

women's indoor track & field

records

60 — :07.56, Molly Belling, Nebraska-Omaha, 2007
200 — :24.30, Tammy Wigley, North Dakota State, 1999
400 — :55.03, Sara Deckert, South Dakota, 2001
500 — 1:12.97, Kinsey Coles, North Dakota State, 2004
800 — 2:12.57, Kassy Laber, South Dakota State, 2006
1000 — 2:52.72, Jennifer Peck, Minnesota State, Mankato, 1995
Mile — 4:57.02, Tina Fenske, South Dakota, 1999
3,000 — 9:42.96, Kristin Asp, South Dakota State, 1984
5,000 — 17:01.73, Jessica Neva, North Dakota, 2004
60 hurdles — :08.28, Meredith Davis, Morningside, 2002
1600 relay — 3:48.76, North Dakota State (Rieck, Smith, Larsen, Coles), 2004
Distance Medley - 12:15.89, Minnesota State, Mankato, 1996

Shot Put — 15.18m (49-3 3/4), Julia Karst-Gray, North Dakota State, 2000
Long Jump — 6.23m (20-5 1/4), Tiffini Schuebel, South Dakota State, 1995
High Jump — 1.79m (5-10 1/2), Debby Volkens, Augustana, 1997
Triple Jump — 12.78m (41-11 1/4), Amanda Thieschafer, North Dakota State, 2004
Weight Throw — 18.87m (61-11), Diandra Bauer, North Dakota State, 2001
Pole Vault — 4.11m (13-5 3/4), Katelin Rains, Minnesota State, Mankato, 2007
Pentathlon — 3,920, Anastasia Kyvelidou, Nebraska-Omaha, 2005

Discontinued Events

55 — :06.96, Michelle Christie, South Dakota, 1994
55 hurdles — :07.95, Meredith Davis, Morningside, 2001
300 — :39.82, Linda Gdowski, South Dakota, 1990
600 — 1:37.4, Collette Shelton, Nebraska-Omaha, 1981
1500 — 4:30.14, Nancy Dietman, North Dakota State, 1984
400 relay — :46.02, North Dakota State, 1998
800 relay — 1:41.57, North Dakota State (Richter, Koehn, Kelly, Viken), 1993
3200 relay — 9:14.53, North Dakota State (Tracy, Halsey, Conlon, Klein), 2004

roll of champions

1981 Nebraska-Omaha
 1982 South Dakota State
 1983 South Dakota State
 1984 North Dakota State
 1985 North Dakota State
 1986 North Dakota State
 1987 North Dakota State
 1988 North Dakota State
 1989 South Dakota
 1990 South Dakota
 1991 North Dakota State
 1992 North Dakota State
 1993 North Dakota State
 1994 North Dakota State
 1995 North Dakota State
 1996 North Dakota State
 1997 South Dakota
 1998
 1999 South Dakota
 2000 North Dakota State
 2001 North Dakota State
 2002 North Dakota State
 2003 North Dakota State
 2004 North Dakota State
 2005 South Dakota
 2006 South Dakota
 2007 Nebraska-Omaha
 2008 South Dakota

Championships by Teams

North Dakota State 16
 South Dakota 7
 South Dakota State 2
 Nebraska-Omaha 2

Championships by Events

North Dakota State 125
 South Dakota 72
 South Dakota State 52
 Nebraska-Omaha 58
 Minnesota State, Mankato 37
 North Dakota 33
 Augustana 23
 St. Cloud State 16
 Northern Colorado 4
 Morningside 6
 Minnesota Duluth 2

year-by-year team scores

1981 at Vermillion, S.D.
 Nebraska-Omaha 133
 South Dakota State 101
 South Dakota 98
 North Dakota State 53
 North Dakota 13
 Augustana 2

1982 at Fargo, N.D.

South Dakota State 70
 Nebraska-Omaha 60
 South Dakota 43
 North Dakota State 30
 North Dakota 3

MVP-Sue Klain, USD

Coach of the Year-Ruth Marske, SDSU

1983 at Vermillion, S.D.

South Dakota State 110
 North Dakota State 100
 South Dakota 99
 Nebraska-Omaha 76.5
 North Dakota 31
 Augustana 14.5

MVP-Becky Wilson, UNO

Coach-Maxine Johnson, USD

1984 at Vermillion, S.D.

North Dakota State 119
 Minnesota State, Mankato 89
 South Dakota 80
 Nebraska-Omaha 80
 South Dakota State 74
 North Dakota 16
 Augustana 7

MVP-Jere Domes, MSU

Coach-Sue Patterson, NDSU

1985 at Vermillion, S.D.

North Dakota State 130
 South Dakota State 108
 South Dakota 71
 Nebraska-Omaha 71
 Minnesota State, Mankato 64
 North Dakota 15
 St. Cloud State 4
 Augustana 2

MVP-Nancy Dietman, NDSU

Coach-Sue Patterson, NDSU

1986 at Vermillion, S.D.

North Dakota State 114
 South Dakota 98
 Nebraska-Omaha 66
 Minnesota State, Mankato 63
 South Dakota State 61
 North Dakota 32
 Augustana 19
 St. Cloud State 11

MVP-Nancy Dietman, NDSU

Coach-Sue Patterson, NDSU

1987 at Vermillion, S.D.

North Dakota State 114
 South Dakota State 80
 Minnesota State, Mankato 65
 North Dakota 51
 Nebraska-Omaha 48
 South Dakota 44
 St. Cloud State 31
 Augustana 29

MVP-Lora Schloss, NDSU

Coach-Sue Patterson, NDSU

women's indoor track & field

1988 at Vermillion, S.D.

North Dakota State	120
Minnesota State, Mankato	84
South Dakota	60
North Dakota	57
Augustana	53
St. Cloud State	48
South Dakota State	43

MVP-Caroline Booth, NDSU

Coach-Jerry Gores, NDSU

1989 at Vermillion, S.D.

South Dakota	115
North Dakota State	78
Northern Colorado	73
South Dakota State	61
Minnesota State, Mankato	48
St. Cloud State	33
Augustana	30
North Dakota	28

MVP-Linda Gdowski, USD

Coach-Greg Willey, USD

1990 at Vermillion, S.D.

South Dakota	109
North Dakota State	98
South Dakota State	55.5
St. Cloud State	51
North Dakota	48
Minnesota State, Mankato	37.5
Northern Colorado	35
Augustana	31
Morningside	0

MVP-Linda Gdowski, USD

Coach-Greg Willey, USD

1991 at Fargo, N.D.

North Dakota State	114
South Dakota State	104
South Dakota	94
Minnesota State, Mankato	52
Northern Colorado	36
Augustana	29
St. Cloud State	25
North Dakota	8
Nebraska-Omaha	2
Morningside	1

MVP-Kim Fordham, SDSU

Coach-Jerry Gores, NDSU

1992 at Vermillion, S.D.

North Dakota State	156
South Dakota State	75.5
St. Cloud State	69
North Dakota	54
Northern Colorado	37
Minnesota State, Mankato	37
South Dakota	36
Morningside	18
Augustana	9.5
Nebraska-Omaha	3

MVP-Lisa Ristau, NDSU

Coach-Jerry Gores, NDSU

1993 at Fargo, N.D.

North Dakota State	172
South Dakota State	123
North Dakota	76
South Dakota	41
Nebraska-Omaha	36
Augustana	31
Morningside	20
Minnesota State, Mankato	14
Northern Colorado	9
St. Cloud State	5

MVP-Tina Baum, SDSU

Coach-Scott Underwood, SDSU

1994 at Vermillion, S.D.

North Dakota State	163
South Dakota State	104
South Dakota	66
North Dakota	63
Augustana	47
St. Cloud State	28
Nebraska-Omaha	27
Minnesota State, Mankato	17
Northern Colorado	8
Morningside	4

MVP-Lisa Kresky, NDSU

Coach-Jerry Gores, NDSU

1995 at Fargo, N.D.

North Dakota State	167.5
South Dakota State	79
South Dakota	64
Minnesota State, Mankato	54
St. Cloud State	52
Nebraska-Omaha	44
Augustana	29.5
North Dakota	20
Northern Colorado	17
Morningside	0

MVP-Tiffini Schuebel, SDSU

Coach-Beth Sullivan, MSU

1996 at Vermillion, S.D.

North Dakota State	164
South Dakota	105
Mankato State	84
Nebraska-Omaha	53
South Dakota State	44
Augustana	43
North Dakota	16
St. Cloud State	16
Morningside	2

MVP-Jennifer Peck, MSU

Coach-Jerry Gores, NDSU

1997 at Vermillion, S.D.

South Dakota	106
Nebraska-Omaha	101
North Dakota State	82
South Dakota State	70
St. Cloud State	51
Minnesota State, Mankato	46
Augustana	43
North Dakota	28
Morningside	0

MVP-Elena Swan, USD

Coach-Lucky Huber, USD

1998 at Fargo, N.D.

South Dakota	175
North Dakota State	143.5
Nebraska-Omaha	85
South Dakota State	57
Augustana	39
St. Cloud State	33.5
Minnesota State, Mankato	26
North Dakota	15
Morningside	15

MVP - Jill Theeler, NDSU

Coach - Lucky Huber, USD

1999 at Vermillion, S.D.

South Dakota	171
North Dakota	157
Nebraska-Omaha	91
North Dakota	55
Morningside	35
South Dakota State	30
Augustana	28
St. Cloud State	18
Minnesota State, Mankato	4

MVP - Sandy Derby, UNO

Coach -Lucky Huber, USD

2000 at Fargo, N.D.

North Dakota State	184.33
North Dakota	94.33
South Dakota	77
Nebraska-Omaha	73.33
South Dakota State	72
Morningside	44
Augustana	26
St. Cloud State	15
Minnesota State, Mankato	3

MVP - Meredith Davis, MC

Coach - Dick Clay, UND

2001 at Vermillion, S.D.

North Dakota State	192.5
Nebraska-Omaha	132.5
South Dakota	129
North Dakota	89.5
Morningside	58
South Dakota State	56
St. Cloud State	45.5
Minnesota State, Mankato	20
Augustana	17

MVP-Sarah Deckert, USD

Coach-Tim Hendricks, UNO

2002 at Mankato, Minn.

North Dakota State	232
Nebraska-Omaha	116
North Dakota	84
South Dakota State	75.5
South Dakota	74
Minnesota State, Mankato	53.5
Morningside	47
Augustana	37
St. Cloud State	19

MVP - Tamara Brudy, NDSU

Coach - Ryun Godfrey, NDSU

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2003 at Vermillion, S.D.

North Dakota State	215.83
South Dakota	143
Nebraska-Omaha	119
South Dakota State	79
Augustana	62
North Dakota	61
Minnesota State, Mankato	52.83
St. Cloud State	7.33

MVP - Crystal Cummins, NDSU

Coach - Ryun Godfrey, NDSU

2004 at Mankato, Minn.

North Dakota State	212.5
South Dakota	160
Nebraska-Omaha	114.5
North Dakota	80
Minnesota State, Mankato	57.5
South Dakota State	50
Augustana	45.5
St. Cloud State	21

MVP - Brianne Edwards, USD

Coach - Ryun Godfrey, NDSU & Lucky Huber, USD

2005 at Vermillion, S.D.

South Dakota	203
Nebraska-Omaha	177
North Dakota	100
Minnesota State, Mankato	99.5
Augustana	95
Minnesota Duluth	42.5
St. Cloud State	22

MVP - Stephanie Gebhart, USD

Coach - Lucky Huber, USD

2006 at Mankato, Minn.

South Dakota	206.25
Nebraska-Omaha	155
Augustana	98
Minnesota State, Mankato	97.25
North Dakota	75
Minnesota Duluth	55.5
St. Cloud State	49

MVP-Laverne Monger, UNO

Coach-Tracy Hellman, AC & Lucky Huber, USD

2007 at Vermillion, S.D.

Nebraska-Omaha	162.5
Minnesota State, Mankato	134
North Dakota	124.5
South Dakota	121.5
Augustana	75
Minnesota Duluth	70.5
St. Cloud State	51

MVP-Katelin Rains, MSU

Coach-Steve Smith, UNO

2008 at Mankato, Minn.

South Dakota	192
Minnesota State, Mankato	162
Augustana	124
Nebraska-Omaha	110
Minnesota Duluth	64
North Dakota	54
St. Cloud State	31

MVP - Ramsey Kavan, USD

Coach - Lucky Huber, USD

event champions

55 Meters (retired)

1982	Sue Klein, USD	:07.32
1983	Katrina Golden, USD	:07.38
1984	Jere Domes, MSU	:07.06
1985	Sue Harman, MSU	:07.37
1986	Janis Thompson, NDSU	:07.39
1987	Kathy Harris, UNO	:07.30
1988	Caroline Booth, NDSU	:07.30
1989	Tamara Gilmore, NDSU	:07.35
1990	Jenni Wood, USD	:07.35
1991	Tunisia Evans, USD	:07.23
1992	Dawn Koehn, NDSU	:07.33
1993	Ronda Viken, NDSU	:07.17
1994	Michelle Christie, USD	:06.96
1995	Tunisa Evans, USD	:07.20
1996	Jane Loskot, NDSU	:07.27
1997	Carmen Richardson, SCSU	:07.12
1998	Jill Theeler, NDSU	:07.21
1999	Michelle Munsen, USD	:07.11
2000	Sara Deckert, USD	:07.16
2001	Carly Lambert, UNO	:07.02

60 Meters (retired from 1982-2002)

1981	Kristi Stewart, UNO	:07.8
2002	Carly Lambert, UNO	:07.66
2003	Sarah Niemann, NDSU	:07.79
2004	Anna Sandoval, SCSU	:07.77
2005	Laverne Monger, UNO	:07.69
2006	Laverne Monger, UNO	:07.64
2007	Molly Belling, UNO	:07.56
2008	Brittany Henderson, MSU	:07.58

200 Meters

1981	Regina Dale, UNO	:25.6
1982	Sue Klein, USD	:25.54
1992	Dawn Koehn, NDSU	:25.59
1993	Jane Loskot, NDSU	:25.34
1994	Marie Brown, USD	:25.16
1995	Jane Loskot, NDSU	:25.23
1996	Jane Loskot, NDSU	:24.96
1997	Carri Butler, UNO	:25.09
1998	Jill Theeler, NDSU	:25.18
1999	Tamara Brudy, NDSU	:24.37
2000	Sara Deckert, USD	:24.72
2001	Sara Deckert, USD	:24.56
2002	Tamara Brudy, NDSU	:24.79
2003	Sarah Menghini, UNO	:25.21
2004	Shanda Larsen, NDSU	:24.65
2005	Stephanie Gebhart, USD	:24.62
2006	Laverne Monger, UNO	:24.80
2007	Molly Belling, UNO	:24.38
2008	Pinar Saka, UNO	:24.54

300 Meters (retired)

1983	Becky Wilson, UNO	:41.12
1984	Jere Domes, MSU	:40.38
1985	Paula Burma, SDSU	:40.59
1986	Shelly Johnson, MSU	:41.84
1987	Caroline Booth, NDSU	:41.55
1988	Caroline Booth, NDSU	:41.24
1989	Linda Gdowski, USD	:40.28
1990	Linda Gdowski, USD	:39.82
1991	Dawn Koehn, NDSU	:40.71

400 Meters

1981	Kristi Stewart, UNO	:58.00
1982	Elaine Zell, UNO	:59.63
1983	Becky Wilson, UNO	:59.01
1984	Michelle Olson, MSU	:58.58
1985	Paula Burma, SDSU	:57.47
1986	Melanie Sunding, SDSU	:59.35
1987	Jill Stevenson, SDSU	:58.89
1988	Suzanne Stelling, AC	1:00.12
1989	Linda Gdowski, USD	:57.22
1990	Linda Gdowski, USD	:57.08
1991	Linda Gdowski, USD	:58.22
1992	Dawn Koehn, NDSU	:57.41
1993	Jodi Browne, USD	:57.33
1994	Ronda Viken, NDSU	:58.19
1995	Carri Butler, UNO	:57.64
1996	Carri Butler, UNO	:55.88
1997	Carri Butler, UNO	:56.28
1998	Jill Theeler, NDSU	:56.79
1999	Tammy Wigley (Brudy), NDSU	:55.37
2000	Tamara Wigley-Brudy, NDSU	:56.52
2001	Sara Deckert, USD	:55.03
2002	Tamara Brudy, NDSU	:55.14
2003	Kinsey Coles, NDSU	:56.57
2004	Sarah Menghini, UNO	:55.88
2005	Stephanie Gebhart, USD	:56.58
2006	Stephanie Gebhart, USD	:55.43
2007	Karin Clarkson, UNO	:57.09
2008	Pinar Saka, UNO	:55.74

500 Meters

1983	Anita Miss, USD	1:22.78
1984	Lisa Swan, NDSU	1:17.47
1985	Lisa Swan, NDSU	1:16.32
1986	Sheila Brown, UNO	1:17.33
1987	Beth Cooper, NDSU	1:17.17
1988	Shelly Kruse, AC	1:18.76
1989	Suzanne Stelling, AC	1:17.0
1990	Suzanne Stelling, AC	1:16.33
1991	Lisa Ristau, NDSU	1:16.72
1992	Lisa Ristau, NDSU	1:15.8
1993	Marie Crep, UND	1:16.01
1994	Marie Crep, UND	1:17.07
1995	Mary Gill, NDSU	1:14.95
1996	Mary Gill, NDSU	1:16.62
1997	Mary Gill, NDSU	1:15.58
1998	Stephanie Knight, USD	1:14.24
1999	Sandy Derby, UNO	1:14.28
2000	Heidi Faul, UND	1:16.86
2001	Kinsey Coles, NDSU	1:16.19
2002	Kinsey Coles, NDSU	1:13.95
2003	Nicole Rieck, NDSU	1:17.87
2004	Kinsey Coles, NDSU	1:12.97
2005	Amber Stoltenburg, USD	1:15.65
2006	Meghan Reifenrath, USD	1:15.04
2007	Angela Kampschneider, UNO	1:15.32
2008	Emma Erickson, USD	1:14.80

600 Meters (retired)

1981	Collette Shelton, UNO	1:37.4
1982	Tammi Wermers, SDSU	1:38.39

800 Meters

1981	Deb Bergerson, NDSU	2:22.20
1982	Deb Bergerson, NDSU	2:15.04
1983	Tammi Wermers, SDSU	2:17.58
1984	Zel Fowler, UNO	2:15.42
1985	Tammi Cheevers, SDSU	2:13.21

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1986	Janice Moreau, UNO	2:15.59
1987	Kim Fordham, SDSU	2:16.66
1988	Kim Fordham, SDSU	2:12.91
1989	Sue Trzeciak, USD	2:16.24
1990	Kim Berthiaume, SCSU	2:17.73
1991	Kim Fordham, SDSU	2:17.49
1992	Trina Steffes, NDSU	2:14.2
1993	Gina DeWitt, MC	2:13.91
1994	Elizabeth Wilson, AC	2:13.57
1995	Michelle Berger, NDSU	2:15.81
1996	Michelle Clark, MSU	2:15.12
1997	Jennifer Munyan, USD	2:13.21
1998	Nicole Sickels, MSU	2:17.50
1999	Patricia Goetz, USD	2:17.82
2000	Missy Berg, UND	2:15.96
2001	Cortney Ward, NDSU	2:14.02
2002	Rachel Kraft, NDSU	2:14.33
2003	Kinsey Coles, NDSU	2:15.25
2004	Sarah Klein, NDSU	2:14.56
2005	Kalissa Kurke, MSU	2:15.43
2006	Kassandra Laber, USD	2:12.57
2007	Heidi Evans, UNO	2:14.72

1,000 Meters

1983	Linda Elsasser, UNO	2:57.98
1984	Nancy Dietman, NDSU	2:58.04
1985	Sherry Crist, UNO	2:57.61
1986	Nancy Dietman, NDSU	2:57.24
1987	Sherry Crist, UNO	3:00.14
1988	Kristin Crandall, AUG	2:55.26
1989	Lori Kruckeberg, MSU	2:56.57
1990	Julie Kramer, USD	3:02.34
1991	Kristi Rieger, AC	2:58.24
1992	Libbie Simpson, UNC	2:58.2
1993	Barb Keefover, UNO	2:59.09
1994	Jennifer Peck, MSU	2:56.00
1995	Jennifer Peck, MSU	2:52.72
1996	Jennifer Peck, MSU	2:54.53
1997	Mary Gill, NDSU	2:58.80
1998	Krista Trei, USD	2:57.76
1999	Cindy Scott, UND	2:57.17
2000	Jodi Smith, SDSU	2:58.45
2001	Katie Marschel, UND	2:58.82
2002	Jackie Auwarter, UND	2:55.45
2003	Cortney Christensen, NDSU	2:57.64
2004	Kinsey Coles, NDSU	2:59.20
2005	Veronica Sackett, UND	3:02.18
2006	Tahnee Tuenge, UNO	2:59.70
2007	Liz Palkie, UMD	3:01.20
2008	Ramsey Kavan, USD	2:52.33

1,500 Meters (retired)

