

Women's Indoor Conference Champions

Big Eight Conference (1976-96)

1976-Manhattan, Kan., 5th (19 pts)
None

1977-Columbia, Mo., 5th (24 pts)
None

1978-Lincoln, Neb., 3rd (61 pts.)
Long JumpJanet Bates, 18-4 3/4

1979-Lincoln, Neb., 4th (63 pts.)
None

1980-Lincoln, Neb., 1st (144 pts.)
60 YardsMerlene Ottey, 6.95
300 YardsMerlene Ottey, 33.66
440 YardsJennie Gorham, 54.88
600 YardsJulie Seaton, 1:23.08
4x220 RelayMurray, Gorham, Tatum, Ottey, 1:38.93
4x440 RelayMurray, Bates, Seaton, Gorham, 3:49.78
High JumpSharon Burrill, 5-10 1/2
Long JumpSharon Burrill, 18-11 3/4
PentathlonNancy Kindig, 3,748

1981-Lincoln, Neb., 1st (142 pts.)
60 YardsMerlene Ottey, 6.80
300 YardsMerlene Ottey, 33.11
4x220 RelayOttey, Zajic, Seaton, Murray, 1:39.0
4x440 RelaySeaton, Zajic, Ottey, Murray, 3:44.8
High JumpSharon Burrill, 6-0
PentathlonCathy Seybold, 3,826

1982-Lincoln, Neb., 1st (159 pts.)
60 YardsMerlene Ottey, 6.67
300 YardsJanet Burke, 34.74
440 YardsMerlene Ottey, 54.25
1,000 YardsTami Essington, 2:31.64
60-Yard HurdlesRhonda Blanford, 7.82
4x220 RelayOttey, Blanford, Gorham, James, 1:37.71
4x880 RelayPugh, Stricker, Essington, Tate, 8:59.71
High JumpSharon Burrill, 5-10
PentathlonNancy Kindig, 4,170

1983-Lincoln, Neb., 1st (172 pts.)
60 YardsJanet Burke, 6.75
300 YardsAngela Thacker, 33.98
440 YardsJanet Burke, 54.59
600 YardsMarcia Tate, 1:18.85
60-Yard HurdlesRhonda Blanford, 7.75
4x440 RelayBurke, Blanford, Thacker, Gorham, 3:45.08
4x880 RelayNelson, Pugh, Tate, Voldnes, 9:01.39
Long JumpAngela Thacker, 21-2
Shot PutKaren Wood, 49-0 1/4

1984-Lincoln, Neb., 1st (167 pts.)
60 YardsMerlene Ottey, 6.71
300 YardsMerlene Ottey, 33.02
600 YardsMarcia Tate, 1:20.23
60-Yard HurdlesRhonda Blanford, 7.5
4x440 RelayAli, Thacker, Ottey, Tate, 3:44.80
High JumpHeather Smith, 6-0 1/2
Long JumpAngela Thacker, 21-7
PentathlonDeb Clark, 3,894

1985-Lincoln, Neb., 1st (187 pts.)
60 YardsAngela Thacker, 6.77
300 YardsAngela Thacker, 33.82
600 YardsMarcia Tate, 1:19.69
880 YardsNicole Ali, 2:12.28
60 HurdlesRhonda Blanford, 7.44
4x440 RelayMilling, Waddles, Moody, Tate, 3:46.62
4x880 RelayNelson, Nunnally, Noel, Ali, 8:52.27
Long JumpAngela Thacker, 21-4 1/4
Triple JumpSha-ri Pendleton, 40-6
PentathlonDeb Clark, 4,165

1986-Lincoln, Neb., 1st (138.5 pts)
60 YardsAngela Thacker, 6.78
300 YardsAngela Thacker, 33.61
4x440 RelayMilling, Johnson, Thacker, L. Wilson, 3:44.75
High JumpTammy Thurman, 6-0 1/2

Long JumpKaren Kruger, 19-10 1/4
Triple JumpSha-ri Pendleton, 40-2 3/4

1987-Lincoln, Neb., 1st (124 pts.)
440 YardsLinetta Wilson, 53.02
600 YardsMichelle Milling, 1:19.17
4x440 Relay ...Milling, Moody, Webster, L. Wilson, 3:42.71
4x880 Relay ...Wight, Christiansen, Prowse, S. Powell, 8:58.02
High JumpTammy Thurman, 6-0 1/2
Triple JumpRenita Robinson, 41-10 3/4

1988-Lincoln, Neb., 1st (156 pts.)
400Linetta Wilson, 53.58
600 YardsMichelle Milling, 1:19.85
4x400 RelayWebster, S. Powell, O'Connell, L. Wilson, 3:40.90
High JumpTammy Thurman, 5-11 1/4
Long JumpKaren Kruger, 21-0 1/2
Triple JumpRenita Robinson, 41-5
Shot PutToyia Barnes, 49-10 1/2

1989-Lincoln, Neb., 1st (155 pts.)
400Linetta Wilson, 52.98
High JumpMeredy Porter, 5-11 1/4
Triple JumpRenita Robinson, 42-1 1/2
Shot PutToyia Barnes, 47-5 1/4

1990-Lincoln, Neb., 1st (128 pts.)
3,000Sammie Resh Gdowski, 9:22.61
5,000Sammie Resh Gdowski, 16:11.61
High JumpMeredy Porter, 6-0 3/4
PentathlonLynne Frey, 3,795

