



Women's Track & Field Award Winners (updated through 2017-18 season)

NCAA

ALL-AMERICANS

Collette Liss - <i>3,000m Run</i>	1997 (I)
Laura Rolf - <i>One Mile Run</i>	2007 (I)

NATIONAL QUALIFIERS

Collette Liss - <i>3,000m Run</i>	1997 (I)
Collette Liss - <i>5,000m Run</i>	1997 (O)
Laura Rolf - <i>One Mile Run</i>	2007 (I)

REGIONAL QUALIFIERS

Jessica Cherrington - <i>Javelin Throw</i>	2003 (O)
Ashley Billstrom - <i>3,000m Steeplechase</i>	2006 (O)
Ashley Billstrom - <i>3,000m Steeplechase</i>	2007 (O)
Lakisha Lane - <i>400m Hurdles</i>	2007 (O)
Sarah Drozdowski - <i>Hammer Throw</i>	2015 (O)

USATF Juniors

NATIONAL QUALIFIER

Rachel Nelson - <i>1,500m Run</i>	2002 (O)
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Horizon League

ATHLETE OF THE YEAR

Sarah Drozdowski	2015 (O)
Liz (Bloy) Owen	2016 (O)

OUTSTANDING RUNNING PERFORMER

Laura Rolf	2009 (I)
Liz (Bloy) Owen	2016 (I)
Liz Owen	2017 (I)

OUTSTANDING FIELD PERFORMER

Emilie Marsicek	2008 (O)
Sarah Drozdowski	2014 (I)
Sarah Drozdowski	2015 (O)

EVENT CHAMPIONS

Melanie Wilson - <i>60m Hurdles</i>	2008 (I)
Emilie Marsicek - <i>Discus Throw, Shot Put</i>	2008 (O)
Melanie Wilson - <i>100m Hurdles</i>	2008 (O)
Laura Rolf - <i>3,000m Run, 5,000m Run</i>	2009 (I)
Sarah Drozdowski - <i>Hammer Throw</i>	2013 (O)
Sarah Drozdowski - <i>Weight Throw</i>	2014 (I)
Megan Howdeshell - <i>Discus Throw</i>	2014 (O)
Sarah Peters - <i>Pole Vault</i>	2014 (O)
Nicole Zehel - <i>3,000m Steeplechase</i>	2014 (O)
Sarah Peters - <i>Pole Vault</i>	2015 (I)
Sarah Drozdowski - <i>Hammer Throw</i>	2015 (O)
Jazmin Taylor - <i>High Jump</i>	2015 (O)
Liz (Bloy) Owen - <i>One Mile Run</i>	2016 (I)
Liz (Bloy) Owen - <i>1,500m Run</i>	2016 (O)
Liz Owen - <i>One Mile Run</i>	2017 (I)
Liz Owen - <i>1500m run</i>	2017 (O)



