

WIAA Women's Indoor Track & Field Individual & Relay Champions

(Since 1977)

60-Yard/55-Meter/60-Meter Dash

1977*	Gilda Hudson	MSN	7.2
1978*	Jane Ubbelohde	RF	7.24
1979*	Jane Ubbelohde	RF	7.3
1980*	Carrie Kempf	LC	7.5
1981*	Cindy Spaciel	PARK	7.4
1982*	Wendy Thompson	MQ	7.21
1983*	Gloria Gregory	MIL	7.23
1984*	Gloria Gregory	MIL	7.14
1985*	Jane Brilowski	STP	7.43
1986*	Kirin Batiansila	LC	7.51
1987*	Lisa Zentko	LC	7.39
1988#	Sandy Squier	LC	7.46
1989#	Patty Boehlen	OSH	7.53
1990#	Donna Prielipp	OSH	7.33
1991#	Beth Mears	STP	7.53
1992#	Rebecca Karls	WW	7.51
1993#	Becky Karls	WW	7.27
1994#	Karla Eggerson	WW	7.30
1995#	Karla Eggerson	WW	7.20
1996#	Theresa Lauer	OSH	7.30
1997#	Amy Antczak	LC	7.30
1998#	Camille Ross	WW	7.23
1999#	Camille Ross	WW	7.19
2000#	Camille Ross	WW	7.11
2001#	Jocelyn Loe	LC	7.28
2002#	Jessica Janson	WW	7.28
2003#	Angela Klatt	LC	7.27
2004#	Angela Klatt	LC	7.31
2005#	Tracey Wilber	PLT	7.34
2006#	Jena Durnin	LC	7.20
2007#	Jena Durnin	LC	7.14
2008#	Brooke Bell	WW	7.28
2009#	Caitlin Schetter	LC	7.25
2010#	Brooke Bell	WW	7.14
2011#	Camille Davis	OSH	7.16
2012^	Jordanne Greenup	EC	7.78
2013^	Jaime Ludwigson	LC	7.74
2014^	Jaime Ludwigson	LC	7.72
2015^	Carly Fehler	EC	7.74
2016^	Meg Heafy	LC	7.67
2017^	Emily Reichenberger	OSH	7.74
2018^	Emily Reichenberger	OSH	7.72
2019^	Savannah Rygiewicz	LC	7.65
2020^	Savannah Rygiewicz	LC	7.62
2021	No championship due to COVID-19 pandemic.		
2022	Gwen Orr	PLT	7.73
2023	Tina Shelton	WW	7.56
2024	Lauren Jarrett	LC	7.55
2025	Lauren Jarrett	LC	7.43

#55 Meters

*60 Yards

^60 Meters

200-Meter Dash

1992	Sherry Schulte	OSH	26.32
1993	Becky Bushek	LC	26.63
1994	Beth Smith	LC	26.11
1995	Lisa Melendez	OSH	26.12
1996	Theresa Lauer	OSH	25.90
1997	Camille Ross	WW	25.89
1998	Camille Ross	WW	25.92
1999	Camille Ross	WW	25.16
2000	Amber Lindblad	LC	25.27
2001	Angela Klatt	LC	25.26
2002	Angela Klatt	LC	25.36
2003	Angela Klatt	LC	25.60
2004	Angela Klatt	LC	25.49
2005	Shelli Gotto	LC	25.86
2006	Nadine Pieske	OSH	25.61
2007	Nadine Pieske	OSH	25.15
2008	Brooke Bell	WW	25.63
2009	Liz Kooistra	EC	25.38
2010	Camille Davis	OSH	25.34
2011	Camille Davis	OSH	24.94
2012	Jordanne Greenup	EC	25.30
2013	Lexie Sondgeroth	WW	25.15
2014	Lexie Sondgeroth	WW	24.70
2015	Carly Fehler	EC	24.99
2016	Meg Heafy	LC	24.86
2017	Celeste Madda	WW	25.23
2018	Emily Reichenberger	OSH	25.39
2019	Savannah Rygiewicz	LC	25.42
2020	Savannah Rygiewicz	LC	25.37
2021	No championship due to COVID-19 pandemic.		
2022	Lexi LeFever	RF	25.22
2023	Emma Lawrence	LC	24.94
2024	Tina Shelton	WW	24.96
2025	Lauren Jarrett	LC	24.34