1991-Columbia, Mo., 1st (151.5 pts.)
55Kim Walker, 6.89
200Ximena Restrepo, 23.93
400Shanelle Porter, 54.15
600 YardsXimena Restrepo, 1:19.14
800Lisa Graham, 2:09.27
1,000Fran ten Benschel, 2:54.73
1 MileFran ten Benschel, 4:44.15
Long JumpPrema Govindan, 18-10 1/2
Triple JumpJoanne Gomez, 40-1 1/2

1992-Lawrence, Kan., 1st (166.5 pts.) oversized
55Kathy Travis, 6.87
200Kathy Travis, 23.88
400Shanelle Porter, 54.02
600 YardsSusan Hedrick Rehm, 1:21.60
1 MileFran ten Benschel, 4:38.10
3,000Fran ten Benschel, 9:47.17
55 HurdlesKwani Stewart, 7.81
4x440 Relay ..Travis, T. Wilson, Hedrick Rehm, Porter, 3:43.86
Long JumpKwani Stewart, 18-10 1/2
PentathlonCris Hall, 4,028

1993-Ames, Iowa, 1st (159 pts.) oversized
55Shanelle Porter, 7.03
200Shanelle Porter, 24.21
400Shanelle Porter, 53.24
55 HurdlesKwani Stewart, 8.08
4x400 RelayT. Wilson, Johnson, Porter, Stewart, 3:42.58
Long JumpKwani Stewart, 19-9 3/4
Triple JumpNicola Martial, 40-2

1994-Oklahoma City, Okla., 1st (175 pts.)
55Kathy Travis, 7.07
200Shanelle Porter, 24.09
400Shanelle Porter, 53.74
600 YardsJenny Johnson, 1:23.58
55 HurdlesKwani Stewart, 7.85
4x400 RelayMyatt, Johnson, Travis, Porter, 3:48.41
Long JumpKwani Stewart, 20-1 1/2
Triple JumpNicola Martial, 41-5
Shot PutPaulette Mitchell, 54-8
PentathlonMichelle Shoemaker, 3,785

1995-Manhattan, Kan., 1st (184 pts.)
600 YardsJenny Johnson, 1:22.65
4x400 RelayMyatt, Johnson, Henry, Croom, 3:49.87
Long JumpAngee Henry, 20-2 1/4
Triple JumpNicola Martial, 42-2 1/4

Shot PutPaulette Mitchell, 54-10 3/4
20-Pound Weight ThrowPaulette Mitchell, 59-5

1996-Lincoln, Neb., 1st (197 pts.)
55Kathy Travis Miiller, 6.79
200Kathy Travis Miiller, 23.79
600 YardsLa'Tisha Croom, 1:21.17
Long JumpAngee Henry, 21-7 1/4
Triple JumpNicola Martial, 42-5 1/4
Shot PutPaulette Mitchell, 54-2
20-Pound Weight ThrowPaulette Mitchell, 60-6 3/4
PentathlonJanet Blomstedt, 4,235

Big 12 Conference (1997-2011)

1997-Lincoln, Neb., 1st (160 pts.)
1,000Sherri Elwood Macfee, 2:49.99
Long JumpAngee Henry, 21-4
Shot PutTressa Thompson, 59-5 3/4
PentathlonJanet Blomstedt, 3,982

1998-Ames, Iowa, 2nd (101 pts.) oversized
None

1999-Manhattan, Kan., 2nd (94.5 pts.)
Long JumpDalhia Ingram, 20-0 1/4

2000-Ames, Iowa, 1st (154.5 pts.)
Long JumpDalhia Ingram, 20-11 3/4
Triple JumpDalhia Ingram, 44-6
20-Pound Weight ThrowMelissa Price, 66-2 1/4

2001-Lincoln, Neb., 1st (145.5 pts.)
200Lesley Owusu, 23.73
400Lesley Owusu, 52.37
Triple JumpKrisztina Kovesi, 41-2 1/2
20-Pound Weight ThrowMelissa Price, 66-8 1/2

2002-Lincoln, Neb., 2nd (103 pts.)
60 HurdlesShelley-Ann Brown, 8.20
Triple JumpKrisztina Kovesi, 42-7 1/2
20-Pound Weight ThrowAmanda Moreley, 60-5 3/4

2003-Lincoln, Neb., 2nd (142 pts.)
Pole VaultChristi Lehman, 13-3 1/2
Long JumpIneta Radevica, 21-0 1/2
Triple JumpIneta Radevica, 44-4 1/4
Shot PutBecky Breisch, 56-4 1/2

2004-Lincoln, Neb., 1st (171.5 pts.)
1,000Anne Shadle, 2:48.49
High JumpNa'Tassia Vice, 5-11 1/2
Pole VaultJenny Green, 13-9 1/4
Long JumpIneta Radevica, 20-10 1/2
Triple JumpIneta Radevica, 45-0 1/4
Shot PutBecky Breisch, 55-4 1/4
20-Pound Weight ThrowBecky Breisch, 65-2 1/4

2005-Lincoln, Neb., 1st (138.4 pts.)
60Priscilla Lopes, 7.23
1 MileAnne Shadle, 4:39.10
60 HurdlesPriscilla Lopes, 8.00
PentathlonAshley Selig, 4,269

2006-Lincoln, Neb., 2nd (118 pts.)
60 HurdlesPriscilla Lopes, 7.92
Pole VaultJenny Green, 13-5 1/4
Shot PutBecky Breisch, 57-6 1/4
PentathlonAshley Selig, 4,336

2007-Ames, Iowa, 5th (69.5 pts.) oversized
None

2008-Lincoln, Neb., 2nd (95 pts.)
600 YardsSheryl Morgan, 1:20.63
High JumpEpley Bullock, 6-0 1/2

