

NCC NCAA Individual Champions by Event

Name	School	Sport	Event	Year
Don Broksieck	South Dakota State	Cross Country	4 mile	1958
Garry Bentley	South Dakota State	Cross Country	5 mile	1973
Garry Bentley	South Dakota State	Cross Country	5 mile	1974
Doug Hanson	North Dakota State	Cross Country		1988
Doug Hanson	North Dakota State	Cross Country		1990
Mike Bollmann	North Dakota State	Cross Country		1977
Mike Slack	North Dakota State	Cross Country		1971
Mike Slack	North Dakota State	Cross Country		1972
Jill Smolczyk	South Dakota	Diving	1m	2008
Kasey Moseley	North Dakota	Diving	1m	2004
Mary Ahlin	St. Cloud State	Diving	1m	1998
Mary Ahlin	St. Cloud State	Diving	1m	1999
Nate Jimerson	St. Cloud State	Diving	1m	2008
Sarah Loquai	St. Cloud State	Diving	1m	1997
Erin Borgschatz	North Dakota	Diving	3m	2003
Mary Ahlin	St. Cloud State	Diving	3m	1998
Mary Ahlin	St. Cloud State	Diving	3m	1999
Nate Jimerson	St. Cloud State	Diving	3m	2008
Shad Durham	South Dakota	Diving	3m	2000
1,600m Relay	North Dakota State	Indoor Track	1,600m Relay	2004
1,600m Relay	North Dakota State	Indoor Track	1,600m Relay	2002
Matt Kiesow	Augustana	Indoor Track	1500m	1992
Diandra Bauer	North Dakota State	Indoor Track	20 lbs. Weight	2001
Michael Lawrence	Minnesota State	Indoor Track	200m	2005
Nancy Dietman	North Dakota State	Indoor Track	3,000m	1985
Jeff Gross	Augustana	Indoor Track	400m	1985
Sara Deckert	South Dakota	Indoor Track	400m	2001
Doug Hanson	North Dakota State	Indoor Track	5,000m	1990
Doug Hanson	North Dakota State	Indoor Track	5,000m	1989
Norm McGee	North Dakota	Indoor Track	55m	1987
Norm McGee	North Dakota	Indoor Track	55m	1988
Kim Osler	Nebraska-Omaha	Indoor Track	55m Hurdles	1995
Terry Liggins	South Dakota	Indoor Track	60m Hurdles	2008
Andrew Neugebauer	South Dakota	Indoor Track	800m	2000
Chris Silva	Augustana	Indoor Track	800m	1990
Chris Silva	Augustana	Indoor Track	800m	1991
Dale Bahr	Minnesota State	Indoor Track	800m	1992
Emma Erickson	South Dakota	Indoor Track	800m	2008
Gina DeWitt	Morningside	Indoor Track	800m	1993
Kim Fordham	South Dakota State	Indoor Track	800m	1988
Kim Fordham	South Dakota State	Indoor Track	800m	1989
Kinsey Coles	North Dakota State	Indoor Track	800m	2004
Andrea Jeseritz	North Dakota State	Indoor Track	High Jump	1998
Debby Volkens	Augustana	Indoor Track	High Jump	1997
Debby Volkens	Augustana	Indoor Track	High Jump	1998
Jennifer (GiGi) DesLauriers	St. Cloud State	Indoor Track	High Jump	1992
Jim Dilling	Minnesota State	Indoor Track	High Jump	2006
Jim Dilling	Minnesota State	Indoor Track	High Jump	2007
Kyle Collins	South Dakota	Indoor Track	High Jump	1990

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Name	School	Sport	Event	Year
Mike Fairchild	Minnesota State	Indoor Track	High Jump	1988
Penny Ensrud	North Dakota State	Indoor Track	High Jump	1993
Elena Swan	South Dakota	Indoor Track	Long Jump	1998
Foluso Makinde	Nebraska-Omaha	Indoor Track	Long Jump	2005
Foluso Makinde	Nebraska-Omaha	Indoor Track	Long Jump	2006
Nick Burrow	South Dakota State	Indoor Track	Mile	1999
Rod DeHaven	South Dakota State	Indoor Track	Mile	1985
Amanda Frame	Minnesota State	Indoor Track	Pole Vault	2004
Amanda Frame	Minnesota State	Indoor Track	Pole Vault	2005
Charles Zheng	Minnesota State	Indoor Track	Pole Vault	1992
Justin DeRosier	St. Cloud State	Indoor Track	Pole Vault	1997
Katelin Rains	Minnesota State	Indoor Track	Pole Vault	2008
Katelin Rains	Minnesota State	Indoor Track	Pole Vault	2007
Mike Thompson	Northern Colorado	Indoor Track	Pole Vault	1989
Ryan McGlynn	North Dakota State	Indoor Track	Pole Vault	1996
Sam Pribyl	South Dakota	Indoor Track	Pole Vault	2006
Sandy Pelkofer	South Dakota	Indoor Track	Pole Vault	2001
Amanda Thieschafer	North Dakota State	Indoor Track	Triple Jump	2002
Amanda Thieschafer	North Dakota State	Indoor Track	Triple Jump	2004
Anastasia Kyvelidou	Nebraska-Omaha	Indoor Track	Triple Jump	2005
Elena Swan	South Dakota	Indoor Track	Triple Jump	1998
Steve Gordon	South Dakota	Indoor Track	Triple Jump	1997
Steve Gordon	South Dakota	Indoor Track	Triple Jump	1998
John McEwan	Morningside	Indoor Track	Weight Throw	1996
Garry Bentley	South Dakota State	Outdoor Track	1,500m	1972
Ann Westby	South Dakota State	Outdoor Track	10,000m	1994
Audrey Stavrum	South Dakota State	Outdoor Track	10,000m	1982
Doug Hanson	North Dakota State	Outdoor Track	10,000m	1989
Doug Hanson	North Dakota State	Outdoor Track	10,000m	1988
Doug Hanson	North Dakota State	Outdoor Track	10,000m	1991
Kurt Threinen	St. Cloud State	Outdoor Track	10,000m	1985
Molly Wedel	South Dakota	Outdoor Track	10,000m	2003
Norm McGee	North Dakota	Outdoor Track	100m	1987
Norm McGee	North Dakota	Outdoor Track	100m	1988
Norm McGee	North Dakota	Outdoor Track	100m	1989
Michelle Christie	South Dakota	Outdoor Track	200m	1994
Garry Bentley	South Dakota State	Outdoor Track	3 mile	1973
Garry Bentley	South Dakota State	Outdoor Track	3 mile	1974
Craig Cassen	South Dakota State	Outdoor Track	3,000 Steeple	1989
Craig Cassen	South Dakota State	Outdoor Track	3,000 Steeple	1991
Curt Bacon	North Dakota State	Outdoor Track	3,000 Steeple	1980
Curt Bacon	North Dakota State	Outdoor Track	3,000 Steeple	1979
Kristin Asp	South Dakota State	Outdoor Track	3,000m	1984
Joey Keillor	Minnesota State	Outdoor Track	3000 Steeple	1995
Jay Valentine	Northern Colorado	Outdoor Track	3000m Steeplechase	1988
Kinsey Coles	North Dakota State	Outdoor Track	400m Hurdles	2003
Arjan Gelling	North Dakota	Outdoor Track	6 mile	1969
Heith Janke	North Dakota State	Outdoor Track	800m	1998
Kinsey Coles	North Dakota State	Outdoor Track	800m	2004

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Name	School	Sport	Event	Year
Marie Crep	North Dakota	Outdoor Track	800m	1994
Wayne Patton	Northern Colorado	Outdoor Track	800m	1996
Mike Bennett	Northern Colorado	Outdoor Track	Decathlon	1989
Mike Bennett	Northern Colorado	Outdoor Track	Decathlon	1991
Mike Bennett	Northern Colorado	Outdoor Track	Decathlon	1992
Nathan Schmidt	North Dakota State	Outdoor Track	Decathlon	2004
Nathan Schmidt	North Dakota State	Outdoor Track	Decathlon	2003
Brent Geringer	Northern Iowa	Outdoor Track	Discus	1978
Brent Geringer	Northern Iowa	Outdoor Track	Discus	1979
Dave Levos	North Dakota	Outdoor Track	Discus	1986
Heather Andrews	South Dakota	Outdoor Track	Discus	1992
Nancy Overman	South Dakota	Outdoor Track	Discus	1995
A.G. Kruger	Morningside	Outdoor Track	Hammer	2001
Diandra Bauer	North Dakota State	Outdoor Track	Hammer	2001
John McEwan	Morningside	Outdoor Track	Hammer	1996
Anastasia Kyvelidou	Nebraska-Omaha	Outdoor Track	Heptathlon	2005
Brianne Edwards	South Dakota	Outdoor Track	Heptathlon	2004
Kim Schiemenz	Northern Colorado	Outdoor Track	Heptathlon	1998
Kim Schiemenz	Northern Colorado	Outdoor Track	Heptathlon	2000
Meredith Davis	Morningside	Outdoor Track	Heptathlon	2001
Meredith Davis	Morningside	Outdoor Track	Heptathlon	2002
Bill Thomas	Northern Colorado	Outdoor Track	High Jump	1981
Bill Thomas	Northern Colorado	Outdoor Track	High Jump	1983
Debby Volkens	Augustana	Outdoor Track	High Jump	1997
Jim Dilling	Minnesota State	Outdoor Track	High Jump	2005
Jim Dilling	Minnesota State	Outdoor Track	High Jump	2007
Jen Buyske	Augustana	Outdoor Track	Javelin	2005
Ed Stuart	Minnesota State	Outdoor Track	Long Jump	1982
Marie Brown	South Dakota	Outdoor Track	Long Jump	1994
Jennifer Bass	South Dakota State	Outdoor Track	Pole Vault	1999
Larry Frank	South Dakota State	Outdoor Track	Pole Vault	1970
Mike Thompson	Northern Colorado	Outdoor Track	Pole Vault	1989
Dave Levos	North Dakota	Outdoor Track	Shot Put	1984
Matt Vardas	St. Cloud State	Outdoor Track	Shot Put	1993
Mike McCready	Northern Iowa	Outdoor Track	Shot Put	1971
Amanda Thieschafer	North Dakota State	Outdoor Track	Triple Jump	2003
Peter Pratt	Minnesota State	Outdoor Track	Triple Jump	1976
Ali Peterson	Nebraska-Omaha	Swimming	100 back	2002
Jenny Bachmeier	North Dakota	Swimming	100 backstroke	2004
Rodrigo Ferreira	North Dakota	Swimming	100 backstroke	2004
Rodrigo Ferreira	North Dakota	Swimming	100 backstroke	2006
Rodrigo Ferreira	North Dakota	Swimming	100 backstroke	2007
Beth Morris	North Dakota	Swimming	100 breaststroke	1999
Beth Morris	North Dakota	Swimming	100 breaststroke	2002
Marion Warner	North Dakota	Swimming	100 breaststroke	1990
Andrea Rudser	North Dakota	Swimming	100 butterfly	1994
Fernando Alves	North Dakota	Swimming	100 butterfly	2004
Fernando Alves	North Dakota	Swimming	100 butterfly	2005
Marion Warner	North Dakota	Swimming	100 butterfly	1990