440-Yard/400-Meter Dash

1985*	Sarah Enz	OSH	1:00.17
1986*	Kristi Gunderson	LC	1:00.58
1987*	Ann Knetzger	EC	1:01.17
1988	Tracey Pierce	LC	59.61
1989	Ann Knetzger	EC	59.93
1990	Amy Voigt	STP	59.53
1991	Tina Soderberg	EC	59.93
1992	Amy Johnson	LC	59.92
1993	Jessie Bushman	STP	58.58
1994	Jessie Bushman	STP	58.66
1995	Hilde de Boer	LC	59.62
1996	Lisa Melendez	OSH	58.11
1997	Jessie Bushman	STP	57.92
1998	Shamaine Martin	LC	59.37
1999	Lisa Mickelson	LC	58.01
2000	Lisa Mickelson	LC	57.66
2001	Lisa Mickelson	LC	58.11
2002	Jocelyn Loe	LC	58.66
2003	Jesalyn Maher	STP	58.33
2004	Katelyn Friedel	WW	57.75
2005	Melissa Marvin	LC	57.82
2006	Amanda Donath	OSH	57.36
2007	Amanda Donath	OSH	55.96
2008	Liz Kooistra	EC	57.80
2009	Liz Kooistra	EC	57.48
2010	Natasha Arnold	RF	57.64
2011	Ann Tank	PLT	57.62
2012	Talisa Emberts	EC	57.03
2013	Alyssa Rasmussen	RF	56.73
2014	Jenna Halvorson	LC	57.22
2015	Laurissa Titterud	ST	57.96
2016	Jessie Reineck	EC	57.08
2017	Meredith Porter	WW	56.97
2018	Sarah Glidden	EC	57.34
2019	Lauren Wrensch	OSH	56.91
2020	Mara Schroeder	LC	57.87
2021	No championship due to COVID-19 pandemic.		
2022	Grace Maurer	ST	58.96
2023	Mara Schroeder	LC	58.74
2024	Amber Johnson	LC	57.54
2025	Anna Plautz	LC	57.11

*440 Yards

880-Yard/800-Meter Run

1986*	Kathy Ireland	LC	2:16.94
1987*	Tammy Milz	OSH	2:21.84
1988	Tammy Milz	OSH	2:18.12
1989	Tammy Milz	OSH	2:21.18
1990	Kim Bemowski	OSH	2:18.29
1991	Kim Bemowski	OSH	2:16.04
1992	Diana Wiegert	WW	2:21.18
1993	Kris Marti	OSH	2:17.82
1994	Jessie Bushman	STP	2:17.69
1995	Brenda Biskobing	OSH	2:15.05
1996	Hilde de Boer	LC	2:17.62
1997	Hilde de Boer	LC	2:15.85
1998	Katie Jacobson	ST	2:13.65
1999	Rachel Milligan	OSH	2:12.70
2000	Leah Juno	STP	2:15.04
2001	Elizabeth Woodworth	OSH	2:13.91
2002	Elizabeth Woodworth	OSH	2:11.35
2003	Elizabeth Woodworth	OSH	2:18.11
2004	Elizabeth Woodworth	OSH	2:12.89
2005	Jenna Mitchler	STP	2:14.44
2006	Marcia Taddy	PLT	2:14.28
2007	Marcia Taddy	PLT	2:11.59
2008	Marcia Taddy	PLT	2:10.35
2009	Jessica Scott	PLT	2:12.05
2010	Ann Tank	PLT	2:16.56
2011	Christy Cazzola	OSH	2:16.23
2012	Christy Cazzola	OSH	2:14.53
2013	Deidre Dillman	PLT	2:13.22
2014	Kylee Verhasselt	OSH	2:13.48
2015	Kylee Verhasselt	OSH	2:14.32
2016	Laurisa Titterud	ST	2:13.43
2017	Kathy Derks	STP	2:13.94
2018	Hanna Reed	EC	2:17.90
2019	Brooke Wellhausen	STP	2:16.62
2020	Libby Geisness	OSH	2:16.03
2021	No championship due to COVID-19 pandemic.		
2022	Zanzie Demco	OSH	2:16.41
2023	Maddie Hannan	LC	2:12.67
2024	Cyna Madigan	OSH	2:16.45
2025	Alli Thomas	LC	2:14.97