1981	Laura Geason, SDSU	4:45.50
1982	Nancy Gieske, SDSU	4:36.67
1983	Laura Geason, SDSU	4:37.36
1984	Nancy Dietman, NDSU	4:30.14
1985	Nancy Dietman, NDSU	4:35.63
1986	Nancy Dietman, NDSU	4:41.42
1987	Susan Miller, SDSU	4:39.41
1988	Kim Fordham, SDSU	4:47.10
1989	Jenni Schultz, SCSU	4:45.90
1990	Steph Bruening, UND	4:40.17
1991	Kim Fordham, SDSU	4:39.94
1992	Trina Steffes, NDSU	4:40.31
1993	Louise Ronnerman, UND	4:33.84
1994	Louise Ronnerman, UND	4:38.91
1995	Jennifer Peck, MSU	4:37.43

Mile Run

1996	Jennifer Peck, MSU	5:04.32
1997	Tara Biltoft, UNO	5:03.91
1998	Codi Lehr, NDSU	5:01.42
1999	Tina Fenske, USD	4:57.02
2000	Becky Leppard, UND	4:57.38
2001	Becky Leppard, UND	4:58.36
2002	Katie Marschel, UND	5:00.00
2003	Cortney Christensen, NDSU	4:57.42
2004	Erin Klein, NDSU	5:03.41
2005	Rachel Stangler, AC	5:08.21
2006	Aimee Nielsen, USD	5:02.14
2007	Heidi Evans, UND	5:04.05
2008	Ramsey Kavan, USD	5:01.40

3,000 Meters

1981	Vicki Coyle, SDSU	10:10.60
1982	Nancy Gieske, SDSU	9:56.80
1983	Lori Bocklund, SDSU	10:04.48
1984	Kristin Asp, SDSU	9:42.96
1985	Nancy Dietman, NDSU	9:48.06
1986	Bev Weiman, NDSU	10:05.91
1987	Susan Miller, SDSU	10:09.80
1988	Christy Young, SDSU	10:05.64
1989	Susie Oster, SDSU	10:11.06
1990	Susie Oster, SDSU	9:57.4
1991	Michelle Nelson, SCSU	9:50.45
1992	Michelle Nelson, SCSU	10:03.05
1993	Steph Bruening, UND	9:44.68
1994	Steph Bruening, UND	9:56.42
1995	Kristin Gfroerer, NDSU	10:22.91
1996	Kristin Gfroerer, NDSU	10:23.51
1997	Tara Biltoft, UNO	10:00.78
1998	Stacy Johnson, AC	9:54.69
1999	Becky Leppard, UND	10:10.77
2000	Becky Leppard, UND	10:11.69
2001	Becky Leppard, UND	10:03.09
2002	Jessica Neva, UND	10:15.88
2003	Erin Woolley, SDSU	10:09.39
2004	Erin Klein, NDSU	10:15.63
2005	Rachel Stangler, AC	10:29.61
2006	Rachel Stangler, AC	10:08.59
2007	Margaret Landberg, UND	10:24.61
2008	Ramsey Kavan, USD	10:13.01

5,000 Meters

1992	Evette Edmondson, UND	17:58.10
1993	Kiri Johnson, SDSU	17:24.77
1994	Pam Drietz, NDSU	17:38.48
1995	Pam Drietz, NDSU	17:53.15
1996	Kim Olund, UND	17:29.07
1997	Shawna Desmet, SDSU	17:26.72
1998	Diane McCormack, MSU	18:30.24
1999	Leah Gifford, AC	17:46.16
2000	Jessie Kindschi, SDSU	17:57.03
2001	Allison Lind, SDSU	17:22.03
2002	Amber Friedrich, USD	17:30.23
2003	Sheena Dauer, SDSU	17:25.47
2004	Jessica Neva, UND	17:01.73
2005	Sara Hayes, AC	18:13.77
2006	Rachel Stangler, AC	17:30.53
2007	Rachel Stangler, AC	18:01.85
2008	Miranda Wagner, AC	18:01.15

Pentathlon

1993	Tina Baum, SDSU	3,498
1994	Lisa Kresky, NDSU	3,393
1995	Nancy Weber, UNC	3,583

1996	Lisa Kresky, NDSU	3,384
1997	Lynde Thelen, SDSU	3,261
1998	Tonya Kniefel, USD	3,453
1999	Sandy Derby, UNO	3,522
2000	Andi Noel, NDSU	3,463
2001	Andi Noel, NDSU	3,472
2002	Lyndsey Hunter, UNO	3,465
2003	Brianne Vette, USD	3,644
2004	Brianne Vette-Edwards, USD	3,777
2005	Anastasia Kyvelidou, UNO	3,920
2006	Jamie Sershen, AC	3,329
2007	Lindsey Krueger, SCSU	3,321
2008	Kaycie Merrihew, MSU	3,277

55 Meter Hurdles (retired)

1982	Yvette Greer, USD	:08.40
1983	Deb Dodds, USD	:08.91
1984	Adele Kemp, NDSU	:08.34
1985	Deb Dodds, USD	:08.63
1986	Deb Dodds-Dugan, USD	:08.59
1987	Luonna VanMeveran, MSU	:08.39
1988	Luonna VanMeveran, MSU	:08.44
1989	Darcy Siebels, USD	:08.50
1990	Ruth Raak, SDSU	:08.41
1991	Darcy Siebels, USD	:08.06
1992	Lisa Ristau, NDSU	:08.18
1993	Anna Ratzlof, AC	:08.26
1994	Lisa Kresky, NDSU	:08.20
1995	Lisa Kresky, NDSU	:08.08
1996	Jane Loskot, NDSU	:08.16
1997	Elena Swan, USD	:08.16
1998	Elena Swan, USD	:08.08
1999	Lashonte McReynolds, UNO	:08.18
2000	Meredith Davis, MC	:08.19
2001	Meredith Davis, MC	:08.23

60 Meter Hurdles (retired from 1982-2002)

1981	Regina Dale, UNO	:09.0
2002	Meredith Davis, MC	:08.28
2003	Cori Vining, SDSU	:08.71
2004	Brianne Vette-Edwards, USD	:08.83
2005	Anastasia Kyvelidou, UNO	:08.73
2006	Lisa Paulson, MSU	:08.85
2007	Lindsay House, USD	:09.03
2008	Jessica Clausnitzer, UND	:09.05

Shot Put

1981	Renee Carlson, NDSU	42-6
1982	Karla Brotherton, SDSU	41-10
1983	Renee Carlson, NDSU	43-8
1984	Renee Carlson, NDSU	45-11
1985	Karla Brotherton, SDSU	45-11 1/2
1986	Lesa Pederson, MSU	44-4
1987	Lesa Pederson, MSU	44-2 3/4
1988	Mary Muench, MSU	44-7 1/2
1989	Edie Boyer, NDSU	47-5 3/4
1990	Traci Werner, UND	46-8 1/2
1991	Kathy Lynch, NDSU	44-2 2/4
1992	Elizabeth Felker, UNC	43-11 3/4
1993	Kris LeClair, NDSU	45-7
1994	Julie Beck, NDSU	44-10
1995	Angela West, SCSU	46-0 1/2
1996	Londa VanderWal, SDSU	44-7 1/2
1997	Theresa Williams, UNO	46-9 3/4
1998	Nancy Overman, SDSU	45-8
1999	Nancy Fischer, SDSU	48-04
2000	Julia Karst-Gray, NDSU	49-3 3/4
2001	Tara Coperhaver, NDSU	48-7 1/2

women's indoor track & field

2002	Kortney Ihnen, MSU	12.40m
2003	Amanda Muller, USD	14.51m
2004	Michelle Carter, SDSU	13.98m
2005	Dana Olimb, UND	13.14m
2006	Lindsey Schultz, AC	13.51m
2007	Lindsey Schultz, AC	14.33m
2008	Lindsey Schultz, AC	13.65m

Long Jump

1981	Regina Dale, UNO	18-2 3/4
1982	Regina Dale, UNO	19-0 1/4
1983	Cilla Rew, USD	17-7
1984	Jere Domes, MSU	17-11 1/2
1985	Becky Kapperman, UNO	17-7
1986	Karen Bergantine, UND	18-4
1987	Lora Schloss, NDSU	17-10 1/4
1988	Becky Anderson, SCSU	17-9
1989	Becky Anderson, SCSU	18-8 3/4
1990	Denise Hanson, MSU	18-5
1991	Lisa Ristau, NDSU	18-8 1/2
1992	Lisa Ristau, NDSU	19-2
1993	Tiffini Schuebel, SDSU	19-1
1994	Tiffini Schuebel, SDSU	19-3 3/4
1995	Tiffini Schuebel, SDSU	20-5 1/4
1996	Lisa Kresky, NDSU	18-11 1/4
1997	Elena Swan, USD	18-11
1998	Elena Swan, USD	19-11
1999	Tonya Kniefel, USD	18-10 1/4
2000	Meredith Davis, MC	19-6 1/2
2001	Meredith Davis, MC	19-9 1/2
2002	Meredith Davis, MC	6.12m
2003	Crystal Cummins, NDSU	5.91m
2004	Amanda Thieschafer, NDSU	6.02m
2005	Foluso Makinde, UNO	6.06m
2006	Foluso Makinde, UNO	5.83m
2007	Katelin Rains, MSU	5.63m
2008	Shana Brown, UNO	5.66m

High Jump

1981	Beth Kerschinske, UNO	5-4
1982	Beth Kerschinske, UNO	5-6 1/2
1983	Stacey Simle, NDSU	5-7
1984	Cherri Hanson, MSU	5-4
1985	Lora Schloss, NDSU	5-6
1986	Lora Schloss, NDSU	5-7
1987	Lora Schloss, NDSU	5-9 3/4
1988	Lora Schloss, NDSU	5-7
1989	Tina Baum, SDSU	5-7
1990	Wendy Kinneberg, UND	5-8
1991	Tina Baum, SDSU	5-6
1992	Gigi DesLauriers, SCSU	5-6
1993	Penny Ensrud, NDSU	5-10 1/4
1994	Penny Ensrud, NDSU	5-6 1/4
1995	Andrea Jeseritz, NDSU	5-8 1/4
1996	Andrea Jeseritz, NDSU	5-9
1997	Debby Volkers, AC	5-10 1/2
1998	Debby Volkers, AC	5-7 1/4
1999	Tonya Kniefel, USD	5-7 1/2
2000	Julie Johnson, UND	5-8 1/4
2001	Tonya Kniefel, USD	5-7 1/4
2002	Margot Knorr, NDSU	1.70m
2003	Crystal Cummins, NDSU	1.72m
2004	Kayln Byers, UNO	1.71m
2005	Krystal Burggraff, MSU	1.70m
2006	Tanya Salter, USD	1.73m
2007	Kali Erlandson, MSU	1.73m
2008	Becky Schulz, AC	1.66m

Triple Jump

1984	Becky Wilson, UNO	37-5 1/2
1985	Becky Kapperman, UNO	37-2 1/2
1986	Deb Rose, SCSU	35-2
1987	Deb Rose, SCSU	35-11 1/2
1988	Jenny Perry, AC	36-9
1989	Julie Salazar, UNC	38-10 1/2
1990	Becky Anderson, SCSU	39-5
1991	Jenny Perry, AC	37-3
1992	Becky Anderson, SCSU	39-1 1/4
1993	Tiffini Schuebel, SDSU	37-11
1994	Lynde Thelen, SDSU	39-4
1995	Lynde Thelen, SDSU	39-2 1/2
1996	Michelle Mellegaard, USD	38-7 1/2
1997	Elena Swan, USD	39-6
1998	Elena Swan, USD	38-3 1/2
1999	Jill Theeler, NDSU	39-3 1/4
2000	Cathy Craig, UNO	39-3 1/4
2001	Amanda Thieschafer, NDSU	39-5 3/4
2002	Amanda Thieschafer, NDSU	12.40m
2003	Amanda Thieschafer, NDSU	12.57m
2004	Amanda Thieschafer, NDSU	12.78m
2005	Anatasia Kyvelidou, UNO	12.15m
2006	Natalie Stout, USD	11.98m
2007	LaCheryl Prince, UNO	11.59m
2008	Katelin Rains, MSU	11.46m

Weight Throw

1998	Vicki Poehler, NDSU	51-0
1999	Jen Haage, MC	54-1 1/2
2000	Diandra Bauer, NDSU	60-0 1/4
2001	Diandra Bauer, NDSU	61-11
2002	Molly Peppel, NDSU	18.04m
2003	Amanda Muller, USD	17.14m
2004	Kassidi Myrick, USD	17.36m
2005	Tiffany Barber, USD	17.28m
2006	Talia Campbell, UMD	16.05m
2007	Kami Sweet, MSU	16.33m
2008	Cassie Corrigan, UMD	15.76m

Pole Vault

1998	Carey Meinert, SCSU	9-6
1999	Nicole Bergh, SCSU	10-10 1/4
2000	Jodi Tarasewicz, SCSU	11-3 1/2
2001	Sandy Pelkofer, USD	12-0
2002	Sandy Pelkofer, USD	3.79m
2003	Jessica Roehrick, NDSU	3.63m
2004	Amanda Frame, MSU	3.97m
2005	Amanda Frame, MSU	3.99m
2006	Katelin Rains, MSU	3.81m
2007	Katelin Rains, MSU	4.11m
2008	Katelin Rains, MSU	4.07m

Relay Champions

400 Meter Relay (retired)

1981	Nebraska-Omaha	:49.6	(Buchert, Shelton, Dale, Stewart)
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800 Meter Relay (retired)

1982	South Dakota	1:43.81	(Golden, Lenners, Greer, Klein)
1983	North Dakota State	1:44.25	(Rittenour, Torvik, Swan, Rutt)
1984	Nebraska-Omaha	1:45.91	(Bundy, Pearson, Fowler, Wilson)
1985	North Dakota State	1:44.25	(Booth, Thompson, Swan, Cooper)

1986	Minnesota State, Mankato	1:47.96	(Johnson, Van Meveran, Morris, Averbek)
1987	North Dakota State	1:45.11	(Booth, Gilmore, Schloss, Cooper)
1988	Minnesota State, Mankato	1:47.24	(Sander, Schuetze, Buckwalter, Van Meveran)
1989	South Dakota	1:43.45	(Wood, Squillace, Chopskie, Gdowski)
1990	North Dakota State	1:42.52	(Ristau, Gilmore, Koehn, Leonard)
1991	South Dakota	1:44.68	(Gdowski, Wood, Sudrila, Chopskie)
1992	North Dakota State	1:42.62	(Ristau, Koehn, Kelly, Viken)
1993	North Dakota State	1:41.57	(Richter, Koehn, Kelly, Viken)
1994	North Dakota State	1:43.88	(Lewis, Viken, Richter, Owen)
1995	North Dakota State	1:41.80	(Lewis, Loskot, Richter, Kresky)

400 Meter Relay

1998	North Dakota State	:46.02	
1999	North Dakota State	:46.83	(Bachmeier, Theeler, Melland, Brudy)

1600 Meter Relay

1981	Nebraska-Omaha	4:02.30	(Peterson, Dale, Stewart, Shelton)
1982	South Dakota State	4:02.14	(Burma, Wermers, Niesen, Zell)
1983	North Dakota State	4:01.75	(Rittenour, Leingang, Rutt, Swan)
1984	South Dakota State	4:00.99	(Kluck, Cheever, Sunding, Burma)
1985	North Dakota State	3:59.49	(Rutt, Thompson, Swan, Cooper)
1986	South Dakota State	4:01.15	(Stevenson, Seyer, Oster, Haynes)
1987	South Dakota State	4:00.50	(Stevenson, Oster, Fordham, Sunding)
1988	South Dakota	3:59.84	(Trzeciak, Squillace, Siebels, Gdowski)
1989	South Dakota	3:57.27	(Siebels, Squillace, Trzeciak, Gdowski)
1990	South Dakota	3:54.88	(Siebels, Squillace, Dean, Gdowski)
1991	South Dakota	3:57.25	(Chopskie, Siebels, Dean, Gdowski)
1992	Minnesota State, Mankato	3:58.41	(Meyer, Grund, Maertens, Prange)
1993	North Dakota State	3:56.36	(Richter, Faus, Kelly, Loskot)
1994	North Dakota State	3:55.26	(Lewis, Richter, Keller, Viken)
1995	North Dakota State	3:54.63	(Lewis, Loskot, Gill, Richter)
1996	South Dakota	3:55.94	
1997	North Dakota State	3:54.53	(Lewis, Chiodo, Loskot-Wick, Gill)
1998	South Dakota	3:51.64	(Kuhlmann, Swan, Trei, Knight)
1999	North Dakota State	3:52.65	
2000	North Dakota State	3:56.85	(Williams, Domaskin, Goodman, Faul)
2001	Nebraska-Omaha	3:52.35	
2002	North Dakota State	3:49.32	(Coles, Theeler, Rieck, Brundy)

women's indoor track & field

2003	North Dakota State	3:51.94
2004	North Dakota State (Rieck, Smith, Larsen, Coles)	3:48.76
2005	Nebraska-Omaha (Hughes, Kampschieder, Lane, Orzylowski)	3:57.86
2006	South Dakota (Smith, Mullenberg, Laber, Gebhart)	3:49.37
2007	Nebraska-Omaha (Clarkson, Kampschneider, Saka, Monger)	3:49.07
2008	South Dakota (Gebhart, Erickson, Miller, Brueske)	3:49.49

Distance Medley Relay (Retired 1998-2005)

1996	Minnesota State, Mankato	12:15.89
1997	Minnesota State, Mankato (Clarke, Bitz, Velzke, Heibel)	12:16.94
2005	Augustana (Stangler, Sershen, Stoll, Hayes)	12:11.65
2006	South Dakota (Keating, Blackler, Reifenrath, Dunlap)	12:16.90
2007	Nebraska-Omaha (Mertes, Kampschneider, Nelson, Tuenge)	12:35.51
2008	South Dakota (Kavan, Gebhart, Erickson, Duba)	12:15.36

3200-Meter Relay (Retired)

1998	Nebraska-Omaha (Williams, Parsons, Vanterpool, Henry)	9:32.10
1999	North Dakota	9:31.42
2000	North Dakota (Berg, Maine, Marschel, Leppard)	9:34.70
2001	North Dakota State	9:18.91
2002	North Dakota State (Christensen, Dougherty, Klein, Kraft)	9:16.93
2003	North Dakota State	9:19.59
2004	North Dakota State (Tracy, Halsey, Conlon, Klein)	9:14.53

multiple winners

Four-Time Winners in One Event

Lora Schloss, North Dakota State, high jump (1985-86-87-88)
Amanda Thieschafer, NDSU, Triple Jump (2001-02-03-04)

Three-Time Winners in One Event

Nancy Dietman, North Dakota State, 1500m (1984-85-86)
Deb Dodds Dugan, South Dakota, 55 hurdles (1983-85-86)
Renee Carlson Aalund, North Dakota State, shot put (1981-83-84)
Linda Gdowski, South Dakota, 100 meters (1989-90-91)
Tiffini Schuebel, South Dakota State, long jump (1993-94-95)
Jennifer Peck, Minn. St., Mankato, 1000 meters (1994-95-96)
Carri Butler, Nebraska-Omaha, 400 meters (1995-96-97)
Mary Gill, North Dakota State, 500 meters (1995-96-97)
Sara Deckert, South Dakota, 200 meters (1999-2000-01)
Becky Leppard, North Dakota, 3000 meters (1999-2000-01)

Meredith Davis, Morningside, 55 & 60 hurdles (2000-01-02)
Meredith Davis, Morningside, Long Jump (2000-01-02)
Kinsey, Coles, North Dakota State, 500 meters (2001-02-04)
Kaitlin Rains, Minnesota State, Pole Vault (2006-07-08)
Lindsey Schultz, Augustana, Shot Put (2006-07-08)

Three-Time Winners, One Meet:

1981	Regina Dale, Nebraska-Omaha (200 meters, 60 hurdles, long jump)
1984	Jere Domes, Minnesota St., Mankato (55 meters, 300 meters, long jump)
1992	Lisa Ristau, North Dakota State (55 hurdles, 500 meters, long jump) Dawn Koehn, North Dakota State (55 meters, 200 meters, 400 meters)
1996	Jane Loskot, North Dakota State (55 meters, 200 meters, 55 hurdles)
1997	Elena Swan, South Dakota (55 hurdles, long jump, triple jump)
1998	Jill Theeler, North Dakota State (55 meters, 200 meters, 400 meters)
2005	Anastasia Kyvelidou, Nebraska-Omaha (60 hurdles, high jump, heptathlon)