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Name	School	Sport	Event	Year
Mary Beth Dunlevy	North Dakota	Swimming	100 butterfly	1985
Shelly Ebbighausen	North Dakota	Swimming	100 butterfly	1992
Shelly Ebbighausen	North Dakota	Swimming	100 butterfly	1993
Tania Younkin	North Dakota	Swimming	100 butterfly	1997
Carissa Gormally	North Dakota	Swimming	100 Freestyle	2008
Rodrigo Cintra	North Dakota	Swimming	1650 Freestyle	2002
Teresa Stratman	Northern Colorado	Swimming	1650 Freestyle	1992
Teresa Stratman	Northern Colorado	Swimming	1650 Freestyle	1993
Ali Peterson	Nebraska-Omaha	Swimming	200 back	2002
Janice Berry	North Dakota	Swimming	200 breaststroke	2002
Justin Devlin	South Dakota	Swimming	200 breaststroke	2000
Tisha Yantzer	North Dakota	Swimming	200 breaststroke	1993
Andrea Rudser	North Dakota	Swimming	200 butterfly	1994
Dan Zabler	North Dakota	Swimming	200 butterfly	2006
Fernando Alves	North Dakota	Swimming	200 butterfly	2004
200 Freestyle Relay	North Dakota	Swimming	200 Freestyle Relay	1985
200 Freestyle Relay	North Dakota	Swimming	200 Freestyle Relay	2004
200 Freestyle Relay	North Dakota	Swimming	200 Freestyle Relay	2005
200 Freestyle Relay	North Dakota	Swimming	200 Freestyle Relay	2007
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	1989
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	1990
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	1991
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	1998
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	1999
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	2000
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	2001
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	2002
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	2006
200 Medley Relay	North Dakota	Swimming	200 Medley Relay	2007
400 Medley Relay	North Dakota	Swimming	200 Medley Relay	2000
400 Freestyle Relay	Nebraska-Omaha	Swimming	400 Freestyle Relay	2008
400 Freestyle Relay	North Dakota	Swimming	400 Freestyle Relay	2006
Janice Berry	North Dakota	Swimming	400 Ind. Medley	2002
Rebecca Fischer	North Dakota	Swimming	400 Ind. Medley	1999
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	1990
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	1999
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	2002
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	2002
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	2003
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	2004
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	2006
400 Medley Relay	North Dakota	Swimming	400 Medley Relay	2007
Carissa Gormally	North Dakota	Swimming	50 Freestyle	2008
Janine Etchepare	North Dakota	Swimming	50 freestyle	1990
Kim Edwards	North Dakota	Swimming	50 freestyle	1984
Rodrigo Ferreira	North Dakota	Swimming	500 freestyle	2005
Teresa Stratman	Northern Colorado	Swimming	500 freestyle	1993
Doubles	Northern Colorado	Tennis	Doubles	1986
Doubles	Northern Colorado	Tennis	Doubles	1985

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Name	School	Sport	Event	Year
Doubles	Northern Colorado	Tennis	Doubles	1983
Barb Eaton	Northern Colorado	Tennis	Singles	1981
Nancy Roe	Northern Colorado	Tennis	Singles	1986
Brian Kapusta	North Dakota State	Wrestling	118 lbs.	1993
Brian Kapusta	North Dakota State	Wrestling	118 lbs.	1994
Brian Kapusta	North Dakota State	Wrestling	118 lbs.	1995
Aaron Graumann	Augustana	Wrestling	125 lbs.	2005
Cody Garcia	Nebraska-Omaha	Wrestling	125 lbs.	2006
Cody Garcia	Nebraska-Omaha	Wrestling	125 lbs.	2008
Adam Feldman	South Dakota State	Wrestling	126 lbs.	1997
Jeff Sill	Nebraska-Omaha	Wrestling	126 lbs.	1993
Phil Gonzales	Nebraska-Omaha	Wrestling	126 lbs.	1972
Phil Gonzales	Nebraska-Omaha	Wrestling	126 lbs.	1973
Phil Reimnitz	North Dakota State	Wrestling	126 lbs.	1973
Rick Goeb	North Dakota State	Wrestling	126 lbs.	1988
Rick Jenson	South Dakota State	Wrestling	126 lbs.	1976
Sam Herriman	Augustana	Wrestling	126 lbs.	1978
Tom Garcia	Northern Iowa	Wrestling	126 lbs.	1974
Dee Brainerd	South Dakota State	Wrestling	130 lbs.	1963
Kris Nelson	North Dakota State	Wrestling	133 lbs.	2000
Braumon Creighton	Nebraska-Omaha	Wrestling	134 lbs.	1998
Frank Gonzales	Nebraska-Omaha	Wrestling	134 lbs.	1978
George Thompson	North Dakota State	Wrestling	134 lbs.	1997
Jack Eustice	Minnesota State	Wrestling	134 lbs.	1976
Jim Miller	Northern Iowa	Wrestling	134 lbs.	1974
Jim Miller	Northern Iowa	Wrestling	134 lbs.	1975
Ken Stockdale	Minnesota State	Wrestling	134 lbs.	1971
Lloyd Wurm	North Dakota State	Wrestling	134 lbs.	1992
Mike Pantoya	Northern Colorado	Wrestling	134 lbs.	1990
Mike Pantoya	Northern Colorado	Wrestling	134 lbs.	1991
Pat Dorn	South Dakota State	Wrestling	134 lbs.	1987
Pat Dorn	South Dakota State	Wrestling	134 lbs.	1988
Steve Carr	North Dakota State	Wrestling	134 lbs.	1983
Bill Dotson	Northern Iowa	Wrestling	137 lbs.	1963
Braumon Creighton	Nebraska-Omaha	Wrestling	141 lbs.	1999
Paul Konechne	South Dakota State	Wrestling	141 lbs.	2000
Paul Konechne	South Dakota State	Wrestling	141 lbs.	2001
Gary Bentrim	Northern Iowa	Wrestling	142 lbs.	1976
Gary Bentrim	Northern Iowa	Wrestling	142 lbs.	1977
Jason Reitmeier	Augustana	Wrestling	142 lbs.	1997
Ken Snyder	Northern Iowa	Wrestling	142 lbs.	1974
Ken Snyder	Northern Iowa	Wrestling	142 lbs.	1975
Lee Peterson	North Dakota State	Wrestling	142 lbs.	1973
Mark Bower	Augustana	Wrestling	142 lbs.	1981
Mike Langlais	North Dakota State	Wrestling	142 lbs.	1982
Ryan Kaufman	Nebraska-Omaha	Wrestling	142 lbs.	1981
Scott Ruff	Nebraska-Omaha	Wrestling	142 lbs.	1991
Troy Szydel	Minnesota State	Wrestling	142 lbs.	1998
Jim Sanford	Northern Iowa	Wrestling	147 lbs.	1963

NCC NCAA Individual Champions by Event

Name	School	Sport	Event	Year
Todd Meneely	Nebraska-Omaha	Wrestling	149 lbs.	2007
Todd Meneely	Nebraska-Omaha	Wrestling	149 lbs.	2008
Brian Zanders	Nebraska-Omaha	Wrestling	150 lbs.	1995
Jim Gale	Minnesota State	Wrestling	150 lbs.	1993
Ken Gallagher	Northern Iowa	Wrestling	150 lbs.	1980
Kirk Simet	South Dakota State	Wrestling	150 lbs.	1978
Mark Manning	Nebraska-Omaha	Wrestling	150 lbs.	1983
Mark Manning	Nebraska-Omaha	Wrestling	150 lbs.	1985
Mark Reimnitz	North Dakota State	Wrestling	150 lbs.	1977
Mike Langlais	North Dakota State	Wrestling	150 lbs.	1984
Travis King	South Dakota State	Wrestling	150 lbs.	1998
Jason Rhoten	Minnesota State	Wrestling	157 lbs.	2008
Matt Petsinger	Minnesota State	Wrestling	157 lbs.	2001
Patrick Allibone	Nebraska-Omaha	Wrestling	157 lbs.	2005
Paul Carlson	North Dakota State	Wrestling	157 lbs.	2003
Scott Hewit	Northern Colorado	Wrestling	157 lbs.	1999
Wayne Mooney	North Dakota State	Wrestling	157 lbs.	2000
Clint Young	Northern Iowa	Wrestling	158 lbs.	1971
Gary Bentrin	Northern Iowa	Wrestling	158 lbs.	1978
Gene Hanemann	St. Cloud State	Wrestling	158 lbs.	1995
Mark Pazdernik	North Dakota State	Wrestling	158 lbs.	1998
Andy Pickar	Minnesota State	Wrestling	165 lbs.	2008
J.D.Naig	Nebraska-Omaha	Wrestling	165 lbs.	2005
J.D.Naig	Nebraska-Omaha	Wrestling	165 lbs.	2006
Dave Cornemann	South Dakota State	Wrestling	167 lbs.	1984
Jon Lundberg	Augustana	Wrestling	167 lbs.	1980
Justin Smith	Minnesota State	Wrestling	167 lbs.	1994
Keith Poolman	Northern Iowa	Wrestling	167 lbs.	1978
Marty Morgan	North Dakota State	Wrestling	167 lbs.	1987
Ralphael Kizzee	Nebraska-Omaha	Wrestling	167 lbs.	1995
Steve Saxlund	North Dakota State	Wrestling	167 lbs.	1998
J.D.Naig	Nebraska-Omaha	Wrestling	174 lbs.	2007
Todd Fuller	North Dakota State	Wrestling	174 lbs.	2000
Todd Fuller	North Dakota State	Wrestling	174 lbs.	2001
Todd Fuller	North Dakota State	Wrestling	174 lbs.	2002
Bill Demaray	North Dakota State	Wrestling	177 lbs.	1971
Bill Demaray	North Dakota State	Wrestling	177 lbs.	1972
Brian Loeffler	South Dakota State	Wrestling	177 lbs.	1993
Brian Parlet	Augustana	Wrestling	177 lbs.	1980
Chad Lamer	South Dakota State	Wrestling	177 lbs.	1995
Chad Lamer	South Dakota State	Wrestling	177 lbs.	1996
Corry Royal	Nebraska-Omaha	Wrestling	177 lbs.	1997
Don Parker	Northern Iowa	Wrestling	177 lbs.	1966
Don Parker	Northern Iowa	Wrestling	177 lbs.	1967
Don Trapp	South Dakota State	Wrestling	177 lbs.	1970
Gary Christianson	Minnesota State	Wrestling	177 lbs.	1975
Jeff Hohertz	South Dakota State	Wrestling	177 lbs.	1977
Jeff Hohertz	South Dakota State	Wrestling	177 lbs.	1981
Mel Washington	Nebraska-Omaha	Wrestling	177 lbs.	1971

