



WOMEN'S CROSS COUNTRY YEAR-BY-YEAR 1980-2024

**BARRY UNIVERSITY • ECKERD COLLEGE • EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
FLORIDA SOUTHERN COLLEGE • FLORIDA TECH • LYNN UNIVERSITY
NOVA SOUTHEASTERN UNIVERSITY • PALM BEACH ATLANTIC UNIVERSITY
ROLLINS COLLEGE • SAINT LEO UNIVERSITY • UNIVERSITY OF TAMPA**

SUNSHINE STATE CONFERENCE WOMEN'S CROSS COUNTRY MEET HISTORY

Date	Champion (score)	Runner-Up (score)	Individual Champion	Host (Distance)
10/25/80	Florida Southern (39)	Central Florida (48)	Jackie Nations (Central Florida), 23:30	Central Florida (5K)
10/17/81	Rollins (33)	Biscayne (45)	Lisa English (Biscayne), 18:13	Biscayne (3 miles)
10/16/82	Biscayne (54)	Central Florida (65)	Lisa English (Biscayne), 17:49	Saint Leo (3 miles)
10/15/83	Rollins (45)	Central Florida (60)	Carol Schultze (Rollins), 18:16	Saint Leo (3 miles)
10/13/84	St. Thomas (19)	Florida Tech (33)	Ema Guerera-Mora (St. Thomas), 17:00.4	Florida Tech (3 miles)
10/12/85	St. Thomas (17)	Eckerd (63)	Ema Guerera-Mora (St. Thomas), 17:27	Florida Tech (5K)
10/25/86	Florida Tech (53) *	Florida Southern (53)	Paige Dempsey (Florida Southern), 19:10	Florida Tech (5K)
10/24/87	Florida Tech (51)	Tampa (53)	Melanie Thebarger (Florida Tech), 19:25	Florida Tech (5K)
10/22/88	Tampa (38)	Rollins (62)	Jodi Washburn (Rollins), 19:15	Florida Tech (5K)
10/28/89	Barry (49)	Eckerd (53)	Maureen Fusco (Tampa), 18:24	Eckerd (5K)
10/27/90	Eckerd (23)	Barry (64)	Kim Fagen (Eckerd), 17:43	Eckerd (5K)
10/26/91	Eckerd (20)	Barry (64)	Kim Fagen (Eckerd), 18:05	Florida Tech (5K)
10/31/92	Eckerd (28)	Tampa (69)	Diane Daley (Barry), 19:57	Florida Tech (5K)
10/30/93	North Florida (15)	Florida Southern (68)	Aimee Kagel (North Florida), 17:58	Saint Leo (5K)
10/29/94	North Florida (15)	Eckerd (88)	Kim Pawelek (North Florida), 18:14	North Florida (5K)
10/28/95	North Florida (15)	Eckerd (79)	Kim Pawelek (North Florida), 18:11	Florida Tech (5K)
10/26/96	North Florida (20)	Florida Southern (37)	Suzanne Ernst (North Florida), 18:53.21	North Florida (5K)
10/25/97	Florida Southern (18)	Rollins (76)	April Booe (Florida Southern), 19:35.5	Florida Southern (5K)
10/25/98	Florida Southern (15)	Rollins (70)	Michelle Solan (Florida Southern), 23:17	Florida Tech (6K)
10/23/99	Florida Southern (15)	Rollins (48)	Alli Tatangelo (Florida Southern), 22:35	Rollins (6K)
10/21/00	Florida Southern (17)	Rollins (52)	Alli Tatangelo (Florida Southern), 23:22	Saint Leo (6K)
10/20/01	Florida Southern (28)	Tampa (42)	Tracy Buxton (Tampa), 22:29	Tampa (6K)
10/19/02	Tampa (21)	Florida Southern (43)	DeeDee Haefling (Tampa), 22:06	Eckerd (6K)
10/25/03	Tampa (26)	Florida Southern (36)	Allison Macsac (Tampa), 21:58	Florida Southern (6K)
10/23/04	Tampa (21)	Florida Southern (34)	Allison Macsac (Tampa), 20:35.73	Florida Tech (6K)
10/29/05	Tampa (32)	Florida Southern (38)	Allison Macsac (Tampa), 21:56.5	Rollins (6K)
10/21/06	Florida Southern (36)	Tampa (40)	Jael Koech (Florida Southern), 22:29	Nova Southeastern (6K)
10/20/07	Tampa (18)	Florida Southern (53)	Laura Woznicki (Tampa), 21:38.75	Saint Leo (6K)
10/25/08	Tampa (21)	Florida Southern (76)	Jessica Forrester (Tampa), 21:33.00	Tampa (6K)
10/24/09	Tampa (21)	Florida Southern (69)	Sara Trane (Florida Tech), 21:10.32	Florida Southern (6K)
11/06/10	Tampa (27)	Nova Southeastern (72)	Heather Nicolisi (Tampa), 20:39.98	Florida Tech (6K)
10/22/11	Tampa (29)	Nova Southeastern (69)	Tereza Novotna (Saint Leo), 21:44.60	Nova SE (6K)
10/20/12	Tampa (27)	Nova Southeastern (68)	Alexandria Palm (Nova Southeastern), 21:51.80	Rollins (6K)
10/26/13	Tampa (31)	Nova Southeastern (42)	Alexandria Palm (Nova Southeastern), 21:50	Saint Leo (6K)
10/08/14	Saint Leo (36)	Tampa (37)	Colett Rampf (Saint Leo), 22:20.20	Tampa (6K)
10/24/15	Tampa (28)	Saint Leo (39)	Colett Rampf (Saint Leo), 21:39.60	Florida Southern (6K)
10/22/16	Saint Leo (28)	Tampa (55)	Colett Rampf (Saint Leo), 20:26.67	Florida Tech (6K)
10/21/17	Embry-Riddle (43)	Saint Leo (47)	Colett Rampf (Saint Leo), 21:20.79	Nova Southeastern (6K)
11/02/18	Tampa (53)	Embry-Riddle (56)	Sarah Edens (Embry-Riddle), 21:52.71	Rollins (6K)
10/26/19	Tampa (34)	Saint Leo (45)	Zoe Jarvis (Tampa), 22:182	Lynn (6K)
2/27/21 (a)	Tampa (41)	Palm Beach Atlantic (70)	Paige Patterson (Saint Leo), 22:34.88	Palm Beach Atlantic (6K)
10/23/21	Saint Leo (50)	Tampa (52)	Zoe Jarvis (Tampa), 21:27.67	Florida Southern (6K)
11/05/22	Palm Beach (49)	Tampa (54)	Dune Costes (Palm Beach Atlantic), 22:22.5	Embry-Riddle (6K)
10/21/23	Tampa (32)	Nova Southeastern (56)	Aspen Gordon (Tampa), 21:38.6	Florida Southern (6K)
10/25/24	Nova Southeastern (31)	Florida Southern (54)	Jillian Thorning (Nova Southeastern), 21:45.2	Florida Southern (6K)

* Won championship on tie-breaker (sixth runner)

(a) Championship postponed from Fall to Spring due to COVID-19 pandemic concerns

Six freshmen have won the SSC meet: Lisa English (1981), Aimee Kagel (1993),
Suzanne Ernst (1996), April Booe (1997), Michelle Solan (1998) and Tereza Novotna (2011)

WOMEN'S FASTEST TIMES SSC CHAMPIONSHIP

3 MILES - (1981-1986)*

1.	Ema Guerere-Mora (STU)	17:00	1984
2.	Ema Guerere-Mora (STU)	17:27	1985
3.	Laura Alexander (FIT)	17:29	1984
4.	Lana Currington (STU)	17:52	1984
	Danielle Heath (STU)	17:52	1984
6.	Lisa English (STU)	18:05	1984
7.	Mandy Adams (STU)	18:10	1984
8.	Carol Schultze (RC)	18:16	1983
9.	Liz Lewis (STU)	18:24	1984
	Laura Alexander (FIT)	18:24	1983

*Results from 1982 & 1985 (other than top individual) not available

5K - (1980, 1986-97)

1.	Kim Fagen (EC)	17:43	1990
2.	Aimee Kagel (UNF)	17:58	1993
3.	Kim Fagen (EC)	18:05	1991
4.	Kim Pawalek (UNF)	18:11	1995
5.	Kim Pawelek (UNF)	18:14	1994
6.	Maureen Fusco (UT)	18:24	1989
7.	Kim Pawelek (UNF)	18:39	1993
8.	Leanne Moore (UNF)	18:46	1993
9.	Leanne Moore (UNF)	18:49	1994
10.	Suzanne Ernst (UNF)	18:53.21	1996

6K - (1998-present)

1.	Colett Rampf (SLU)	20:26.67	2016
2.	Allison Macsas (UT)	20:35.73	2004
3.	Heather Nicolisi (UT)	20:39.98	2010
4.	Dee Dee Haeftling (UT)	20:57.04	2004
5.	Jael Koech (FSC)	20:59.01	2004
6.	Erin Wilson (UT)	21:02.96	2004
7.	Alyssa Bayliff (SLU)	21:05.64	2016
8.	Sara Trane (FIT)	21:10.32	2009
9.	Liz Bragg (UT)	21:13.26	2004
10.	Claudia Canello (SLU)	21:13.50	2016

WOMEN'S SSC CHAMPIONSHIPS WON

	1st	2nd	IND.
Barry	1	2	1
Eckerd	3	4	2
Embry-Riddle	1	1	1
Florida Southern	7	11	6
Florida Tech	2	1	2
Lynn	0	0	0
Nova Southeastern	1	5	1
Palm Beach Atlantic	1	1	1
Rollins	2	5	2
Saint Leo	3	3	6
Tampa	17	8	12

Central Florida (a)	0	3	1
North Florida (a)	4	0	4
Saint Thomas (b)	3	1	4

(a) Now Division I

(b) Now NAIA



TM

CONFERENCE MEET RESULTS

1980

Oct. 25 - Orlando, FL
(5K - Central Florida)

