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# Great Northwest Athletic Conference Track and Field All-Time Point Scorers, Women

Great Northwest Athletic Conference

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# All-Time Point Scorers

## Outdoor Leaders (50 or More Points)

Bridget Johnson, WOU (2003-06)	115
Monica Smith, WOU (2002-05)	100
Stephanie Huffman, SPU (2001-02)	86
Danielle Ayers-Stamper, SPU (2003, 05)	82 ½
Jacqueline Postlewait Helbling, WOU (2006-09)	81 ½
Linda Blake, SPU (2003-06)	73
Holly Conrad, WOU (2000-03)	72 ½
Laura Widman, SPU (2000, 02-03)	71
Jaci Cederberg, WOU (2002-05)	62
Kelly Fullerton, SU (2002-05)	57
Rachel Ross, SPU (2000-02)	56
Katy Kociemba, WOU (2004-05)	55
Ashley Puga, NNU (2006-08)	54
Sarah Kraybill, SPU (2000-03)	52
Melissa Behrens, WWU (2001-04)	52
<b>Laura Carr, UAA (2007-08, 10)</b>	52
<b>Jessica Pixler, SPU (2007, 10)</b>	50

## Indoor Leaders (40 or More Points)

<b>Jessica Pixler, SPU (2007-10)</b>	76
Krissy Tandle, CWU (2005-07, 09)	66
Jacqueline Postlewait Helbling, WOU (2006-09)	65 ½
Terran Legard, CWU (2004-06)	60
Jessica Hinton, SPU (2007-09)	59
<b>Jane Larson, SPU (2007-10)</b>	58
<b>Latasha Essien, SPU (2007-10)</b>	58
Ashley Puga, NNU (2006-09)	56
Heidi Dimmitt, WWU (2006-09)	50
Christy Miller, WWU (2006-09)	49
Bridget Johnson, WOU (2004-06)	48
Nini Callan, WOU (2004-06)	47
<b>Ali Worthen SPU (2009-10)</b>	46
Teona Perkins Golding, SPU (2006-08)	44
Katy Kociemba, WOU (2004-05)	44
Karin Rohde, SPU (2005-08)	41

## Outdoor

### Alaska Anchorage

	2002	2003	2004	2005	2006	Totals
Stacy Edwards	4	10		3		17
Kamie Jo Massey		5	11	5		21
Lindsay Krous		2			2	4
Diana Gordon			2	2		4
Davya Baker				6	10	16
Mindy Lindquist				6		6
Danielle Pratt				2		2
Ashlee Gardner				½		½
Mandy Kaempf					10	10
Mary Krusen					1	1
Jessica Houston			3	8		--
Mary Pearce					20	--
Laura Carr					9	--
Emily Tweto					9	--
Kaley Strachan					5	--
Relays	0	0	0	0	12	--

  

	2007	2008	2010	2011	2012	Totals
Laura Carr	15	17	11			52
Mary Pearce	26					46
Kim Brady	16	24				40
Elizabeth Chepkosgei	10	24				34
Jessica Houston	4	11				26
Emily Tweto	9 ½					18 ½

Ardrienna Everett		3	15			18
Kaley Strachan	3					8
Corena Bell	5					5
Jessica Allman	3					3
Hallidie Wilt		6				6
Davya Flaherty		6				6
Zee Zee Ridgway		5				5
Nathalia Echavarria		4				4
Lindsay Mock		2				2
Miriam Kipng'eno			9			9
Ruth Keino			9			9
Elisha Harris			7			7
Lauren Laichak			5			5
Shoshana Keegan			3			3
Emma Bohman			1			1
Relays	9	7	8			

## Central Washington

	2000	2001	2002	2003	2004	Totals
Alicen Maier	8	6	20			34
Sarah Forrey	10	18				28
Amy Forrey	10	18				28
Abby Bielenberg	8	6		2		16
Elie Fortin	10					10
Linsy Nickels	6	4				10
Sarah Lind	4					4
Jaime Tuchscherer	4					4
Krissi Mathers	2					2
Suzanne Marsh	1					1
Jody Binder		10	18	14		42
Jenoa Potter		5	10			15
Erinn Nickels		8				8
Leah Villegas		6				6
Sarah Windham		2				2
Kaylee Bulyca		1				1
Davina Strauss			14			14
Tiffany Picinich			5	6		11
Karie Pruet			5			5
Dawnita LiaBraaten			2	2		4
Allison DeGracia			3			3
Rebekah Ackermann			1			1
Hailey Ruff			1			1
Stephanie Stine				5	9	14
Erika Olson				11		11
Teresa Schlafer				6		6
Rachel Tynan				4		4
Jessica Gimness				4		4
Tiffany Fackrell					5 ½	5 ½
Whitney Omlin					3	3
Nicole Bandy					2	2
Lea Tiger			7	15	9	--
Julie Graham			4	9	4	--
Elizabeth Ryen			3	1 ½		--
Christin McDowell			2	7	6	--
Lindy Mullen			1	8		--
Ashlee Rountree				11	8	--
Kara Nygard					10	--
Terran Legard					20	--
Brandy Anderson					12	--
Amber Green					6	--
Anjuli Spear					6	--
Kestle Riley					5	--
Erica Pitman					4	--
Rachel Bailey					4	--
Jessica Wagner					2	--
Heather Yergen					1	--
Relays	0	4	16	16	15	