*880 Yards

One-Mile/1,500-Meter Run

1977*	Marybeth Spencer	MSN	4:57.8
1978*	Mary Rice	MIL	5:12.75
1979*	Dawn Buntman	STP	5:03.5
1980*	Dawn Buntman	STP	5:03.2
1981*	Cheryl Konkol	MIL	4:58.69
1982*	Cheryl Konkol	MIL	5:00.89
1983*	Tori Neubauer	LC	4:55.06
1984*	Diane Held	MQ	4:59.89
1985*	Katie Somers	EC	5:00.89
1986	Sue Meyer	ST	4:49.58
1987	Tammy Milz	OSH	4:47.97
1988	Tammy Milz	OSH	4:47.94
1989	Tammy Milz	OSH	4:43.39
1990	Cathy Vandermar	OSH	4:43.46
1991	Laura Horejs	OSH	4:47.12
1992	Laura Horejs	OSH	4:42.89
1993	Kris Marti	OSH	4:45.31
1994	Jennifer Kocent	LC	4:44.97
1995	Brenda Biskobing	OSH	4:41.26
1996	Jennifer Ramsey	OSH	4:47.37
1997	Christy Thurston	OSH	4:49.09
1998	Katie Jacobson	ST	4:37.99
1999	Rachel Milligan	OSH	4:34.24
2000	Jessica Dober	LC	4:41.81
2001	Leah Juno	STP	4:45.96
2002	Jackie Munoz	OSH	4:40.36
2003	Elizabeth Woodworth	OSH	4:41.21
2004	Elizabeth Woodworth	OSH	4:39.82
2005*	Megan Craig	STP	4:59.12
2006*	Marcia Taddy	PLT	4:58.02
2007*	Marcia Taddy	PLT	4:51.05
2008*	Marcia Taddy	PLT	4:53.07
2009*	Ayla Mitchell	OSH	5:11.78
2010*	Claire Roberts	STP	4:57.21
2011*	Christy Cazzola	OSH	4:54.03
2012*	Christy Cazzola	OSH	4:56.28
2013*	Christy Cazzola	OSH	4:57.64
2014*	Christy Cazzola	OSH	4:57.35
2015*	Lucy Ramquist	EC	4:57.40
2016*	Courtney Shaffer	ST	5:12.40
2017*	Kristen Linzmeier	OSH	5:02.25
2018*	Libby Brugger	LC	5:04.57
2019*	Morgan Marek	EC	5:01.41
2020*	Libby Brugger	LC	5:04.68
2021	No championship due to COVID-19 pandemic.		
2022*	Zanzie Demco	OSH	5:01.96
2023*	Carolyn Shult	EC	4:59.79
2024*	Maddie Hannan	LC	4:59.64
2025*	Gwen Hinz	LC	5:02.29

*One Mile

Two-Mile Run/3,000-Meter Run

1977*	Lynn Morin	MSN	10:52.1
1978*	Mary Rice	MIL	10:58.84
1979*	Mary Rice	MIL	10:57.2
1980*	Dawn Buntman	STP	10:49.3
1981*	Cheryl Konkol	MIL	10:36.85
1982*	Katie Webb	MQ	10:38.50
1983*	Tori Neubauer	LC	10:16.83
1984*	Tori Neubauer	LC	10:31.64
1985*	Brenda Bergum	EC	10:55.74
1986	Sheila Geere	ST	10:11.76
1987	Sharon Stubler	LC	10:07.50
1988	Cheryl Niederberger	OSH	10:05.29
1989	Cheryl Niederberger	OSH	9:54.79
1990	Cathy Vandermar	OSH	10:13.60
1991	Laura Horejs	OSH	10:21.39
1992	Laura Horejs	OSH	10:10.80
1993#	Marnie Sullivan	STP	10:49.80
1994#	Aimee Knitter	STP	10:07.81
1995	Tiffany Speckman	OSH	10:19.55
1996	Sarah Bashinski	LC	10:05.30
1997	Keri Wells	PLT	10:11.30
1998	Tiffany Ebersperger	OSH	10:05.91
1999	Keri Wells	PLT	10:05.82
2000	Stephanie Greiber	WW	10:14.75
2001	Becky Lebak	STP	10:21.86
2002	JaneMarie Ovanin	EC	10:11.05
2003	Megan Craig	STP	10:18.29
2004	Julie Rudd	LC	10:24.07
2005	Jenna Mitchler	STP	10:07.31
2006	Julia Rudd	LC	10:00.49
2007	Kristen Painter	LC	9:59.53
2008	Becca Jordahl	RF	9:56.46
2009	Ayla Mitchell	OSH	10:11.24
2010	Hannah Humbach	EC	10:23.19
2011	Claire Roberts	STP	10:32.64
2012	Kelly Haen	STP	10:28.97
2013	Alyssa Duncan	WW	10:20.33
2014	Christy Cazzola	OSH	9:49.49
2015	Lucy Ramquist	EC	9:50.68
2016	Holly Winberg	STP	10:18.92
2017	Erica Munyan	OSH	10:10.32
2018	Sadie Kroll	LC	10:01.32
2019	Cheyenne Moore	OSH	9:59.21
2020	Ashton Keene	OSH	10:28.71
2021	No championship due to COVID-19 pandemic.		
2022	Carolyn Shult	EC	10:06.85
2023	Mckayla Felton	ST	10:04.22
2024	Mckayla Felton	ST	9:54.07
2025	Madelynn McIntyre	LC	9:58.00