1. Florida Southern	39
2. Central Florida	48
-- Biscayne	NTS
-- Rollins	NTS
-- Saint Leo	NTS

TOP 10 INDIVIDUALS

1. Jackie Nations (UCF)	23:30
2. Christy Caie (RC)	23:37
3. Cathy Palloreine (BC)	24:05
4. Judy Klingen-Smith (FSC)	24:39
5. Dot Hunt (FSC)	24:42
6. ? (UCF)	24:44
7. Kathy Mueller (RC)	24:53
8. Lauren G? (SLC)	?
9. Debbie Crocker (FSC)	26:53
10. Sherrie Crane (FSC)	26:59

1981

Oct. 17 - Miami, FL
(3 miles - Biscayne)

1. Rollins	33
2. Biscayne	45
3. Florida Southern	47
-- Central Florida	NTS
-- Eckerd	NTS
-- Florida Tech	NTS
-- Saint Leo	NTS
-- Tampa	NTS

TOP 10 INDIVIDUALS

1. Lisa English (BC)	18:13
2. Kristine Whelan (RC)	19:43
3. Patty Cascioli (FIT)	19:50
4. Jackie Nations (UCF)	19:57
5. Paula Johnson (RC)	19:58
6. Cathy Pallavicini (BC)	20:05
7. Kathy Mueller (RC)	20:11
8. Lory Troy (EC)	20:51
9. Laurie Ford (FSC)	21:01
10. Angie Cicanese (FSC)	21:03

1982

Oct. 16 - Saint Leo, FL
(3 miles - Saint Leo)

1. Biscayne	54
2. Central Florida	65
3. Florida Southern *	83
4. Rollins	83
5. Florida Tech	87
-- Eckerd	NTS
-- Saint Leo	NTS
-- Tampa	NTS

*Sixth runner used to break tie

TOP 10 INDIVIDUALS

1. Lisa English (BC)	18:13
2. Carol Schultz (RC)	
3. Cindy Jurss (UCF)	
4. Laura Alexander (FIT)	
5. Cathy Palavicini (BC)	
6. Joanie Andrews (RC)	
7. Mary Wacker (FIT)	
8. Susie Bringardner (UCF)	
9. Angie Cicanese (FSC)	
10. Janet Gray (FSC)	

1983

Oct. 15 - Saint Leo, FL
(3 miles - Saint Leo)

1. Rollins	45
2. Central Florida	60
3. Florida Southern	91
4. Biscayne	102
5. Tampa	105
6. Florida Tech	116
7. Saint Leo	145
-- Eckerd	NTS

TOP 10 INDIVIDUALS

1. Carol Schultze (RC)	18:16
2. Laura Alexander (FIT)	18:24
3. Vicky Szabo (RC)	19:17
4. Val Garles (BC)	19:23
5. Janet Gray (FSC)	19:36
6. Rose Vauso (UCF)	19:53
7. Alice Williams (UCF)	19:58
8. Donna Strong (UT)	20:17
9. Jill Wohlander (UCF)	20:26
10. Patty Mariner (SLC)	20:26

1984

Oct. 13 - Melbourne, FL
(3 miles - Florida Tech)

1. Saint Thomas	19
2. Florida Tech	33
3. Rollins	88
4. Eckerd	103
5. Saint Leo	121
6. Florida Southern	138
7. Tampa	158

TOP 10 INDIVIDUALS

1. Ema Guerere-Mora (STU)	17:00
2. Laura Alexander (FIT)	17:29
3. Lana Currington (STU)	17:52
4. Danielle Heath (STU)	17:52
5. Lisa English (STU)	18:05
6. Mandy Adams (STU)	18:10
7. Liz Lewis (STU)	18:24
8. Patty Mariner (SLC)	18:35
9. Chris Beaudry (FIT)	18:57
10. Phyllis Shalor (SLC)	19:05

1985

Oct. 12 - Melbourne, FL
(3 miles - Florida Tech)

1. St. Thomas	17
2. Eckerd	63
3. Tampa	80
4. Florida Tech	86
5. Florida Southern	138
-- Rollins	NTS
-- Saint Leo	NTS

TOP 10 INDIVIDUALS

1. Emaguerere Mora (STU)	17:26
2. Liz Lewis (STU)	18:20
3. Danielle Heath (STU)	18:27
4. Mel Theolarge (FIT)	18:35
5. Ann Matthaël (STU)	19:11
6. Vickie Lowe (STU)	19:21
7. Kim Schwarting (EC)	19:44
8. Dorren Erickson (EC)	19:49
9. Penny Dickos (UT)	19:55
10. Cathy Rowan (UT)	20:04

1986

Oct. 11 - Melbourne, FL
(5K - Florida Tech)

1. Florida Tech	* 53
2. Florida Southern	53
3. Eckerd	64
-- Rollins	NTS
-- Saint Leo	NTS
-- Saint Thomas	NTS
-- Tampa	NTS

*Sixth runner used to break tie

TOP 10 INDIVIDUALS

1. Paige Dempsey (FSC)	19:10
2. Melanie Thebarger (FIT)	19:29
3. Laura Zimmerman (FSC)	19:52
4. Doreen Erickson (EC)	20:12
5. Eddie Gallagher (FIT)	20:27
6. Jill Blount (EC)	20:29
7. Ann Matthaël (STU)	20:36
8. Penny Dickos (UT)	20:39
9. Rita Lopez (STU)	20:52
10. Mary Letcher (SLC)	21:06

1987

Oct. 24 - Melbourne, FL
(5K - Florida Tech)

1. Florida Tech	51
2. Tampa	53
3. Rollins	76
4. Eckerd	* 97
5. Florida Southern	97
-- Saint Leo	NTS

*Sixth runner used to break tie

TOP 10 INDIVIDUALS

1. Melanie Thebarger (FIT)	19:25
2. Cathy Rowan (UT)	20:12
3. Doreen Erickson (EC)	20:22
4. Jodi Washburn (RC)	20:36
5. Mary Letcher (SLC)	20:56
6. Andrea Jahr (UT)	21:05
7. Karen Horne (FIT)	21:22
8. Chris Beaudry (FIT)	21:22
9. Chrissy McDermott (SLC)	21:25
10. Michelle Musick (FSC)	21:30

1988

Oct. 22 - Melbourne, FL
(5K - Florida Tech)

1. Tampa	38
2. Rollins	62
3. Barry	75
4. Eckerd	86
5. Florida Southern	102
6. Florida Tech	134
-- Saint Leo	NTS

TOP 10 INDIVIDUALS

1. Jodi Washburn (RC)	19:15
2. Maureen Fusco (UT)	19:32
3. Cathy Rowan (UT)	19:44
4. Chipmonk Sutherland (UT)	20:09
5. Norma Coto (RC)	20:19
6. Doreen Erikson (EC)	20:29
7. Karen Horne (EC)	20:45
8. Julia Robertson (RC)	20:51
9. Ronnie Garrick (UT)	21:07
10. Kim Fagan (EC)	21:19

1989Oct. 28 - St. Petersburg, FL
(5K - Eckerd)

1. Barry	49
2. Eckerd	53
3. Tampa	66
4. Florida Southern	109
5. Florida Tech	114
6. Rollins	130
7. Saint Leo	150

TOP 10 INDIVIDUALS

1. Maureen Fusco (UT)	18:24
2. Kim Fagan (EC)	19:18
3. Suzanne LaMore (EC)	20:02
4. Norma Coto (RC)	20:40
5. Deana Beran (BU)	21:03
6. Linda Cassella (UT)	21:11
7. Mary Lou Halbritter (BU)	21:15
8. Karen Horne (FIT)	21:21
9. Jeannie Kvanvig (UT)	21:23
10. Martha Schafer (BU)	21:57

1990Oct. 27 - St. Petersburg, FL
(5K - Eckerd)

1. Eckerd	23
2. Barry	64
3. Florida Southern	65
4. Tampa	88
5. Florida Tech	122

TOP 10 INDIVIDUALS

1. Kim Fagen (EC)	17:43
2. Diane Ellsworth (EC)	19:49
3. Amy Brown (EC)	19:58
4. Dianna Campbell (FSC)	20:02
5. Lisa Keller (BU)	20:23
6. Linda Cassella (UT)	20:58
7. Luci Murray (UT)	21:03
8. Nicole McCutchan (EC)	21:12
9. Suzy Fernandes (EC)	21:16
10. Caroline Albertsma (FSC)	21:22

1991Oct. 26 - Melbourne, FL
(5K - Florida Tech)

1. Eckerd	20
2. Barry	64
3. Tampa	71
4. Florida Southern	90
5. Florida Tech	110
-- Rollins	NTS
-- Saint Leo	NTS

TOP 10 INDIVIDUALS

1. Kim Fagen (EC)	18:05
2. Diane Daley (BU)	20:35
3. Stacy Wallen (EC)	20:59
4. Amy Carter (EC)	21:11
5. Diane Chalk (EC)	21:38
6. Linda Casella (UT)	22:03
7. Joselle Germano (EC)	22:14
8. Caroline Albertsma (FSC)	22:20
9. Diane Ellsworth (EC)	22:32
10. Deana Beran (BU)	22:33

1992Oct. 31 - Melbourne, FL
(5K - Florida Tech)

1. Eckerd	28
2. Tampa	69
3. Barry	80
4. Florida Southern	103
5. Saint Leo	134
-- Florida Tech	NTS
-- Rollins	NTS

TOP 10 INDIVIDUALS

1. Diane Daley (BU)	19:57
2. Amy Goss (EC)	20:16
3. Diane Ellsworth (EC)	20:46
4. Linda Cassella (UT)	20:55
5. Stacy Wallen (EC)	21:08
6. Jennifer Poole (FSC)	21:36
7. Erin McCormack (RC)	21:54
8. Joselle Germano (EC)	22:07
9. Rebecca Schwindt (UT)	22:11
10. Diane Chalk (EC)	22:14

1993Oct. 30 - Saint Leo, FL
(5K - Saint Leo)

1. North Florida	15
2. Florida Southern	68
3. Rollins	102
4. Eckerd	104
5. Florida Tech	129
6. Saint Leo	169
-- Tampa	NTS
-- Barry	NTS

TOP 10 INDIVIDUALS

1. Aimee Kagel (UNF)	17:58
2. Kim Pawelek (UNF)	18:39
3. Leanne Moore (UNF)	18:46
4. Amanda Burt (UNF)	18:59
5. Jennifer Adamski (UNF)	19:44
6. Lucy Kozikowski (EC)	19:55
7. Diane Daley (BU)	20:04
8. Katy Gostage (UNF)	20:27
9. Christine Keenan (FIT)	20:30
10. Jennifer Poole (FSC)	20:43