	2005	2006	2007	2008	2009	Totals
Krissy Tandle	3	19	22			44
Lea Tiger	10					41
Brandy Anderson	16	5				33
Ashley Rountree	6	3				28
Lindy Mullen	8	10				27
Christin McDowell	8					23
Katie McMeel	5	8	10			23
Sarah Benson	6	7	5	4		22
Chelsea Evans	4	4	5	8		21
Amber Green	3	8	4			21
Julie Graham	4					21
Rachel Bailey	8	8				20
Teresa Schlafer	8	8				16
Marcie Mullen	8	6		2		16
Anjuli Spear	5	1	2			14
Tiffany Quilter	8					8
Katie Hingston	8					8
Kestle Riley	3					8
Haley Amos	4	3				7
Liz Ryen	2					6 ½
Heather Yergen	4					5
Erica Pitman	1					5
Jessica Wagner	2					4
Lindsey Mitchell	½					½
Rachael Kaercher		9	7			16
Becky Scherer		6	5	6		17
Amanda Gius		2	3			5
Kara Nygard		1	3			14
Emily Uhlig		4				4
Rebecca Lindquist		3				3
Brittany Taylor		1				1
Terran Legard		14	13			47
Shaina Afoa			11	18		29
Katie Hummel			6			6
Alison McWeeny			1	5		6
Britany Hood			3	2		5
Brianna Fredrickson			1 ½			1 ½
Mary Seidler			1			1
Mary Bakeman				1		1
Raquel Gonzalez			5	9	6	--
Amanda Rose			4	1		--
Jordan Stueckle				5		--
Relays	16	20	18	10		114

	2010	2011	2012	2013	2014	Totals
Raquel Gonzalez	11 ½					31 ½
Torrie Self	24					24
Raisa Yates	10					10
Amanda Rose	3					8
Jordan Stueckle	3					8
Kaylee Baumstark	6					6
Stephanie Jones	3					3
Jamie Larsen	3					3
Katharine Lotze	2					2
Relays	4					

**Humboldt State**

	2000	2001	2002	2003	2004	Totals
Barbara Weaver	30					30
Jennifer Ruff	11	7				18
Kate Droz	1	8	6			15
Leia Giambastiani	14					14
Jennifer Cochran	8					8
Danielle Jacobs	3		3			6
Crystal Johnson	2		2			4
Molly Alles	2					2
Anjii Hanson	1					1
Tammy Hunt	1					1

Peni Vaefaga	22					22
Becky Mello	14					14
Sara Cunningham	4					4
Kari Gosnell		18	18			36
Dolores Bergmann		11	8			19
Carie Bronson		10				10
Rachael Wiseman		8				8
Nikki Hodgson		6				6
Laura Winterhaller		4	1			5
Kelly Smith		3				3
Wendy Lautner		2				2
Kathy Zehrbach		2				2
Meredith Lisk			7			7
Kelley Cronin			7			7
Katherine Stephenson			5			5
Joy Broussard			2			2
Liann Carleton			2			2
Isaura Rodriguez			2			2
Erin Wymer					4	4
Nicole Campbell				3	4	--
Relays	4	1	10	4	0	--

	2005	2006	Totals
Nicole Campbell	18		25
Jessica Rendon	4	8	12
Keri Gross	8		8
Audrey Oswald		10	10
Heather Moulton		2	2
Alison McCall	1		1
Relays	1	0	20

**Montana State Billings**

	2008	2010	2011	2012	2013	Totals
Lexi Halvorson	6	10				16
Kacie Vanderloos	4					4
Rachel Hansen	2					2
Sarah Jackson		2				2
Brook Berg		2				2
Erika Halle		1				1
Relays	2	6				

**Northwest Nazarene**

	2001	2002	2003	2004	2005	Totals
Aubrey Metzger	½	9	5 ½	4 ½		19 ½
Kristi Lund	8	11				19
Lindsey Glaze	18	1				19
Kristina Romero	14					14
Jessica Wiggins	3	8				11
Mary Ann McDonald	10					10
Lisseth Lorelli-Qualls	6					6
Alina Lunsford	½	3 ½	1	½		5 ½
Bethany Dwello	2					2
Jana Harris	2					2
Heather Doncaster	1					1
Erica Madison	1					1
Melissa Proctor	1					1
Susan Young		6	4	8		18
Lacey Rasmussen		5	5			10
Rebekah Bowman		1	2	2		5
Amy Klein			1			1
Danielle Pridgen				9		9
Mindy Newby				7		7
Megan Johnson				4		4
Ashley Rickels				15	10	25
Rebekah McAdam				5	6	11
Melanie Nisley					7	7
Rebecca Mishler					2	2
Kristina Wherry			6		7	--

