

CCIW Women's Outdoor Track & Field History

Year	Champion (Score)	Head Coach	Location
1987	North Central (158)	Marcy Moely	Naperville, Ill.
1988	Augustana (156)	Fred Whiteside	Decatur, Ill.
1989	North Central (185)	Marcy Thurwachter	Kenosha, Wis.
1990	North Central (207)	Marcy Thurwachter	Naperville, Ill.
1991	Augustana (234)	Fred Whiteside	Bloomington, Ill.
1992	North Central (233)	Marcy Thurwachter	Rock Island, Ill.
1993	Augustana (288)	Fred Whiteside	Wheaton, Ill.
1994	Augustana (264.5)	Fred Whiteside	Kenosha, Wis.
1995	Augustana (215.5)	Fred Whiteside	Wheaton, Ill.
1996	Augustana (214.3)	Fred Whiteside	Bloomington, Ill.
1997	Augustana (166.5)	Fred Whiteside	Rock Island, Ill.
1998	Augustana (215.5)	Fred Whiteside	Decatur, Ill.
1999	Augustana (215)	Fred Whiteside	Rock Island, Ill.
2000	Augustana (199.5)	Fred Whiteside	Naperville, Ill.
2001	Augustana (225)	Fred Whiteside	Chicago, Ill.
2002	North Central (174)	Marcy Thurwachter	Kenosha, Wis.
2003	Carthage (176)	Steve Ray	Wheaton, Ill.
2004	Carthage (186)	Stephanie Ulicny	Bloomington, Ill.
2005	Carthage (189)	Stephanie Ulicny	Rock Island, Ill.
2006	Wheaton (179)	Scott Bradley	Decatur, Ill.
2007	North Central (207.5)	Kari Kluckhohn	Naperville, Ill.
2008	Augustana (171)	Fred Whiteside	Chicago, Ill.
2009	Illinois Wesleyan (227)	Chris Schumacher	Kenosha, Wis.
2010	Illinois Wesleyan (245)	Chris Schumacher	Wheaton, Ill.
2011	North Central (236)	Kari Kluckhohn	Rock Island, Ill.
2012	Illinois Wesleyan (204)	Chris Schumacher	Bloomington, Ill.
2013	North Central (264)	Kari Kluckhohn	Decatur, Ill.
2014	North Central (225.5)	Kari Kluckhohn	Naperville, Ill.
2015	Illinois Wesleyan (239.5)	Chris Schumacher	Wheaton, Ill.
2016	Illinois Wesleyan (222)	Chris Schumacher	Rock Island, Ill.
2017	Wheaton (205)	Scott Bradley	Rock Island, Ill.
2018	Wheaton (187)	Scott Bradley	Naperville, Ill.
2019	North Central (175)	Kari Kluckhohn	Kenosha, Wis.
2020	<i>Event cancelled due to COVID-19</i>		
2021	North Central (197)	Kari Kluckhohn	Rock Island, Ill.
2022	North Central (182.5)	Kari Kluckhohn	Wheaton, Ill.
2023	North Central (184)	Kari Kluckhohn	Waukesha, Wis.
2024	North Central (203.5)	Kari Kluckhohn	Rock Island, Ill.

Outstanding Performer

1987	Becky Rucks, Carthage
1988	Janice Swanson, North Park
1989	Janice Swanson, North Park
1990	Janice Swanson, North Park
1991	Julie Weber, Augustana
1992	Michele Maxwell, North Central
1993	Kim Wallace, Augustana
1994	Kim Wallace, Augustana
1995	Rachel Knapp, Augustana
1996	Melissa Todd, Carthage
1997	Melissa Todd, Carthage
1998	Pristina Jones, North Central
1999	Heather Pancake, Wheaton
2000	Tina Moran, Carthage
2001	Sue Denigris, North Central
2002	Sue Denigris, North Central
2003	Shea'na Grigsby, Carthage
2005	Shea'na Grigsby, Carthage
2006	Shea'na Grigsby, Carthage

Track Student-Athlete of the Meet

2007	Jessica Griffin, North Central
2008	Rachel Anderson, Illinois Wesleyan
2009	Amanda La Rocca, Illinois Wesleyan
2010	Amanda La Rocca, Illinois Wesleyan
2011	Hannah Hottle, Augustana
2012	Tara Clemens, Illinois Wesleyan
2013	Sarahbeth Jones, Augustana
2014	Allie Boudreau, Illinois Wesleyan
	Patti Laufenberg, Carthage
2015	Madison Renfro, North Central
2016	Jordan Tuin, Wheaton
	Madison Renfro, North Central
2017	Jordan Tuin, Wheaton
2018	Hannah Roeske, Wheaton
2019	Favor Ezewuzie, Wheaton
2020	<i>No winner (COVID-19)</i>
2021	Favor Ezewuzie, Wheaton
2022	Mackenzie Dixon, Millikin
2023	Lindsey Novak, North Central
2024	Lindsey Novak, North Central

Field Student-Athlete of the Meet

2007	Meghan Voiland, Augustana
2008	Brandy McNeil, Wheaton
2009	Marissa Banks, Augustana
2010	Christine Nelson, Carthage
2011	Mind Harrington, Carthage
2012	Sarah Thompson, Carthage
2013	Allie Boudreau, Illinois Wesleyan
2014	Jocelyn Redlinski, North Central
2015	Allie Boudreau, Illinois Wesleyan
2016	Jill Harmon, Illinois Wesleyan
2017	Morgan Young, Carthage
2018	Elanta Slowek, Carthage
2019	Sarah Schmidt, Carthage
2020	<i>No winner (COVID-19)</i>
2021	Emily Uitenbroek, Carroll
2022	Vanessa Uitenbroek, Carroll
2023	Faith Ladin, North Central
2024	Vanessa Uitenbroek, Carroll

First-Year Student-Athlete of the Meet

2023	Adriana Crabtree, Illinois Wesleyan
2024	Imani Ogunribido, Illinois Wesleyan

Elite 26 Award Winner

2022	Alli Spitzer, Carroll
	Julianne Billings, North Central
	Patrycja Miazek, North Park
	Amy Keane, Wheaton
2023	Esther Brown, Elmhurst
	Amy Keehne, Wheaton
2024	Esther Brown, Elmhurst

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100-Meter Dash

1987	Rita Jett	Augustana	13.59
1988	Dawn Johnson	North Central	13.83
1989	Ophelia Johnson	North Central	12.98
1990	Wendy Bottolfson	Elmhurst	12.90
1991	Renee Theil	Wheaton	12.90
1992	Anniemae Robinson	North Central	12.79
1993	Maria Philip	Augustana	12.38
1994	Amy Staufer	Wheaton	12.40
1995	Felicia Carrell	Augustana	12.85
1996	Felicia Britton	Millikin	12.58
1997	Lakeya Boatright	North Central	12.09
1998	Felicia Britton	Millikin	12.24
1999	Beth Upham	Carthage	12.30
2000	Muneerah Maalik	Illinois Wesleyan	12.29
2001	Sue Denigris	North Central	12.36
2002	Muffy Israel	Carthage	11.95
2003	Muffy Israel	Carthage	11.99
2004	Muffy Israel	Carthage	11.82
2005	Muffy Israel	Carthage	12.11
2006	Keli Coleman	Augustana	12.21
2007	Keli Coleman	Augustana	12.17
2008	Keli Coleman	Augustana	12.16
2009	Amanda LaRocca	Illinois Wesleyan	12.12
2010	Amanda LaRocca	Illinois Wesleyan	11.98
2011	Ashura Jenkins	Carthage	12.20
2012	Ariel Robinson	Millikin	12.11
2013	Ariel Robinson	Millikin	12.52
2014	Nia Joiner	Illinois Wesleyan	12.15
2015	Nia Joiner	Illinois Wesleyan	11.94
2016	Nia Joiner	Illinois Wesleyan	12.26
2017	Elina Gunnarsson	North Park	12.12
2018	Hannah Willhite	Augustana	12.05
2019	Favor Ezewuzie	Wheaton	12.16
2020	<i>No winner (COVID-19)</i>		
2021	Favor Ezewuzie	Wheaton	11.64
2022	Ava David	Elmhurst	12.00
2023	Marcedes Jackson	North Central	12.11
2024	Marcedes Jackson	North Central	11.87