1994Oct. 29 - Jacksonville, FL
(5K - North Florida)

1. North Florida	15
2. Eckerd	88
3. Florida Southern	91
4. Tampa	100
5. Florida Tech	111
6. Rollins	128

TOP 10 INDIVIDUALS

1. Kim Pawelek (UNF)	18:14
2. Leanne Moore (UNF)	18:49
3. Aimee Kagel (UNF)	18:58
4. Tina Nelson (UNF)	19:05
5. Jennifer Adamski (UNF)	19:19
6. Amanda Burt (UNF)	19:45
7. Laura Peters (UNF)	20:02
8. Kim Hackett (UNF)	20:13
9. Lee West (RC)	20:35
10. Katie Gostage (UNF)	20:42

1995Oct. 28 - Melbourne, FL
(5K - Florida Tech)

1. North Florida	15
2. Eckerd	79
3. Florida Southern	86
4. Rollins	108
5. Tampa	113
6. Florida Tech	147

TOP 10 INDIVIDUALS

1. Kim Pawalek (UNF)	18:11
2. Leanne Moore (UNF)	19:31
3. Tina Nelson (UNF)	19:36
4. Aimee Kagel (UNF)	19:39
5. Amanda Burt (UNF)	19:49
6. Jennifer Adamski (UNF)	20:17
7. Micheal Moon (EC)	20:52
8. Kim Hackett (UNF)	21:05
9. Lee West (RC)	21:13
10. Laura Peters (FIT)	21:24

1996Oct. 26 - Jacksonville, FL
(5K - North Florida)

1. North Florida	20
2. Florida Southern	37
3. Rollins	84
4. Eckerd	107
5. Florida Tech	115
-- Tampa	NTS

TOP 10 INDIVIDUALS

1. Suzanne Ernst (UNF)	18:53.21
2. Aimee Kagel (UNF)	19:06.65
3. Julie Klimtzak (UNF)	19:55.86
4. Peyton Dunn (UNF)	20:00.04
5. Jessica Brown (FSC)	20:25.36
6. Taryn Peters (FSC)	20:33.24
7. Emily Vall (FSC)	20:37.67
8. Valerie Hardee (FSC)	20:40.60
9. Jennifer McKay (RC)	20:41.24
10. Susan Joy (UNF)	20:49.02

1997Oct. 25 - Lakeland, FL
(5K - Florida Southern)

1. Florida Southern	18
2. Rollins	76
3. Tampa	83
4. Florida Tech	88
-- Eckerd	NTS

TOP 10 INDIVIDUALS

1. April Booe (Fr., FSC)	19:35.5
2. Kristy Vignalli (Fr., FSC)	19:54.0
3. Taryn Peters (So., FSC)	19:58.4
4. Emily Saunders (Fr., UT)	20:38.0
5. Rebecca Clark (Fr., FSC)	20:41.8
6. Laura Peters (Sr., FIT)	20:48.6
7. Emily Vall (So., FSC)	20:52.2
8. Kellie Hitchcock (Sr., FSC)	21:06.7
9. Oriana Souers (Fr., UT)	21:09.8
10. Jessica Brown (So., FSC)	21:26.5

1998

Oct. 25 - Melbourne, FL
(6K - Florida Tech)

1. Florida Southern	15
2. Rollins	70
3. Eckerd	75
4. Florida Tech	132
5. Lynn	157
6. Saint Leo	161
-- Tampa	NTS

TOP 10 INDIVIDUALS

1. Michelle Solan (So., FSC)	23:17
2. Alli Tatangelo (Fr., FSC)	23:41
3. Rebecca Clark (So., FSC)	24:13
4. Kristy Vignali (So., FSC)	24:28
5. Taryn Peters (Jr., FSC)	24:41
6. April Booe (So., FSC)	24:42
7. Emily Vall (Jr., FSC)	24:53
8. Allison Nichols (Fr., RC)	25:04
9. Janie Krevas (Jr., FSC)	26:08
10. Kirsten Palacios (So., RC)	26:26

1999

Oct. 23 - Winter Park, FL
(6K - Rollins)

1. Florida Southern	15
2. Rollins	48
3. Eckerd	91
4. Tampa	135
5. Saint Leo	143
6. Florida Tech	146
7. Lynn	164

TOP 10 INDIVIDUALS

1. Alli Tatangelo (So., FSC)	22:35
2. Kristy Vignali (So., FSC)	23:11
3. Taryn Peters (Sr., FSC)	24:18
4. April Booe (Jr., FSC)	24:21
5. Rebecca Clark (Jr., FSC)	24:23
6. Emily Vall (Sr., FSC)	24:47
7. Allison Nichols (So., RC)	25:07
8. Kaela Gustafson (RC)	25:13
9. Kirsten Palacios (Jr., RC)	25:33
10. Renae Neal (FSC)	25:40

2000

Oct. 21 - Saint Leo, FL
(6K - Saint Leo)

1. Florida Southern	17
2. Rollins	52
3. Tampa	88
4. Eckerd	101
5. Florida Tech	136
6. Saint Leo	173
7. Lynn	201

TOP 10 INDIVIDUALS

1. Alli Tataneglo (Jr., FSC)	23:22
2. Rebecca Clark (Sr., FSC)	23:57
3. April Booe (Sr., FSC)	23:58
4. Tracey Buston (UT)	24:07
5. Linda McLaughlin (FSC)	24:24
6. Kelly Bowen (FSC)	24:27
7. Kirsten Palacios (Sr., RC)	25:06
8. Renae Neale (FSC)	25:17
9. Morgan Pike (RC)	25:24
10. Tanya Garcia (FSC)	25:25

2001

Oct. 20 - Tampa, FL
(6K - Tampa)

1. Florida Southern	28
2. Tampa	42
3. Rollins	69
4. Eckerd	98
5. Saint Leo	162
-- Florida Tech	NTS

TOP 10 INDIVIDUALS

1. Tracy Buxton (UT)	22:29
2. Judy Tubei (FSC)	22:56
3. Dee Dee Haefling (UT)	23:10
4. Erin Wilson (UT)	23:35
5. Linda McLaughlin (FSC)	23:44
6. Renae Neale (FSC)	23:53
7. April Avery (FSC)	23:55
8. Katie Thomas (FSC)	24:05
9. Kelly Bowen (FSC)	24:14
10. Kelley Johnson (RC)	24:18

2002

Oct. 19 - St. Petersburg, FL
(6K - Eckerd)

1. Tampa	21
2. Florida Southern	43
3. Rollins	87
4. Eckerd	89
5. Saint Leo	140
-- Florida Tech	NTS

TOP 10 INDIVIDUALS

1. Dee Dee Haefling (UT)	22:06
2. Elizabeth Bragg (UT)	22:39
3. Erin Wilson (UT)	22:55
4. April Avery (FSC)	23:06
5. Allison Mascas (UT)	23:11
6. Megan Williams (EC)	23:16
7. Linda McLaughlin (FSC)	23:17
8. Kimberly Rucks (FSC)	23:26
9. Kelly Bowen (FSC)	23:35
10. Elizabeth Sheridan (UT)	23:43

2003

Oct. 25 - Lakeland, FL
(6K - Florida Southern)

1. Tampa	26
2. Florida Southern	36
3. Florida Tech	73
4. Eckerd	90
5. Rollins	146
6. Saint Leo	164

TOP 10 INDIVIDUALS

1. Allison Macsac (UT)	21:58.09
2. Jael Koech (FSC)	22:39.16
3. Dee Dee Haefling (UT)	23:11.01
4. Liz Bragg (UT)	23:30.69
5. Erin Wilson (UT)	23:40.30
6. Rachel Anderson (FSC)	23:52.97
7. April Avery (FSC)	24:01.21
8. Christine Miller (FIT)	24:15.62
9. Kimi Rucks (FSC)	24:25.07
10. Charise Parker (FIT)	24:33.35

2004

Oct. 23 - Melbourne, FL
(6K - Florida Tech)

1. Tampa	21
2. Florida Southern	34
3. Florida Tech	100
4. Nova Southeastern	115
5. Rollins	155
Saint Leo	155
-- Eckerd	NTS

TOP 10 INDIVIDUALS

1. Allison Macsac (UT)	20:35.73
2. Dee Dee Haefling (UT)	20:57.04
3. Jael Koech (FSC)	20:59.01
4. Erin Wilson (UT)	21:02.96
5. Liz Bragg (UT)	21:13.26
6. Rachel Anderson (FSC)	21:35.29
7. Linda Mrkic (FSC)	22:01.26
8. Elizabeth Garcia (FSC)	22:08.67
9. Kim Dunker (UT)	22:24.09
10. Danielle Shimer (FSC)	22:30.90

2005

Oct. 29 - Winter Park, FL
(6K - Rollins)

1. Tampa	32
2. Florida Southern	38
3. Florida Tech	69
4. Rollins	93
5. Saint Leo	144

TOP 10 INDIVIDUALS

1. Allison Macsac (Sr., UT)	21:56.5
2. Jael Koech (Jr., FSC)	22:07.0
3. Rachel Anderson (Jr., FSC)	22:33.8
4. Elizabeth Garcia (Sr., FSC)	23:31.3
5. Laura Woznicki (So., FSC)	23:39.3
6. Kim Dunker (Sr., UT)	23:47.5
7. Danielle Shimer (So., FSC)	23:51.4
8. Colleen Burke (Sr., UT)	23:52.1
9. Kristina Aronson (Fr., RC)	23:59.3
10. Jocelyn Boose (Sr., FIT)	24:04.7

2006

Oct. 21 - Ft. Lauderdale, FL
(6K - Nova Southeastern)

1. Florida Southern	16
2. Tampa	40
3. Nova Southeastern	79
4. Florida Tech	106
5. Rollins	135
6. Saint Leo	164

TOP 10 INDIVIDUALS

1. Jael Koech (Sr., FSC)	22:29
2. Carolyne Kwambai (Fr., FSC)	23:08
3. Rachel Anderson (Sr., FSC)	23:19
4. Paige Williams (Fr., UT)	23:24
5. Alysya Duffy (Fr., UT)	23:40
6. Kristina Aronson (So., RC)	24:12
7. Bethany Brenkus (So., NSU)	24:14
8. Jessica Forrester (Fr., UT)	24:16
9. Stefi Cevallos (Jr., NSU)	25:14
10. Danielle Shimer (Jr., FSC)	25:18