Individual Career Titles

Athlete, School	Titles
Nancy Dietman, North Dakota State	6
Elena Swan, South Dakota	6
Meredith Davis, Morningside	6
Kinsey Coles, North Dakota State	6
Linda Gdowski, South Dakota	5
Lisa Ristau, North Dakota State	5
Kim Fordham, South Dakota State	5
Becky Wilson Kapperman, Nebraska-Omaha	5
Lora Schloss, North Dakota State	5
Lisa Kresky, North Dakota State	5
Jennifer Peck, Minnesota State, Mankato	5
Becky Leppard, North Dakota	5
Tamara Brudy, North Dakota State	5
Amanda Thieschafer, North Dakota State	5
Katelin Rains, Minnesota State, Mankato	5
Dawn Koehn, North Dakota State	4
Regina Dale, Nebraska-Omaha	4
Sara Deckert, South Dakota	4
Becky Anderson, St. Cloud State	4
Tiffini Schuebel, South Dakota State	4
Jane Loskot, North Dakota State	4
Mary Gill, North Dakota State	4
Carri Butler, Nebraska-Omaha	4
Jill Theeler, North Dakota State	4
Tina Baum, South Dakota State	3
Suzanne Stelling, Augustana	3
Caroline Booth, North Dakota State	3
Laura Geason, South Dakota State	3
Tammi Wermers Cheevers, SDSU	3
Renee Carlson Aalund, North Dakota State	3
Jere Domes, Minnesota State, Mankato	3
Deb Dodds Duggan, South Dakota	3
Brianne Vette-Edwards, South Dakota	3
Anastasia Kyvelidou, Nebraska-Omaha	3
Laverne Monger, Nebraska-Omaha	3
Stephanie Gebhart, South Dakota	3

Lindsey Schultz, Augustana	3
Ramsey Kavan, South Dakota	3

yearly individual point leaders

Year	Athlete, School	Pts.
1981	Regina Dale, Nebraska-Omaha	30
1982	Regina Dale, Nebraska-Omaha	14
1983	Becky Wilson Kapperman, UNO	20
1984	Jere Domes, Minnesota St., Mankato	30
1985	Becky Wilson Kapperman, UNO	28
1986	Nancy Dietman, North Dakota State	20
1987	Lora Schloss, North Dakota State	20
1988	Sue Miller, South Dakota State	20
1988	Caroline Booth, North Dakota State	20
1988	Kim Fordham, South Dakota State	20
1989	Linda Gdowski, South Dakota	20
1990	Linda Gdowski, South Dakota	20
1991	Lisa Ristau, North Dakota State	28
1992	Lisa Ristau, North Dakota State	30
1992	Dawn Koehn, North Dakota State	30
1993	Tina Baum, South Dakota State	36
1994	Marie Brown, South Dakota	32
1995	Tiffini Schuebel, South Dakota State	34
1996	Jane Loskot, North Dakota State	30
1997	Elena Swan, South Dakota	46
1998	Elena Swan, South Dakota	33
1998	Jill Theeler, North Dakota State	33
1999	Sandy Derby, Nebraska-Omaha	28
2000	Tamara Wigley-Brudy, NDSU	22
2001	Sara Deckert, South Dakota	22
2002	Meredith Davis, Morningside	28
2003	Crystal Cummins, North Dakota St.	28
2004	Brianne Vette-Edwards, USD	30
2005	Anastasia Kyvelidou, UNO	38
2006	Aimee Nielsen, USD	22
2007	Katelin Rains, MSU	26
2008	Ramsey Kavan	30

athletes of the week

1995

Jan. 17	Lisa Kresky, NDSU
Jan. 24	Kim Osler, UNO
Jan. 31	Nancy Weber, UNC
Feb. 7	Mary Gill, NDSU
Feb. 14	Tiffini Schuebel, SDSU
Feb. 21	Jane Loskot, NDSU

1996

Jan. 16	Andrea Jeseritz, NDSU
Jan. 23	Debby Volkens, AC
Jan. 30	Lisa Kresky, NDSU Kim Olund, UND
Feb. 6	Carri Butler, UNO
Feb. 13	Jane Loskot, NDSU
Feb. 20	Catie Morgan, NDSU

1997

Jan. 20	Debby Volkens, AC
Jan. 27	Debby Volkens, AC
Feb. 3	Mary Gill, NDSU
Feb. 10	Carey Melwert, SCSU
Feb. 17	Mary Gill, NDSU

women's indoor track & field

1998

Jan. 14 Jill Theeler, NDSU
 Jan. 20 Carri Butler, UNO
 Jan. 27 Elena Swan, USD
 Feb. 3 Kim Schiemenz, UNC
 Feb. 10 Carri Butler, UNO
 Feb. 17 Carey Meinert, SCSU

1999

Jan. 19 Sandy Derby, UNO
 Jan. 26 Stephanie Knight, USD
 Feb. 2 Chantel Larson, UND
 Feb. 9 Jill Theeler, NDSU
 Feb. 16 Tamara Wigley, NDSU
 Feb. 23 Brandy Echternach, USD

2000

Jan. 18 Jodi Tarasewicz, SCSU
 Jan. 24 Becky Leppard, UND
 Dianadra Bauer, NDSU
 Feb. 1 Jodi Tarasewicz, SCSU
 Kourtney Ihnen, MSU
 Feb. 8 Jennifer Stovall, SDSU
 Rochelle Gordon, UNO
 Feb. 15 Jodi Smith, SDSU
 Feb. 22 Andi Noel, NDSU

2001

Jan. 16 Diandra Bauer, NDSU
 Jan. 23 Diandra Bauer, NDSU
 Jan. 31 Jennifer Higgins, SCSU
 Feb. 6 Meredith Davis, MC
 Feb. 13 Becky Leppard, UND
 Feb. 20 Andi Noel, NDSU

2002

Jan. 15 Amanda Thieschafer, NDSU
 Jan. 22 Julie Johnson, UND
 Jan. 29 Melissa Meisinger, UNO
 Feb. 5 Jamie Keck, SDSU
 Krystal Burggraff, MSU
 Feb. 12 Molly Peppel, NDSU
 Feb. 19 Sandy Pelkofer, USD

2003

Jan. 14 Brianne Vette, USD
 Jan. 21 Cortney Christensen, NDSU
 Jan. 28 Amanda Thieschafer, NDSU
 Feb. 3 Kinsey Coles, NDSU
 Feb. 10 Cori Vining, SDSU
 Crystal Cummins, NDSU
 Feb. 18 Amanda Thieschafer, NDSU
 Feb. 25 Jennifer Stovall, SDSU

2004

Jan. 20 Becky Schulz, AC
 Amanda Frame, MSU
 Jan. 27 Sarah Klein, NDSU
 Feb. 3 Kinsey Coles, NDSU
 Feb. 10 Jessica Neva, UND
 Feb. 17 Shanda Larsen, NDSU
 Feb. 24 Amanda Frame, MSU
 Amanda Thieschafer, NDSU

2005

Jan. 18 Sara Hayes, AC
 Jan. 25 Anastasia Kyvelidou, UNO
 Feb. 1 Becky Schulz, AC
 Feb. 8 Alissa Kurke, MSU
 Feb. 15 Marci Miller, USD
 Feb. 22 Amanda Frame, MSU

2006

Jan. 17 Shelby Eykyn, AC
 Jan. 24 Kassy Laber, USD
 Jan. 30 Mary Stoll, AC
 Feb. 6 Kassy Laber, USD
 Amy Knudson, UMD
 Feb. 14 Stephanie Gebhart, USD
 Feb. 20 Kaylee Keating, USD

2007

Track

Jan. 23 Tahnee Tuenge, UNO
 Jan. 30 Pinar Saka, UNO
 Feb. 6 LaVerne Monger, UNO
 Feb. 13 Rachel Stangler, AC
 Feb. 20 Liz Palkie, UMD

Field

Jan. 16 - Amanda Kunkel, SCSU
 Katelin Rains, MSU
 Jan. 23 - Katelin Rains, MSU
 Jan. 30 - Katelin Rains, MSU
 Feb. 6 - Katelin Rains, MSU
 Feb. 13 - LaCheryl Prince, UNO
 Feb. 20 - Katelin Rains, MSU

2008

Track

Dec. 11 Emma Erickson, USD
 Jan. 15 Brittany Henderson, MSU
 Jan. 22 Pinar Saka, UNO
 Jan. 29 Emma Erickson, USD
 Pinar Saka, UNO
 Feb. 5 Emma Erickson, USD
 Pinar Saka, UNO
 Feb. 12 Ramsey Kavan, USD
 Feb. 19 Ramsey Kavan, USD
 Feb. 25 Emma Erickson, USD

Field

Dec. 11 Katelin Rains, MSU
 Dec. 15 Katelin Rains, MSU
 Jan. 22 Katelin Rains, MSU
 Jan. 29 Becky Schulz, AC
 Feb. 5 Lauren Stelten, MSU
 Feb. 12 Katelin Rains, MSU
 Feb. 19 Shana Brown, UNO
 Amanda Kunkel, SCSU
 Feb. 25 Katelin Rains, MSU

national champions

Year	Name, School	Event	Mark
1985	Nancy Dietman, NDSU	3000m	9:34.33
1988	Kim Fordham, SDSU	800m	2:11.37
1989	Kim Fordham, SDSU	800m	2:13.25
1992	Gigi DesLauriers, SCSU	H. Jump	5-8
1993	Penny Ensrud, NDSU	H. Jump	5-9 1/4
	Gina DeWitt, MC	800 m	2:11.29
1994	Marie Crep, UND	800m	2:12.66
1995	Kim Osler, UNO	55 Hurd.	
1996	Andrea Jeseritz, NDSU	H. Jump	5-8

1997 Debby Volkens, AC H. Jump 5-10 1/2
 1998 Debby Volkens, AC H. Jump 5-10 1/2
 Elena Swan, USD L. Jump 19-3 1/2
 Elena Swan, USD T. Jump 40-1 1/2
 2001 Sara Deckert, USD 400m :54.65
 Diandra Bauer, NDSU WThrow60-8 3/4
 Sandy Pelkofer, USD P. Vault 12-3 1/2
 2002 A. Thieschafer, NDSU Tr. Jump 12.41m
 2004 Amanda Frame, MSU P. Vault 3.98m
 A. Thieschafer, NDSU Tr. Jump 12.91m
 Kinsey Coles, NDSU 800m 2:07.54
 NDSU 4x400 3:45.22
 (Shigg, Smith, Klein, Coles)
 2005 Foluso Makinde, UNO L. Jump 6.11m
 Amanda Frame, MSU P. Vault 4.00m
 Anastasia Kyvelidou, UNO T. Jump 12.26m
 2006 Foluso Makinde, UNO L. Jump 5.94m
 2007 Katelin Rains, MSU P. Vault 4.27m
 2008 Katelin Rains, MSU P. Vault 4.31m
 Emma Erickson, USD 800m 2:09.57

NCAA team standings

Year	School	Place	Pts
1985	South Dakota State	3	31
	North Dakota State	5	20
	Minnesota St., Mankato	14	8
	South Dakota	t15	6
	Nebraska-Omaha	t15	6
1987	North Dakota State	9	11
	South Dakota State	t13	7
	Minnesota St., Mankato	t13	7
	Nebraska-Omaha	t15	6
	Augustana	t18	2
	South Dakota	t21	1.5
North Dakota		t21	1.5
1988	South Dakota State	6	14
	North Dakota State	8	11
	Augustana	t18	2
	South Dakota	t18	2
	Minnesota St., Mankato	t22	1
	North Dakota	t22	1
1989	South Dakota	6	16
	South Dakota State	7	15
	Minnesota St., Mankato	13	9
	North Dakota State	t18	4
	North Dakota	22	3.5
	Northern Colorado	t26	1
1990	South Dakota	t10	14
	South Dakota State	12	13
	North Dakota	t15	5
	Augustana	t17	4
	North Dakota State	t19	2
	Minnesota St., Mankato	t21	1
	St. Cloud State	t21	1
1991	South Dakota	t7	13
	South Dakota State	t7	13
	North Dakota State	t10	10
	North Dakota	t14	8
	St. Cloud State	t19	6
Augustana	23	2	

women's indoor track & field

1992	North Dakota State	5	31
	St. Cloud State	6	26
	North Dakota	t19	1
1993	North Dakota	5	22
	North Dakota State	t6	18
	Morningside	t9	10
	South Dakota State	22	4.5
	South Dakota	25	3
	Augustana	t26	2
	Nebraska-Omaha	t26	2
1994	North Dakota State	5	20
	North Dakota	6	17
	South Dakota State	7	16
	South Dakota	10	11
	Nebraska-Omaha	22	1
1995	North Dakota State	t3	35
	Nebraska-Omaha	t10	10
	South Dakota	t18	5
	St. Cloud State	t23	2
	South Dakota State	t26	1
1996	North Dakota State	4	22
	Nebraska-Omaha	t13	9
	Minnesota St., Mankato	t19	6
	South Dakota State	t19	6
	North Dakota	t25	2
	South Dakota	27	1
	Augustana	t28	0.5
1997	Augustana	7	16
	North Dakota State	t9	13
	Nebraska-Omaha	t9	13
	South Dakota	t13	9
	Minnesota St., Mankato	t15	8
	St. Cloud State	23	2
	South Dakota State	t24	1
1998	South Dakota	2	43
	North Dakota State	10	13
	Augustana	t11	12
	Nebraska-Omaha	t11	12
	South Dakota State	t14	8
1999	North Dakota State	4	25
	South Dakota	6	23
	South Dakota State	14	6
	Morningside	17	4
	Nebraska-Omaha	23	2.5
	St. Cloud State	t24	2
	North Dakota	t24	2
2000	North Dakota State	2	47
	North Dakota	12	9
	South Dakota State	t13	8
	South Dakota	t13	8
	Morningside	t18	6
	St. Cloud State	t27	2
	Nebraska-Omaha	t30	1
2001	North Dakota State	3	38.5
	South Dakota	7	30
	Morningside	8	20
	South Dakota State	12	14
	North Dakota	13	13.5
	Nebraska-Omaha	t19	8

	St. Cloud State	t24	5
	Minn. St., Mankato	t35	1
2002	North Dakota State	1	67.5
	North Dakota	t10	15
	Morningside	t12	14
	Nebraska-Omaha	t12	14
	South Dakota	14	12.5
	Minn. St., Mankato	t34	2
	South Dakota State	t34	2
2003	North Dakota State	3	41
	South Dakota	9	17.5
	South Dakota State	10	15
	Minn. St., Mankato	T13	10
	Nebraska-Omaha	T20	8
	North Dakota	T20	8
	Augustana	T31	2
2004	North Dakota State	3	48
	South Dakota	7	33
	Minn. St., Mankato	8	13
	North Dakota	21	7
	South Dakota State	22	6
	Nebraska-Omaha	27	5
	Augustana	31	4.5
	St. Cloud State	38	2
2005	Nebraska-Omaha	5	41
	Minnesota State, Mankato	10	20
	South Dakota	t11	17
	Augustana	t27	5.5
	Minnesota Duluth	t32	3
2006	Nebraska-Omaha	8	18
	South Dakota	t10	16
	Minnesota Duluth	t31	5
	Minnesota State	t33	4.5
	Augustana	t34	4
2007	Nebraska-Omaha	t10	16
	Minnesota State, Mankato	12	14.5
	Minnesota Duluth	t21	8
	St. Cloud State	t32	4
	North Dakota	35	3
2008	South Dakota	6	36
	Minnesota State, Mankato	8	34
	North Dakota	t26	5
	Nebraska-Omaha	t30	3
	St. Cloud State	t37	1

individual in NCAA top six (Top 8 starting in 2001)

55 Meters			
Year	Individual, School	Place	Time
1991	Tunisia Evans, USD	6	:07.23
1994	Michelle Christie, USD	3	:06.89
	Marie Brown, USD	4	:07.03
2000	Carly Lambert, UNO	6	:07.12
2001	Carly Lambert, UNO	7	:07.09

55 Meter Hurdles			
Year	Individual, School	Place	Time
1987	Luonna Van Meveran, MSU	6	:08.40
1988	Luonna Van Meveran, MSU	6	:08.19
1989	Darcy Siebels, USD	5	:08.40
1991	Lisa Ristau, NDSU	5	:08.23
1992	Lisa Ristau, NDSU	3	:08.03
1994	Kim Osler, UNO	6	:08.27
1995	Kim Osler, UNO	1	:07.99
	Jane Loskot, NDSU	4	:08.26
	Lisa Kresky, NDSU	5	:08.26
1996	Casi McFarland, USD	6	:08.35
1998	Elena Swan, USD	5	:08.09
2000	Meredith Davis, MC	3	:08.11
	Jennifer Stovall, SDSU	5	:08.28
2001	Meredith Davis, MC	4	:08.05
	Andi Noel, NDSU	6	:08.12
	Gretchen Cooper, NDSU	7	:08.18

60 Meters			
Year	Individual, School	Place	Time
2002	Carly Lambert, UNO	6	:07.60
2006	Molly Belling, UNO	7	:07.68
2007	Laverne Monger, UNO	8	:07.68
2008	Brittany Henderson, MSU	3	:07.51

60 Meter Hurdles			
Year	Individual, School	Place	Time
2004	Cori Vining, SDSU	4	:08.81
	Shelby Eykyn, AC	8	:08.91
2005	Anatasia Kyvelidou, UNO	5	:08.70
	Shelby Eykyn, AC	7	:08.76

200 Meters			
Year	Individual, School	Place	Time
2005	Stephanie Gebhart, USD	6	:24.58
2006	Laverne Monger, UNO	3	:24.52
	Stephanie Gebhart, USD	4	:24.58
2007	Molly Belling, UNO	3	:24.29
	Laverne Monger, UNO	4	:24.45
2008	Brittany Henderson, MSU	6	:24.93

400 Meters			
Year	Individual, School	Place	Time
1989	Linda Gdowski, USD	3	:57.31
1990	Linda Gdowski, USD	6	:57.03
1993	Jodi Browne, USD	5	:57.15
1996	Carri Butler, UNO	2	:54.60
1997	Carri Butler, UNO	3	:55.31
1998	Stephanie Knight, USD	2	:54.88
	Carri Butler, UNO	3	:54.99
	Jill Theeler, NDSU	t5	:55.62
1999	Jill Theeler, NDSU	3	:54.71
	Stephanie Knight, USD	6	:55.26
2000	Jill Theeler, NDSU	2	:55.05
	Tamara Wigley-Brudy, NDS	3	:55.62
2001	Sara Deckert, USD	1	:54.65
	Tamara Brudy, NDSU	6	:55.85
	Jennifer Higgins, SCSU	8	:56.25
2002	Tamara Brudy, NDSU	2	:54.58
	Jill Theeler, NDSU	5	:55.30
2005	Stephanie Gebhart, USD	3	:55.40
2006	Stephanie Gebhart, USD	3	:55.17
2008	Stephanie Gebhart, USD	6	:56.52

women's indoor track & field

800 Meters

Year	Individual, School	Place	Time
1985	Tammi Cheevers, SDSU	3	2:12.95
	Janice Moreau, UNO	4	2:13.25
	Lori Kruckenberg, MSU	5	2:13.64
1987	Kim Fordham, SDSU	3	2:13.05
	Robin Lenocker, AC	5	2:20.06
1988	Kim Fordham, SDSU	1	2:11.37
	Kris Crandall, AC	5	2:15.66
1989	Kim Fordham, SDSU	1	2:13.25
	Lori Kruckeberg, MSU	2	2:13.89
	Diane Oolman, MSU	6	2:17.45
1990	Kristi Reiger, AC	4	2:14.62
1991	Kristi Reiger, AC	5	2:15.27
1993	Gina DeWitt, MC	1	2:11.29
	Marie Crep, UND	3	2:12.25
1994	Marie Crep, UND	1	2:12.66
1995	Mary Gill, NDSU	2	2:14.10
	Michelle Berger, NDSU	4	2:15.18
	Jennifer Munyan, USD	6	2:15.77
1996	Mary Gill, NDSU	4	2:11.20
1997	Mary Gill, NDSU	2	2:07.80
	Jennifer Munyan, USD	5	2:10.20
1998	Krista Trei, SDSU	3	2:11.77
	Emily Oyen, SDSU	5	2:12.54
1999	Krista Trei, USD	5	2:11.73
2000	Courtney Ward, NDSU	6	2:13.25
2002	Rachel Kraft, NDSU	7	2:11.95
	Jackie Auwarter, UND	8	2:12.21
2003	Kinsey Coles, NDSU	5	2:10.40
2004	Kinsey Coles, NDSU	1	2:07.54
	Sarah Klein, NDSU	3	2:08.37
	Jessica Schill, UND	6	2:10.18
2005	Heather Hamilton, UMD	6	2:12.78
	Alissa Kurke, MSU	7	2:12.94
	Kassy Laber, USD	8	2:13.72
2006	Abby Demulling, UMD	4	2:13.07
	Mary Stoll, AC	5	2:13.13
	Kassy Laber, USD	8	2:13.61
2007	Liz Palkie, UMD	2	2:10.72
	Heidi Evans, UND	6	2:12.86
2008	Emma Erickson, USD	1	2:09.57