200-Meter Dash

1987	Ophelia Johnson	North Central	26.06
1988	Megan Allen	North Central	26.11
1989	Megan Allen	North Central	25.39
1990	Megan Allen	North Central	25.49
1991	Renee Theil	Wheaton	26.64
1992	Meribeth Schwartz	Augustana	25.87
1993	Maria Philip	Augustana	25.26
1994	Danielle Smith	North Central	25.8 (ht)
1995	Danielle Smith	North Central	26.3 (ht)
1996	Felicia Britton	Millikin	25.63
1997	Lakeya Boatright	North Central	24.65
1998	Felicia Britton	Millikin	25.70
1999	Beth Upham	Carthage	25.08
2000	Sue DiNigris	North Central	25.38
2001	Sue Denigris	North Central	25.58
2002	Muffy Israel	Carthage	24.70
2003	Muffy Israel	Carthage	24.82
2004	Muffy Israel	Carthage	24.81
2005	Muffy Israel	Carthage	24.96
2006	Rachel Anderson	Illinois Wesleyan	24.89
2007	Rachel Anderson	Illinois Wesleyan	24.90
2008	Rachel Anderson	Illinois Wesleyan	25.21
2009	Amanda LaRocca	Illinois Wesleyan	24.94

2010	Amanda LaRocca	Illinois Wesleyan	25.23
2011	Shavantay Thomas	Illinois Wesleyan	25.09
2012	Ariel Robinson	Millikin	24.96
2013	Ariel Robinson	Millikin	25.34
2014	Angela Herrmann	Illinois Wesleyan	25.32
2015	Angela Herrmann	Illinois Wesleyan	24.97
2016	Elina Gunnarsson	North Park	24.61
2017	Elina Gunnarsson	North Park	24.84
2018	Hannah Willhite	Augustana	24.54
2019	Natasha Brown	Wheaton	24.52
2020	<i>No winner (COVID-19)</i>		
2021	Favor Ezewuzie	Wheaton	24.17
2022	Ava David	Elmhurst	24.96
2023	Lindsey Novak	North Central	24.45
2024	McKenzie Reser	Augustana	24.34

400-Meter Dash

1987	Megan Allen	North Central	59.55
1988	Megan Allen	North Central	58.09
1989	Megan Allen	North Central	58.99
1990	Megan Allen	North Central	58.21
1991	Meribeth Schwartz	Augustana	59.55
1992	Meribeth Schwartz	Augustana	57.38
1993	Meribeth Schwartz	Augustana	58.66
1994	Pasty Cargill	North Central	56.11
1995	Jacqueline Bowden	Augustana	58.05
1996	Maggie Zdziarska	North Central	1:00.04
1997	Maggie Zdziarska	North Central	59.66
1998	Phelia Weir	North Central	58.83
1999	Maggie Zdziarska	North Central	57.95
2000	Latrice Powell	Carthage	58.15
2001	Lacretia Carroll	North Park	58.90
2002	Gena Rawlins	Illinois Wesleyan	57.20
2003	Gena Rawlins	Illinois Wesleyan	56.67
2004	Gianina Taylor	Illinois Wesleyan	55.55
2005	Gena Rawlins	Illinois Wesleyan	56.52
2006	Rachel Anderson	Illinois Wesleyan	55.25
2007	Rachel Anderson	Illinois Wesleyan	55.42
2008	Rachel Anderson	Illinois Wesleyan	57.48
2009	Ali McCoy	Illinois Wesleyan	56.24
2010	Ali McCoy	Illinois Wesleyan	56.83
2011	Sheila Walsh	North Central	56.23
2012	Lauren Alpert	Illinois Wesleyan	55.89
2013	Patti Laufenberg	Carthage	57.81
2014	Patti Laufenberg	Carthage	56.46
2015	Maddison Zimmer	Illinois Wesleyan	57.15
2016	Maddison Zimmer	Illinois Wesleyan	55.84
2017	Maddison Zimmer	Illinois Wesleyan	56.61
2018	Katie Eastburn	Augustana	55.96
2019	Erin Lukens	Millikin	58.62
2020	<i>No winner (COVID-19)</i>		
2021	Kaitlin Bonney	North Central	57.17
2022	Lindsey Novak	North Central	58.19
2023	Lindsey Novak	North Central	56.29
2024	Lindsey Novak	North Central	56.97

800-Meter Run

1987	Holly Wentz	Wheaton	2:19.92
1988	Holly Wentz	Wheaton	2:17.59
1989	Amy Gault	Wheaton	2:19.00
1990	Michelle Golden	North Central	2:19.65
1991	Amy Gault	Wheaton	2:21.94
1992	Anne Beatty	North Central	2:24.62
1993	Rachel Knapp	Augustana	2:23.43

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1994	Rachel Knapp	Augustana	2:18.24
1995	Rachel Knapp	Augustana	2:13.54
1996	Melissa Todd	Carthage	2:16.90
1997	Melissa Todd	Carthage	2:16.67
1998	Jacqueline Bliss	Illinois Wesleyan	2:18.27
1999	Jacqueline Bliss	Illinois Wesleyan	2:17.75
2000	Maegan Harris	Augustana	2:17.21
2001	Rachel Brown	Wheaton	2:18.20
2002	Laura Tipton	Illinois Wesleyan	2:20.21
2003	Kelly Van Guilder	Elmhurst	2:17.87
2004	Jessica Elsen	Wheaton	2:17.41
2005	Jessica Elsen	Wheaton	2:19.14
2006	Amber Druen	North Central	2:15.75
2007	Amber Druen	North Central	2:12.4
2008	Liz Driscoll	Augustana	2:19.68
2009	Mackenzie Clemens	Illinois Wesleyan	2:15.70
2010	Mackenzie Clemens	Illinois Wesleyan	2:16.40
2011	Hannah Hottle	Augustana	2:12.07
2012	Tara Clemens	Illinois Wesleyan	2:12.08
2013	Tara Clemens	Illinois Wesleyan	2:12.81
2014	Nora Ferguson	North Central	2:17.07
2015	Jamie Michl	Millikin	2:15.72
2016	Jamie Michl	Millikin	2:13.40
2017	Rachel Thomson	Wheaton	2:17.13
2018	Mackenzie Dixon	Millikin	2:12.68
2019	Mackenzie Dixon	Millikin	2:11.82
2020	<i>No winner (COVID-19)</i>		
2021	Mackenzie Dixon	Millikin	2:10.96
2022	Mackenzie Dixon	Millikin	2:13.56
2023	Alyssa Rafuse	Elmhurst	2:15.14
2024	Lina Maatouk	Augustana	2:18.22

1,500-Meter Run

1987	Amy Lindgren	Wheaton	4:45.60
1988	Amy Lindgren	Wheaton	4:43.40
1989	Rhonda Bayles	North Central	4:47.25
1990	Samantha Moran	Augustana	4:51.74
1991	Teri Meyer	Wheaton	4:50.96
1992	Amy Gualt	Wheaton	4:52.14
1993	Carmen Melendez	North Park	4:54.47
1994	Rachel Knapp	Augustana	4:57.63
1995	Rachel Knapp	Augustana	4:43.54
1996	Melissa Todd	Carthage	4:49.96
1997	Melissa Todd	Carthage	4:47.43
1998	Bethany Axtman	North Central	4:42.56
1999	Maegan Harris	Augustana	4:56.25
2000	Jennifer Walsh	Augustana	4:46.25
2001	Kathleen Brice	Elmhurst	4:44.32
2002	Kathleen Brice	Elmhurst	4:44.26
2003	Kathleen Brice	Elmhurst	4:42.63
2004	Jess Griffin	North Central	4:45.74
2005	Jessica Elsen	Wheaton	4:44.20
2006	Amber Druen	North Central	4:37.81
2007	Amber Druen	North Central	4:37.69
2008	Liz Driscoll	Augustana	4:39.91
2009	Kerry Devitt	Illinois Wesleyan	4:44.28
2010	Mackenzie Clemens	Illinois Wesleyan	4:47.02
2011	Hannah Hottle	Augustana	4:36.21
2012	Tara Clemens	Illinois Wesleyan	4:30.52
2013	Tara Clemens	Illinois Wesleyan	4:34.00
2014	Jessica Bacon	Augustana	4:36.50
2015	Jessica Bacon	Augustana	4:41.30
2016	Erin McCarey	Illinois Wesleyan	4:35.84
2017	Jordan Tuin	Wheaton	4:38.80