2007

Oct. 20 - Saint Leo, FL
(6K - Saint Leo)

1. Tampa	18
2. Florida Southern	53
3. Nova Southeastern	84
4. Florida Tech	92
5. Rollins	141
6. Saint Leo	184

TOP 10 INDIVIDUALS

1. Laura Woznicki (Sr., UT)	21:38.75
2. Jessica Forrester (So., UT)	22:21.05
3. Carolyne Kwambai (So., FSC)	22:55.00
4. Paige Williams (So., UT)	23:18.15
5. Alysha Duffy (So., UT)	23:18.15
6. Julia Vola (Sr., UT)	23:20.95
7. Carolyn Horst (Sr., FIT)	23:32.25
8. Danielle Shimer (Sr., FSC)	23:38.70
9. Kelsey Dunn (Fr., FSC)	23:43.85
10. Michelle Gabrielle (So., UT)	23:46.85

2008

Oct. 25 - Brandon, FL
(6K - Tampa)

1. Tampa	21
2. Florida Southern	76
3. Nova Southeastern	77
4. Florida Tech	79
5. Rollins	112
6. Saint Leo	151

TOP 10 INDIVIDUALS

1. Jessica Forrester (Jr., UT)	21:33
2. Carolyne Kwambai (So., FSC)	22:05
3. Heather Nicolosi (Fr., UT)	22:18
4. Alysha Duffy (Jr., UT)	22:24
5. Krystal Porter (NSU)	22:58
6. Katie O'Brien (UT)	23:15
7. Sarah Nelson (UT)	23:18
8. Dara Fox (Jr., UT)	23:33
9. Nicole Clarke (FIT)	23:36
10. Tara Haddock (FSC)	23:50

2009

Oct. 24 - Lakeland, FL
(6K - Florida Southern)

1. Tampa	21
2. Florida Southern	69
3. Florida Tech	71
4. Nova Southeastern	97
5. Saint Leo	128
6. Rollins	147

TOP 10 INDIVIDUALS

1. Sara Trane (Sr., FIT)	21:10.32
2. Jessica Butler (Fr., UT)	21:31.65
3. Heather Nicolosi (So., UT)	21:55.12
4. Dara Fox (Sr., UT)	22:00.73
5. Alysha Duffy (Sr., UT)	22:01.08
6. Carolyne Kwambai (Sr., FSC)	22:10.16
7. Sarah Nelson (Sr., UT)	22:37.80
8. Paige Williams (Sr., UT)	22:45.28
9. Kaia Hampton (Fr., UT)	22:49.64
10. Katie Barrese (Fr., FSC)	23:03.43

2010

Nov. 6 - Melbourne, FL
(6K - Florida Tech)

1. Tampa	27
2. Nova Southeastern	72
3. Florida Tech	89
4. Saint Leo	98
5. Florida Southern	113
6. Rollins	120

TOP 10 INDIVIDUALS

1. Heather Nicolisi (Jr., UT)	20:39.98
2. Lindsay Edwards (Jr., UT)	21:40.42
3. Alexandria Palm (Fr., NSU)	22:03.20
4. Nicole Clarke (Jr., FIT)	22:11.59
5. Chanelle Cox (So., UT)	22:18.37
6. Emily Labarbera (So., FSC)	22:29.95
7. Andrea Maxwell (Fr., SLU)	22:32.29
8. Laurny Falcone (Sr., RC)	23:33.72
9. Kaia Hampton (So., UT)	22:40.82
10. Iloani Scanlan (Fr., UT)	22:43.80

2011

Oct. 22 - Sunrise, FL
(6K - Nova Southeastern)

1. Tampa	29
2. Nova Southeastern	69
3. Florida Tech	94
4. Saint Leo	97
5. Florida Southern	105
6. Rollins	114

TOP 10 INDIVIDUALS

1. Tereza Novotna (Fr. SLU)	21:44.60
2. Jessica Butler (Sr., UT)	21:48.06
3. Nicole Clarke (Sr., FIT)	21:56.60
4. Heather Nicolosi (Sr., UT)	22:08.69
5. Kaia Hampton (Jr., UT)	22:50.17
6. Alexandria Palm (So., NSU)	23:03.09
7. Lindsay Edwards (Sr., UT)	23:14.86
8. Lauren Falcone (Jr., RC)	23:17.11
9. Stephanie Fonseca (Jr., FIT)	23:31.32
10. Taytor Stokes (So., NSU)	23:37.87

2012

Oct. 20 - Winter Park, FL
(6K - Rollins)

1. Tampa	27
2. Nova Southeastern	68
3. Rollins	108
4. Saint Leo	109
5. Florida Southern	118
6. Florida Tech	129
7. Lynn	186

TOP 10 INDIVIDUALS

1. Alexandria Palm (Jr., NSU)	21:51.8
2. Laura Yarrow (Fr., UT)	22:11.0
3. Lauren Falcone (Sr., RC)	22:16.3
4. Kelly Hagan (Jr., UT)	22:23.0
5. Kaia Hampton (Sr., UT)	22:30.0
6. Gabriella Wuyke (Jr., LU)	22:54.9
7. Danielle Kissel (Fr., UT)	23:01.1
8. Justine Falcone (Sr., RC)	23:02.5
9. Courtney Ragan (Sr., UT)	23:25.7
10. Ilolani Scanlan (Jr., UT)	23:28.9

2013

Oct. 26 - Saint Leo, FL
(6K - Saint Leo)

1. Tampa	31
2. Nova Southeastern	42
3. Saint Leo	86
4. Florida Tech	112
5. Florida Southern	137
6. Lynn	169
7. Rollins	181

TOP 10 INDIVIDUALS

1. Alexandria Palm (Sr., NSU)	21:50
2. Jelena Tancic (Jr., SLU)	22:04
3. Chantelle Blundell (So., UT)	22:07
4. Peri Bowman (Sr., NSU)	22:12
5. Danielle Kissel (So., UT)	22:31
6. Claudia Canello (Fr., UT)	22:33
7. Gabriella Wuyke (Sr., LU)	22:35
8. Kelly Hagan (Sr., UT)	22:38
9. Vanessa Righeimer (Sr., UT)	22:39
10. Rose Howell (Jr., NSU)	22:57

2014

Nov. 8 - Dover, FL
(6K - Tampa)

1. Saint Leo	36
2. Tampa	37
3. Nova Southeastern	75
4. Florida Southern	136
5. Florida Tech	145
6. Lynn	149
7. Rollins	171

TOP 10 INDIVIDUALS

1. Colett Rampf (Fr., SLU)	22:20.2
2. Chantell Blundell (Jr., UT)	22:24.8
3. Jelena Tancic (So., SLU)	22:45.4
4. Kari Grippo (Fr., SLU)	22:45.9
5. Claudia Canello (So., UT)	23:02.1
6. Sarah Northrup (So., LU)	23:27.0
7. Danielle Kissel (Jr., UT)	23:44.0
8. Rachel Zachar (Sr., NSU)	23:49.8
9. Rose Howell (Sr., NSU)	23:52.9
10. Mollie Jones (Sr., RC)	23:54.7

2015

Oct. 24 - Lakeland, FL
(6K - Florida Southern)

1. Tampa	28
2. Saint Leo	39
3. Florida Tech	100
4. Nova Southeastern	105
5. Florida Southern	116
6. Rollins	182
7. Lynn	216

TOP 10 INDIVIDUALS

1. Colett Rampf (So., SLU)	21:39.1
2. Chantell Blundell (Sr., UT)	22:17.1
3. Anabel Knoll (Fr., NSU)	22:31.0
4. Alyssa Bayliff (Fr., SLU)	22:41.9
5. Juliana Bohem (Gr., UT)	22:47.0
6. Claudia Canello (Jr., UT)	22:48.3
7. Danielle Kissel (Sr., UT)	23:00.3
8. Elaina Canello (Jr., UT)	23:01.4
9. Laura Tobin (Fr., SLU)	23:05.1
10. Aimee Epps (Sr., UT)	23:16.6

2016

Oct. 22 - Melbourne, FL
(6K - Florida Tech)

1. Saint Leo	28
2. Tampa	55
3. Florida Southern	102
4. Palm Beach Atlantic	105
5. Florida Tech	121
6. Nova Southeastern	132
7. Lynn	172
8. Rollins	260

TOP 10 INDIVIDUALS

1. Colett Rampf (Jr., SLU)	20:26.67
2. Alyssa Bayliff (So., SLU)	21:05.64
3. Claudia Canello (Sr., UT)	21:13.50
4. Camryn Rickenbach (Fr., PBA)	21:21.71
5. Laura Tobin (So., SLU)	21:26.28
6. Sara-Caitrin Mandelburg (Gr., PBA)	21:46.23
7. Anabel Knoll (Fr., NSU)	21:54.21
8. Lauren Csulik (Jr., SLU)	22:03.22
9. Allison Wright (Fr., FSC)	22:03.86
10. Thea Ramsey (So., UT)	22:06.79

2017

Oct. 21 - Melbourne, FL
(6K - Boca Raton, FL)

1. Embry-Riddle	43
2. Saint Leo	47
3. Florida Tech	88
4. Tampa	88
5. Florida Southern	104
6. Lynn	153
7. Nova Southeastern	204
8. Palm Beach Atlantic	227
9. Rollins	289

TOP 10 INDIVIDUALS

1. Colett Rampf (Sr., SLU)	21:20.79
2. Sarah Edens (So., ERAU)	22:18.40
3. Alyssa Bayliff (Jr., SLU)	22:31.25
4. Alex Orr (Jr., ERAU)	22:43.90
5. Lia Hanus (Fr., FIT)	22:47.36
6. Laura Tobin (Jr., SLU)	23:01.61
7. Zoe Jarvis (Fr., UT)	23:06.56
8. Lauren Csulik (Sr., SLU)	23:24.84
9. Marina DeBiasi (Sr., FIT)	23:27.09
10. Mikaela Hakamaa (So., ERAU)	23:34.35