2009-College Station, Texas, 3rd (96.5 pts.)
Pole VaultNatalie Willer, 13-10
PentathlonMegan Wheatley, 4,211

Women's Indoor Conference Champions

2010—Ames, Iowa, 3rd (96 pts.) oversized
 High Jump..... Epley Bullock, 6-0 3/4
 Triple Jump..... Leandra McGruder, 43-0 1/4
 Pentathlon..... =Chantae McMillan, 4,151

2011—Lincoln, Neb., 1st (115.5 pts.)
 Pole Vault..... Natalie Willer, 14-4
 Long Jump..... Mara Griva, 20-10
 Triple Jump..... Mara Griva, 43-3 3/4
 Pentathlon..... Chantae McMillan, 4,287

Big Ten Conference (2012-Present)

2012—Lincoln, Neb., 1st (114.50 pts.)
 Triple Jump..... Mara Griva, 42-9 1/2
 Pole Vault..... Breanna Bussell, 13-10 1/2
 3,000..... Ashley Miller, 9:17.28

2013—Geneva, Ohio, 2nd (115 pts.)
 Long Jump..... Mara Griva, 20-9
 Triple Jump..... Mara Griva, 42-11 1/2
 3,000..... Jessica Furlan, 9:19.66

2014—Geneva, Ohio, 3rd (92 pts.)
 None
 2015—Geneva, Ohio, 5th (65 pts.)
 None

2016—Geneva, Ohio, 6th (48 pts.)
 Long Jump..... Tierra Williams, 20-7 3/4
 Triple Jump..... Tierra Williams, 43-2 1/2

2017—Geneva, Ohio, 8th (48 pts.)
 None

2018—Geneva, Ohio, 9th (47.5 pts.)
 None

Total Nebraska Indoor Conference Champions: 182
Note: relays count as one championship
Note: All distances in meters, unless otherwise noted

Four-Time Conference Indoor Champions

Rhonda Blanford (60-Yard Hurdles - 1982, 1983, 1984, 1985)
 Nicola Martial (Triple Jump - 1993, 1994, 1995, 1996)
 Merlene Ottey (60-Yard Dash - 1980, 1981, 1982, 1984)
 Shanelle Porter (400-Meter Dash - 1991, 1992, 1993, 1994)

Three-Time Conference Indoor Champions

Becky Breisch (Shot Put - 2003, 2004, 2006)
 Sharon Burrill (High Jump - 1980, 1981, 1982)
 Mara Griva (Triple Jump - 2011, 2012, 2013)
 Angee Henry (Long Jump - 1995, 1996, 1997)
 Paulette Mitchell (Shot Put - 1994, 1995, 1996)
 Merlene Ottey (300-Yard Dash - 1980, 1981, 1984)
 Renita Robinson (Triple Jump - 1987, 1988, 1989)
 Kwani Stewart (55-Meter Hurdles - 1992, 1993, 1994;
 Long Jump - 1992, 1993, 1994)
 Kathy Travis Miller (55-Meter Dash - 1992, 1994, 1996)
 Marcia Tate (600-Yard Run - 1983, 1984, 1985)
 Angela Thacker (300-Yard Dash - 1983, 1985, 1986;
 Long Jump - 1983, 1984, 1985)
 Tammy Thurman (High Jump - 1986, 1987, 1988)
 Linetta Wilson (400-Meter Dash - 1987, 1988, 1989)

Indoor Conference Champions by Event

Event	Championships
55 Meters/60 Yards/60 Meters	13
200 Meters/300 Yards	13
400 Meters/440 Yards	11
600 Yards	12
800 Meters/880 Yards	2
1,000 Meters/1,000 Yards	4
Mile	3
3,000 Meters/Two Mile	4
5,000 Meters/Three Mile	1
55-Meter/60-Yard/60-Meter Hurdles	10
4 x 220-Yard Relay	3
4 x 400-Meter/440-Yard Relay	12
4 x 800-Meter/880-Yard Relay	4
Distance-Medley Relay	0
High Jump	12
Pole Vault	6
Long Jump	21
Triple Jump	20
Shot Put	10
20-Pound Weight Throw	6
Pentathlon	15
Total Champions	182

Nebraska All-Time Individual Award Winners

Henderson State Bank Award

(NU's Most Outstanding T&F Athlete)
 2017 Tierra Williams
 2016 Tierra Williams
 2015 Marusa Cernjul
 2014 Ellie Ewere
 2013 Mara Griva
 2012 Ashley Miller
 2011 Mara Griva, Chantae McMillan
 2010 Epley Bullock
 2009 Epley Bullock
 2008 Kayla Wilkinson
 2007 Ashley Selig
 2006 Priscilla Lopes
 2005 Anne Shadle
 2004 Becky Breisch, Ineta Radevica
 2003 Becky Breisch, Ineta Radevica
 2002 Melissa Price
 2001 Lesley Owusu
 2000 Melissa Price
 1999 Stella Klassen
 1998 Tressa Thompson
 1997 Tressa Thompson
 1996 Angee Henry
 1995 Nicola Martial
 1994 Nicola Martial
 1993 Fran ten Bensel
 1992 Cris Hall
 1991 Ximena Restrepo
 1990 Sammie Resh Gdowski
 1989 Renita Robinson
 1988 Sharon Powell
 1987 Linetta Wilson
 1986 Angela Thacker
 1985 Rhonda Blanford
 1984 Rhonda Blanford