Emily Peterson				3 ½	8	--
Hannah Bowman				3	--	--
Mandi Johnson					7	--
Amy Carroll					3	--
Amanda Merrell					2	--
Holly Mishler					2	--
Relays	10	7	6	9	9	--

Amy Layton					3	3
Jennifer Grover					2	2
Taylor Shipman					1	1
Helen Camden						3
Annie Laweryson					2	2
Helen Camden						1
Relays	3	4	2	3	1	1

	2006	2007	2008	2009	2010	Totals
Ashley Puga	16	12	26			54
Emily Peterson	13	10				34 ½
Amanda Merrell	13	19				34
Amy Carroll	4	18	3			25
Ashley Wornell	8	16				24
Kristina Wherry	6					19
Hannah Bowman	5	4				12
Mandi Johnson	3					10
Lindsey Graham	5					5
Kristi Metzger	5					5
Marcie Roth	3					3
Holly Mishler	1					3
Lindsay Brady		7	14		8	29
Nicki Schutte		4	18			22
Karina Elzinger		1 ½	5		8	14 ½
Courtney Little		2	4			6
Kristi Rice		5				5
Brook Bachmeier		4				4
Mary Printz		4				4
Shannon DeBoer		2	2			4
M.J. Usabel		1 ½	1			2 ½
Laura Vonarx			6	1	12	19
Latoya Tidwell			18			18
Jaclyn Puga			5		8	13
Miriam Reardon			2			2
Elisa Decker			1			1
Jill Bennett				2	3	5
Joy Warrington					23	23
Carly Dranginis					15	15
Jasmyn Jewitt					10 ½	10 ½
Erika McCarthy					8	8
Jordan Powell					5	5
Michelle Phillips					3	3
Shayna Shute					3	3
Lakiesha Nilles					2	2
Meagan Swenson					2	2
Melissa Grammer					2	2
Alicia Hedrick					2	2
Christabel Leonce					1	1
Relays	10	9	20	0	13	

**Saint Martin's**

	2000	2001	2002	2003	2004	Totals
Julie Mattson	16					16
Emily Thomas		10	6			16
Becky Dalrymple		2				2
Danika Descios			3			3
Nicole Beatty				1	3	4
April Elder				3		3
Kendra Steinbrugger					8	8
Ann McCanick			1	2	3	--
Relays	0	0	1	0	4	--
	2005	2006	2007	2008	2010	Totals
Chelsi Claussen	16	16	10	5		47
Ann McCanick	4					10
Lakita Burr	5	2				7
Janelle Probst	2	4				6
Jessie Dunnam		2	8	4		14
Krinda Carlson			4			4

**Seattle University**

	2002	2003	2004	2005	2006	Totals
Kelly Fullerton	11	10	16	20		57
Theresa Mangahas	6	4	4 ½			16 ½
Emily Ferguson	3					3
Alana Garcia			10	10		20
Kristie Rice			6			6
Rachel Suess			4			4
ShaTayna Fernandez					3	3
Lydia Lauer					2	2
Katie Hansen					4	--
Relays	2	4	2	2	0	--
	2007	2008				Totals
Lindsey Currier	6	5				11
Mara Becker	3	7				10
Rachel Yorkston	4					4
Katie Hansen		12				16
Rachael Johnson		8				8
Rachel Purcell		3				3
Courtney Cabebe		3				3
Relays	1	5				16

**Seattle Pacific**

	2000	2001	2002	2003	2004	Totals
Laura Widman	44		25	2		71
Rachel Ross	20	20	16			56
Sarah Kraybill	10	4	10	28		52
Jennifer Pyeatt	20		22	6		48
Karen Summers	6	34				40
Cyrena Bell	16	20				36
Jawea Harder	10	8	15			33
Morgan Ranta	12	12	3			27
Natalie Dorow	16	10				26
Lindsey Stewart	16	3	7			26
Christie Goering	16	6				22
Amy Cowden	6	11				17
Abby Harris	8	2				10
Ruth Hawkinson	1	7	2			10
Heather Wallace	6					6
Nicole Seana	6					6
Alena Schlumpf	2					2
Linda Schill	2					2
Karrina Newsome	1					1
Stephanie Huffman		36	50			86
Dionna Anderson		10	10			20
Jamie Witt		8		6	3	17
Lauren Kooy		2	6	4	4	16
Amber Rose		2	5	3	½	10 ½
Kirsten Bjork		8				8
Dana Cantrell		4				4
Hailey Armstrong		4				4
Annie McCabe		1				1
Ally Studer		8	8	10		---
Leah Wiest			16			16
Kara Richard			8			8
Brooke Little			2			2
Josie Lavin			6	9		--
Dianna Grossglass				16	6	22
Kelsey Gleason				8	11	19

Jean Kolb				7	12	19
Janna Schaafsma				3	15	18
Jasmine Zamora				5		5
Angie Ocampo				5		5
Hillary Tayet				3		3
Danielle Ayers-Stamper				44		--
Linda Blake				21	10	--
Amy Harris				8	6	--
Allison Hedges				5 ½	8	--
Becky Knox				3	5	--
Kristin Janney					16	16
Karen Dickson					8	8
Abby Groth					7	7
Julie Duringer					6	6
Ashley Marshall					1	1
Jennifer Urrutia					1	1
Jennifer Marsh					18	--
Kinyatta Leonhardt					16	--
Sara Johnson					10	--
Victoria Perkins					8	--
Sharon Bjella					8	--
Molly Hornbuckle					3	--
Relays	20	20	15	11	18	--