2018	Hannah Roeske	Wheaton	4:43.52
2019	Erika Johnson	Wheaton	4:46.01
2020	<i>No winner (COVID-19)</i>		
2021	Rebekah Harden	Illinois Wesleyan	4:35.27
2022	Jenna Fiore	North Central	4:43.72
2023	Alyssa Rafuse	Elmhurst	4:36.43
2024	Ashley Kachurik	Elmhurst	4:55.21

3,000-Meter Run

1987	Amy Lindgren	Wheaton	10:47.8
1988	Amy Lindgren	Wheaton	10:21.25
1989	Carrie Grace	Carroll	10:16.70
1990	Susan Wall	Augustana	10:34.30
1991	Pamela Hicks-Pollack	Carroll	10:23.20
1992	Paula Monk	North Central	10:32.90
1993	Rachel Knapp	Augustana	10:40.70
1994	Rachel Knapp	Augustana	10:26.50
1995	Rachel Knapp	Augustana	10:18.00
1996	Melissa Todd	Carthage	10:34.28
1997	Melissa Todd	Carthage	10:25.67
1998	Bethany Axtman	North Central	10:17.90
1999	Jenni Markanich	Elmhurst	10:17.21
2000	Jenni Markanich	Elmhurst	10:25.90
2001	Kathleen Brice	Elmhurst	10:18.50

5,000-Meter Run

1987	Margo Walsh	North Central	17:58.00
1988	Kyla Turner	Wheaton	18:49.14
1989	Amy Lundgren	Wheaton	18:38.50
1990	Paula Monk	North Central	18:29.60
1991	Paula Monk	North Central	17:54.40
1992	Paula Monk	North Central	18:03.08
1993	Jennifer Johnson	North Central	19:15.01
1994	Jessica Sarelas	North Central	19:06.02
1995	Heather Carpenter	Wheaton	19:11.80
1996	Cindy Aglinskis	North Central	19:22.77
1997	Anne Adduci	North Central	18:07.57
1998	Susan Paige	Augustana	18:16.97
1999	Susan Paige	Augustana	17:41.50
2000	Jenni Markanich	Elmhurst	18:27.07
2001	Jaime Tresemer	North Central	18:00.23
2002	Kathleen Brice	Elmhurst	18:05.50
2003	Kathleen Brice	Elmhurst	18:29.86
2004	Jesi Christianson	Wheaton	18:34.89
2005	Molly Morrison	North Central	18:35.54
2006	Shannon McInnis	North Park	18:05.61
2007	Jessica Griffin	North Central	18:03.88
2008	Lisa Baumert	Wheaton	18:06.77
2009	Katlyn Bednarski	Elmhurst	18:06.17
2010	Amanda Laesch	North Central	17:49.86
2011	Amanda Laesch	North Central	18:20.56
2012	Sarahbeth Jones	Augustana	17:31.04
2013	Sarahbeth Jones	Augustana	17:28.01
2014	Alyssa Poremba	Elmhurst	17:41.33
2015	Megan Costanzo	North Central	17:56.69
2016	Megan Costanzo	North Central	17:46.20
2017	Jordan Tuin	Wheaton	18:01.04
2018	Hannah Roeske	Wheaton	18:22.65
2019	Aryn Embretson	Wheaton	17:37.45
2020	<i>No winner (COVID-19)</i>		
2021	Katie North	Illinois Wesleyan	18:05.35
2022	Susannah Bennett	Wheaton	17:53.24
2023	Susannah Bennett	Wheaton	17:55.06
2024	Emma Odle	Augustana	17:42.18

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10,000-Meter Run

1987	Margo Walsh	North Central	37:57.64
1988	Jill Seagren	Wheaton	38:43.70
1989	Kelly Kiel	Carroll	41:50.80
1990	Deb Townsend	North Park	40:06.00
1991	Deb Townsend	North Park	39:34.00
1992	Margo Walsh	North Central	39:23.83
1993	Deb Townsend	North Park	40:18.91
1994	Lynn Brady	North Central	39:16.20
1995	Jessica Sarelas	North Central	40:48.10
1996	Susan Paige	Augustana	40:45.00
1997	Susan Paige	Augustana	37:25.77
1998	Susan Paige	Augustana	36:50.94
1999	Susan Paige	Augustana	36:48.28
2000	Lisa Schreiner	Carthage	40:00.83
2001	Jaime Tresemer	North Central	37:14.40
2002	Erin Brice	Elmhurst	36:28.25
2003	Adrien Ricci	Elmhurst	39:16.25
2004	Erin Brice	Elmhurst	39:28.59
2005	Molly Morrison	North Central	38:39.11
2006	Shannon McInnis	North Park	37:24.87
2007	Amanda Laesch	North Central	38:23.48
2008	Brooke Zeller	Wheaton	41:09.30
2009	Lisa Baumert	Wheaton	37:53.06
2010	Amanda Laesch	North Central	37:13.87
2011	Lauren Hooks	North Central	37:45.99
2012	Rachel Williams	Illinois Wesleyan	38:47.20
2013	Sarahbeth Jones	Augustana	37:22.36
2014	Megan Costanzo	North Central	36:42.65
2015	Megan Costanzo	North Central	37:27.34
2016	Megan Costanzo	North Central	37:18.51
2017	Aryn Embretson	Wheaton	38:58.56
2018	Victoria Drake	Illinois Wesleyan	36:56.47
2019	Aryn Embretson	Wheaton	35:44.34
2020	<i>No winner (COVID-19)</i>		
2021	Alyssa Mantia	Wheaton	37:26.08
2022	Susannah Bennett	Wheaton	38:12.98
2023	Susannah Bennett	Wheaton	37:07.58
2024	Anna Boardman	Augustana	36:54.69

100-Meter Hurdles

1987	Ophelia Johnson	North Central	15.21
1988	Ophelia Johnson	North Central	15.02
1989	Ophelia Johnson	North Central	15.39
1990	Ophelia Johnson	North Central	15.08
1991	Juli Weber	Augustana	16.30
1992	Michele Maxwell	North Central	15.80
1993	Kim Wallace	Augustana	15.15
1994	Kim Wallace	Augustana	14.5
1995	Ali Davis	Millikin	14.52
1996	Ali Davis	Millikin	14.96
1997	Heather Pancake	Wheaton	15.09
1998	Allison Wolak	Augustana	14.95
1999	Shari Hayden	North Park	15.19
2000	Shari Hayden	North Park	14.73
2001	Traci Skibitzski	Augustana	15.10
2002	Kristina Maksinski	North Central	15.05
2003	Shea'na Grigsby	Carthage	14.69
2004	Shea'na Grigsby	Carthage	14.16
2005	Shea'na Grigsby	Carthage	14.38
2006	Shea'na Grigsby	Carthage	14.07
2007	Theresa Suwannapal	Augustana	14.42
2008	Amanda LaRocca	Illinois Wesleyan	14.68
2009	Heather Gilmore	Carthage	14.45