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Name	School	Sport	Event	Year
Mike Leberknight	Northern Colorado	Wrestling	177 lbs.	1992
Mike Leberknight	Northern Colorado	Wrestling	177 lbs.	1993
R.J. Nebe	Nebraska-Omaha	Wrestling	177 lbs.	1998
Steve Saxlund	North Dakota State	Wrestling	184 lbs.	2000
Steve Saxlund	North Dakota State	Wrestling	184 lbs.	2001
Tom Meester	Augustana	Wrestling	184 lbs.	2004
Tom Meester	Augustana	Wrestling	184 lbs.	2005
Bob Backlund	North Dakota State	Wrestling	190 lbs.	1970
Brad Rheingans	North Dakota State	Wrestling	190 lbs.	1975
Chad Lamer	South Dakota State	Wrestling	190 lbs.	1997
Greg Wilcox	Nebraska-Omaha	Wrestling	190 lbs.	1983
Justin Blasius	South Dakota State	Wrestling	190 lbs.	1994
Kirk Myers	Northern Iowa	Wrestling	190 lbs.	1978
Kirk Myers	Northern Iowa	Wrestling	190 lbs.	1979
Kirk Myers	Northern Iowa	Wrestling	190 lbs.	1980
Koln Knight	Augustana	Wrestling	190 lbs.	1985
Koln Knight	Augustana	Wrestling	190 lbs.	1986
Pat Genzler	Nebraska-Omaha	Wrestling	190 lbs.	1991
Ryan Wolters	North Dakota State	Wrestling	190 lbs.	1995
Chad Wallace	Nebraska-Omaha	Wrestling	197 lbs.	2003
Gary Kipfmiller	Nebraska-Omaha	Wrestling	HWT	1972
Jon Madsen	South Dakota State	Wrestling	HWT	2000
Keith Hanson	Augustana	Wrestling	HWT	1985
Kent Osboe	Northern Iowa	Wrestling	HWT	1968
Kent Osboe	Northern Iowa	Wrestling	HWT	1969
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2003
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2004
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2005
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2006
Mark Rigatuso	Nebraska-Omaha	Wrestling	HWT	1982
Mark Rigatuso	Nebraska-Omaha	Wrestling	HWT	1983
Mike McCready	Northern Iowa	Wrestling	HWT	1972
Nick Severson	North Dakota State	Wrestling	Hwt	2001
Randy Omvig	Northern Iowa	Wrestling	HWT	1975
Ryan Resel	South Dakota State	Wrestling	HWT	1997
Ryan Resel	South Dakota State	Wrestling	HWT	1998
Tony Kenning	Minnesota State	Wrestling	HWT	1995
Tony Kenning	Minnesota State	Wrestling	HWT	1996

Tally by School

Augustana - 19
 Minnesota State - 26
 Morningside - 6
 Nebraska-Omaha - 40
 North Dakota - 63
 North Dakota State - 37
 Northern Colorado - 24
 Northern Iowa - 25
 South Dakota - 20

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Name	School	Sport	Event	Year
South Dakota State - 39				
St. Cloud State - 12				

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Name	School	Sport	Event	Year
Chris Silva	Augustana	Indoor Track	800m	1990
Chris Silva	Augustana	Indoor Track	800m	1991
Debby Volkens	Augustana	Indoor Track	High Jump	1997
Debby Volkens	Augustana	Indoor Track	High Jump	1998
Jeff Gross	Augustana	Indoor Track	400m	1985
Matt Kiesow	Augustana	Indoor Track	1500m	1992
Debby Volkens	Augustana	Outdoor Track	High Jump	1997
Jen Buyske	Augustana	Outdoor Track	Javelin	2005
Aaron Graumann	Augustana	Wrestling	125 lbs.	2005
Brian Parlet	Augustana	Wrestling	177 lbs.	1980
Jason Reitmeier	Augustana	Wrestling	142 lbs.	1997
Jon Lundberg	Augustana	Wrestling	167 lbs.	1980
Keith Hanson	Augustana	Wrestling	HWT	1985
Koln Knight	Augustana	Wrestling	190 lbs.	1985
Koln Knight	Augustana	Wrestling	190 lbs.	1986
Mark Bower	Augustana	Wrestling	142 lbs.	1981
Sam Herriman	Augustana	Wrestling	126 lbs.	1978
Tom Meester	Augustana	Wrestling	184 lbs.	2004
Tom Meester	Augustana	Wrestling	184 lbs.	2005
Amanda Frame	Minnesota State	Indoor Track	Pole Vault	2004
Amanda Frame	Minnesota State	Indoor Track	Pole Vault	2005
Charles Zheng	Minnesota State	Indoor Track	Pole Vault	1992
Dale Bahr	Minnesota State	Indoor Track	800m	1992
Jim Dilling	Minnesota State	Indoor Track	High Jump	2006
Jim Dilling	Minnesota State	Indoor Track	High Jump	2007
Katelin Rains	Minnesota State	Indoor Track	Pole Vault	2008
Katelin Rains	Minnesota State	Indoor Track	Pole Vault	2007
Michael Lawrence	Minnesota State	Indoor Track	200m	2005
Mike Fairchild	Minnesota State	Indoor Track	High Jump	1988
Ed Stuart	Minnesota State	Outdoor Track	Long Jump	1982
Jim Dilling	Minnesota State	Outdoor Track	High Jump	2005
Jim Dilling	Minnesota State	Outdoor Track	High Jump	2007
Joey Keillor	Minnesota State	Outdoor Track	3000 Steeple	1995
Peter Pratt	Minnesota State	Outdoor Track	Triple Jump	1976
Andy Pickar	Minnesota State	Wrestling	165 lbs.	2008
Gary Christianson	Minnesota State	Wrestling	177 lbs.	1975
Jack Eustice	Minnesota State	Wrestling	134 lbs.	1976
Jason Rhoten	Minnesota State	Wrestling	157 lbs.	2008
Jim Gale	Minnesota State	Wrestling	150 lbs.	1993
Justin Smith	Minnesota State	Wrestling	167 lbs.	1994
Ken Stockdale	Minnesota State	Wrestling	134 lbs.	1971
Matt Petsinger	Minnesota State	Wrestling	157 lbs.	2001
Tony Kenning	Minnesota State	Wrestling	HWT	1995
Tony Kenning	Minnesota State	Wrestling	HWT	1996
Troy Szydel	Minnesota State	Wrestling	142 lbs.	1998
Gina DeWitt	Morningside	Indoor Track	800m	1993
John McEwan	Morningside	Indoor Track	Weight Throw	1996
A.G. Kruger	Morningside	Outdoor Track	Hammer	2001
John McEwan	Morningside	Outdoor Track	Hammer	1996

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Name	School	Sport	Event	Year
Meredith Davis	Morningside	Outdoor Track	Heptathlon	2001
Meredith Davis	Morningside	Outdoor Track	Heptathlon	2002
Anastasia Kyvelidou	Nebraska-Omaha	Indoor Track	Triple Jump	2005
Foluso Makinde	Nebraska-Omaha	Indoor Track	Long Jump	2005
Foluso Makinde	Nebraska-Omaha	Indoor Track	Long Jump	2006
Kim Osler	Nebraska-Omaha	Indoor Track	55m Hurdles	1995
Anastasia Kyvelidou	Nebraska-Omaha	Outdoor Track	Heptathlon	2005
Ali Peterson	Nebraska-Omaha	Swimming	100 back	2002
Ali Peterson	Nebraska-Omaha	Swimming	200 back	2002
Cait Hopkins	Nebraska-Omaha	Swimming	400 Freestyle Relay	2008
Jessica Hessel	Nebraska-Omaha	Swimming	400 Freestyle Relay	2008
Kristy Gmeiner	Nebraska-Omaha	Swimming	400 Freestyle Relay	2008
Megan Guthmiller	Nebraska-Omaha	Swimming	400 Freestyle Relay	2008
Braumon Creighton	Nebraska-Omaha	Wrestling	134 lbs.	1998
Braumon Creighton	Nebraska-Omaha	Wrestling	141 lbs.	1999
Brian Zanders	Nebraska-Omaha	Wrestling	150 lbs.	1995
Chad Wallace	Nebraska-Omaha	Wrestling	197 lbs.	2003
Cody Garcia	Nebraska-Omaha	Wrestling	125 lbs.	2006
Cody Garcia	Nebraska-Omaha	Wrestling	125 lbs.	2008
Corry Royal	Nebraska-Omaha	Wrestling	177 lbs.	1997
Frank Gonzales	Nebraska-Omaha	Wrestling	134 lbs.	1978
Gary Kipfmiller	Nebraska-Omaha	Wrestling	HWT	1972
Greg Wilcox	Nebraska-Omaha	Wrestling	190 lbs.	1983
J.D.Naig	Nebraska-Omaha	Wrestling	165 lbs.	2005
J.D.Naig	Nebraska-Omaha	Wrestling	165 lbs.	2006
J.D.Naig	Nebraska-Omaha	Wrestling	174 lbs.	2007
Jeff Sill	Nebraska-Omaha	Wrestling	126 lbs.	1993
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2003
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2004
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2005
Les Sigman	Nebraska-Omaha	Wrestling	HWT	2006
Mark Manning	Nebraska-Omaha	Wrestling	150 lbs.	1983
Mark Manning	Nebraska-Omaha	Wrestling	150 lbs.	1985
Mark Rigatuso	Nebraska-Omaha	Wrestling	HWT	1982
Mark Rigatuso	Nebraska-Omaha	Wrestling	HWT	1983
Mel Washington	Nebraska-Omaha	Wrestling	177 lbs.	1971
Pat Genzler	Nebraska-Omaha	Wrestling	190 lbs.	1991
Patrick Allibone	Nebraska-Omaha	Wrestling	157 lbs.	2005
Phil Gonzales	Nebraska-Omaha	Wrestling	126 lbs.	1972
Phil Gonzales	Nebraska-Omaha	Wrestling	126 lbs.	1973
R.J. Nebe	Nebraska-Omaha	Wrestling	177 lbs.	1998
Raphael Kizzee	Nebraska-Omaha	Wrestling	167 lbs.	1995
Ryan Kaufman	Nebraska-Omaha	Wrestling	142 lbs.	1981
Scott Ruff	Nebraska-Omaha	Wrestling	142 lbs.	1991
Todd Meneely	Nebraska-Omaha	Wrestling	149 lbs.	2007
Todd Meneely	Nebraska-Omaha	Wrestling	149 lbs.	2008
Erin Borgschatz	North Dakota	Diving	3m	2003
Kasey Moseley	North Dakota	Diving	1m	2004
Norm McGee	North Dakota	Indoor Track	55m	1987