1500 Meters (retired)

Year	Individual, School	Place	Time
1985	Audrey Starvum, SDSU	2	4:34.21
	Kim Fredette, MSU	4	4:36.45
	Kristin Asp, SDSU	5	4:36.72
	Charlene Hubbard, SDSU	6	4:37.06
1987	Sherry Crist, UNO	3	4:34.67
1989	Michelle Gerlach, SDSU	4	4:42.58
1990	Julie Kramer, USD	2	4:38.35
	Nicole Scherr, SDSU	4	4:39.95
	Angie Bartels, MSU	6	4:40.27
1991	Steph Bruening, UND	2	4:37.72
	Nicole Scherr, SDSU	4	4:40.63
	Julie Johnson, NDSU	5	4:41.22
1992	Trina Steffes, NDSU	2	4:33.95
	Sheila Pexsa, UND	6	4:38.13
1993	Louise Ronnerman, UND	3	4:32.31
	Steph Bruening, UND	5	4:36.06
	Kristen Gfroerer, NDSU	6	4:39.43
1994	Louise Ronnerman, UND	6	4:37.67

Mile Run

1996	Jennifer Peck, MSU	3	4:45.46
1997	Michelle Clarke, MSU	2	4:49.23
	Tara Biltoff, UNO	6	4:59.22

1998	Codi Lehr, NDSU	4	4:49.94
1999	Becky Leppard, UND	5	4:57.43
	Tina Fenske, USD	6	4:57.91
2000	Becky Leppard, UND	2	4:51.36
	Jodi Smith, SDSU	3	4:54.06
	Stefanie Senn, USD	6	4:56.20
2001	Becky Leppard, UND	2	4:49.35
	Annie Dougherty, NDSU	6	4:56.58
	Katie Marschel, UND	8	4:58.08
2002	Katie Marschel, UND	6	4:53.28
2008	Ramsey Kavan, USD	4	4:52.50

3000 Meters (retired)

Year	Individual, School	Place	Time
1985	Nancy Dietman, NDSU	1	9:30.34
	Kristin Asp, SDSU	5	10:00.98
	Vonda Scholtz, MSU	6	10:02.60
1987	Julie Shorter, NDSU	4	10:12.16
	Sue Miller, SDSU	6	10:23.55
1988	Karin Kadrmas, NDSU	3	10:01.26
	Christy Young, SDSU	4	10:02.24
	Julie Shorter, NDSU	6	10:05.03
1989	Christy Young, SDSU	6	10:07.74
1990	Susie Oster, SDSU	2	9:51.13
	Angela Aukes, SDSU	6	10:05.15
1991	Pam Hansen, SDSU	3	9:51.77
	Kris Ihle, NDSU	5	9:58.39
1992	Michelle Nelson, SCSU	2	9:50.61
	Pam Drietz, NDSU	6	9:58.06
1993	Steph Bruening, UND	2	9:44.10
	Hiedi Reed, AC	5	10:03.98
	Pam Drietz, NDSU	6	10:03.98

5000 Meters

Year	Individual, School	Place	Time
1994	Steph Bruening, UND	3	17:12.34
	Ann Westby, SDSU	4	17:13.14
	Pam Drietz, NDSU	5	17:15.19
1995	Pam Drietz, NDSU	6	17:21.73
1996	Kim Olund, UND	5	16:49.70
1997	Stacy Johnson, SDSU	3	16:56.68
1998	Stacy Johnson, AC	5	16:56.40
1999	Molly Wedel, USD	2	17:12.66
	Tina Fenske, USD	5	17:35.28
2001	Allison Lind, SDSU	2	16:40.81
	Jessie Kindschi, SDSU	3	16:45.42
	Molly Wedel, USD	7	17:12.99
2002	Jessica Neva, UND	8	17:34.12
2003	Sheena Dauer, SDSU	2	16:51.77
2004	Jessica Neva, UND	5	16:49.35
2008	Ramsey Kavan, USD	3	17:13.01

High Jump

Year	Individual, School	Place	Height
1985	Lora Schloss, NDSU	2	5-7
	Lisa McDonald, USD	3	5-6
	Katy Treinana, MSU	6	5-1
1987	Lora Schloss, NDSU	2	5-6 1/4
	Lisa McDonald, USD	t5	5-6 1/4
	Allyson Grohne, UND	t5	5-6 1/4
1988	Lora Schloss, NDSU	4	5-7
	Wendy Kinneberg, UND	6	5-7
1989	Wendy Kinneberg, UND	t5	5-5
1990	Wendy Kinneberg, UND	t3	5-7
	Melissa Lodmel, USD	t5	5-5
1991	Gigi DesLauriers, SCSU	3	5-8
	Tina Baum, SDSU	5	5-7

1992	Gigi DesLauriers, SCSU	1	5-8
	Penny Ensrud, NDSU	3	5-7
1993	Penny Ensrud, NDSU	1	5-9 1/4
1994	Penny Ensrud, NDSU	2	5-8
	Jill Wittenwyler, SDSU	5	5-5
1995	Andrea Jeseritz, NDSU	3	5-8
1996	Andrea Jeseritz, NDSU	1	5-8
	Debby Volkers, AC	6	5-3
1997	Debby Volkers, AC	1	5-10 1/2
	Andrea Jeseritz, NDSU	t5	5-5
1998	Debby Volkers, AC	1	5-10 1/2
	Andrea Jeseritz, NDSU	2	5-9 1/4
	Tonya Kneifl, USD	5	5-7
1999	Tonya Kneifl, USD	2	5-8 3/4
	Sandy Derby, UNO	t5	5-7 3/4
2000	Tonya Kneifl, USD	3	5-8 3/4
	Julie Johnson, NDSU	6	5-5 3/4
2001	Tonya Kneifl, USD	2	5-7 3/4
	Julie Johnson, UND	t4	5-5 3/4
	Becky Nyberg, NDSU	t7	5-5 3/4
2002	Julie Johnson, UND	t3	1.72m
	Lindsey Hunter, UNO	t3	1.72m
	Margo Knorr, NDSU	7	1.67m
2003	Julie Johnson, UND	2	1.75m
	Crystal Cummins, NDSU	4	1.72m
	Margo Knorr, NDSU	5	1.67m
	Michaela Webb, MSU	8	1.67m
2004	Kalyn Byers, UNO	4	1.73m
	Becky Schultz, AC	5	1.70m
2005	Krystal Burggraaf, MSU	2	1.70m
	Becky Schulz, AC	t5	1.70m
2006	Kali Erlandson, MSU	t7	1.73m

Long Jump

Year	Individual, School	Place	Distance
1987	Lora Schloss, NDSU	6	18-6 1/2
1989	Beci Frahm, UNC	6	18-2
1992	Lisa Ristau, NDSU	3	19-2 1/4
	Becky Anderson, SCSU	4	18-10 3/4
1993	Linda Vondras, UNO	5	18-4 1/2
1994	Tiffini Schuebel, SDSU	3	18-6
	Lisa Kresky, NDSU	5	18-2 3/4
	Marie Brown, USD	6	18-1 3/4
1995	Lisa Kresky, NDSU	4	18-9
1997	Elena Swan, USD	4	18-10 3/4
1998	Elena Swan, USD	1	19-3 1/2
2001	Meredith Davis, MC	5	19-6
2002	Meredith Davis, MC	2	6.03m
	Sara Skudlarek, NDSU	8	5.75m
2003	Amanda Thieschafer, NDS	5	5.76m
	Crystal Cummins, NDSU	8	5.65m
2004	Amanda Thieschafer, NDS	3	5.83m
	Amy Uthus, NDSU	7	5.66m
	Brianne Edwards, USD	8	5.53m
2005	Foluso Makinde, UNO	1	6.11m
	Anastasia Kyvelioudou, UNO	2	6.04m
2006	Foluso Makinde, USD	1	5.94m

Triple Jump

Year	Individual, School	Place	Distance
1990	Becky Anderson, SCSU	6	38-1 1/2
1992	Becky Anderson, SCSU	4	39-1
1994	Lynde Thelen, SDSU	5	38-6 3/4
1995	Tiffini Schuebel, SDSU	6	38-2
1997	Elena Swan, USD	3	39-5
1998	Elena Swan, USD	1	40-11 1/2
2001	Amanda Thieschafer, NDS	3	40-5
	Rochelle Gordon, UNO	6	38-8 3/4

women's indoor track & field

2002	Amanda Thieschafer, NDS	1	12.41m
	Crystal Cummings, NDSU	2	12.17m
2003	Amanda Thieschafer, NDS	2	12.45m
	Crystal Cummins, NDSU	6	11.87m
	Cassandra Olson, NDSU	7	11.75m
	Brianne Vette, USD	8	11.71m
2004	Amanda Thieschafer, NDS	1	12.91m
	Brianne Vette-Edwards, USD	3	12.07m
	Cassandra Olson, NDSU	6	11.86m
2005	Anastasia Kyvelidou, UNO	1	12.26m
	Debbie Akerly, UNO	2	12.13m
2008	Katelin Rains, MSU	2	12.12m

Shot Put

Year	Individual, School	Place	Distance
1985	Karla Brotherton, SDSU	2	45-9
	Kris Benzie, NDSU	5	43-7
1987	Lesa Pedersen, MSU	3	44-11 1/2
1989	Edie Boyer, NDSU	4	46-9 1/2
	Tracie Werner, UND	5	45-2 1/4
1991	Chris Johnson, USD	3	46-11
	Kathy Lynch, NDSU	4	45-8
1992	Kris LeClair, NDSU	5	43-7 3/4
1993	Kris LeClair, NDSU	4	45-0 1/4
1994	Julie Beck, NDSU	4	45-10 3/4
	Kris LeClair, NDSU	5	44-11
1995	Nancy Overman, USD	4	45-4 1/4
	Angela West, SCSU	5	44-9 1/2
1996	Londa VanderWal, SDSU	3	47-7 1/4
1997	Theresa Williams, UNO	5	47-0 1/4
	Londa VanderWal, SDSU	6	46-0 3/4
1998	Nancy Overman, SDSU	3	45-1 3/4
1999	Julia Karst-Gray, NDSU	2	48-5 1/4
	Nancy Fischer, SDSU	3	47-7 1/4
	Megan Gierstorf, MC	4	46-7 1/2
2000	Julia Karst-Gray, NDSU	2	48-6
	Molly Peppel, NDSU	3	48-1 1/4
2001	Jennifer Haage, MC	4	46-0 1/2
	Katie Staton, NDSU	6	45-10 1/2
2002	Molly Peppel, NDSU	6	13.83m
2003	Kortney Ihnen, MSU	2	15.91m
	Amanda Muller, USD	4	14.28m
	Susan Chamberlain, USD	5	14.14m
2004	Tiff Barber, USD	4	13.99m
	Michelle Carter, NDSU	8	13.79m
2007	Amanda Kunkel, SCSU	5	14.26m

20# Weight Throw

Year	Athlete, School	Place	Distance
1996	Vicki Poehler, NDSU	3	53-2 3/4
1997	Vicki Poehler, NDSU	4	50-4 1/2
	Sandy Dingmann, SCSU	5	50-2 3/4
1998	Brandy Echternach, USD	6	53-9 3/4
1999	Diandra Koehler, NDSU	2	57-4 3/4
	Brandy Echternach, USD	5	54-1
	Marcie Augst, NDSU	6	53-9
2000	Diandra Bauer, NDSU	2	59-4 3/4
	Molly Peppel, NDSU	5	55-9
2001	Diandra Bauer, NDSU	1	60-8 3/4
	Jennifer Haage, MC	3	58-3 3/4
	Molly Peppel, NDSU	4	56-11 1/2
	Kortney Ihnen, MSU	8	55-2 1/4
2002	Belinda Eastlack, NDSU	3	18.67m
	Katie Staton, NDSU	7	17.35m
2003	Allison Anderson, UNO	7	16.40m
2004	Kassidi Myrick, USD	8	16.89m

Pole Vault

1999	Nicole Bergh, SCSU	5	10-11 3/4
2001	Sandy Pelkofer, USD	1	12-3 1/2
	Crystal Pautzke, SCSU	6	11-7 3/4
	Jodi Tarasewicz, SCSU	8	11-3 3/4
2002	Sandy Pelkofer, USD	2	3.65m
	Kimberly Hilton, NDSU	t4	3.55m
	Marci Miller, NDSU	t4	3.55m
	Kate Farham, MSU	7	3.55m
	Shelley Borchert, NDSU	8	3.55m
2003	Kimberly Hilton, NDSU	T2	3.65m
	Marci Miller, USD	T4	3.65m
	Jamie Davis, USD	6	3.65m
	Amanda Frame, MSU	8	3.55m
2004	Amanda Frame, MSU	1	3.76m
	Marci Miller, USD	3	3.76m
	Amanda Aaning, MSU	6	3.66m
	Jodi Tarasewicz, SCSU	7	3.66m
	Jessica Roehrick, NDSU	8	3.66m
2005	Amanda Frame, MSU	1	4.00m
	Marci Miller, USD	6	3.70m
2006	Katelin Rains, MSU	t4	3.75m
2007	Katelin Rains, MSU	1	4.27m
2008	Katelin Rains, MSU	1	4.31m
	Lauren Stelten, MSU	2	3.90m
	Jessica Clausnitzer, UND	5	3.80m
	Kate LaRoche, UND	8	3.80m

1600 Meter Relay

Year	School	Place	Time
1985	Nebraska-Omaha	5	3:54.75
1988	South Dakota	5	3:55.48
1989	South Dakota	2	3:52.17
1990	South Dakota	4	3:51.18
	North Dakota State	5	3:52.98
1991	South Dakota	3	3:49.91
	South Dakota State	6	3:55.94
1992	North Dakota State	5	3:52.63
1993	North Dakota State	5	3:53.74
	South Dakota	6	3:59.06
1994	North Dakota State	5	3:53.77
1995	North Dakota State	3	3:46.00
1996	North Dakota State	5	3:47.93
	Nebraska-Omaha	6	3:54.39
1997	Nebraska-Omaha	4	3:46.82
	South Dakota	6	3:47.15
1998	Nebraska-Omaha	3	3:46.80
	South Dakota	4	3:47.26
1999	North Dakota State	5	3:51.68
	Nebraska-Omaha	6	3:53.44
2000	North Dakota State	2	3:47.25
2001	Nebraska-Omaha	6	3:50.26
	North Dakota State	7	3:50.31
2002	North Dakota State	1	3:41.58
	North Dakota	4	3:49.39
2003	North Dakota State	T5	3:50.58
	Nebraska-Omaha	8	3:50.96
2004	North Dakota State	1	3:45.22
	South Dakota	6	3:49.97
2005	South Dakota	5	3:47.21
	Nebraska-Omaha	8	3:50.16
2006	South Dakota	5	3:46.16
2007	Nebraska-Omaha	4	3:43.37
	Minnesota State, Mankato	8	3:49.82
2008	South Dakota	5	3:49.05

Distance Medley Relay

Year	School	Place	Distance
2008	South Dakota	2	11:44.04

women's outdoor track & field

records

100 — :11.49, Molly Belling, Nebraska-Omaha, 2007
200 — :23.64, Molly Belling, Nebraska-Omaha, 2007
 :23.64, Sara Deckert, South Dakota, 2001
400 — :53.43, Tamara Brudy, North Dakota State, 2001
800 — 2:08.13, Gina DeWitt, Morningside, 1993
1,500 — 4:30.38, Heidi Evans, North Dakota, 2007
3,000 — 9:44.04, Steph Bruening, North Dakota, 1993
3,000 Steeplechase -- 10:34.85, Rachel Stangler, Augustana, 2008
5,000 — 16:51.12, Nancy Gieske, South Dakota State, 1981
10,000 — 35:24.40, Molly Wedel, South Dakota, 2000

100 hurdles — :13.54, Meredith Davis, Morningside, 2002 (prelims)
400 hurdles — 1:00.25, Darcy Siebels, South Dakota, 1990
 1:00.25, Kinsey Coles, North Dakota State, 2002

Shot Put — 14.76m (48-5 1/4), Karla Brotherton, South Dakota State, 1985
Discus — 49.47m (162-4), Talia Merritt, North Dakota, 2001
Javelin — 46.41m (152-3), Heather Andrews, South Dakota, 1991
High Jump — 1.78m (5-10), Gigi DesLauriers, St. Cloud State, 1992
Long Jump — 6.43m (21-1 1/4), Meredith Davis, Morningside, 2001
Triple Jump — 12.77m (41-10 3/4), Amanda Thieschafer, North Dakota State, 2004
Pole Vault — 4.06m (13-3 3/4), Katelin Rains, Minnesota State, Mankato, 2007
Hammer Throw — 55.37m (181-8), Marcie Augst, North Dakota State, 2000

Heptathlon — 5,512, Anastasia Kyvelidou, Nebraska-Omaha, 2005

400 relay — :46.02, North Dakota State (Bachmeier, Theeler, Melland, Jankord), 1998
1,600 relay — 3:45.74, Nebraska-Omaha (Vanderpool, Koziol, Derby, Butler), 1998

Discontinued Events
3,200 relay — 9:33.39, South Dakota State (Geason, Coyle, Stavrum, Sargent), 1982
800 medley relay — 1:46.9, Nebraska-Omaha (Middleton, Wilson, Dale, Bundy), 1982

roll of champions

1979	Nebraska-Omaha
1980	Northern Colorado
1981	South Dakota State
1982	South Dakota State
1983	South Dakota State
1984	Minnesota State, Mankato
1985	North Dakota State
1986	North Dakota State
1987	Minnesota State, Mankato
1988	North Dakota State
1989	North Dakota State
1990	South Dakota
1991	North Dakota State
1992	North Dakota State
1993	North Dakota State
1994	North Dakota State
1995	North Dakota State
1996	North Dakota State
1997	South Dakota
1998	South Dakota
1999	North Dakota State
2000	North Dakota State
2001	North Dakota State
2002	North Dakota State
2003	North Dakota State
2004	South Dakota
2005	South Dakota
2006	South Dakota

2007	South Dakota
2008	South Dakota

Championships by Teams

North Dakota State	15
South Dakota	8
South Dakota State	3
Minnesota State, Mankato	2
Nebraska-Omaha	1
Northern Colorado	1

Championships by Events

North Dakota State	121
South Dakota	105
Nebraska-Omaha	76
South Dakota State	70
Minnesota State, Mankato	47
North Dakota	35
Augustana	31
St. Cloud State	27
Northern Colorado	14
Morningside	11
Minnesota Duluth	3

year-by-year team scores

1979 at Brookings, S.D.

Nebraska-Omaha	156.5
North Dakota State	136.5
South Dakota	125
South Dakota State	78
North Dakota	47
Augustana	16

1980 at Vermillion, S.D.

Northern Colorado	165
North Dakota State	119
Nebraska-Omaha	108.5
South Dakota State	83.5
Augustana	38
South Dakota	25
North Dakota	18

1981 at Fargo, N.D.

South Dakota State	198
Nebraska-Omaha	115
North Dakota	94
North Dakota State	65
South Dakota	62
Augustana	16

MVP-Elaine Zell, SDSU

Coach of the Year-Ruth Marske, SDSU

1982 at Brookings, S.D.

South Dakota State	218
Nebraska-Omaha	151
South Dakota	87
North Dakota State	75
North Dakota	54
Augustana	24

MVP-Sandra Middleton, UNO

Coach-Ruth Marske, SDSU

1983 at Brookings, S.D.

South Dakota State	199
North Dakota State	126
South Dakota	104
Nebraska-Omaha	73
North Dakota	66
Augustana	43

MVP-Linda Johnson, NDSU

Coach-Ruth Marske, SDSU

1984 at Omaha, Neb.

Minnesota State, Mankato	164
North Dakota State	142
Nebraska-Omaha	96
South Dakota State	86
South Dakota	58
North Dakota	55
Augustana	18

MVP-Deb Bergerson, NDSU

Coach-Jerry Salek, MSU

women's outdoor track & field

1985 at Sioux Falls, S.D.

North Dakota State	141
Minnesota State, Mankato	119
South Dakota State	109
South Dakota	86.5
Nebraska-Omaha	66.5
North Dakota	29
St. Cloud State	20
Augustana	18

MVP-Linda Johnson, NDSU
Coach-Sue Patterson, NDSU

1986 at Sioux Falls, S.D.

North Dakota State	138
South Dakota	122
Minnesota State, Mankato	104
South Dakota State	72
Nebraska-Omaha	57
St. Cloud State	34
North Dakota	32
Augustana	27

MVP-Nancy Dietman, NDSU
Coach-Greg Willey, USD

1987 at Sioux Falls, S.D.

Minnesota State, Mankato	153
North Dakota State	142
South Dakota State	83
North Dakota	68
St. Cloud State	51
South Dakota	38
Augustana	32
Nebraska-Omaha	22

MVP-Sue Miller, SDSU
Coach-Sandy Hoover, MSU

1988 at Grand Forks, N.D.

North Dakota State	193
Minnesota State, Mankato	138
South Dakota	73
St. Cloud State	66
North Dakota	60
Augustana	47
South Dakota State	12

MVP-Luonna Van Meveran, MSU
Coach-Jerry Gores, NDSU
Dick Clay, UND
Donna Ricks, MSU

1989 at Sioux Falls, S.D.

North Dakota State	146
South Dakota	97
Minnesota State, Mankato	90
Northern Colorado	72
South Dakota State	68
Augustana	41
St. Cloud State	39
North Dakota	36

MVP-Linda Gdowski, USD
Becky Anderson, SCSU
Coach-Jerry Gores, NDSU

1990 at Grand Forks, N.D.