2010	Amanda LaRocca	Illinois Wesleyan	14.55
2011	Melissa Savino	North Central	15.14
2012	Rosalie Dillon	Wheaton	15.29
2013	Kierra Smith	Augustana	15.17
2014	Madison Renfro	North Central	14.25
2015	Madison Renfro	North Central	13.94
2016	Madison Renfro	North Central	14.04
2017	Sofia Wajner	Augustana	14.62
2018	Favor Ezewuzie	Wheaton	15.26
2019	Favor Ezewuzie	Wheaton	14.42
2020	<i>No winner (COVID-19)</i>		
2021	Favor Ezewuzie	Wheaton	13.73
2022	Julia Babinec	North Central	13.94
2023	Julia Babinec	North Central	13.89
2024	Thea Ring	North Park	14.44

400-Meter Hurdles

1987	Carey Bartz	Augustana	1:06.27
1988	Janice Swanson	North Park	1:06.66
1989	Patti Wenig	Augustana	1:08.31
1990	Krista Thyreen	North Park	1:03.61
1991	Patti Wenig	Augustana	1:06.00
1992	Steff Jamiel	North Park	1:07.40
1993	Becky Nelson	Wheaton	1:06.96
1994	Patsy Cargill	North Central	1:03.00
1995	Sarah Rader	North Central	1:06.97
1996	Saran Rader	North Central	1:06.71
1997	Vanessa Vaughn	North Central	1:07.79
1998	Ta'Nia Wright	Carthage	1:06.21
1999	Vanessa Vaughn	North Central	1:03.90
2000	Tina Moran	Carthage	1:03.00
2001	Jill Theobald	Carthage	1:03.72
2002	Deana Locasio	North Central	1:05.09
2003	Shea'na Grigsby	Carthage	1:01.64
2004	Shea'na Grigsby	Carthage	1:01.44
2005	Shea'na Grigsby	Carthage	1:03.73
2006	Shea'na Grigsby	Carthage	1:04.27
2007	Lindsey Homfeldt	Augustana	1:06.37
2008	Lindsey Homfeldt	Augustana	1:06.33
2009	Allison Schaley	Augustana	1:05.62
2010	Bridgette Starwalt	Millikin	1:04.15
2011	Tiffany Overlien	Wheaton	1:02.38
2012	Amanda Coglianesse	North Central	1:02.31
2013	Kierra Smith	Augustana	1:01.56
2014	Kierra Smith	Augustana	1:01.94
2015	Madison Renfro	North Central	1:02.49
2016	Madison Renfro	North Central	1:01.70
2017	Liz Oltman	Illinois Wesleyan	1:02.31
2018	Erin Lukens	Millikin	1:01.58
2019	Jessica Franklin	Illinois Wesleyan	1:00.88
2020	<i>No winner (COVID-19)</i>		
2021	Kelsey Wyman	Illinois Wesleyan	1:03.38
2022	Grace Robinson	Carthage	1:04.28
2023	Julia Babinec	North Central	1:04.46
2024	Hannah Jones	North Central	1:06.25

3,000-Meter Steeplechase

2002	Rachael Zisch	Wheaton	11:33.36
2003	Rachael Zisch	Wheaton	11:22.86
2004	Melinda Sprague	Illinois Wesleyan	11:16.07
2005	Melinda Sprague	Illinois Wesleyan	11:31.91
2006	Melinda Sprague	Illinois Wesleyan	11:08.21
2007	Jessica Griffin	North Central	11:03.90
2008	Mary Ellen Barron	Illinois Wesleyan	11:16.63

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2009	Jennifer Parisi	Wheaton	11:25.70
2010	Sarah Beasley	Wheaton	11:29.49
2011	Sara Greeley	Wheaton	11:04.39
2012	Jaime Orewiler	Wheaton	11:21.42
2013	Annie Shults	Wheaton	11:12.33
2014	Jordan Tuin	Wheaton	11:04.29
2015	Jessica Hawthorne	Wheaton	11:34.16
2016	Jordan Tuin	Wheaton	10:47.97
2017	Jordan Tuin	Wheaton	10:54.71
2018	Hannah Roeske	Wheaton	10:45.15
2019	Dianne Barajas	North Central	11:32.87
2020	<i>No winner (COVID-19)</i>		
2021	Emily Gilligan	Elmhurst	11:21.48
2022	Emily Gilligan	Elmhurst	11:11.73
2023	Adriana Crabtree	Illinois Wesleyan	11:16.06
2024	Emma Odle	Augustana	10:56.00

400-Meter Relay

1987	North Central	49.59
1988	North Central	49.10
1989	North Central	49.84
1990	North Central	49.51
1991	North Central	49.50
1992	North Central	50.97
1993	Augustana	50.09
1994	North Central	50.4(ht)
1995	North Central	50.03
1996	North Central	46.58
1997	North Central	48.93
1998	North Central	49.54
1999	North Central	48.09
2000	North Central	48.31
2001	North Central	48.35
2002	Carthage	47.95
2003	Carthage	48.14
2004	Illinois Wesleyan	47.79
2005	Carthage	47.77
2006	Augustana	48.12
2007	Augustana	48.16
2008	Illinois Wesleyan	47.99
2009	Illinois Wesleyan	48.24
2010	Illinois Wesleyan	48.92
2011	Carthage	47.43
2012	Illinois Wesleyan	47.54
2013	North Central	48.64
2014	North Central	48.30
2015	Illinois Wesleyan	47.29
2016	Illinois Wesleyan	46.95
2017	Wheaton	47.39
2018	Augustana	47.56
2019	Wheaton	47.46
2020	<i>No winner (COVID-19)</i>	
2021	North Central	47.86
2022	North Central	47.90
2023	North Central	46.85
2024	North Central	46.87

1600-Meter Relay

1987	North Central	4:07.22
1988	North Central	4:03.92
1989	North Central	4:06.68
1990	North Central	4:00.40
1991	Augustana	4:03.99
1992	Augustana	4:04.07

1993	North Central	4:05.64
1994	Augustana	4:00.54
1995	North Central	4:04.39
1996	North Central	4:03.48
1997	North Central	4:07.90
1998	Augustana	3:59.59
1999	Carthage	3:57.73
2000	Carthage	3:56.74
2001	Illinois Wesleyan	3:58.46
2002	Illinois Wesleyan	3:56.12
2003	Illinois Wesleyan	3:52.49
2004	Illinois Wesleyan	3:56.34
2005	Illinois Wesleyan	3:55.35
2006	Wheaton	3:53.57
2007	Illinois Wesleyan	3:55.34
2008	Illinois Wesleyan	3:59.88
2009	North Central	3:58.39
2010	North Central	3:57.40
2011	Illinois Wesleyan	3:53.20
2012	Illinois Wesleyan	3:53.24
2013	Wheaton	3:55.68
2014	Illinois Wesleyan	3:52.41
2015	Illinois Wesleyan	3:53.49
2016	Wheaton	3:55.02
2017	Wheaton	3:49.41
2018	Augustana	3:52.89
2019	Millikin	3:57.94
2020	<i>No winner (COVID-19)</i>	
2021	Millikin	3:54.19
2022	Millikin	3:55.21
2023	North Central	3:54.91
2024	North Central	3:57.51

