

BIG SKY CHAMPIONSHIP RESULTS

Race Distance - 5,000 Meters

| Year | Site | Team Champion, Points | Individual Champion, Time |
|-------|------------------------|-----------------------|---|
| 2013 | Bozeman, Mont. | Weber State, 55 | Summer Harper, Weber State, 16:54.2 |
| 2012 | Flagstaff, Ariz. | Weber State, 29 | Ambre Henry, Weber State, 16:59.7 |
| 2011 | Pocatello, Idaho | Weber State, 40 | Amber Henry, Weber State, 17:30.50 |
| 2010 | Cheney, Washington | Montana, 49 | Erica Wendt-Richardson, Idaho State, 15:46.55 |
| 2009 | Greeley, Colorado | Northern Arizona, 28 | Veronica Pohl, Northern Arizona, 19:04.7 |
| 2008 | Portland, Oregon | Northern Arizona, 31 | Veronica Pohl, Northern Arizona, 17:03.1 |
| 2007 | Missoula, Montana | Northern Arizona, 33 | Sariah Long, Weber State, 17:13.9 |
| 2006 | Sacramento, California | Weber State, 39 | Nicole Gueldemeister, Northern Arizona, 17:14.6 |
| 2005 | Ogden, Utah | Northern Arizona, 27 | Johanna Nilsson, Northern Arizona, 17:28.7 |
| 2004 | Bozeman, Montana | Northern Arizona, 30 | Ida Nilsson, Northern Arizona, 16:46 |
| 2003 | Flagstaff, Arizona | Northern Arizona, 29 | Ida Nilsson, Northern Arizona, 16:46 |
| 2002 | Pocatello, Idaho | Northern Arizona, 18 | Ida Nilsson, Northern Arizona, 18:16.1 |
| 2001 | Cheney, Washington | Northern Arizona, 19 | Ida Nilsson, Northern Arizona, 17:29.0 |
| 2000 | Riverside, California | Weber State, 33 | Sabrina Monro, Montana, 17:07.22 |
| 1999 | Portland, Oregon | Northern Arizona, 36 | Sabrina Monro, Montana, 17:07.7 |
| 1998 | Missoula, Montana | Northern Arizona, 29 | Rikke Pedersen, Northern Arizona, 17:33.31 |
| 1997 | Rocklin, California | Weber State, 38 | Amy Swier, Northern Arizona, 17:28 |
| 1996 | Riverdale, Utah | Northern Arizona, 30 | Summer Schenck, Weber State, 17:26.48 |
| 1995 | Salt Lake City, Utah | Montana State, 40 | Niamh Beirne, Boise State, 17:36.6 |
| 1994 | Salt Lake City, Utah | Montana State, 52 | Rikke Pedersen, Northern Arizona, 17:43.98 |
| 1993 | Salt Lake City, Utah | Weber State, 47 | Angie Mathison, Idaho, 17:11.50 |
| 1992 | Salt Lake City, Utah | Northern Arizona, 21 | Jennifer Cleary, Montana State, 17:12.0 |
| 1991 | Salt Lake City, Utah | Northern Arizona, 22 | Kristi Klinnert, Northern Arizona, 17:15.0 |
| 1990 | Salt Lake City, Utah | Northern Arizona, 27 | Kristi Klinnert, Northern Arizona, 17:18.0 |
| 1989 | Salt Lake City, Utah | Northern Arizona, 25 | Larah Treadwell, Northern Arizona, 17:09.0 |
| 1988 | Salt Lake City, Utah | Northern Arizona, 32 | Patty Young, Nevada, 17:29.4 |
| 1987* | Pocatello, Idaho | Northern Arizona, 19 | Nikki Toms, Northern Arizona, 18:02.0 |
| 1986* | Moscow, Idaho | Montana State, 55 | Loreen McRae, Montana, 18:18.0 |
| 1985* | Bozeman, Montana | Montana State, 48 | Annette Hand, Montana State, 17:36.6 |
| 1984* | Ogden, Utah | Montana, 53 | Annette Hand, Montana State, 18:05.3 |
| 1983* | Missoula, Montana | Montana, 37 | Patsy Sharples, Idaho, 17:41.1 |
| 1982* | Portland, Oregon | Idaho, 26 | Patsy Sharples, Idaho, 18:15.7 |

* Indicates Mountain West Conference

TEAM AND INDIVIDUAL CHAMPIONSHIPS

NUMBER OF TEAM CHAMPIONS

| | |
|------------------|----|
| Idaho | 1 |
| Montana | 3 |
| Montana State | 4 |
| Northern Arizona | 17 |
| Weber State | 7 |

NUMBER OF INDIVIDUAL CHAMPIONS

| | |
|------------------|----|
| Boise State | 1 |
| Idaho | 3 |
| Idaho State | 1 |
| Montana | 3 |
| Montana State | 3 |
| Nevada | 1 |
| Northern Arizona | 15 |
| Weber State | 5 |

NCAA FINISHES

TEAM FINISHES

| | | | | | |
|------|------------------------------|------|------|------------------------------|------|
| 3rd | Northern Arizona, 184-points | 1991 | 14th | Northern Arizona, 318-points | 1990 |
| 7th | Northern Arizona, 357-points | 2007 | | Northern Arizona, 291-points | 1988 |
| 9th | Northern Arizona, 267-points | 1992 | 15th | Northern Arizona, 407-points | 2003 |
| 10th | Northern Arizona, 333-points | 2002 | | Montana State, 379-points | 1995 |
| | Northern Arizona, 261-points | 1996 | 17th | Northern Arizona, 423-points | 1998 |
| 11th | Northern Arizona, 381-points | 1999 | | Weber State, 428-points | 2012 |
| | Northern Arizona, 226-points | 1987 | 21st | Weber State, 461-points | 1991 |
| 12th | Northern Arizona, 367-points | 2001 | 22nd | Weber State, 505-points | 2000 |
| 12th | Northern Arizona, 388-points | 2005 | 23rd | Northern Arizona | 2008 |
| 13th | Northern Arizona, 293-points | 1989 | 25th | Weber State, 488-points | 2006 |
| | | | 29th | Weber State, 647-points | 2011 |

INDIVIDUAL FINISHES

| | | | |
|-------|--|-------|--|
| 1st | Johanna Nilsson, Northern Arizona, 19:33.9 (2005) | 132nd | Nell Rojas, Northern Arizona, 21:42 (2008) |
| | Angela Chalmers, Northern Arizona, 16:55.49 (1986) | 133rd | Amanda Griggs, Northern Arizona, 21:46.7 (2007) |
| 2nd | Sabrina Monro, Montana, 20:37.8 (2000) | 135th | Sarah Callister, Weber State, 21:17.0 (2011) |
| 6th | Marisa Avendano, Sacramento State, 17:49 (1996) | 140th | Heidi Bouwhuis, Weber State, 22:28 (2006) |
| 8th | Ida Nilsson, Northern Arizona, 19:57.7 (2002) | 147th | Jamie Stubbs, Weber State, 22:31 (2006) |
| | Angela Chalmers, Northern Arizona, 16:38 (1985) | 148th | Ariana Lee, Montana State, 21:36.9 (2002) |
| 9th | Ida Nilsson, Northern Arizona, 20:05.5 (2003) | 149th | Astrid Leutert, Northern Arizona, 21:53.4 (2007) |
| | Rikke Pedersen, Northern Arizona, 17:54 (1996) | 152nd | Sariah Long, Weber State, 22:32 (2006) |
| 10th | Johanna Nilsson, Northern Arizona, 20:07 (2003) | 156th | Summer Harper, Weber State, 21:41.1 (2013) |
| | Amy Swier, Northern Arizona, 16:59 (1997) | 160th | Laken Hintze, Weber State, 21:26.2 (2011) |
| 12th | Veronica Pohl, Northern Arizona, 20:25 (2008) | 164th | Laken Hintze, Weber State, 21:13.4 (2012) |
| | Johann Nilsson, Northern Arizona, 20:01.8 (2002) | 174th | Katrina Drennan, Montana, 21:51.2 (2009) |
| | Ida Nilsson, Northern Arizona, 20:58 (2001) | 177th | Kayla Blackford, Weber State, 21:21.3 (2012) |
| 21st | Kendra Versendaal, Northern Arizona, 17:40.6 (1999) | 178th | Haley Lawrence, Northern Arizona, 22:07 (2008) |
| | Tracy Jarman, Northern Arizona, 17:17.2 (1991) | 180th | Kortnee Burton, Northern Arizona, 22:12 |
| | Larah Treadwell, Northern Arizona, 17:13.09 (1989) | 185th | Jamie Stokes, Weber State, 21:25.5 (2012) |
| 24th | Sharlyn Maughan, Weber State, 17:15 (1997) | 189th | Vanessa Hancock, Northern Arizona, 22:30 (2008) |
| 25th | Maurie Wood, Northern Arizona, 17:13 (1988) | 195th | Rolonda Jumbo, Northern Arizona, 21:59.7 (2013) |
| 26th | Kristi Klinnert, Northern Arizona, 17:19.7 (1991) | 206th | Nikki Codd, Northern Arizona, 23:11 (2008) |
| 30th | Ilsa Paulson, Northern Arizona, 20:56.1 (2007) | 210th | Cassie Ricks, Weber State, 23:21 (2006) |
| | Marisa Avendano, Sacramento State, 17:19 (1997) | 224th | Nell Rojas, Northern Arizona, 22:46.4 (2007) |
| 32nd | Jen Cleary (Bayliss), Montana State, time NA (1992) | 227th | Taylor Thornley, Weber State, 22:11.0 (2011) |
| | Amber Henry, Weber State, 20:11.6 (2012) | | Suzanna Cressall, Weber State, 21:46.6 (2012) |
| 33rd | Rebecca Bennion, Weber State, 21:24 (2000) | 228th | Lesley Dalton, Weber State, 23:41 (2006) |
| | Kari McKay, Eastern Washington, 17:28.0 (1991) | 230th | Kayla Blackford, Weber State, 22:12.1 (2011) |
| 34th | Astrid Leutert, Northern Arizona, 20:45 (2008) | 232nd | Kelsy Hardt, Northern Arizona, 23:02.1 (2007) |
| | Mattie Bridgmon, Eastern Washington, 21:16.2 (2007) | 246th | Suzie Sorensen, Weber State, 22:42.9 (2011) |
| 38th | Veronica Pohl, Northern Arizona, 20:43.5 (2009) | 250th | Jenna Deelstra, Weber State, 23:09.7 (2011) |
| 29th | Annette Hand, Montana State, time NA (1982) | | |
| 42nd | Heidi Hess, Weber State, 17:46.01 (1998) | | |
| 46th | Amber Henry, Weber State, 20:34.7 (2011) | | |
| | Rochelle Kanuho, Northern Arizona, 20:20.4 (2012) | | |
| 54th | Sariah Long, Weber State, 21:12.9 (2007) | | |
| 55th | Lesley Van Miert, Northern Arizona, 21:13.8 (2007) | | |
| | Kathleen Monaghan, Montana State, 17:45.69 (1989) | | |
| 58th | Heather Demorest, Montana State, 20:56.6 (2013) | | |
| 62nd | Lindsey Anderson, Weber State, 21:46 (2006) | | |
| 64th | Amber Johnson, Eastern Washington, 17:47.5 (1999) | | |
| 69th | Kari McKay, Eastern Washington, 17:28.0 (1990) | | |
| 79th | Sarah Callister, Weber State, 20:38.3 (2012) | | |
| 88th | Morgan Haws, Weber State, 21:29.2 (2007) | | |
| 91st | Nicole Geuldemeister, Northern Arizona, 22:05.5 (2006) | | |
| 99th | Allie Brosh, Montana, 22:08.3 (2006) | | |
| 106th | Taylor Thornley, Weber State, 20:50.9 | | |
| 113th | Amanda Boyd, Northern Arizona, 21:38.6 (2007) | | |
| 114th | Katja Rosenplaenter, Northern Arizona, 22:15.3 (2006) | | |
| 128th | Morgan Haws, Weber State, 22:22 (2006) | | |
| 129th | Ariana Lee, Montana State, 21:25.8 (2003) | | |



NORTHERN ARIZONA'S
JOHANNA NILSSON WON THE
2005 NCAA CROSS
COUNTRY CHAMPIONSHIP.

COACH OF THE YEAR & ATHLETES OF THE WEEK

COACH OF THE YEAR

| | | | |
|------|--------------------------------|-------|-----------------------------|
| 2013 | Paul Pilkington, Weber State | 1996 | Ron Mann, Northern Arizona |
| 2012 | Paul Pilkington, Weber State | 1995 | Dale Kennedy, Montana State |
| 2011 | Paul Pilkington, Weber State | 1994 | Dale Kennedy, Montana State |
| 2010 | Courtney Babcock, Montana | 1993 | Jim Blaisdell, Weber State |
| 2009 | Eric Heins, Northern Arizona | 1992 | Ron Mann, Northern Arizona |
| 2008 | Scott Abbott, Sacramento State | 1991 | Ron Mann, Northern Arizona |
| 2007 | Eric Heins, Northern Arizona | 1990 | Ron Mann, Northern Arizona |
| 2006 | Jim Blaisdell, Weber State | 1989 | Ron Mann, Northern Arizona |
| 2005 | John Hayes, Northern Arizona | 1988 | Ron Mann, Northern Arizona |
| 2004 | John Hayes, Northern Arizona | 1987* | Ron Mann, Northern Arizona |
| 2003 | Ron Mann, Northern Arizona | 1986* | Dale Kennedy, Montana State |
| 2002 | Ron Mann, Northern Arizona | 1985* | Dale Kennedy, Montana State |
| 2001 | Ron Mann, Northern Arizona | 1984* | Dick Koontz, Montana |
| 2000 | Jim Blaisdell, Weber State | 1983* | Dick Koontz, Montana |
| 1999 | Ron Mann, Northern Arizona | 1982* | Roger Norris, Idaho |
| 1998 | Ron Mann, Northern Arizona | | |
| 1997 | Jim Blaisdell, Weber State | | |

**Indicates Mountain West Conference*

Women's Cross Country

ATHLETES OF THE WEEK

| | | |
|--|---|--|
| <u>2013</u> Rachel Mitchell, SAC (3) Melanie Townsend, NAU (2) Kelsey Braithwaite, WSU Summer Harper, WSU Heather Demorest, MSU | <u>2006</u> Lindsey Anderson, Weber State (3) Kamila Bocian, Portland State Nicole Guedemeister, NAU Sarah Skeem, Idaho State | <u>2000</u> Amy Swier, Northern Arizona Melissa Madeson, Sacramento St. (2) Rebecca Bennion, Weber State Kendra Versendaal, Northern Arizona Jamie Breese, Portland State Sabrina Monro, Montana |
| <u>2012</u> Amber Henry, WSU (4) Rikki Gonzales, NC | <u>2005</u> Johanna Nilsson, Northern Ariz. (2) Allie Brosh, Montana Katie Bowen, Weber State (2) Krista Stepa, Northern Arizona | <u>1999</u> Katie Fontana, Sacramento State Sabrina Monro, Montana (2) Melissa Telford, Portland State Jordan Vaughn, Idaho State Kenra Versendaal, Northern Arizona |
| <u>2011</u> Rochelle Kanuho, NAU (2) Rachel Mitchell, SAC Bradi Hutchison, ISU (2) Amber Henry, WSU (2) | <u>2004</u> Erika Edwards, Northern Arizona Camille Gibb, Eastern Washington Elisabeth Driscoll, Montana State Ida Nilsson, Northern Arizona (2) | <u>1998</u> Sharlyn Maughan, Weber State (2) Rikke Pedersen, Northern Arizona Amy Swier, Northern Arizona Jordan Vaughn, Idaho State Melissa Waggener, Portland State |
| <u>2010</u> Amy Kolin, Eastern Washington Sarah Callister, Weber State (2) Katrina Drennen, Montana | <u>2003</u> Johanna Nilsson, Northern Arizona Ariana Lee, Montana State Heidi Bouwhuis, Weber State Ida Nilsson, Northern Arizona | <u>1997</u> Anita Gilbert, Montana Sharlyn Maughan, Weber State (2) Jordan Vaughn, Idaho State Amy Swier, Northern Arizona (2) |
| <u>2009</u> Veronica Pohl, Northern Arizona (3) Astrid Leutert, Northern Arizona Sarah Callister, Weber State | <u>2002</u> Ida Nilsson, Northern Arizona (2) Ariana Lee, Montana State Kerry Bogner, Montana Jessica Winters, Weber State Lanaia Jones, Eastern Washington Johanna Nilsson, Northern Arizona | <u>1996</u> Marisa Avendano, Sacramento St. (2) Rosy Gardner, Weber State Rikke Pedersen, Northern Arizona (3) Summer Schenck, Weber State |
| <u>2008</u> Veronica Pohl, Northern Arizona (3) Allie Brosh, Montana | <u>2001</u> Heidi Colpitts, Montana State Ida Nilsson, Northern Arizona Annette Corey, Sacramento State | |
| <u>2007</u> Ilsa Paulson, Northern Arizona (3) Sariah Long, Weber State | | |

ATHLETES OF THE WEEK

Women's Cross Country

1995

Niamh Beirne, Boise State
Faith Harvel, Montana State
Kelly Jordan, Northern Arizona
Katie McGee, Montana State (2)
Darcee O'Donnell, Montana State (2)
Molly Robins, Weber State

1994

Shawna Cox, Weber State
Faith Harvel, Montana State (2)
Rikke Pedersen, Northern Arizona (4)
Jamie Tuell, Montana State

1993

Robin Betz, Idaho
Angie Mathison, Idaho
Christy Michaels, Northern Arizona (3)
Michelle Sloan-Huff, Weber State
Shelley Smathers, Montana (3)

1992

Jennifer Cleary, Montana State (2)
Jeni Cushman, Northern Arizona
Tracy Jarman, Northern Arizona (2)
Lauren Jefferson, Idaho
Shelley Smathers, Montana (2)
Denise Sprigg, Weber State
Larah Treadwell, Northern Arizona