South Dakota	141
North Dakota State	123
North Dakota	85
Northern Colorado	63
South Dakota State	54
Minnesota State, Mankato	52
St. Cloud State	46
Augustana	25
Morningside	0

MVP-Kim Fordham, SDSU
Coach-Greg Willey, USD

1991 at Brookings, S.D.

North Dakota State	159
South Dakota State	110
South Dakota	82
Northern Colorado	63
Minnesota State, Mankato	52
North Dakota	43
St. Cloud State	42
Augustana	34
Morningside	2
Nebraska-Omaha	2

MVP-Lisa Ristau, NDSU
Coach-Jerry Gores, NDSU

1992 at Sioux City, Iowa

North Dakota State	173.5
South Dakota State	129.5
South Dakota	94
St. Cloud State	80
Minnesota State, Mankato	75
Augustana	58
North Dakota	53
Northern Colorado	47
Morningside	22
Nebraska-Omaha	8

MVP-Lisa Ristau, NDSU
Coach-Scott Underwood, SDSU

1993 at Sioux Falls, S.D.

North Dakota State	180.5
South Dakota State	155
North Dakota	106
South Dakota	79
St. Cloud State	57
Augustana	54.5
Northern Colorado	32
Nebraska-Omaha	27
Minnesota State, Mankato	25
Morningside	22

MVP-Tina Baum, SDSU
Coach-Scott Underwood, SDSU

1994 at Grand Forks, N.D.

North Dakota State	207
South Dakota State	147
North Dakota	89
St. Cloud State	66
Nebraska-Omaha	63
Augustana	55
South Dakota	41
Minnesota State, Mankato	39
Northern Colorado	25
Morningside	8

MVP-Michelle Christie, USD
Ann Westby, SDSU
Coach-Jerry Gores, NDSU
Nancy Knopp, SCSU

1995 at Sioux City, Iowa

North Dakota State	202.5
South Dakota	99
Nebraska-Omaha	93
Minnesota State, Mankato	75.5
St. Cloud State	68
South Dakota State	59
Northern Colorado	48.5
Augustana	47
North Dakota	45
Morningside	2.5

MVP-Pam Drietz, NDSU
Carrie Butler, UNO
Coach-Tim Hendricks, UNO

1996 at Sioux Falls, S.D.

North Dakota State	163.5
Nebraska-Omaha	93
Minnesota State, Mankato	80.5
Northern Colorado	78
Augustana	77
South Dakota	77
South Dakota State	66
North Dakota	58
St. Cloud State	39
Morningside	7

MVP-Lisa Kresky, NDSU
Coach-Tim Hendricks, UNO

1997 at Fargo, N.D.

South Dakota	148
North Dakota State	134
South Dakota State	121
Nebraska-Omaha	90
Northern Colorado	64
Augustana	61
St. Cloud State	60
Minnesota State, Mankato	55
Morningside	8

MVP-Elena Swan, USD
Coach-Lucky Huber, USD

women's outdoor track & field

1998 at Sioux City, Iowa

South Dakota	172.5
North Dakota State	162
South Dakota State	90
Northern Colorado	80
North Dakota	79
Nebraska-Omaha	68
Augustana	47
St. Cloud State	34.5
Minnesota State, Mankato	26
Morningside	21

MVP-
Coach-

1999 at Fargo, N.D.

North Dakota State	237.5
South Dakota	182
North Dakota	88
South Dakota State	69.5
Morningside	54
St. Cloud State	51
Nebraska-Omaha	51
Augustana	49
Northern Colorado	29
Minnesota State, Mankato	8

MVP-Jill Theeler, NDSU
Coach-Don Larson, NDSU

2000 at Sioux City, Iowa

North Dakota State	210
South Dakota	133
Northern Colorado	103
North Dakota	98
Nebraska-Omaha	76
Morningside	68
South Dakota State	56
St. Cloud State	36
Augustana	21
Minnesota State, Mankato	18

MVP - Kim Schiemenz, UNC
Coach - Ryun Godfrey, NDSU

2001 at Fargo, N.D.

North Dakota State	209
South Dakota	122
North Dakota	96
Nebraska-Omaha	90.5
South Dakota State	75
Morningside	71
Northern Colorado	54.5
St. Cloud State	54
Minnesota State, Mankato	29
Augustana	22

MVP - Meredith Davis, MC
Coach - Ryun Godfrey, NDSU

2002 at Sioux Falls, S.D.

North Dakota State	239.33
South Dakota	122.67
Nebraska-Omaha	120.00
North Dakota	99
South Dakota State	82
Minnesota State, Mankato	57
Augustana	44
Northern Colorado	44
Morningside	37.50
St. Cloud State	12.50

MVP - Jill Theeler, NDSU
Coach - Ryun Godfrey, NDSU

2003 at Fargo, N.D.

North Dakota State	236.5
South Dakota	197
Nebraska-Omaha	93
Minnesota State, Mankato	83
North Dakota	79.5
Northern Colorado	65.5
Augustana	53
South Dakota State	43
St. Cloud State	7.5

MVP-Crystal Cummins, NDSU
Coach-Ryun Godfrey, NDSU

2004 at Fargo, N.D.

South Dakota	230.5
North Dakota State	201
Nebraska-Omaha	129.5
North Dakota	96.5
Minnesota State, Mankato	78
South Dakota State	69
Augustana	30.5
St. Cloud State	23

MVP-Brianne Vette-Edwards, USD
Coach-Ryun Godfrey, NDSU,
Tim Hendricks, UNO & Lucky Huber, USD

2005 at Omaha, Neb.

South Dakota	202
Nebraska-Omaha	163
Minnesota State, Mankato	158
North Dakota	120
Augustana	117
Minnesota Duluth	64
St. Cloud State	28

MVP - Debbie Akerly, UNO
Coach - Lucky Huber, USD

2006 at Sioux Falls, S.D.

South Dakota	206
Nebraska-Omaha	150
North Dakota	134.66
Minnesota State, Mankato	109
Augustana	107
Minnesota Duluth	81.33
St. Cloud State	67

MVP-Molly Belling, UNO
Coach-Lucky Huber, USD

2007 at Duluth, Minn.

South Dakota	169.5
North Dakota	142.5
Minnesota State, Mankato	140
Nebraska-Omaha	139
Augustana	118
St. Cloud State	74
Minnesota Duluth	73

MVP-Molly Belling, UNO
Coach-Dick Clay, UND

2008 at Sioux Falls, S.D.

South Dakota	255
Minnesota State, Mankato	164
Augustana	143
Minnesota Duluth	105.5
North Dakota	77
Nebraska-Omaha	65.5
St. Cloud St.	44

MVP - Heidi Evans, North Dakota
Coach - Lucky Huber, South Dakota

event champions

100 Meters

1979	Yvette Greer, USD	:12.4
1980	Sandra Middleton, UNO	:11.9
1981	Yvette Greer, USD	:12.74
1982	Sandra Middleton, UNO	:12.26
1983	Katrina Golden, USD	:12.23
1984	Jere Domes, MSU	:11.80
1985	Sue Harman, MSU	:11.94
1986	Sue Harman, MSU	:12.76
1987	Caroline Booth, NDSU	:12.47
1988	Caroline Booth, NDSU	:12.54
1989	Kim Sander, MSU	:12.46
1990	Dawn Koehn, NDSU	:12.26
1991	Dawn Koehn, NDSU	:12.26
1992	Dawn Koehn, NDSU	:12.15
1993	Dawn Koehn, NDSU	:12.03
1994	Michelle Christie, USD	:11.58
1995	Tina Ellis, UNO	:12.56
1996	Tracy Dove, MSU	:12.17
1997	Elena Swan, USD	:11.69
1998	Jessi Melland, NDSU	:11.99
1999	Michelle Munson, USD	:11.95
2000	Sara Deckert, USD	:11.87
2001	Sara Deckert, USD	:11.83
2002	Carly Lambert, USD	:12.13
2003	Sarah Menghini, UNO	:11.93
2004	Sarah Menghini, UNO	:12.08
2005	Heidi Muellenberg, USD	:12.02
2006	Molly Belling, UNO	:11.61
2007	Molly Belling, UNO	:11.49
2008	Brittany Henderson, MSU	:11.59

200 Meters

1979	Ginny Hoop, UND	:27.0
1980	Sandra Middleton, UNO	:25.1
1981	Regina Dale, UNO	:25.79
1982	Sandra Middleton, UNO	:25.71
1983	Becky Wilson, UNO	:25.30
1984	Jere Domes, MSU	:24.50
1985	Sue Harman, MSU	:24.4
1986	Sue Harman, MSU	:25.47
1987	Caroline Booth, NDSU	:25.16
1988	Caroline Booth, NDSU	:25.72
1989	Linda Gdowski, USD	:24.95
1990	Linda Gdowski, USD	:24.68
1991	Dawn Koehn, NDSU	:24.92
1992	Dawn Koehn, NDSU	:25.16
1993	Dawn Koehn, NDSU	:24.55
1994	Michelle Christie, USD	:23.76
1995	Carri Butler, UNO	:25.65
1996	Carri Butler, UNO	:24.47
1997	Carri Butler, UNO	:24.52
1998	Jill Theeler, NDSU	:24.49
1999	Jill Theeler, NDSU	:24.39
2000	Sara Deckert, USD	:23.95

women's outdoor track & field

2001	Sara Deckert, USD	:23.64
2002	Jill Theeler, NDSU	:24.21
2003	Shanda Larsen, NDSU	:24.94
2004	Sarah Menghini, UNO	:24.22
2005	Stephanie Gebhart, USD	:24.06
2006	Molly Belling, UNO	:23.44
2007	Molly Belling, UNO	:23.64
2008	Brittany Henderson, MSU	:24.26

400 Meters

1979	Mary Dineen, UNO	:57.55
1980	Rose Falls, UNC	:58.6
1981	Elaine Zell, SDSU	:57.38
1982	Elaine Zell, SDSU	:56.98
1983	Becky Wilson, UNO	:57.46
1984	Becky Wilson, UNO	:57.32
1985	Paula Burma, SDSU	:55.70
1986	Marcy Haynes, SDSU	:57.25
1987	Jill Stevenson, SDSU	:56.39
1988	Linda Gdowski, USD	:57.10
1989	Linda Gdowski, USD	:55.28
1990	Linda Gdowski, USD	:55.46
1991	Susan Faus, NDSU	:56.14
1992	Heather Sievers, USD	:56.60
1993	Jodi Browne, USD	:55.59
1994	Marie Crep, UND	:56.84
1995	Carri Butler, UNO	:55.02
1996	Carri Butler, UNO	:54.60
1997	Carri Butler, UNO	:55.35
1998	Carri Butler, UNO	:54.23
1999	Jill Theeler, NDSU	:54.53
2000	Jill Theeler, NDSU	:55.12
2001	Tamara Brudy, NDSU	:53.43
2002	Jill Theeler, NDSU	:54.04
2003	Kinsey Coles, NDSU	:56.83
2004	Nicole Shigg, NDSU	:53.67
2005	Stephanie Gebhart, USD	:56.92
2006	Stephanie Gebhart, USD	:55.42
2007	Pinar Saka, UNO	:55.33
2008	Stephanie Gebhart, USD	:54.62

800 Meters

1979	Sandy Nielson, UNO	2:20.5
1980	Carine Cardisco, UNO	2:18.2
1981	Deb Bergerson, NDSU	2:15.27
1982	Tammi Wermers, SDSU	2:16.34
1983	Tammi Wermers, SDSU	2:15.78
1984	Deb Bergerson, NDSU	2:13.08
1985	Janice Moreau, UNO	2:12.18
1986	Janice Moreau, UNO	2:11.45
1987	Kim Fordham, SDSU	2:10.28
1988	Kristi Rieger, AC	2:13.70
1989	Kim Fordham, SDSU	2:08.62
1990	Kim Fordham, SDSU	2:11.78
1991	Kim Fordham, SDSU	2:13.67
1992	Libbie Simpson, UNC	2:13.09
1993	Gina DeWitt, MC	2:08.13
1994	Christine Mason, SDSU	2:12.25
1995	Mary Gill, NDSU	2:14.14
1996	Michelle Berger, NDSU	2:12.42
1997	Jennifer Munyan, USD	2:13.71
1998	Krista Trei, USD	2:11.85
1999	Krista Trei, USD	2:13.14
2000	Rachel Kraft, NDSU	2:11.97
2001	Becky Leppard, UND	2:11.57
2002	Rachel Kraft, NDSU	2:14.11
2003	Rachel Kraft, NDSU	2:15.87

2004	Kinsey Coles, NDSU	2:10.81
2005	Kassy Laber, USD	2:15.19
2006	Mary Stoll, AC	2:12.87
2007	Liz Palkie, UMD	2:14.93
2008	Emma Erickson, USD	2:11.22

1,500 Meters

1979	Theresa Schoonover, UNO	4:47.2
1980	Kathy Kappel, NDSU	4:48.2
1981	Nancy Gieske, SDSU	4:37.56
1982	Kristin Asp, SDSU	4:36.17
1983	Laura Geason, SDSU	4:37.34
1984	Deb Bergerson, NDSU	4:38.54
1985	Linda Elsasser, UNO	4:34.86
1986	Nancy Dietman, NDSU	4:34.05
1987	Kristy Forsberg-Aune, UND	4:32.80
1988	Kris Crandall, AC	4:38.75
1989	Michelle Gerlach, SDSU	4:38.35
1990	Kim Fordham, SDSU	4:32.3
1991	Kim Fordham, SDSU	4:37.81
1992	Louise Ronnerman, UND	4:31.46
1993	Kristen Groerer, NDSU	4:32.99
1994	Laura Walter, SDSU	4:38.60
1995	Jennifer Peck, MSU	4:31.50
1996	Jennifer Peck, MSU	4:31.17
1997	Michelle Clarke, MSU	4:39.40
1998	Codi Lehr, NDSU	4:31.77
1999	Becky Leppard, UND	4:35.70
2000	Becky Leppard, UND	4:33.86
2001	Becky Leppard, UND	4:30.88
2002	Courtney Christensen, NDSU	4:38.07
2003	Miranda Ernst, UNC	4:44.58
2004	Kinsey Coles, NDSU	4:37.78
2005	Sarah Chapman, UMD	4:59.02
2006	Kayleen Keating, USD	4:48.67
2007	Heidi Evans, UND	4:30.38
2008	Heidi Evans, UND	4:31.77

3,000 Meters

1979	Becky Clairmont, NDSU	10:40.8
1980	Pat Reisdorfer, AC	10:17.6
1981	Lori Bocklund, SDSU	10:05.42
1982	Kristin Asp, SDSU	10:09.70
1983	Kristin Asp, SDSU	9:51.48
1984	Kristin Asp, SDSU	9:47.46
1985	Nancy Dietman, NDSU	10:02.0
1986	Nancy Dietman, NDSU	10:21.97
1987	Nettie Tostrude, MSU	10:14.71
1988	Bev Weiman, NDSU	10:29.88
1989	Christy Young, SDSU	10:07.58
1990	Kris Ihle, NDSU	10:01.45
1991	Michelle Nelson, SCSU	10:03.63
1992	Ann Westby, SDSU	10:18.62
1993	Steph Bruening, UND	9:44.04
1994	Steph Bruening, UND	10:06.31
1995	Kristin Groerer, NDSU	10:28.22
1996	Stacy Johnson, AC	10:08.87
1997	Kara Biltoft, UNO	10:29.75
1998	Stacy Johnson, AC	10:06.44
1999	Becky Leppard, UND	10:04.57
2000	Becky Leppard, UND	10:06.43
2001	Erin Woolley, SDSU	10:03.65
2002	Jessica Neva, UND	10:05.61
2003	Miranda Ernst, UNC	10:14.32
2004	Aimee Nelson, USD	10:10.52
2005	Kayleen Keating, USD	10:24.11
2006	Kayleen Keating, USD	10:25.14

2007	Jessica Pape, AC	10:20.75
2008	Heidi Evans, UND	10:06.71

3,000 Meters Steeplechase

2002	Jennie Bullir, USD	11:15.95
2003	Cortney Christensen, NDSU	11:11.00
2004	Veronica Sackett, UND	10:58.70
2005	Veronica Sackett, UND	11:09.53
2006	Veronica Sackett, UND	11:01.51
2007	Rachel Stangler, AC	10:54.50
2008	Rachel Stangler, AC	10:34.85

5,000 Meters

1979	Becky Clairmont, NDSU	18:51.3
1980	Pat Reisdorfer, AC	17:09.4
1981	Nancy Gieske, SDSU	16:51.12
1982	Nancy Gieske, SDSU	17:19.50
1983	Kristin Asp, SDSU	17:06.95
1984	Kristin Asp, SDSU	17:02.87
1985	Nancy Dietman, NDSU	17:14.2
1986	Nancy Dietman, NDSU	17:38.21
1987	Sue Miller, SDSU	17:05.49
1988	Bev Weiman, NDSU	17:41.84
1989	Christy Young, SDSU	17:27.96
1990	Angela Aukes, SDSU	17:43.3
1991	Kris Ihle, NDSU	17:38.60
1992	Amy Surprenant, SCSU	no mark
1993	Evette Edmundson, UND	17:21.52
1994	Ann Westby, SDSU	17:38.50
1995	Pam Drietz, NDSU	17:51.90
1996	Kim Olund, UND	17:36.18
1997	Hiedi Reed, AC	18:17.29
1998	Stacy Johnson, AC	17:26.48
1999	Leah Gifford, AC	17:34.37
2000	Molly Wedel, USD	17:29.58
2001	Molly Wedel, USD	17:36.17
2002	Michelle Ellingson, UNO	17:48.78
2003	Molly Wedel, USD	17:38.84
2004	Jessica Neva, NDSU	17:55.10
2005	Aimee Nielsen	17:57.67
2006	Aimee Nielsen	18:13.01
2007	Rachel Stangler, AC	18:06.39
2008	Ramsey Kavan, USD	17:22.13

10,000 Meters

1982	Audrey Stavrum, SDSU	39:05.1
1983	Audrey Stavrum, SDSU	36:27.0
1984	Kathy Kelly, NDSU	37:28.73
1985	Audrey Stavrum, SDSU	39:41.3
1986	Alison Ungar, MSU	39:26.4
1987	Sue Miller, SDSU	37:53.0
1988	Bev Weiman, NDSU	38:24.34
1989	Julie Shorter, NDSU	36:59
1990	Michelle Nelson, SCSU	36:19.9
1991	Michelle Nelson, SCSU	36:40.44
1992	Kris Ihle, NDSU	37:43.2
1993	Ann Westby, SDSU	36:48.55
1994	Ann Westby, SDSU	36:53.43
1995	Pam Drietz, NDSU	37:27.60
1996	Kim Olund, UND	35:54.00
1997	Hiedi Reed, AC	36:24.50
1998	Tina Fenske, USD	37:39.85
1999	Tina Fenske, USD	37:06.44
2000	Molly Wedel, USD	35:24.40
2001	Molly Wedel, USD	35:58.28
2002	Joann Murphy, UND	37:37.52
2003	Molly Wedel, USD	36:25.86

women's outdoor track & field

2004	Jessica Neva, UND	35:33.10
2005	Erin Foss, UMD	37:47.81
2006	Sarah Getty, SCSU	37:56.02
2007	Kristy Keithley, UND	37:01.78
2008	Ramsey Kavan, USD	35:37.59

100 Meter Hurdles

1979	Yvette Greer, USD	14.7
1980	Jill Evans, UNC	14.1
1981	Yvette Greer, USD	15.00
1982	Yvette Greer, USD	14.54
1983	Linda Johnson, NDSU	15.28
1984	Stephanie Farrington, MSU	14.63
1985	Linda Johnson, NDSU	14.84
1986	Dee Herrmann, USD	15.47
1987	Susie Lemnus, NDSU	14.51
1988	Luonna Van Meveran, MSU	15.07
1989	Darcy Siebels, USD	14.85
1990	Janene Gruetzmacher, MSU	14.74
1991	Lisa Ristau, NDSU	14.5
1992	Lisa Ristau, NDSU	13.92
1993	Anna Ratzloff, AC	14.33
1994	Kim Osler, UNO	13.96
1995	Kim Osler, UNO	14.53
1996	Lisa Kresky, NDSU	14.39
1997	Jane Loskot-Wick, NDSU	14.03
1998	Elena Swan, USD	14.32
1999	Tori Devericks, USD	14.25
2000	Meredith Davis, MC	14.12
2001	Meredith Davis, MC	13.88
2002	Meredith Davis, MC	14.12
2003	Sarah Hoffman, USD	14.11
2004	Brianne Edwards, USD	14.11
2005	Debbie Akerly, UNO	14.21
2006	Shelby Eykyn, AC	14.49
2007	Kiki Smith, USD	14.41
2008	Lindsay House, USD	14.67