Triple Jump

1987	Pattie Warden	Carroll	36-4 1/2
1988	Pattie Warden	Carroll	37-5 1/4
1989	Janice Swanson	North Park	37-6
1990	Patti Wenig	Augustana	36-10 1/2
1991	Becca Still	North Central	36-6
1992	Kim Callaway	Carroll	36-4 1/2
1993	Deanne Reedquist	North Central	35-2
1994	Farah Mahmood	Illinois Wesleyan	36-0
1995	Sarah Haag	Illinois Wesleyan	35-6
1996	Sarah Haag	Illinois Wesleyan	35-10 3/4
1997	Laura Kohaus	Illinois Wesleyan	36-3
1998	Vanessa Vaughn	North Central	36-9
1999	Vanessa Vaughn	North Central	36-8 3/4
2000	Tammie Beasley	Augustana	38-3 1/4
2001	Tammie Beasley	Augustana	38-0
2002	Lacretia Carrol	North Park	38-6 1/4
2003	Angie Hawk	Millikin	38-6 3/4
2004	Angie Hawk	Millikin	37-10 3/4
2005	Melissa Harden	Illinois Wesleyan	37-8 1/2
2006	Angie Hawk	Millikin	38-9
2007	Meghan Voiland	Augustana	38-5
2008	Kelsey Duhai	Augustana	37-4
2009	Chinny Ekwulugo	Illinois Wesleyan	39-0 1/2
2010	Chinny Ekwulugo	Illinois Wesleyan	36-5 1/2
2011	Ella Mathieson	Augustana	37-6
2012	Lauren Alpert	Illinois Wesleyan	37-1 3/4
2013	Jill Harmon	Illinois Wesleyan	35-11 1/4
2014	Jill Harmon	Illinois Wesleyan	38-1 1/4
2015	Kelli Herlitz	Illinois Wesleyan	38-6 1/4
2016	Jill Harmon	Illinois Wesleyan	38-9 3/4

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2017	Kelsey Cunningham	Augustana	37-10
2018	Brea Blackwell	Millikin	38-2 3/4
2019	Kelsey McLaurin	North Central	38-10 1/2
2020	<i>No winner (COVID-19)</i>		
2021	Brea Blackwell	Millikin	36-11
2022	Amanda Lams	Elmhurst	37-8 3/4
2023	Lauren Wong	Illinois Wesleyan	38-5 1/2
2024	Imani Ogunribido	Illinois Wesleyan	40-4 1/4

Discus

1987	Becky Rucks	Carthage	124-11
1988	Zoe Custer	North Park	131-2 1/2
1989	Linda Coedert	Carroll	117-5
1990	Tina Williams	Augustana	118-8 1/2
1991	Traci Rose	North Central	122-4
1992	Jill Dennison	North Central	126-9
1993	Suzanne Wonser	Augustana	126-3 1/2
1994	Kristin Pittman	Augustana	126-3
1995	Kristin Pittman	Augustana	135-7
1996	Kristin Pittman	Augustana	144-5
1997	Becky Raube	Carthage	126-6
1998	Anna Fuller	North Central	126-6
1999	Becki Schmitz	Carthage	124-3
2000	Becki Schmitz	Carthage	143-0
2001	Becki Schmitz	Carthage	148-11
2002	Becki Schmitz	Carthage	131-9
2003	Nicky Burns	Wheaton	132-4
2004	Jenny Schloz	Illinois Wesleyan	130-3
2005	Kara Hoxworth	Wheaton	128-3
2006	Kara Howworth	Wheaton	137-5
2007	Marissa Banks	Augustana	134-9
2008	Marissa Banks	Augustana	146-3
2009	Marissa Banks	Augustana	141-3
2010	Brittany Sherron	Millikin	136-2
2011	Mindy Harrington	Carthage	153-6
2012	Brittany Sherron	Millikin	141-1
2013	Ebony Stallworth	North Central	131-3
2014	Morgan Young	Carthage	148-2
2015	Elante Slowek	Carthage	138-7
2016	Morgan Young	Carthage	158-7
2017	Morgan Young	Carthage	154-4
2018	Sarah Schmidt	Carthage	154-1
2019	Sarah Schmidt	Carthage	137-0
2020	<i>No winner (COVID-19)</i>		
2021	Morgan Davister	Carroll	141-11
2022	Vanessa Uitenbroek	Carroll	144-7
2023	Vanessa Uitenbroek	Carroll	153-4
2024	Vanessa Uitenbroek	Carroll	166-11

Javelin

1987	Mona Martin	North Central	125-2
1988	Zoe Custer	North Park	117-9
1989	Linda Goedert	Carroll	112-0
1990	Stacey Bevins	Millikin	104-5 1/2
1991	Annette Kuhel	Augustana	127-6
1992	Brandi Winski	North Central	134-8
1993	Brandi Winski	North Central	121-5
1994	Kim Wallace	Augustana	124-10
1995	Jennifer Myers	Millikin	113-5
1996	Line Lande	North Park	111-1
1997	Kim Denton	Carthage	139-7
1998	Heather Pancake	Wheaton	139-7
1999	Heather Pancake	Wheaton	136-9
2000	Amy Calderone	Augustana	136-10
2001	Amy Calderone	Augustana	140-10

2002	Carol Reif	Augustana	118-9
2003	Carol Reif	Augustana	124-2
2004	Carol Reif	Augustana	129-8
2005	Molli Hermiston	Elmhurst	132-3
2006	Brandi McNeil	Wheaton	146-5
2007	Brandi McNeil	Wheaton	162-0
2008	Brandi McNeil	Wheaton	140-3
2009	Brandi McNeil	Wheaton	138-11
2010	Kristine Zizis	North Central	119-9
2011	Brianna Tolliver	North Central	130-7
2012	Brianna Tolliver	North Central	131-4
2013	Allie Boudreau	Illinois Wesleyan	128-9
2014	Kienna Schumacher	Illinois Wesleyan	115-0
2015	Allie Boudreau	Illinois Wesleyan	139-1
2016	Elanta Slowek	Carthage	136-0
2017	Elanta Slowek	Carthage	124-0
2018	Elanta Slowek	Carthage	143-5
2019	Caitlyn Adams	Carroll	117-10
2020	<i>No winner (COVID-19)</i>		
2021	Faith Ladin	North Central	137-2
2022	Faith Ladin	North Central	131-6
2023	Hannah Jones	North Central	126-10
2024	Hannah Jones	North Central	144-2

Long Jump

1987	Janice Swanson	North Park	17-1
1988	Janice Swanson	North Park	17-10 1/2
1989	Becca Still	North Central	17-5 3/4
1990	Rachel Smith	North Central	17-7
1991	Becca Still	North Central	16-9 1/4
1992	Michele Maxwell	North Central	16-10 3/4
1993	Maria Philip	Augustana	17-3 1/2
1994	Charlita Williamson	North Central	16-11 1/2
1995	Sara Haag	Illinois Wesleyan	17-4 1/4
1996	Tanya Liermann	Carthage	17-0 1/2
1997	Pristina Jones	North Central	18-2 1/2
1998	Pristina Jones	North Central	18-10 1/2
1999	Pristina Jones	North Central	18-5 1/4
2000	Tammie Beasley	Augustana	17-10 3/4
2001	Sue DeNigris	North Central	18-5
2002	Sue DeNigris	North Central	17-8 1/4
2003	Lucia Abel	North Park	18-2 1/4
2004	Missa Harden	Illinois Wesleyan	18-1 1/2
2005	Lucia Abel	North Park	18-5 1/4
2006	Shea'na Grigsby	Carthage	18-5 3/4
2007	Kapricia Poulos	Millikin	18-3 3/4
2008	Rachel Secrest	North Central	18-1 3/4
2009	Lauren Alpert	Illinois Wesleyan	18-3
2010	Amanda LaRocca	Illinois Wesleyan	18-8 1/2
2011	Ella Mathieson	Augustana	18-6
2012	Lauren Alpert	Illinois Wesleyan	18-0 1/2
2013	Nia Joiner	Illinois Wesleyan	17-7
2014	Nia Joiner	Illinois Wesleyan	18-0 1/2
2015	Amelia Glueck	Illinois Wesleyan	18-11 3/4
2016	Amelia Glueck	Illinois Wesleyan	19-3 1/2
2017	Amelia Glueck	Illinois Wesleyan	19-0 3/4
2018	Amelia Glueck	Illinois Wesleyan	19-6 3/4
2019	Favor Ezewuzie	Wheaton	18-7
2020	<i>No winner (COVID-19)</i>		
2021	Brianna Niebrugge	Millikin	18-3
2022	Amanda Lams	Elmhurst	17-8 1/4
2023	Lauren Wong	Illinois Wesleyan	17-9 1/2
2024	Vanessa Carr	Elmhurst	18-3 3/4