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Norm McGee	North Dakota	Indoor Track	55m	1988
Arjan Gelling	North Dakota	Outdoor Track	6 mile	1969
Dave Levos	North Dakota	Outdoor Track	Shot Put	1984
Dave Levos	North Dakota	Outdoor Track	Discus	1986
Marie Crep	North Dakota	Outdoor Track	800m	1994
Norm McGee	North Dakota	Outdoor Track	100m	1987
Norm McGee	North Dakota	Outdoor Track	100m	1988
Norm McGee	North Dakota	Outdoor Track	100m	1989
Adam Rollins	North Dakota	Swimming	400 Freestyle Relay	2006
Andrea Rudser	North Dakota	Swimming	100 butterfly	1994
Andrea Rudser	North Dakota	Swimming	200 butterfly	1994
Andrew Burckhard	North Dakota	Swimming	200 Medley Relay	2002
Andrew Burckhard	North Dakota	Swimming	200 Freestyle Relay	2004
Anthony Buhr	North Dakota	Swimming	200 Freestyle Relay	2007
Barb Colbert	North Dakota	Swimming	200 Medley Relay	2000
Barb Colbert	North Dakota	Swimming	200 Medley Relay	2000
Beth Morris	North Dakota	Swimming	100 breaststroke	1999
Beth Morris	North Dakota	Swimming	100 breaststroke	2002
Beth Morris	North Dakota	Swimming	200 Medley Relay	1999
Beth Morris	North Dakota	Swimming	400 Medley Relay	1999
Beth Morris	North Dakota	Swimming	200 Medley Relay	2000
Beth Morris	North Dakota	Swimming	200 Medley Relay	2000
Brook McKee	North Dakota	Swimming	200 Medley Relay	1999
Brook McKee	North Dakota	Swimming	400 Medley Relay	1999
Brook McKee	North Dakota	Swimming	200 Medley Relay	2000
Brook McKee	North Dakota	Swimming	200 Medley Relay	2000
Carissa Gormally	North Dakota	Swimming	50 Freestyle	2008
Carissa Gormally	North Dakota	Swimming	100 Freestyle	2008
Dan Zabler	North Dakota	Swimming	200 butterfly	2006
Dan Zabler	North Dakota	Swimming	400 Medley Relay	2007
Eric Knight	North Dakota	Swimming	200 Freestyle Relay	2005
Eric Knight	North Dakota	Swimming	400 Freestyle Relay	2006
Eric Knight	North Dakota	Swimming	200 Medley Relay	2006
Eric Knight	North Dakota	Swimming	200 Freestyle Relay	2007
Eric Knight	North Dakota	Swimming	400 Medley Relay	2007
Eric Knight	North Dakota	Swimming	200 Medley Relay	2007
Fernando Alves	North Dakota	Swimming	100 butterfly	2004
Fernando Alves	North Dakota	Swimming	200 butterfly	2004
Fernando Alves	North Dakota	Swimming	100 butterfly	2005
Fernando Alves	North Dakota	Swimming	400 Medley Relay	2002
Fernando Alves	North Dakota	Swimming	400 Medley Relay	2002
Fernando Alves	North Dakota	Swimming	400 Medley Relay	2003
Fernando Alves	North Dakota	Swimming	200 Freestyle Relay	2004
Fernando Alves	North Dakota	Swimming	400 Medley Relay	2004
Fernando Alves	North Dakota	Swimming	200 Freestyle Relay	2005
Holly Skarsgard	North Dakota	Swimming	200 Medley Relay	1999
Holly Skarsgard	North Dakota	Swimming	400 Medley Relay	1999
Jacob Mills	North Dakota	Swimming	200 Medley Relay	2001
Jacob Mills	North Dakota	Swimming	200 Medley Relay	2002

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Jacob Mills	North Dakota	Swimming	400 Medley Relay	2002
Jacob Mills	North Dakota	Swimming	400 Medley Relay	2003
Janice Berry	North Dakota	Swimming	400 Ind. Medley	2002
Janice Berry	North Dakota	Swimming	200 breaststroke	2002
Janine Etchepare	North Dakota	Swimming	50 freestyle	1990
Janine Etchepare	North Dakota	Swimming	200 Medley Relay	1989
Janine Etchepare	North Dakota	Swimming	200 Medley Relay	1990
Janine Etchepare	North Dakota	Swimming	400 Medley Relay	1990
Janine Etchepare	North Dakota	Swimming	200 Medley Relay	1991
Janine Owens	North Dakota	Swimming	200 Freestyle Relay	1985
Jared Peters	North Dakota	Swimming	200 Medley Relay	2006
Jared Peters	North Dakota	Swimming	400 Medley Relay	2006
Jason Mraule	North Dakota	Swimming	200 Freestyle Relay	2004
Jason Mraule	North Dakota	Swimming	400 Medley Relay	2004
Jason Mraule	North Dakota	Swimming	200 Freestyle Relay	2005
Jeff Schneider	North Dakota	Swimming	200 Medley Relay	2006
Jeffrey Schneider	North Dakota	Swimming	400 Medley Relay	2003
Jeffrey Schneider	North Dakota	Swimming	400 Medley Relay	2004
Jenny Bachmeier	North Dakota	Swimming	100 backstroke	2004
Jodie Schwartz	North Dakota	Swimming	200 Medley Relay	1990
Jodie Schwartz	North Dakota	Swimming	400 Medley Relay	1990
Jodie Schwartz	North Dakota	Swimming	200 Medley Relay	1991
Katherine Poole	North Dakota	Swimming	200 Medley Relay	1998
Kim Edwards	North Dakota	Swimming	50 freestyle	1984
Kim Edwards	North Dakota	Swimming	200 Freestyle Relay	1985
Kristin McClockin	North Dakota	Swimming	200 Medley Relay	1989
Marie Burckhard	North Dakota	Swimming	200 Medley Relay	2000
Marion Warner	North Dakota	Swimming	100 breaststroke	1990
Marion Warner	North Dakota	Swimming	100 butterfly	1990
Marion Warner	North Dakota	Swimming	200 Medley Relay	1989
Marion Warner	North Dakota	Swimming	200 Medley Relay	1990
Marion Warner	North Dakota	Swimming	400 Medley Relay	1990
Marion Warner	North Dakota	Swimming	200 Medley Relay	1991
Mary Beth Dunlevy	North Dakota	Swimming	100 butterfly	1985
Mary Beth Dunlevy	North Dakota	Swimming	200 Freestyle Relay	1985
Mats Liden	North Dakota	Swimming	200 Medley Relay	2001
Mats Liden	North Dakota	Swimming	200 Medley Relay	2002
Mats Liden	North Dakota	Swimming	400 Medley Relay	2002
Mats Liden	North Dakota	Swimming	400 Medley Relay	2002
Michelle Puetz	North Dakota	Swimming	200 Medley Relay	1989
Michelle Puetz	North Dakota	Swimming	200 Medley Relay	1990
Michelle Puetz	North Dakota	Swimming	400 Medley Relay	1990
Pedro Periera	North Dakota	Swimming	400 Medley Relay	2006
Pedro Periera	North Dakota	Swimming	200 Freestyle Relay	2007
Pedro Periera	North Dakota	Swimming	400 Medley Relay	2007
Pedro Periera	North Dakota	Swimming	200 Medley Relay	2007
Peggy Schmidt	North Dakota	Swimming	200 Freestyle Relay	1985
Per Westergren	North Dakota	Swimming	400 Freestyle Relay	2006
Per Westergren	North Dakota	Swimming	400 Medley Relay	2006

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Per Westergren	North Dakota	Swimming	200 Freestyle Relay	2007
Per Westergren	North Dakota	Swimming	200 Medley Relay	2007
Rebecca Fischer	North Dakota	Swimming	400 Ind. Medley	1999
Rodrigo Cintra	North Dakota	Swimming	1650 Freestyle	2002
Rodrigo Ferreira	North Dakota	Swimming	100 backstroke	2004
Rodrigo Ferreira	North Dakota	Swimming	500 freestyle	2005
Rodrigo Ferreira	North Dakota	Swimming	100 backstroke	2006
Rodrigo Ferreira	North Dakota	Swimming	200 Freestyle Relay	2004
Rodrigo Ferreira	North Dakota	Swimming	200 Freestyle Relay	2005
Rodrigo Ferreira	North Dakota	Swimming	400 Freestyle Relay	2006
Rodrigo Ferreira	North Dakota	Swimming	200 Medley Relay	2006
Rodrigo Ferreira	North Dakota	Swimming	400 Medley Relay	2006
Rodrigo Ferreira	North Dakota	Swimming	400 Medley Relay	2007
Rodrigo Ferreira	North Dakota	Swimming	200 Medley Relay	2007
Rodrigo Ferreira	North Dakota	Swimming	100 backstroke	2007
Sarah Doeden	North Dakota	Swimming	200 Medley Relay	1998
Sarah Doeden	North Dakota	Swimming	200 Medley Relay	1999
Sebastian Andersson	North Dakota	Swimming	200 Medley Relay	2001
Sebastian Andersson	North Dakota	Swimming	400 Medley Relay	2002
Sebastian Andersson	North Dakota	Swimming	400 Medley Relay	2002
Sebastian Andersson	North Dakota	Swimming	400 Medley Relay	2003
Sebastian Andersson	North Dakota	Swimming	400 Medley Relay	2004
Shelly Ebbighausen	North Dakota	Swimming	100 butterfly	1992
Shelly Ebbighausen	North Dakota	Swimming	100 butterfly	1993
Shelly Ebbighausen	North Dakota	Swimming	200 Medley Relay	1991
Tania Younkin	North Dakota	Swimming	100 butterfly	1997
Tania Younkin	North Dakota	Swimming	200 Medley Relay	1998
Tara Bruels	North Dakota	Swimming	200 Medley Relay	1998
Tisha Yantzer	North Dakota	Swimming	200 breaststroke	1993
Trish Stoutenberg	North Dakota	Swimming	400 Medley Relay	1999
Trish Stoutenberg	North Dakota	Swimming	200 Medley Relay	2000
Vesa Nurmiviita	North Dakota	Swimming	200 Medley Relay	2001
Vesa Nurmiviita	North Dakota	Swimming	200 Medley Relay	2002
Vesa Nurmiviita	North Dakota	Swimming	400 Medley Relay	2002
Doug Hanson	North Dakota State	Cross Country		1988
Doug Hanson	North Dakota State	Cross Country		1990
Mike Bollmann	North Dakota State	Cross Country		1977
Mike Slack	North Dakota State	Cross Country		1971
Mike Slack	North Dakota State	Cross Country		1972
Amanda Thieschafer	North Dakota State	Indoor Track	Triple Jump	2002
Amanda Thieschafer	North Dakota State	Indoor Track	Triple Jump	2004
Andrea Jeseritz	North Dakota State	Indoor Track	High Jump	1998
Diandra Bauer	North Dakota State	Indoor Track	20 lbs. Weight	2001
Doug Hanson	North Dakota State	Indoor Track	5,000m	1990
Doug Hanson	North Dakota State	Indoor Track	5,000m	1989
Jill Theeler	North Dakota State	Indoor Track	1,600m Relay	2002
Kiki Smith	North Dakota State	Indoor Track	1,600m Relay	2004
Kinsey Coles	North Dakota State	Indoor Track	1,600m Relay	2004
Kinsey Coles	North Dakota State	Indoor Track	1,600m Relay	2002