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Horizon League

<u>ALL-LEAGUE</u>				<u>ACADEMIC ALL-LEAGUE</u>	
Melanie Wilson	2008 (I)	Liz (Bloy) Owen	2016 (I)	Rachael Button	2008 (O)
- 60m Hurdles, Triple Jump		- 800m Run, One Mile Run		Amanda Body	2009 (I)
Emilie Marsicek	2008 (O)	Liz (Bloy) Owen	2016 (O)	Alyssa Bradford	2009 (I)
- Discus Throw, Shot Put		- 1,500m Run		Laura Rolf	2009 (I)
Melanie Wilson	2008 (O)	Heather Mende	2016 (O)	Windy Santa Cruz	2009 (I)
- 100m Hurdles		- Javelin Throw		Amanda Body	2009 (O)
Amanda Body	2009 (I)	Liz Owen	2017 (I)	Alyssa Bradford	2009 (O)
- 200m Dash		- 800m Run, One Mile Run		Windy Santa Cruz	2009 (O)
Laura Rolf	2009 (I)	Liz Owen	2017 (O)	Alyssa Bradford	2010 (I)
- 3,000m Run, 5,000m Run		- 1500m Run		Windy Santa Cruz	2010 (I)
Amanda Body	2009 (O)			Alyssa Bradford	2010 (O)
- 200m Dash		<u>ATHLETE OF THE WEEK</u>		Lindsey Gilman	2010 (O)
Sarah Drozdowski	2012 (O)	Melanie Wilson	Jan. 22, 2008 (I)	Windy Santa Cruz	2010 (O)
- Hammer Throw		Amanda Body	Feb. 13, 2008 (I)	Jorie Ballun	2011 (I)
Sarah Drozdowski	2013 (I)	Laura Rolf	Jan. 22, 2009 (I/T)	Whitney Bowman	2011 (I)
- Weight Throw		Laura Rolf	Feb. 19, 2009 (I/T)	Claire Johnson	2012 (I)
Sarah Drozdowski	2013 (O)	Sarah Drozdowski	Dec. 8, 2010 (I/F)	Claire Johnson	2012 (O)
- Hammer Throw		Sarah Drozdowski	March 29, 2011 (O/F)	Jessica Richardson	2013 (I)
Jazmin Taylor	2013 (O)	Sarah Drozdowski	Feb. 15, 2012 (I/F)	Kelli Wosick	2013 (I)
- High Jump		Sarah Drozdowski	Dec. 12, 2012 (I/F)	Jessica Richardson	2013 (O)
Liz (Bloy) Owen	2014 (I)	Jessica Richardson	Jan. 22, 2013 (I/T)	Jazmin Taylor	2013 (O)
- One Mile Run		Nicole Zehel	March 26, 2013 (O/T)	Claire Johnson	2014 (I)
Sarah Drozdowski	2014 (I)	Sarah Drozdowski	Jan. 14, 2014 (I/F)	Kelli Wosick	2014 (I)
- Shot Put, Weight Throw		Sarah Drozdowski	Feb. 11, 2014 (I/F)	Claire Johnson	2014 (O)
Jazmin Taylor	2014 (I)	Jazmin Taylor	Feb. 18, 2014 (I/F)	Jessica Richardson	2014 (O)
- High Jump		Liz (Bloy) Owen	March 25, 2014 (O/T)	Kelli Wosick	2014 (O)
Megan Howdeshell	2014 (O)	Jazmin Taylor	March 25, 2014 (O/F)	Liz (Bloy) Owen	2015 (I)
- Discus Throw		Jazmin Taylor	April 22, 2014 (O/F)	Kelli Wosick	2015 (I)
Sarah Peters	2014 (O)	Sarah Peters	Jan. 20, 2015 (I/F)	Liz (Bloy) Owen	2015 (O)
- Pole Vault		Sarah Peters	Jan. 27, 2015 (I/F)	Sarah Drozdowski	2015 (O)
Nicole Zehel	2014 (O)	Sarah Drozdowski	March 25, 2015 (O/F)	Kelli Wosick	2015 (O)
- 3,000m Steeplechase		Sarah Drozdowski	April 8, 2015 (O/F)	Liz (Bloy) Owen	2016 (I)
Megan Howdeshell	2015 (I)	Sarah Drozdowski	April 22, 2015 (O/F)	Liz (Bloy) Owen	2016 (O)
- Weight Throw		Liz (Bloy) Owen	April 12, 2016 (O/T)	Kim Heiny	2016 (O)
Sarah Peters	2015 (I)	Liz Owen	May 2, 2017 (O/T)	Ann Chapman	2016 (O)
- Pole Vault				Kim Heiny	2017 (I)
Jazmin Taylor	2015 (I)			Liz Owen	2017 (I)
- High Jump				Kim Heiny	2017 (O)
Liz (Bloy) Owen	2015 (O)			Liz Owen	2017 (O)
- 3,000m Steeplechase					
Sarah Drozdowski	2015 (O)				
- Hammer Throw, Shot Put					
Brooke Hinstorff	2015 (O)				
- Javelin Throw					
Sarah Peters	2015 (O)				
- Pole Vault					
Jazmin Taylor	2015 (O)				
- High Jump					