Jennifer Pike						10	16	26
Melissa Peaslee						10	10	20
Jacque Mattson						4	5 ½	9 ½
Jeeni Schantin						8		8
Melissa Flower						4		4
Crystal Sims							35	35
Latasha Essien							20	20
Amanda Alvarez							15	15
Katy Gross							13	13
Emily Quatier							10	10
Natty Plunkett							8	8
Natalie Nobbs							8	8
Trinna Miranda							6	6
Kira Lewis							5	5
Kjersti Gedde							4 ½	4 ½
Brittany Tri							1	1
Athena Alvarez							1	1
Relays	12	12	18	8	16			

### Western Oregon

	2005	2006	2007	2008	2010	Totals
Danielle Ayers-Stamper	38 ½					82 ½
Linda Blake	18	24				73
Kelsey Cooley	18 ½	23	7			48 ½
Karin Rohde	9	15	15	6		45
Jennifer Marsh	13	3	6			40
Kinyatta Leonhardt	21					37
Josie Lavin	14	5				34
Amy Harris	10	10				34
Ally Studer	5					31
Allison Hedges	6	6				28 ½
Lauren VerMum	10	10		5		25
Monica Anderson	3	8	8			19
Brandi McCoy	6	12				18
Victoria Perkins	4	5				17
Becky Knox	4	3				15
Anna Soule	4 ½	10				14 ½
Sara Johnson	4					14
Sharon Bjella	3	2				13
Nikki Jensen	1	6				7
Molly Hornbuckle	1					4
Bridgette Sexton	3					3
Hanane Benanaya	2					2
Tracy Kuhn	1					1
Suzie Strickler		8	3	13		24
Teona Perkins		9	10			19
Mary Moriarty		14				14
Molly Barnes		5	6			11
Megan Wrightman		5		3		8
Kaitlin Rohde		2		2		4
Heidi Petersen		1	3			4
Corina James		3				3
Janelle Stevens		2				2
Jessica Pixler			30		20	50
Jane Larson			14	15	10	39
Nyema Sims			24			24
Jessica Hinton			12	11		23
Katie Hart			11	8		19
Tracie Lundsten			10	6		16
Lisa Anderberg			5	5	5	15
Kate Harline			4	5	3	12
Kim Beamon			4	3		7
Brittany Bekins			1	4		5
Anna Walters			2			2
Kristin Janney			2			2
Brittany Aanstad				28	12	40

	2000	2001	2002	2003	2004	Totals
Holly Conrad	18	19	17 ½	18		72 ½
Dorothy Kerr	12	3	12	22		49
Shelley Comstock	10	8	19	11		48
Jennifer Dunkin	1	10	10	10		31
Ellie Enos	4		13	9		26
Shalese Borden	2		12	6		20
Emily Porter	4	12	1			17
Kellie Kathman	10	4				14
Kiana Womack	8	2				10
Alisa Worley	6	4				10
Chris Jensen	9					9
Kate Jackson	9					9
Tara Haga	8					8
Katie Henes	4	4				8
Katherine Cook	4	1	3			8
Susan Reese	6					6
Charlene Postlewait	6					6
Candace Ekhoft	6					6
Carrie Wales	2	2				4
Kara Cozby	2					2
Heather Creech	2					2
Gretchen Stephens	2					2
Katey Pohlschneider	½					½
Cassie Moorhouse		8	13			21
Theresa Lane		8	5			13
Gail Keeley		12				12
Lorna DeFreest		6				6
Annie Peters		3				3
Lynn Gurney		1				1
Amanda Evey		1				1
Jill Salmon			13	9		22
Toni Adair			10	10	2	22
Kira Langnese			5	4		9
Sarah Block			5	1		6
Alisa Long			5			5
Amelia Kinney			4			4
Kylee Wells			3			3
Kathy Gellatly			2	1		3
Rachel Daniels			2			2
Ashlyn Terry				15		15
Kristen Wiese				6	4	10
Amber Brougher				6		6
Niki McCorkle				6		6
Jennie Rummell				6		6
Hope Berkey				2		2
Kristin Hepler					10	10
Julie Kendall					9	9
Sara Hunt					5	5

Valerie Ferguson					2	2
Jaci Cederberg	18	11			15	--
Monica Smith	8	17			37	--
Bridget Johnson			13 ½		25 ½	--
Alicia Vandervelden			5		13	--
Stephanie Upshaw			4			--
Katy Kociemba					28	--
Nini Callan					24	--
Kari Konrad					16	--
Chevonna Lynch					8	--
Natalie Nash					3	--
Danielle Smith					2	--
Jennie Rummel					1	--
Relays	8	16	16	16	12	--