*Two Miles

#3,000-Meters, but ran one extra lap

5,000-Meter Run

1986	Sheila Geere	ST	17:30.04
1987	Cheryl Niederberger	OSH	17:52.53
1988	Tiffany Fox	OSH	17:27.18
1989	Cheryl Niederberger	OSH	18:03.10
1990	Marina Colby	OSH	17:26.71
1991	Nancy Klatt	OSH	17:55.05
1992	Melissa Langlois	OSH	17:50.89
1993	Marnie Sullivan	STP	18:00.90
1994	Aimee Knitter	STP	17:57.24
1995	Mikelle Budge	OSH	17:48.05
1996	Sarah Bashinski	LC	17:45.01
1997	Sarah Anderson	SUP	17:48.57
1998	Tiffany Ebensperger	OSH	17:22.23
1999	Keri Wells	PLT	17:35.45
2000	Stephanie Greiber	WW	17:35.05
2001	Becky Lebak	STP	17:33.92
2002	JaneMarie Ovanin	EC	17:34.38
2003	Julia Rudd	LC	17:53.76
2004	Jackie Mulrooney	PLT	17:32.87
2005	Teresa Stanley	STP	18:22.58
2006	Julia Rudd	LC	17:05.81
2007	Nikki Cahen	LC	17:38.25
2008	Becca Jordahl	RF	17:12.88
2009	Mary Palmer	EC	17:40.51
2010	Katelynn Williams	LC	17:45.64
2011	Ashlyn Mauer	EC	18:00.48
2012	Julia Colling	STP	17:48.32
2013	Christy Cazzola	OSH	16:40.52
2014	Tia Harris	RF	17:59.35
2015	Kathleen Thorn	ST	17:52.19
2016	Kaitlyn McDaniel	LC	17:42.44
2017	Elizabeth Frick	LC	17:38.36
2018	Cheyenne Moore	OSH	17:17.78
2019	Samantha Slattery	EC	17:47.65
2020	Madeline Sweeney	LC	17:44.06
2021	No championship due to COVID-19 pandemic.		
2022	Rachel Krouse	STP	17:48.63
2023	Maddy Vantassel	LC	17:40.93
2024	Katelyn Chadwick	LC	17:14.21
2025	Keely Behr	EC	17:59.57

55-Meter/60-Meter Hurdles

1988	Shelly Ranum	LC	8.61
1989	Deb Deeg	OSH	8.42
1990	Leslie Weidman	LC	8.71
1991	Sue Burke	OSH	8.63
1992	Luanne Bruss	LC	8.79
1993	Mel Mueller	OSH	8.63
1994	Mel Mueller	OSH	8.46
1995	Kelly Schoberg	LC	8.58
1996	Kim Gruetzmacher	OSH	8.70
1997	Kelly Schoberg	LC	8.50
1998	Crystal Stietz	PLT	8.48
1999	Kiara Eisner	LC	8.30
2000	Crystal Bullion	OSH	8.61
2001	Crystal Bullion	OSH	8.50
2002	Breanna McMullen	EC	8.50
2003	Breanna McMullen	EC	8.40
2004	Jennifer Stafslie	EC	8.28
2005	Jennifer Stafslie	EC	8.48
2006	Liz Faller	EC	8.36
2007	Liz Faller	EC	8.32
2008	Jessica Reed	RF	8.64
2009	Jessica Reed	RF	8.45
2010	Sara Kline	STP	8.43
2011	Kim Miresse	EC	8.32
2012*	Erin Kline	STP	8.88
2013*	Erin Schoenfelder	EC	8.87
2014*	Jamie Ludwigson	LC	8.85
2015*	Claire Gordee	LC	8.71
2016*	Claire Gordee	LC	8.66
2017*	Amber Williams	PLT	8.96
2018*	Sarah Glidden	EC	9.01
2019*	Sylviann Momont	STP	9.01
2020*	Emma Lawrence	LC	8.82
2021	No championship due to COVID-19 pandemic.		
2022*	Riley Kindt	OSH	8.64
2023*	Emma Lawrence	LC	8.52
2024*	Hannah Zastrow	ST	8:57
2025*	Hannah Zastrow	ST	8.67