1991

Debbie Howard, Weber State
Tracy Jarman, Northern Arizona (2)
Kristi Klinnert, Northern Arizona
Kelly Malby, Montana State
Kari McKay, Eastern Washington (3)

1990

Kathy Karpel, Boise State
Kristi Klinnert, Northern Arizona (2)
Kari McKay, Eastern Washington
Karen Packham, Weber State
Amy Williams, Montana
Natalie Wood, Nevada

1989

Jennifer Beatty, Boise State
Kathy Karpel, Boise State
Kathleen Monaghan, Montana State (3)
Larah Treadwell, Northern Arizona
Bobbi Jo Waite, Idaho State

1988

Kathy Karpel, Boise State
Loreen McRae, Montana (2)
Kathleen Monaghan, Montana St. (2)
Maurie Wood, Northern Arizona (2)

1987*

Joyce Cheruiyot, Nevada (2)
Loreen McRae, Montana
Kathleen Monaghan, Montana St. (2)
Karen Packham, Weber State
Nikki Toms, Northern Arizona

1986*

Diane Goebel, Idaho State
Mari Green, Weber State
Michelle Green, Weber State (2)
Loreen McRae, Montana (2)
Cathy Wall, Idaho

1985*

Catrina Campbell, Idaho State
Gina Drumm, Montana
Annette Hand, Montana State (3)
Jamie Shields, Idaho State
Cathy Wall, Idaho

1984*

Janet Beaudry, Idaho
Annette Hand, Montana State (3)
Lisa Valle, Idaho State (2)

1983*

Gina Castagna, Montana
Annette Hand, Montana State
Diana Jones, Weber State
Tina Ostroot, Idaho State
Patsy Sharples, Idaho (2)

1982*

Mary Guyer, Montana State
Kristy Hamasaki, Weber State
Diedre Hathhorn, Montana
Patsy Sharples, Idaho

* Indicates Mountain West Conference

YEAR-BY-YEAR CHAMPIONSHIP RESULTS

2013 - November 1, Bozeman, Mont., 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--------------------------------------|--|---------|
| 1. Weber State | | 55 | 1. Summer Harper, Weber State | | 16:54.2 |
| 2. Northern Arizona | | 64 | 2. Heather Demorest, Montana State | | 17:02.1 |
| 3. Montana State | | 101 | 3. Rachel Mitchell, Sacramento State | | 17:06.5 |
| 4. Sacramento State | | 124 | 4. Rikki Gonzales, Northern Colorado | | 17:09.4 |
| 5. Southern Utah | | 139 | 5. Erin Wysocki, North Dakota | | 17:14.4 |
| 6. Montana | | 177 | 6. Jamie Stokes, Weber State | | 17:15.4 |
| 7. Eastern Washington | | 181 | 7. Sarah Dean, Portland State | | 17:16.2 |
| 8. Northern Colorado | | 189 | 8. Hailey Ricks, Weber State | | 17:16.4 |
| 9. Idaho State | | 217 | 9. Rolonda Jumbo, Northern Arizona | | 17:18.8 |
| 10. Portland State | | 220 | 10. Amber Henry, Weber State | | 17:24.8 |
| 11. North Dakota | | 226 | | | |

2012 - October 27, Flagstaff, Ariz., 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|------------------------|--|--------|--------------------------------------|--|---------|
| 1. Weber State | | 29 | 1. Amber Henry, Weber State | | 16:59.7 |
| 2. Southern Utah | | 36 | 2. Sarah Callister, Weber State | | 17:02.1 |
| 3. Northern Arizona | | 112 | 3. Taylor Thornley, Weber State | | 17:06.9 |
| 4. Idaho State | | 126 | 4. Jamie Smith, Southern Utah | | 17:11.9 |
| 5. Northern Colorado | | 169 | 5. Rochelle Kanuho, Northern Arizona | | 17:16.4 |
| 6. Montana State | | 179 | 6. Danielle Jewkes, Southern Utah | | 17:27.5 |
| 7. North Dakota | | 204 | 7. Kirsten Bradford, Southern Utah | | 17:31.4 |
| 8. Sacramento State | | 209 | 8. Sylvia Bedford, Southern Utah | | 17:32.2 |
| 9. Portland State | | 245 | 9. Laken Hintze, Weber State | | 17:39.2 |
| 10. Montana | | 247 | 10. Rolonda Jumbo, Northern Arizona | | 17:46.4 |
| 11. Eastern Washington | | 262 | | | |

2011 - October 29, Pocatello, Idaho, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|----------|
| 1. Weber State | | 40 | 1. Amber Henry, Weber State | | 17:30.50 |
| 2. Idaho State | | 50 | 2. Bradi Hutchison, Idaho State | | 17:43.52 |
| 3. Northern Arizona | | 82 | 3. Kortnee Burton, Northern Arizona | | 17:46.95 |
| 4. Montana State | | 89 | 4. Heather Haug, Montana State | | 17:52.02 |
| 5. Montana | | 116 | 5. Sarah Callister, Weber State | | 17:56.92 |
| 6. Sacramento State | | 139 | 6. Laken Hintze, Weber State | | 18:10.98 |
| 7. Eastern Washington | | 192 | 7. Keely West, Montana State | | 18:18.43 |
| 8. Northern Colorado | | 215 | 8. Cydney Jacobsen, Idaho State | | 18:22.07 |
| 9. Portland State | | 273 | 9. Kylie Hutchison, Idaho State | | 18:22.56 |
| | | | 10. Rochelle Kanuho, Northern Arizona | | 18:23.35 |

2010 - October 30, Cheney, Washington, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--|--|----------|
| 1. Montana | | 49 | 1. Erica Wendt-Richardson, Idaho State | | 15:46.55 |
| 2. Weber State | | 63 | 2. Katrina Drennen, Montana | | 15:51.80 |
| 3. Idaho State | | 68 | 3. Natalie Haws, Weber State | | 15:52.03 |
| 4. Sacramento State | | 105 | 4. Keli Dennehy, Montana | | 16:00.45 |
| 5. Northern Arizona | | 124 | 5. Rochelle Kanuho, Northern Arizona | | 16:03.82 |
| 6. Montana State | | 168 | 6. Amy Kolin, Eastern Washington | | 16:06.58 |
| 7. Eastern Washington | | 197 | 7. Amber Henry, Weber State | | 16:07.38 |
| 8. Portland State | | 213 | 8. Bradi Hutchison, Idaho State | | 16:08.97 |
| 9. Northern Colorado | | 237 | 9. Taylor Thornley, Weber State | | 16:10.56 |
| | | | 10. Renisha Robinson, Sacramento State | | 16:14.87 |

2009 - October 31, Greeley, Colorado, 5,200 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|---------|
| 1. Northern Arizona | | 28 | 1. Veronica Pohl, Northern Arizona | | 19:04.7 |
| 2. Weber State | | 64 | 2. Kortnee Burton, Northern Arizona | | 19:27.6 |
| 3. Montana | | 66 | 3. Katrina Drennen, Montana | | 19:29.1 |
| 4. Sacramento State | | 99 | 4. Sarah Callister, Weber State | | 19:36.8 |
| 5. Idaho State | | 120 | 5. Laken Skidmore, Weber State | | 19:52.1 |
| 6. Montana State | | 162 | 6. Haley Lawrence, Northern Arizona | | 19:54.9 |
| 7. Northern Colorado | | 221 | 7. Kessle Payne, Montana | | 20:02.8 |
| 8. Portland State | | 227 | 8. Renisha Robinson, Sacramento State | | 20:02.8 |
| 9. Eastern Washington | | 276 | 9. Nell Rojas, Northern Arizona | | 20:07.5 |
| | | | 10. Astrid Leutert, Northern Arizona | | 20:07.5 |

YEAR-BY-YEAR CHAMPIONSHIP RESULTS

2008 - November 1, Portland, Oregon, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|---------|
| 1. Northern Arizona | | 31 | 1. Veronica Pohl, Northern Arizona | | 17:03.1 |
| 2. Sacramento State | | 59 | 2. Astrid Leutert, Northern Arizona | | 17:10.3 |
| 3. Weber State | | 63 | 3. Katrina Drennen, Montana | | 17:20.1 |
| 4. Idaho State | | 107 | 4. Nell Rojas, Northern Arizona | | 17:21.4 |
| 5. Montana | | 121 | 5. Natalie Haws, Weber State | | 17:21.6 |
| 6. Montana State | | 134 | 6. Kristina Holtz, Sacramento State | | 17:22.4 |
| 7. Eastern Washington | | 206 | 7. Renisha Robinson, Sacramento State | | 17:33.5 |
| 8. Portland State | | 214 | 8. Amy Cook, Weber State | | 17:34.5 |
| 9. Northern Colorado | | 221 | 9. Caprice Bradshaw, Sacramento State | | 17:35.4 |
| | | | 10. Erica Wendt, Idaho State | | 17:37.5 |

2007 - October 27, Missoula, Montana, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--|--|---------|
| 1. Northern Arizona | | 33 | 1. Sariah Long, Weber State | | 17:13.9 |
| 2. Weber State | | 51 | 2. Lesley Van Miert, Northern Arizona | | 17:38.2 |
| 3. Montana | | 89 | 3. Morgan Haws, Weber State | | 17:45.2 |
| 4. Eastern Washington | | 119 | 4. Ilsa Paulson, Northern Arizona | | 17:55.0 |
| 5. Montana State | | 129 | 5. Mattie Bridgmon, Eastern Washington | | 17:58.6 |
| 6. Portland State | | 175 | 6. Katrina Drennen, Montana | | 18:02.0 |
| 7. Idaho State | | 185 | 7. Amanda Boyd, Northern Arizona | | 18:02.9 |
| Sacramento State | | 185 | 8. Gemma Maini, Idaho State | | 18:05.5 |
| 9. Northern Colorado | | 192 | 9. Astrid Leutert, Northern Arizona | | 18:06.8 |
| | | | 10. Samantha Modderman, Eastern Washington | | 18:08.0 |

2006 - October 28, Sacramento, California, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--|--|---------|
| 1. Weber State | | 39 | 1. Nicole Guedemeister, Northern Arizona | | 17:14.6 |
| 2. Montana | | 82 | 2. Katja Rosenplaenter, Northern Arizona | | 17:30.5 |
| 3. Northern Arizona | | 86 | 3. Sariah Long, Weber State | | 17:39.9 |
| 4. Montana State | | 105 | 4. Allie Brosh, Montana | | 17:47.1 |
| 5. Idaho State | | 131 | 5. Elisabeth Driscoll, Montana State | | 17:53.7 |
| 6. Eastern Washington | | 135 | 6. Heidi Bouwhuis, Weber State | | 17:54.7 |
| 7. Sacramento State | | 164 | 7. Kristina Holtz, Sacramento State | | 17:56.2 |
| 8. Portland State | | 187 | 8. Sarah Skeem, Idaho State | | 18:01.2 |
| 9. Northern Colorado | | 255 | 9. Morgan Haws, Weber State | | 18:06.6 |
| | | | 10. Jamie Stubbs, Weber State | | 18:06.6 |

2005 - October 29, Ogden, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--|--|---------|
| 1. Northern Arizona | | 27 | 1. Johanna Nilsson, Northern Arizona | | 17:28.7 |
| 2. Weber State | | 40 | 2. Nicole Guedemeister, Northern Arizona | | 17:54.0 |
| 3. Montana | | 94 | 3. Katie Bowen, Weber State | | 18:03.4 |
| 4. Montana State | | 101 | 4. Lindsey Anderson, Weber State | | 18:09.3 |
| 5. Eastern Washington | | 115 | 5. Katja Rosenplaenter, Northern Arizona | | 18:17.0 |
| 6. Idaho State | | 154 | 6. Allie Brosh, Montana | | 18:19.8 |
| 7. Portland State | | 162 | 7. Sariah St. Laurent, Weber State | | 18:22.2 |
| 8. Sacramento State | | 212 | 8. Julie Fisher, Northern Arizona | | 18:39.4 |
| | | | 9. Morgan Haws, Weber State | | 18:47.5 |
| | | | 10. Elisabeth Driscoll, Montana State | | 18:43.4 |

2004 - October 30, Bozeman, Montana, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--------------------------------------|--|-------|
| 1. Northern Arizona | | 30 | 1. Ida Nilsson, Northern Arizona | | 16:46 |
| 2. Weber State | | 52 | 2. Jinny Hanifan, Northern Arizona | | 17:25 |
| 3. Montana State | | 72 | 3. Erika Edwards, Northern Arizona | | 17:27 |
| 4. Montana | | 104 | 4. Ashley Hadaway, Montana State | | 17:30 |
| 5. Idaho State | | 121 | 5. Lindsey Anderson, Weber State | | 17:35 |
| 6. Portland State | | 128 | 6. Elisabeth Driscoll, Montana State | | 17:35 |
| 7. Eastern Washington | | 167 | 7. Ashley Rasmussel, Weber State | | 17:37 |
| 8. Sacramento State | | 243 | 8. Allie Brosh, Montana | | 17:44 |
| | | | 9. Julie Fisher, Northern Arizona | | 17:46 |
| | | | 10. Mayra Morgado, Montana State | | 17:52 |

2003 - November 1, Flagstaff, Arizona, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--------------------------------------|--|-------|
| 1. Northern Arizona | | 29 | 1. Ida Nilsson, Northern Arizona | | 16:46 |
| 2. Weber State | | 46 | 2. Johanna Nilsson, Northern Arizona | | 17:20 |
| 3. Montana | | 83 | 3. Erika Edwards, Northern Arizona | | 17:25 |
| 4. Montana State | | 95 | 4. Arianna Lee, Montana State | | 17:37 |
| 5. Eastern Washington | | 135.5 | Heidi Bouwhuis, Weber State | | 17:44 |
| 6. Portland State | | 151.6 | Kerry Bogner, Montana | | 17:49 |
| 7. Idaho State | | 172.7 | Caroline Pebley, Weber State | | 17:57 |
| 8. Sacramento State | | 245.8 | Janae Johnson, Weber State | | 18:12 |
| | | | 9. Mayra Morgado, Montana State | | 18:14 |
| | | | 10. Lindsey Olson, Weber State | | 18:17 |

YEAR-BY-YEAR CHAMPIONSHIP RESULTS

2002 - November 2, Pocatello, Idaho, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--------------------------------------|--|-------|
| 1. Northern Arizona | | 18 | 1. Ida Nilsson, Northern Arizona | | 18:16 |
| 2. Weber State | | 49 | 2. Johanna Nilsson, Northern Arizona | | 18:30 |
| 3. Montana State | | 92 | 3. Erika Edwards, Northern Arizona | | 18:58 |
| 4. Montana | | 96 | 4. Jessica Winters, Weber State | | 19:05 |
| 5. Portland State | | 134 | 5. Natalie Rogers, Northern Arizona | | 19:09 |
| 6. Eastern Washington | | 183 | 6. Julie Ham, Montana | | 19:12 |
| 7. Idaho State | | 185 | 7. Jinny Hanifan, Northern Arizona | | 19:14 |
| 8. Sacramento State | | 197 | 8. Ariana Lee, Montana State | | 19:16 |
| | | | 9. Cynthia Losee, Weber State | | 19:22 |
| | | | 10. Genny Minnoch, Weber State | | 19:27 |

2001 - October 27, Cheney, Washington, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|---------|
| 1. Northern Arizona | | 19 | 1. Ida Nilsson, Northern Arizona | | 17:29.0 |
| 2. Weber State | | 39 | 2. Susan Rutherford, Northern Arizona | | 17:34.5 |
| 3. Montana State | | 94 | 3. Jinny Hanifan, Northern Arizona | | 18:07.0 |
| 4. Montana | | 98 | 4. Caroline Jolley, Weber State | | 18:09.0 |
| 5. Idaho State | | 120 | 5. Heidi Bouwhuis, Weber State | | 18:10.4 |
| 6. Sacramento State | | 170 | 6. Jaime Herman, Northern Arizona | | 18:12.1 |
| 7. Eastern Washington | | 182 | 7. Erika Edwards, Northern Arizona | | 18:16.7 |
| 8. Portland State | | 196 | 8. Rachel Bennion, Weber State | | 18:17.2 |
| | | | 9. Julie Ham, Montana | | 18:18.6 |
| | | | 10. Jessica Winters, Weber State | | 18:19.0 |

2000 - October 29, Riverside, California, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-------------------------|--|--------|---|--|---------|
| 1. Weber State | | 33 | 1. Sabrina Monro, Montana | | 17:07.2 |
| 2. Montana | | 54 | 2. Heather Anderson, Montana | | 17:32.2 |
| 3. Northern Arizona | | 60 | 3. Rebecca Bennion, Weber State | | 17:39.3 |
| 4. Montana State | | 100 | 4. Susan Rutherford, Northern Arizona | | 17:43.0 |
| 5. Idaho State | | 145 | 5. Melissa Madeson, Sacramento State | | 17:46.4 |
| 6. Sacramento State | | 167 | 6. Cynthia Losee, Weber State | | 17:58.1 |
| 7. Portland State | | 191 | 7. Genny Minnoch, Weber State | | 17:59.2 |
| 8. Cal State Northridge | | 217 | 8. Janae Johnson, Weber State | | 18:00.7 |
| 9. Eastern Washington | | 224 | 9. Carrie Long, Weber State | | 18:03.7 |
| | | | 10. Kendra Versendaal, Northern Arizona | | 18:06.0 |