400 Meter Hurdles

1979	Collette Shelton, UNO	1:04.8
1980	Collette Shelton, UNO	1:03.8
1981	Collette Shelton, UNO	1:04.44
1982	Lori Andersh, SDSU	1:04.08
1983	Linda Johnson, NDSU	1:04.62
1984	Linda Johnson, NDSU	1:02.94
1985	Linda Johnson, NDSU	1:02.57
1986	Sheila Brown, UNO	1:01.97
1987	Sheila Brown, UNO	1:01.65
1988	Luonna Van Meveran, MSU	1:02.99
1989	Karen Gebeke, NDSU	1:02.72
1990	Darcy Siebels, USD	1:00.25
1991	Patti Newton, UNC	1:01.39
1992	Anna Ratzloff, AC	1:00.67
1993	Lisa Swenson, UND	1:01.00
1994	Anna Ratzloff, AC	1:02.14
1995	Nancy Weber, UNC	1:01.56
1996	Nancy Weber, UNC	1:01.74
1997	Nancy Weber, UNC	1:01.49
1998	Nicole Sickels, MSU	1:00.29
1999	Missy Berg, UND	1:01.93
2000	Rene Ostertag, UNC	1:03.24
2001	Kinsey Coles, NDSU	1:00.98
2002	Kinsey Coles, NDSU	1:00.25
2003	Kinsey Coles, NDSU	1:02.61
2004	Sarah Klein, NDSU	1:00.92
2005	Diana Scott, USD	NT
2006	Magda Orzylowski, UNO	1:01.29

2007	Kiki Smith, USD	1:02.60
2008	Annaliese Pepin, AC	1:02.68

Shot Put

1979	Pam Porter, SDSU	42-10 1/2
1980	Evonne Vaplon, NDSU	43-1
1981	Renee Carlson, NDSU	40-2 1/4
1982	Karla Brotherton, SDSU	41-3 1/4
1983	Renee Carlson, NDSU	43-1 1/4
1984	Kris Benzie, NDSU	43-8
1985	Karla Brotherton, SDSU	48-5 1/2
1986	Julie Eisenschenk, SCSU	44-8 3/4
1987	Julie Eisenschenk, SCSU	44-9
1988	Kathy Matejcek, NDSU	43-1 1/2
1989	Edie Boyer, NDSU	47-5 1/4
1990	Traci Werner, UND	45-3 1/2
1991	Chris Johnson, USD	46-5
1992	Simona Samuelson, SCSU	45-7 1/2
1993	Kris LeClair, NDSU	43-1 3/4
1994	Julie Beck, NDSU	45-8 1/2
1995	Nancy Overman, USD	44-11 1/4
1996	Londa VanderWal, SDSU	46-7
1997	Theresa Williams, UNO	47-11
1998	Nancy Overman, SDSU	47-5
1999	Nancy Fischer, SDSU	46-8 1/2
2000	Julia Karst-Gray, NDSU	48-3 1/4
2001	Molly Peppel, NDSU	46-7 1/4
2002	Molly Peppel, NDSU	44.20m
2003	Kortney Ihnen, MSU	44.91m
2004	Susan Chamberlain, USD	43.54m
2005	Lindsay Schultz, AC	43.18m
2006	Amanda Kunkel, SCSU	43.35m
2007	Lindsey Schultz, AC	44.60m
2008	Jasmine Mosley, USD	44.73m

Discus

1979	Rhonda Calvin, UNO	132-1
1980	Evonne Vaplon, NDSU	134-10 1/2
1981	Lori Dubbelde, SDSU	135-11
1982	Linda Gottula, UNO	141-6 1/2
1983	Karla Brotherton, SDSU	142-6
1984	Sally Thurow, MSU	140-0
1985	Karla Brotherton, SDSU	149-10 1/2
1986	Julie Eisenschenk, SCSU	140-4
1987	Anna Cook, MSU	149-0 1/2
1988	Shelly Ballard, UND	140-9
1989	Krista Knoploh, AC	143-8
1990	Joan Longhenry, MSU	159-4
1991	Heather Andrews, USD	162-0
1992	Simona Samuelson, SCSU	161-1
1993	Angie Tucker, USD	162-0
1994	Sandy Fuchs, SCSU	155-9
1995	Nancy Overman, USD	160-8
1996	Sandy Dingmann, SCSU	157-3
1997	Nancy Overman, SDSU	156-1
1998	Nancy Overman, SDSU	160-6
1999	Stacy Main, SDSU	154-0
2000	Mandi Miller, USD	157-2
2001	Talia Merritt, UND	162-4
2002	Holly Hagena, SDSU	44.64m
2003	Kortney Ihnen, MSU	50.78m
2004	Jessica Meyer, SDSU	44.95m
2005	Kami Sweet, MSU	45.80m
2006	Danye Guinn, UND	43.63m
2007	Kami Sweet, MSU	47.91m
2008	Jasmine Mosley, USD	43.61m

High Jump

1979	Barb Marks, UND	5-1
1980	Ann Nelson, UNC	5-4
1981	Julie Gullett, UNO	5-8
1982	Julie Gullett, UNO	5-8
1983	Linda Johnson, NDSU	5-7 3/4
1984	Cheri Hanson, MSU	5-8
1985	Lora Schloss, NDSU	5-8 1/2
1986	Stacey Johnson, USD	5-5 3/4
1987	Lora Schloss, NDSU	5-8 1/2
1988	Lora Schloss, NDSU	5-9 1/4
1989	Tina Baum, SDSU	5-7 1/4
1990	Wendy Kinneberg, UND	5-8 1/4
1991	Penny Ensrud, NDSU	5-7
1992	Gigi DesLauriers, SCSU	5-10
1993	Tina Baum, SDSU	5-8 1/2
1994	Janet Howie, MSU	5-6
1995	Andrea Jeseritz, NDSU	5-5 1/4
1996	Debby Volkers, AC	5-9 1/2
1997	Debby Volkers, AC	5-7 1/2
1998	Andrea Jeseritz, NDSU	5-9 1/4
1999	Kim Pellmann, SCSU	5-5 1/4
2000	Kim Schiemenz, UNC	5-9 1/4
2001	Tonya Kneifl, USD	5-8 1/2
2002	Crystal Cummins, NDSU	1.72m
2003	Margo Knorr, NDSU	1.72m
2004	Krysal Burggraff, MSU	1.73m
2005	Krystal Burggraff, MSU	1.73m
2006	Becky Schulz, AC	1.68m
2007	Kali Erlandson, MSU	1.72m
2008	Becky Schulz, AC	1.61m

Long Jump

1979	Carol Forrette, USD	16-10
1980	Regina Dale, UNO	18-0
1981	Elaine Zell, SDSU	18-0 1/2
1982	Regina Dale, UNO	18-6
1983	Joan Mueller, USD	17-6 3/4
1984	Jere Domes, MSU	18-4
1985	Cilla Rew, USD	18-7 1/4
1986	Cilla Rew, USD	18-9 1/4
1987	Deb Rose, SCSU	18-6 3/4
1988	Becky Anderson, SCSU	18-8 1/4
1989	Becky Anderson, SCSU	19-1 1/2
1990	Becky Anderson, SCSU	18-4 1/4
1991	Lisa Ristau, NDSU	19-4 1/2
1992	Lisa Ristau, NDSU	19-0
1993	Tiffini Schuebel, SDSU	18-6
1994	Tiffini Schuebel, SDSU	19-4 1/2
1995	Elena Swan, USD	19-0
1996	Lisa Kresky, NDSU	18-11
1997	Elena Swan, USD	20-2 3/4
1998	Elena Swan, USD	18-9 1/4
1999	Meredith Davis, MC	19-9 1/2
2000	Meredith Davis, MC	18-10 3/4
2001	Meredith Davis, MC	21-1 1/4
2002	Meredith Davis, MC	6.01m
2003	Amanda Thieschafer, NDSU	5.99m
2004	Foluso Makinde, UNO	6.06m
2005	Foluso Makinde, UNO	6.07m
2006	Foluso Makinde, UNO	5.47m
2007	Katelin Rains, MSU	5.66m
2008	Katelin Rains, MSU	5.54m

Triple Jump

1983	Becky Wilson, UNO	36-7 1/4
1984	Becky Wilson, UNO	37-7 1/4

women's outdoor track & field

1985	Cilla Rew, USD	36-10 1/2
1986	Cilla Rew, USD	37-8
1987	Deb Rose, SCSU	37-5 3/4
1988	Becky Anderson, SCSU	38-0 1/4
1989	Becky Anderson, SCSU	38-7 1/2
1990	Jenny Perry, AC	38-11
1991	Tina Baum, SDSU	37-9
1992	Becky Anderson, SCSU	39-0 1/4
1993	Tina Baum, SDSU	37-11 1/2
1994	Sue DelCastillo, UNO	39-10
1995	Sue DelCastillo, UNO	39-3 3/4
1996	Julie Spillum, NDSU	37-10
1997	Elena Swan, USD	41-4
1998	Elena Swan, USD	38-7 1/2
1999	Jill Theeler, NDSU	39-4
2000	Crystal Cummins, NDSU	39-5
2001	Amanda Thieschafer, NDSU	39-9 3/4
2002	Amanda Thieschafer, NDSU	12.45m
2003	Amanda Thieschafer, NDSU	12.45m
2004	Amanda Thieschafer, NDSU	12.77m
2005	Debbie Akerly, UNO	12.00m
2006	Katelin Rains, MSU	11.55m
2007	Katelin Rains, MSU	11.77m
2008	Amber Hegge, USD	11.69m

Javelin

1979	Shirley Schultz, USD	106-8
1980	Lisa Perreault, UND	127-0 1/2
1981	Lisa Boomsma, SDSU	140-11
1982	Lisa Perreault, UND	127-7
1983	Lisa Boomsma, SDSU	141-8
1984	Kris Benzie, NDSU	131-3
1985	Rikki Goede, AC	126-1 1/2
1986	Lori Telehey, NDSU	130-8 1/2
1987	Janet Connell, UND	138-5
1988	Kari Kolsrud, NDSU	139-7
1989	Heather Andrews, USD	141-6 1/2
1990	Heather Andrews, USD	136-0
1991	Heather Andrews, USD	152-3
1992	Amy House, UNC	150-3
1993	Jennifer Leddon, NDSU	138-1
1994	Jennifer Leddon, NDSU	137-7
1995	Jennifer Leddon, NDSU	147-6
1996	Vicky Besette, UND	134-10
1997	Nancy Overman, SDSU	130-1
1998	Lisa Peters, SDSU	146-1
1999	Amber Buller, NDSU	133-5
2000	Amber Buller, NDSU	137-3
2001	Tonya Kneiff, USD	139-2
2002	Carrie Arne, NDSU	40.79m
2003	Kelley Cobb, UNC	42.48m
2004	Katie Wilson, SCSU	44.76m
2005	Jen Buyske, AC	43.23m
2006	Katie Wilson, SCSU	44.17m
2007	Shaneaka Parkes, USD	44.53m
2008	Shaneaka Parkes, USD	43.60m

Pole Vault

1998	Jennifer Bass, SDSU	11-1
1999	Jennifer Bass, SDSU	12-0
2000	Sandy Pelkofer, USD	11-11/4
2001	Kate Farnham, MSU	11-7
2002	Sandy Pelkofer, USD	3.79m
2003	Amanda Frame, MSU	3.77m
2004	Marci Miller, USD	3.87m
2005	Amanda Frame, MSU	3.88m
2006	Katelin Rains, MSU	3.67m

2007	Katelin Rains, MSU	4.06m
2008	Lauren Stelten, MSU	3.76m

Hammer Throw

1999	Jen Haage, MC	165-6
2000	Marcie Augst, NDSU	181-8
2001	Jen Haage, MC	174-5
2002	Mandy Muller, USD	49.74m
2003	Kortney Ihnen, MSU	50.81m
2004	Kassidi Myrick, USD	50.92m
2005	Kassidi Bridge, USD	51.22m
2006	Talia Carpenter, UMD	45.18m
2007	Amy Velthoff, USD	46.89m
2008	Danielle Dornbusch, USD	48.76m

Heptathlon

1982	Kippy King, UNO	4,616
1983	Linda Johnson, NDSU	4,890
1984	Stephanie Farrington, MSU	4,704
1985	Lora Schloss, NDSU	4,077
1986	Ember Rogalla, NDSU	4,026
1987	Lora Schloss, NDSU	4,535
1988	Luonna Van Meveran, MSU	4,892
1989	Lynn Schuetze, MSU	4,411
1990	Darcy Siebels, USD	4,778
1991	Lisa Ristau, NDSU	5,103
1992	Lisa Ristau, NDSU	5,018
1993	Martha Harris, USD	5,083
1994	Lisa Kresky, NDSU	4,839
1995	Nancy Weber, UNC	4,798
1996	Lisa Kresky, NDSU	4,888
1997	Nancy Weber, UNC	5,107
1998		
1999	Jennifer Higgins, SCSU	4,820
2000	Kim Schiemenz, UNC	5,303
2001	Jennifer Higgins, SCSU	5,436
2002	Meredith Davis, MC	5,504
2003	Sarah Hoffman, USD	4,767
2004	Brianne Edwards, USD	5,105
2005	Anastasia Kyvelidou, UNO	5,512
2006	Mara McGill, USD	4,502
2007	Kayla Todnem, SCSU	4,593
2008	Kaycie Merrihew, MSU	4,589

Relay Champions

400 Meter Relay

1979	Nebraska-Omaha	:50.0	(Nicas, Cardisco, Shelton, Dixon)
1980	Nebraska-Omaha	:49.6	(Dixon, Dale, Dineen, Middleton)
1981	Nebraska-Omaha	:48.60	(Stewart, Burchart, Shelton, Dale)
1982	Nebraska-Omaha	:47.49	(Bundy, Wilson, Dale, Middleton)
1983	South Dakota	:49.22	(Miss, Dodds, Rew, Golden)
1984	Minnesota State, Mankato	:48.85	(Domes, Harman, Olson, Farrington)
1985	Minnesota State, Mankato	:48.44	(Thompson, Harman, Olson, Averbek)
1986	South Dakota	:49.04	(Behrens, Tieszen, Rew, Clayborne)
1987	Minnesota State, Mankato	:47.66	(Van Meveran, Harman, Johnson, Averbek)
1988	North Dakota State	:47.74	(Clark, Gilmore, Gebeke, Booth)

1989	North Dakota State	:48.3	(Gilmore, Renville, Gebeke, Booth-Anderson)
1990	North Dakota State	:47.53	(Ristau, Gilmore, Koehn, Leonard)
1991	North Dakota State	:47.38	(Ristau, Koehn, Kelly, Faus)
1992	North Dakota State	:47.17	(Ristau, Koehn, Kelly, Viken)
1993	North Dakota State	:46.63	(Loskot, Koehn, Kelly, Viken)
1994	South Dakota	:47.43	(Christie, Browne, Kocer, Kurz)
1995	Nebraska-Omaha	:47.03	(Ellis, Butler, Vondras, Osler)
1996	Nebraska-Omaha	:47.17	
1997	Nebraska-Omaha	:47.10	(Ellis, Erkes, Koziol, Butler)
1998	North Dakota State	:46.02	
1999	North Dakota State	:46.83	(Bachmeier, Theeler, Melland, Wigley)
2000	North Dakota State	:46.94	
2001	North Dakota State	:47.28	
2002	Nebraska-Omaha	:47.73	(Lambert, Kitchens, Merz, Walker)
2003	Augustana	:47.74	(Eyken, Taylor, Cyre, Burgard)
2004	North Dakota State	:46.27	(Niemann, Larsen, Thieschafer, Shigg)
2005	Nebraska-Omaha	:47.50	
2006	Nebraska-Omaha	:46.44	(Makinde, Belling, Monger, Akerly)
2007	Nebraska-Omaha	:46.72	(Clarkson, Belling, Saka, Monger)
2008	South Dakota	:46.89	(Parkes, Filler, Gebhart, Erickson)

1,600 Meter Relay

1979	Nebraska-Omaha	3:59.5	(Nielson, Cardisco, Shelton, Dineen)
1980	Nebraska-Omaha	4:02.6	(Arnold, Henke, Cardisco, Shelton)
1981	South Dakota State	3:58.58	(Temple, Neisen, Finn, Zell)
1982	South Dakota State	3:56.32	(Finn, Neisen, Wermers, Zell)
1983	South Dakota State	3:57.74	(Burma, Neisen, Colberg, Finn)
1984	Nebraska-Omaha	3:52.54	(Fowler, Moreau, Wilson, Bundy)
1985	Nebraska-Omaha	3:53.1	(Moreau, Jochim, Brown, Kapperman)
1986	Nebraska-Omaha	3:51.63	(Tomka, Poole, Brown, Moreau)
1987	South Dakota State	3:53.60	(Stevenson, Oster, Sunding, Fordham)
1988	South Dakota	3:55.20	(Squillace, Trzeciak, Seibels, Gdowski)
1989	South Dakota	3:52.55	(Squillace, Seibels, Chopskie, Gdowski)
1990	South Dakota	3:49.46	(Gdowski, Chopskie, Seibels, Glanzer)
1991	North Dakota State	3:49.39	(Koehn, Ristau, Kelly, Faus)
1992	North Dakota State	3:49.4	(Koehn, Kelly, Faus, Ristau)
1993	North Dakota State	3:49.29	(Koehn, Kelly, Richter, Viken)

women's outdoor track & field

1994	North Dakota State	3:51.92
	(Lewis, Richter, Keller, Viken)	
1995	North Dakota State	3:52.44
	(Lewis, Gill, Berger, Richter)	
1996	Northern Colorado	3:51.64
1997	South Dakota	3:49.15
	(Swan, Munyan, Kuhlmann, Knight)	
1998	Nebraska-Omaha	3:45.74
1999	North Dakota State	3:47.48
	(Bachmeier, Theeler, Melland, Wigley)	
2000	North Dakota State	3:48.52
2001	North Dakota	3:49.04
	(Williams, Berg, Bielejeski, Faul)	
2002	North Dakota State	3:43.11
	(Coles, Brudy, Kraft, Theeler)	
2003	North Dakota State	3:53.22
	(Wolf, Larson, Kuehn, Niemann)	
2004	North Dakota State	3:45.11
	(Shigg, Larsen, Klein, Coles)	
2005	South Dakota	3:54.18
2006	South Dakota	3:50.88
2007	Nebraska-Omaha	3:47.10
	(Saka, Kampschneider, Purdy, Monger)	
2008	South Dakota	3:49.07
	(Gebhart, Erickson, Smith, Brueske)	

800 Meter Medley Relay (retired)

1979	Nebraska-Omaha	1:51.0
	(Nices, Graff, Dixon, Arnold)	
1980	Northern Colorado	1:50.7
	(Evans, Sowell, Falls, Eberhardt)	
1981	Nebraska-Omaha	1:48.02
	(Stewart, Buchert, Dale, Shelton)	
1982	Nebraska-Omaha	1:46.9
	(Middleton, Wilson, Dale, Bundy)	
1983	Augustana	1:50.0
	(Dyk, Wissink, Metcalf, Allen)	

3,200 Meter Relay (retired)

1979	Nebraska-Omaha	9:49.4
	(Dineen, Nielsen, Eatlin, Schoonover)	
1980	North Dakota State	9:45.7
	(Clairmont, Winden, Kappel, Bergerson)	
1981	North Dakota State	9:36.46
	(Gibson, Walker, Winden, Bergerson)	
1982	South Dakota State	9:33.39
	(Geason, Coyle, Stavrum, Sargent)	
1983	South Dakota	9:35.6
	(Kenney, Butler, Sullivan, Hummelgard)	
1984	North Dakota State	9:40.55
	(Kelly, Colbrunn, Schwartz, Leingang)	

multiple event winners

Four-Time Winners in One Event:

Kim Fordham, SDSU, 800 meters	(1987, 1989-90-91)
Dawn Koehn, NDSU, 100 meters	(1990-91-92-93)
Carrie Butler, UNO, 400 meters	(1995-96-97-98)
Meredith Davis, MC, Long Jump	(1999-00-01-02)
Amanda Thieschafer, NDSU, triple jump	(2001-02-03-04)

Three-Time Winners in One Event:

Yvette Greer, USD, 100 meter hurdles	(1979-81-82)
Collette Shelton, UNO, 400 meter hurdles	(1979-80-81)
Kristin Asp, SDSU, 3000 meters	(1982-83-84)
Audrey Stavrum, SDSU, 10,000 meters	(1982-83-85)
Linda Johnson, NDSU, 400 meter hurdles	(1983-84-85)
Lora Schloss, NDSU, high jump	(1985, 1987-88)
Becky Anderson, SCSU, long jump	(1988-89-90)
Becky Anderson, SCSU, triple jump	(1988-89, 1992)
Linda Gdowski, USD, 400 meters	(1988-89-90)
Heather Andrews, USD, javelin	(1989-90-91)
Dawn Koehn, NDSU, 200 meters	(1991-92-93)
Carri Butler, UNO, 200 meters	(1995-96-97)
Nancy Weber, UNC, 400 hurdles	(1995-96-97)
Becky Leppard, UND, 1500 meters	(1999-00-01)
Jill Theeler, NDSU, 200 meters	(1998-99-2002)
Jill Theeler, NDSU, 400 meters	(1999-2000-02)
Meredith Davis, MC, 100 hurdles	(2000-01-02)
Kinsey Coles, NDSU, 400 hurdles	(2001-02-03)
Molly Wedel, USD, 5000 meters	(2000-01-03)
Molly Wedel, USD, 10000 meters	(2000-01-03)
Rachel Kraft, NDSU, 800 meters	(2000-02-03)
Foluso Makinde, UNO, L. Jump	(2004-05-06)
Veronica Sackett, UND, Steeple	(2004-05-06)