	2005	2006	2007	2008	2009	Totals
Bridget Johnson	40	36				115
Monica Smith	38					100
Jaci Cederberg	18					62
Katy Kociemba	27					55
Nini Callan	17	7				48
Sabrina Freed	3	13	13	11		40
Sarah Barker	1	8	10	14		33
Kari Konrad	10					26
Bonnie Galloway	20	4				24
Keyanna Jenkins	5	18				23
Sarah Howell	3	10	8			21
Jennie Rummel	6	10				17
Stephanie Upshaw	4	5	3			16
Danielle Smith	½					2 ½
Jacque Postlewait Helbling	16	28 ½	32		5	81 ½
Sarajane Rosenberg	18	9	16			43
Jessica Harper	6	8	10			24
Chevonna Lynch	10	6				24
Alicia Vandervelden	6					24
Taryn Plypick	1	12				13
Chelsea Glavin	4	5				9
Nicole Lassetter	4					4
Alee Rowley			18			18
Natalie Nash			5			8
Shirlon Moncrief			6			6
Kim Parry			3			3
Kristin Humphrey			1	1		2
Mandy Keifer				17	10	27
Lyndsey McKillip				9		9
Ashley Berry				9		9
Lauren Duckett				6		6
Sara Cole				6		6
Jackie Dent				5		5
Annan Applebee				4		4
Kelsey Castrey				4		4
Alyssa Taylor				2		2
Tricia Morrison				1		1
Cate Morris				1		--
Relays	20	12	7	14		

	2010	2011	2012	2013	2014	Totals
Ashley Potter	18					18
Kaitlyn Reid	14					14
Carolanne Powers	10					10
Lacey Meusec	7					7
Amanda Wright	7					7
Janelle Everetts	6					6
McKenzie Redberg	6					6
Amanda Schumaker	6					6
Stefani Ditmar	4					4
Meryl Butcher	4					4
Janna Vander Meulen	3					3
Kelsey Neilson	3					3
Lexi Pola	3					3

Megan Everetts	3					3
Sarah Kathrein	2					2
KayAnna Cecchi	2					2
Caitlyn Morris	1					2
Crystal McDowell	1					1
Relays	15					

#### Western Washington

	2000	2001	2002	2003	2004	Totals
Danielle Juarez	6	10	10		10	36
Kate Herber	12	11	11			34
Sarah Hiss	24					24
Megan Wright	8		4			12
Meredith Gomes	1	2	4			7
Megan Clancy	6					6
Tess Wolken	4					4
Kristal Hoover	4					4
Heidi Roland	4					4
Tarell Muscutt	2	2				4
Becky Lewis	2	1				3
Jen Lieta	2					2
Jenni Gordon	1					1
Amanda Schola	½					½
Melissa Behrens		6	13	18	15	52
Natalie Svenvold		16	16			32
Laura Ellingson		8				8
Nina Laurinolli		8				8
Marta Bednzarczyk		4				4
Celeste Hill		2				2
Brenna Lee		2				2
Kelly Perez		1	1			2
Julya Steyh		1				1
Dania Swosinski			20	20		40
Ashlee Vincent			8	18		26
Stacey Hopkins			5	8	8	21
Laura Burch			5	10	4	19
Tina Stimson			3	4	10	17
Jessica Opersteny			3	6	3	12
Marianne Scott			6			6
Brianne Barrett			4			4
Mindy Noble			1	3		4
Dani Reid				9		9
Lisa Pearl				8		8
Amy Kruckenberg				7		7
Anna Nielsen				4	2	6
Michelle Johnson				1	4	5
Kirsten Holt				3	2	5
Kim Radke				4		4
Andrea Kreft				3		3
Nena Dodge				2		2
Beth Griffin				2		2
Rachelle Hoppe				1		1
Laura Trevellyan					10	10
Molly DePasqual					5	5
Lexi Baxter					1	1
Lauren Gardner					1	1
Lindsey Cox					½	½
LeeAnne Evans			5	9		--
Kristina MacCully			2		2	--
Jessica Telleria				10	15	--
Ashley VanOeveren				6	8	--
Tammy Carlson				3	10	--
Jackie McCall				6	6	--
Kristin Haas				1		--
Kim Bascom					10	--
Beth Rosappe					3	--
Marissa Harshman					2	--
Erin Deasy					2	--
Kara Fischer					1	--