1999 - October 30, Portland, Oregon, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-------------------------|--|--------|--|--|---------|
| 1. Northern Arizona | | 36 | 1. Sabrina Monro, Montana | | 17:07.7 |
| 2. Montana State | | 65 | 2. Kendra Versendaal, Northern Arizona | | 17:18.3 |
| 3. Idaho State | | 94 | 3. Amy Swier, Northern Arizona | | 17:31.1 |
| 4. Weber State | | 102 | 4. Jordan Vaughn, Idaho State | | 17:37.1 |
| 5. Eastern Washington | | 119 | 5. Emily Allison, Northern Arizona | | 17:38.8 |
| 6. Montana | | 142 | 6. Darcy Steele, Eastern Washington | | 17:41.3 |
| 7. Portland State | | 156 | 7. Melissa Telford, Portland State | | 17:44.9 |
| 8. Cal State Northridge | | 193 | 8. Amber Johnson, Eastern Washington | | 17:48.1 |
| 9. Sacramento State | | 262 | 9. Heidi Johnson, Montana State | | 17:50.7 |
| | | | 10. Jackie Jensen, Weber State | | 17:51.4 |

1998 - October 31, Missoula, Montana, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-------------------------|--|--------|-------------------------------------|--|----------|
| 1. Northern Arizona | | 29 | 1. Rikke Pedersen, Northern Arizona | | 17:33.31 |
| 2. Weber State | | 55 | 2. Sharlyn Maughan, Weber State | | 17:35.48 |
| 3. Montana | | 74 | 3. Emily Allison, Northern Arizona | | 17:37.26 |
| 4. Idaho State | | 100 | 4. Heidi Hess, Weber State | | 17:45.00 |
| 5. Montana State | | 152 | 5. Amy Swier, Northern Arizona | | 17:48.41 |
| 6. Eastern Washington | | 162 | 6. Sabrina Monro, Montana | | 18:00.70 |
| 7. Portland State | | 174 | 7. Heather Anderson, Montana | | 18:07.45 |
| 8. Sacramento State | | 220 | 8. Jordan Vaughn, Idaho State | | 18:12.43 |
| 9. Cal State Northridge | | 227 | 9. Marci Madsen, Northern Arizona | | 18:16.01 |
| | | | 10. Melissa Waggner, Portland State | | 18:16.80 |

1997 - November 1, Rocklin, California, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-------------------------|--|--------|-----------------------------------|--|-------|
| 1. Weber State | | 38 | 1. Amy Swier, Northern Arizona | | 17:28 |
| 2. Northern Arizona | | 55 | 2. Sharlyn Maughan, Weber State | | 17:53 |
| 3. Idaho State | | 76 | 3. Janet Nelson, Northern Arizona | | 18:08 |
| 4. Montana State | | 95 | 4. Jenny Mortensen, Weber State | | 18:10 |
| 5. Montana | | 124 | 5. Stefanie Hansen, Weber State | | 18:15 |
| 6. Sacramento State | | 166 | 6. Emily Mulick, Idaho State | | 18:19 |
| 7. Cal State Northridge | | 186 | 7. Anita Gilbert, Montana | | 18:19 |
| 8. Eastern Washington | | 200 | 8. Rachel Rieke, Northern Arizona | | 18:20 |
| Portland State | | inc. | 9. Holly Stanish, Montana State | | 18:24 |
| | | | 10. Shawna Carr, Idaho State | | 18:28 |

YEAR-BY-YEAR CHAMPIONSHIP RESULTS

1996 - November 2, Riverdale, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-------------------------|--|--------|--------------------------------------|--|----------|
| 1. Northern Arizona | | 30 | 1. Summer Schenck, Weber State | | 17:26.48 |
| 2. Weber State | | 49 | 2. Jenny Mortensen, Weber State | | 17:28.74 |
| 3. Idaho State | | 85 | 3. Katie Dawson, Northern Arizona | | 17:30.34 |
| 4. Montana State | | 122 | 4. Rikke Pedersen, Northern Arizona | | 17:34.80 |
| 5. Portland State | | 151 | 5. Sarah Thornber, Northern Arizona | | 17:51.28 |
| 6. Montana | | 159 | 6. Marisa Avendano, Sacramento State | | 17:55.10 |
| 7. Cal State Northridge | | 180 | 7. Janet Nelson, Northern Arizona | | 17:57.91 |
| 8. Eastern Washington | | 196 | 8. Anna Hurd, Montana | | 17:58.71 |
| 9. Sacramento State | | 201 | 9. Stefanie Hansen, Weber State | | 17:59.02 |
| | | | 10. Kim Shellman, Portland State | | 18:00.11 |

1995 - November 11, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|-------------------------------------|--|---------|
| 1. Montana State | | 40 | 1. Niamh Beirne, Biose State | | 17:36.6 |
| 2. Weber State | | 55 | 2. Sarah Thornber, Northern Arizona | | 17:38.7 |
| 3. Boise State | | 83 | 3. Darcee O'Donnell, Montana State | | 17:43.0 |
| 4. Northern Arizona | | 89 | 4. Heidi Weir, Weber State | | 17:47.1 |
| 5. Idaho State | | 103 | 5. Molly Robins, Weber State | | 17:50.4 |
| 6. Montana | | 142 | 6. Faith Harvel, Montana State | | 17:51.5 |
| 7. Idaho | | 202 | 7. Emily Thompson, Montana State | | 17:53.4 |
| 8. Eastern Washington | | 223 | 8. Gretchen Carr, Idaho State | | 17:58.2 |
| | | | 9. Katie Dawson, Northern Arizona | | 17:58.9 |
| | | | 10. Katie McGee, Montana State | | 18:00.3 |

1994 - November 13, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|-------------------------------------|--|----------|
| 1. Montana State | | 52 | 1. Rikke Pedersen, Northern Arizona | | 17:43.98 |
| 2. Northern Arizona | | 78 | 2. Faith Harvel, Montana State | | 17:45.74 |
| 3. Weber State | | 82 | 3. Gretchen Carr, Idaho State | | 17:46.11 |
| 4. Idaho State | | 95 | 4. Jill Taylor, Idaho State | | 17:57.17 |
| 5. Idaho | | 123 | 5. Molly Fugal, Weber State | | 17:59.26 |
| 6. Montana | | 129 | 6. Nikki Prisbrey, Weber State | | 18:02.30 |
| 7. Boise State | | 131 | 7. Cori Knoeller, Boise State | | 18:03.72 |
| 8. Eastern Washington | | 235 | 8. Karin Clark, Montana | | 18:05.61 |
| | | | 9. Jamie Tuell, Montana State | | 18:06.89 |
| | | | 10. Shelley Zickler, Idaho | | 18:08.10 |

1993 - November 13, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|----------|
| 1. Weber State | | 47 | 1. Angie Mathison, Idaho | | 17:11.50 |
| 2. Idaho | | 75 | 2. Shelley Smathers, Montana | | 17:14.20 |
| 3. Montana State | | 79 | 3. Christy Michaels, Northern Arizona | | 17:16.60 |
| 4. Northern Arizona | | 94 | 4. Cathy Jolley, Weber State | | 17:37.40 |
| 5. Idaho State | | 112 | 5. Darcee Gilbert, Montana State | | 17:40.00 |
| 6. Montana | | 136 | 6. Shawna Cox, Weber State | | 17:43.90 |
| 7. Boise State | | 141 | 7. Jeni Cushman, Northern Arizona | | 17:46.30 |
| 8. Eastern Washington | | 222 | 8. Christine Oliveira, Idaho State | | 17:47.00 |
| | | | 9. Robin Betz, Idaho | | 17:50.80 |
| | | | 10. Denise Spriggs, Weber State | | 17:58.10 |

1992 - November 14, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|-------|
| 1. Northern Arizona | | 21 | 1. Jennifer Bayliss, Montana State | | 17:12 |
| 2. Montana State | | 92 | 2. Tracy Jarman, Northern Arizona | | 17:19 |
| 3. Weber State | | 97 | 3. Kristi Klinnert, Northern Arizona | | 17:27 |
| 4. Idaho State | | 99 | 4. Calley Nelson, Northern Arizona | | 17:28 |
| 5. Montana | | 117 | 5. Larah Treadwell, Northern Arizona | | 17:30 |
| 6. Idaho | | 118 | 6. Darcee Gilbert, Montana State | | 17:53 |
| 7. Boise State | | 124 | 7. Christy Michaels, Northern Arizona | | 17:56 |
| 8. Eastern Washington | | 238 | 8. Laura Moore, Idaho | | 17:56 |
| | | | 9. Jeni Cushman, Northern Arizona | | 17:56 |
| | | | 10. Cathy Jolley, Weber State | | 17:59 |

1991 - November 16, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------------|--|-------|
| 1. Northern Arizona | | 22 | 1. Kristi Klinnert, Northern Arizona | | 17:15 |
| 2. Weber State | | 48 | 2. Kari McKay, Eastern Washington | | 17:18 |
| 3. Idaho | | 108 | 3. Tracy Jarman, Northern Arizona | | 17:24 |
| 4. Idaho State | | 136 | 4. Larah Treadwell, Northern Arizona | | 17:31 |
| 5. Montana State | | 142 | 5. Calley Nelson, Northern Arizona | | 17:53 |
| 6. Nevada | | 145 | 6. Michelle Sloan, Weber State | | 18:00 |
| 7. Montana | | 151 | 7. Cindy Fowers, Weber State | | 18:02 |
| 8. Eastern Washington | | 155 | 8. Debbie Howard, Weber State | | 18:03 |
| 9. Boise State | | DNS | 9. Christy Michaels, Northern Arizona | | 18:09 |
| | | | 10. Denise Sprigg, Weber State | | 18:10 |

YEAR-BY-YEAR CHAMPIONSHIP RESULTS

1990 - November 10, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--|--|-------|
| 1. Northern Arizona | | 27 | 1. Kristi Klinnert, Northern Arizona | | 17:18 |
| 2. Weber State | | 56 | 2. Kathy Karpel, Boise State | | 17:32 |
| 3. Boise State | | 102 | 3. Tracy Jarman, Northern Arizona | | 17:33 |
| 4. Nevada | | 125 | 4. Kari McKay, Eastern Washington | | 17:41 |
| 5. Idaho State | | 128 | 5. Larah Treadwell, Northern Arizona | | 17:43 |
| 6. Montana State | | 135 | 6. Karen Packham, Weber State | | 17:50 |
| 7. Idaho | | 146 | 7. Cindy Reeder, Weber State | | 17:56 |
| 8. Eastern Washington | | 201 | 8. Calley Nelson, Northern Arizona | | 17:58 |
| 9. Montana | | 210 | 9. Diane Knudson, Idaho | | 17:59 |
| | | | 10. Christy Michaels, Northern Arizona | | 18:01 |

1989 - November 11, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--------------------------------------|--|-------|
| 1. Northern Arizona | | 25 | 1. Larah Treadwell, Northern Arizona | | 17:09 |
| 2. Weber State | | 74 | 2. Maurie Wood, Northern Arizona | | 17:23 |
| 3. Boise State | | 81 | 3. Kristi Klinnert, Northern Arizona | | 17:24 |
| 4. Idaho State | | 106 | 4. Kathleen Monaghan, Montana State | | 17:27 |
| 5. Montana State | | 124 | 5. Kathy Karpel, Boise State | | 17:41 |
| 6. Nevada | | 137 | 6. Bobbi Jo Waite, Idaho State | | 17:55 |
| 7. Montana | | 145 | 7. Nikki Toms, Northern Arizona | | 17:57 |
| 8. Idaho | | 187 | 8. Karen Packham, Weber State | | 18:03 |
| 9. Eastern Washington | | 208 | 9. Natalie Wood, Nevada | | 18:07 |
| | | | 10. Laura Jensen, Weber State | | 18:13 |

1988 - November 12, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|--------------------------------------|--|---------|
| 1. Northern Arizona | | 32 | 1. Patty Young, Nevada | | 17:29.4 |
| 2. Montana State | | 88 | 2. Maurie Wood, Northern Arizona | | 17:34.5 |
| 3. Montana | | 94 | 3. Brenda Payton, Northern Arizona | | 17:46.9 |
| 4. Weber State | | 99 | 4. Kathy Karpel, Boise State | | 17:59.3 |
| 5. Nevada | | 100 | 5. Dana Willie, Weber State | | 18:11.2 |
| 6. Boise State | | 140 | 6. Kathleen Monaghan, Montana State | | 18:12.3 |
| 7. Idaho | | 189 | 7. Beth Ellickson, Northern Arizona | | 18:13.2 |
| 8. Idaho State | | 198 | 8. Patrice Hageman, Northern Arizona | | 18:15.1 |
| 9. Eastern Washington | | 210 | 9. Vonda Harmon, Montana | | 18:16.8 |
| | | | 10. Paula Parsell, Idaho | | 18:18.9 |

*1987 - October 31, Pocatello, Idaho, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---|--|-------|
| 1. Northern Arizona | | 19 | 1. Nikki Toms, Northern Arizona | | 18:02 |
| 2. Montana State | | 67 | 2. Theresa Zacher, Montana State | | 18:19 |
| 3. Montana | | 87 | 3. Brenda Payton, Northern Arizona | | 18:24 |
| 4. Boise State | | 124 | 4. Maurie Wood, Northern Arizona | | 18:31 |
| 5. Idaho | | 132 | 5. Beth Ellickson, Northern Arizona | | 18:36 |
| 6. Weber State | | 149 | 6. Jamie Bisplinghoff, Northern Arizona | | 18:54 |
| 7. Nevada | | 159 | 7. Michelle Buresh, Montana | | 18:57 |
| 8. Idaho State | | 198 | 8. Patty Young, Nevada | | 18:58 |
| 9. Eastern Washington | | 231 | 9. Kathleen Monaghan, Montana State | | 19:00 |
| | | | 10. Vonda Harmon, Montana | | 19:09 |

*1986 - November 1, Moscow, Idaho, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|-------------------------------------|--|-------|
| 1. Montana State | | 55 | 1. Loreen McRae, Montana | | 18:18 |
| 2. Montana | | 66 | 2. Cathy Wall, Idaho | | 18:26 |
| 3. Idaho | | 71 | 3. Michelle Green, Weber State | | 18:36 |
| 4. Weber State | | 78 | 4. Kim Denham, Idaho | | 18:39 |
| 5. Idaho State | | 79 | 5. Theresa Zacher, Montana State | | 18:40 |
| 6. Boise State | | 141 | 6. Mari Green, Weber State | | 18:51 |
| 7. Eastern Washington | | 196 | 7. Kathleen Monaghan, Montana State | | 18:56 |
| | | | 8. Dana Willie, Weber State | | 18:57 |
| | | | 9. Lynn Kaiser, Idaho State | | 19:00 |

*1985 - November 2, Bozeman, Montana, 5,000 Meters

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|----------------------------------|--|-------|
| 1. Montana State | | 48 | 1. Annette Hand, Montana State | | 17:36 |
| 2. Idaho | | 57 | 2. Sherrie Crang, Idaho | | 18:01 |
| 3. Weber State | | 67 | 3. Janet Beaudry, Idaho | | 18:06 |
| 4. Idaho State | | 89 | 4. Molly Tritle, Montana State | | 18:10 |
| 5. Montana | | 99 | 5. Michelle Green, Weber State | | 18:11 |
| 6. Portland State | | 158 | 6. Cathy Wall, Idaho | | 18:15 |
| 7. Eastern Washington | | 187 | 7. Catrina Campbell, Idaho State | | 18:24 |
| 8. Boise State | | 200 | 8. Diane Goebel, Idaho State | | 18:27 |
| | | | 9. Lucia Wanders, Montana | | 18:29 |
| | | | 10. Gina Drumm, Montana | | 18:30 |

YEAR-BY-YEAR CHAMPIONSHIP RESULTS

***1984 - October 27, Ogden, Utah, 5,000 Meters**

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|---------------------------------|--|-------|
| 1. Montana | | 53 | 1. Annette Hand, Montana State | | 18:05 |
| 2. Weber State | | 54 | 2. Pam Paudler, Idaho | | 18:18 |
| 3. Idaho | | 77 | 3. Janet Beaudry, Idaho | | 18:22 |
| 4. Montana State | | 82 | 4. Nancy Woods, Montana | | 18:24 |
| 5. Idaho State | | 124 | 5. Lucia Wanders, Montana | | 18:32 |
| 6. Boise State | | 148 | 6. Lisa Taylor, Idaho | | 18:52 |
| 7. Eastern Washington | | 167 | 7. Michelle Green, Weber State | | 18:55 |
| 8. Portland State | | inc. | 8. Lisa Fransen, Montana | | 19:02 |
| | | | 9. Camille Tueller, Weber State | | 19:04 |

***1983 - November 5, Missoula, Montana, 5,000 Meters**

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|-------------------------------|--|-------|
| 1. Montana | | 37 | 1. Patsy Sharples, Idaho | | 17:41 |
| 2. Idaho | | 44 | 2. Sherrie Crang, Idaho | | 17:50 |
| 3. Weber State | | 75 | 3. Gina Castagna, Montana | | 18:06 |
| 4. Idaho State | | 84 | 4. Becky Wayment, Weber State | | 18:07 |
| 5. Montana State | | 112 | 5. Diana Jones, Weber State | | 18:07 |
| 6. Eastern Washington | | 178 | 6. Lisa Kindelan, Idaho | | 18:10 |
| 7. Boise State | | 182 | 7. Lucia Wanders, Montana | | 18:15 |
| | | | 8. Deidre Hathhorn, Montana | | 18:23 |

***1982 - October 23, Portland, Oregon, 5,000 Meters**

| Final Team Results | | Points | Final Individual Results | | Time |
|-----------------------|--|--------|-----------------------------------|--|-------|
| 1. Idaho | | 26 | 1. Patsy Sharples, Idaho | | 18:15 |
| 2. Montana State | | 59 | 2. Mary Lynn Guyer, Montana State | | 18:24 |
| 3. Montana | | 60 | 3. Pam Paudler, Idaho | | 18:27 |
| 4. Idaho State | | 120 | 4. Deirdre Hathhorn, Montana | | 18:31 |
| 5. Weber State | | 140 | 5. Caroline Crabtree, Idaho | | 18:42 |
| 6. Eastern Washington | | 163 | 6. Karen Voss, Idaho | | 18:46 |
| 7. Portland State | | 171 | 7. Nancy Woods, Montana | | 18:53 |
| 8. Boise State | | 217 | 8. Lisa Fransen, Montana | | 19:03 |
| | | | 9. Debi Sticha, Idaho State | | 19:05 |
| | | | 10. Lynn Creek, Montana State | | 19:07 |