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Kinsey Coles	North Dakota State	Indoor Track	800m	2004
Nancy Dietman	North Dakota State	Indoor Track	3,000m	1985
Nicole Rieck	North Dakota State	Indoor Track	1,600m Relay	2004
Nicole Rieck	North Dakota State	Indoor Track	1,600m Relay	2002
Penny Ensrud	North Dakota State	Indoor Track	High Jump	1993
Ryan McGlynn	North Dakota State	Indoor Track	Pole Vault	1996
Sarah Klein	North Dakota State	Indoor Track	1,600m Relay	2004
Tamra Brudy	North Dakota State	Indoor Track	1,600m Relay	2002
Amanda Thieschafer	North Dakota State	Outdoor Track	Triple Jump	2003
Curt Bacon	North Dakota State	Outdoor Track	3,000 Steeple	1980
Curt Bacon	North Dakota State	Outdoor Track	3,000 Steeple	1979
Diandra Bauer	North Dakota State	Outdoor Track	Hammer	2001
Doug Hanson	North Dakota State	Outdoor Track	10,000m	1989
Doug Hanson	North Dakota State	Outdoor Track	10,000m	1988
Doug Hanson	North Dakota State	Outdoor Track	10,000m	1991
Heith Janke	North Dakota State	Outdoor Track	800m	1998
Kinsey Coles	North Dakota State	Outdoor Track	800m	2004
Kinsey Coles	North Dakota State	Outdoor Track	400m Hurdles	2003
Nathan Schmidt	North Dakota State	Outdoor Track	Decathlon	2004
Nathan Schmidt	North Dakota State	Outdoor Track	Decathlon	2003
Bill Demaray	North Dakota State	Wrestling	177 lbs.	1971
Bill Demaray	North Dakota State	Wrestling	177 lbs.	1972
Bob Backlund	North Dakota State	Wrestling	190 lbs.	1971
Brad Rheingans	North Dakota State	Wrestling	190 lbs.	1975
Brian Kapusta	North Dakota State	Wrestling	118 lbs.	1993
Brian Kapusta	North Dakota State	Wrestling	118 lbs.	1994
Brian Kapusta	North Dakota State	Wrestling	118 lbs.	1995
George Thompson	North Dakota State	Wrestling	134 lbs.	1997
Kris Nelson	North Dakota State	Wrestling	133 lbs.	2000
Lee Peterson	North Dakota State	Wrestling	142 lbs.	1973
Lloyd Wurm	North Dakota State	Wrestling	134 lbs.	1992
Mark Pazdernik	North Dakota State	Wrestling	158 lbs.	1998
Mark Reimnitz	North Dakota State	Wrestling	150 lbs.	1970
Marty Morgan	North Dakota State	Wrestling	167 lbs.	1987
Mike Langlais	North Dakota State	Wrestling	142 lbs.	1982
Mike Langlais	North Dakota State	Wrestling	150 lbs.	1984
Nick Severson	North Dakota State	Wrestling	Hwt	2001
Paul Carlson	North Dakota State	Wrestling	157 lbs.	2003
Phil Reimnitz	North Dakota State	Wrestling	126 lbs.	1973
Rick Goeb	North Dakota State	Wrestling	126 lbs.	1988
Ryan Wolters	North Dakota State	Wrestling	190 lbs.	1995
Steve Carr	North Dakota State	Wrestling	134 lbs.	1983
Steve Saxlund	North Dakota State	Wrestling	167 lbs.	1998
Steve Saxlund	North Dakota State	Wrestling	184 lbs.	2000
Steve Saxlund	North Dakota State	Wrestling	184 lbs.	2001
Todd Fuller	North Dakota State	Wrestling	174 lbs.	2000
Todd Fuller	North Dakota State	Wrestling	174 lbs.	2001
Todd Fuller	North Dakota State	Wrestling	174 lbs.	2002
Wayne Mooney	North Dakota State	Wrestling	157 lbs.	2000

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Mike Thompson	Northern Colorado	Indoor Track	Pole Vault	1989
Bill Thomas	Northern Colorado	Outdoor Track	High Jump	1981
Bill Thomas	Northern Colorado	Outdoor Track	High Jump	1983
Jay Valentine	Northern Colorado	Outdoor Track	3000m Steeplechase	1988
Kim Schiemenz	Northern Colorado	Outdoor Track	Heptathlon	1998
Kim Schiemenz	Northern Colorado	Outdoor Track	Heptathlon	2000
Mike Bennett	Northern Colorado	Outdoor Track	Decathlon	1989
Mike Bennett	Northern Colorado	Outdoor Track	Decathlon	1991
Mike Bennett	Northern Colorado	Outdoor Track	Decathlon	1992
Mike Thompson	Northern Colorado	Outdoor Track	Pole Vault	1989
Wayne Patton	Northern Colorado	Outdoor Track	800m	1996
Teresa Stratman	Northern Colorado	Swimming	1650 Freestyle	1992
Teresa Stratman	Northern Colorado	Swimming	1650 Freestyle	1993
Teresa Stratman	Northern Colorado	Swimming	500 freestyle	1993
Barb Eaton	Northern Colorado	Tennis	Singles	1981
Mary Gillach	Northern Colorado	Tennis	Doubles	1983
Nancy Roe	Northern Colorado	Tennis	Singles	1986
Nancy Roe	Northern Colorado	Tennis	Doubles	1986
Nancy Roe	Northern Colorado	Tennis	Doubles	1985
Sandra Elliott	Northern Colorado	Tennis	Doubles	1986
Sandra Elliott	Northern Colorado	Tennis	Doubles	1985
Sandra Elliott	Northern Colorado	Tennis	Doubles	1983
Mike Leberknight	Northern Colorado	Wrestling	177 lbs.	1992
Mike Leberknight	Northern Colorado	Wrestling	177 lbs.	1993
Mike Pantoya	Northern Colorado	Wrestling	134 lbs.	1990
Mike Pantoya	Northern Colorado	Wrestling	134 lbs.	1991
Scott Hewit	Northern Colorado	Wrestling	157 lbs.	1999
Brent Geringer	Northern Iowa	Outdoor Track	Discus	1978
Brent Geringer	Northern Iowa	Outdoor Track	Discus	1979
Mike McCready	Northern Iowa	Outdoor Track	Shot Put	1971
Bill Dotson	Northern Iowa	Wrestling	137 lbs.	1963
Clint Young	Northern Iowa	Wrestling	158 lbs.	1971
Don Parker	Northern Iowa	Wrestling	177 lbs.	1966
Don Parker	Northern Iowa	Wrestling	177 lbs.	1967
Gary Bentrim	Northern Iowa	Wrestling	142 lbs.	1976
Gary Bentrim	Northern Iowa	Wrestling	142 lbs.	1977
Gary Bentrim	Northern Iowa	Wrestling	158 lbs.	1978
Jim Miller	Northern Iowa	Wrestling	134 lbs.	1974
Jim Miller	Northern Iowa	Wrestling	134 lbs.	1975
Jim Sanford	Northern Iowa	Wrestling	147 lbs.	1963
Keith Poolman	Northern Iowa	Wrestling	167 lbs.	1978
Ken Gallagher	Northern Iowa	Wrestling	150 lbs.	1980
Ken Snyder	Northern Iowa	Wrestling	142 lbs.	1974
Ken Snyder	Northern Iowa	Wrestling	142 lbs.	1975
Kent Osboe	Northern Iowa	Wrestling	HWT	1968
Kent Osboe	Northern Iowa	Wrestling	HWT	1969
Kirk Myers	Northern Iowa	Wrestling	190 lbs.	1978
Kirk Myers	Northern Iowa	Wrestling	190 lbs.	1979
Kirk Myers	Northern Iowa	Wrestling	190 lbs.	1980