	2005	2006	2007	2008	2009	Totals
Relays	14	10	6	15	12	--
Jessica Telleria	10	14				49
Kim Bascom	7	10	18			45
Erica Rance	1	5	11	16		33
Ashley VanOeveren	6	5				25
Tammy Carlson	10					23
LeAnne Evans	8					22
Beth Rosapepe	10					13
Kristina MacCully	6					10
Andrea Kreft	8					8
Lindsay Leonard	3	3				6
Cara Dockins	2	2		2		6
Sara Thon	5					5
Kristin Haas	3					4
Kara Fischer	1					2
Julie Stone	1	1				2
Christy Miller		11	17	17		45
Clara Cook		10	4	14	8	36
Jackie McCall		1				13
Whitney Knox		7				7
Erin Deasy		3				5
Arielle Genthner		4				4
Kirsten Holt		4				4
Gail Butler		3				3
Heidi Dimmitt			15	15		30
Lindsay Lunderman			10			10
Chelsea Sadler			3	4		7
Katie Taylor			6			6
Camille Clarke			1 ½	4		5 ½
Ashley McDougall			3			3
Marissa Harshman			1			3
McKinley Williams			2			2
Valerie Matthews			2			2
Kathryn Mertens			1			1
Allison Graham			1			1
Lydia Morrison			1			1
Jill Rogers				5		5
Amanda Thornton				5		5
Cheryl Watson				3		3
Melissa Jensen				2		2
Megan Paulsen				2		2
Sabrina Schwindler					3	3
Monika Gruszecki			8	6		--
Michelle Howe			4	10	4	--
Sarah Porter				10		--
Megan O'Connell				6		--
Joana Houplin				5		--
Megan Zukowski				5		--
Sarah Brownell				2		--
Lauren Breihof				1		--
Relays	9	6	11	8		

	2010	2011	2012	2013	2014	Totals
Michelle Howe	14					32
Sarah Porter	16					26
Courtney Olsen	18					18
Lauren Breihof	16					17
Joana Houplin	12					17
Monika Gruszecki	3					17
Megan Zukowski	9					14
Emily Warman	13					13
Amanda Overdick	10					10
Sarah Brownell	8					10
Danielle Slaughter	9					9
Rachael Johnson	8					8
Megan O'Connell	2					8
Elsa Couvelier	6					6
Angie Alvord	5 ½					5 ½
Amanda DiEnno	4 ½					4 ½
Brittany Jones	4					4
Sierra Brisky	4					4
Jessica Boyer	4					4
Tanya Bjornsson	4					4
Karis Anderson	2					2
Jennifer Quick	1					1
Mary Rogers	1					1
Kristi Fairbanks	1					1
Emily Spieker	1					1
Relays	14					

**INDOOR**

**Central Washington**

	2004	2005	2006	2007	2008	Totals
Terran Legard	24	20	16			60
Brandy Anderson	6	6	10			22
Ashley Rountree	8	8	3			19
Lindy Mullen	3	8	8			19
Kara Nygard	14		4			18
Lea Tiger	13	5				18
Anjuli Spear	6	1		4		11
Katie Hingston	5	6				11
Rachel Bailey	2	8				10
Liz Ryen	8					8
Tiffany Fackrell	5					5
Teresa Schlafer	1		4			5
Emily Picinich	4					4
Stephanie Stine	3					3
Rachel Tynan	3					3
Amber Green	1			1		2
Marcie Mullen		5	8		5	18
Chelsea Evans		5	1	8		14
Haley Amos		1 ½	5	6	1 ½	14
Heather Yergen		10				10
Sarah Benson		5	1	2		8
Rebecca Lindquist		4	4			8
Tiffany Quilter		7				7
Christin McDowell		6				6
Jessica Wagner		4	2			6
Julie Graham		2				2
Rachael Kaercher			6	5	5	16
Katie Hummel			10	5		15
Amanda Gius			7	7		14
Bree Renzetti			5			5
Amanda Rose				2	4	6
Alison McWeeny				1	5	6
Brianna Fredricksen				1		1
Tisha Wells					3	3
Caitlin Schmitz					1	1
Krissy Tandle		10	20	16		--
Becky Scherer				6		--
Raquel Gonzalez				2	3	--
Jordan Stueckle					9	--
Relays	18	18	20	16	10	

	2009	2010	2011	2012	2013	Totals
Krissy Tandle	20					66
Torrie Self	13	16				29
Jordan Stueckle	9	8				26
Raquel Gonzalez	2 1/3	4				11 1/3
Becky Scherer	1					7
Amanda Rose	3	2				5
Gwenna Carie	4					4
Marcie Mullen	4					4
Nordlund	1/3					1/3
Katharine Lotze		6				6
Raisa Yates		5				5
Kaylee Baumstark		3				3
Beckey Mulkey		1				1
Relays	7	6				

**Montana State Billings**

	2008	2009	2010	2011	2012	Totals
Kacie Vanderloos	8	2				10
Lexi Halvorson	1					1
Micah Merrill-Johnson	1					1
Hilary Gourneau		4				4
Sarah Jackson		3				3
Erika Halle			5			5
Brook Berg			3			3

Whitney Mickelson			2			2
Relays	2	5	8			

**Northwest Nazarene**

	2004	2005	2006	2007	2008	Totals
Emily Peterson	5	8	8	12		33
Mandi Johnson	11	4	5			20
Kristina Wherry	6	5	4			15
Rebekah McAdam	5	6				11
Aubrey Metzger	6		4			10
Ashley Rickels	9					9
Rebekah Bowman	4		3			7
Megan Johnson	5					5
Alina Lunsford	3					3
Aubrey Harrington	2					2
Sarah Arendt	1					1
Amanda Merrell		10	12	16 ½		38 ½
Amy Carroll		1	3	8	18	30
Melanie Nisley		14				14
Morgan Ingersoll		4				4
Holly Mishler		1				1
Ashley Wornell			11	15		26
Hannah Bowman			6	8		14
Nicole Schutte			1		6	7
Erika Remple			1	2		3
Jocelyn Judd				9		9
Kristi Rice				4 ½	3	7 ½
Mary Printz				3		3
Maycee Bekkedahl					3	3
Lynsie Powers					2	2
Courtney Little					2	--
Ashley Puga			10	14	12	--
MJ Usabel				2		--
Latoya Tidwell					12	--
Elisa Decker					10	--
Jaclyn Puga					8	--
Shayna Shute					4	--
Jamie Beaty					3	--
Lauura VonArx					2	--
Karina Elzinga					1 ½	--
Relays	9	12	9	10	12	