*60 Meters

High Jump

Year	Name	School	Distance
1977	Sue von Behren	PARK	5-7 (1.70)
1978	Teri Biesser	PARK	5-4 (1.62)
1979	Sheila Flannery	LC	5-4 1/2 (1.64)
1980	Terru Kunz	CARR	5-5 (1.65)
1981	Ann Ewing	LC	5-6 (1.68)
1982	Barb Nauschutz	STP	5-5 3/4 (1.67)
1983	Michelle Riedi	STP	5-8 3/4 (1.75)
1984	Vicki Neal	ST	5-7 (1.70)
1985	Michelle Riedi	STP	5-6 (1.68)
1986	Michelle Riedi	STP	5-7 (1.70)
1987	Brenda Eiler	LC	5-3 3/4 (1.62)
1988	Deb Quandt	ST	5-5 (1.65)
1989	Amy Cayemberg	OSH	5-5 (1.65)
1990	Pam Haider	EC	5-5 (1.65)
1991	Amy Cayemberg	OSH	5-5 3/4 (1.67)
1992	Amy Cayemberg	OSH	5-4 1/2 (1.64)
1993	Mel Mueller	OSH	5-6 (1.68)
1994	Mel Mueller	OSH	5-7 (1.70)
1995	Polly Selby	STP	5-3 (1.60)
1996	Arlene Meinholz	EC	5-5 (1.65)
1997	Amber Olinger	ST	5-6 (1.68)
1998	Katie Arnes	LC	5-3 1/4 (1.61)
1999	Katie Arnes	LC	5-5 1/4 (1.66)
2000	Toni Bonnett	OSH	5-3 3/4 (1.62)
2001	Kady Kleven	RF	5-5 3/4 (1.67)
2002	Carrie Danielewicz	OSH	5-3 3/4 (1.62)
2003	Jackie Bloemendaal	EC	5-5 (1.65)
2004	Jill Crandall	RF	5-5 1/4 (1.66)
2005	Laura Verdegan	ST	5-5 3/4 (1.67)
2006	Alyssa Leonard	LC	5-3 3/4 (1.59)
2007	Lyndsey Thoma	OSH	5-5 3/4 (1.67)
2008	Sam Mayer	ST	5-5 3/4 (1.67)
2009	Alicia Schuelke	EC	5-1 3/4 (1.57)
2010	Leeanne Nowicki	LC	5-7 (1.70)
2011	Shelby Demos	WW	5-6 (1.68)
2012	Shelby Demos	WW	5-9 3/4 (1.77)
2013	Kayla Ashland	LC	5-4 1/2 (1.64)
2014	Kayla Ashland	LC	5-6 1/2 (1.69)
2015	Kasey Ederer	OSH	5-5 3/4 (1.67)
2016	Sarah Glidden	EC	5-6 1/2 (1.69)
2017	Isabella Weekly	STP	5-7 1/2 (1.71)
2018	Sarah Glidden	EC	5-4 1/4 (1.63)
2019	Stephanie Pladies	ST	5-5 3/4 (1.67)
2020	Bailey Waldhauser	EC	5-6 (1.68)
2021	No championship due to COVID-19 pandemic.		
2022	Olivia Owens	LC	5-6 (1.68)
2023	Ainsley Hansen	LC	5-8 1/2 (1.74)
2024	Macie Todd	LC	5-8 (1.68)
2025	Macie Todd	LC	5-6 1/2 (1.69)