**Denotes Mountain West Championship*

YEAR-BY-YEAR MOUNTAIN REGION RESULTS

2013 - November 15, Ogden, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|-----------------|
| top 10 of 20 | | | |
| 1. Colorado | 29 | 1. Sammy Silva, New Mexico | 20:29.30 |
| 2. New Mexico | 64 | 2. Shalaya Kipp, Colorado | 20:31.00 |
| 3. BYU | 109 | 3. Charlotte Arter, New Mexico | 20:34.80 |
| 4. Weber State | 160 | 4. Carrie Verdon, Colorado | 20:39.30 |
| 5. Air Force | 185 | 5. Erin Clark, Colorado | 20:39.40 |
| 6. Northern Arizona | 188 | 6. Melanie Nun, Colorado | 20:44.30 |
| 7. Montana State | 209 | 7. Heather Demorest, Montana State | 20:44.70 |
| 8. Utah | 214 | 8. Summer Harper, Weber State | 20:45.50 |
| 9. Nevada | 253 | 9. Andrea Harrison, BYU | 20:47.10 |
| 10. Colorado State | 302 | 10. Rebekah Winterton, Utah | 20:49.30 |

2012 - November 9, 2012, Fort Collins, Colo., 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|----------------|
| top 10 of 20 | | | |
| 1. Weber State | 63 | 1. Risper Kimaiyo, Texas El Paso | 20:10.8 |
| 2. New Mexico | 95 | 2. Shalaya Kipp, Colorado | 20:18.1 |
| 3. Colorado | 107 | 3. Amber Henry, Weber State | 20:18.4 |
| 4. Southern Utah | 132 | 4. Amanda Mergaert, Utah | 20:18.7 |
| 5. Colorado State | 173 | 5. Josephine Moultrie, New Mexico | 20:25.1 |
| 6. Utah | 198 | 6. Courtney Schultz, New Mexico St. | 20:26.6 |
| 7. Brigham Young | 210 | 7. Carrie Verdon, Colorado | 20:42.1 |
| 8. Northern Arizona | 225 | 8. Sarah Callister, Weber State | 20:45.1 |
| 9. Utah Valley | 230 | 9. Rochelle Kanuho, Northern Arizona | 20:49.1 |
| 10. Utah State | 326 | 10. Charlotte Arter, New Mexico | 20:54.3 |

2011 - November 12, 2011, Provo, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--------------------------------------|----------------|
| top 10 of 19 | | | |
| 1. New Mexico | 84 | 1. Risper Kimaiyo, Texas-El Paso | 20:35.2 |
| 1. Colorado | 84 | 2. Mordan Haws, Brigham Young | 20:53.2 |
| 3. Weber State | 135 | 3. Rose Tanui, Texas Tech | 20:54.0 |
| 4. Brigham Young | 140 | 4. Shalaya Kipp, Colorado | 20:59.7 |
| 5. Colorado State | 154 | 5. Emma Coburn, Colorado | 21:00.0 |
| 6. Texas Tech | 191 | 6. Amber Henry, Weber State | 21:04.0 |
| 7. Northern Arizona | 204 | 7. Ruth Senior, New Mexico | 21:05.8 |
| 8. Utah | 221 | 8. Cortney Schultz, New Mexico State | 21:09.8 |
| 9. Idaho State | 242 | 9. Amanda Mergaert, Utah | 21:14.5 |
| 10. New Mexico State | 278 | 10. Diana Medina, Southern Utah | 21:16.0 |

2010 - November 13, 2010, Eugene, Oregon, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|-----------------------|------------|-----------------------------------|----------------|
| top 10 of 31 | | | |
| 1. New Mexico | 53 | 1. Risper Kimaiyo, Texas Tech | 20:02.5 |
| 2. Texas Tech | 55 | 2. Rose Tanui, Texas Tech | 20:11.5 |
| 3. Colorado | 59 | 3. Laura Tremblay, Colorado | 20:23.9 |
| 4. BYU | 156 | 4. Natalie Gray, New Mexico | 20:28.6 |
| 5. Colorado State | 175 | 5. Sarah Waldron, New Mexico | 20:30.8 |
| 6. Montana | 215 | 6. Ruth Senior, New Mexico | 20:32.9 |
| 7. Texas - El Paso | 218 | 7. Winrose Karunde, Texas Tech | 20:40.9 |
| 8. Weber State | 243 | 8. Laura Thweatt, Colorado | 20:42.7 |
| 9. Idaho State | 252 | 9. Amanda Mergaert, Utah | 20:45.2 |
| 10. Utah Valley | 287 | 10. Shalaya Kipp, Colorado | 20:48.2 |

2009 - November 14, 2009, Albuquerque, New Mexico, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|---|----------------|
| top 10 of 18 | | | |
| 1. Colorado | 48 | 1. Jenny Barringer, Colorado | 20:29.0 |
| 2. Texas Tech | 53 | 2. Cecily Lemmon, BYU | 20:41.1 |
| 3. BYU | 114 | 3. Allie McLaughlin, Colorado | 20:45.1 |
| 4. UTEP | 116 | 4. Risper Kimaiyo, UTEP | 20:46.5 |
| 5. New Mexico | 120 | 5. Lillian Badaru, Texas Tech | 20:51.5 |
| 6. Colorado State | 145 | 6. Caroline Karunde, Texas Tech | 20:57.3 |
| 7. Northern Arizona | 176 | 7. Purity Biwott, Texas Tech | 21:07.5 |
| 8. Utah Valley | 261 | 8. Veronica Pohl, Northern Arizona | 21:09.0 |
| 9. New Mexico | 262 | 9. Laura Tremblay, Colorado | 21:11.5 |
| 10. Southern Utah | 266 | 10. Kristen Hemphill, Colorado State | 21:16.3 |

YEAR-BY-YEAR DISTRICT SEVEN/MOUNTAIN REGION

2008 - November 15, Fort Collins, Colorado, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|-----------|--|----------------|
| <i>top 10 of 18</i> | | | |
| 1. Texas Tech | 42 | 1. Sally Kipyego, Texas Tech | 19:31.9 |
| 2. New Mexico | 70 | 2. Lillian Badaru, Texas Tech | 20:12.3 |
| 3. Northern Arizona | 92 | 3. Veronica Pohl, Northern Arizona | 20:25.3 |
| 4. Colorado | 133 | 4. Angela Wagner, BYU | 20:43.4 |
| 5. BYU | 152 | 5. Michelle Corrigan, New Mexico | 20:44.8 |
| 6. Utah | 188 | 6. Asia Diaz, Texas Tech | 20:49.8 |
| 7. Colorado State | 212 | 7. Astrid Leutert, Northern Arizona | 20:50.3 |
| 8. Utah State | 218 | 8. Gladys Kipsang, Texas Tech | 20:50.7 |
| 9. Wyoming | 234 | 9. Alyssa Abbott, Utah | 20:52.4 |
| 10. Nevada | 264 | 10. Natalie Haws, Weber State | 20:53.5 |

2007 - November 10, Ogden, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|----------------|
| <i>top 10 of 17</i> | | | |
| 1. Colorado St. | 75 | 1. Sally Kipyego, Texas Tech | 19:29.4 |
| 2. Northern Arizona | 81 | 2. Jenny Barringer, Colorado | 19:43.9 |
| 3. BYU | 90 | 3. Ilsa Paulson, Northern Arizona | 20:34.8 |
| 4. Colorado | 105 | 4. Irene Kimaiyo, Texas Tech | 20:57.2 |
| 5. Texas Tech | 113 | 5. April Thomas, Colorado St. | 21:00.0 |
| 6. New Mexico | 202 | 6. Sara Vaughn, Colorado | 21:00.2 |
| 7. Weber State | 251 | 7. Sariah Long, Weber State | 21:06.2 |
| 8. Utah State | 260 | 8. Gladys Kipsang, Texas Tech | 21:10.7 |
| 9. Wyoming | 261 | 9. Angela Wagner, BYU | 21:12.1 |
| 10. Nevada | 265 | 10. Gretchen Fagley-Johnson, Wyoming | 21:13.3 |

2006 - November 11, Albuquerque, New Mexico, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|-----------------------|------------|--|----------------|
| <i>top 10 of 18</i> | | | |
| 1. Colorado | 64 | 1. Sally Kipyego, Texas Tech | 19:45.9 |
| 2. Texas Tech | 87 | 2. Jenny Barringer, Colorado | 20:30.5 |
| 3. Brigham Young | 94 | 3. Kassi Andersen, Brigham Young | 20:41.6 |
| 4. Colorado State | 96 | 4. Lindsey Anderson, Weber State | 20:59.3 |
| 5. Weber State | 98 | 5. Timmie Murphy, New Mexico | 21:00.0 |
| 6. Northern Arizona | 137 | 6. Nicole Gueldemeister, Northern Arizona | 21:04.7 |
| 7. New Mexico | 179 | 7. Amber Duffin, Brigham Young | 21:05.4 |
| 8. Montana | 238 | 8. Liza Pasciuto, Colorado | 21:06.5 |
| 9. Utah State | 247 | 9. Allie Brosh, Montana | 21:09.2 |
| 10. Wyoming | 288 | 10. Irene Kimaiyo, Texas Tech | 21:14.0 |

2005 - November 12, Provo, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|----------------|
| <i>top 10 of 18</i> | | | |
| 1. Colorado | 53 | 1. Johanna Nilsson, Northern Arizona | 20:39.5 |
| 2. Brigham Young | 59 | 2. Liza Pasciuto, Colorado | 20:52.8 |
| 3. Northern Arizona | 93 | 3. Christine Bolf, Colorado | 20:59.5 |
| 4. Colorado State | 110 | 4. Heidi Magill, Brigham Young | 21:03.3 |
| 5. Weber State | 148 | 5. Chelsea Smith-Mckell, Brigham Young | 21:07.4 |
| 6. New Mexico | 163 | 6. Irene Kimaiyo, Texas Tech | 21:21.1 |
| 7. Utah State | 188 | 7. Kalin Toedebusch, Colorado | 21:28.2 |
| 8. Texas Tech | 280 | 8. Jenny Barringer, Colorado | 21:29.0 |
| 9. Montana | 283 | 9. Nicole Gueldemister, Northern Arizona | 21:31.3 |
| 10. Air Force | 284 | 10. Tiffany Strickland, Utah State | 21:36.3 |

2004 - November 13, Fort Collins, Colorado, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|----------------|
| <i>top 10 of 16</i> | | | |
| 1. Colorado | 32 | 1. Renee Metivier, Colorado | 20:05.4 |
| 2. Brigham Young | 54 | 2. Ida Nilsson, Northern Arizona | 20:25.1 |
| 3. Colorado State | 129 | 3. Laura Turner, Brigham Young | 20:31.6 |
| Utah State | 129 | 4. Sarah Slattery, Colorado | 20:46.8 |
| 5. Wyoming | 154 | 5. Christine Bolf, Colorado | 20:51.0 |
| 6. Northern Arizona | 196 | 6. Heidi Magill, Brigham Young | 20:52.8 |
| 7. Weber State | 202 | 7. Rean Chesser, Brigham Young | 20:59.0 |
| 8. Montana State | 211 | 8. Jacquelyn Gallegos, New Mexico | 21:03.2 |
| 9. University of Utah | 247 | 9. Elise Greenwood-Bahr, Utah | 21:05.2 |
| 10. Air Force | 264 | 10. Natalie Florence, Colorado | 21:06.2 |
| Texas Tech | 264 | | |

YEAR-BY-YEAR DISTRICT SEVEN RESULTS

2003 - November 15, Ogden, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|----------------|
| <i>top 10 of 16</i> | | <i>top 10</i> | |
| 1. Brigham Young | 34 | 1. Michaela Mannova, Brigham Young | 20:33.8 |
| 2. Colorado | 67 | 2. Ida Nilsson, Northern Arizona | 20:47.8 |
| 3. Colorado State | 104 | 3. Laura Turner, Brigham Young | 20:53.4 |
| 4. Northern Arizona | 111 | 4. Renee Metivier, Colorado | 21:05.4 |
| 5. Texas Tech | 144 | 5. Kassi Andersen, Brigham Young | 21:09.2 |
| 6. Nevada | 169 | 6. Johanna Nilsson, Northern Arizona | 21:17.0 |
| 7. Weber State | 222 | 7. Kalin Toedebusch, Colorado | 21:21.3 |
| 8. Utah State | 247 | 8. Christine Bolf, Colorado | 21:26.5 |
| 9. Southern Utah | 255 | 9. Alba Garcia, UTEP | 21:29.1 |
| 10. UTEP | 272 | 10. Breanne Sandberg, Brigham Young | 21:31.5 |

2002 - November 16, Albuquerque, New Mexico, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|--------------|
| <i>top 10 of 17</i> | | <i>top 10</i> | |
| 1. Brigham Young | 29 | 1. Michaela Manova, BYU | 20:31 |
| 2. Colorado | 66 | 2. Ida Nilsson, Northern Arizona | 20:32 |
| 3. Northern Arizona | 90 | 3. Kassie Anderson, BYU | 20:33 |
| 4. Colorado State | 99 | 4. Sara Gorton, Colorado | 20:39 |
| 5. Weber State | 105 | 5. Molly Austin, Colorado | 20:42 |
| 6. Air Force | 209 | 6. Johanna Nilsson, Northern Arizona | 20:45 |
| 7. Montana State | 219 | 7. Katie Martin, BYU | 20:52 |
| 8. Utah State | 220 | 8. Jaime Cottle, BYU | 21:16 |
| 9. Utah | 235 | 9. Natalie Florence, Colorado | 21:20 |
| 10. Texas Tech | 269 | 10. Breanne Sandberg, BYU | 21:22 |

2001 - November 10, Provo, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|----------------|
| <i>top 10 of 17</i> | | <i>top 10</i> | |
| 1. Brigham Young | 31 | 1. Jodi Hughes, Colorado | 21:13.9 |
| 2. Colorado | 48 | 2. Tara Northcutt, BYU | 21:21.0 |
| 3. Northern Arizona | 81 | 3. Molly Austin, Colorado | 21:21.6 |
| 4. Colorado State | 85 | 4. Ida Nilsson, Northern Arizona | 21:26.2 |
| 5. Weber State | 159 | 5. Jessie Kindschi, BYU | 21:32.7 |
| 6. Southern Utah | 238 | 6. Susan Rutherford, Northern Arizona | 21:37.2 |
| 7. Air Force | 243 | 7. Lindsey Thomsen, BYU | 21:42.4 |
| 8. Utah | 267 | 8. Sarah Taylor, BYU | 21:47.0 |
| 9. Utah State | 272 | 9. Nan Evans, BYU | 21:49.4 |
| 10. Texas Tech | 293 | 10. Marget Larson, Colorado | 21:51.5 |

2000 - November 11, Riverdale, Utah, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|----------------|
| <i>top 10 of 17</i> | | <i>top 10</i> | |
| 1. Colorado | 38 | 1. Kara Grgas-Wheeler, Colorado | 20:46.0 |
| 2. Brigham Young | 50 | 2. Sabrina Monro, Montana | 20:54.0 |
| 3. Colorado State | 102 | 3. Sara Gorton, Colorado | 21:13.5 |
| 4. Weber State | 105 | 4. Sharolyn Shields, Brigham Young | 21:31.1 |
| 5. Montana | 160 | 5. Anita Looper, UTEP | 21:31.6 |
| 6. Northern Arizona | 163 | 6. Sarah Ellett, Brigham Young | 21:32.5 |
| 7. Montana State | 201 | 7. Lesley Higgins, Colorado | 21:33.9 |
| 8. Utah State | 228 | 8. Heather Anderson, Montana | 21:35.0 |
| 9. Air Force | 243 | 9. Melanie Steere, Brigham Young | 21:35.8 |
| 10. Utah | 317 | 10. Rebecca Bennion, Weber State | 21:36.5 |

1999 - November 13, Ft. Collins, Colorado, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|----------------|
| <i>top 10 of 17</i> | | <i>top 10</i> | |
| 1. Brigham Young | 20 | 1. Kara Wheeler, Colorado | 16:39.9 |
| 2. Colorado | 61 | 2. Sharolyn Shields, Brigham Young | 17:04.1 |
| 3. Northern Arizona | 116 | 3. Elizabeth Jackson, Brigham Young | 17:05.4 |
| 4. Montana State | 191 | 4. Susan Taylor, Brigham Young | 17:06.4 |
| 5. Utah State | 205 | 5. Tara Rohatinsky, Brigham Young | 17:07.4 |
| 6. Idaho State | 207 | 6. Kara Ormand, Brigham Young | 17:08.1 |
| 7. Weber State | 208 | 7. Leigh Daniel, Texas Tech | 17:08.5 |
| 8. Texas Tech | 212 | 8. Elizabeth Roodell, Colorado State | 17:22.7 |
| 9. Colorado State | 221 | 9. Carrie Messner, Colorado | 17:23.3 |
| 10. Montana | 274 | 10. Amy Swier, Northern Arizona | 17:24.6 |

YEAR-BY-YEAR DISTRICT SEVEN RESULTS

1998 - November 14, Provo, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|----------------|
| <i>top 10 of 13</i> | | <i>top 10</i> | |
| 1. Brigham Young | 28 | 1. Maggie Chan, Brigham Young | 17:33.0 |
| 2. Colorado | 69 | 2. Elizabeth Jackson, Brigham Young | 17:50.2 |
| 3. Northern Arizona | 95 | 3. Kara Ormond, Brigham Young | 17:55.6 |
| 4. Colorado State | 125 | 4. Heidi Hess, Weber State | 17:57.0 |
| 5. Utah State | 165 | 5. Emily Allison, Northern Arizona | 18:02.0 |
| 6. Weber State | 172 | 6. Heather Anderson, Montana | 18:02.5 |
| 7. Montana | 210 | 7. Heather Burroughs, Colorado | 18:04.3 |
| 8. Southern Utah | 211 | 8. Briana Stott-Messick, Colorado | 18:04.9 |
| 9. Utah | 234 | 9. Amy Swier, Northern Arizona | 18:07.2 |
| 10. Montana State | 248 | 10. Courtney Meldrum, Brigham Young | 18:14.7 |

