

**National Champions:**

1989

Anna Prineas (5,000m)

Anna Prineas (10,000m)

1994

Aminah Ricks (100m)

1999

Sandra Helquist (400m hurdles)

**All American:**

1981

Becky Braddy (3,000m)

Sarah Tabbott (10,000m)

1982

Becky Braddy (3,000m)

1984

Melissa Hamilton, Lisa Hawkinson, Isemaye Opuodor, Jennifer Shah (400m relay)

1985

Melissa Hamilton (55m)

1988

Lisa Kelly (HJ)

Anna Prineas (5,000m, 10,000m)

1989

Anna Prineas (5,000m, 10,000m)

1990

Jennifer Streefland (heptathlon)

1991

Aminah Ricks (4<sup>th</sup>-100m)

Jennifer Streefland (heptathlon)

1992

Aminah Ricks (5<sup>th</sup>-100m, 6<sup>th</sup>-200m)

1993

Lisa Scott (1,500m)

1994

Aminah Ricks (1<sup>st</sup>-100m, 2<sup>nd</sup>-200m)

1995

Michelle Eisenreich (discus)

1996

Kate Ainsworth

1997

Busola Akinwale

Heidi Sickler (1,500m)

1999

Sandra Helquist (400m hurdles, 400m)

2000

Sandra Helquist (heptathlon)

Carrie Stuart (400m hurdles)

Kelly Tan (heptathlon)

2001

Laura Bloedorn (10,000m)

Carrie Stuart (400m hurdles)

2003

Laura Bloedorn (7<sup>th</sup>-10,000m)

Kristi Colbenson (5<sup>th</sup>-javelin)

Kim Davis (5<sup>th</sup>-heptathlon)

2004

Kristi Colbenson (7<sup>th</sup>-heptathlon)

**All Conference:**

1983

Melissa Hamilton

Jennifer Pietenpol

1984

Melissa Hamilton (100m)

Lisa Hawkinson (LJ)

Tsemaye Opubor (100m)

Hamilton, Shah, Hawkinson, Opubor (400m relay)

Ballentine, Neff, Hawkinson, Shields (1,600m relay)

1985

Brigitte Breuer (10,000m)

Lisa Kelly (HJ)

1986

Lisa Kelly (HJ)

1987

Lisa Kelly (HJ)

Shelley Scherer (3,000m, 5,000m)

1988

Anna Prineas (3,000m, 5,000m, 10,000m)

Lisa Kelly (HJ)

Jennifer Streefland (heptathlon)

1989

Anna Prineas (3,000m, 5,000m, 10,000m)

Jennifer Streefland (heptathlon)

1990

Elizabeth Carpino (5,000m)

Allison Keeley (LJ, javelin, heptathlon)

Jennifer Streefland (heptathlon, 100m, 200m)

Sarah Beardsley

Melissa Landers

Karen Quanbeck

Amber Rowland

Eithne Barton, Keeley, Terri Stella, Streefland (400m relay)

Stella, Barton, Streefland, Keeley (1,600m relay)

1991

Aminah Ricks (100m, 200m)

Jennifer Streefland (heptathlon, 200m, 100m hurdles, HJ, LJ)

Terri Stella, Abby Hanson, Ricks, Streefland (400m relay)

Hanson, Eithne Barton, Mary Pennel, Streefland (1,600m relay)

1992

Samie Reck-Peterson (10,000m)

Aminah Ricks (100m, 200m)

Sarah Roth (1,500m)

Kate Ainsworth (800m)

Michelle Eisenreich (javelin, discus)

Megan Foster (javelin)

Christine Quimby (3,000m)

Aminah Ricks (100m, 200m)

Lisa Scott (1,500m)

Eithne Barton, Emily Beardsley, Jolene Beitz, Ricks (4 x 400m relay)

Beitz, Lisa Guckenberger, Toni Moe, Ricks (4 x 100m relay)

1994

Kate Ainsworth (800m)  
Michelle Eisenreich (shot put)  
Michelle Hinkle (5,000m)  
Aminah Ricks (100m, 200m)  
Sarah Roth (1,500m)  
Jolene Beitz  
Anne Fiechtner  
Megan Foster  
Heidi Sickler