2018

Nov. 3 - Daytona Beach, FL
(6K - Rollins)

1. Tampa	53
2. Embry-Riddle	56
3. Saint Leo	71
4. Florida Southern	78
5. Lynn	150
6. Florida Tech	178
7. Nova Southeastern	183
8. Palm Beach Atlantic	187
9. Rollins	273

TOP 10 INDIVIDUALS

1. Sarah Edens (Jr., ERAU)	21:52.71
2. Kristen Metcalfe (So., ERAU)	22:08.37
3. Hannah Flemming (So., FSC)	22:13.73
4. Addison Cantor (So., FSC)	22:15.76
5. Shannon Sweeney (Sr., UT)	22:20.34
6. Zoe Jarvis (So., UT)	22:45.10
7. Ashley Lindeman (Jr., SLU)	22:48.60
8. Emmanuelle LeTertre (Fr., LU)	22:49.99
9. Laura Tobin (Sr., SLU)	22:53.32
10. Paige Patterson (Fr., SLU)	22:55.55

2019

Oct. 26 - Boca Raton, FL
(6K - Lynn)

1. Tampa	34
2. Saint Leo	45
3. Florida Southern	61
4. Embry-Riddle	73
5. Palm Beach Atlantic	166
6. Nova Southeastern	173
7. Lynn	194
8. Florida Tech	224
9. Rollins	273

TOP 10 INDIVIDUALS

1. Zoe Jarvis (Jr., UT)	22:18.2
2. Aspen Gordon (Fr., UT)	22:28.9
3. Sarah Zamot (So., FSC)	22:39.0
4. Sarah Edens (Sr., ERAU)	22:46.8
5. Ashley Lindeman (Sr., SLU)	22:59.8
6. Sydney Rhodes (Jr., UT)	23:03.2
7. Paige Patterson (So., SLU)	23:09.7
8. Tania Jarreau (Jr., SLU)	23:12.9
9. Monika Brill (Jr., UT)	23:16.4
10. Sintayehu Vissa (Fr., SLU)	23:30.2

2020-21

Feb. 27 - West Palm Beach, FL
(6K - Palm Beach Atlantic)

1. Tampa	41
2. Palm Beach Atlantic	70
3. Florida Southern	75
4. Embry-Riddle	108
T5. Nova Southeastern	130
T5. Saint Leo	130
7. Lynn	165

TOP 10 INDIVIDUALS

1. Paige Patterson (Jr., SLU)	22:34.88
2. Alyssa Zack (So., ERAU)	22:42.81
3. Zoe Jarvis (Sr., UT)	23:10.93
4. Ivanova Yanes (Fr., NSU)	23:19.59
5. Sarah Zamot (Jr., FSC)	23:28.06
6. Allison Seng (So., PBAU)	23:46.99
7. Sydney Rhodes (Sr., UT)	23:50.67
8. Anna Senter (Fr., UT)	24:11.25
9. Dune Costes (Jr., PBAU)	24:16.83
10. Alayna Goll (Jr., FSC)	24:27.64

2021

Oct. 23 - Lakeland, FL
(6K - Florida Southern)

1. Saint Leo	50
2. Tampa	52
3. Florida Southern	86
4. Lynn	104
5. Nova Southeastern	111
6. Palm Beach Atlantic	125
7. Embry-Riddle	148

TOP 10 INDIVIDUALS

1. Zoe Jarvis (Sr., UT)	21:27.67
2. Faye Dervan (Fr., SLU)	21:36.75
3. Paige Patterson (Sr., SLU)	22:11.86
4. Tania Jarreau (Jr., SLU)	22:21.56
5. Anna Senter (So., UT)	22:29.40
6. Ivanova Yanes (So., NSU)	22:40.75
7. Dune Costes (Sr., PBAU)	22:43.14
8. Brooke Mullins (Fr., LU)	22:44.13
9. Ellie Fluman (So., FSC)	22:55.24
10. Allison Seng (Jr., PBAU)	22:56.83

2022

Nov. 5 - Daytona Beach, FL
(6K - Embry-Riddle)

1. Palm Beach Atlantic	49
2. Tampa	54
3. Nova Southeastern	81
4. Saint Leo	87
5. Embry-Riddle	110
6. Florida Southern	122
7. Lynn	186

TOP 10 INDIVIDUALS

1. Dune Costes (Sr., PBAU)	22:22.5
2. Laura Georgelin (Jr. PBAU)	22:29.7
3. Kamila Soja (So., NSU)	22:39.6
4. Hannah Capel (Sr., UT)	22:41.1
5. Aspen Gordon (Jr., UT)	22:44.6
6. Holly Little (Sr., SLU)	22:45.7
7. Madelyn Rodriguez (Sr., PBAU)	22:46.8
8. Eden Toal (So., NSU)	22:47.6
9. Ellie Fluman (So., FSC)	22:56.8
10. Paige Patterson (Sr., SLU)	22:58.1

2023

Oct. 21 - Lakeland, FL
(6K - Florida Southern)

1. Tampa	32
2. Nova Southeastern	56
3. Palm Beach Atlantic	58
4. Embry-Riddle	90
5. Florida Southern	111
6. Lynn	172
7. Barry	191

TOP 10 INDIVIDUALS

1. Aspen Gordon (Sr., UT)	21:38.6
2. Leena Saidi (Jr., NSU)	21:40.0
3. Emma Skinner (So., UT)	22:04.3
4. Emma Hanstveit (Fr., PBAU)	22:05.2
5. Eden Toal (Jr., NSU)	22:10.9
6. Ally Jakubiak (So., NSU)	22:11.4
7. Olivia Harp (Jr., UT)	22:16.1
8. Emily Kriney (So., UT)	22:16.2
9. Sadie Nordmeyer (Jr., PBAU)	22:24.4
10. Taylor Roth (Fr., ERAU)	22:27.7

2024

Oct. 25 - Lakeland, FL
(6K - Florida Southern)

1. Nova Southeastern	31
2. Florida Southern	54
3. Tampa	55
4. Palm Beach Atlantic	107
5. Embry-Riddle	111
6. Lynn	189
7. Barry	206

TOP 10 INDIVIDUALS

1. Jillian Thorning (So., NSU)	21:45.2
2. Leena Saidi (Jr., NSU)	21:58.9
3. Lindsey Volkman (Jr., UT)	22:04.0
4. Eden Toal (Sr., NSU)	22:14.9
5. Emma Mussante (Sr., FSC)	22:20.8
6. Dominyka Petraskaitė (Sr., PBA)	22:23.7
7. Ellie Fluman (Sr., FSC)	22:26.6
8. Mackenzie Keller (Jr., ERAU)	22:45.8
9. Mary Richmond (Fr., UT)	22:47.7
10. Ally Jakubiak (Jr., NSU)	22:49.7

ALL-CONFERENCE

1981

ALL-CONFERENCE

Lisa English Biscayne
 Kristine Whelan Rollins
 Patty Cascioli Florida Tech
 Jackie Nations Central Florida
 Paula Johnson Rollins

1982

FIRST TEAM

Lisa English Biscayne
 Carol Schultz Rollins
 Cindy Jurss Central Florida
 Laura Alexander Florida Tech
 Cathy Pallacini Biscayne
 Joanie Andrews Rollins

SECOND TEAM

Mary Wacker Florida Tech
 Susie Bringardner Central Florida
 Angie Cicanese Florida Southern
 Janet Gray Florida Southern
 Val Garles Biscayne
 Nancy McCarthy Eckerd

HONORABLE MENTION

LuAnne Sloan Central Florida
 Donna Strong Tampa
 Patty Mariner Saint Leo

1983

FIRST TEAM

Carol Schultze Rollins
 Laura Alexander Florida Tech
 Vicky Szabo Rollins
 Val Garles Biscayne
 Janet Gray Florida Southern
 Rose Vouso Central Florida

SECOND TEAM

Alice Williams Central Florida
 Donna Strong Tampa
 Jil Wowlander Central Florida
 Patty Mariner Saint Leo
 Melissa Buller Rollins
 Julie Youngberg Central Florida

HONORABLE MENTION

Penny Dickos Tampa
 Joanie Andrews Rollins
 Angie Cicanese Florida Southern

1984

FIRST TEAM

Ema Guererea-Mora Saint Thomas
 Laura Alexader Florida Tech
 Lana Currington Saint Thomas
 Danielle Heath Saint Thomas
 Lisa English Saint Thomas
 Mandy Adams Saint Thomas

SECOND TEAM

Liz Lewis Saint Thomas
 Patty Mariner Saint Leo
 Chris Beaudry Florida Tech
 Phyllis Shalor Saint Leo
 Vicki Szabo Rollins
 Vicki Lowe Saint Thomas

HONORABLE MENTION

Angie Cicanese Florida Southern
 Amy Teets Rollins
 Penny Dickos Tampa

1985

FIRST TEAM

Emaguerere Mora Saint Thomas
 Liz Lewis Saint Thomas
 Danielle Heath Saint Thomas
 Mel Theolarge Florida Tech
 Ann Matthaël Saint Thomas
 Vickie Lowe Saint Thomas

SECOND TEAM

Kim Schwarting Eckerd
 Dorren Erickson Eckerd
 Penny Dickos Tampa
 Cathy Rowan Tampa
 Jill Blount Eckerd
 Linda English Florida Tech

HONORABLE MENTION

Joanna Mattox Tampa
 Melody Ridgely Saint Thomas
 Molijane Wahl Florida Southern

1986

FIRST TEAM

Paige Dempsey Florida Southern
 Melanie Theborge Florida Tech
 Laura Zimmerman Florida Southern
 Doreen Erickson Eckerd
 Edie Gallagher Florida Tech
 Jill Blount Eckerd

SECOND TEAM

Ann Matthaël Saint Thomas
 Penny Dickos Tampa
 Rita Lopez Saint Thomas
 Mary Letcher Saint Leo
 Molijane Wahl Florida Southern
 Laura Orgielewicz Florida Southern