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Mike McCready	Northern Iowa	Wrestling	HWT	1972
Randy Omgig	Northern Iowa	Wrestling	HWT	1975
Tom Garcia	Northern Iowa	Wrestling	126 lbs.	1974
Jill Smolczyk	South Dakota	Diving	1m	2008
Shad Durham	South Dakota	Diving	3m	2000
Andrew Neugebauer	South Dakota	Indoor Track	800m	2000
Elena Swan	South Dakota	Indoor Track	Triple Jump	1998
Elena Swan	South Dakota	Indoor Track	Long Jump	1998
Emma Erickson	South Dakota	Indoor Track	800m	2008
Sam Pribyl	South Dakota	Indoor Track	Pole Vault	2006
Sandy Pelkofer	South Dakota	Indoor Track	Pole Vault	2001
Sara Deckert	South Dakota	Indoor Track	400m	2001
Steve Gordon	South Dakota	Indoor Track	Triple Jump	1997
Steve Gordon	South Dakota	Indoor Track	Triple Jump	1998
Terry Liggins	South Dakota	Indoor Track	60m Hurdles	2008
Brianne Edwards	South Dakota	Outdoor Track	Heptathlon	2004
Heather Andrews	South Dakota	Outdoor Track	Discus	1992
Marie Brown	South Dakota	Outdoor Track	Long Jump	1994
Michelle Christie	South Dakota	Outdoor Track	200m	1994
Molly Wedel	South Dakota	Outdoor Track	10,000m	2003
Nancy Overman	South Dakota	Outdoor Track	Discus	1995
Justin Devlin	South Dakota	Swimming	200 breaststroke	2000
Kyle Collins	South Dakota	Indoor Track	High Jump	1990
Don Broksieck	South Dakota State	Cross Country	4 mile	1958
Garry Bentley	South Dakota State	Cross Country	5 mile	1973
Garry Bentley	South Dakota State	Cross Country	5 mile	1974
Kim Fordham	South Dakota State	Indoor Track	800m	1988
Kim Fordham	South Dakota State	Indoor Track	800m	1989
Nick Burrow	South Dakota State	Indoor Track	Mile	1999
Rod DeHaven	South Dakota State	Indoor Track	Mile	1985
Ann Westby	South Dakota State	Outdoor Track	10,000m	1994
Audrey Stavrum	South Dakota State	Outdoor Track	10,000m	1982
Craig Cassen	South Dakota State	Outdoor Track	3,000 Steeple	1989
Craig Cassen	South Dakota State	Outdoor Track	3,000 Steeple	1991
Garry Bentley	South Dakota State	Outdoor Track	1,500m	1972
Garry Bentley	South Dakota State	Outdoor Track	3 mile	1973
Garry Bentley	South Dakota State	Outdoor Track	3 mile	1974
Jennifer Bass	South Dakota State	Outdoor Track	Pole Vault	1999
Kristin Asp	South Dakota State	Outdoor Track	3,000m	1984
Larry Frank	South Dakota State	Outdoor Track	Pole Vault	1970
Adam Feldman	South Dakota State	Wrestling	126 lbs.	1997
Brian Loeffler	South Dakota State	Wrestling	177 lbs.	1993
Chad Lamer	South Dakota State	Wrestling	177 lbs.	1995
Chad Lamer	South Dakota State	Wrestling	177 lbs.	1996
Chad Lamer	South Dakota State	Wrestling	190 lbs.	1997
Dave Cornemann	South Dakota State	Wrestling	167 lbs.	1984
Dee Brainerd	South Dakota State	Wrestling	130 lbs.	1963
Don Trapp	South Dakota State	Wrestling	177 lbs.	1970
Jeff Hohertz	South Dakota State	Wrestling	177 lbs.	1977

NCC NCAA Individual Champions by Athlete

Name	School	Sport	Event	Year
Jeff Hohertz	South Dakota State	Wrestling	177 lbs.	1981
Jon Madsen	South Dakota State	Wrestling	HWT	2000
Justin Blasius	South Dakota State	Wrestling	190 lbs.	1994
Kirk Simet	South Dakota State	Wrestling	150 lbs.	1978
Pat Dorn	South Dakota State	Wrestling	134 lbs.	1987
Pat Dorn	South Dakota State	Wrestling	134 lbs.	1988
Paul Konechne	South Dakota State	Wrestling	141 lbs.	2000
Paul Konechne	South Dakota State	Wrestling	141 lbs.	2001
Rick Jensen	South Dakota State	Wrestling	126 lbs.	1976
Ryan Resel	South Dakota State	Wrestling	HWT	1997
Ryan Resel	South Dakota State	Wrestling	HWT	1998
Travis King	South Dakota State	Wrestling	150 lbs.	1998
Mary Ahlin	St. Cloud State	Diving	1m	1998
Mary Ahlin	St. Cloud State	Diving	3m	1998
Mary Ahlin	St. Cloud State	Diving	1m	1999
Mary Ahlin	St. Cloud State	Diving	3m	1999
Nate Jimerson	St. Cloud State	Diving	1m	2008
Nate Jimerson	St. Cloud State	Diving	3m	2008
Sarah Loquai	St. Cloud State	Diving	1m	1997
Jennifer (GiGi) DesLauriers	St. Cloud State	Indoor Track	High Jump	1992
Justin DeRosier	St. Cloud State	Indoor Track	Pole Vault	1997
Kurt Threinen	St. Cloud State	Outdoor Track	10,000m	1985
Matt Vardas	St. Cloud State	Outdoor Track	Shot Put	1993
Gene Hanemann	St. Cloud State	Wrestling	158 lbs.	1995

Tally by School

Augustana - 19
 Minnesota State - 26
 Morningside - 6
 Nebraska-Omaha - 40
 North Dakota - 134
 North Dakota State - 43
 Northern Colorado - 27
 Northern Iowa - 25
 South Dakota - 20
 South Dakota State - 39
 St. Cloud State - 12

NCC NCAA Individual Champions by Athlete

Name	School	Event
Aaron Graumann	Augustana	2005: WR 125 lbs.
Brian Parlet	Augustana	1980: WR 177 lbs.
Chris Silva	Augustana	1990: IT 800m; 1991: IT 800m
Debby Volkers	Augustana	1997: IT High Jump; 1997: OT High Jump; 1998: IT High Jump
Jason Reitmeier	Augustana	1997: WR 142 lbs.
Jeff Gross	Augustana	1985: IT 400m
Jen Buyske	Augustana	2005: OT Javelin
Jon Lundberg	Augustana	1980: WR 167 lbs.
Keith Hanson	Augustana	1985: WR HWT
Koln Knight	Augustana	1985: WR 190 lbs.; 1986: WR 190 lbs.
Mark Bower	Augustana	1981: WR 142 lbs.
Matt Kiesow	Augustana	1192: IT 1500m
Sam Herriman	Augustana	1978: WR 126 lbs.
Tom Meester	Augustana	2004: WR 184 lbs.; 2005: WR 184 lbs.
Amanda Frame	Minnesota State	2004: IT Pole Vault; 2005: IT Pole Vault
Andy Pickar	Minnesota State	2008: WR 165 lbs.
Charles Zheng	Minnesota State	1992: IT Pole Vault
Dale Bahr	Minnesota State	1992: IT 800m
Ed Stuart	Minnesota State	1982: OT Long Jump
Gary Christianson	Minnesota State	1975: WR 177 lbs.
Jack Eustice	Minnesota State	1976: WR 134 lbs.
Jason Rhoten	Minnesota State	2008: WR 157 lbs.
Jim Dilling	Minnesota State	2005: OT High Jump; 2006: IT High Jump; 2007: IT High Jump OT High Jump
Jim Gale	Minnesota State	1993: WR 150 lbs.
Joey Keillor	Minnesota State	1995: OT 3000 Steeple
Justin Smith	Minnesota State	1994: WR 167 lbs.
Katelin Rains	Minnesota State	2007: IT Pole Vault; 2008: IT Pole Vault
Ken Stockdale	Minnesota State	1971: WR 134 lbs.
Matt Petsinger	Minnesota State	2001: WR 157 lbs.
Michael Lawrence	Minnesota State	2005: IT 200m
Mike Fairchild	Minnesota State	1988: IT High Jump
Peter Pratt	Minnesota State	1976: OT Triple Jump
Tony Kenning	Minnesota State	1995: WR HWT; 1996: WR HWT
Troy Szydel	Minnesota State	1998: WR 142 lbs.
A.G. Kruger	Morningside	2001: OT Hammer
Gina DeWitt	Morningside	1993: IT 800m
John McEwan	Morningside	1996: IT Weight Throw, OT Hammer
Meredith Davis	Morningside	2001: OT Heptathlon; 2002 OT Heptathlon
Ali Peterson	Nebraska-Omaha	2002: SW 100 back, 200 back
Anastasia Kyvelidou	Nebraska-Omaha	2005: IT Triple Jump; OT Heptathlon
Braumon Creighton	Nebraska-Omaha	1998: WR 134 lbs.; 1999 WR 141 lbs.
Brian Zanders	Nebraska-Omaha	1995: WR 150 lbs.
Cait Hopkins	Nebraska-Omaha	2008: SW 400 free relay
Chad Wallace	Nebraska-Omaha	2003: WR 197 lbs.
Cody Garcia	Nebraska-Omaha	2006: WR 125 lbs.; 2008: WR 125 lbs.
Corry Royal	Nebraska-Omaha	1997: WR 177 lbs.
Foluso Makinde	Nebraska-Omaha	2005: IT Long Jump; 2006: IT Long Jump

NCC NCAA Individual Champions by Athlete

Name	School	Event
Frank Gonzales	Nebraska-Omaha	1978: WR 134 lbs.
Gary Kipfmiller	Nebraska-Omaha	1972: WR HWT
Greg Wilcox	Nebraska-Omaha	1983: WR 190 lbs.
J.D.Naig	Nebraska-Omaha	2005: WR 165 lbs.; 2006: WR 165 lbs.; 2007: WR 174 lbs.
Jeff Sill	Nebraska-Omaha	1993: WR 126 lbs.
Jessica Hessel	Nebraska-Omaha	2008: SW 400 free relay
Kim Osler	Nebraska-Omaha	1995: IT 55m Hurdles
Kristy Gmeiner	Nebraska-Omaha	2008: SW 400 free relay
Les Sigman	Nebraska-Omaha	2004: WR HWT; 2004 WR HWT; 2005: WR HWT; 2006: WR HWT
Mark Manning	Nebraska-Omaha	1983: WR 150 lbs.; 1985: WR 150 lbs.
Mark Rigatuso	Nebraska-Omaha	1982: WR HWT; 1983: WR HWT
Megan Guthmiller	Nebraska-Omaha	2008: SW 400 free relay
Mel Washington	Nebraska-Omaha	1971: WR 177 lbs.
Pat Genzler	Nebraska-Omaha	1991: WR 190 lbs.
Patrick Allibone	Nebraska-Omaha	2005: WR 157 lbs.
Phil Gonzales	Nebraska-Omaha	1972: WR 126 lbs.; 1973: WR 126 lbs.
R.J. Nebe	Nebraska-Omaha	1998: WR 177 lbs.
Ralphael Kizzee	Nebraska-Omaha	1995: WR 167 lbs.
Ryan Kaufman	Nebraska-Omaha	1981: WR 142 lbs.
Scott Ruff	Nebraska-Omaha	1991: WR 142 lbs.
Todd Meneely	Nebraska-Omaha	2007: WR 149 lbs.; 2008: WR 149 lbs.
Adam Rollins	North Dakota	2006: SW 400 Free Relay
Andrea Rudser	North Dakota	1994: SW 100 Fly, 200 Fly
Andrew Burckhard	North Dakota	2002: SW 200 Medley Relay; 2004: 200 Free Relay
Anthony Buhr	North Dakota	2007: SW 200 Free Relay
Arjan Gelling	North Dakota	1969: OT 6 mile
Barb Colbert	North Dakota	2000: SW 200 Medley Relay; 200 Medley Relay
Beth Morris	North Dakota	1999: SW 100 Breast, 200 Medley Relay, 400 Medley Relay; 2000: SW 200 Medley Relay, 400 Medley Relay; 2002: SW 100 Breast;
Brook McKee	North Dakota	1999: SW 200 Medley Relay, 400 Medley Relay; 2000: SW 200 Medley Relay, 400 Medley Relay
Carissa Gormally	North Dakota	2008: SW 50 free, 100 free
Dan Zabler	North Dakota	2006: SW 200 Fly; 2007: SW 400 Medley Relay
Dave Levos	North Dakota	1984: OT Shot Put; 1986: OT Discus
Eric Knight	North Dakota	2005: SW 200 Free Relay; 2006: SW 400 Free Relay, 200 Medley Relay; 2007: SW 200 Free Relay, 400 Medley Relay, 200 Medley Relay
Erin Borgschatz	North Dakota	2003: DV 3m
Fernando Alves	North Dakota	2002: SW 400 Medley Relay; 2003: SW 400 Medley Relay; 2004: SW 100 Fly, 200 Fly, 200 Free Relay, 400 Medley Relay; 2005: SW 100 Fly, 200 Free Relay
Holly Skarsgard	North Dakota	1999: SW 200 Medley Relay, 400 Medley Relay
Jacob Mills	North Dakota	2001: SW 200 Medley Relay; 2002: 200 Medley Relay, 400 Medley Relay, 2003: SW 400 Medley Relay
Janice Berry	North Dakota	2002: SW 400 Ind. Medley, 200 Breast