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High Jump

1987	Kim Kaskin	Carroll	5-0	2010	Mindy Harrington	Carthage	43-4 1/2
1988	Laura Marchant	Elmhurst	5-4	2011	Mindy Harrington	Carthage	46-2 3/4
1989	Laura Marchant	Elmhurst	5-5 3/4	2012	LeAnn Spesard	Millikin	44-2
1990	Nicole Zook	Illinois Wesleyan	5-2	2013	LeAnn Spesard	Millikin	47-0 1/4
1991	Juli Weber	Augustana	5-5 1/4	2014	Ebony Stallworth	North Central	47-0 3/4
1992	Kim Callaway	Carroll	5-4	2015	Ebony Stallworth	North Central	45-7 1/4
1993	Shawna Nelsen	Augustana	5-3	2016	Morgan Young	Carthage	44-8 1/4
1994	Kim Wallace	Augustana	5-6	2017	Morgan Young	Carthage	46-6
1995	Allison Wolak	Augustana	5-5	2018	Sarah Schmidt	Carthage	44-11 1/2
1996	Nicki Frank	Illinois Wesleyan	5-7	2019	Elizabeth Willis	Carthage	46-0
1997	Nicki Frank	Illinois Wesleyan	5-4	2020	No winner (COVID-19)		
1998	Allison Wolak	Augustana	5-5	2021	Ayana Blair	Illinois Wesleyan	43-10
1999	Tina Moran	Carthage	5-4 1/4	2022	Vanessa Uitenbroek	Carroll	45-5 3/4
2000	Tina Moran	Carthage	5-2 1/2	2023	Aubrey Schoeneman	Carthage	44-8
2001	Heather Diehl	North Central	5-4	2024	Aubrey Schoeneman	Carthage	49-9 1/4
2002	Rachel Kroll	Carthage	5-2	Pole Vault			
2003	Casey Jacobs	Augustana	5-2 1/2	2000	Kim Baier	Augustana	10-0
2004	Kristin Marquardt	Carthage	5-2 1/2	2001	Kim Baier	Augustana	10-8
2005	Jess Preglow	Carthage	5-3	2002	Sue DeNigris	North Central	11-3 3/4
2006	Kapricia Poulos	Millikin	5-4 1/4	2003	Amy Peters	Elmhurst	11-7
2007	Kapricia Poulos	Millikin	5-5	2004	Meghan Voiland	Augustana	10-7
2008	Michelle Criscione	North Central	5-3 1/4	2005	Meghan Voiland	Augustana	12-6 3/4
2009	Michelle Criscione	North Central	5-5 1/4	2006	Meghan Voiland	Augustana	12-9 1/2
2010	Michelle Criscione	North Central	5-5	2007	Meghan Voiland	Augustana	12-8 1/4
2011	Michelle Criscione	North Central	5-5 1/4	2008	Rachel Secrest	North Central	12-10
2012	Shannon McNeil	Wheaton	5-3 3/4	2009	Rachel Secrest	North Central	12-9 1/2
2013	Jordan Flowers	North Central	5-4 1/2	2010	Rachel Secrest	North Central	12-10 1/4
2014	Kelsey Kirk	North Central	5-4 1/4	2011	Carolyn Kalafut	North Central	11-2 1/4
2015	Molly McGraw	Illinois Wesleyan	5-6 1/2	2012	Elizabeth Composto	North Central	12-1 1/2
2016	Elanta Slowek	Carthage	5-3 3/4	2013	Elizabeth Composto	North Central	11-5 3/4
2017	Molly McGraw	Illinois Wesleyan	5-9 3/4	2014	Taelar Hillyer	Augustana	12-0 3/4
2018	Elanta Slowek	Carthage	5-5	2015	Elizabeth Composto	North Central	12-1 1/2
2019	Sarah Gomez	Carroll	5-5 3/4	2016	Jamie Gradishar	Illinois Wesleyan	12-0
2020	No winner (COVID-19)			2017	Jamie Gradishar	Illinois Wesleyan	12-4
2021	Taiah Gallisath	North Central	5-3 3/4	2018	Mackenzie Butcher	Augustana	11-10
2022	Kat Krebasch	Augustana	5-2 1/4	2019	Mackenzie Butcher	Augustana	12-1 1/2
2023	Gabriela Loiz	Augustana	5-6	2020	No winner (COVID-19)		
2024	Grace Crowder	Wheaton	5-3 3/4	2021	Kat Krebasch	Augustana	12-3 1/2

Shot Put

1987	Lynn Dusold	Carroll	40-1 3/4
1988	Becky Rucks	Carthage	39-7 3/4
1989	Nikki Erdmann	North Central	37-0
1990	Nikki Erdmann	North Central	38-6 3/4
1991	Nikki Erdmann	North Central	39-3
1992	Kami Hamacher	Augustana	39-8
1993	Kristin Pittman	Augustana	39-5 3/4
1994	Robyn Schenk	Carthage	37-3 1/2
1995	Robyn Schenk	Carthage	39-10 3/4
1996	Becky Raube	Carthage	43-5 3/4
1997	Becky Raube	Carthage	40-3
1998	Rebecca Newcomer	Elmhurst	38-2 3/4
1999	Becki Schmitz	Carthage	40-8 1/4
2000	Maribeth Hulina	Carthage	40-3 1/2
2001	Becki Schmitz	Carthage	41-8
2002	Becki Schmitz	Carthage	39-11 1/4
2003	Ernesta McVeigh	Carthage	39-3 3/4
2004	Kara Hoxworth	Wheaton	40-8 1/4
2005	Jodi Stanton	Augustana	43-10 1/2
2006	Kara Hoxworth	Wheaton	44-4 1/4
2007	Marissa Banks	Augustana	44-2 3/4
2008	Marissa Banks	Augustana	42-6
2009	Marissa Banks	Augustana	42-11

Hammer Throw

2004	Jackie Ribbich	Carthage	129-1
2005	Desiree Butcher	Augustana	140-9
2006	Charlsie Rueden	Carthage	139-0
2007	Stephanie Solari	Wheaton	137-6
2008	Stephanie Saffold	North Central	137-11
2009	Paula Neiweem	Augustana	154-9
2010	Ahvia Greene	Carthage	155-5
2011	Mindy Harrington	Carthage	172-7
2012	Liana Beauchamp	Augustana	152-11
2013	Lina Baker	North Central	166-5
2014	Lina Baker	North Central	174-8
2015	Lina Baker	North Central	186-10
2016	Kayla Etherton	North Central	177-7
2017	Kayla Etherton	North Central	172-2
2018	Mia Bennett	Carthage	186-1
2019	Emily Uitenbroek	Carroll	168-5
2020	No winner (COVID-19)		
2021	Emily Uitenbroek	Carroll	192-3
2022	Emily Uitenbroek	Carroll	186-1
2023	Alexandra Draves	North Central	177-8

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2024	Vanessa Uitenbroek	Carroll	178-8
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Heptathlon