Long Jump

1977	Dot Howard	MSN	17-9 3/4 (5.43)
1978	Ann Literski	MIL	17-4 (5.28)
1979	Nancy Rabensdorf	WW	17-10 1/4 (5.44)
1980	Diane Hensel	OSH	18-1 1/2 (5.52)
1981	Mary Freeman	LC	17-7 1/2 (5.37)
1982	Kim Robey	RF	17-3 1/2 (5.27)
1983	Margie Tremeeer	MIL	19-1 1/4 (5.82)
1984	JoAnne Carey	LC	17-8 1/4 (5.39)
1985	Lorraine Lyon	LC	17-10 1/2 (5.44)
1986	Emily Tupa	LC	18-2 3/4 (5.55)
1987	Emily Tupa	LC	18-0 1/2 (5.50)
1988	Michelle Dziak	OSH	17-7 (5.36)
1989	Michelle Dziak	OSH	17-9 3/4 (5.43)
1990	Ann Fink	OSH	18-2 3/4 (5.55)
1991	Jenny Miller	LC	17-10 1/2 (5.44)
1992	Jenny Miller	LC	18-2 1/2 (5.55)
1993	Becky Karls	WW	18-5 1/4 (5.62)
1994	Callie Kohl	RF	17-11 1/2 (5.47)
1995	Tara Harding	OSH	18-8 3/4 (5.71)
1996	Tara Jaeger	OSH	18-8 1/2 (5.70)
1997	Kerrie Main	OSH	18-5 1/4 (5.62)
1998	Kenya Moore	OSH	17-7 (5.36)
1999	Jill Kincaid	OSH	17-9 1/2 (5.42)
2000	Jennifer McConkey	OSH	17-10 3/4 (5.45)
2001	Jenny Todd	STP	18-4 1/4 (5.59)
2002	Sarah Moravchik	SUP	18-5 (5.61)
2003	Tricia Clark	LC	18-9 3/4 (5.73)
2004	Jennifer Stafslie	EC	17-8 3/4 (5.40)
2005	Jennifer Stafslie	EC	18-1 1/2 (5.52)
2006	Erin Kokta	EC	18-9 1/4 (5.72)
2007	Katie Fondow	LC	19-0 (5.79)
2008	Katie Fondow	LC	18-8 1/2 (5.70)
2009	Caitlin Schetter	LC	19-5 1/2 (5.93)
2010	Sara Poppe	WW	18-3 1/4 (5.57)
2011	Sara Poppe	WW	17-3 1/4 (5.26)
2012	Jessika Smith	ST	18-1 1/2 (5.52)
2013	Lexie Sondgeroth	WW	19-6 1/4 (5.95)
2014	Lexie Sondgeroth	WW	19-10 1/4 (6.05)
2015	Amber Williams	PLT	19-0 3/4 (5.81)
2016	Amber Williams	PLT	19-0 1/2 (5.80)
2017	Amber Williams	PLT	19-2 1/2 (5.85)
2018	Kaitlin Mallek	ST	18-7 (5.66)
2019	Lauren Wensch	OSH	19-2 1/2 (5.85)
2020	Shelby Nickels	WW	18-6 (5.64)
2021	No championship due to COVID-19 pandemic.		
2022	Lexi LeFever	RF	18-9 (5.71)
2023	Maddie Hansen	LC	17-6 3/4 (5.35)
2024	Jenna Driscoll	ST	18-8 1/2 (5.70)
2025	Megan Hunt	OSH	19-5 1/4 (5.92)

Triple Jump

1985	Carlene Willkom	STP	36-0 3/4 (10.99)
1986	Deb Schmidt	LC	36-10 1/4 (11.23)
1987	Michelle Dziak	OSH	37-5 3/4 (11.42)
1988	Michelle Dziak	OSH	37-1 3/4 (11.32)
1989	Michelle Dziak	OSH	37-6 3/4 (11.45)
1990	Leslie Wiedman	LC	37-9 1/2 (11.52)
1991	Leslie Wiedman	LC	36-5 1/4 (11.10)
1992	Renee Wedig	LC	35-4 1/2 (10.78)
1993	Tara Harding	OSH	36-2 3/4 (11.04)
1994	Callie Kohl	RF	37-0 1/4 (11.28)
1995	Tara Harding	OSH	38-7 (11.76)
1996	Kerrie Main	OSH	38-2 1/4 (11.64)
1997	Kerrie Main	OSH	38-1 1/2 (11.62)
1998	Kenya Moore	OSH	37-10 3/4 (11.55)
1999	Lisa Zimmermann	OSH	37-9 1/2 (11.52)
2000	Jill Kincaid	OSH	38-4 (11.68)
2001	Jill Kincaid	OSH	38-1 1/4 (11.61)
2002	Jill Kincaid	OSH	38-6 (11.73)
2003	Laura Verdegan	ST	40-4 (12.29)
2004	Laura Verdegan	ST	39-3 (11.96)
2005	Laura Verdegan	ST	38-7 1/2 (11.77)
2006	Lyndsay Thoma	OSH	37-6 3/4 (11.45)
2007	Chelsea Becker	EC	37-9 1/4 (11.51)
2008	Caitlin Schetter	LC	37-2 1/2 (11.34)
2009	Caitlin Schetter	LC	38-11 3/4 (11.88)
2010	Ashton May	LC	38-7 3/4 (11.78)
2011	Maggie May	LC	36-9 (11.20)
2012	Traelynn Lewis	SUP	38-0 3/4 (11.60)
2013	Jaime Ludwigson	LC	37-5 (11.40)
2014	Bria Halama	LC	39-11 1/2 (12.18)
2015	Amber Williams	PLT	39-3 3/4 (11.98)
2016	Amber Williams	PLT	39-4 1/2 (12.00)
2017	Amber Williams	PLT	40-5 1/2 (12.33)
2018	Cara Volz	OSH	38-4 3/4 (11.70)
2019	Betsy Schreier	LC	39-4 (11.99)
2020	Cara Volz	OSH	38-0 3/4 (11.60)
2021	No championship due to COVID-19 pandemic.		
2022	Miah Keller	LC	38-9 (11.81)
2023	Hallie Kent	LC	38-0 3/4 (11.60)
2024	Samantha Barrett	LC	39-3 3/4 (11.98)
2025	Samantha Barrett	LC	39-6 3/4 (12.06)