NU's Most Improved Track Athlete

2017 Jasmine Barge
 2016 Jasmine Barge
 2015 Anna Peer
 2014 Ellie Grooters
 2013 Jessica Furlan, Shawnee Williams
 2012 Jessica Furlan, Mara Weekes,
 Katie White
 2011 Ashley Miller
 2010 Ashley Miller
 2009 Ashley Miller
 2008 Natalja Zarcenko
 2007 Rachel Carrizales
 2006 Kayte Tranel
 2005 Justine Roach
 2004 Ann Gaffigan
 2003 Anne Shadle
 2002 Shelley-Ann Brown
 2001 Shelley-Ann Brown
 2000 Lesley Owusu, Jaime Pauli
 1999 Liz Biehl
 1998 Kate Centerwall
 1997 Christina Blackmer
 1996 Janet Blomstedt
 1995 Tirsten Brockmeier
 1994 Sherri Elwood
 1993 Theresa Stelling
 1992 Lisa Darley
 1991 Juliet Prowse
 1990 Lisa Darley, Fran ten Bensel,
 Denise Lucas
 1989 Ximena Restrepo
 1988 Sharon Powell
 1987 Sammie Resh Gdowski
 1986 Angela Jones

1987 Karen Kruger
 1986 Karyn Szarkowski

NU's Outstanding Newcomer

2017 Andy Jacobs
 2016 Brittini Wolczyk
 2015 Reka Czuth
 2014 Jazmin McCoy
 2013 Maggie Malone
 2012 Marusa Cernjul
 2011 Mara Griva
 2010 Veronica Grizzle
 2009 Blaire Dinsdale, Cami Jiskra
 2008 Lara Crofford
 2007 Epley Bullock
 2006 Channing Anseth
 2005 Frances Keating, Egle Uljas
 2004 Priscilla Lopes
 2003 Ashley Selig
 2002 Becky Breisch
 2001 Ann Gaffigan
 2000 Michelle Brooks
 1999 Cassi Morelock
 1998 Amy Wiseman
 1997 Dalhia Ingram
 1996 Charmaine Plummer
 1995 Tashika Lewis
 1994 Angee Henry
 1993 Paulette Mitchell
 1992 Kathy Travis
 1991 Shanelle Porter
 1990 Kim Walker
 1989 Sylvia Vie
 Fran ten Bensel
 1988 Lynne Frey

NU's Most Valuable Team Performer

2016 Tierra Williams
 2015 Reka Czuth
 2014 Annie Jackson
 2013 Mara Griva
 2012 Ashley Miller
 2011 Mara Griva
 2010 Chantae McMillan
 2009 Megan Wheatley
 2008 Megan Wheatley, Epley Bullock
 2007 Ashley Selig
 2006 Priscilla Lopes
 2005 Priscilla Lopes, Ashley Selig
 2004 Becky Breisch, Ineta Radevica
 2003 Ineta Radevica
 2002 Becky Breisch
 2001 Krisztina Kovesi
 2000 Dalhia Ingram
 1999 Dalhia Ingram
 1998 Meka Rembert
 1997 Tressa Thompson
 1996 Angee Henry
 1995 Angee Henry
 1994 Kwani Stewart
 1993 Shanelle Porter
 1992 Kwani Stewart
 1991 Kim Walker
 1990 Sammie Resh Gdowski
 1989 Linetta Wilson
 1988 Sharon Powell
 1987 Linetta Wilson
 1986 Linetta Wilson

NU's Most Improved Field Athlete

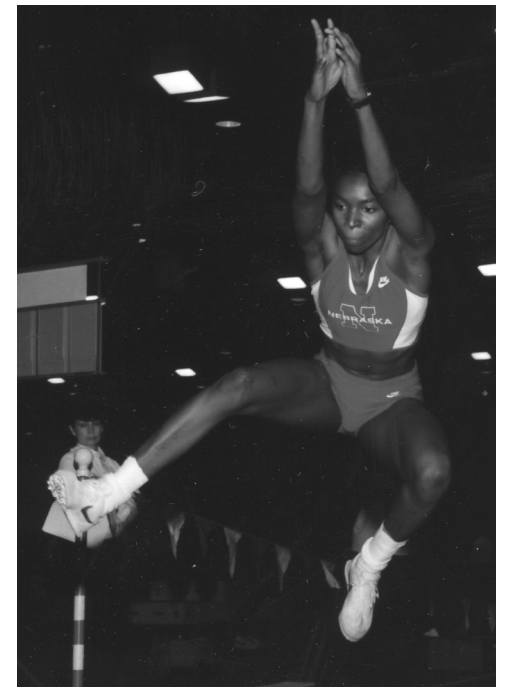
2017 Angela Mercurio, Sydney Otto,
 Toni Tupper, Chase Wolinski
 2016 Reka Czuth
 2015 Sarah Firestone, Mollie Gribbin
 2014 Veronica Grizzle
 2013 Annie Jackson, Anne Martin
 2012 Breanna Bussell, Anna Weigandt,
 Morgan Wilken
 2011 Victoria Zimmerman
 2010 Audrey Svane, Jade Siegel
 2009 Natalie Willer
 2008 Chantae McMillan
 2007 Jeni Steiner
 2006 Dace Ruskule, Kayla Wilkinson
 2005 Kayla Wilkinson, Casie Witte
 2004 Sara Jane Baker
 2003 Krisztina Kovesi
 2002 Amanda Moreley
 2001 Katie McClellan
 2000 Carrie Bransess
 1999 Melissa Price
 1998 Dalhia Ingram
 1997 Kerry Doetker
 1996 Paulette Mitchell
 1995 Tressa Thompson
 1994 Nicola Martial
 1993 Destiny Liebl
 1992 Krista Mader
 1991 Lynne Frey
 1990 Meredy Porter, Shanta McGlothlan
 1989 Tanya Lidy, Lynne Frey
 1988 Tammy Thurman

NU's Russ White Spirit Award

2017 Petra Luteran
 2015 Danielle Jones, Tristen Sharp
 2011 Victoria Zimmerman
 2010 Erin Hannon
 2009 Leandra McGruder
 2008 Kim Shubert
 2005 Jamie Senkbile
 2004 Na'Tassia Vice
 2003 Leann Boerema
 2002 Katherine Livesey
 2000 Cassi Morelock
 Erin Wibbels
 1999 David Riggert
 1998 Kim Stewart
 1997 Doreen Heldt

Alex Lamme Scholarship

2013 Mara Griva



Nicola Martial was an eight-time conference champion, claiming triple jump titles indoors and outdoors from 1993 through 1996. Martial also claimed national titles in the triple jump indoors in 1996 and outdoors in 1994 and 1995.