1987	Janice Swanson	North Park	4315
1988	Janice Swanson	North Park	4024
1989	Janice Swanson	North Park	4050
1990	Juli Weber	Augustana	3972
1991	Karen Wojcik	Carroll	3784
1992	Shawna Nelsen	Augustana	3920
1993	Kim Wallace	Augustana	4199
1994	Kim Wallace	Augustana	4299
1995	Michelle Yocherer	Augustana	3967
1996	Michelle Yocherer	Augustana	4055
1997	Heather Pancake	Wheaton	4676
1998	Heather Pancake	Wheaton	4448
1999	Heather Pancake	Wheaton	4683
2000	Heather Pancake	Wheaton	4705
2001	Amy Calderone	Augustana	4321
2002	Tina Moran	Carthage	4201
2003	Audrey Boothe	Wheaton	4244
2004	Susanna Craven	Carthage	4296
2005	Audrey Boothe	Wheaton	4185
2006	Audrey Boothe	Wheaton	4558
2007	Molly Walton	Wheaton	4354
2008	Molly Walton	Wheaton	3982
2009	Christine Nelson	Carthage	3958
2010	Christine Nelson	Carthage	4422
2011	Sarah Thompson	Carthage	4397
2012	Sarah Thompson	Carthage	4428
2013	Allie Boudreau	Illinois Wesleyan	4387
2014	Jocelyn Redlinski	North Central	4555
2015	Allie Boudreau	Illinois Wesleyan	4733
2016	Jill Harmon	Illinois Wesleyan	4790
2017	Nicole Kitchen	Wheaton	4182
2018	Nicole Kitchen	Wheaton	4452
2019	Jessica Franklin	Illinois Wesleyan	4738
2020	<i>No winner (COVID-19)</i>		
2021	Faith Ladin	North Central	4317
2022	Lauren Huber	Illinois Wesleyan	4103
2023	Faith Ladin	North Central	4554
2024	Faith Ladin	North Central	4775

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1987

North Central	158
Augustana	139
Wheaton	113
Carroll	89
Elmhurst	53
North Park	42
Carthage	33
Illinois Wesleyan	31
Millikin	24

1988

Augustana	146
North Central	127
Wheaton	95
North Park	89
Carroll	74
Carthage	51
Millikin	40
Elmhurst	34
Illinois Wesleyan	24

1989

North Central	185
Augustana	141
Carroll	100.5
Wheaton	69
Millikin	47.5
Illinois Wesleyan	39.5
Carthage	33.5
Elmhurst	31
North Park	30

1990

North Central	207
Augustana	188.5
Carroll	52
Wheaton	51.5
Millikin	49.5
North Park	44
Illinois Wesleyan	39
Elmhurst	32
Carthage	18

1991

Augustana	234
North Central	154
Carroll	98
Wheaton	65.5
North Park	37
Elmhurst	28
Millikin	26
Carthage	22.5
Illinois Wesleyan	19

1992

North Central	233
Augustana	231
North Park	67
Carroll	55
Wheaton	36
Carthage	24
Millikin	18
Elmhurst	11
Illinois Wesleyan	7

1993

Augustana	288
North Central	175
North Park	90
Wheaton	86
Carthage	35
Millikin	33
Illinois Wesleyan	29
Elmhurst	3

1994

Augustana	264.5
North Central	166.5
Carthage	104
Wheaton	66
Millikin	45
North Park	39
Illinois Wesleyan	28
Elmhurst	6

1995

Augustana	215.5
North Central	164
Carthage	133
Wheaton	99
Millikin	61.5
Illinois Wesleyan	45
North Park	19
Elmhurst	0

1996

Augustana	214.3
North Central	165
Carthage	131.5
Illinois Wesleyan	73.5
Millikin	71
North Park	38.3
Wheaton	34.5
Elmhurst	8

1997

Augustana	166.5
North Central	152
Carthage	150.5
Illinois Wesleyan	97.5
Wheaton	72.0
Millikin	40.0
North Park	33.0
Elmhurst	27.5

1998

Augustana	215.5
North Central	156
Carthage	92.5
Wheaton	77
Illinois Wesleyan	75
Elmhurst	43
Millikin	42
North Park	39

1999

Augustana	215
Carthage	153.5
North Central	128
Wheaton	70
Illinois Wesleyan	65
Elmhurst	37
North Park	37
Millikin	35.5

2000

Augustana	199.5
Carthage	184
North Central	107
Wheaton	87
Illinois Wesleyan	74
Elmhurst	57.5
North Park	54
Millikin	17

2001

Augustana	225
North Central	174
Carthage	101
Illinois Wesleyan	69
Elmhurst	67
Wheaton	61
North Park	43.5
Millikin	37.5

2002

North Central	174
Carthage	159.5
Augustana	154.5
Illinois Wesleyan	92
Elmhurst	74
Wheaton	59
Millikin	42
North Park	25

2003

Carthage	176
Augustana	156.5
Wheaton	123
Illinois Wesleyan	91
Elmhurst	83
North Central	61.5
North Park	48
Millikin	41

2004

Carthage	186
Augustana	154
Illinois Wesleyan	143
North Central	125
Wheaton	108
Millikin	50
North Park	26
Elmhurst	25

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2005

Carthage	189
Wheaton	148
North Central	141
Augustana	116
Illinois Wesleyan	111
Elmhurst	48
Millikin	38
North Park	24

2006

Wheaton	179
Augustana	143.5
Carthage	141.5
North Central	135
Illinois Wesleyan	109
Millikin	46
Elmhurst	41
North Park	23

2007

North Central	207.5
Augustana	199
Wheaton	128
Illinois Wesleyan	123.5
Carthage	91.5
Millikin	41
Elmhurst	14.5
North Park	7

2008

Augustana	171
Wheaton	168
Illinois Wesleyan	165
North Central	137.5
Carthage	129.5
Millikin	22
Elmhurst	13
North Park	9

2009

Illinois Wesleyan	227
North Central	149
Wheaton	135
Augustana	121
Carthage	117
Millikin	33
Elmhurst	19
North Park	16

2010

Illinois Wesleyan	245
North Central	214.5
Carthage	113.5
Wheaton	78
Augustana	71
Millikin	68
Elmhurst	18
North Park	8

2011

North Central	236
Carthage	144.5
Illinois Wesleyan	124
Wheaton	110
Augustana	108.5
Millikin	83
Elmhurst	9
North Park	4

2012

Illinois Wesleyan	204
North Central	185
Carthage	113
Wheaton	106
Millikin	100
Augustana	81
Elmhurst	16
North Park	13

2013

North Central	229.5
Illinois Wesleyan	170.5
Carthage	128
Augustana	117
Wheaton	76
Millikin	55
Elmhurst	23
North Park	18

2014

North Central	225.5
Illinois Wesleyan	188
Augustana	145.5
Carthage	135.5
Wheaton	68.5
Elmhurst	22
North Park	17
Millikin	16

2015

Illinois Wesleyan	239.5
North Central	195.5
Wheaton	117.5
Augustana	107.5
Carthage	89
Millikin	35
North Park	33
Elmhurst	2

2016

Illinois Wesleyan	222
North Central	172.5
Carthage	134.5
Wheaton	131.5
Augustana	83.5
North Park	40
Millikin	33
Elmhurst	0

2017

Wheaton	205
Carthage	144.3
Illinois Wesleyan	109
Augustana	107.3
North Central	89.3
North Park	72
Carroll	52
Millikin	32
Elmhurst	8

2018

Wheaton	187
Illinois Wesleyan	135.5
Carthage	123.5
Augustana	120
North Central	117
Millikin	72
Carroll	35
North Park	22
Elmhurst	6

2019

North Central	175
Wheaton	144
Illinois Wesleyan	101
Carthage	95.5
Millikin	94
Carroll	81
Augustana	75.5
Elmhurst	26
North Park	21

2020

Event cancelled due to COVID-19

2021

North Central	197
Illinois Wesleyan	133.5
Wheaton	101
Millikin	98
Elmhurst	89.5
Carroll	71
Augustana	69
Carthage	55
North Park	4

2022

North Central	182.5
Elmhurst	141
Carroll	100
Carthage	94.5
Millikin	91.5
Illinois Wesleyan	84.5
Augustana	58
Wheaton	51
North Park	14

CCIW Women's Outdoor Track & Field History

2023

North Central	184
Elmhurst	116
Carthage	115
Illinois Wesleyan	94
Wheaton	79
Augustana	78
Millikin	72
Carroll	46
North Park	35

2023

North Central	203.5
Augustana	135
Elmhurst	112
Carthage	105
Illinois Wesleyan	71
Wheaton	67
Carroll	51
Millikin	48.5
North Park	26