HONORABLE MENTION

Linda English Florida Tech
 Jean Mosbrook Florida Tech
 Amy Teets Rollins

1987

ALL-CONFERENCE

Melanie Theborge Florida Tech
 Cathy Rowan Tampa
 Doreen Erickson Eckerd
 Jodi Washburn Rollins
 Mary Letcher Saint Leo
 Andrea Jahr Tampa
 Karen Horne Florida Tech
 Chris Beaudry Florida Tech
 Chrissy McDermott Saint Leo
 Michelle Musick Florida Southern

1988

ALL-CONFERENCE

Judi Washburn Rollins
 Maureen Fusco Tampa
 Cathy Rowan Tampa
 Chipmonk Sutherland Tampa
 Norma Coto Rollins
 Doreen Erikson Eckerd
 Karen Horne Eckerd
 Julia Robertson Rollins
 Ronnie Garrick Tampa
 Kim Fagan Eckerd

1989

COACH OF THE YEAR

Joe Whitehead Barry

ALL-CONFERENCE

Maureen Fusco Tampa
 Kim Fagen Eckerd
 Suzanne LaMore Eckerd
 Norma Coto Rollins
 Deana Beran Barry
 Linda Cassella Tampa
 Mary Lou Halbritter Barry
 Karen Horne Florida Tech
 Jeannie Kvanvig Tampa
 Martha Schafer Barry

1990

COACH OF THE YEAR

Peter Eagleson Eckerd

ALL-CONFERENCE

Kim Fagen Eckerd
 Diane Ellsworth Eckerd
 Amy Brown Eckerd
 Dianna Campbell Florida Southern
 Lisa Keller Barry
 Linda Cassella Tampa
 Luci Murray Tampa
 Nicole McCutchan Eckerd
 Suzy Fernandes Eckerd
 Caroline Albertsma Florida Southern

1991

RUNNER OF THE YEAR

Kim Fagen Eckerd

COACH OF THE YEAR

Peter Eagleson Eckerd

ALL-CONFERENCE

Kim Fagen Eckerd
 Diane Daley Barry
 Stacy Wallen Eckerd
 Amy Carter Eckerd
 Diane Chalk Eckerd
 Linda Cassella Tampa
 Joselle Germano Eckerd
 Caroline Albertsma Florida Southern
 Diane Ellsworth Eckerd
 Deana Beran Barry

1992

RUNNER OF THE YEAR

Diane Daley Barry

COACH OF THE YEAR

Peter Eagleson Eckerd

ALL-CONFERENCE

Diane Daley Barry
 Amy Goss Eckerd
 Diane Ellsworth Eckerd
 Linda Cassella Tampa
 Stacy Wallen Eckerd
 Jennifer Poole Florida Southern
 Erin McCormack Rollins
 Joselle Germano Eckerd
 Rebecca Schwindt Tampa
 Diane Chalk Eckerd

1993

RUNNER OF THE YEAR

Aimee Kagel North Florida

COACH OF THE YEAR

Michael Way Florida Southern

FIRST TEAM

Aimee Kagel North Florida

Kim Pawelek North Florida

Leanne Moore North Florida

Amanda Burt North Florida

Jennifer Adamski North Florida

SECOND TEAM

Lucy Kozikowski Eckerd

Diane Daley Barry

Katy Gostage North Florida

Christine Keenan Florida Tech

Jennifer Poole Florida Southern

1994

RUNNER OF THE YEAR

Kim Pawelek North Florida

COACH OF THE YEAR

Peter Eagleson Eckerd

FIRST TEAM

Kim Pawelek North Florida

Leanne Moore North Florida

Aimee Kagel North Florida

Tina Nelson North Florida

Jennifer Adamski North Florida

SECOND TEAM

Amanda Burr North Florida

Laura Peters Florida Tech

Kim Hackett North Florida

Lee West Rollins

Jennifer Poole Florida Southern

1995

RUNNER OF THE YEAR

Kim Pawelek North Florida

COACH OF THE YEAR

Peter Eagleson Eckerd

FIRST TEAM

Kim Pawelek North Florida

Leanne Moore North Florida

Tina Nelson North Florida

Aimee Kagel North Florida

Amanda Burt North Florida

SECOND TEAM

Jennifer Adamski North Florida

Michael Moon Eckerd

Kim Hackett Florida Tech

Lee West Rollins

Laura Peters Florida Tech

1996

RUNNER OF THE YEAR

Suzanne Ernst North Florida

COACH OF THE YEAR

Buck Dawson Florida Southern

FIRST TEAM

Suzanne Ernst North Florida

Aimee Kagel North Florida

Julie Kimtzak North Florida

Peyton Dunn North Florida

Jessica Brown Florida Southern

SECOND TEAM

Taryn Peters Florida Southern

Emily Vail Florida Southern

Valerie Hardee Florida Southern

Jennifer McKay Rollins

Susan Joy North Florida

1997

RUNNER OF THE YEAR

April Booe Florida Southern

COACH OF THE YEAR

Buck Dawson Florida Southern

FIRST TEAM

April Booe Florida Southern

Kristy Vignalli Florida Southern

Taryn Peters Florida Southern

Emily Saunders Tampa

Rebecca Clark Florida Southern

SECOND TEAM

Laura Peters Florida Tech

Emily Vall Florida Southern

Kellie Hitchcock Florida Southern

Oriana Souers Tampa

Jessica Brown Florida Southern

1998

RUNNER OF THE YEAR

Michelle Solan Florida Southern

COACH OF THE YEAR

Buck Dawson Florida Southern

FIRST TEAM

Michelle Solan Florida Southern

Alli Tatangelo Florida Southern

Rebecca Clark Florida Southern

Kristy Vignalli Florida Southern

Taryn Peters Florida Southern

SECOND TEAM

April Booe Florida Southern

Emily Vall Florida Southern

Allison Nichols Rollins

Janie Krevas Florida Southern

Kirsten Palacios Rollins

1999

RUNNER OF THE YEAR

Alli Tatangelo Florida Southern

COACH OF THE YEAR

Buck Dawson Florida Southern

FIRST TEAM

Alli Tatangelo Florida Southern

Kristy Vignalli Florida Southern

Taryn Peters Florida Southern

April Booe Florida Southern

Rebecca Clark Florida Southern

SECOND TEAM

Emily Vall Florida Southern

Allison Nichols Rollins

Kaela Gustafson Rollins

Kirsten Palacios Rollins

Renae Neale Florida Southern

2000

RUNNER OF THE YEAR

Alli Tatangelo Florida Southern

COACH OF THE YEAR

Buck Dawson Florida Southern

ALL-CONFERENCE

Alli Tatangelo Florida Southern

Rebecca Clark Florida Southern

April Booe Florida Southern

Tracey Buxton Tampa

Linda McLaughlin Florida Southern

2001

RUNNER OF THE YEAR

Tracy Buxton Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Tracy Buxton Tampa

Judy Tubei Florida Southern

Dee Dee Haeftling Tampa

Erin Wilson Tampa

Linda McLaughlin Florida Southern

SECOND TEAM

Renae Neale Florida Southern

April Avery Florida Southern

Katie Thomas Florida Southern

Kelly Bowen Florida Southern

Kelley Johnson Rollins

2002

RUNNER OF THE YEAR

Dee Dee Haeftling Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Dee Dee Haeftling Tampa

Elizabeth Bragg Tampa

Erin Wilson Tampa

April Avery Florida Southern

Allison Mascas Tampa

SECOND TEAM

Megan Williams Eckerd

Linda McLaughlin Florida Southern

Kimberly Rucks Florida Southern

Kelly Bowen Florida Southern

Elizabeth Sheridan Tampa

2003

RUNNER OF THE YEAR

Allison Mascas Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Allison Mascas Tampa

Jael Koech Florida Southern

Dee Dee Haeftling Tampa

Elizabeth Bragg Tampa

Erin Wilson Tampa

SECOND TEAM

Rachel Anderson Florida Southern

April Avery Florida Southern

Christine Miller Florida Tech

Kimi Rucks Florida Southern

Charise Parker Florida Tech

2004

RUNNER OF THE YEAR

Allison Mascas Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Allison Mascas Tampa

Dee Dee Haeftling Tampa

Jael Koech Florida Southern

Erin Wilson Tampa

Elizabeth Bragg Tampa

SECOND TEAM

Rachel Anderson Florida Southern

Linda Mrkic Florida Southern

Elizabeth Garcia Florida Southern

Kim Dunker Tampa

Danielle Shimer Florida Southern

2005

RUNNER OF THE YEAR

Allison Mascas Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Allison Mascas Tampa

Jael Koech Florida Southern

Rachel Anderson Florida Southern

Elizabeth Garcia Florida Southern

Laura Woznicki Tampa

SECOND TEAM

Kim Dunker Tampa

Danielle Shimer Florida Southern

Colleen Burke Tampa

Kristina Aronson Rollins

Jocelyn Boose Florida Tech

2006

RUNNER OF THE YEAR

Jael Koech Florida Southern

COACH OF THE YEAR

Buck Dawson Florida Southern

FIRST TEAM

Jael Koech Florida Southern

Carolyne Kwambai Florida Southern

Rachel Anderson Florida Southern

Paige Williams Tampa

Alysha Duffy Tampa

SECOND TEAM

Kristina Aronson Rollins

Bethany Brenkus Nova Southeastern

Jessica Forrester Tampa

Stefi Cevallos Nova Southeastern

Danielle Shimer Florida Southern

2007

RUNNER OF THE YEAR

Laura Woznicki Tampa

FRESHMAN OF THE YEAR

Kelsey Dunn Florida Southern

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Jessica Forrester Tampa

Carolyne Kwambai Florida Southern

Carolyn Salois-Horst Florida Tech

Julia Vola Tampa

Paige Williams Tampa

ALL-CHAMPIONSHIP - FIRST TEAM

Laura Woznicki Tampa

Jessica Forrester Tampa

Carolyne Kwambai Florida Southern

Paige Williams Tampa

Alysha Duffy Tampa

ALL-CHAMPIONSHIP - SECOND TEAM

Julia Vola Tampa

Carolyn Horst Florida Tech

Danielle Shimer Florida Southern

Kelsey Dunn Florida Southern

Michelle Gabrielle Tampa

2008

RUNNER OF THE YEAR

Jessica Forrester Tampa

FRESHMAN OF THE YEAR

Nicole Clarke Florida Tech

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Nicole Clarke Florida Tech

Alysha Duffy Tampa

Jessica Forrester Tampa

Carolyne Kwambai Florida Southern

Heather Nicolosi Tampa

Krystal Porter Nova Southeastern

ALL-CHAMPIONSHIP

Jessica Forrester Tampa

Carolyne Kwambai Florida Southern

Heather Nicolosi Tampa

Alysha Duffy Tampa

Krystal Porter Nova Southeastern

Katie O'Brien Tampa

Sarah Nelson Tampa

Dara Fox Tampa

Nicole Clarke Florida Tech

Tara Haddock Nova Southeastern

2009

RUNNER OF THE YEAR

Sara Trane Florida Tech

FRESHMAN OF THE YEAR

Kaia Hampton Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Jessica Butler Tampa