Four-Time Winners, One Meet:

1983	Linda Johnson, North Dakota State	(heptathlon, high jump, 100 hurdles, 400 hurdles)
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Three-Time Winners, One Meet:

1983	Becky Wilson Kapperman, UNO	(triple jump, 200 meters, 400 meters)
1986	Nancy Dietman, North Dakota State	(1500 meters, 3000 meters, 5000 meters)
1988	Bev Weiman, North Dakota State	(3000 meters, 5000 meters, 10000 meters)
	Luonna Van Meveran, Minn. St, Mkto.	(heptathlon, 100 hurdles, 400 hurdles)
1991	Lisa Ristau, North Dakota State	(heptathlon, 100 hurdles, long jump)
1992	Lisa Ristau, North Dakota State	(heptathlon, 100 hurdles, long jump)
1996	Lisa Kresky, North Dakota State	(heptathlon, 100 hurdles, long jump)
1997	Elena Swan, South Dakota	(100, long jump, triple jump)
1999	Jill Theeler, North Dakota State	(200, 400, triple jump)
2003	Kortney Ihnen, Minn. St., Mankato	(shot put, discus, hammer)
2007	Katelin Rains, Minn. St., Mankato	(pole vault, long jump, triple jump)

Individual Career Titles

Athlete, School	Titles
Meredith Davis, Morningside	8
Jill Theeler, North Dakota State	7
Linda Johnson, North Dakota State	7
Dawn Koehn, North Dakota State	7

Elena Swan, South Dakota	7
Nancy (Overman) Fischer, USD-SDSU	7
Kristin Asp, South Dakota State	6
Lisa Ristau, North Dakota State	6
Becky Anderson, St. Cloud State	6
Kim Fordham, South Dakota State	6
Carri Butler, Nebraska-Omaha	6
Becky Leppard, North Dakota	6
Molly Wedel, South Dakota	6
Katelin Rains, Minnesota State, Mankato	6
Lora Schloss, North Dakota State	5
Nancy Dietman, North Dakota State	5
Yvette Greer, South Dakota	5
Linda Gdowski, South Dakota State	5
Becky Wilson Kapperman, Nebraska-Omaha	5
Nancy Weber, Northern Colorado	5
Kinsey Coles, North Dakota State	5
Amanda Thieschafer, North Dakota State	5
Ann Westby, South Dakota State	4
Caroline Booth, North Dakota State	4
Cilla Rew, South Dakota	4
Sue Harman, Minnesota State, Mankato	4
Karla Brotherton, South Dakota State	4
Sandy Middleton, Nebraska-Omaha	4
Heather Andrews, South Dakota	4
Tina Baum, South Dakota State	4
Lisa Kresky, North Dakota State	4
Sara Deckert, South Dakota	4

Yearly Individual Point Leaders

Year	Athlete, School	Pts.
1979	Becky Clairmont, North Dakota St.	28
1980	Regina Dale, Nebraska-Omaha	26
1981	Elaine Kempf Zell, South Dakota St.	28
1982	Yvette Greer, South Dakota	24
1983	Linda Johnson, North Dakota State	41
1984	Jere Domes, Minn. St., Mankato	30
1985	Linda Johnson, North Dakota State	36
1986	Nancy Dietman, North Dakota State	30
1987	Sue Miller, South Dakota State	26
	Lora Schloss, North Dakota State	26
1988	Luonna Van Meveran, M. St., Mankto	39
1989	Edie Boyer, North Dakota State	26
	Darcy Siebels, South Dakota	26
1990	Darcy Siebels, South Dakota	22
	Lisa Ristau, North Dakota State	22
1991	Lisa Ristau, North Dakota State	38
1992	Lisa Ristau, North Dakota State	30
1993	Tina Baum, South Dakota State	35
1994	Tiffini Schuebel, South Dakota State	32
1995	Pam Drietz, North Dakota State	28
1996	Lisa Kresky, North Dakota State	38
1997	Elena Swan, South Dakota	54
1998	Elena Swan, South Dakota	42
1999	Jill Theeler, North Dakota State	30
2000	Kim Schiemenz, Northern Colorado	36
2001	Meredith Davis, Morningside	32
2002	Meredith Davis, Morningside	30
2003	Kortney Ihnen, Minn. St., Mankato	30

women's outdoor track & field

2004	Brianne Edwards, South Dakota	33
2005	Debbie Akerly, Nebraska-Omaha	36
2006	Molly Belling, Nebraska-Omaha	20
	Katelin Rains, Minn. St., Mankato	20
	Kayleen Keating, South Dakota	20
2007	Katelin Rains, Minn. St., Mankato	30
2008	Jasmine Mosley, South Dakota	28

athletes of the week

1995

Mar. 28	Nancy Weber, UNC
April 4	Jane Loskot, NDSU
April 11	Sue DelCastillo, UNO
April 18	Carrie Butler, UNO
April 25	Mary Gill, NDSU
May 2	Mary Gill, NDSU
May 9	Nancy Overman, USD

1996

April 9	Carri Butler, UNO
April 16	Debby Volkers, AC
April 23	Jennifer Munyan, USD
April 30	Andrea Jeseritz, NDSU
May 7	Jennifer Munyan, USD

1997

Mar. 17	Nancy Weber, UNC
Mar. 24	Nancy Weber, UNC
April 1	Nancy Weber, UNC
April 8	Brandy Smith-Lowe, UNC
April 15	Sandy Dingmann, SCSU
April 22	Theresa Williams, UNO
April 29	Nancy Duerman, SDSU
	Mary Gill, NDSU
May 6	Debby Volkers, AC
	Nancy Weber, UNC

1998

Mar. 24	Kim Schiemenz, UNC
Mar. 31	Karen Smidt, UNC
April 7	Carri Butler, UNO
April 14	Sandy Derby, UNO
April 21	Codi Lehr, NDSU
	Stacy Johnson, AC
April 29	Jill Theeler, NDSU
May 5	Kim Schiemenz, UNC
	Stacy Johnson, AC

1999

Mar. 23	Darnell Bane, UNC
Mar. 31	Brandy Echternach, USD
April 7	Renee Ostertag, UNC
April 13	Nancy Fischer, SDSU
April 20	Jennifer Higgins, SCSU
April 27	Becky Leppard, UND

2000

Mar. 21	Missy Berg, UND
Mar. 28	Renee Ostertag, UNC
Apr. 5	Tonya Kneiff, USD
	Julia Karst-Gray, NDSU
Apr. 11	Julia Karst-Gray, NDSU
Apr. 18	Kim Schiemenz, UNC
Apr. 25	Jill Theeler, NDSU
	Jonisa McGlowan, UNO
May 3	Marcie Augst, NDSU

2001

Mar. 20	Mandi Muller, USD
Mar. 27	Amanda Ewing, UNC
Apr. 3	Carly Lambert, UNO
Apr. 11	Talia Merritt, UND
Apr. 17	Andi Noel, NDSU
Apr. 23	Amanda Thieschafer, NDSU
	Jessie Kindschi, SDSU
May 1	Becky Leppard, UND
May 9	Diandra Bauer, NDSU

2002

Mar. 28	Kelley Cobb, UNC
Apr. 9	Jill Theeler, NDSU
	Katie Hostetler-Farris, UNC
Apr. 16	Meredith Davis, MC
Apr. 23	Katie Hostetler-Farris, UNC
	Melissa Meisinger, UNO
Apr. 30	Crystal Cummins, NDSU
May 7	Meredith Davis, MC
	Sandy Pelkofer, USD

2003

Mar. 25	Amanda Thieschafer, NDSU
Apr. 8	Alison Anderson, UNO
Apr. 15	Brianne Vette, USD
	Bethany Otteson, MSU
	Kelley Cobb, UNC
Apr. 22	Miranda Ernst, UNC
Apr. 29	Kinsey Coles, NDSU
May 6	Kortney Ihnen, MSU

2004

Mar. 24	Amanda Thieschafer, NDSU
Mar. 30	Katie Wilson, SCSU
Apr. 7	Cori Vining, SDSU
	Sarah Meghini, UNO
Apr. 13	Kassidi Myrick, USD
Apr. 20	Kinsey Coles, NDSU
	Becky Schulz, AC
Apr. 27	Kinsey Coles, NDSU
May 4	Brianne Edwards, USD

2005

Apr. 6	Amanda Frame, MSU
Apr. 12	Amanda Frame, MSU
Apr. 19	Anastasia Kyvelidou, UNO
	Stephanie Gebhart, USD
Apr. 26	Marci Miller, USD
May 3	Abby Demulling, UMD
May 10	Anastasia Kyvelidou, UNO
	Stephanie Gebhart, USD

2006

Mar. 30	Kaycie Merrihew, MSU
Apr. 4	Foluso Makinde, UNO
Apr. 11	Katie Wilson, SCSU
Apr. 18	Mara McGill, USD
Apr. 25	Katelin Rains, MSU
	Becky Schulz, AC
May 2	Mary Stoll, AC
	Sarah Getty, SCSU
May 9	Molly Belling, UNO
	Amanda Kunkel, SCSU

2007

<i>Track</i>	
Mar. 27	Jenny Hoese, MSU
Apr. 3	Heidi Evans, UND
Apr. 17	Rachel Stangler, AC
Apr. 24	Kiki Smith, USD
May 1	Molly Belling, UNO
	Liz Palkie, UMD

Field

Mar. 27	Katelin Rains, MSU
Apr. 3	Lindsey Schultz, AC
Apr. 17	Kali Erlandson, MSU
Apr. 24	Jasmine Mosley, USD
May 1	Amanda Kunkel, SCSU
	Kami Sweet, MSU

2008

Track

April 1	Rachel Stangler, AC
April 9	Heidi Evans, UND
	Liz Palkie, UMD
April 15	Rachel Stangler, AC
	Rachel Stangler, AC
	Heidi Evans, UND
	Brittany Henderson, MSU
	Emma Erickson, USD
April 30	Rachel Stangler, AC
May 6	Kaycie Merrihew, MSU

Field

April 1	Kaitlin Rains, MSU
April 9	Laura Stelten, MSU
April 15	Amanda Kunkel, SCSU
April 22	Sheneaka Parkes, USD
April 30	Kaitlin Rains, MSU
May 6	Amber Hegge, USD

national champions

Year	Name, School	Event	Mark
1982	Audrey Stavrum, SDSU	10,000m	35:06.38
1984	Kristin Asp, SDSU	3000m	9:28.41
1992	Heather Andrews, USD	Discus	163-8
1994	Michelle Christie, USD	200m	:23.46
	Ann Westby, SDSU	10,000m	35:22.34
1995	Nancy Overman, USD	Discus	153-9
1997	Debby Volkers, AC	H. Jump	6-0
1999	Jennifer Bass, SDSU	P. Vault	12-7 1/2
2000	Kim Schiemenz, UNC	Heptathlon	5,602
2001	Diandra Bauer, NDSU	Hammer	182-2
	Meredith Davis, MC	Heptathlon	5,324
2002	Meredith Davis, MC	Heptathlon	5,670
2003	Amanda Thieschafer, NDSU	T. Jump	12.93m
	Kinsey Coles, NDSU	400 Hud	:59.05
2004	Kinsey Coles, NDSU	800m	2:06.49
	Brianne Edwards, USD	Heptathlon	5301
2005	Anastasia Kyvelidou, UNO	Heptathlon	5780
	Jen Buyske, AC	Javelin	47.77m
2008	Emma Erickson, USD	800m	2:07.36

NCC at NCAA meet

Year	School	Place	Pts
1982	South Dakota State	3	114
	Nebraska-Omaha	14	29.5
	South Dakota	t23	9

women's outdoor track & field

1983	Minnesota State, Mankato	11	42	1995	North Dakota State	8	26	2002	North Dakota State	2	53
	South Dakota State	14	35		Nebraska-Omaha	12	19		Morningside	16	23
	North Dakota State	25	13		Minnesota State, Mankato	20	14		Northern Colorado	26	10
	Nebraska-Omaha	45	5		South Dakota	t21	10		North Dakota	t34	6
1984	South Dakota State	10	40		St. Cloud State	t26	8		South Dakota	t34	6
	North Dakota State	15	27		Northern Colorado	t26	8		South Dakota State	t41	5
	Minnesota State, Mankato	16	26		Augustana	t32	3	2003	North Dakota State	3	56
	Nebraska-Omaha	19	21.5		South Dakota State	t38	2		South Dakota	t7	25
1985	North Dakota State	12	17	1996	North Dakota State	6	29		Minnesota St., Mankato	t28	9
1986	North Dakota State	t25	6		Nebraska-Omaha	t14	16		South Dakota State	t37	7
	Nebraska-Omaha	t30	4		Minnesota State, Mankato	19	13		Nebraska-Omaha	t44	5
	St. Cloud State	t35	3		Augustana	t25	9		Northern Colorado	t44	5
1987	South Dakota State	t18	6		St. Cloud State	t27	8	2004	North Dakota State	4	50
	North Dakota State	36	.25		South Dakota	t31	5		South Dakota	10	23
1988	Minnesota State, Mankato	t22	5	1997	Augustana	10	31		Minnesota State, Mankato	23	12
1989	South Dakota State	17	11		South Dakota	11	30		Nebraska-Omaha	27	11
	North Dakota State	t18	10		North Dakota State	15	18.5	2005	Nebraska-Omaha	t11	23
	Minnesota State, Mankato	t27	4		Northern Colorado	t17	17		South Dakota	t15	18
	South Dakota	t27	4		Nebraska-Omaha	19	16		Minnesota State, Mankato	t21	14
	Northern Colorado	36	1		Minnesota State, Mankato	t21	10		Augustana	t27	11
1990	South Dakota	8	26		St. Cloud State	t23	7		North Dakota	t31	8
	South Dakota State	t11	16		South Dakota State	t25	6		St. Cloud State	t53	1
	North Dakota State	22	8.5	1998	South Dakota	5	35	2006	Nebraska-Omaha	t9	23
	St. Cloud State	t23	8		North Dakota State	8	28		South Dakota	17	14
	North Dakota	t28	6		Nebraska-Omaha	9	22		St. Cloud State	t26	8
1991	North Dakota State	7	34		Northern Colorado	12	19		Augustana	t47	3.5
	St. Cloud State	t12	19		South Dakota State	t13	17	2007	Nebraska-Omaha	t16	15
	South Dakota	t16	15		Augustana	t28	5		Minnesota State, Mankato	t24	10
	South Dakota State	18	14		Minnesota State, Mankato	t30	4		St. Cloud State	t37	6
	North Dakota	t29	6		North Dakota	t35	3		North Dakota	t40	5
	Northern Colorado	t37	3	1999	North Dakota State	5	36		Augustana	t46	4
	Minnesota State, Mankato	t40	1		South Dakota	7	29	2008	South Dakota	6	37
1992	North Dakota State	t8	24		South Dakota State	11	20		Minnesota State, Mankato	t14	21
	South Dakota	t10	20		North Dakota	22	11		North Dakota	26	10.5
	St. Cloud State	t12	15		Morningside	26	7		Augustana	t30	8
	Northern Colorado	t18	9		St. Cloud State	t30	5		Minnesota Duluth	t37	5
	South Dakota State	31	5.5		Augustana	t40	2		St. Cloud State	t57	1
	North Dakota	t32	5		Nebraska-Omaha	t47	1				
1993	North Dakota	11	22	2000	North Dakota State	4	44				
	North Dakota State	t15	17		South Dakota	6	36				
	South Dakota State	18	13		North Dakota	16	17				
	Morningside	t21	8		North Dakota	19	15				
	South Dakota	t26	5		Morningside	t20	14				
	St. Cloud State	t31	3		St. Cloud State	t28	8				
1994	South Dakota	7	30	2001	North Dakota State	16	35				
	South Dakota State	8	25		South Dakota	t6	35				
	North Dakota State	10	23.5		North Dakota	12	24				
	Nebraska-Omaha	t23	8		St. Cloud State	21	14				
	North Dakota	t23	8		Morningside	t24	11				
	Minnesota State, Mankato	27	6		Northern Colorado	39	5.5				
	St. Cloud State	t28	5		South Dakota State	49	4				
					Minnesota St., Mankato	t52	2				
					Nebraska-Omaha	56	1.5				

individual NCAA top 8

100 Meters

Year	Individual, School	Place	Time
1983	Jere Domes, MSU	4	:12.01
1984	Jere Domes, MSU	4	:11.96
1994	Michelle Christie, USD	2	:11.55
1999	Carly Lambert, UNO	8	:12.08
2000	Sara Deckert, USD	4	:11.93
2001	Sara Deckert, USD	2	:11.69
2006	Molly Belling, UNO	7	:11.86
	Laverne Monger, UNO	8	:11.87
2007	Molly Belling, UNO	6	:11.62
2008	Brittany Henderson, MSU	3	:11.51

200 Meters

Year	Individual, School	Place	Time
1994	Michelle Christie, USD	1	:23.46
1996	Carri Butler, UNO	5	:24.40
	Jane Loskot, NDSU	7	:24.75
2000	Sara Deckert, USD	2	:23.72
2001	Sara Deckert, USD	3	:23.92

women's outdoor track & field

2005	Stephanie Gebhart, USD	7	:24.43
2006	Molly Belling, UNO	3	:23.84
	Laverne Monger, UNO	6	:24.35
2007	Molly Belling, UNO	3	:23.65
2008	Brittany Henderson, MSU	2	:23.61

400 Meters

Year	Individual, School	Place	Time
1990	Linda Gdowski, USD	4	:55.03
	Sue Chopskie, USD	6	:56.27
1991	Sue Faus, NDSU	7	:55.91
1995	Carri Butler, UNO	4	:55.64
1996	Carri Butler, UNO	6	:54.58
1997	Carri Butler, UNO	4	:54.54
1998	Carri Butler, UNO	2	:54.06
	Jill Theeler, NDSU	4	:54.54
	Stephanie Knight, USD	5	:54.71
1999	Jill Theeler, NDSU	7	:55.82
2000	T. Wigley-Brudy, NDSU	3	:54.47
	Jill Theeler, NDSU	6	:55.09
2001	Tamara Brudy, NDSU	3	:55.24
2002	Tamara Brudy, NDSU	2	:54.11
	Jill Theeler, NDSU	4	:55.22
2004	Nicole Shigg, NDSU	2	:53.47
	Stephanie Gebhart, USD	6	:54.72
2005	Stephanie Gebhart, USD	2	:53.59
2006	Stephanie Gebhart, USD	4	:53.81
2008	Stephanie Gebhart, USD	3	:54.65

800 Meters

Year	Individual, School	Place	Time
1982	Tammi Wermers, SDSU	5	2:12.75
1986	Janice Moreau, UNO	5	2:09.24
1987	Kim Fordham, SDSU	5	2:09.83
1989	Kim Fordham, SDSU	2	2:09.52
	Lori Kruckeberg, MSU	5	2:10.04
1990	Kim Fordham, SDSU	2	2:06.24
1991	Kim Fordham, SDSU	5	2:09.84
1992	Libbie Simpson, UNC	8	2:17.55
1993	Gina DeWitt, MC	2	2:09.16
	Marie Crep, UND	6	2:10.79
	Christine Mason, SDSU	7	2:11.46
1994	Marie Crep, UND	3	2:09.46
	Christine Mason, SDSU	5	2:10.54
1995	Mary Gill, NDSU	4	2:10.45
	Jennifer Peck, MSU	7	2:12.36
1996	Mary Gill, NDSU	4	2:09.43
	Jennifer Munyan, USD	5	2:10.51
1997	Mary Gill, NDSU	3	2:09.15
	Jennifer Munyan, USD	4	2:09.82
	Barb Scharnberg, AC	8	2:13.35
1998	Krista Trei, USD	3	2:13.14
	Emily Jo Oyen, SDSU	4	2:14.54
	Cindy Scott, UND	6	2:15.54
	Andrea Harens, AC	8	2:23.40
2000	Rachel Kraft, NDSU	3	2:10.61
2001	Becky Leppard, UND	6	2:14.51
2002	Rachel Kraft, NDSU	8	2:15.91
2003	Rachel Kraft, NDSU	5	2:09.28
2004	Kinsey Coles, NDSU	1	2:06.49
	Sarah Klein, NDSU	4	2:09.60
	Jessica Schill, UND	5	2:11.43
2005	Kassy Laber, USD	6	2:13.70
2006	Kassy Laber, USD	8	2:20.32
2008	Emma Erickson, USD	1	2:07.36
	Liz Palkie, UMD	4	2:10.86