NCC NCAA Individual Champions by Athlete

Name	School	Event
Janine Etchepare	North Dakota	1989: SW 200 Medley; 1990: SW 50 Free, 200 Medley, 400 Medley, 1991: SW 200 Medley Relay
Janine Owens	North Dakota	1985: SW 200 Freestyle Relay
Jared Peters	North Dakota	2006: SW 200 Medley Relay, 400 Medley Relay
Jason Mraule	North Dakota	2004: SW 200 Free Relay, 400 Medley Relay; 2005: SW 200 Medley Relay
Jeff Schneider	North Dakota	2003: SW 400 Medley Relay; 2004: SW 400 Medley Relay; 2006: SW 200 Medley Relay
Jenny Bachmeier	North Dakota	2004: SW 100 Back
Jodie Schwartz	North Dakota	1990: SW 200 Medley Relay, 400 Medley; 1991: SW 200 Medley Relay
Kasey Moseley	North Dakota	2004: DV 1m
Katherine Poole	North Dakota	1998: SW 200 Medley Relay
Kim Edwards	North Dakota	1984: SW 50 Free; 1985: SW 200 Free Relay
Kristin McClockin	North Dakota	1989: 200 Medley Relay
Marie Burckhard	North Dakota	2000: 200 Medley Relay
Marie Crep	North Dakota	1994: OT 800m
Mary Beth Dunlevy	North Dakota	1985: SW 100 Fly; 200 Free Relay
Mats Liden	North Dakota	2001: SW 200 Medley Relay; 2002: SW 200 Medley Relay, 400 Medley Relay
Michelle Puetz	North Dakota	1989: SW 200 Medley Relay; 1990: SW 200 Medley Relay; 400 Medley Relay
Norm McGee	North Dakota	1987: OT 100m, IT 55m; 1988: OT 100m, IT 55m; 1989: OT 100m
Pedro Periera	North Dakota	2006: SW 400 Medley Relay; 2007: SW 200 Free Relay, 200 Medley Relay, 400 Medley Relay
Peggy Schmidt	North Dakota	1985: SW 200 Freestyle Relay
Per Westergren	North Dakota	2006: SW 400 Free Relay, 400 Medley Relay; 2007: SW 200 Free Relay, 200 Medley Relay
Rebecca Fischer	North Dakota	1999: SW 400 Ind. Medley
Rodrigo Cintra	North Dakota	2002: SW 1650 Freestyle
Rodrigo Ferreira	North Dakota	2004: SW 100 Back, 200 Free Relay; 2005: SW 500 Free, 200 Free Relay; 2006: SW 100 Back, 400 Free Relay, 200 Medley Relay, 400 Medley Relay; 2007: SW 400 Medley Relay, 200 Medley Relay, 100 Back
Sarah Doeden	North Dakota	1998: SW 200 Medley Relay; 1999: SW 200 Medley Relay
Sebastian Andersson	North Dakota	2001: SW 200 Medley Relay; 2002: SW 400 Medley Relay; 2003: SW 400 Medley Relay; 2004: SW 400 Medley Relay
Shelly Ebbighausen	North Dakota	1991: SW 200 Medley Relay; 1992: 100 Fly; 1993: SW 100 Fly
Tania Younkin	North Dakota	1997: SW 100 Fly; 1998: SW 200 Medley Relay
Tara Bruels	North Dakota	1998: SW 200 Medley Relay
Tisha Yantzer	North Dakota	1993: SW 200 breaststroke
Trish Stoutenberg	North Dakota	1999: SW 400 Medley Relay; 2000: SW 200 Medley Relay
Vesa Nurmiviita	North Dakota	2001: SW 200 Medley Relay; 2002: SW 200 Medley Relay, 400 Medley Relay

NCC NCAA Individual Champions by Athlete

Name	School	Event
Amanda Thieschafer	North Dakota State	2002: IT Triple Jump; 2003: OT Triple Jump; 2004: IT Triple Jump
Andrea Jeseritz	North Dakota State	1998: IT High Jump
Bill Demaray	North Dakota State	1971: WR 177 lbs.; 1972: WR 177 lbs.
Bob Backlund	North Dakota State	1971: WR 190 lbs.
Brad Rheingans	North Dakota State	1975: WR 190 lbs.
Brian Kapusta	North Dakota State	1993: WR 118 lbs.; 1994: WR 118 lbs.; 1995: WR 118 lbs.
Curt Bacon	North Dakota State	1979: SW OT 3,000 Steeple; 1980: OT 3,000 Steeple
Diandra Bauer	North Dakota State	2001: IT 20 lbs. Weight; OT Hammer
Doug Hanson	North Dakota State	1988: OT 10,000m; CC; 1989: IT 5,000m, OT 5,000m, OT 10,000m; 1990: CC; 1991: OT 10,000m
George Thompson	North Dakota State	1997: WR 134 lbs.
Heith Janke	North Dakota State	1998: OT 800m
Jill Theeler	North Dakota State	2002: IT 1,600m Relay
Kiki Smith	North Dakota State	2004: IT 1,600m Relay
Kinsey Coles	North Dakota State	2002: IT 1,600m Relay; 2003: OT 400m Hurdles; 2004: OT 800m, IT 800m; 2004: IT 1,600m Relay
Kris Nelson	North Dakota State	2000: WR 133 lbs.
Lee Peterson	North Dakota State	1973: WR 142 lbs.
Lloyd Wurm	North Dakota State	1992: WR 134 lbs.
Mark Pazdernik	North Dakota State	1998: WR 158 lbs.
Mark Reimnitz	North Dakota State	1977: WR 150 lbs.
Marty Morgan	North Dakota State	1987: WR 167 lbs.
Mike Bollmann	North Dakota State	1977: CC
Mike Langlais	North Dakota State	1982: WR 142 lbs.; 1984: WR 150 lbs.
Mike Slack	North Dakota State	1971: CC; 1972: CC
Nancy Dietman	North Dakota State	1985: IT 3,000m
Nathan Schmidt	North Dakota State	2003: OT Decathlon; 2004: OT Decathlon
Nick Severson	North Dakota State	2001: WR HWT
Nicole Rieck	North Dakota State	2002: IT 1,600m Relay; 2004: IT 1,600m Relay
Paul Carlson	North Dakota State	2003: WR 157 lbs.
Penny Ensrud	North Dakota State	1993: IT High Jump
Phil Reimnitz	North Dakota State	1973: WR 126 lbs.
Rick Goeb	North Dakota State	1988: WR 126 lbs.
Ryan McGlynn	North Dakota State	1996: IT Pole Vault
Ryan Wolters	North Dakota State	1995: WR 190 lbs.
Sarah Klein	North Dakota State	2004: IT 1,600m Relay
Steve Carr	North Dakota State	1983: WR 134 lbs.
Steve Saxlund	North Dakota State	1998: WR 167 lbs.; 2000: WR 184 lbs.; 2001 WR 184 lbs.
Tamra Brudy	North Dakota State	2002: IT 1,600m Relay
Todd Fuller	North Dakota State	2000: WR 174 lbs.; 2001: WR 174 lbs.; 2002: 174 lbs.
Wayne Mooney	North Dakota State	2000: WR 157 lbs.
Barb Eaton	Northern Colorado	1991: TN Singles
Bill Thomas	Northern Colorado	1981: OT High Jump; 1983: OT High Jump
Jay Valentine	Northern Colorado	1988: OT 3000m Steeple
Kim Schiemenz	Northern Colorado	1998: OT Heptathlon; 2000: OT Heptathlon
Mary Gillach	Northern Colorado	1983: TN Doubles