1997 - November 15, Ogden, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|----------------|
| <i>top 10 of 17</i> | | <i>top 10</i> | |
| 1. Brigham Young | 29 | 1. Maggie Chan, Brigham Young | 17:13.3 |
| 2. Colorado | 64 | 2. Amy Swier, Northern Arizona | 17:16.5 |
| 3. Colorado State | 103 | 3. Kelly Smith, Colorado | 17:20.8 |
| 4. Weber State | 118 | 4. Sharlyn Maughan, Weber State | 17:21.0 |
| 5. Northern Arizona | 141 | 5. Courtney Pugmire, Brigham Young | 17:26.4 |
| 6. Idaho State | 175 | 6. Emily Nay, Brigham Young | 17:32.3 |
| 7. Utah | 224 | 7. Marne Findlay, Colorado State | 17:37.2 |
| 8. Texas Tech | 231 | 8. Caisa Monahan, Brigham Young | 17:44.3 |
| 9. Montana State | 239 | 9. Elizabeth Jackson, Brigham Young | 17:50.4 |
| 10. Utah State | 263 | 10. April Brannon, New Mexico | 17:50.9 |

1996 - November 16, Fort Collins, Colorado, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|-----------------|
| <i>top 10 of 14</i> | | <i>top 10</i> | |
| 1. Colorado | 43 | 1. Courtney Pugmire, Brigham Young | 18:18.81 |
| 2. Brigham Young | 55 | 2. Sarah Piccolo, Colorado State | 18:19.26 |
| 3. Colorado State | 108 | 3. Kelly Smith, Colorado | 18:27.35 |
| 4. Northern Arizona | 118 | 4. Marne Findlay, Colorado State | 18:29.66 |
| 5. Utah | 130 | 5. Maggie Chan, Brigham Young | 18:30.81 |
| 6. Weber State | 133 | 6. Carrie Messner, Colorado | 18:36.82 |
| 7. Montana State | 199 | 7. Lauren Adams, Utah | 18:40.61 |
| 8. Boise State | 223 | 8. Colleen Glyde, Colorado | 18:43.37 |
| 9. Idaho State | 227 | 9. Niamh Beirne, Boise State | 18:49.99 |
| 10. New Mexico | 264 | 10. Rikke Pedersen, Northern Arizona | 18:53.76 |

1995 - November 13, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|-------------------------------------|---------|
| <i>top 10 of 16</i> | | <i>top 10</i> | |
| 1. Brigham Young | 24 | 1. Janeth Caizalitin, Brigham Young | 16:54.0 |
| 2. Colorado | 31 | 2. Colleen Glyde, Colorado | 16:56.0 |
| 3. Montana State | 109 | 3. Courtney Pugmire, Brigham Young | 17:16.3 |
| 4. Weber State | 135 | 4. Patty Roberts, Colorado | 17:18.5 |
| 5. Colorado State | 174 | 5. Marty Aparicio, Brigham Young | 17:18.6 |
| 6. Boise State | 180 | 6. Kelly Smith, Colorado | 17:22.5 |
| 7. Northern Arizona | 197 | 7. Diane Wilson, Brigham Young | 17:30.9 |
| 8. Idaho State | 218 | 8. Maggie Chan, Brigham Young | 17:31.6 |
| 9. Utah | 279 | 9. Kristina Dahlberg, Colorado | 17:33.6 |
| 10. Wyoming | 285 | 10. Heather Burroughs, Colorado | 17:34.3 |

1994 - November 13, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|-----------------|
| <i>top 10 of 19</i> | | <i>top 10</i> | |
| 1. Colorado | 26 | 1. Janeth Caizalitin, Brigham Young | 17:06.57 |
| 2. Brigham Young | 42 | 2. Patty Roberts, Colorado | 17:07.44 |
| 3. Montana State | 132 | 3. Natalie Raveling, Colorado | 17:21.83 |
| 4. Northern Arizona | 181 | 4. Amy McNitt, Colorado | 17:31.78 |
| 5. Weber State | 198 | 5. Allison Lusby, Colorado | 17:32.45 |
| 6. Utah | 211 | 6. Julie Orton, Brigham Young | 17:39.82 |
| 7. Colorado State | 225 | 7. Tara Kauffman, Brigham Young | 17:43.01 |
| 8. Idaho State | 227 | 8. Rikke Pedersen, Northern Arizona | 17:43.98 |
| 9. Wyoming | 240 | 9. Angie Lee, Brigham Young | 17:44.77 |
| 10. Fresno State | 254 | 10. Faith Harvel, Montana State | 17:45.74 |

YEAR-BY-YEAR DISTRICT SEVEN RESULTS

1993 - November 13, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|-----------------|
| <i>top 10 of 19</i> | | <i>top 10</i> | |
| 1. Brigham Young | 49 | 1. Janeth Caizalitin, Brigham Young | 17:03.20 |
| 2. Colorado | 57 | 2. Trine Pilskog, Texas-El Paso | 17:08.40 |
| 3. Weber State | 108 | 3. Tonya Todd, Brigham Young | 17:08.80 |
| 4. Montana State | 165 | 4. Brooks Baughman, Colorado | 17:11.10 |
| 5. Idaho | 166 | 5. Angie Mathison, Idaho | 17:11.50 |
| 6. Colorado State | 169 | 6. Shelley Smathers, Montana | 17:14.20 |
| 7. Utah | 187 | 7. Christy Michaels, Northern Arizona | 17:16.60 |
| 8. Northern Arizona | 205 | 8. Patty Roberts, Colorado | 17:26.10 |
| 9. Idaho State | 250 | 9. Heather Witney, Brigham Young | 17:30.60 |
| 10. Wyoming | 256 | 10. Natalie Raveling, Colorado | 17:32.10 |

1992 - November 14, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|--------------|
| <i>top 10 of 19</i> | | <i>top 10</i> | |
| 1. Northern Arizona | 48 | 1. Brooke Baughman, Colorado | 16:53 |
| 2. Brigham Young | 52 | 2. Tonya Todd, Brigham Young | 16:59 |
| 3. Colorado | 125 | 3. Jennifer Cleary, Montana State | 17:12 |
| 4. Colorado State | 183 | 4. Dorota Buczkowska, Brigham Young | 17:14 |
| 5. Weber State | 203 | 5. Alisa Nicodemus, Utah State | 17:14 |
| 6. Montana State | 206 | 6. Tracy Jarman, Northern Arizona | 17:19 |
| 7. Wyoming | 214 | 7. Kristi Klinnert, Northern Arizona | 17:27 |
| 8. Idaho State | 218 | 8. Calley Nelson, Northern Arizona | 17:28 |
| 9. Montana | 249 | 9. Kelly Dix, New Mexico | 17:30 |
| 10. Boise State | 259 | 10. Larah Treadwell, Northern Arizona | 17:30 |

1991 - November 16, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|--------------|
| <i>top 10 of 18</i> | | <i>top 10</i> | |
| 1. Northern Arizona | 50 | 1. Leanne Whitesides, Brigham Young | 17:01 |
| 2. Brigham Young | 67 | 2. Kristi Klinnert, Northern Arizona | 17:15 |
| 3. Weber State | 112 | 3. Kari McKay, Eastern Washington | 17:18 |
| 4. Colorado State | 122 | 4. Sandy Ham, Colorado State | 17:19 |
| 5. Colorado | 138 | 5. Brooke Baughman, Colorado | 17:19 |
| 6. Texas-El Paso | 140 | 6. Tracy Jarman, Northern Arizona | 17:24 |
| 7. Wyoming | 175 | 7. Larah Treadwell, Northern Arizona | 17:31 |
| 8. Idaho | 256 | 8. Tonya Todd, Brigham Young | 17:39 |
| 9. Southern Utah | 284 | 9. Trine Pilskog, Texas-El Paso | 17:43 |
| 10. New Mexico | 289 | 10. Tara Kauffman, Brigham Young | 17:45 |

1990 - November 10, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|--|--------------|
| <i>top 10 of 19</i> | | <i>top 10</i> | |
| 1. Brigham Young | 45 | 1. Wilma Onna, Texas-El Paso | 16:41 |
| 2. Northern Arizona | 57 | 2. Nicole Birk, Brigham Young | 17:11 |
| 3. Weber State | 118 | 3. Kristi Klinnert, Northern Arizona | 17:18 |
| 4. Colorado | 158 | 4. Kathy Karpel, Boise State | 17:32 |
| 5. Wyoming | 189 | 5. Tracy Jarman, Northern Arizona | 17:33 |
| 6. Boise State | 199 | 6. Tonya Todd, Brigham Young | 17:35 |
| 7. Colorado State | 220 | 7. Sandy Ham, Colorado State | 17:37 |
| 8. Utah | 257 | 8. Kari McKay, Eastern Washington | 17:41 |
| 9. Nevada | 261 | 9. Necia Hoffman, Wyoming | 17:41 |
| 10. Idaho State | 262 | 10. Larah Treadwell, Northern Arizona | 17:43 |

1989 - November 11, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|------------|---|--------------|
| <i>top 10 of 19</i> | | <i>top 10</i> | |
| 1. Brigham Young | 53 | 1. Wilma Onna, Texas-El Paso | 16:26 |
| 2. Northern Arizona | 60 | 2. Rita Delnoye, Texas-El Paso | 16:42 |
| 3. Weber State | 157 | 3. Larah Treadwell, Northern Arizona | 17:09 |
| 4. Boise State | 159 | 4. Leanne Martin, Brigham Young | 17:13 |
| 4. Colorado | 159 | 5. Maurie Wood, Northern Arizona | 17:23 |
| 6. Wyoming | 183 | 6. Kristi Klinnert, Northern Arizona | 17:24 |
| 7. Colorado State | 190 | 7. Kathleen Monaghan, Montana State | 17:27 |
| 8. Idaho State | 202 | 8. Nicole Birk, Brigham Young | 17:36 |
| 9. Montana State | 251 | 9. Kathy Karpel, Boise State | 17:41 |
| 10. Texas-El Paso | 263 | 10. Lisa Chipman, Brigham Young | 17:50 |

YEAR-BY-YEAR DISTRICT SEVEN RESULTS

1988 - November 12, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|------------------------------------|---------|
| <i>top 10 of 18</i> | | <i>top 10</i> | |
| 1. Northern Arizona | 77 | 1. Tina Ljungberg, Texas-El Paso | 16:32.1 |
| 2. Brigham Young | 86 | 2. Noeleen Mullan, Brigham Young | 17:16.5 |
| 3. Wyoming | 124 | 3. Gwen Willink, New Mexico | 17:18.5 |
| 4. Colorado State | 152 | 4. Nicole Boes, Colorado State | 17:22.3 |
| 5. New Mexico | 158 | 5. Patty Young, Nevada | 17:29.4 |
| 6. Utah | 185 | 6. Maurie Wood, Northern Arizona | 17:34.5 |
| 7. Montana State | 190 | 7. Cindy Herhand, New Mexico | 17:43.8 |
| 8. Nevada | 194 | 8. Brenda Payton, Northern Arizona | 17:46.9 |
| 9. Montana | 195 | 9. Nicole Birk, Northern Arizona | 17:50.7 |
| 10. Weber State | 209 | 10. Kathy Karpel, Boise State | 17:59.2 |

1987 - November 14, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|--------------------------------------|-------|
| <i>top 10 of 12</i> | | <i>top 10</i> | |
| 1. Northern Arizona | 48 | 1. Kristina Ljungberg, Texas-El Paso | 17:08 |
| 2. Texas-El Paso | 54 | 2. Rita Delnoye, Texas-El Paso | 17:22 |
| 3. Brigham Young | 55 | 3. Noeleen Mullan, Brigham Young | 17:36 |
| 4. Montana State | 134 | 4. Angela Cook, Brigham Young | 17:39 |
| 5. New Mexico | 139 | 5. Celsa Bowman, Utah | 17:39 |
| 6. Utah | 157 | 6. Nikki Toms, Northern Arizona | 17:41 |
| 7. Colorado State | 176 | 7. Maurie Wood, Northern Arizona | 17:44 |
| 8. Idaho | 218 | 8. Nancy Anderson, Brigham Young | 17:46 |
| 9. Wyoming | 234 | 9. Brenda Payton, Northern Arizona | 17:53 |
| 10. Boise State | 257 | 10. Kathleen Monaghan, Montana State | 17:59 |

1986 - November 16, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|--------------------------------------|-------|
| <i>top 10 of 17</i> | | <i>top 10</i> | |
| 1. Brigham Young | 57 | 1. Angela Chalmers, Northern Arizona | 16:33 |
| 2. Northern Arizona | 87 | 2. Carole Roybal, New Mexico | 16:51 |
| 3. Colorado State | 110 | 3. Elizabeth Brax, Texas-El Paso | 16:53 |
| 4. New Mexico | 113 | 4. Nicole Boes, Colorado State | 16:59 |
| 5. Texas-El Paso | 123 | 5. Nancy Anderson, Brigham Young | 17:08 |
| 6. Montana State | 172 | 6. Noeleen Mullan, Brigham Young | 17:21 |
| 7. Wyoming | 198 | 7. Julie Jenkins, Brigham Young | 17:17 |
| 8. Weber State | 230 | 8. Claudina Navarro, Texas-El Paso | 17:24 |
| 9. Idaho State | 239 | 9. Elizabeth Johnson, Colorado State | 17:31 |
| 10. Montana | 247 | 10. Loreen McRae, Montana | 17:38 |

1985 - November 16, Boise, Idaho, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|--|---------|
| <i>top 10 of 13</i> | | <i>top 10</i> | |
| 1. Brigham Young | 37 | 1. Jill Holiday, Brigham Young | 16:53.3 |
| 2. New Mexico | 88 | 2. Angela Chalmers, Northern Arizona | 16:53.7 |
| 3. Northern Arizona | 98 | 3. Carole Roybal, New Mexico | 17:10.0 |
| 4. Montana State | 112 | 4. Annette Hand, Montana State | 17:24.7 |
| 5. Colorado State | 123 | 5. Noeleen Mullan, Brigham Young | 17:30.7 |
| 6. Wyoming | 170 | 6. Ronda Sterkenberg, Northern Arizona | 17:32.4 |
| 7. Idaho | 187 | 7. Regina Nelson, Utah State | 17:46.1 |
| 8. Idaho State | 192 | 8. Liz Brittin, Brigham Young | 17:49.3 |
| 9. Utah | 197 | 9. Dawn Eriacho, New Mexico | 17:51.2 |
| 10. Weber State | 219 | 10. Avril McCluna, Brigham Young | 17:53.1 |

1984 - November 10, American Fork, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|----------------------------------|---------|
| <i>top 10 of 12</i> | | <i>top 10</i> | |
| 1. Brigham Young | 40 | 1. Jill Holiday, Brigham Young | 16:12.5 |
| 2. New Mexico | 79 | 2. Carole Roybal, New Mexico | 16:18.7 |
| 3. Montana | 98 | 3. Annette Hand, Montana State | 16:30.5 |
| 4. Colorado State | 111 | 4. Janell Burgon, Brigham Young | 16:33.6 |
| 5. Northern Arizona | 116 | 5. Regina Nelson, Colorado State | 16:36.4 |
| 6. Utah | 160 | 6. Nancy Woods, New Mexico | 16:38.2 |
| 7. Weber State | 166 | 7. Carla Pittelkow, Utah | 16:42.0 |
| 8. Montana State | 226 | 8. Kelly Champagne, New Mexico | 16:43.3 |
| 9. Wyoming | 237 | 9. Karen Plummer, Colorado State | 16:44.6 |
| 10. Idaho State | 274 | 10. Janet Beaudry, Idaho | 16:44.9 |

YEAR-BY-YEAR DISTRICT SEVEN RESULTS

1983 - November 12, Eden, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|--------|--|---------|
| <i>top 10 of 13</i> | | <i>top 10</i> | |
| 1. Brigham Young | 54 | 1. Patsy Sharples, Idaho | 17:33.1 |
| 2. Montana | 83 | 2. Andrea Everett, Wyoming | 17:37.2 |
| 3. Texas-El Paso | 111 | 3. Jill Holiday, Brigham Young | 17:49.0 |
| 4. Idaho | 122 | 4. Carey May, Brigham Young | 17:55.6 |
| 5. New Mexico | 123 | 5. Angela Chalmers, Northern Arizona | 18:05.7 |
| 6. Northern Arizona | 160 | 6. Marith Risan, Texas-El Paso | 18:24.2 |
| 7. Wyoming | 162 | 7. Gina Castagna, Montana | 18:28.8 |
| 8. Colorado State | 175 | 8. Janell Neeley, Brigham Young | 18:29.2 |
| 9. Idaho State | 225 | 9. Rhonda Sterkenberg, Northern Arizona | 18:31.5 |
| 10. Weber State | 230 | 10. Julie Benzel, Colorado State | 18:32.0 |

1982 - November 12, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|--------|--|---------|
| <i>top 10 of 15</i> | | <i>top 10</i> | |
| 1. Brigham Young | 41 | 1. Jill Molen, Utah | 16:01.8 |
| 2. Idaho | 102 | 2. Patsy Sharples, Idaho | 17:00.8 |
| 3. Colorado State | 104 | 3. Carey May, Brigham Young | 17:01.0 |
| 4. Wyoming | 113 | 4. Janell Neeley, Brigham Young | 17:10.6 |
| 5. New Mexico | 126 | 5. Andrea Everett, Wyoming | 17:11.4 |
| 6. Utah | 138 | 6. Robin Wolfe, Colorado State | 17:12.8 |
| 7. Montana State | 145 | 7. Allison Hollingt, Wyoming | 17:16.7 |
| 8. Northern Arizona | 185 | 8. Mary Guyer, Montana State | 17:22.2 |
| 9. Weber State | 236 | 9. Lisa Larson, Brigham Young | 17:29.2 |
| 10. Idaho State | 272 | 10. Angela Chalmers, Northern Arizona | 17:29.9 |