1,500 Meters

Year	Individual, School	Place	Time
1983	Lori Bearson, MSU	3	4:27.35
1984	Deb Bergerson, NDSU	6	4:29.21
1990	Nicole Scherr, SDSU	4	4:29.25
1991	Nicole Scherr, SDSU	7	4:33.38
1992	Louise Ronnerman, UND	4	4:33.58
	Trina Steffes, NDSU	7	4:38.31
	Nicole Scherr, SDSU	8	4:39.10
1993	Louise Ronnerman, UND	7	4:36.88
	Kristen Gfroerer, NDSU	8	4:37.26
1994	Jennifer Peck, MSU	3	4:32.80
	Laura Walter, SDSU	8	4:35.42
1995	Jennifer Peck, MSU	3	4:29.61
1996	Jennifer Peck, MSU	2	4:26.69
1997	Michelle Clarke, MSU	2	4:26.71
1998	Codi Lehr, NDSU	4	4:32.69
1999	Becky Leppard, UND	3	4:31.71
	Codi Lehr, NDSU	7	4:39.72
2000	Becky Leppard, UND	2	4:30.76
	April Maine, UND	6	4:34.51
2001	Becky Leppard, UND	2	4:34.94
	Miranda Ernst, UNC	6	4:38.07
2002	K. Hostetler-Farris, UNC	4	4:33.73
2003	Miranda Ernst, UNC	7	4:33.23
2007	Heidi Evans, UND	4	4:25.89
2008	Heidi Evans, UND	1	4:26.29

3,000 Meters

Year	Individual, School	Place	Time
1982	Nancy Gieske, SDSU	2	9:37.36
	Cindy Sargent, SDSU	5	9:59.64
1984	Kristin Asp, SDSU	1	9:28.41
1985	Nancy Dietman, NDSU	3	9:27.53
1986	Nancy Dietman, NDSU	3	9:34.51
1990	Steph Bruening, UND	6	9:52.30
1991	Kris Ihle, NDSU	4	9:38.02
1993	Steph Bruening, UND	2	9:51.70
1995	Kristin Gfroerer, NDSU	5	10:00.25
	Pam Drietz, NDSU	7	10:06.13
1996	Stacy Johnson, AC	8	10:02.01
1997	Hiedi Reed, AC	5	9:46.22
	Stacy Johnson, AC	6	9:46.24
1998	Tina Fenske, USD	7	9:58.91
	Stacy Johnson, AC	8	9:59.48
1999	Tina Fenske, USD	4	9:49.17
	Molly Wedel, USD	6	9:56.91
	Leah Gifford, AC	8	9:58.66
2000	Molly Wedel, USD	8	9:53.91
2001	Erin Woolley, SDSU	7	10:13.52
2002	Jessica Neva, UND	3	10:07.64
	Miranda Ernst, UNC	4	10:09.48
2003	Jessica Neva, UND	6	9:51.84

3,000 Meter Steeplechase

Year	Individual, School	Place	Time
2003	C. Christensen, NDSU	2	10:23.28
	Bethany Otteson, MSU	8	10:51.04
2005	Rachel Stangler, AC	8	10:57.84
2007	Rachel Stangler, AC	5	10:48.88
2008	Rachel Stangler, AC	2	10:28.64

5,000 Meters

Year	Individual, School	Place	Time
1982	Nancy Gieske, SDSU	2	16:36.35
	Kristin Asp, SDSU	3	16:51.76

1983	Kristin Asp, SDSU	4	16:50.86
	Audrey Stavrum, SDSU	5	16:59.87
	Kathy Kaiser, MSU	6	17:02.23
1984	Kristin Asp, SDSU	2	16:25.25
	Nancy Dietman, NDSU	4	16:29.79
1985	Nancy Dietman, NDSU	5	16:36.77
1991	Kris Ihle, NDSU	2	17:15.03
	Michelle Nelson, SCSU	4	17:21.82
1992	Kris Ihle, NDSU	7	17:38.49
1993	Steph Bruening, UND	2	16:54.41
1994	Ann Westby, SDSU	3	16:48.60
1997	Stacy Johnson, AC	4	17:10.01
1999	Molly Wedel, USD	4	17:26.38
	Tina Fenske, USD	6	17:29.26
	Leah Gifford, AC	8	17:35.63
2000	Molly Wedel, USD	2	17:05.71
2001	Molly Wedel, USD	4	17:00.02
2003	Erin Woolley, SDSU	7	17:03.89
2008	Ramsey Kavan, USD	2	16:53.23

10,000 Meters

Year	Individual, School	Place	Time
1982	Audrey Stavrum, SDSU	1	35:06.38
	Vicki Coyle, SDSU	6	35:54.22
	Jill Ramsdell, SDSU	8	36:18.14
1983	Kathy Kaiser, MSU	4	35:43.19
1989	Julie Shorter, NDSU	5	36:34.15
	Christy Young, SDSU	6	36:42.10
1990	Michelle Nelson, SCSU	3	35:43.88
	Angela Aukes, SDSU	6	36:14.15
1991	Michelle Nelson, SCSU	2	36:17.87
	Christy Young, SDSU	3	36:40.39
1992	Kris Ihle, NDSU	4	36:14.66
	Kiri Johnson, SDSU	6	36:37.23
1993	Kiri Johnson, SDSU	6	37:19.06
	Evette Emundson, UND	8	38:16.03
1994	Ann Westby, SDSU	1	35:22.34
	Steph Bruening, UND	7	37:22.11
1995	Kim Olund, UND	8	36:53.25
1996	Kim Olund, UND	5	35:50.06
1997	Hiedi Reed, AC	2	35:54.46
1998	Stacy Johnson, AC	6	36:26.97
	Karen Smidt, UNC	8	37:14.24
2000	Molly Wedel, USD	3	35:49.75
2001	Molly Wedel, USD	2	35:01.05
2006	Sarah Getty, SCSU	6	37:16.59

100 Meter Hurdles

Year	Individual, School	Place	Time
1982	Yvette Greer, USD	4	:14.65
	Regina Dale, UNO	8	:15.4
1992	Kristi Dean, USD	8	:14.19
1995	Kim Osler, UNO	2	:14.00
	Jane Loskot, NDSU	4	:14.08
	Sue DelCastillo, UNO	6	:14.34
1996	Jane Loskot, NDSU	8	:14.50
2000	Meredith Davis, MC	3	:14.02
2001	Jennifer Stovall, SDSU	8	:14.52
2002	Meredith Davis, MC	4	:13.60
2003	Jennifer Stovall, SDSU	6	:14.23

400 Meter Hurdles

Year	Individual, School	Place	Time
1990	Darcy Siebels, USD	4	1:00.71
	Kristi Dean, USD	8	1:03.07
1995	Denise Bitz, MSU	3	1:01.24
	Nancy Weber, UNC	4	1:01.49
	Anna Ratzloff, AC	7	1:03.51

women's outdoor track & field

1997	Nancy Weber, UNC	3	:59.19
	Denise Bitz, MSU	7	1:01.54
	Sandy Derby, UNO	8	1:02.85
1998	Nicole Sickels, MSU	5	1:01.36
	Sandy Derby, UNO	7	1:02.01
1999	Missy Berg, UND	4	1:02.35
2002	Kinsey Coles, NDSU	3	:59.67
2003	Kinsey Coles, NDSU	1	:59.05

High Jump

Year	Individual, School	Place	Height
1982	Elaine Zell, SDSU	5	5-0 1/4
	Julie Gullett, UNO	8	5-5
1990	Beth Mayer, NDSU	t4	5-7
	Melissa Lodmel, USD	6	5-5
1991	Gigi DesLauriers, SCSU	3	5-8
	Tina Baum, SDSU	t6	5-5
1992	Tina Baum, SDSU	t7	5-4 1/2
1993	Penny Ensrud, NDSU	4	5-8 3/4
	Tina Baum, SDSU	6	5-7 3/4
	Jill Wittenwyler, SDSU	8	5-4 1/2
1994	Meredith Owen, NDSU	t4	5-8 1/2
1995	Andrea Jeseritz, NDSU	7	5-6 1/2
1996	Debby Volkers, AC	2	5-8 3/4
	Andrea Jeseritz, NDSU	3	5-6 1/2
	Kim Schiemenz, UNC	7	5-4 1/2
1997	Debby Volkers, AC	1	6-0
	Andrea Jeseritz, NDSU	t5	5-7 3/4
	Kim Schiemenz, UNC	7	5-7 3/4
1998	Kim Schiemenz, UNC	2	5-8 3/4
	Andrea Jesseritz, NDSU	3	5-8 3/4
	Sandy Derby, UNO	5	5-6 1/2
1999	Tonya Kneifl, USD	5	5-4 1/2
2000	Julie Johnson, UND	5	5-7 3/4
	Tonya Kneifl, USD	7	5-7 3/4
	Kim Schiemenz, UNC	8	5-6 1/2
2001	Tonya Kneifl, USD	2	5-9 1/4
	Suzanne Larsen, UNO	t7	5-3 3/4
	Jill Fadenrecht, UNC	t7	5-3 3/4
2002	Crystal Cummins, NDSU	t5	5-7
	Margo Knorr, NDSU	8	5-7
2003	Margo Knorr, NDSU	2	5-9 1/4
2004	Becky Schultz, AC	t4	1.71m
2005	Krystal Burggraff, MSU	3	1.77m
2006	Becky Schulz, AC	t8	1.66m

Pole Vault

Year	Individual, School	Place	Height
1999	Jennifer Bass, SDSU	1	12-7 1/2
2000	Sandy Pelkofer, USD	5	11-7 3/4
	Jodi Tarasewicz, SCSU	6	11-7 3/4
2001	Jodi Tarasewicz, SCSU	3	12-1 1/2
	Callie Whitlock, UNC	8	11-9 3/4
2002	Sandy Pelkofer, USD	6	11-10
2003	Marci Miller, USD	4	3.65m
	Jessica Roehrick, NDSU	5	3.65m
	Callie Schoenherr, UNC	6	3.65m
	Kimberly Hilton, NDSU	8	3.65m
2004	Amanda Frame, MSU	t2	3.80m
	Kimberly Hilton, NDSU	t5	3.70m
	Amanda Aning, MSU	t5	3.70m
	Kate Farnham, MSU	t8	3.55m
	Jessica Roehrick, NDSU	t8	3.55m
2005	Amanda Frame, MSU	2	4.01m
	Marci Miller, USD	6	3.71m
2007	Katelin Rains, MSU	4	3.80m

2008	Lauren Stelten, MSU	4	3.77m
	Katelin Rains, MSU	t6	3.77m
	Jessica Clausnitzer, UND	t8	3.62m

Long Jump

Year	Individual, School	Place	Distance
1989	Beci Frahm, UNC	8	17-9 3/4
1992	Becky Anderson, SCSU	6	19-4 3/4
1994	Marie Brown, USD	2	20-7 1/4
	Tiffini Schuebel, SDSU	5	19-3 1/4
1997	Elena Swan, USD	2	19-11
1999	Merideth Davis, MC	5	18-10
	Crystal Cummins, NDSU	8	18-7 1/4
2000	Meredith Davis, MC	6	19-2 3/4
2001	Meredith Davis, MC	8	5.73m
2002	Meredith Davis, MC	2	20-09
	Crystal Cummins, NDSU	6	19-11 1/2
2003	Crystal Cummins, NDSU	7	5.69m
	Amanda Thieschafer, NDSU	8	5.68m
2004	Foluso Makinde, UNO	4	5.86m
2005	Foluso Makinde, UNO	2	6.04m
2006	Foluso Makinde, UNO	3	6.03m

Triple Jump

Year	Individual, School	Place	Distance
1992	Becky Anderson, SCSU	6	39-5 3/4
1994	Sue DelCastillo, UNO	2	39-9 3/4
1995	Sue DelCastillo, UNO	8	39-0 1/2
1997	Elena Swan, USD	3	12.42m
	Denise Kocer, USD	8	11.70m
2001	Amanda Thieschafer, NDS	3	12.48m
2002	Amanda Thieschafer, NDS	2	12.87m
	Crystal Cummins, NDSU	4	12.77m
2003	Amanda Thieschafer, NDSU1		12.93m
2004	Amanda Thieschafer, NDSU2		13.01m
	Cassandra Olson, NDSU	3	12.39m
	Brianne Edwards, USD	5	12.25m
2005	Anastasia Kyvelidou, UNO	8	11.90m

Shot Put

Year	Individual, School	Place	Distance
1983	Renee Carlson, NDSU	4	45-5 3/4
1984	Renee Carlson, NDSU	4	46-0
	Karla Brotherton, SDSU	6	45-6 1/4
1986	Julie Eisenschenk, SCSU	6	45-3 3/4
1989	Eddie Boyer, NDSU	3	47-8
1990	Traci Werner, UND	6	46-2 1/2
	Julie Eisenschenk, SCSU	7	45-7 3/4
1991	Diana Trager, UND	3	45-5 1/4
	Chris Johnson, USD	4	45-1
1992	Kris LeClair, NDSU	7	44-6
	Simona Samuelson, SCSU	8	42-1 1/4
1994	Julie Beck, NDSU	5	46-1 1/2
1995	Angela West, SCSU	2	47-7
1996	Londa VanderWal, SDSU	6	45-10 1/2
1997	Julia Karst, SCSU	3	47-8 1/2
	Londa VanderWal, SDSU	6	46-8 3/4
	Theresa Williams, UNO	8	46-7 1/4
1998	Nancy Overman, SDSU	7	44-10 1/4
1999	Julia Karst-Gray, NDSU	2	48-5 1/4
	Nancy Fischer, SDSU	5	46-6
2000	Julia Karst-Gray, NDSU	3	48-10 3/4
2001	Molly Peppel, NDSU	8	44-11
2002	Molly Peppel, NDSU	6	46-9
2007	Amanda Kunkel, SCSU	3	14.78m
2008	Amanda Kunkel, SCSU	8	13.99m

Discus

Year	Individual, School	Place	Distance
1982	Lori Dubbelde, SDSU	6	142-3
1984	Kay Braddy, UNO	6	146-6
1989	Heather Andrews, USD	5	139-10
1991	Heather Andrews, USD	4	151-8
	Kathy Lynch, NDSU	6	142-6
	Chris Johnson, USD	7	141-1
	Katie Serres, MSU	8	140-10
1992	Heather Andrews, USD	1	163-8
	Simona Samuelson, SCSU	2	154-1
1994	Sandy Fuchs, SCSU	4	159-5
	Julie Beck, NDSU	5	150-6
1995	Nancy Overman, USD	1	153-9
1996	Sandy Dingman, SCSU	2	156-9
	Amy Paulsen, UNO	4	148-3
1997	Nancy Overman, SDSU	7	153-4
	Sandy Dingman, SCSU	8	152-2
1998	Nancy Overman, SDSU	3	154-1
	Brandy Echternach, USD	6	151-7
1999	Nancy Fischer, SDSU	3	158-2
	Brandy Echternach, USD	4	154-10
2000	Amanda Muller, USD	8	149-5
2001	Talia Merritt, UND	3	156-0
	Diandra Bauer, NDSU	5	149-10
	Kortney Ihnen, MSU	7	147-11
	Holly Hagena, SDSU	8	145-9
2002	Holly Hagena, SDSU	7	149-10
2003	Kortney Ihnen, MSU	2	157-10
	Alison Anderson, UNO	8	147-08
2004	Kami Sweet, MSU	7	46.10m
2007	Kami Sweet, MSU	4	46.69m

Hammer Throw

Year	Individual, School	Place	Distance
1999	Marcie Augst, NDSU	2	175-11
	Diandra Koehler, NDSU	3	175-6
	Jen Haage, MC	6	167-11
2000	Marcie Augst, NDSU	4	174-0
2001	Diandra Bauer, NDSU	1	182-2
	Belinda Eastlack, NDSU	6	165-7
2003	Kortney Ihnen, MSU	7	47.92m

Javelin

Year	Individual, School	Place	Distance
1982	Lori Boomsma, SDSU	5	147-0 1/2
1991	Amy House, UNC	6	146-7
	Heather Andrews, USD	8	137-8
1992	Amy House, UNC	2	155-11
	Heather Andrews, USD	6	149-4
1993	Jennifer Leddon, NDSU	6	134-8
1994	Julie Beck, NDSU	6	146-1
1995	Jennifer Leddon, NDSU	7	143-7
1997	Nancy Overman, SDSU	8	135-8
1998	Lisa Peters, SDSU	5	141-9
2004	Dana Olimb, UND	7	44.20m
2005	Jen Buyske, AC	1	47.77m
	Dana Olimb, UND	2	47.57m
	Katie Wilson, SCSU	8	43.15m
2006	Jen Buyske, AC	6	45.88m
	Katie Wilson, SCSU	4	47.41m
2008	Shaneka Parkes, USD	7	42.67m

Hepthathlon

Year	Individual, School	Place	Points
1982	Kippy King, UNO	4	4,647
1984	Stephanie Farrington, MSU	5	5,136
1988	Luonna Van Meveran, MSU	4	5,003

women's outdoor track & field

1990	Lisa Ristau, NDSU	5	4,828
	Darcy Siebels, USD	6	4,753
1991	Lisa Ristau, NDSU	2	5,194
	Darcy Siebels, USD	7	4,722
1992	Martha Harris, USD	3	5,070
	Lisa Ristau, NDSU	4	5,061
1993	Martha Harris, USD	5	5,098
	Tina Baum, SDSU	8	4,917
1994	Susie Keller, NDSU	5	4,801
	Lisa Kresky, NDSU	7	4,700
1995	Nancy Weber, UNC	6	4,673
	Allison Peters, SDSU	7	4,545
	Nikki Adams, AC	8	4,519
1996	Lisa Kresky, NDSU	2	5,158
	Nancy Weber, UNC	7	4,791
	Kim Schiemenz, UNC	8	4,788
1997	Elena Swan, USD	2	5,098
	Nancy Weber, UNC	4	5,042
	Kim Schiemenz, UNC	5	4,990
1998			
1999	Jennifer Higgins, SCSU	4	5070
	Andi Noel, NDSU	8	4777
2000	Kim Schiemenz, UNC	1	5602
	Meredith Davis, MC	3	5302
	Jennifer Higgins, SCSU	4	5209
	Andi Noel, NDSU	5	5169
	Renee Ostertag, UNC	6	5081
	Tonya Kneifl, USD	8	4862
2001	Meredith Davis, MC	1	5324
	Jennifer Higgins, SCSU	2	5238
	Andi Noel, NDSU	5	4837
2002	Meredith Davis, MC	1	5670
	Brianne Vette, USD	6	5086
2003	Sarah Hoffman, USD	3	5073
	Brianne Vette, USD	5	4967
2004	Brianne Edwards, USD	1	5301
	Sarah Hoffman, USD	5	4750
2005	Anastasia Kyvelidou, UNO	1	5780
	Debbie Akerly, UNO	5	5094

relays in NCAA top eight

400 Meter Relay

Year	School	Place	Time
1991	North Dakota State	6	:47.25
1992	North Dakota State	7	:46.99
1993	North Dakota State	5	:46.95
	South Dakota	8	:47.48
1994	South Dakota	5	:46.46
	North Dakota State	8	:47.50
1995	Nebraska-Omaha	7	:47.11
1996	Nebraska-Omaha	5	:46.78
	North Dakota State	6	:46.83
1997	North Dakota State	3	:46.92
	Nebraska-Omaha	4	:47.03
1998	North Dakota State	2	:46.21
1999	North Dakota State	4	:46.36
	South Dakota	5	:46.76
2000	North Dakota State	3	:46.42
2002	North Dakota State	7	:46.32
2004	North Dakota State	7	:46.49
	Nebraska-Omaha	8	:46.50
2006	Nebraska-Omaha	5	:46.03
	South Dakota	6	:46.18
2007	Nebraska-Omaha	5	:45.24
2008	South Dakota	3	:46.33

1,600 Meter Relay

Year	School	Place	Time
1984	Nebraska-Omaha	5	3:41.45
1990	South Dakota	3	3:42.71
1991	North Dakota State	4	3:44.45
1992	North Dakota State	3	3:44.86
1993	North Dakota State	5	3:48.16
	South Dakota State	6	3:48.70
1994	North Dakota State	8	3:47.05
1995	North Dakota State	3	3:45.00
1996	Minnesota State, Mankato	4	3:46.32
	North Dakota State	5	3:46.58
	South Dakota	8	3:47.50
1997	Nebraska-Omaha	5	3:46.06
	North Dakota State	6	3:46.66
	South Dakota	7	3:46.67
1998	Nebraska-Omaha	2	3:42.96
	South Dakota	3	3:43.48
	North Dakota State	7	3:48.69
1999	North Dakota State	6	3:45.29
2000	North Dakota State	5	3:42.50
	North Dakota	7	3:45.26
2001	North Dakota	4	3:45.05
	North Dakota State	8	3:47.65
2002	North Dakota State	2	3:38.54
2003	North Dakota State	2	3:41.07
	Nebraska-Omaha	5	3:47.77
2004	North Dakota State	2	3:39.10
	Nebraska-Omaha	4	3:41.43
	South Dakota	7	3:45.97
2005	South Dakota	7	3:44.70
2006	South Dakota	4	3:40.90
	Nebraska-Omaha	8	3:47.28
2007	Nebraska-Omaha	7	3:45.41
2008	South Dakota	4	3:43.91