	2009	2010	2011	2012	2013	Totals
Ashley Puga	20					56
Joy Warrington	12	20				32
Laura VonArx	12	4				18
Latoya Tidwell	5					17
Elisa Decker	6					16
Jaclyn Puga	5	2				15
Shayna Shute	3	6				13
Erika McCarthy	5	4				9
Courtney Little	6					8
Molly Reid	7					7
Jamie Beaty	3					6
Karina Elzinga	4					5 ½
Jill Bennett	1/3	1				1 1/3
Carly Dranginis		11				11
Jordan Powell		9				9
MJ Usabel		5				7
Michelle Phillips		5				5
Christine Harwood		4				4
Melissa Grammer		4				4
Jasmyn Jewitt		3				3
Alicia Hedrick		1				1
Relays	16	11				



**Saint Martin's**

	2004	2005	2006	2007	2008	Totals
Kendra Steinbrugger	3					3
Lakita Burr	1	1				2
Nicole Beatty	2					2
Chelsi Claussen		12	13	4	8	37
Janelle Probst		2	3			5
Ann McCanick			5			5
Jessica Pendon			2		1	3
Krinda Carlson				3	4	7
Amy Layton				4		4
Relays	0	5	4	3	1	
	2009	2010	2011	2012	2013	Totals
Relays	9	4				

**Seattle University**

	2004	2005	2006	2007	2008	Totals
Alana Garcia	10	8				18
Rachel Suess	6					6
Emily Ferguson	2					2
Theresa Mangalas	1					1
Katherine Archambault		1				1
Katie Hansen			2		6	8
ShaTayna Fernandez			2			2
Charise Arce				2		2
Mara Becker					5	5
Courtney Cabebe					3	3
Rachael Johnson					2	2
Relays	9	6	4	3	7	

**Seattle Pacific**

	2004	2005	2006	2007	2008	Totals
Kinyatta Leonhardt	20	18				38
Linda Blake	5	10	17			32
Allison Hedges	8	10	6			24
Amy Harris	5	6	10			21
Victoria Perkins	8	5	6	1		20
Sharon Bjella	10	3	6			19
Karen Dickson	8	10				18
Jennifer Marsh	10			6		16
Jean Kolb	5	10				15
Brandi McCoy	5	4	6			15
Danae Clark	14					14
Jamie Witt	10					10
Julie Duringer	6	4				10
Janna Schaafsma	5					5
Kelsey Gleason	4					4
Ashley Marshall	4					4
Abby Groth	4					4
Amber Rose	4					4
Lauren Kooy	4					4
Sara Johnson	3					3
Karin Rohde		10	14	14	3	41
Kelsey Cooley		11	15	10		36
Danielle Ayers-Stamper		33				33
Monica Anderson		5	8	10	8	31
Anna Soule		6	14			20
Kristen Janney		10				10
Josie Lavin		10				10
Kaitlin Rohde		1		6		7
Hanane Benanaya		4				4
Tracy Kuhn		3				3
Kelsey McBride		1				1
Teona Perkins Golding			18	8	18	44
Suzie Strickler			5	1	6	12
Mary Moriarty			7			7
Kim Beaman			4			4
Nikki Jensen			2			2
Nyema Sims				20 ½		20 ½

Brittany Bekins				10	6	16
Tracie Lundsten				4 ½	5	9 ½
Anna Walters				5		5
Katie Hart				5		5
Kristin Janney				1		1
Melissa Flower					6	6
Jessica Pixler				20	20	--
Jessica Hinton				18	15	--
Latasha Essien				20	10	--
Jane Larson				8	18	--
Lisa Anderberg				4	5	--
Brittany Aanstad					19	---
Melissa Peaslee					14	--
Jennifer Pike					5	--
Kate Harline					3	--
Jacquie Mattson					2	--
Relays	18	14	16	20	20	

	2009	2010	2011	2012	2013	Totals
Jessica Pixler	16	20				76
Jessica Hinton	26					59
Latasha Essien	18	10				58
Jane Larson	16	16				58
Ali Worthen	38	8				46
Melissa Peaslee	8	10				32
Jennifer Pike	3	9				17
Kate Harline	4	5				12
Janae Larson	11					11
Lisa Anderberg	1					10
Natty Plunkett	6	4				10
Kjersti Gedde	5	2				7
Carrie Hauck	6					6
Jacquie Mattson	2	2				4
Natalie Nobbs	1	3				4
Mary Williams	3					3
Kayti Krepel	1					1
Brittany Aanstad		16				35
Terra Schumacher		16				16
Crystal Sims		13				13
Amanda Alvarez		11				11
Katy Gross		7				7
Kelly Jenkins		4				4
Michaela Caldwell		3 ½				3 ½
Trinna Miranda		2				2
Relays	16	18				