NCAA History

1982	Wheaton, 7th Augustana, T-17 North Central, 21st Millikin, T-22
1983	Carthage, T-30 North Central, 35th Augustana, T-39 Millikin, T-51 Wheaton, T-70
1984	Augustana, T-30 Carthage, T-34 North Central, T-41 Wheaton, T-68
1985	Carroll, T-40 North Central, T-40 Wheaton, T-48 Augustana, T-54
1986	Wheaton, T-9 Carroll, T-48
1987	North Central, T-20 North Park, T-41
1988	North Central, 18th Wheaton, T-29
1989	North Central, T-10 Elmhurst, 45th North Park, 47th
1990	North Central, T-16 North Park, T-31 Augustana, T-35
1991	North Central, T-30 Augustana, T-48
1992	North Central, T-22 Augustana, T-47
1993	Augustana, T-15 North Central, T-62
1994	North Central, 7th Augustana, T-17 Millikin, T-44
1995	Augustana, T-15

1996	Carthage, T-32 Augustana, T-42 Illinois Wesleyan, T-64
1997	North Central, 3rd Augustana, 10th Carthage, 22nd Wheaton, T-64
1998	Augustana, T-29 Wheaton, T-29 North Central, T-53 Carthage, T-67
1999	Carthage, 13th North Central, T-24 Wheaton, T-24 Illinois Wesleyan, T-51 Augustana, T-53
2000	Carthage, T-17 Wheaton, T-23 North Central, T-47 Augustana, T-58
2001	Carthage, 23rd North Central, T-49 Augustana, T-61 Illinois Wesleyan, T-67
2002	Carthage, T-16 North Central, 32nd Illinois Wesleyan, T-65 North Park, T-65
2003	Carthage, T-11 Illinois Wesleyan, T-29 Millikin, T-56 North Park, T-64
2004	Carthage, T-6th Illinois Wesleyan, 11th North Central, T-45 Augustana, T-60 Millikin, T-60 North Park, T-60
2005	Carthage, T-11 Illinois Wesleyan, T-44 Millikin, T-55 Augustana, T-67 North Central, T-67
2006	North Central, 9th Carthage, 11th Illinois Wesleyan, T-17 Millikin, T-22 Augustana, T-36
2007	Augustana, T-9 North Central, 12th Illinois Wesleyan, T-19 Wheaton, T-51
2008	Illinois Wesleyan, T-1 Wheaton, T-33 Augustana, T-44 North Central, T-67
2009	Illinois Wesleyan, 7th North Central, T-18 Wheaton, T-33 Augustana, T-41

2010	Illinois Wesleyan, 1st North Central, 29th Millikin, T-49 Carthage, T-67
2011	North Central (Ill.), T-7 Illinois Wesleyan, T-30 Carthage, T-65 Wheaton (Il.), 76th
2012	Illinois Wesleyan, 9th North Central, T-63 Carthage, T-68 Wheaton, T-73
2013	Illinois Wesleyan, T-22 North Central, 38th Augustana, T-62
2014	North Central, T-18 Illinois Wesleyan, T-20 Elmhurst, T-30 Carthage, T-64
2015	Illinois Wesleyan, 4th North Central, 6th Carthage, T-51
2016	Illinois Wesleyan, 1st North Central, T-12 Wheaton, T-44 Carthage, T-79
2017	Carthage, T-3 Wheaton, T-20 Illinois Wesleyan, 35th
2018	Illinois Wesleyan, 12th Wheaton, 16th Carthage, 20th Augustana, T-41
2019	Wheaton, 6th Carthage, T-18 Carroll, T-40
2020	<i>Event cancelled (COVID-19)</i>
2021	Wheaton, T-14 Illinois Wesleyan, T-26 Carroll, T-26 Millikin, T-40 North Central, T-56
2022	Carroll, T-9 North Central, T-37 Augustana, T-43
2023	Elmhurst, T-37 Carroll, T-43 North Central, T-49 Augustana, T-60
2024	Augustana, T-20 Carthage, T-31 North Central, T-37 Carroll, T-40 Elmhurst, T-68 Illinois Wesleyan, T-68

CCIW Women's Outdoor Track & Field History

Women's CCIW Meet Records

100 Dash

Favor Ezewuzie (Wheaton) - 11.64 (2021)

100 Hurdles

Favor Ezewuzie (Wheaton) - 13.73 (2021)

200 Dash

Rachel Anderson (Illinois Wesleyan) - 24.14 (2008)

400 Dash

Rachel Anderson (Illinois Wesleyan) - 55.25 (2006)

400 Hurdles

Jessica Franklin (Illinois Wesleyan) - 1:00.88 (2019)

800 Run

Mackenzie Dixon (Millikin) - 2:10.96 (2021)

1,500 Run

Tara Clemens (Illinois Wesleyan) - 4:30.52 (2012)

3,000 Steeplechase

Hannah Roeske (Wheaton) - 10:45.15 (2018)

5,000 Run

Sarahbeth Jones (Augustana) - 17:28.01 (2013)

10,000 Run

Ayrn Embretson (Wheaton) - 35:44.34 (2019)

400 Relay

North Central - 46.87 (2024)

1,600 Relay

Wheaton - 3:49.41 (2017)

High Jump

Molly McGraw (Illinois Wesleyan) - 5-9 3/4 (1.77 m) (2017)

Long Jump

Amelia Glueck (Illinois Wesleyan) - 19-6 3/4 (5.96 m) (2018)

Triple Jump

Imani Ogunribido (Illinois Wesleyan) - 40-4 1/4 (12.30 m) (2024)

Pole Vault

Rachel Secrest (North Central) - 12-10 1/4 (3.91 m) (2010)

Shot Put

Aubrey Schoeneman (Carthage) - 49-9 1/4 (15.17 m) (2024)

Discus

Vanessa Uitenbroek (Carroll) - 166-11 (50.88 m) (2024)

Javelin

Brandi McNeil (Wheaton) - 162-0 (49.38 m) (2007)

Hammer

Emily Uitenbroek (Carroll) - 192-3 (58.61 m) (2021)

Heptathlon

Jill Harmon (Illinois Wesleyan) - 4,790 (2016)

Women's CCIW Open Records

100 Dash

Favor Ezewuzie (Wheaton) - 11.64 (2021)

100 Hurdles

Favor Ezewuzie (Wheaton) - 13.64 (2021)

200 Dash

Favor Ezewuzie (Wheaton) - 23.80 (2019)

400 Dash

Rachel Anderson (Illinois Wesleyan) - 54.35 (2008)

400 Hurdles

Shea'na Grigsby (Carthage) - 1:00.03 (2004)

800 Run

Tara Clemens (Illinois Wesleyan) - 2:06.60 (2013)

1,500 Run

Amber Druien (North Central) - 4:24.56 (2006)

3,000 Steeplechase

Hannah Roeske (Wheaton) - 10:23.26 (2018)

5,000 Run

Alyssa Poremba (Elmhurst) - 16:41.95 (2014)

10,000 Run

Alyssa Poremba (Elmhurst) - 35:21.58 (2014)

400 Relay

Illinois Wesleyan - 46.07 (2010)

1,600 Relay

Illinois Wesleyan - 3:44.16 (2003)

High Jump

Molly McGraw (Illinois Wesleyan) - 1.77 m (2017)

Long Jump

Pristina Jones (North Central) - 6.08 m (1999)

Triple Jump

Jill Harmon (Illinois Wesleyan) - 12.44 m (2016)

Pole Vault

Rachel Seacrest (North Central) - 4.09 m (2009)

Shot Put

Aubrey Schoeneman (Carthage) - 49-9 1/4 (15.17 m) (2024)

Discus

Vanessa Uitenbroek (Carroll) - 166-11 (50.88 m) (2024)

Javelin

Brandi McNeil (Wheaton) - 50.40 m (2009)

Hammer

Mia Bennett (Carthage) - 59.68 m (2018)

Heptathlon

Allie Boudreau (Illinois Wesleyan) - 5,065 (2015)