1981 - November 11, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------------|--------|---------------------------------------|-------|
| <i>top 6 of 6</i> | | <i>top 10</i> | |
| 1. Utah | 30 | 1. Carmen Garduno, Weber State | 17:47 |
| 2. Air Force | 42 | 2. Jill Molen, Utah | 17:51 |
| 3. Weber State | 102 | 3. Marilyn French, Utah | 18:31 |
| 4. Northern Arizona | 111 | 4. Rita Burr, Air Force | 18:38 |
| 5. Northern Colorado | 126 | 5. Kim Sheridan, Air Force | 18:48 |
| 6. Colorado College | 138 | 6. Julie Dunn, Colorado College | 18:52 |
| | | 7. Renee Martin, Utah | 18:53 |
| | | 8. Mary Lou Sedgwick, Utah | 18:54 |
| | | 9. Anetta Weber, Air Force | 19:05 |
| | | 10. Heather Allen, Utah | 19:10 |

1980 - November 1, Salt Lake City, Utah, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|-----------------------|--------|---------------------------------------|---------|
| <i>top 9 of 10</i> | | <i>top 9</i> | |
| 1. Colorado | 65 | 1. Carmen Garduno, Weber State | 18:29.7 |
| 2. Colorado State | 84 | 2. Lisa Nickel, Wyoming | 18:42.9 |
| 3. Wyoming | 88 | 3. Carla Pittelkow, Utah | 18:50.1 |
| 4. Utah | 116 | 4. Alison Butterworth, Colorado | 18:54.6 |
| 5. Brigham Young | 130 | 5. Juanita Neff, Wyoming | 19:02.4 |
| 6. New Mexico | 131 | 6. Jacqueline Richards, Texas-El Paso | 19:03.5 |
| 7. Idaho State | 142 | 7. Lori Jorgensen, Colorado | 19:03.9 |
| 8. Utah State | 193 | 8. Robin Wolfe, Colorado State | 19:05.4 |
| 9. Weber State | 226 | 9. Bonnie Tamis, Colorado State | 19:06.9 |

1979 - November 3, Albuquerque, New Mexico, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|-----------------------|--------|--|---------|
| <i>top 9 of 9</i> | | <i>top 10</i> | |
| 1. Colorado State | 46 | 1. Amy Laffeca, Colorado State | 17:08.5 |
| 2. Colorado | 58 | 2. Debbie Mitchell, Texas-El Paso | 17:39.4 |
| 3. Wyoming | 77 | 3. Jill Molen, Utah | 17:54.9 |
| 4. Utah | 84 | 4. Terri Wells, Colorado State | 18:04.5 |
| 5. Texas-El Paso | 141 | 5. Lori Jorgensen, Colorado | 18:19.6 |
| 6. New Mexico | 163 | 6. Leandra Barinaga, Wyoming | 18:20.9 |
| 7. Idaho State | 181 | 7. Jacqueline Richards, Texas-El Paso | 18:32.3 |
| 8. Brigham Young | 207 | 8. Pam Crockett, Utah | 18:33.0 |
| 9. Weber State | 218 | 9. Fran Montes, Colorado | 18:36.8 |
| | | 10. Dana Derichsweiler, Colorado State | 18:39.6 |

1978 - November 4, Laramie, Wyoming, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|-----------------------|--------|--------------------------------------|-------|
| <i>top 10 of 13</i> | | <i>top 10</i> | |
| 1. Colorado | 52 | 1. Mary Decker, Colorado | 18:42 |
| 2. New Mexico | 68 | 2. Amy Laffoon, Colorado State | 18:59 |
| 3. Colorado State | 85 | 3. Janet Wroblewski, New Mexico | 19:06 |
| 4. Arizona | 106 | 4. Judy McCreery, Northern Colorado | 19:16 |
| 5. Northern Colorado | 131 | 5. Debbie Mitchell, Texas-El Paso | 19:23 |
| 6. Brigham Young | 147 | 6. Terri Wells, Colorado State | 19:28 |
| 7. Wyoming | 149 | 7. Joan Hansen, Arizona | 19:34 |
| 8. Idaho State | 199 | 8. Kathy Wilson, Colorado | 19:39 |
| 9. Texas-El Paso | 207 | 9. Susan Vigil, New Mexico | 19:47 |
| 10. Air Force | 212 | 10. Linda Carlson, Northern Colorado | 20:01 |

YEAR-BY-YEAR WEST REGION RESULTS

2013 - November 15, Sacramento State, Calif., 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|-----------------------------------|----------|
| <i>top 10 of 32</i> | | | |
| 1. Arizona | 84 | 1. Emma Bates, Boise State | 19:10.56 |
| 2. Stanford | 94 | 2. Shelby Houlihan, Arizona State | 19:13.45 |
| 3. Oregon | 120 | 3. Aisling Cuffe, Stanford | 19:14.12 |
| 4. San Francisco | 104 | 4. Katie Flood, Washington | 19:26.77 |
| 5. Washington | 162 | 5. Kelsey Santisteban, California | 19:28.36 |
| 6. Arizona State | 175 | 6. Jessica Tonn, Stanford | 19:30.22 |
| 7. UC Davis | 221 | 7. Laura Hollander, Cal Poly | 19:36.82 |
| 8. Cal Poly | 259 | 8. Elvin Kibet, Arizona | 19:38.77 |
| 9. Portland | 284 | 9. Kayla Beattie, Arizona | 19:38.95 |
| 10. Boise State | 300 | 10. Maria Larsson, Arizona | 19:42.48 |

2012 - November 9, Seattle, Wash., 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|-----------------------------------|-------|
| <i>top 10 of 28</i> | | | |
| 1. Oregon | 64 | 1. Jordan Hasay, Oregon | 19:16 |
| 2. Stanford | 85 | 2. Laura Hollander, Cal Poly | 19:22 |
| 2. Arizona | 85 | 3. Kathy Kroeger, Stanford | 19:27 |
| 4. Washington | 96 | 4. Shelby Houlihan, Arizona St. | 19:50 |
| 5. San Francisco | 151 | 5. Carla Hatton, Stanford | 19:51 |
| 6. UC Davis | 177 | 6. Jennifer Bergman, Arizona | 19:52 |
| 7. UCLA | 217 | 7. Allie Woodward, Oregon | 19:52 |
| 8. Portland | 230 | 8. Kelsey Santisteban, California | 19:52 |
| 9. California | 305 | 9. Aisling Cuffe, Stanford | 19:53 |
| 10. Boise State | 308 | 10. Alexi Pappas, Oregon | 19:54 |

2011 - November 12, Stanford, Calif., 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|-----------------------------------|-------|
| <i>top 10 of 31</i> | | <i>top 10</i> | |
| 1. Washington | 50 | 1. Jordan Hasay, Oregon | 19:44 |
| 2. Arizona | 98 | 2. Deborah Maier, California | 19:51 |
| 3. Stanford | 111 | 3. Tara Erdmann, Loyola Marymount | 19:53 |
| 4. Oregon | 120 | 4. Elvin Kibet, Arizona | 20:09 |
| 5. California | 141 | 5. Katie Flood, Washington | 20:14 |
| 6. San Francisco | 169 | 6. Jennifer Bergman, Arizona | 20:15 |
| 7. Arizona State | 241 | 7. Kathy Kroeger, Stanford | 20:16 |
| 8. UC Davis | 270 | 8. Megan Goethals, Washington | 20:17 |
| 9. Cal Poly | 270 | 9. Chelsea Reilly, California | 20:18 |
| 10. Portland | 315 | 10. Lindsay Flanagan, Washington | 20:27 |

2010 - November 13, Eugene, Oregon, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|--------------------------------|----------|
| <i>top 10 of 31</i> | | <i>top 10</i> | |
| 1. Washington | 73 | 1. Jordan Hasay, Oregon | 20:01.9 |
| 2. Oregon | 77 | 2. Deborah Maier, California | 20:06.81 |
| 3. Stanford | 86 | 3. Alex Kosinski, Oregon | 20:09.53 |
| 4. Arizona | 90 | 4. Tara Erdmann, LMU | 20:11.96 |
| 5. California | 159 | 5. Kathy Kroeger, Stanford | 20:13.47 |
| 6. UC Santa Barbra | 159 | 6. Katie Flood, Washington | 20:17.03 |
| 7. San Francisco | 200 | 7. Justine Johnson, Washington | 20:17.74 |
| 8. Cal Poly | 289 | 8. Amanda Moreno, UCSB | 20:20.70 |
| 9. Portland | 303 | 9. Jennifer Bergman, Arizona | 20:23.13 |
| 10. UCLA | 312 | 10. Zoe Buckman, Oregon | 20:24.73 |

YEAR-BY-YEAR WEST REGION RESULTS

2009 - November 14, Eugene, Oregon, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|-----------------------------------|----------|
| <i>top 10 of 30</i> | | <i>top 10</i> | |
| 1. Washington | 25 | 1. Kendra Schaaf, Washington | 20:41.70 |
| 2. Oregon | 66 | 2. Jordan Hasay, Oregon | 20:52.46 |
| 3. Stanford | 94 | 3. Marie Lawrence, Washington | 20:58.87 |
| 4. Arizona State | 119 | 4. Kailey Campbell, Washington | 21:00.31 |
| 5. Arizona | 202 | 5. Nicole Blood, Oregon | 21:01.00 |
| 6. UC Santa Barbra | 228 | 6. Stephanie Wilson, Santa Clara | 21:01.30 |
| 7. UC Davis | 232 | 7. Katie Follett, Washington | 21:02.93 |
| 8. California | 255 | 8. Alex Kosinski, Oregon | 21:07.25 |
| 9. Oregon state | 302 | 9. Stephanie Marcy, Stanford | 21:09.67 |
| 10. San Francisco | 304 | 10. Christine Babcock, Washington | 21:12.90 |

2008 - November 15, Stanford, California, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------|--------|----------------------------------|----------|
| <i>top 10 of 30</i> | | <i>top 10</i> | |
| 1. Washington | 25 | 1. Alexandra Kosinski, Oregon | 19:59.01 |
| 2. Oregon | 62 | 2. Nicole Blood, Oregon | 20:01.23 |
| 3. Stanford | 91 | 3. Christine Babcock, Washington | 20:02.25 |
| 4. Arizona State | 128 | 4. Marie Lawrence, Washington | 20:03.21 |
| 5. Portland | 215 | 5. Katie Follett, Washington | 20:07.90 |
| 6. UC Davis | 225 | 6. Anita Campbell, Washington | 20:12.08 |
| 7. California | 269 | 7. Amanda Miller, Washington | 20:13.04 |
| 8. Arizona | 290 | 8. Zsofia Erdelyi, USC | 20:17.01 |
| 9. Oregon State | 321 | 9. Laurynne Chetelat, Stanford | 20:17.34 |
| 10. Washington State | 328 | 10. Kari Hardt, Arizona State | 20:18.96 |

2007 - November 10, Eugene, Oregon, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------|--------|---------------------------------|----------|
| <i>top 10 of 31</i> | | <i>top 10</i> | |
| 1. Stanford | 33 | 1. Teresa McWalters, Stanford | 19:57.30 |
| 2. Oregon | 72 | 2. Nicole Blood, Oregon | 20:05.35 |
| 3. Arizona State | 106 | 3. Alex Gits, Stanford | 20:23.40 |
| 4. Washington | 118 | 4. Anita Campbell, Washington | 20:24.40 |
| 5. UC Santa Barbara | 143 | 5. Arianna Lambie, Stanford | 20:31.25 |
| 6. Washington State | 249 | 6. Alexandra Kosinski, Oregon | 20:36.45 |
| 7. Portland | 250 | 7. Katie Follett, Washington | 20:39.70 |
| 8. UC Riverside | 304 | 8. Jenna Kingma, Arizona State | 20:41.30 |
| 9. California | 328 | 9. Dana Morgan, Portland | 20:41.40 |
| 10. Long Beach State | 334 | 10. Lauren Centrowitz, Stanford | 20:44.80 |

2006 - November 11, Portland, Oregon, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|---|---------|
| <i>top 10 of 30</i> | | <i>top 10</i> | |
| 1. Stanford | 42 | 1. Arianna Lambie, Stanford | 20:58.8 |
| 2. UC Santa Barbara | 72 | 2. Kathleen Trotter, Stanford | 21:12.1 |
| 3. Arizona State | 83 | 3. Laura Olvera, UC Irvine | 21:16.2 |
| 4. Washington | 140 | 4. Amanda Trotter, Stanford | 21:16.8 |
| 5. UCLA | 170 | 5. Lauren Christman, UC Santa Barbara | 21:17.5 |
| 6. Oregon | 177 | 6. Anita Campbell, Washington | 21:18.4 |
| 7. Portland | 256 | 7. Laura Mickelson, Loyola Marymount | 21:19.5 |
| 8. UC Irvine | 264 | 8. Amy Lia, Washington | 21:21.2 |
| 9. Washington State | 275 | 9. Jenna Kingma, Arizona State | 21:25.1 |
| 10. Arizona | 309 | 10. Lindsay Christman, UC Santa Barbara | 21:36.0 |

YEAR-BY-YEAR WEST REGION RESULTS

2005 - November 12, Stanford, California, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------|--------|------------------------------------|---------|
| <i>top 10 of 30</i> | | | |
| 1. Stanford | 24 | 1. Arianna Lambie, Stanford | 19:29.3 |
| 2. Arizona State | 48 | 2. Amy Hastings, Arizona State | 19:58.4 |
| 3. Washington | 117 | 3. Ashley Caldwell, UCLA | 20:12.5 |
| 4. Oregon | 139 | 4. Teresa McWalters, Stanford | 20:16.8 |
| 5. UCLA | 196 | 5. Kathleen Trotter, Stanford | 20:17.1 |
| 6. Portland | 228 | 6. Lindsay Flacks, Stanford | 20:17.3 |
| 7. San Diego State | 290 | 7. Victoria Jackson, Arizona State | 20:25.0 |
| 8. Washington State | 299 | 8. Amanda Trotter, Stanford | 20:26.4 |
| 9. UC Irvine | 310 | 9. Haley Paul, Washington State | 20:27.5 |
| 10. Long Beach State | 311 | 10. Anna Massinelli, Arizona State | 20:30.7 |

2004 - November 13, Fresno, California, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------|--------|---------------------------------------|-------|
| <i>top 10 of 28</i> | | | |
| 1. Stanford | 29 | 1. Alicia Craig, Stanford | 20:03 |
| 2. Arizona State | 45 | 2. Amy Hastings, Arizona State | 20:14 |
| 3. UC Santa Barbara | 92 | 3. Anita Siraki, Stanford | 20:17 |
| 4. Idaho | 140 | 4. Desi Davila, Arizona State | 20:36 |
| 5. Washington | 143 | 5. Teresa McWalters, Stanford | 20:37 |
| 6. UCLA | 151 | 6. Victoria Jackson, Arizona State | 20:45 |
| 7. Arizona | 245 | 7. Katy Trotter, Stanford | 20:47 |
| 8. Oregon | 272 | 8. Lauren Christman, UC Santa Barbara | 20:48 |
| 9. Cal Poly | 278 | 9. Laura Harmon, Oregon | 20:52 |
| 10. Washington State | 320 | 10. Letiwe Marakurwa, Idaho | 21:02 |

2003 - November 15, Portland, Oregon, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|----------------------------------|-------|
| <i>top 10 of 31</i> | | | |
| 1. Stanford | 45 | 1. Alicia Craig, Stanford | 20:06 |
| 2. UCLA | 69 | 2. Amy Hastings, Arizona State | 20:22 |
| 3. Washington | 94 | 3. Sara Bei, Stanford | 20:27 |
| 4. Arizona State | 112 | 4. Valerie Flores, UCLA | 20:30 |
| 5. UC Santa Barbara | 175 | 5. Ingvill Makestad, Washington | 20:37 |
| 6. Idaho | 193 | 6. Iryna Vashchuk, USC | 20:38 |
| 7. Cal Poly | 274 | 7. Anna Masinelli, Arizona State | 20:42 |
| 8. Arizona | 290 | 8. Bridget Duffy, Cal Berkley | 20:46 |
| 9. Oregon | 290 | 9. Magdalena Sandoval, Oregon | 20:48 |
| 10. Cal Berkley | 308 | 10. Kathleen Trotter, Stanford | 20:49 |

2002 - November 16, Palo Alto, California, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|-----------------------------------|-------|
| <i>top 10 of 25</i> | | | |
| 1. Stanford | 24 | 1. Alecia Craig, Stanford | 20:39 |
| 2. Arizona | 70 | 2. Lena Nilsson, UC Santa Barbara | 20:45 |
| 3. Arizona State | 83 | 3. Lauren Fleshman, Stanford | 20:54 |
| 4. Washington | 115 | 4. Malindi Elmore, Stanford | 21:07 |
| 5. UCLA | 159 | 5. Sara Bei, Stanford | 21:08 |
| 6. Washington State | 214 | 6. Carrie Zografos, Oregon | 21:26 |
| 7. UC Irvine | 224 | 7. Courtney Inman, Washington | 21:41 |
| 8. Cal Poly | 246 | 8. Jessica Scalzo, Arizona State | 21:45 |
| 9. Boise State | 265 | 9. Jenna Timinsky, UCLA | 21:46 |
| 10. Hawai'i | 295 | 10. Amy Hastings, Arizona State | 21:48 |