NCC NCAA Individual Champions by Athlete

Name	School	Event
Mike Bennett	Northern Colorado	1989: OT Decathlon; 1990: OT Decathlon; 1991 OT Decathlon
Mike Leberknight	Northern Colorado	1992: WR 177 lbs.; 1993: WR 177 lbs.
Mike Pantoya	Northern Colorado	1990: WR 134 lbs.; 1991: WR 134 lbs.
Mike Thompson	Northern Colorado	1989: IT Pole Vault, OT Pole Vault
Nancy Roe	Northern Colorado	1985: TN Doubles; 1986: TN Singles, Doubles
Sandra Elliott	Northern Colorado	1983: TN Doubles; 1985: TN Doubles; 1986: TN Doubles
Scott Hewit	Northern Colorado	1999: WR 157 lbs.
Teresa Stratman	Northern Colorado	1992: SW 1650 Free; 1993: SW 1650 Free, 500 Free
Wayne Patton	Northern Colorado	1996: OT 800m
Bill Dotson	Northern Iowa	1963: WR 137 lbs.
Brent Geringer	Northern Iowa	1978: OT Discus; 1979: OT Discus
Clint Young	Northern Iowa	1971: WR 158 lbs.
Don Parker	Northern Iowa	1966: WR 177 lbs.; 1967: WR 177 lbs.
Gary Bentrim	Northern Iowa	1976: WR 142 lbs.; 1977: WR 142 lbs.; 1978: WR 158 lbs.
Jim Miller	Northern Iowa	1974: WR 134 lbs.; 1975: WR 134 lbs.
Jim Sanford	Northern Iowa	1963: WR 147 lbs.
Keith Poolman	Northern Iowa	1978: WR 167 lbs.
Ken Gallagher	Northern Iowa	1980: WR 150 lbs.
Ken Snyder	Northern Iowa	1974: WR 142 lbs.; 1975: WR 142 lbs.
Kent Osboe	Northern Iowa	1968: WR HWT; 1969: WR HWT
Kirk Myers	Northern Iowa	1978: WR 190 lbs.; 1979: WR 190 lbs.; 1980: WR 190 lbs.
Mike McCready	Northern Iowa	1971: OT Shot Put; 1972: WR: HWT
Randy Omvig	Northern Iowa	1975: WR HWT
Tom Garcia	Northern Iowa	1974: WR 126 lbs.
Andrew Neugebauer	South Dakota	2000: IT 800m
Brianne Edwards	South Dakota	2004: OT Heptathlon
Elena Swan	South Dakota	1998: IT Triple Jump, IT Long Jump
Emma Erickson	South Dakota	2008: IT 800m
Heather Andrews	South Dakota	1992: OT Discus
Jill Smolczyk	South Dakota	2008: DV 1m
Justin Devlin	South Dakota	2000: SW 200 Breast
Marie Brown	South Dakota	1994: OT Long Jump
Michelle Christie	South Dakota	1994: OT 200m
Molly Wedel	South Dakota	2003: OT 10,000m
Nancy Overman	South Dakota	1995: OT Discus
Sam Pribyl	South Dakota	2006: IT Pole Vault
Sandy Pelkofer	South Dakota	2001: IT Pole Vault
Sara Deckert	South Dakota	2001: IT 400m
Shad Durham	South Dakota	2000: DV 3m
Steve Gordon	South Dakota	1997: IT Triple Jump; 1998: IT Triple Jump
Terry Liggins	South Dakota	2008: IT 60m Hurdles
Kyle Collins	South Dakota	1990: IT High Jump
Adam Feldman	South Dakota State	1997: WR 126 lbs.
Ann Westby	South Dakota State	1994: OT 10,000m
Audrey Stavrum	South Dakota State	1982: OT 10,000m

NCC NCAA Individual Champions by Athlete

Name	School	Event
Brian Loeffler	South Dakota State	1993: WR 177 lbs.
Chad Lamer	South Dakota State	1995: WR 177 lbs.; 1996: WR 177 lbs.; 1997: 190 lbs.
Craig Cassen	South Dakota State	1989: OT 3,000 Steeple; 1991: OT 3,000 Steeple
Dave Cornemann	South Dakota State	1984: WR 167 lbs.
Dee Brainerd	South Dakota State	1963: WR 130 lbs.
Don Broksieck	South Dakota State	1958: CC 4 mile
Don Trapp	South Dakota State	1970: WR 177 lbs.
Garry Bentley	South Dakota State	1972: OT 1,500m; 1973: CC 5 mile, OT 3 mile; 1974: CC 5 mile, OT 3 mile
Jeff Hohertz	South Dakota State	1977: WR 177 lbs.; 1981: WR 1981 lbs.
Jon Madsen	South Dakota State	2000: WR HWT
Justin Blasius	South Dakota State	1994: WR 190 lbs.
Kim Fordham	South Dakota State	1988: IT 800m; 1989: IT 800m
Kirk Simet	South Dakota State	1978: WR 150 lbs.
Kristin Asp	South Dakota State	1984: OT 3,000m
Larry Frank	South Dakota State	1970: OT Pole Vault
Nick Burrow	South Dakota State	1999: IT Mile
Pat Dorn	South Dakota State	1987: WR 134 lbs.; 1988: WR 134 lbs.
Paul Konechne	South Dakota State	2000: WR 141 lbs.; 2001: WR 141 lbs.
Rick Jenson	South Dakota State	1976: WR 126 lbs.
Rod DeHaven	South Dakota State	1985: IT Mile
Ryan Resel	South Dakota State	1997: WR HWT; 1998: WR HWT
Travis King	South Dakota State	1998: WR 150 lbs.
Gene Hanemann	St. Cloud State	1995: WR 158 lbs.
Jennifer (GiGi) DesLauriers	St. Cloud State	1992: IT High Jump
Justin DeRosier	St. Cloud State	1997: IT Pole Vault
Kurt Threinen	St. Cloud State	1985: OT 10,000m
Mary Ahlin	St. Cloud State	1998: DV 1m, 3m; 1999: DV 1m, 3m
Matt Vardas	St. Cloud State	1993: OT Shot Put
Nate Jimerson	St. Cloud State	2008: DV 1m, 3m
Sarah Loquai	St. Cloud State	1997: DV 1m

NCC Student-Athletes with Multiple Titles (3 and over)

11-Time Champion

Rodrigo Ferreira North Dakota 2004: SW 100 Back, 200 Free Relay; 2005: SW 500 Free, 200 Free Relay; 2006: SW 100 Back, 400 Free Relay, 200 Medley Relay, 400 Medley Relay; 2007: SW 400 Medley Relay, 200 Medley Relay, 100 Back

Eight-Time Champion

Fernando Alves North Dakota 2002: SW 400 Medley Relay; 2003: SW 400 Medley Relay; 2004: SW 100 Fly, 200 Fly, 200 Free Relay, 400 Medley Relay; 2005: SW 100 Fly, 200 Free Relay

Seven-Time Champion

Doug Hanson North Dakota State 1988: OT 10,000m; CC; 1989: IT 5,000m, OT 5,000m, OT 10,000m; 1990: CC; 1991: OT 10,000m

Six-Time Champions

Beth Morris North Dakota 1999: SW 100 Breast, 200 Medley Relay, 400 Medley Relay; 2000: SW 200 Medley Relay, 400 Medley Relay; 2002: SW 100 Breast;

Eric Knight North Dakota 2005: SW 200 Free Relay; 2006: SW 400 Free Relay, 200 Medley Relay; 2007: SW 200 Free Relay, 400 Medley Relay, 200 Medley Relay

Five-Time Champions

Janine Etchepare North Dakota 1989: SW 200 Medley; 1990: SW 50 Free, 200 Medley, 400 Medley, 1991: SW 200 Medley Relay

Norm McGee North Dakota 1987: OT 100m, IT 55m; 1988: OT 100m, IT 55m; 1989: OT 100m

Kinsey Coles North Dakota State 2002: IT 1,600m Relay; 2003: OT 400m Hurdles; 2004: OT 800m, IT 800m; 2004: IT 1,600m Relay

Garry Bentley South Dakota State 1972: OT 1,500m; 1973: CC 5 mile, OT 3 mile; 1974: CC 5 mile, OT 3 mile

Four-Time Champions

Jim Dilling Minnesota State 2005: OT High Jump; 2006: IT High Jump; 2007: IT High Jump OT High Jump

Les Sigman Nebraska-Omaha 2004: WR HWT; 2004 WR HWT; 2005: WR HWT; 2006: WR HWT

Brook McKee North Dakota 1999: SW 200 Medley Relay, 400 Medley Relay; 2000: SW 200 Medley Relay, 400 Medley Relay

Jacob Mills North Dakota 2001: SW 200 Medley Relay; 2002: 200 Medley Relay, 400 Medley Relay, 2003: SW 400 Medley Relay

Pedro Periera North Dakota 2006: SW 400 Medley Relay; 2007: SW 200 Free Relay, 200 Medley Relay, 400 Medley Relay

Per Westergren North Dakota 2006: SW 400 Free Relay, 400 Medley Relay; 2007: SW 200 Free Relay, 200 Medley Relay

Sebastian Andersson North Dakota

2001: SW 200 Medley Relay; 2002: SW 400 Medley Relay;
2003: SW 400 Medley Relay; 2004: SW 400 Medley Relay

Three-Time Champions

Debby Volkens	Augustana	1997: IT High Jump; 1997: OT High Jump; 1998: IT High Jump
J.D.Naig	Nebraska-Omaha	2005: WR 165 lbs.; 2006: WR 165 lbs.; 2007: WR 174 lbs.
Jason Mraule	North Dakota	2004: SW 200 Free Relay, 400 Medley Relay; 2005: SW 200 Medley Relay
Jeff Schneider	North Dakota	2003: SW 400 Medley Relay; 2004: SW 400 Medley Relay; 2006: SW 200 Medley Relay
Jodie Schwartz	North Dakota	1990: SW 200 Medley Relay, 400 Medley; 1991: SW 200 Medley Relay
Mats Liden	North Dakota	2001: SW 200 Medley Relay; 2002: SW 200 Medley Relay, 400 Medley Relay
Michelle Puetz	North Dakota	1989: SW 200 Medley Relay; 1990: SW 200 Medley Relay; 400 Medley Relay
Shelly Ebbighausen	North Dakota	1991: SW 200 Medley Relay; 1992: 100 Fly; 1993: SW 100 Fly
Vesa Nurmiviita	North Dakota	2001: SW 200 Medley Relay; 2002: SW 200 Medley Relay, 400 Medley Relay
Brian Kapusta	North Dakota State	1993: WR 118 lbs.; 1994: WR 118 lbs.; 1995: WR 118 lbs.
Amanda Thieschafer	North Dakota State	2002: IT Triple Jump; 2003: OT Triple Jump; 2004: IT Triple Jump
Steve Saxlund	North Dakota State	1998: WR 167 lbs.; 2000: WR 184 lbs.; 2001 WR 184 lbs.
Mike Bennett	Northern Colorado	1989: OT Decathlon; 1990: OT Decathlon; 1991 OT Decathlon
Sandra Elliott	Northern Colorado	1983: TN Doubles; 1985: TN Doubles; 1986: TN Doubles
Teresa Stratman	Northern Colorado	1992: SW 1650 Free; 1993: SW 1650 Free, 500 Free
Gary Bentrin	Northern Iowa	1976: WR 142 lbs.; 1977: WR 142 lbs.; 1978: WR 158 lbs.
Kirk Myers	Northern Iowa	1978: WR 190 lbs.; 1979: WR 190 lbs.; 1980: WR 190 lbs.
Chad Lamer	South Dakota State	1995: WR 177 lbs.; 1996: WR 177 lbs.; 1997: 190 lbs.

Only NCC Student-Athlete to win NCAA individual titles in two different sports

Mike McCready	Northern Iowa	1971: OT Shot Put; 1972: WR: HWT
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235 Student-Athletes in 332 Events