Shot Put

1977	Ann Okonek	STP	43-10 3/4 (13.38)
1978	Ann Okonek	STP	44-4 1/2 (13.51)
1979	Sara LaBorde	STP	43-10 3/4 (13.38)
1980	Jean van den Bogart	OSH	44-0 3/4 (13.43)
1981	Sandy Pehler	LC	43-4 1/2 (13.22)
1982	Cindy Lensmire	LC	45-1 (13.74)
1983	Cindy Lensmire	LC	44-11 (13.69)
1984	Cindy Lensmire	LC	47-9 1/4 (14.56)
1985	Donna Oedsma	LC	41-4 1/2 (12.61)
1986	Kim Woodkey	LC	42-5 1/2 (12.94)
1987	Kim Woodkey	LC	42-10 1/2 (13.06)
1988	Kim Woodkey	LC	43-5 (13.23)
1989	Kelly Bowe	EC	42-6 1/4 (12.96)
1990	Beth Mears	STP	46-11 (14.30)
1991	Stephanie Bostwick	OSH	46-4 3/4 (14.14)
1992	Stephanie Bostwick	OSH	47-1 1/2 (14.36)
1993	Tricia Haralson	OSH	47-11 3/4 (14.62)
1994	Kim Dankemeyer	LC	45-2 1/2 (13.78)
1995	Kim Dankemeyer	LC	44-3 1/2 (13.50)
1996	Kim Dankemeyer	LC	46-0 (14.02)
1997	Missy Oleson	OSH	43-8 3/4 (13.33)
1998	Sherry Eckhardt	OSH	43-4 1/4 (13.21)
1999	Patti Franckowiak	LC	42-4 (12.90)
2000	Tabitha Fendrick	WW	43-11 1/4 (13.39)
2001	Tabitha Fendrick	WW	43-4 1/4 (13.21)
2002	Tabitha Fendrick	WW	47-0 1/4 (14.33)
2003	Kristin Raether	LC	45-2 1/4 (13.77)
2004	Stephanie Dura	RF	44-11 1/2 (13.70)
2005	Robyn Jarocki	OSH	48-5 1/2 (14.77)
2006	Robyn Jarocki	OSH	51-1 3/4 (15.59)
2007	Susie Trzebiatowski	OSH	44-4 (13.51)
2008	Vicki Cooper	RF	46-6 1/4 (14.18)
2009	Christy Bohl	LC	46-8 3/4 (14.24)
2010	Ellie Sitek	OSH	45-10 3/4 (13.99)
2011	Holly Ozanich	OSH	47-9 1/4 (14.56)
2012	Breanna Strupp	OSH	48-4 1/2 (14.74)
2013	Breanna Strupp	OSH	49-9 (15.16)
2014	Jecel Klotz	OSH	49-9 1/4 (15.17)
2015	Melanie Brickner	OSH	48-0 3/4 (14.65)
2016	Autumn Miller	LC	46-4 1/4 (14.13)
2017	Kendra Antony	LC	45-5 3/4 (13.86)
2018	JoHannah Theisen	EC	47-7 1/4 (14.51)
2019	Erica Oawster	EC	47-8 (14.53)
2020	Skye Digman	LC	48-3 1/2 (14.72)
2021	No championship due to COVID-19 pandemic.		
2022	Skye Digman	LC	48-8 1/4 (14.84)
2023	Catie Fobbe	EC	49-0 3/4 (14.95)
2024	Izzy Carroll	LC	46-9 (14.25)
2025	Madilyn Vander Sanden	LC	44-2 1/2 (13.47)

Weight Throw (20 lbs.)

1994	Jennifer Pontius	RF	47-8 (14.53)
1995	Jennifer Pontius	RF	47-3 (14.40)
1996	Melissa Oleson	OSH	54-6 1/2(16.62)
1997	Melissa Oleson	OSH	54-5 1/2(16.60)
1998	Patti Franckowiak	LC	52-9 1/4(16.08)
1999	Patti Franckowiak	LC	54-2 (16.51)
2000	Megan Lundahl	STP	51-11 1/4(15.83)
2001	Jessica Kohlman	WW	57-4 3/4(17.49)
2002	Megan Lundahl	STP	52-4 1/2(15.96)
2003	Deena Heins	OSH	59-7 1/2(18.17)
2004	Robyn Jarocki	OSH	60-3 3/4(18.38)
2005	Robyn Jarocki	OSH	63-1 1/4(19.23)
2006	Robyn Jarocki	OSH	67-4 (20.52)
2007	Terri Schwamb	OSH	60-2 (18.34)
2008	Amy Morse	EC	54-5 1/4 (16.59)
2009	Ellie Sitek	OSH	55-9 (16.99)
2010	Holly Ozanich	OSH	58-8 (17.88)
2011	Holly Ozanich	OSH	64-5 (19.63)
2012	Alexia Child	OSH	61-2 1/4 (18.65)
2013	Katie Capriglione	SUP	59-5 (18.11)
2014	Shelby Mahr	WW	59-3/4 (18.00)
2015	Melanie Brickner	OSH	62-10 (19.15)
2016	Lydia Meier	ST	62-9 1/2 (19.14)
2017	Lydia Meier	ST	61-10 1/4 (18.85)
2018	Lindsay Chase	WW	57-1 1/2 (17.41)
2019	Brianne Johnsrud	EC	55-11 3/4 (17.06)
2020	Skye Digman	LC	56-0 1/2 (17.08)
2021	No championship due to COVID-19 pandemic.		
2022	Skye Digman	LC	60-7 3/4 (18.48)
2023	Skye Digman	LC	62-8 (19.10)
2024	Brenna Masloroff	OSH	59-4 (18.08)
2025	Kayla Behnke	EC	61-10 1/2 (18.86)