2001 - November 10, Tucson, Arizona, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|---------------------------------------|-------|
| <i>top 10 of 25</i> | | | |
| 1. Stanford | 39 | 1. Tara Chaplin, Arizona | 20:40 |
| 2. Arizona | 80 | 2. Lauren Fleshman, Stanford | 20:52 |
| 3. Arizona State | 83 | 3. Lisa Aguilera, Arizona State | 20:53 |
| 4. Washington | 115 | 4. Alicia Craig, Stanford | 21:04 |
| 5. UCLA | 159 | 5. Everlyne Lagat, Washington State | 21:06 |
| 6. Washington State | 214 | 6. Kelly MacDonald, Arizona State | 21:08 |
| 7. UC Irvine | 224 | 7. Sara Bei, Stanford | 21:20 |
| 8. Cal Poly | 246 | 8. Cheryl Smith, Hawaii | 21:36 |
| 9. Boise State | 265 | 9. Brianna Tores, Arizona State | 21:41 |
| 10. Hawai'i | 295 | 10. Katie Appenrodt, UC Santa Barbara | |

YEAR-BY-YEAR WEST REGION RESULTS

2000 - November 11, Fresno, California, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|---------------------------------|-------|
| <i>top 10 of 25</i> | | <i>top 10</i> | |
| 1. Stanford | 58 | 1. Lisa Aguilera, Arizona State | 20:25 |
| 2. Arizona State | 88 | 2. Lauren Fleshman, Stanford | 20:33 |
| 3. Arizona | 126 | 3. Mary Duerbeck, Arizona State | 20:36 |
| 4. Oregon | 169 | 4. Elena Villarreal, Stanford | 20:37 |
| 5. Washington | 170 | 5. Kate Bradshaw, Washington | 20:37 |
| 6. Cal Poly | 187 | 6. Katie Barto, UNLV | 20:38 |
| 7. Washington State | 188 | 7. Cami Matson, Washington | 20:40 |
| 8. UCLA | 199 | 8. Hanna Smedstad, Oregon | 20:42 |
| 9. UC Irvine | 219 | 9. Tara Chaplin, Arizona | 20:44 |
| 10. Idaho | 221 | 10. Christina Bowen, UCLA | 20:44 |

1999 - November 13, Troutdale, Oregon, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|-----------------------------------|-------|
| <i>top 10 of 28</i> | | <i>top 10</i> | |
| 1. Stanford | 29 | 1. Julia Stamps, Stanford | 16:50 |
| 2. Washington | 63 | 2. Erin Sullivan, Stanford | 16:51 |
| 3. Arizona State | 86 | 3. Lauren Fleshman, Stanford | 16:59 |
| 4. UCLA | 139 | 4. Kelly MacDonald, Arizona State | 17:04 |
| 5. Oregon | 158 | 5. Lisa Aguilera, Arizona State | 17:15 |
| 6. Arizona | 166 | 6. Kate Vermeulen, UCLA | 17:19 |
| 7. UC Irvine | 246 | 7. Jen Schindler, Washington | 17:20 |
| 8. Boise State | 277 | 8. Anna Aoki, Washington | 17:22 |
| 9. Washington State | 281 | 9. Melinda Campbell, Washington | 17:24 |
| 10. Cal Poly | 315 | 10. Sally Glynn, Stanford | 17:24 |

1998 - November 14, Fresno, California, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|------------------------------------|-------|
| <i>top 10 of 28</i> | | <i>top 10</i> | |
| 1. Arizona | 78 | 1. Amy Skieresz, Arizona | 16:26 |
| 2. Stanford | 80 | 2. Julia Stamps, Stanford | 16:33 |
| 3. Washington | 110 | 3. Christy Villa, UC Irvine | 16:54 |
| 4. Oregon | 118 | 4. Marie Davis, Oregon | 16:58 |
| 5. UCLA | 164 | 5. Melinda Campbell, Boise State | 17:02 |
| 6. Arizona State | 176 | 6. Angie Fortner, UNLV | 17:04 |
| 7. UC Irvine | 188 | 7. Elissa Riedy, UC Berkeley | 17:08 |
| 8. Washington State | 225 | 8. Sally Glynn, Stanford | 17:12 |
| 9. UC Berkeley | 270 | 9. Megan Maynard, Washington State | 17:12 |
| 10. Boise State | 280 | 10. Grazyna Penc, USC | 17:14 |

1997 - West Region - November 15, Tucson, Arizona, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|------------------------|--------|---|----------------|
| <i>top 10 of 25</i> | | <i>top 10</i> | |
| 1. Stanford | 37 | 1. Amy Skieresz, Arizona | 16:59.9 |
| 2. Oregon | 78 | 2. Julia Stamps, Stanford | 17:13.4 |
| 3. Washington | 98 | 3. Sally Glynn, Stanford | 17:17.0 |
| 4. Arizona | 127 | 4. Mary Cobb, Stanford | 17:18.9 |
| 5. UCLA | 149 | 5. Sara Renfro, Stanford | 17:20.8 |
| 6. Boise State | 165 | 6. Marie Davis, Oregon | 17:26.8 |
| 7. Washington State | 201 | 7. Milena Glusac, Oregon | 17:28.9 |
| 8. Southern California | 240 | 8. Elissa Riedy, Cal-Berkeley | 17:35.0 |
| 9. Cal-Berkeley | 264 | 9. Marisa Avendano, Sacramento State | 17:38.9 |
| 10. Arizona State | 304 | 10. Nicole Kulikov, Fresno State | 17:43.3 |

1996 - November 16, Fresno, California, 5,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|---|--------------|
| <i>top 10 of 24</i> | | <i>top 10</i> | |
| 1. Stanford | 51 | 1. Amy Skieresz, Arizona | 16:13 |
| 2. Arizona | 69 | 2. Emebet Gulilat-Shifaraw, USC | 17:03 |
| 3. Washington | 98 | 3. Marisa Avendano, Sacramento State | 17:08 |
| 4. Oregon | 153 | 4. Jessica Fry, Stanford | 17:09 |
| 5. UCLA | 172 | 5. Monai Chokshi, Stanford | 17:13 |
| 6. UC Berkeley | 232 | 6. Marie Davis, Oregon | 17:14 |
| 7. USC | 233 | 7. Mary Cobb, Stanford | 17:14 |
| 8. Washington State | 236 | 8. Francesca Fairbanks, Gonzaga | 17:15 |
| 9. Cal Poly SLO | 237 | 9. Emily Nay, Arizona | 17:22 |
| 10. Fresno State | 276 | 10. Kristen Parrish, Arizona | 17:22 |

YEAR-BY-YEAR MIDWEST REGION RESULTS

2013 - November 15, Ames, Iowa, 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|----------------------|--------|---------------------------------------|----------|
| <i>top 10 of 30</i> | | | |
| 1. Iowa State | 39 | 1. Crystal Nelson, Iowa State | 20:12.53 |
| 2. Minnesota | 59 | 2. Molly Kayfes, Minnesota | 20:20.83 |
| 3. Oklahoma State | 192 | 3. Bethanie Brown, Iowa State | 20:24.03 |
| 4. Southern Illinois | 217 | 4. Courtney Frericks, UMKC | 20:24.93 |
| 5. Kansas | 218 | 5. Alyssa Schneider, Illinois | 20:25.28 |
| 6. Missouri | 261 | 6. Kaitlyn Fischer, Missouri | 20:26.38 |
| 7. Bradley | 265 | 7. Monika Juodeskaite, Oklahoma State | 20:34.33 |
| 8. Illinois | 270 | 8. Maggie Bollig, Minnesota | 20:35.33 |
| 9. Northwestern | 274 | 9. Laura Docherty, Minnesota | 20:37.28 |
| 10. Loyola (Ill.) | 277 | 10. Perez Rotich, Iowa State | 20:40.48 |

2012 - November 9, Springfield, Mo., 6,000 Meters

| Final Team Results | Points | Final Individual Results | Time |
|---------------------|--------|---------------------------------------|----------|
| <i>top 10 of 31</i> | | | |
| 1. Iowa State | 63 | 1. Betsy Saina, Iowa State | 19:51.46 |
| 2. Oklahoma State | 95 | 2. Al Tuliuk-Bolton, Wichita State | 19:55.67 |
| 3. Minnesota | 96 | 3. Mareike Schruelle, Iowa | 20:09.31 |
| 4. Northwestern | 204 | 4. Jessica Engel, Oklahoma | 20:29.89 |
| 5. Tulsa | 218 | 5. Meaghan Nelson, Iowa State | 20:36.23 |
| 6. Iowa | 220 | 6. Gina Valgoi, Loyola (Ill.) | 20:37.83 |
| 7. North Dakota St. | 232 | 7. Laura Galvan, Kansas State | 20:45.72 |
| 8. Illinois State | 278 | 8. Molly Kayfes, Minnesota | 20:47.87 |
| 9. Illinois | 290 | 9. Monika Juodeskaite, Oklahoma State | 20:51.34 |
| 10. Saint Louis | 292 | 10. Lexi Goldsmith, Northwestern | 20:53.73 |

BIG SKY ALL-ACADEMIC TEAMS

2013

Eastern Washington

Lauren Brewington
Mayra Chavez
Michaela Chucka
Amber Core
Paula Gil-Echevarria
Katie Lynch
Rachael Hatcher
Acacia Smith
Brittney Swanson

Idaho State

Carly Hansen
Ann Jensen
Sasha Kent
Angela McGraw
Katie Nicholls
Korbin Traugher

Montana

Reagan Colyer
Keli Dennehy
Heather Fraley
Sarah Hastings
Allie Parks
Lauryn Wate
Carly Wilczynski

Montana State

Heather Demorest
Jenette Northey
Kaylee Schmitz
Christie Schiel
Rachel Sullivan

North Dakota

Carly Bertsch
Jami Johnson
Larissa Juelich
Amanda Larson
Alisha Lindsay
Jessica Lindsay
Lydia Lutz
Jessica Lynch
Paige Melin
Erin Wysocki

Northern Arizona

Carolyn Bethel
Kelly Fruth
Paige Gilchrist
Jamie Shrader

Northern Colorado

Ashley Atkin
Stephanie Clark

Portland State

Maggie Coleman
Sarah Dean
katherine Hendricks
Keikoanne Hollins
Olivia Loveland
Camelia Mayfield
Cheryn Trapp

Sacramento State

Chloe Berlioux
Morgan Dampier
Emily Johnston
Stephanie Rasmussen
Adrianna Royal
Veronica Stinnett

Southern Utah

Aubrey Bryson
Ashley Hawks
Sierra Malm
Shelli Mogensen
Dayna VanArsdol
Morgan Vorwallner

Weber State

Kelsey Braithwaite
Amber Henry
Hailey Ricks
Jamie Stokes
Amanda Ward

2012

Eastern Washington

Lauren Brewington
Monica Jaenicke
Jessi Johnson
Danie Moon
Acacia Smith
Brittney Swanson

Idaho State

Kylie Hutchison
Callie Kettner
Sasha Kent
Kate Nicholls
Chloe Palakovich
Laura Porras
Audrey Urlacher
Hayli Worthington

Montana

Mariah Meyer
Allie Parks
Autumn Taniguchi
Carly Wilczynski

Montana State

Rachel Atwood
Megan Beam
Michelle Cline
Emily Garneau
Kaylee Schmitz
Rachel Sullivan

North Dakota

Lindsay Anderson
Jami Johnson
McKenzie Lee
Anna Lipetzky
Lydia Lutz
Jessica Lynch
Rachel Miesbauer
Erin Wysocki

Northern Arizona

Kayla Freeman
Rolonda Jumbo
Agnes Laurent
Kerri Lenihan
Sarah Raber

Northern Colorado

Ashley Atkin
Stephanie Clark
Rikki Gonzales
Megan Horsch

Portland State

Erica Contos
Sarah Dean
Katherine Hendricks
Valerie Mitchell

Sacramento State

Chloe Berlioux
Amanda Garcia
Emily Johnston
Adrianna Royal

Southern Utah

Sylvia Bedford
Kirsten Bradford
Lizzy Butler
Kaylee Coates
Whitney Curtis
Danielle Jewkes
Shelli Mogensen
Dayna VanArsdol

Weber State

Kayla Blackford
Sarah Callister
Suzanna Cressal
Jenna Deelstra
Amber Henry
Laken Hintze
Jamie Stokes
Taylor Thornley

2011

Eastern Washington

Lauren Brewington
Stephanie Dye
Jessi Johnson
Dani Moon
Angelica Rodriguez
Acacia Smith
Tonya Turner

Idaho State

Bradi Hutchison
Kylie Hutchison
Callie Kettner
Chloe Palakovich
Audrey Urlacher

Montana

Keli Dennehy
Emily Eickholt
Ani Haas
Annie Moore
Allie Parks
Kesslee Payne
Autumn Taniguchi
Carly Wilczynski

Montana State

Emily Garneau
Heather Haug
Rebecca Sorenson
Keely West

Northern Arizona

Kortnee Burton
Caroline Hogardh
Kylee Kieser
Agnes Laurent
Haley Lawrence
Kerri Lenihan
Sarah Raber

Northern Colorado

Haley Hughes
Nicole Larson
Nicole O'Dwyer

Portland State

Erica Contos

Sacramento State

Breanna Lewis
Teresa Mallory
Justine Rea
Veronica Stinnett

Weber State

Kayla Blackford
Sarah Callister
Natalie Clark
Jenna Deelstra
Amber Henry
Laken Hintze (Skidmore)
Suzanna Sorenson
Loren Storey
Taylor Thornley

2010

Eastern Washington

Sarah Alvick
Stephanie Dye
Monica Jaenicke
Jessi Johnson
Amy Kolin
Kimberly Macias
Micaela Rasmussen
Angelica Rodriguez

Idaho State

Becca Apligton
Brandi Hutchison
Chloe Palakovich
Nicole Peterson
Misha Trotter
Aubrey Urlacher
Erica Wendt-Richardson

Montana

Brooke Andrus
Kelli Dennehy
Kara DeWalt
Bridgette Hoenke
Annie Moore
Kesslee Payne

Montana State

Heather Haug
Laura Kuennen
Rebecca Sorenson
Keely West
Tara Will

Northern Arizona

Carissa Gwerder
Lisette Michaels
Alex Myers
Sarah Raber

Northern Colorado

Megan Horsch
Haley Hughes
Nicole O'Dwyer
Alexandra Sojourner

Portland State

Karissa Fuller
Brittany Long
Julie Pedersen

Sacramento State

Breanne Lewis
Erin Lewis
Rachel Mitchell
Dominique Ratto
Justine Rea
Veronica Stinnett
Lea Wallace

Weber State

Kayla Blackford
Sarah Callister
Jenna Deelstra
Natalie Haws
Loren Storey
Taylor Thornley

BIG SKY ALL-ACADEMIC TEAMS

2009

Eastern Washington

Sarah Alvick
April Axtell
Kelly Downey
Stephanie Dye
Jessi Johnson
Lauren Matthews
Brittney Williams

Idaho State

Kerynn Davis
Brandi Hutchison
Gemma Maini
Chloe Palakovich
Kris Thomasberg
Erica Wendt-Richardson

Montana

Brooke Andrus
Kara DeWalt
Bridgette Hoenke
Kim Tritz

Montana State

Morgan Dunley
Larkin Guenther
Heather Haug
Corrine Malcolm
Rebecca Sorenson
Tara Will

Northern Arizona

Kortnee Burton
Haley Lawrence
Astrid Leutert
Ceronica Pohl
Torin Shiriver

Northern Colorado

Erin Apsey
Kellie Callahan
Megan Horsch
Adrienne Larson
Jacqueline Lomax
Alexandra Sojourner

Portland State

Stephanie Deever
Amelia Holcombe
Brittany Long

Sacramento State

Danzel Bradshaw
Kristina Holtz
Erin Lewis
Rachel Mitchell
Lea Wallace

Weber State

Sarah Callister
Jenna Deelstra
HAley Rose
Laken Skidmore
Loren Storey
Taylor Thornley

2008

Eastern Washington

April Axtell
Kelly Downey
Stephanie Dye
Tera Klein
Lauren Matthews
Amber Nickelson
Brittney Williams

Idaho State

Chealse Kropushek-Miller
Erica Wendt
Bradi Hutchinson
Kerynn Davis
Gemma Maini
Mandi Janowitz
Parris Hodges

Montana

Bridgette Hoenke
Aleta Jokisch
Kim Tritz

Montana State

Kala Jauquet
Morgan Dunley
Brooke Chavez
Heather Haug
Rebecca Sorenson
Lauren Kuennen

Northern Arizona

Kortnee Burton
Addie Devine
Vanessa Hancock
Veronica Pohl

Northern Colorado

Kellie J. Callahan
Brianna K. Spletstoser
Colleen M. Sanderlin
Megan C. Horsch
Adrienne N. Larson
Jacqueline J. Lomax

Portland State

Honisty Baek
Stephanie Deever
Brittany Henderson
Emily Hoover
Adriane Wai

Weber State

Amy Cook
Natalie Haws
Cassie Olson
Haley Rose
Laken Skidmore
Loren Storey
Katie Thompson

2007

Eastern Washington

Mattie Bridgmon
Kiri Garruto
Samantha Modderman
Amber Nickelson

Idaho State

Erica Wendt
Holly Hansen
April Jaynes
Haiden Siepert
Gemma Maini

Montana

Brooke Andrus
Kaci Calawa
Bridgette Hoenke
Mary Kettering

Montana State

Elisabeth Driscoll
Morgan Dunley
Kala Jauquet
Jayme Larson
Kayla Larson

Northern Arizona

Amanda Boyd
Nicole Codd
Lauren Dvoracek
Amanda Griggs
Kelsey Hardt
Ilsa Paulson
Lesley Van Miert

Northern Colorado

Kellie Callahan
Allison McIntire
Colleen Sanderlin
Brianna Spletstoser

Portland State

Stephanie Deever
Karissa Fuller
Emily Hoover
Adriane Wai

Sacramento State

Lora Marchini

Weber State

Amy Cook
Lesley Harvey
Sariah Long
Haley Reeves
Cassie Ricks

2006

Eastern Washington

Mattie Bridgmon
Nicole Buchholtz
Kiri Garruto
Camille Moseley
Amber Nickelson

Idaho State

Jenny Downey
Alyssa Holee
Gemma Maini
Lois Ricardi
Sarah Skeem

Montana

Brooke Andrus
Kaci Calaway
Elisha Cassan
Ashley Colbrese
Megan Ravenscraft
Kim Tritz