Women's Outdoor Conference Champions

Big Eight Conference (1974-96)

1974-Manhattan, Kan.
Not a varsity sport at Nebraska

1975-Ames, Iowa
Not a varsity sport at Nebraska

1976-Ames, Iowa, 4th (30 pts.)
None

1977-Lawrence, Kan., 4th (54 pts.)
None

1978-Norman, Okla., 2nd (97 pts.)
400 Julie Seaton, 55.39
4x880 Relay Vickers, Fox, Hitz, Dixon, 9:03.39
Long Jump Janet Bates, 19-3 1/4

1979-Manhattan, Kan., 7th (48 pts.)
Pentathlon Karen Frazee, 3,763

1980-Lincoln, Neb., 1st (124 pts.)
100 Merlene Ottey, 11.2
200 Merlene Ottey, 22.93
400 Jennie Gorham, 53.24
4x100 Relay Mills, Tatum, Murray, Ottey, 47.0
Pentathlon Nancy Kindig, 3,926

1981-Ames, Iowa, 1st (159 pts.)
100 Merlene Ottey, 11.88
200 Merlene Ottey, 22.7
800 Tami Essington, 2:10.13
4x100 Relay Mills, Zajic, Murray, Ottey, 46.16
4x400 Relay Zajic, Murray, Essington, Ottey, 3:44.28
Sprint Medley Mills, Zajic, Murray, Ottey, 1:41.08
High Jump Sharon Burrill, 5-10
Discus Karen Wood, 153-5
Heptathlon Nancy Kindig, 5,839

1982-Norman, Okla., 1st (154 pts.)
100 Merlene Ottey, 11.29
200 Merlene Ottey, 22.63
800 Tami Essington, 2:07.16
100 Hurdles Rhonda Blanford, 13.63
4x100 Relay James, McQueen, Blanford, Ottey, 44.30
Sprint Medley James, D. Powell, Blanford, Ottey, 1:38.90
Discus Robin Small, 167-5

1983-Stillwater, Okla., 1st (161 pts.)
100 Merlene Ottey, 11.25
200 Merlene Ottey, 22.45
400 Nicole Ali, 54.32
100 Hurdles Rhonda Blanford, 13.55w
400 Hurdles Nicole Ali, 59.36
4x100 Relay D. Powell, Blanford, Thacker, Ottey, 44.40
Shot Put Karen Wood, 50-1
Discus Karen Wood, 165-8
Javelin Denise Thiemard, 201-3

1984-Lincoln, Neb., 1st (156 pts.)
100 Rhonda Blanford, 11.54
200 Rhonda Blanford, 23.71
100 Hurdles Rhonda Blanford, 13.47
4x100 Relay Blanford, D. Powell, Gorham Badami, Thacker, 44.56
4x400 Relay Ashmore, Ali, Blanford, Gorham Badami, 3:40.25
Long Jump Angela Thacker, 22-4 1/4

1985-Manhattan, Kan., 1st (148 pts.)
100 Rhonda Blanford, 11.43w
400 Marcia Tate, 52.82
800 Nicole Ali, 2:07.89
100 Hurdles Rhonda Blanford, 13.07w
Triple Jump Sha-ri Pendleton, 40-10 1/4
Javelin Karyn Szarkowski, 173-7
Heptathlon Deb Clark, 5,545

1986-Boulder, Colo., 1st (142 pts.)
800 Nicole Ali, 2:06.83
4x400 Relay Milling, Cantrell, Moody, L. Wilson, 3:41.06
Long Jump Angela Thacker, 21-9 3/4
Triple Jump Sha-ri Pendleton, 41-4 1/2
Javelin Karyn Szarkowski, 172-2

1987-Lawrence, Kan., 1st (184 pts.)
200 Linetta Wilson, 23.39w
400 Linetta Wilson, 51.58
1,500 Sammie Resh, 4:23.74
4x400 Relay Milling, Webster, S. Powell, L. Wilson, 3:39.75
High Jump Tammy Thurman, 5-11 1/4
Long Jump Karen Kruger, 21-7 1/4

1988-Ames, Iowa, 1st (158 pts.)
200 Sharon Powell, 24.16w
400 Linetta Wilson, 52.74
1,500 Sammie Resh, 4:32.63
4x400 Relay Kruger, Milling, S. Powell, L. Wilson, 3:39.87
High Jump Tammy Thurman, 5-10
Long Jump Karen Kruger, 21-4 1/4w
Discus Jean Monter, 161-11
Javelin Lynne Frey, 153-6

1989-Lincoln, Neb., 1st (194 pts.)
100 Ximena Restrepo, 11.82w
200 Ximena Restrepo, 23.42
1,500 Sammie Resh, 4:19.22
400 Hurdles Linetta Wilson, 57.04
Long Jump Tanya Lidy, 20-5 1/4
Triple Jump Renita Robinson, 41-5 3/4
Shot Put Toyia Barnes, 44-11
Javelin Nora Rockenbauer, 173-7