1996

Kate Ainsworth (800m, 1,500m)  
Busola Akinwale (LJ)  
Jolene Beitz (100m hurdles)  
Michelle Eisenreich (shot put, discus)  
Melissa Salzman (1,500m, 3,000m)  
Heidi Sickler (100m)  
Salzman, Andrea Mosher, Lauren Hafner, Lauren Persha (4 x 800m relay)  
Malia Ireland, Anne Fiechtner, Beitz, Akinwale (4 x 100 relay)

1997

Busola Akinwale (LJ)  
Heidi Sickler (1,500m, 3,000m)

1998

Sandra Helquist (400m hurdles)

1999

Abby Forster (3,000m)  
Sandra Helquist (400m hurdles, heptathlon)  
Julia Larson (10,000m)  
Andrea Mosher (5,000m, 3,000m)  
Carrie Stuart (400m hurdles)  
Gail Teitzel (3,000m)  
Stuart, Erin Quinn, Sarah Paul, Helquist (4 x 400m relay)  
Laurie Peterson, Anne Purushotham, Emma Sandberg, Paul (4 x 800m relay)

2000

Sandra Helquist (200m, 400m, heptathlon)  
Carrie Stuart (100m hurdles, 400m hurdles)  
Kelly Tan (heptathlon)  
Tan, Helquist, Kim Davis, Stuart (4 x 100 relay)  
Anne Purushotham, Gail Teitzel, Libby Garrard, Laura Bloedorn (4 x 800 relay)

2001

Laura Bloedorn (5,000m, 10,000m)

Carrie Stuart (400m hurdles, heptathlon)

2002

Laura Bloedorn (5,000m, 10,000m)

Andrea Grunst (5,000m)

Carrie Stuart (400m hurdles, heptathlon)

2003

Laura Bloedorn (1<sup>st</sup>-5,000m, 1<sup>st</sup>-10,000m)

Kristi Colbenson (2<sup>nd</sup>-javelin, 3<sup>rd</sup>-400m hurdles, 3<sup>rd</sup>-heptathlon)

Kim Davis (1<sup>st</sup>-100m hurdles, 2<sup>nd</sup>-heptathlon)

Cassie Funke (2<sup>nd</sup>-3,000m steeplechase)

Melissa Grunst (3<sup>rd</sup>-10,000m)

2004

Kristi Colbenson (1<sup>st</sup>-heptathlon, 2<sup>nd</sup>-400m hurdles)

Liz Durham (1<sup>st</sup>-hammer throw)

Cassie Funke (1<sup>st</sup>-3,000m steeplechase, 1<sup>st</sup>-10,000m)

Melissa Grunst (3<sup>rd</sup>-10,000m)

2005

Lyz Durham (1<sup>st</sup>- Hammer)

Katherine Wingert (2<sup>nd</sup>- 800m)

Rachel Sinclair (2<sup>nd</sup>-shotput)

2006

Karen Campbell (2<sup>nd</sup>-5000m, 3<sup>rd</sup>-10,000m)

Kestrel Schwaiger (1<sup>st</sup>-heptathlon)

Katherine Wingert (2<sup>nd</sup>-1500m)

Kate Meyer (3<sup>rd</sup>-1500m)

2007

Kelsey Barale (1<sup>st</sup>-steeplechase)

Heather Hoecker (2<sup>nd</sup>-steeplechase)

Karen Campbell (2<sup>nd</sup>-10,000m)

Lindsey Nietmann, Sarah Forzley, Laura Roach, Eva Luderowski (3<sup>rd</sup>- 4x800m relay)

**Additional Awards:**

1989

Honda Award (Div. III Woman of the Year): Anna Prineas

1991

MIAC M.V.P.: Jennifer Streefland

1999

All-American honorable mention: Carrie Stuart (400m)

Pat Lamb Award: Sandra Helquist

Ele Hansen Award: Abigail Forster

2000

Pat Lamb Award: Sandra Helquist

MIAC Most Outstanding Athlete: Sandra Helquist

GTE Academic All-America Spring at-large 3<sup>rd</sup> team: Sandra Helquist

2001

All-American honorable mention: Laura Bloedorn

2002

NCAA Qualifier: Laura Bloedorn (10,000m)

Most Outstanding Performance Award at MIAC Championship: Laura Bloedorn

2003

Pat Lamb Award: Laura Bloedorn

MIAC Outstanding Track Athlete: Laura Bloedorn

MIAC Women's Track Athlete of the Week: Laura Bloedorn (twice)

MIAC Women's Field Athlete of the Week: Kristi Colbenson

2004

MIAC Women's Field Athlete of the Week: Kristi Colbenson