**Western Oregon**

	2004	2005	2006	2007	2008	Totals
Bridget Johnson	11	16	21			48
Nini Callan	17	13	17			47
Katy Kociemba	22	22				44
Monica Smith	17	22				39
Chevonna Lynch	12		8	8		28
Jaci Cederberg	8	8				16
Kari Konrad	9	6				15
Alicia Vandervelden	8		5			13
Bonnie Galloway	2	9				11
Kristin Hepler	10					10
Julie Kendall	6	2				8
Natalie Nash	3			1		4
Kristen Wiese	2	2				4
Sabrina Freed		2	9	13	14	38
Keyanna Jenkins		3	6			9
Sarajane Rosenberg			10	13 ½	11	34 ½
Sarah Howell			3	5	3	11
Stephanie Upshaw			4	3		7
Jennie Rummell			3			3
Sharelle Wells			1			1
Danielle Smith			1			1
Alee Rowley				8		8

Taryn Plypick				7	7
Shirlon Moncrief				3	3
Lacy Tibbetts				1 ½	1 ½
Sara Cole				6	6
Ashley Berry				4	4
Sarah Barker				2	2
Kira Batcheller				1	1
Lyndsey McKillip				1	1
Jacqueline Postlewait			11	20	18
Jessica Harper			1		5
Lauren Duckett					8
Mandy Keifer					5
Tricia Morrison					2
Alyssa Taylor					2
Megan Vorderstrasse				1	1
Relays	9	13	10	10	9

Jessica Erickson					4	4
Jill Rogers					4	4
Erica Rance					1	1
Heidi Dimmitt			13	20	8	--
Christy Miller			4	17	14	--
Clara Cook			4	4	6	--
Michelle Howe					10	--
Joana Houplin					10	--
Sarah Porter					8	--
Megan Zukowski					6	--
Camille Clarke					4	--
Sarah Brownell					3	--
Megan O'Connell					2	--
Relays	6	8	6	10	14	

	2009	2010	2011	2012	2013	Totals
J. Postlewait Helbling	16 ½					65 ½
Mandy Keifer	15	7				27
Lauren Duckett	6					14
Janna Vander Meulen	5	5				10
Jessica Harper	2					8
Lacey Meusec	5	3				8
Alyssa Taylor	3					5
Stefani Dittmar	2	3				5
Annan Applebee	4					4
Kelsey Neilson	4					4
Amanda Wright	2	2				4
Tricia Morrison	1					3
Ali Mosher	1					1
Sarah Kathrein		14				14
Ashley Potter		10				10
Janelle Everetts		6				6
Crystal McDowell		5				5
Kaitlyn Reid		5				5
Karah Ambrose		3				3
Erika Snawder		3				3
Mary Bailey		2				2
Zie Skordahl		1				1
Relays	5	11				

**Western Washington**

	2004	2005	2006	2007	2008	Totals
Tammy Carlson	6	9				15
Melissa Behrens	13					13
Danielle Juarez	10					10
Kirsten Holt	6		3			9
Jessica Telleria	3	3				6
Tina Stimson	5					5
Kim Radke	3					3
Lindsey Cox	2					2
Kristina MacCully	1					1
Andrea Kreft		8				8
Julie Stone		4				4
Kara Fischer		3				3
Jamie Wulfekuhle		3				3
Kelly Perez		1 ½				1 ½
Kim Bascom			13	20		33
Whitney Knox			15			15
Lydia Morrison			3	3		6
Cara Dockins			2			2
Katie Taylor			2			2
Erin Deasy			1			1
Lindsay Lunderman				9		9
McKinley Williams				2		2
Amanda Thornton				1		1
Gail Butler				1		1
Megan Paulsen					15	15

	2009	2010	2011	2012	2013	Totals
Heidi Dimmitt	9					50
Christy Miller	14					49
Ellie Siler	16	20				36
Emily Warman	16	18				34
Michelle Howe	10	11				31
Sarah Porter	5	10				23
Megan Zukowski	5	12				23
Clara Cook	5 ½					19 ½
Lauren Brehof	5	8				13
Sarah Brownell	1	9				13
Megan O'Connell	5	4				11
Rachael Johnson	6	3				9
Sabrina Schwindler	8					8
Camille Clarke	3					7
Callie Muri	6					6
Robin Mueller	2					2
Devon King	2					2
Cheryl Watson	2					2
Amanda DiEnno	1	1				2
Joana Houplin		12				22
Courtney Olsen		12				12
Diana DiMarco		6				6
Amanda Overdick		5				5
Jessica Boyer		4				4
Elsa Couvelier		3 ½				3 ½
Tanya Bjornsson		2				2
Sierra Brisky		1				1
Relays	16	18				