhl • WU  
3,000 Steeplechase: Sarah Byrd • EU  
5,000-Meter Run: Sarah Byrd • EU  
10,000-Meter Run: Brooke Lane • WU  
100-Meter Hurdles: Hallie Hutchens • WU  
400-Meter Hurdles: Lauren Pringle • NYU  
High Jump: Elizabeth Stoll • WU  
Pole Vault: Sarah Springer • WU  
Long Jump: Kammie Holt • WU  
Triple Jump: Lindsey Clark-Ryan • WU  
Shot Put: Cassie Armstrong • CASE  
Discus: Danielle LeSure • EU  
Javelin: Aqueelah Jordan • CASE  
Hammer: Danielle LeSure • EU

## **OUTDOOR TRACK AND FIELD – WOMEN (cont)**

**2001 — Champion:** Washington

**Most Outstanding Performer:**  
Suzi Ramsey • Washington

**Rookie of the Year:**  
Melinda Childs • NYU

### **Individual Champions**

100-Meter Dash: Nyota Pieh • EU  
200-Meter Dash: Nyota Pieh • EU  
400-Meter Dash: Valerie Lasko • WU  
800-Meter Run: Andrea Midyett • EU  
1,500-Meter Run: Susan Chou • WU  
3,000-Meter Run: Sarah Byrd • EU  
5,000-Meter Run: Sarah Byrd • EU  
10,000-Meter Run: Brooke Lane • WU  
100-Meter Hurdles: Suzi Ramsey • WU  
400-Meter Hurdles: Suzi Ramsey • WU  
High Jump: Lydia Toth • CASE  
Pole Vault: Sarah Springer • WU  
Long Jump: Kammie Holt • WU  
Triple Jump: Kammie Holt • WU  
Shot Put: Natasha Richmond • WU  
Discus: Stacey Snow • BR  
Javelin: Kendra Robins • EU  
Hammer: Danielle LeSure • EU

**1998 — Champion:** Washington

**Most Outstanding Performer:**  
Emily Richard • Washington

### **Individual Champions**

100-Meter Dash: Claudine Rigaud • WU  
200-Meter Dash: Claudine Rigaud • WU  
400-Meter Dash: Lauren Claudia • BR  
800-Meter Run: Cheryl Makarewicz • BR  
1,500-Meter Run: Margaret Powers • CMU  
3,000-Meter Run: Vista Beasley • EU  
5,000-Meter Run: Emily Richard • WU  
10,000-Meter Run: Emily Richard • WU  
100-Meter Hurdles: Kahlilah Jennings • EU  
400-Meter Hurdles: Suzi Ramsey • WU  
High Jump: Alicia Moore • EU  
Long Jump: Khalilah Jennings • EU  
Triple Jump: Kemi Amadiume • NYU  
Shot Put: Shahla Bolbolan • UC  
Discus: Fae Gibson • NYU  
Javelin: Mikaela Shaposhnikova • NYU  
Hammer: Shahla Bolbolan • UC

**1995 — Champion:** Washington

**Most Outstanding Performer:**  
Leslie Kindling • CASE

### **Individual Champions**

100-Meter Dash: Vonquitra Bebee • CMU  
200-Meter Dash: Renee Foster • WU  
400-Meter Dash: Renee Foster • WU  
800-Meter Run: Jessica Millar • UC  
1,500-Meter Run: Jessica Millar • UC  
3,000-Meter Run: Sara Lozano • BR  
5,000-Meter Run: Christine Gallagher • EU  
10,000-Meter Run: Emily Diskin • UC  
100-Meter Hurdles: Karyn Ferdella • BR  
400-Meter Hurdles: Karyn Ferdella • BR  
High Jump: Leslie Kindling • CASE  
Long Jump: Leslie Kindling • CASE  
Triple Jump: Eleena Zhelezov • BR  
Shot Put: Shahla Bolbolan • UC  
Discus: Shahla Bolbolan • UC  
Javelin: Penny Summerville • CMU  
Hammer: Shay Austin • UR

**2000 — Champion:** Washington

**Most Outstanding Performer:**  
Claudine Rigaud • Washington

### **Individual Champions**

100-Meter Dash: Claudine Rigaud • WU  
200-Meter Dash: Claudine Rigaud • WU  
400-Meter Dash: Valerie Lasko • WU  
800-Meter Run: Jessica Curlew • BR  
1,500-Meter Run: Sarah Byrd • EU  
3,000-Meter Run: Rhaina Echols • UC  
5,000-Meter Run: Andrea Byrnes • CMU  
10,000-Meter Run: Susan Chou • WU  
100-Meter Hurdles: Claudine Rigaud • WU  
400-Meter Hurdles: Amy Buhl • UC  
High Jump: Elizabeth Stoll • WU  
Pole Vault: Julie Riley • WU  
Long Jump: Kristin Meade • WU  
Triple Jump: Kristin Meade • WU  
Shot Put: Natasha Richmond • WU  
Discus: Alex Gillies • EU  
Javelin: Kendra Robins • EU  
Hammer: Kirin Fried-Boxt • EU

