Crusader

Women's Track and Field Award Winners

(updated through June 1, 2012)

Horizon League

OUTSTANDING RUNNING PERFORMER

Laura Rolf 2009 (I)

OUTSTANDING FIELD PERFORMER

Emilie Marsicek 2008 (O)

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

INDIVIDUAL 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

ATHLETE OF THE WEEK

Melanie Wilson Jan. 22, 2008 (I)
Amanda Body Feb. 13, 2008 (I)
Laura Rolf Jan. 22, 2009 (I)
Track
Laura Rolf Feb. 19, 2009 (I)
Track
Sarah Drozdowski Dec. 8, 2010 (I)
Field
Sarah Drozdowski Mar. 29, 2011 (O)
Field
Sarah Drozdowski Feb. 15, 2012 (I)
Field

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)

NCAA

ALL-AMERICANS

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

NATIONAL QUALIFIERS

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

REGIONAL QUALIFIERS

Jessica Cherrington 2003 (O)
- Javelin Throw
Ashley Billstrom 2006 (O)
- 3,000m Steeplechase
Ashley Billstrom 2007 (O)
- 3,000m Steeplechase
Lakisha Lane 2007 (O)
- 400m Hurdles

USATF Juniors

NATIONAL QUALIFIER

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

Crusader

Women's Track and Field Award Winners

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Mid-Continent Conference

ATHLETE OF THE MONTH

Laura Rolf March 2007

NEWCOMER OF THE YEAR

Elizabeth Whiting 2001 (I)
Melanie Wilson 2005 (O)
Lakisha Lane 2007 (O)

INDIVIDUAL CHAMPIONS

Collette Liss 1997 (I)
- One Mile Run, 3,000m Run
Elizabeth Whiting 2001 (I)
- 5,000m Run
Jessica Cherrington 2003 (O)
- Javelin Throw
Amy Mikel, Maggie Zellner, 2004 (I)
Amanda Meyer, Rachel Nelson
- Distance Medley Relay
Amanda Body 2006 (I)
- Long Jump
Jobeth Schmiesing, Maggie Zellner, 2006 (I)
Ashley Billstrom, Laura Rolf
- Distance Medley Relay
Ashley Billstrom 2006 (O)
- 3,000m Steeplechase
Laura Rolf 2007 (I)
- 3,000m Run
Ashley Billstrom 2007 (O)
- 3,000m Steeplechase
Lakisha Lane 2007 (O)
- 400m Hurdles

ALL-CONFERENCE

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