Montana State

Elizabeth Driscoll

Northern Arizona

Addie Devine
Amanda Griggs
Nicole Gueldemeister
Katja Rosenplaenter
Anna Ojapalo

Northern Colorado

Colleen Sanderlin
Kathryn Wiederholt
Alison McIntire

Portland State

Sarah Aden
Staci Bienlenberg
Karissa Fuller
Mallory Gordon
Emily Hoover
Amanda Kamm
Adriane Wai

Sacramento State

Beatrice Mireles
Mary Wagner

Weber State

Lindsey Anderson
Heidi Bouwhuis
Lesley Dalton
Cassie Ricks
Jamie Stubbs

2005

Eastern Washington

Mattie Bridgmon
Nicole Clutter
Camille Gibb
Monica Prunty

Idaho State

Shannalee Christman
Jenny Downey
Crystal Galloway
Alyssa Holee
Lisa Podany
Lois Ricardi

Montana

Chelsea Burfiend
Kaci Calaway
Vasi Jankovich
Shannon Johnson
Kim Tritz

Montana State

Elizabeth Driscoll
Carolinne Gottschalk
Kristin Parker
Marilee Woyth
Ana Casillas
Leah Thompson
Jamie Larson

Northern Arizona

Julie Fisher
Nicole Gueldemeister
Anna Johannson
Krista Stepa

Portland State

Staci Bielenberg
Molly Cole
Emily Hoover
Lindsey Kemp
Adriane Wai

Sacramento State

Sara Baxter
Michelle Garcia

Weber State

Lindsay Anderson
Amy Blodgett
Katie Bowen
Chaly Clapier
Lesley Dalton
Shalee Marier
Karley Meikie
Jen Packer
Cheryl Stuart
Jamie Stubbs

2004

Eastern Washington

Nicolle Clutter
Holly Evans
Kiri Garruto
Camille Gibb
Amy Jo Perreault
Caitlin Prunty
Sally Wittwer

Idaho State

Jenny Downey
Crystal Galloway
Alyssa Holee
Lisa Podany
Lois Ricardi
Malorie Stoker

BIG SKY ALL-ACADEMIC TEAMS

Montana

Allie Brosh
Kaci Calaway
Vasi Jankovich
Shannon Johnson
Lindsey Redfern
Julie Schwengler
Anita Sindelar

Montana State

Athlene Allred
Stephanie Carter
Elisabeth Driscoll
Kayla Larson
Mayra Morgado

Northern Arizona

Leah Besh
Erika Edwards
Julie Fisher
Ida Nilsson
Ashley Wright

Portland State

Staci Bielenberg
Amanda Kamm
Bobeya Krishnek

Sacramento State

Sara Baxter

Weber State

Lindsey Anderson
Chaley Clapier
Lauren Dalton
Lesley Dalton
Jennifer Packer
Caroline Pebley
Ashley Rasmussen
Jamie Stubbs

2003

Eastern Washington

Nicolle Clutter
Jennifer Ehrlichman
Holly Evans
Camille Gibb
Cora Hartill
Meagan Jones
Amy Jo Perreault
Caitlin Prunty

Idaho State

Brooke Benedetti
Shannalee Christman
Jenny Downey
Lois Ricardi
Malorie Sunderland

Montana

Amber ARvidson
Kerry Bogner
Dominique Colberg
Vasi Jankovich
Lauren Jensen
Laura Zschaechner

Montana State

Ariana Lee
Mayra Morgado
Ellen Swogger

Northern Arizona

Erika Edwards
Julie Fisher
Ida Nilsson
Natalie Rogers

Portland State

Anne Kawasaki
Bobeya Krishnek
Andrea Schwartz

Sacramento State

Jasmine McMahon

Weber State

Danielle Blaisdell
Heidi Bouwhuis
Amada Chavez
Janae Johnson
Cheryl Jolley
Lindsey Olson
Jennifer Packer
Caroline Pebley

2002

Eastern Washington

Jessica Culnane
Jennifer Ehrlichman
Jeanette Gardiner
Lisa Harrison
Melanie Hevel
Lanaia Jones
Amy Jo Perreault
Caitlin Prunty

Idaho State

Donilyn Rowland
Lisa Podney
Malorie Sunderland

Montana

Kerry Bogner
Shannon Johnson
Lauren Keithly
Jaime Miller
Emily Roser

Montana State

Katherine Amen
Heidi Colpitts
Jessica Holt
Ariana Lee
Joy Ricardi
Rebecca Straw

Northern Arizona

Emily Geneste

Portland State

Brynn Cogdill
Anne Kawasaki
Andrea Schwartz

Sacramento State

Rochelle Brecek
Jennifer Burkhalter
Heather Clark
Annette Corey
Bianca Davis
Virginia Grillo
Melissa Madeson
Jasmine McMahon
Angela Mercado
Molly Peterson
Caitlin Smith

Weber State

Heidi Bouwhuis
Janae Johnson
Cynthia Losee
Genny Minnoch
Ashley Winter
Jessica Winters

2001

Eastern Washington

Jeanette Gardiner
Lisa Harrison
Melanie Hevel
Lanaia Jones
Caitlin Prunty
Jennifer Shay

Idaho State

Brooke Benedetti
Mattie Mulick
Donilyn Rowland

Montana

Amber Arvidson
kerry Bogner
Amy Farmer

Montana State

Heidi Colpitts
Ariana Lee
Emily Plummer

Northern Arizona

Ida Nilsson
Susan Rutherford
Lindsey Townsend

Portland State

Anne Kawasaki
Brook Teller
Ashley Thendick

Sacramento State

Jennifer Burkhalter
Amy Cockerham
Annette Corey
Angela Mercado
Dionne Mitchell

Weber State

Angie Beebe
Rachel Bennion
Heidi Bouwhuis
Janae Johnson
Cynthia Losee
Jessica Winters

2000

Cal State Northridge

Amanda Anderson
Marisol Barajas
Evana Capron
Lisa Clancy
Rosanna Kirkendall
Jennifer Milgram

Eastern Washington

Jennifer Ehrlichman
Jeanette Gardiner
Lisa Harrison
Shavonne Johnson

Idaho State

Brooke Benedetti
Mattie Mulick
Brandy Oliver
Alleen Porter
Coleen Porter
Donilyn Rowland

Montana

Kathryn Kneeshaw
Kelly Rice

Montana State

Erika Abrahamsen
Heidi Colpitts
Ariana Lee
Kelley Mattingly
amy Norden
Emily Plummer

Northern Arizona

Shelby Horgan
Susie Rutherford
Amy Swier
Lindsay Townsend
Kendra Versendaal

Portland State

Lisa Flora
Brady Lukkari
Melissa Telford

Sacramento State

Chrissy Clark
Annette Corey
Ann Koscki
Tina Limon
Melissa Madeson

Weber State

Rachel Bennion
Rebecca Bennion
Sharlyn Geddes
Janae Johnson
Carrie Long
Cynthia Losee
Genny Minnoch
Jessica Winters

1999

Cal State Northridge

Lisa Clancy
Nancy James
Jennifer Walters

Eastern Washington

Katie Ellison
April Franck
Amber Johnson

Idaho State

Emily Mulick
Mattie Mulick
Brandy Oliver
Coleen Porter
Brittani Stucki
Jordan Vaughn

Montana

Katie Kneeshaw
Darci Lewis
Kelly Rice

Montana State

Erika Abrahamsen
Danielle Loomis
Kelley Mattingly
Amy Norden
Emily Plummer
Emily Thompson

Northern Arizona

Emily Allison
Jaymie Harper
Marci Madsen
Christin Ray
Amy Swier
Kendra Versendaal

Portland State

Lisa Flora
Melissa Telford

Sacramento State

Chrissy Clark
Ann Koscki
Melissa Madsen
Lora Peterson
Katina Zannakis

Weber State

Carrie Barlow
Kelly Hansen
Robynn Hill
Genny Minnoch

BIG SKY ALL-ACADEMIC TEAMS

1998

Cal State Northridge
Nancy James

Eastern Washington

April Franck
Amber Johnson
Johanna Lohrmann
Jamie Nichols
Kristy Smith

Idaho State

Pamela Lunn
Emily Mulick
Mattie Mulick
Jennifer Shellenbarger
Brittani Stucki
Jordan Vaughn

Montana

Johnna Bronson
Jennifer Nelson
Summer Nelson
Kelly Rice
Savannah Teller-Brown

Montana State

Danielle Loomis
Kelley Mattingly
Zeffarie Moss
Emily Plummer
Emily Thompson

Northern Arizona

Emily Allison
Marisa Daniel
Marcie Madsen
Rikke Pedersen
Amy Swier
Lindsay Townsend
Kendra Versendall

Portland State

Lisa Flora
Melissa Waggener

Sacramento State

Katie Fontana

Weber State

Danielle Blaisdell
Kelly Hansen
Heidi Hess
Robynn Hill
Martha Isaksen
Sharlyn Maughan
Genny Minnoch

1997

Cal State Northridge

Nancy James
Jennifer Overlock
Gudrun Skuladottir
Jamie Whitmore

Eastern Washington

Jennifer Bauman
April Franck
Cristi Horning
Amber Johnson
Darcy Steele

Idaho State

Sarah Anderson
Shawna Carr
Natalie Chase
Gabrielle Fraley
Elisabeth Jansen
Emily Mulick
Brandy Oliver
Joy Phillips
Shaeleigh Schanz

Montana

Erin Banks
Tana Caskey
Summer Nelson
Katie Rupe

Montana State

Erika Abrahamsen
Christine Determan
Amy Norden
Janet Shumway
Holly Stanish

Northern Arizona

Emily Allison
Marisa Daniel
Jayme Harper
Sara Pope
Christin Ray
Rachel Rieke
Amy Swier
Sarah Thornber

Portland State

Nickie Bourneas

Sacramento State

Naomi Ennis
Katie Fontana
Carie Irwin

Weber State

Kelly Felsted
Kelly Fugal
Stefanie Hansen
Heidi Hess
Robynn Hill
Rosy Lee
Sharlyn Maughan
Summer Schenck

1996

Cal State Northridge

Eman Barfield
Andrea Bruins
Ellen Muench
Jennifer Overlock
Jamie Whitmore

Eastern Washington

Barb Anderson
LaDena Christensen
April Franck
Karen Kile
Carrie Koster

Idaho State

Gretchen Carr
Shawna Carr
Gabrielle Fraley
Elisabeth Jansen
Chanda Lackey
Emily Mulick
Brandy Oliver
Joy Phillips
Jennifer Shellenbarger
Jill Taylor
Jordan Vaughn
Curran Wong

Montana

Erin Banks
Lesla Benton
Anna Hurd
Gena Kappes
Katie Kneeshaw
Erin McMahon
Summer Nelson

Montana State

Christine Determan
Rachel Jaten
Carmal Kelly
Amy Norden
Jody Ruby
Janet Shumway
Holly Stanish

Northern Arizona

Emily Allison
Katherine Dawson
Melissa Goehrig
Rikke Pedersen
Rachel Rieke

Portland State

Lisa Flora
Heather Gilbert
Kim Shellman
Melissa Waggener

Sacramento State

Traci Ballard
Serena Collins
Darcy Gibson
Heather Trout

Weber State

Kelly Felsted
Rosy Gardner
Holly Hansen
Stefanie Hansen
Robynn Hill
Jenny Mortensen
Molly Robins-Fugal
Summer Schenck

1995

Boise State

Brooke Babbitt
Judy Barreto
Bethany Carlson
Debbie Danner
Brenda Funk
Tina Wood

Eastern Washington

Barb Anderson
Shannon Bonogofski
Karen Kile
Carrie Koster
Dawn Pederson

Idaho

Anita Taruscio
Brigitta Sera
Sharry Olsen
Andrea Jenkins
Elizabeth Mahn

Idaho State

Gretchen Carr
Shawna Carr
Chanda Lackey
Brandy Oliver
Joy Phillips
Jennifer Shellenbarger
Jill Taylor

Montana

Erin Banks
Lisa Garber
Glenda Herzberg
Anna Hurd
Gena Kappes
Summer Nelson
Julie Petersen

Montana State

Christine Determan
Rachel Jaten
Katie McGee
Darcee O'Donnell
Emily Thompson
Jamie Tuell

Northern Arizona

Katherine Dawson
Melissa Goehrig
Kelly Jordan
Rachel Rieke

Weber State

Holly Hansen
Stefanie Hansen
Nicole Prisbrey
Molly Robins
Summer Schenck
Julie Wall

1994

Boise State

Niamh Beirne

Eastern Washington

Susan Bonogofski
Carol Mahoney
Dawn Pederson
Nakia Walker
Jenay Yarger

Idaho

Tami Condray
Tara Hamilton
Angela Mathison
Sharry Olsen

Idaho State

Tia Woodfin

Montana

Karin Clark
Lisa Garber
Glenda Herzberg
Julie Petersen
Britt Streets

Montana State

Brooke Daehlin
Christine Determan
Darcee Gilbert
Rachel Jaten
Jamie Tuell

Northern Arizona

Katie Dawson
Missy Goehrig

Weber State

Shawna Cox
Molly Fugal
Christy Jolley

1993

Boise State

Nicole Femino
Allison Norell
Joy Sprague

BIG SKY ALL-ACADEMIC TEAMS

Eastern Washington
Kami Hammond-Hume
Celeste Kaylor
Carol Tobey
Nakia Walker
Jenay Yarger

Idaho
Robin Betz
Tara Hamilton
Beth Mahn
Laura Moore
Rita Sutherlin

Idaho State
Christy Oliveira
Sue Szubert
Tia Woodfin

Montana
Mishka Aznoe
Karin Clark
Jeni Davies
Kathy Marron
Shelley Smathers

Montana State
Darcee Gilbert
Jamie Tuell

Northern Arizona
Jennifer Cushman
Katherine Dawson
Jeanine Hobein
Calley Nelson
Charity Stowell

Weber State
Shawna Cox
Melissa Cragun
Elizabeth Humphreys
Cathy Jolley
Christi Jolley
Michelle Sloan-Huff
Denise Spriggs

1992
Boise State
Nicole Femino
Sara Herman
Allison Norell
Joy Sprague

Eastern Washington
Tamara Brightbill
Carol Tobey

Idaho
Robin Betz
Angie Flak
Tara Hamilton
Robyn Slate

Idaho State
Bobbi Jo Carlovsky
Danielle Fisher
Kristin Galbraith
Sue Szubert
Raelyn Tradler

Montana
Susan Bonogofski
Amy Cassel
Karin Clark
Jeni Davies
Denali Henderson
Nicole Murray
Lynda Rudolph
Shelley Smathers

Montana State
Geni Steffens

Northern Arizona
Kristi Klinnert
Calley Nelson
Charity Stowell
Larah Treadwell

Weber State
Heather Price

1991
Boise State
Sara Herman

Eastern Washington
Kari McKay
Tamara Edmiston

Idaho
Tara Edwards
Angie Falk
Kari Krebsbach
Julia Ondricek
Robyn Slate

Idaho State
Raelyn Tradler
Susan Szubert

Montana
Kim Francis
Denali Henderson
Britt Humphrey
Lynda Rudolph
Laura Simbulan
Jeni Davies

Montana State
Melissa Fink
Kirsten Johnson
Michelle Miller
Kelly Malby

Nevada
Kim Neighbour
Kelly Swinney

Northern Arizona
Larah Treadwell
Calley Nelson
Kristi Klinnert
Charity Stowell
Grace White
Tracy Jarman

Weber State
Michelle Blaisdell
Cynthia Fowers
Deborah Howard

1990
Boise State
Kathy Karpel
Jennifer Beatty
Sara Herman

Eastern Washington
Margret Hagerman
Stephanie Sampson
Amber Ticknor
Idaho
Anna Foreman
Diane Knudson
Kari Krebsbach
Monica Langfeldt
Evelyn Toth

Idaho State
Sandra McGuirk
Becky Sondag

Montana
Kim Francis
Denali Henderson
Lynda Rudolph
Patti Zafft

Montana State
Melissa Fink
Kirsten Johnson
Kelly Malby

Northern Arizona
Kristi Klinnert
Larah Treadwell
Grace White
Tracy Jarman

Weber State
Alydia Anderson
Cary Davis
Deborah Howard
Karen Packham

1989
Boise State
Kathy Karpel
Christine Olen

Eastern Washington
Heather Maple
Stephanie Sampson
Amber Ticknor

Idaho
Kari Krebsbach
Moncia Langfeldt

Idaho State
Sandra McGuirk
Bobbi Jo Waite

Montana
Ann Monaghan
Lynda Rudolph

Montana State
Tara Bohnenblust
Stefanie Harris
Kiersten Johnson
Kathleen Monaghan

Nevada
Theresa Poulson

Northern Arizona
Tracy Jarman
Kristin Porter
Larah Treadwell
Grace White
Maurie Wood

Weber State
Alydia Anderson
Michelle Blaisdell
Deborah Howard
Laura Jensen
Karen Packham

1988
Boise State
Kathy Karpel
Christine Olen

Eastern Washington
Heather Maple
Wendy Wheeler

Idaho
Anna Foreman
Moncia Langfeldt
Louise Mainvil
Patricia Monnie
Paula Parsell
Theresa Wright

Idaho State
Holly Luby

Montana
Jeanine Crabtree
Ronda Harmon
Loreen McRae
Ann Monaghan

Montana State
Kirsten Johnson
Kathleen Monaghan
Marni Ryti

Nevada
Cindy Gould

Northern Arizona
Kathy Dalton
Beth Ellickson
Brenda Payton
Grace White
Maurie Wood

Weber State
Alydia Anderson
Kelly Davis
Laura Jensen
Karen Packham
Dana Willie