**1997 — Champion:** Emory

**Most Outstanding Performer:**  
Kahlilah Jennings • Emory

### **Individual Champions**

100-Meter Dash: Claudine Rigaud • WU  
200-Meter Dash: Claudine Rigaud • WU  
400-Meter Dash: Victoria Petrillo • BR  
800-Meter Run: Victoria Petrillo • BR  
1,500-Meter Run: Vista Beasley • EU  
3,000-Meter Run: Vista Beasley • EU  
5,000-Meter Run: Emily Richard • WU  
10,000-Meter Run: Becky Buchheit • CMU  
100-Meter Hurdles: Kahlilah Jennings • EU  
400-Meter Hurdles: Kahlilah Jennings • EU  
High Jump: Alicia Moore • EU  
Long Jump: Khalilah Jennings • EU  
Triple Jump: Kemi Amadiume • NYU  
Shot Put: Shahla Bolbolan • UC  
Discus: Shahla Bolbolan • UC  
Javelin: Nicole Waldheim • BR  
Hammer: Shahla Bolbolan • UC

**1994 — Champions:** Emory, Washington

**Most Outstanding Performer:**  
Leslie Kindling • CASE

### **Individual Champions**

100-Meter Dash: Regina Robinson • EU  
200-Meter Dash: Regina Robinson • EU  
400-Meter Dash: Renee Foster • WU  
800-Meter Run: Keryn Huang • EU  
1,500-Meter Run: Nancy Moon • CASE  
3,000-Meter Run: Theresa Patten • BR  
5,000-Meter Run: Sarah Wiehe • UC  
10,000-Meter Run: Theresa Patten • BR  
100-Meter Hurdles: Melissa Wiltzius • NYU  
400-Meter Hurdles: Melissa Baustert • CMU  
High Jump: Leslie Kindling • CASE  
Long Jump: Leslie Kindling • CASE  
Triple Jump: Eleena Zhelezov • BR  
Shot Put: Patricia Kennelly • NYU  
Discus: Patricia Kennelly • NYU  
Javelin: Sandy Maddocks • BR  
Hammer: Shay Austin • UR

**1999 — Champion:** Brandeis

**Most Outstanding Performer:**  
Victoria Petrillo • Brandeis

### **Individual Champions**

100-Meter Dash: Ekene Udeoji • UR  
200-Meter Dash: Nyota Pieh • EU  
400-Meter Dash: Victoria Petrillo • BR  
800-Meter Run: Cheryl Makarewicz • BR  
1,500-Meter Run: Margaret Powers • CMU  
3,000-Meter Run: Rhaina Echols • UC  
5,000-Meter Run: Susan Chou • WU  
10,000-Meter Run: Emily Richard • WU  
100-Meter Hurdles: Amy Buhl • UC  
400-Meter Hurdles: Amy Buhl • UC  
High Jump: Lisa Pepin • UR  
Pole Vault: Julie Riley • WU  
Long Jump: Victoria Petrillo • BR  
Triple Jump: Victoria Petrillo • BR  
Shot Put: Rachel Brown • WU  
Discus: Alex Gillies • EU  
Javelin: Kendra Robins • EU  
Hammer: Leslie Willmert • UR

**1996 — Champion:** Brandeis

**Most Outstanding Performer:**  
Jennifer Bruny • CASE

### **Individual Champions**

100-Meter Dash: Claudine Rigaud • WU  
200-Meter Dash: Claudine Rigaud • WU  
400-Meter Dash: Monica Lewis • WU  
800-Meter Run: Victoria Petrillo • BR  
1,500-Meter Run: Missy Baustert • CMU  
3,000-Meter Run: Sara Lozano • BR  
5,000-Meter Run: Emily Richard • WU  
10,000-Meter Run: Emily Pulsifer • EU  
100-Meter Hurdles: Kahlilah Jennings • EU  
400-Meter Hurdles: Karyn Ferdella • BR  
High Jump: Nell Harder • BR  
Long Jump: Jennifer Bruny • CASE  
Triple Jump: Victoria Petrillo • BR  
Shot Put: Shahla Bolbolan • UC  
Discus: Shahla Bolbolan • UC  
Javelin: Penny Summerville • CMU  
Hammer: Kelly Koch • BR

**1993 — Champion:** Emory

**Most Outstanding Performer:**  
Leslie Kindling • CASE

### **Individual Champions**

100-Meter Dash: Jerrion Benjamin • BR  
200-Meter Dash: Jerrion Benjamin • BR  
400-Meter Dash: Keryn Huang • EU  
800-Meter Run: Sara Hallman • UC  
1,500-Meter Run: Sara Hallman • UC  
3,000-Meter Run: Theresa Patten • BR  
5,000-Meter Run: Sarah Wiehe • UC  
10,000-Meter Run: Alexandra Newman • UC  
100-Meter Hurdles: Missy Baustert • CMU  
400-Meter Hurdles: Missy Baustert • CMU  
High Jump: Leslie Kindling • CASE  
Long Jump: Eleena Zhelezov • BR  
Triple Jump: Eleena Zhelezov • BR  
Shot Put: Jennifer Hendricks • WU  
Discus: Kim Hodde • EU  
Javelin: Dawn Balazs • CMU