1990-Norman, Okla., 1st (161 pts.)
100 Denise Lucas, 11.54
200 Kim Walker, 23.50
5,000 Sammie Resh Gdowski, 16:41.24
Javelin Nora Rockenbauer, 167-11
Heptathlon Lynne Frey, 5,005

1991-Lincoln, Neb., 1st (204 pts.)
100 Kim Walker, 11.35
200 Kim Walker, 22.57
400 Ximena Restrepo, 51.25
3,000 Fran ten Bensel, 9:18.81
5,000 Juliet Prowse, 16:22.08
400 Hurdles Susan Hedrick, 58.18
4x100 Relay Govindan, Stewart, Lucas, Walker, 44.39
High Jump Cris Hall, 6-0 1/2
Triple Jump Joanne Gomez, 40-10
Javelin Lynne Frey, 166-1

1992-Norman, Okla., 1st (177 pts.)
100 Kwani Stewart, 11.45w
200 Denise Lucas, 23.25w
400 Shanelle Porter, 52.04
1,500 Lisa Darley Graham, 4:25.41
100 Hurdles Kwani Stewart, 13.35w
4x100 Relay Travis, Stewart, Porter, Lucas, 43.83
4x400 Relay Hedrick Rehm, T. Wilson, Porter, Lucas, 3:37.95
Long Jump Kwani Stewart, 20-3 3/4
Heptathlon Cris Hall, 5,679

1993-Boulder, Colo., 1st (163 pts.)
100 Kwani Stewart, 11.52
200 Shanelle Porter, 23.53
400 Shanelle Porter, 52.34
1,500 Fran ten Bensel, 4:24.6
3,000 Theresa Stelling, 9:52.0
100 Hurdles Kwani Stewart, 13.56
4x100 Relay Wilson, Stewart, Johnson, Porter, 45.01
Long Jump Kwani Stewart, 19-6 1/4
Triple Jump Nicola Martial, 42-3 1/2
Shot Put Paulette Mitchell, 50-4

1994-Lawrence, Kan., 1st (146 pts.)
100 Kwani Stewart, 11.41w
4x100 Relay Travis, Henry, Perry, Stewart, 45.10
4x400 Relay Travis, Stewart, Myatt, Henry, 3:40.87
Long Jump Kwani Stewart, 21-10 1/4w
Triple Jump Nicola Martial, 42-7w

1995-Ames, Iowa, 1st (198.5 pts.)
4x400 Relay Myatt, Johnson, Croom, Porter, 3:38.00
Long Jump Angee Henry, 20-10
Triple Jump Nicola Martial, 44-10 1/4w
Shot Put Paulette Mitchell, 52-11
Discus Paulette Mitchell, 161-0

1996-Lincoln, Neb., 2nd (191 pts.)
100 Kathy Travis Miller, 11.54
200 Kathy Travis Miller, 23.73
High Jump Jody Doetker, 5-11 1/4
Long Jump Angee Henry, 21-11 1/2
Triple Jump Nicola Martial, 44-4 3/4
Shot Put Tressa Thompson, 56-10
Discus Tressa Thompson, 163-2
Hammer Throw Paulette Mitchell, 199-0

Big 12 Conference (1997-2011)

1997-Waco, Texas, 2nd (110 pts.)
Shot Put Tressa Thompson, 59-4 3/4

1998-Columbia, Mo., 2nd (113 pts.)
Long Jump Dalhia Ingram, 21-4w
Shot Put Tressa Thompson, 59-7
Discus Tressa Thompson, 174-2

1999-Waco, Texas, 4th (97 pts.)
Long Jump Dalhia Ingram, 21-11w
Javelin Cassi Morelock, 178-6

2000-Columbia, Mo., 1st (169 pts.)
Long Jump Dalhia Ingram, 20-4 1/2
Triple Jump Dalhia Ingram, 44-2 1/2w
Shot Put Leann Boerema, 51-1 3/4
Hammer Throw Melissa Price, 201-3

2001-College Station, Texas, 2nd (117.5 pts.)
High Jump Carrie Braness, 5-11 1/4
Triple Jump Krisztina Kovesi, 42-2 3/4

2002-Columbia, Mo., 3rd (117.5 pts.)
Discus Becky Breisch, 182-8
Hammer Throw Melissa Price, 219-2
Heptathlon Katherine Livesey, 5,577

2003-Austin, Texas, 2nd (130.66 pts.)
Long Jump Ineta Radevica, 20-9 1/4
Triple Jump Ineta Radevica, 45-0 1/2w
Shot Put Becky Breisch, 55-11
Discus Becky Breisch, 180-10
Hammer Throw Amanda Moreley, 195-8

2004-Norman, Okla., 2nd (139.5 pts.)
3,000 Steeplechase Ann Gaffigan, 10:17.92
Long Jump Ineta Radevica, 21-3 1/4
Triple Jump Ineta Radevica, 45-8 1/2
High Jump Na'Tassia Vice, 5-8
Shot Put Becky Breisch, 56-9 1/2
Pole Vault Jenny Green, 13-5 1/4

2005-Manhattan, Kan., 1st (126.66 pts.)
1,500 Anne Shadle, 4:15.66
100 Hurdles Priscilla Lopes, 12.85
Discus Dace Ruskule, 174-11
Javelin Kayla Wilkinson, 162-11
Heptathlon Ashley Selig, 5,587



Kwani Stewart won back-to-back-to-back Big Eight championships from 1992 to 1994 in the outdoor 100-meter dash, 100-meter hurdles and long jump, as well as the indoor 55-meter hurdles and long jump.

