



Crusader

Women's Track and Field Award Winners

(updated through 2016-2017 season)

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

USATF Juniors

NATIONAL QUALIFIER

Rachel Nelson 2002 (O)
- 1,500m Run

ALL-LEAGUE

Melanie Wilson 2008 (I)
- 60m Hurdles, Triple Jump
Emilie Marsicek 2008 (O)
- Discus Throw, Shot Put
Melanie Wilson 2008 (O)
- 100m Hurdles
Amanda Body 2009 (I)
- 200m Dash
Laura Rolf 2009 (I)
- 3,000m Run, 5,000m Run
Amanda Body 2009 (O)
- 200m Dash
Sarah Drozdowski 2012 (O)
- Hammer Throw
Sarah Drozdowski 2013 (I)
- Weight Throw
Sarah Drozdowski 2013 (O)
- Hammer Throw
Jazmin Taylor 2013 (O)
- High Jump
Liz (Bloy) Owen 2014 (I)
- One Mile Run
Sarah Drozdowski 2014 (I)
- Shot Put, Weight Throw
Jazmin Taylor 2014 (I)
- High Jump
Megan Howdeshell 2014 (O)
- Discus Throw
Sarah Peters 2014 (O)
- Pole Vault
Nicole Zehel 2014 (O)
- 3,000m Steeplechase
Megan Howdeshell 2015 (I)
- Weight Throw
Sarah Peters 2015 (I)
- Pole Vault
Jazmin Taylor 2015 (I)
- High Jump
Liz (Bloy) Owen 2015 (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
Liz (Bloy) Owen 2016 (I)
- 800m Run, One Mile Run
Liz (Bloy) Owen 2016 (O)
- 1,500m Run
Heather Mende 2016 (O)
- Javelin Throw

Liz Owen 2017 (I)
- 800m run, One Mile Run
Liz Owen 2017 (O)
- 1500m run

ATHLETE OF THE WEEK

Melanie Wilson Jan. 22, 2008 (I)
Amanda Body Feb. 13, 2008 (I)
Laura Rolf Jan. 22, 2009 (I/T)
Laura Rolf Feb. 19, 2009 (I/T)
Sarah Drozdowski Dec. 8, 2010 (I/F)
Sarah Drozdowski March 29, 2011 (O/F)
Sarah Drozdowski Feb. 15, 2012 (I/F)
Sarah Drozdowski Dec. 12, 2012 (I/F)
Jessica Richardson Jan. 22, 2013 (I/T)
Nicole Zehel March 26, 2013 (O/T)
Sarah Drozdowski Jan. 14, 2014 (I/F)
Sarah Drozdowski Feb. 11, 2014 (I/F)
Jazmin Taylor Feb. 18, 2014 (I/F)
Liz (Bloy) Owen March 25, 2014 (O/T)
Jazmin Taylor March 25, 2014 (O/F)
Jazmin Taylor April 22, 2014 (O/F)
Jazmin Taylor Jan. 20, 2015 (I/F)
Sarah Peters Jan. 27, 2015 (I/F)
Sarah Peters March 25, 2015 (O/F)
Sarah Drozdowski April 8, 2015 (O/F)
Sarah Drozdowski April 22, 2015 (O/F)
Liz (Bloy) Owen April 12, 2016 (O/T)
Liz Owen May 2, 2017 (O/T)

ACADEMIC ALL-LEAGUE

Rachael Button 2008 (O)
Amanda Body 2009 (I)
Alyssa Bradford 2009 (I)
Laura Rolf 2009 (I)
Windy Santa Cruz 2009 (I)
Amanda Body 2009 (O)
Alyssa Bradford 2009 (O)
Windy Santa Cruz 2009 (O)
Alyssa Bradford 2010 (I)
Windy Santa Cruz 2010 (I)
Alyssa Bradford 2010 (O)
Lindsey Gilman 2010 (O)
Windy Santa Cruz 2010 (O)
Jorie Ballun 2011 (I)
Whitney Bowman 2011 (I)
Claire Johnson 2012 (I)
Claire Johnson 2012 (O)
Jessica Richardson 2013 (I)
Kelli Wosick 2013 (I)
Jessica Richardson 2013 (O)
Jazmin Taylor 2013 (O)
Claire Johnson 2014 (I)
Kelli Wosick 2014 (I)
Claire Johnson 2014 (O)



Jessica Richardson	2014 (O)
Kelli Wosick	2014 (O)
Liz (Bloy) Owen	2015 (I)
Kelli Wosick	2015 (I)
Liz (Bloy) Owen	2015 (O)
Sarah Drozdowski	2015 (O)
Kelli Wosick	2015 (O)
Liz (Bloy) Owen	2016 (I)
Liz (Bloy) Owen	2016 (O)
Kim Heiny	2016 (O)
Ann Chapman	2016
Kim Heiny	2017 (I)
Liz Owen	2017 (I)
Kim Heiny	2017 (O)
Liz Owen	2017 (O)



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Mid-Continent Conference

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