Dara Fox Tampa

Carolyne Kwambai Florida Southern

Sarah Nelson Tampa

Heather Nicolosi Tampa

Sara Trane Florida Tech

ALL-CHAMPIONSHIP

Sara Trane Florida Tech

Jessica Butler Tampa

Heather Nicolosi Tampa

Dara Fox Tampa

Alysha Duffy Tampa

Carolyne Kwambai Florida Southern

Sarah Nelson Tampa

Paige Williams Tampa

Kaia Hampton Tampa

Katie Barrese Florida Southern

2010

RUNNER OF THE YEAR

Heather Nicolisi Tampa

FRESHMAN OF THE YEAR

Alexandria Palm Nova Southeastern

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Nicole Clarke Florida Tech

Lindsay Edwards Tampa

Lauryn Falcone Rollins

Kaia Hampton Tampa

Heather Nicolosi Tampa

Alexandria Palm Nova Southeastern

ALL-CHAMPIONSHIP

Heather Nicolisi Tampa

Lindsay Edwards Tampa

Alexandria Nova Southeastern

Nicole Clarke Florida Tech

Chanelle Cox Tampa

Emily Labarbera Florida Southern

Andrea Maxwell Saint Leo

Lauryn Falcone Rollins

Kaia Hampton Tampa

Iloani Scanlan Tampa

2011

CO-RUNNERS OF THE YEAR

Jessica Butler Tampa

Tereza Novotna Saint Leo

FRESHMAN OF THE YEAR

Tereza Novotna Saint Leo

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Jessica Butler Tampa

Nicole Clarke Florida Tech

Lauryn Falcone Rollins

Kaia Hampton Tampa

Heather Nicolosi Tampa

Tereza Novotna Saint Leo

Alexandria Palm Nova Southeastern

ALL-CHAMPIONSHIP

Tereza Novotna Saint Leo

Jessica Butler Tampa

Nicole Clarke Florida Tech

Heather Nicolosi Tampa

Kaia Hampton Tampa

Alexandria Palm Nova Southeastern

Lindsay Edwards Tampa

Lauren Falcone Rollins

Stephanie Fonseca Florida Tech

Taylor Stokes Nova Southeastern

2012

RUNNER OF THE YEAR

Laurn Falcone Rollins

FRESHMAN OF THE YEAR

Laura Yarrow Tampa

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Laurn Falcone Rollins

Kelly Hagan Tampa

Kaia Hampton Tampa

Danielle Kissel Tampa

Alexandria Palm Nova Southeastern

Gabrielle Wuyke Lynn

Laura Yarrow Tampa

ALL-CHAMPIONSHIP

Alexandria Palm Nova Southeastern

Laura Yarrow Tampa

Lauren Falcone Rollins

Kelly Hagan Tampa

Kaia Hampton Tampa

Gabriella Wuyke Lynn

Danielle Kissel Tampa

Justine Falcone Rollins

Courtney Ragan Tampa

Iolani Scanlan Tampa

2013

RUNNER OF THE YEAR

Alexandria Palm Nova Southeastern

FRESHMAN OF THE YEAR

Jelena Tancic Saint Leo

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Peri Bowman Nova Southeastern