Women's Outdoor Conference Champions

2006—Waco, Texas, 3rd (100.5 pts.)
 100 HurdlesPriscilla Lopes, 12.63
 DiscusBecky Breisch, 194-1
 JavelinKayla Wilkinson, 177-7
 Heptathlon.....Sara Jane Baker, 5,486

2007—Lincoln, Neb., 2nd (117 pts.)
 400 HurdlesSheryl Morgan, 57.04
 Pole Vault.....Jenny Green, 13-5 1/4
 DiscusDace Ruskule, 182-10
 Heptathlon..... Ashley Selig, 5,726

2008—Boulder, Colo., 2nd (105 pts.)
 High Jump.....Kim Shubert, 5-10 3/4
 JavelinKayla Wilkinson, 182-10
 Heptathlon..... Megan Wheatley, 5,643

2009—Lubbock, Texas, 3rd (109.5 pts.)
 Pole Vault..... Natalie Willer, 13-11 1/4
 Heptathlon..... Megan Wheatley, 5,800

2010—Columbia, Mo., 2nd (102 pts.)
 Heptathlon..... Chantae McMillan, 5,349

2011—Norman, Okla., 2nd (119 pts.)
 Hammer Throw.....Victoria Zimmerman, 197-9
 Long JumpMara Griva, 21-11 3/4
 Triple Jump.....Mara Griva, 45-3 3/4
 Heptathlon..... Chantae McMillan, 5,951
 1,500.....Ashley Miller, 4:18.70

Big Ten Conference (2012-Present)

2012—Madison, Wis., t2nd (110 pts.)
 Triple Jump.....Anna Weigandt, 42-6 1/4
 High Jump.....Marusa Cernjul, 6-0
 800.....Ashley Miller, 2:06.67
 1,500.....Ashley Miller, 4:16.53

2013—Columbus, Ohio, 6th (75 pts.)
 Long Jump Mara Griva, 20-9
 Triple Jump.....Mara Griva, 43-5 1/4

2014—West Lafayette, Ind., 2nd (102.5 pts.)
 DiscusAnnie Jackson, 172-1
 Javelin Maggie Malone, 181-8

2015—East Lansing, Mich., 2nd (97 pts.)
 Long JumpReka Czuth, 20-8
 JavelinSarah Firestone, 184-3

2016—Lincoln, Neb., 3rd (94 pts.)
 High Jump.....Reka Czuth, 5-11 1/2
 Long JumpTierra Williams, 21-4w
 Triple Jump.....Tierra Williams, 44-6

2017—University Park, Pa., 6th (76 pts.)
 JavelinBrittni Wolczyk, 178-9

2018—Bloomington, Ind., t5th (60 pts.)
 None

Total Nebraska Outdoor Conference Champions: 190
Note: relays count as one championship



Rhonda Blanford was a 16-time conference champion, including four straight indoor 60-meter hurdles and outdoor 100-meter hurdles titles from 1982 to 1985. Blanford also claimed national titles in the 55-meter hurdles and 100-meter hurdles in 1985.

Four-Time Conference Outdoor Champions

Rhonda Blanford (110-Meter Hurdles - 1982, 1983, 1984, 1985)
 Nicola Martial (Triple Jump - 1993, 1994, 1995, 1996)
 Merlene Ottey (100-Meter Dash - 1980, 1981, 1982, 1983;
 200-Meter Dash - 1980, 1981, 1982, 1983)

Three-Time Conference Outdoor Champions

Becky Breisch (Discus - 2002, 2003, 2006)
 Dalhia Ingram (Long Jump - 1998, 1999, 2000)
 Sammie Resh (1,500-Meter Run - 1987, 1988, 1989)
 Kwani Stewart (100-Meter Dash - 1992, 1993, 1994;
 100-Meter Hurdles - 1992, 1993, 1994;
 Long Jump - 1992, 1993, 1994)
 Tressa Thompson (Shot Put - 1996, 1997, 1998)
 Kayla Wilkinson (Javelin - 2005, 2006, 2008)

Outdoor Conference Champions by Event

Event	Championships
100 Meters	13
200 Meters	13
400 Meters	9
800 Meters	5
1,500 Meters	8
3,000 Meters	2
5,000 Meters	2
10,000 Meters	0
100-Meter Hurdles	8
400-Meter Hurdles	4
3,000-Meter Steeplechase	1
4 x 100-Meter Relay	9
4 x 400-Meter Relay	8
4 x 880-Yard Relay	1
Sprint Medley Relay	2
High Jump	10
Long Jump	20
Triple Jump	16
Pole Vault	3
Shot Put	10
Discus	13
Hammer	5
Javelin	14
Heptathlon/Pentathlon	14
Total Champions	190

Nebraska Women's All-Time Dual-Meet Rankings

Note: Outdoor dual-meet ranking by Track and Field News and the USTCA from 1970-2005. Rankings were changed to indoor/outdoor in 1998. Rankings were discontinued from 2005 through 2012. Rankings resumed as indoor/absolute in 2013.

1980	14th	1996	7th
1981	13th	1997	None
1982	8th	1998	2nd/3rd
1983	5th	1999	3rd/6th
1984	5th	2000	1st/2nd
1985	5th	2001	2nd/12th
1986	5th	2002	5th/5th
1987	3rd	2003	9th/4th
1988	4th	2004	1st/2nd
1989	1st	2005	1st/4th
1990	3rd	2013	6th/18th
1991	1st	2014	3rd/22nd
1992	1st	2015	4th/14th
1993	3rd	2016	10th/11th
1994	3rd	2017	6th/3rd
1995	4th	2018	11th/13th



Kayla Wilkinson won back-to-back Big 12 javelin titles in 2005 and 2006. After redshirting in 2007 after shoulder surgery, Wilkinson returned in 2008 to capture her third Big 12 title and break the Nebraska and conference meet record with a throw of 182-10 (55.73m) in Boulder, Colorado.