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Mid-Continent Conference

<u>ATHLETE OF THE MONTH</u>		<u>ALL-CONFERENCE</u>		
Laura Rolf	March 2007	Collette Liss	1997 (I)	Jessica Cherrington - <i>Javelin Throw</i>
		- <i>One Mile Run, 3,000m Run - 1st Team</i>		Holly Hagen
		Rachel Matthews	1999 (I)	- <i>Hammer Throw</i>
<u>NEWCOMER OF THE YEAR</u>		- <i>Pole Vault - 2nd Team</i>		Emilie Marsicek
Elizabeth Whiting	2001 (I)	Karie Dahlgren	1999 (O)	- <i>Discus Throw</i>
Melanie Wilson	2005 (O)	Tracie Broadstone	2000 (O)	Jobeth Schmiesing
Lakisha Lane	2007 (O)	- <i>Hammer Throw - 2nd Team</i>		- <i>3,000m Steeplechase</i>
		Tami Long	2000 (O)	Melanie Wilson
<u>INDIVIDUAL CHAMPIONS</u>		- <i>5,000m Run, 10,000m Run - 2nd Team</i>		- <i>Long Jump</i>
Collette Liss	1997 (I)	Elizabeth Whiting	2001 (I)	Amanda Body
- <i>One Mile Run, 3,000m Run</i>		- <i>5,000m Run - 1st Team;</i>		- <i>Long Jump</i>
Elizabeth Whiting	2001 (I)	<i>One Mile Run - 2nd Team</i>		Danielle Nunnally
- <i>5,000m Run</i>		Elizabeth Whiting	2002 (I)	- <i>800m Run, One Mile Run, 3,000m Run</i>
Jessica Cherrington	2003 (O)	- <i>5,000m Run - 2nd Team</i>		Melanie Wilson
- <i>Javelin Throw</i>		Elizabeth Whiting	2002 (O)	- <i>60m Hurdles, Triple Jump</i>
Amy Mikel, Maggie Zellner, Amanda Meyer, Rachel Nelson	2004 (I)	- <i>5,000m Run - 2nd Team</i>		Jobeth Schmiesing, Maggie Zellner,
- <i>Distance Medley Relay</i>		Amanda Meyer	2003 (I)	Ashley Billstrom, Laura Rolf
Amanda Body	2006 (I)	- <i>Pole Vault</i>		- <i>Distance Medley Relay</i>
- <i>Long Jump</i>		Elizabeth Kinneer, Amy Mikel,	2003 (I)	Ashley Billstrom
Jobeth Schmiesing, Maggie Zellner, Ashley Billstrom, Laura Rolf	2006 (I)	- <i>Jobeth Schmiesing, Elizabeth Whiting</i>		- <i>3,000m Steeplechase</i>
- <i>Distance Medley Relay</i>		- <i>Distance Medley Relay</i>		Danielle Nunnally
Ashley Billstrom	2006 (O)	Jessica Cherrington	2003 (O)	- <i>1,500m Run</i>
- <i>3,000m Steeplechase</i>		- <i>Javelin Throw</i>		Melanie Wilson
Laura Rolf	2007 (I)	Martha Josephson	2003 (O)	- <i>100m Hurdles, Triple Jump</i>
- <i>3,000m Run</i>		- <i>High Jump</i>		Lakisha Lane
Ashley Billstrom	2007 (O)	Amanda Meyer	2003 (O)	- <i>60m Hurdles</i>
- <i>3,000m Steeplechase</i>		- <i>Pole Vault</i>		Emilie Marsicek
Lakisha Lane	2007 (O)	Amy Mikel	2003 (O)	- <i>Shot Put</i>
- <i>400m Hurdles</i>		- <i>1,500m Run</i>		Danielle Nunnally
		Amy Mikel, Maggie Zellner, Amanda Meyer, Rachel Nelson	2004 (I)	- <i>800m Run</i>
		- <i>Distance Medley Relay</i>		Laura Rolf
		Jessica Cherrington	2004 (O)	- <i>One Mile Run, 3,000m Run</i>
		- <i>Javelin Throw</i>		Alyssa Bradford, Lindsey Gilman, Jennifer Plaskota, Windy Santa Cruz
		Holly Hagen	2005 (I)	- <i>Distance Medley Relay</i>
		- <i>Weight Throw</i>		Ashley Billstrom
		Emilie Marsicek	2005 (I)	- <i>3,000m Steeplechase</i>
		- <i>Shot Put</i>		Amanda Body
		Melanie Wilson	2005 (I)	- <i>Triple Jump</i>
		- <i>60m Hurdles, Triple Jump</i>		Rachael Button
				- <i>10,000m Run</i>
				Lakisha Lane
				- <i>400m Hurdles</i>
				Emilie Marsicek
				- <i>Shot Put</i>
				Danielle Nunnally
				- <i>3,000m Steeplechase</i>