Chantelle Blundell Tampa

Claudia Canello Tampa

Danielle Kissel Tampa

Alexandria Palm Nova Southeastern

Jelena Tancic Saint Leo

Gabriella Wuyke Lynn

ALL-CHAMPIONSHIP

Alexandria Palm Nova Southeastern

Jelena Tancic Saint Leo

Chantelle Blundell Tampa

Peri Bowman Nova Southeastern

Danielle Kissel Tampa

Claudia Canello Tampa

Gabriella Wuyke Lynn

Kelly Hagan Tampa

Vanessa Righeimer Tampa

Rose Howell Nova Southeastern

2014

RUNNER OF THE YEAR

Colett Rampf Saint Leo

FRESHMAN OF THE YEAR

Colett Rampf Saint Leo

COACH OF THE YEAR

Melissa Miller-Magden Saint Leo

ALL-CONFERENCE

Colett Rampf Saint Leo

Chatelle Blundell Tampa

Jelena Tancic Saint Leo

Kari Grippo Saint Leo

Sarah Northrup Lynn

Danielle Kissel Tampa

Claudia Canello Tampa

ALL-CHAMPIONSHIP

Colett Rampf Saint Leo

Chantell Blundell Tampa

Jelena Tancic Saint Leo

Kari Grippo Saint Leo

Claudia Canello Tampa

Sarah Northrup Lynn

Danielle Kissel Tampa

Rachel Zachar Nova Southeastern

Rose Howell Nova Southeastern

Mollie Jones Rollins

2015

RUNNER OF THE YEAR

Colett Rampf Saint Leo

FRESHMAN OF THE YEAR

Anabel Knoll Nova Southeastern

COACH OF THE YEAR

Jarrett Slaven Tampa

ALL-CONFERENCE

Colett Rampf Saint Leo

Chantell Blundell Tampa

Anabel Knoll Nova Southeastern

Alyssa Bayliff Saint Leo

Juliana Boehm Tampa

Danielle Kissel Tampa

Claudia Canello Tampa

ALL-CHAMPIONSHIP

Colett Rampf Saint Leo

Chantell Blundell Tampa

Anabel Knoll Nova Southeastern

Alyssa Bayliff Saint Leo

Juliana Boehm Tampa

Claudia Canello Tampa

Danielle Kissel Tampa

Elaina Canello Tampa

Laura Tobin Saint Leo

Aimee Epps Tampa

2016

RUNNER OF THE YEAR

Colett Rampf Saint Leo

FRESHMAN OF THE YEAR

Allison Wright Florida Southern

COACH OF THE YEAR

Kent Reiber Saint Leo

ALL-CONFERENCE

Colett Rampf Saint Leo

Alyssa Bayliff Saint Leo

Claudia Canello Tampa

Laura Tobin Saint Leo

Allison Wright Florida Southern

Lauren Csubak Saint Leo

Thea Ramsey Tampa

ALL-CHAMPIONSHIP

Colett Rampf Saint Leo

Alyssa Bayliff Saint Leo

Claudia Canello Tampa

Camryn Rickenbach Palm Bch. Atlantic

Laura Tobin Saint Leo

Sara-Caitrin Mandelburg Palm Bch. Atlantic

Anabel Knoll Nova Southeastern

Lauren Csubak Saint Leo

Allison Wright Florida Southern

Thea Ramsey Tampa

2017

RUNNER OF THE YEAR

Colett Rampf Saint Leo

FRESHMAN OF THE YEAR

Lia Hanus Florida Tech

COACH OF THE YEAR

Mike Rosolino Embry-Riddle

FIRST TEAM

Colett Rampf Saint Leo

Sarah Edens Embry-Riddle

Alyssa Bayliff Saint Leo

Alex Orr Embry-Riddle

Lia Hanus Florida Tech

Laura Tobin Saint Leo

Zoe Jarvis Tampa

SECOND TEAM

Lauren Csubak Saint Leo

Marina DeBiasi Florida Tech

Mikaela Hakamaa Embry-Riddle

Alexandra Jones Lynn

Monika Brill Tampa

Kristen Metcalfe Embry-Riddle

Nicole Kvitkauskas Embry-Riddle

ALL-CHAMPIONSHIP

Colett Rampf Saint Leo

Sarah Edens Embry-Riddle

Alyssa Bayliff Saint Leo

Alex Orr Embry-Riddle

Lia Hanus Florida Tech

Laura Tobin Saint Leo

Zoe Jarvis Tampa

Lauren Csubak Saint Leo

Marina DeBiasi Florida Tech

Mikaela Hakamaa Embry-Riddle

2018

RUNNER OF THE YEAR

Sarah Edens Embry-Riddle

FRESHMAN OF THE YEAR

Emannuelle Letertre Lynn

COACH OF THE YEAR

Jarett Slaven Tampa

FIRST TEAM

Sarah Edens Embry-Riddle

Kristen Metcalfe Embry-Riddle

Hannah Flemming Florida Southern

Addison Cantor Florida Southern

Shannon Sweeney Tampa

Zoe Jarvis Tampa

Ashley Lindeman Saint Leo

SECOND TEAM

Emannuelle Letertre Lynn

Laura Tobin Saint Leo

Paige Patterson Saint Leo

Alyssa Bayliff Saint Leo

Kara Funke Embry-Riddle

Alexis Bible Tampa

Sydney Rhodes Tampa

ALL-CHAMPIONSHIP

Sarah Edens Embry-Riddle

Kristen Metcalfe Embry-Riddle

Hannah Flemming Florida Southern

Addison Cantor Florida Southern

Shannon Sweeney Tampa

Zoe Jarvis Tampa

Ashley Lindeman Saint Leo

Emmanuelle LeTertre Lynn

Laura Tobin Saint Leo

Paige Patterson Saint Leo

2019

RUNNER OF THE YEAR

Zoe Jarvis Tampa

FRESHMAN OF THE YEAR

Aspen Gordon Tampa

COACH OF THE YEAR

Jarett Slaven Tampa

FIRST TEAM

Zoe Jarvis Tampa

Aspen Gordon Tampa

Sarah Zamot Florida Southern

Sarah Edens Embry-Riddle

Ashley Lindeman Saint Leo

Sydney Rhodes Tampa

Paige Patterson Saint Leo

SECOND TEAM

Tania Jarreau Saint Leo

Monika Brill Tampa

Sintayehu Vissa Saint Leo

Hannah Flemming Florida Southern

Anna Miller Embry-Riddle

Hannah Nelson Florida Southern

Ysabella Guerra Florida Southern

ALL-CHAMPIONSHIP

Zoe Jarvis Tampa

Aspen Gordon Tampa

Sarah Zamot Florida Southern

Sarah Edens Embry-Riddle

Ashley Lindeman Saint Leo

Sydney Rhodes Tampa

Paige Patterson Saint Leo

Tania Jarreau Saint Leo

Monika Brill Tampa

Sintayehu Vissa Saint Leo

2020-21

RUNNER OF THE YEAR

Paige Patterson Saint Leo

FRESHMAN OF THE YEAR

Ivanova Yanes Nova Southeastern

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Paige Patterson Saint Leo

Alyssa Zack Embry-Riddle

Zoe Jarvis Tampa

Ivanova Yanes Nova Southeastern

Sarah Zamot Florida Southern

Allison Seng Palm Beach Atlantic

Sydney Rhodes Tampa

SECOND TEAM

Anna Sentner Tampa

Dune Costes Palm Beach Atlantic

Alayna Goll Florida Southern

Aspen Gordon Tampa

Lydia Friedman Tampa

Maya Espinosa Nova Southeastern

Abigail Bateman Palm Beach Atlantic

ALL-CHAMPIONSHIP

Paige Patterson Saint Leo

Alyssa Zack Embry-Riddle

Zoe Jarvis Tampa

Ivanova Yanes Nova Southeastern

Sarah Zamot Florida Southern

Allison Seng Palm Beach Atlantic

Sydney Rhodes Tampa

Anna Sentner Tampa

Dune Costes Palm Beach Atlantic

Alayna Goll Florida Southern

2020-21

RUNNER OF THE YEAR

Paige Patterson Saint Leo

FRESHMAN OF THE YEAR

Ivanova Yanes Nova Southeastern

COACH OF THE YEAR

Jarrett Slaven Tampa

FIRST TEAM

Paige Patterson Saint Leo

Alyssa Zack Embry-Riddle

Zoe Jarvis Tampa

Ivanova Yanes Nova Southeastern

Sarah Zamot Florida Southern

Allison Seng Palm Beach Atlantic

Sydney Rhodes Tampa

SECOND TEAM

Anna Sentner Tampa

Dune Costes Palm Beach Atlantic

Alayna Goll Florida Southern

Aspen Gordon Tampa

Lydia Friedman Tampa

Maya Espinosa Nova Southeastern

Abigail Bateman Palm Beach Atlantic

ALL-CHAMPIONSHIP

Paige Patterson Saint Leo

Alyssa Zack Embry-Riddle

Zoe Jarvis Tampa

Ivanova Yanes Nova Southeastern

Sarah Zamot Florida Southern

Allison Seng Palm Beach Atlantic

Sydney Rhodes Tampa

Anna Sentner Tampa

Dune Costes Palm Beach Atlantic

Alayna Goll Florida Southern

2021

RUNNER OF THE YEAR

Zoe Jarvis Tampa

FRESHMAN OF THE YEAR

Faye Dervan Saint Leo

COACH OF THE YEAR

Kent Reiber Saint Leo

FIRST TEAM

Zoe Jarvis Tampa

Faye Dervan Saint Leo

Paige Patterson Saint Leo

Tania Jarreau Saint Leo

Anna Sentner Tampa

Ivanova Yanes Nova Southeastern

Dune Costes Palm Beach Atlantic

SECOND TEAM

Brooke Mullins Lynn

Ellie Fluman Florida Southern

Allison Seng Palm Beach Atlantic

Aspen Gordon Tampa

Sarah Zamot Florida Southern

Marisa Kortright Florida Southern

Blair Vignes Lynn

ALL-CHAMPIONSHIP

Zoe Jarvis Tampa

Faye Dervan Saint Leo

Paige Patterson Saint Leo

Tania Jarreau Saint Leo

Anna Sentner Tampa

Ivanova Yanes Nova Southeastern

Dune Costes Palm Beach Atlantic

Brooke Mullins Lynn

Ellie Fluman Florida Southern

Allison Seng Palm Beach Atlantic

2022

RUNNER OF THE YEAR

Madelyn Rodriguez Palm Beach Atlantic

FRESHMAN OF THE YEAR

Emma Skinner Tampa

COACH OF THE YEAR

Wes Penberthy Palm Beach Atlantic

FIRST TEAM

Dune Costes Palm Beach Atlantic

Laura Georgelin Palm Beach Atlantic

Kamila Soja Nova Southeastern

Hannah Capel Tampa

Aspen Gordon Tampa

Holly Little Saint Leo

Madelyn Rodriguez Palm Beach Atlantic

SECOND TEAM

Eden Toal Nova Southeastern

Ellie Fluman Florida Southern

Paige Patterson Saint Leo

Meagan Moreno Tampa

Ariana Anderson Embry-Riddle

Emma Mussante Florida Southern

Allison Seng Palm Beach Atlantic

ALL-CHAMPIONSHIP TEAM

Dune Costes Palm Beach Atlantic

Laura Georgelin Palm Beach Atlantic

Kamila Soja Nova Southeastern

Hannah Capel Tampa

Aspen Gordon Tampa

Holly Little Saint Leo

Madelyn Rodriguez Palm Beach Atlantic

Eden Toal Nova Southeastern

Ellie Fluman Florida Southern

Paige Patterson Saint Leo

SSC CHAMPIONSHIP

INDIVIDUAL CHAMPION

Dune Costes Palm Beach Atlantic

SSC CHAMPIONSHIP

TOP FRESHMAN

Katelyn Dietrick Tampa

2023

RUNNER OF THE YEAR

Aspen Gordon Tampa

Emma Mussante Florida Southern

FRESHMAN OF THE YEAR

Emma Hanstveit Palm Beach Atlantic

COACH OF THE YEAR

Logan Wells Tampa

FIRST TEAM

Aspen Gordon Tampa

Leena Saidi Nova Southeastern

Emma Skinner Tampa

Emma Hanstveit Palm Beach Atlantic

Eden Toal Nova Southeastern

Ally Jakubiak Nova Southeastern

Olivia Harp Tampa

SECOND TEAM

Emily Kriney Tampa

Sadie Nordmeyer Palm Beach Atlantic

Taylor Roth Embry-Riddle

Ellie Fluman Florida Southern

Abby Valley Embry-Riddle

Jessica Hernandez Tampa

Ellie Malone Palm Beach Atlantic

ALL-CHAMPIONSHIP

Aspen Gordon Tampa

Leena Saidi Nova Southeastern

Emma Skinner Tampa

Emma Hanstveit Palm Beach Atlantic

Eden Toal Nova Southeastern

Ally Jakubiak Nova Southeastern

Tampa

Emily Kriney Tampa

Sadie Nordmeyer Palm Beach Atlantic

Taylor Roth Embry-Riddle

SSC CHAMPIONSHIP

INDIVIDUAL CHAMPION

Aspen Gordon Tampa

SSC CHAMPIONSHIP

TOP FRESHMAN

Emma Hanstveit Palm Beach Atlantic

2024

RUNNER OF THE YEAR

Jillian Thorning Nova Southeastern

FRESHMAN OF THE YEAR

Hannah Diete Tampa

COACH OF THE YEAR

Jonathan Carter Nova Southeastern

FIRST TEAM

Jillian Thorning Nova Southeastern

Leena Saidi Nova Southeastern

Lindsey Volkman Tampa

Eden Toal Nova Southeastern

Emma Mussante Florida Southern

Dominyka Petraskaite .. Palm Beach Atlantic

Ellie Fluman Florida Southern

SECOND TEAM

Mackenzie Keller Embry-Riddle

Mary Richmond Tampa

Ally Jakubiak Nova Southeastern

Emma Pfeiffer Florida Southern

Taylor Guthrie Tampa

Isabella Grant Nova Southeastern

ALL-CHAMPIONSHIP

Jillian Thorning Nova Southeastern

Leena Saidi Nova Southeastern

Lindsey Volkman Tampa

Eden Toal Nova Southeastern

Emma Mussante Florida Southern

Dominyka Petraskaite .. Palm Beach Atlantic

Ellie Fluman Florida Southern

Mackenzie Keller Embry-Riddle

Mary Richmond Tampa

Ally Jakubiak Nova Southeastern

SSC CHAMPIONSHIP

INDIVIDUAL CHAMPION

Jillian Thorning Nova Southeastern

SSC CHAMPIONSHIP

TOP FRESHMAN

Mary Richmond Tampa

SSC SILVER ANNIVERSARY TEAM

(announced 2/02/07)

TOP RUNNERS

Jael Koech Florida Southern 2003-06
Allison Macsas Tampa 2002-05

TOP COACH

Jarrett Slaven Tampa 1999-present

SILVER ANNIVERSARY TEAM

Rachel Anderson Florida Southern 2003-06
April Booe Florida Southern 1997-00
Rebecca Clark Florida Southern 1997-00
Paige Dempsey Florida Southern 1986-88
Kim Fagen Eckerd 1988-91
Elizabeth Gracia Florida Southern 2994-05
Jael Koech Florida Southern 2003-06
Allison Macsas Tampa 2002-05
Taryn Peters Florida Southern 1996-99
Michelle Solan Florida Southern 1998
Alli Tatangelo Florida Southern 1998-01

2010-19 ALL-DECADE HONORS

(announced 1/25/21)

RUNNER OF THE DECADE

Colett Rampf Saint Leo 2014-17

COACH OF THE DECADE

Jarrett Slaven Tampa

FIRST TEAM

Claudia Canello Tampa 2013-16
Sarah Edens Embry-Riddle 2017-19
Zoe Jarvis Tampa 2017-19
Danielle Kissel Tampa 2012-15
Heather Nicolosi Tampa 2010-11
Alexandria Palm Nova Southeastern 2010-13
Colett Rampf Saint Leo 2014-17

SECOND TEAM

Alyssa Bayliff Saint Leo 2015-18
Chantalle Blundell Tampa 2012-15
Jessica Butler Tampa 2010-11
Nicole Clarke Florida Tech 2010-11
Lauryn Falcone Rollins 2010-12
Kaia Hampton Tampa 2010-12
Laura Tobin Saint Leo 2015-18