## **OUTDOOR TRACK AND FIELD – WOMEN (cont)**

**1992 — Champion:** Brandeis

**Most Outstanding Performer:**  
Lisa Encarnacion • CASE

### **Individual Champions**

100-Meter Dash: Lisa Encarnacion • CASE  
200-Meter Dash: Robyn Goby • BR  
400-Meter Dash: Robyn Goby • BR  
800-Meter Run: Caprice Christian • UC  
1,500-Meter Run: Theresa Patten • BR  
3,000-Meter Run: Carolyn Lowe • CMU  
5,000-Meter Run: Carolyn Lowe • CMU  
10,000-Meter Run: Jean Olds • BR  
100-Meter Hurdles: Lisa Encarnacion • CASE  
400-Meter Hurdles: Lisa Encarnacion • CASE  
High Jump: Leslie Kindling • CASE  
Long Jump: Eleena Zhelezov • BR  
Triple Jump: Eleena Zhelezov • BR  
Shot Put: Jennifer Hendricks • WU  
Discus: Jennifer Hendricks • WU  
Javelin: Sandy Maddocks • BR

**1989 — Champion:** Rochester

**Most Outstanding Performer:**  
Jessica Lyon • Rochester

### **Individual Champions**

100-Meter Dash: Natalie Anderson • UR  
200-Meter Dash: Natalie Anderson • UR  
400-Meter Dash: June Parks • BR  
800-Meter Run: Lesa Hojnicky • UR  
1,500-Meter Run: Lesa Hojnicky • UR  
3,000-Meter Run: Carolyn Misch • UR  
5,000-Meter Run: Carolyn Misch • UR  
10,000-Meter Run: Karen Hourigan • EU  
100-Meter Hurdles: Jessica Lyon • UR  
400-Meter Hurdles: Lisa Encarnacion • CASE  
High Jump: Jessica Lyon • UR  
Long Jump: Jessica Lyon • UR  
Triple Jump: Jessica Lyon • UR  
Shot Put: Angela Panetta • WU  
Discus: Tracey Colvin • EU  
Javelin: Brigid Handy • UR

**1991 — Champion:** Brandeis

**Most Outstanding Performer:**  
June Parks • Brandeis

### **Individual Champions**

100-Meter Dash: Kerry Kirkman • EU  
200-Meter Dash: Elise Richter • EU  
400-Meter Dash: Kerry Kirkman • EU  
800-Meter Run: Katherine Marshall • EU  
1,500-Meter Run: Kata Ritenburg • UR  
3,000-Meter Run: Kata Ritenburg • UR  
5,000-Meter Run: Carolyn Lowe • CMU  
10,000-Meter Run: Jean Olds • BR  
100-Meter Hurdles: Lisa Encarnacion • CASE  
400-Meter Hurdles: Lisa Encarnacion • CASE  
High Jump: Linda Park • UR  
Long Jump: Linda Park • UR  
Triple Jump: Denise Frazer • NYU  
Shot Put: Paige MacTavish • BR  
Discus: Rachelle Perman • UR  
Javelin: Sandy Maddocks • BR

**1988 — Champion:** Rochester

**Most Outstanding Performer:**  
Angela Panetta • Washington

### **Individual Champions**

100-Meter Dash: Natalie Anderson • UR  
200-Meter Dash: Lindis Hoyte • UR  
400-Meter Dash: Lindis Hoyte • UR  
800-Meter Run: Jennifer Shaver • UR  
1,500-Meter Run: Josefa Benzoni • UR  
3,000-Meter Run: Josefa Benzoni • UR  
5,000-Meter Run: Laura LeDuc • EU  
10,000-Meter Run: Karina Lathrum • WU  
100-Meter Hurdles: Anita Acre • UR  
400-Meter Hurdles: Debbie Derks • UR  
High Jump: Liz Cahill • UR  
Long Jump: Lara King • BR  
Triple Jump: Lara King • BR  
Shot Put: Angela Panetta • WU  
Discus: Tracey Colvin • EU  
Javelin: Angela Panetta • WU

**1990 — Champion:** Emory

**Most Outstanding Performer:**  
June Parks • Brandeis

### **Individual Champions**

100-Meter Dash: Elise Richter • EU  
200-Meter Dash: Elise Richter • EU  
400-Meter Dash: Robyn Goby • BR  
800-Meter Run: Katherine Marshall • EU  
1,500-Meter Run: Annette Faller • UC  
3,000-Meter Run: Karen Sorensen • WU  
5,000-Meter Run: Karen Sorensen • WU  
10,000-Meter Run: Jean Olds • BR  
100-Meter Hurdles: Sheila Ballado • CASE  
400-Meter Hurdles: June Parks • BR  
High Jump: June Parks • BR  
Long Jump: June Parks • BR  
Triple Jump: Sheila Ballado • CASE  
Shot Put: Vickie Rahn • UR  
Discus: Rachelle Perman • UR  
Javelin: Kim Hodde • EU