Women's Conference Team Champions (24 Indoor/18 Outdoor)

Big Eight Indoor Championships (17)

Year	Team Champion	Coach	NU
1976	Kansas State	Barry Anderson	5th
1977	Iowa State	Chris Murray	5th
1978	Iowa State	Chris Murray	3rd
1979	Iowa State	Chris Murray	4th
1980	Nebraska	Carol Frost	1st
1981	Nebraska	Gary Pepin	1st
1982	Nebraska	Gary Pepin	1st
1983	Nebraska	Gary Pepin	1st
1984	Nebraska	Gary Pepin	1st
1985	Nebraska	Gary Pepin	1st
1986	Nebraska	Gary Pepin	1st
1987	Nebraska	Gary Pepin	1st
1988	Nebraska	Gary Pepin	1st
1989	Nebraska	Gary Pepin	1st
1990	Nebraska	Gary Pepin	1st
1991	Nebraska	Gary Pepin	1st
1992	Nebraska	Gary Pepin	1st
1993	Nebraska	Gary Pepin	1st
1994	Nebraska	Gary Pepin	1st
1995	Nebraska	Gary Pepin	1st
1996	Nebraska	Gary Pepin	1st

Big 12 Indoor Championships (6)

Year	Team Champion	Coach	NU
1997	Nebraska	Gary Pepin	1st
1998	Texas	Beverly Kearney	2nd
1999	Texas	Beverly Kearney	2nd
2000	Nebraska	Gary Pepin	1st
2001	Nebraska	Gary Pepin	1st
2002	Texas	Beverly Kearney	2nd
2003	Texas	Beverly Kearney	2nd
2004	Nebraska	Gary Pepin	1st
2005	Nebraska	Gary Pepin	1st
2006	Texas	Beverly Kearney	2nd
2007	Texas A&M	Pat Henry	5th
2008	Texas A&M	Pat Henry	2nd
2009	Texas A&M	Pat Henry	3rd
2010	Texas A&M	Pat Henry	3rd
2011	Nebraska	Gary Pepin	1st

Big Ten Indoor Championships (1)

Year	Team Champion	Coach	NU
2012	Nebraska	Gary Pepin	1st
2013	Illinois	Tonja Buford-Bailey	2nd
2014	Penn State	Beth Alford-Sullivan	3rd
2015	Ohio State	Karen Dennis	t5th
2016	Michigan	James Henry	6th
2017	Penn State	John Gondak	8th

Big Eight Outdoor Championships (16)

Year	Team Champion	Coach	NU
1974	Iowa State	Chris Murray	Not a varsity sport
1975	Iowa State	Chris Murray	Not a varsity sport
1976	Iowa State	Chris Murray	4th
1977	Iowa State	Chris Murray	4th
1978	Iowa State	Chris Murray	2nd
1979	Iowa State	Chris Murray	7th
1980	Nebraska	Carol Frost	1st
1981	Nebraska	Gary Pepin	1st
1982	Nebraska	Gary Pepin	1st
1983	Nebraska	Gary Pepin	1st
1984	Nebraska	Gary Pepin	1st
1985	Nebraska	Gary Pepin	1st
1986	Nebraska	Gary Pepin	1st
1987	Nebraska	Gary Pepin	1st
1988	Nebraska	Gary Pepin	1st
1989	Nebraska	Gary Pepin	1st
1990	Nebraska	Gary Pepin	1st
1991	Nebraska	Gary Pepin	1st
1992	Nebraska	Gary Pepin	1st
1993	Nebraska	Gary Pepin	1st
1994	Nebraska	Gary Pepin	1st
1995	Nebraska	Gary Pepin	1st
1996	Colorado	Mark Wetmore	2nd

Big 12 Outdoor Championships (2)

Year	Team Champion	Coach	NU
1997	Texas	Beverly Kearney	2nd
1998	Texas	Beverly Kearney	2nd
1999	Texas	Beverly Kearney	4th
2000	Nebraska	Gary Pepin	1st
2001	Kansas State	Cliff Rovelto	2nd
2002	Kansas State	Cliff Rovelto	3rd
2003	Texas	Beverly Kearney	2nd
2004	Texas	Beverly Kearney	2nd
2005	Nebraska	Gary Pepin	1st
2006	Texas	Beverly Kearney	3rd
2007	Texas A&M	Pat Henry	2nd
2008	Texas A&M	Pat Henry	2nd
2009	Texas A&M	Pat Henry	3rd
2010	Texas A&M	Pat Henry	2nd
2011	Texas A&M	Pat Henry	2nd

Big Ten Outdoor Championships (0)

Year	Team Champion	Coach	NU
2012	Ohio State	Karen Dennis	t2nd
2013	Penn State	Beth Alford-Sullivan	6th
2014	Penn State	Beth Alford-Sullivan	2nd
2015	Michigan State	Walt Drenth	2nd
2016	Michigan/Minnesota	James Henry/Matt Bingle	3rd
2017	Purdue	Lonnie Greene	6th
2018	Minnesota	Matt Bingle	t5th



The 2004 Nebraska women won the team's 21st of 24 indoor conference titles, and went on to post third-place finishes at the NCAA Indoor and Outdoor Championships.