Pole Vault

1999	Katie Eiring	STP	10-6 1/4(3.21)
2000	Jessica McNaughton	LC	10-10 1/4 (3.31)
2001	Ellen Findlay	LC	11-10 (3.61)
2002	Heather Kleckner	LC	12-6 3/4 (3.83)
2003	Angela Hilgers	LC	12-4 (3.76)
2004	Kelly Rehn	OSH	12-0 (3.66)
2005	Stephanie Barnes	EC	12-0 (3.66)
2006	Stephanie Barnes	EC	12-8 (3.86)
2007	Chelsea Becker	EC	12-3 1/2 (3.75)
2008	Pam Sellberg	ST	12-6 (3.81)
2009	Pam Sellberg	ST	12-4 1/2 (3.77)
2010	Hayley Suckow	EC	12-2 3/4 (3.73)
2011	Danielle Carrigan	OSH	12-9 1/2 (3.90)
2012	Danielle Carrigan	OSH	12-4 (3.76)
2013	Melanie Pilon	WW	12-2 1/2 (3.72)
2014	Shannon Burke	STP	11-7 (3.53)
2015	Shannon Burke	STP	12-0 (3.66)
2016	Shannon Burke	STP	12-5 1/2 (3.80)
2017	Leah Richter	WW	12-2 1/2 (3.72)
2018	Sophia Schuessler	LC	12-2 3/4 (3.73)
2019	Rachel Zastrow	LC	12-2 (3.71)
2020	Heather Beecher	ST	12-10 (3.91)
2021	No championship due to COVID-19 pandemic.		
2022	Gracie Holland	WW	12-8 (3.86)
2023	Gracie Holland	WW	12-11 (3.94)
2024	Leah Zastrow	ST	12-10 1/4 (3.92)
2025	Gracie Holland	WW	13-0 3/4 (3.98)

Pentathlon

1980	Ann Okey	LC	2,774
1981	Sherri Odelvak	SUP	3,559.5
1982	Kathy Peasley	EC	3,167
1983	Nancy Johnson	OSH	3,107.5
1984	Heidi Tourtillott	LC	3,230
1985	Michelle Riedi	STP	3,464
1986	Carlene Willkom	STP	3,141
1987	Anne Sonksen	RF	3,255
1988	Sue Burke	OSH	2,953
1989	Linda Brinkman	LC	3,035
1990	Sue Burke	OSH	3,223
1991	Sue Burke	OSH	3,128
1992	Mel Mueller	OSH	3,099
1993	Shelly Roth	EC	3,203
1994	Shelly Roth	EC	3,280
1995	Shelly Roth	EC	2,923
1996	Arlene Meinholz	EC	3,295
1997	Sarah Peterson	RF	3,133
1998	Sarah Peterson	RF	3,173
1999	Mary Banker	OSH	3,397
2000	Becky Moyer	OSH	2,945
2001	Kathy Thompson	EC	3,203
2002	Carrie Danielewicz	OSH	3,305
2003	Julie Hoch	OSH	3,151
2004	Julie Hoch	OSH	3,231
2005	Julie Hoch	OSH	3,278
2006	Jill Crandall	RF	3,375
2007	Jill Crandall	RF	3,474
2008	AnnMarie Glejff	LC	3,241
2009	Jamie Scott	LC	3,143
2010	Danielle Anton	WW	3,120
2011	JoLyn Owen	WW	3,353
2012	Jessika Smith	ST	3,265
2013	Jessika Smith	ST	3,354
2014	Meagan Ward	ST	3,589
2015	Erin McCauley	LC	3,443
2016	Emma Sapiro	ST	3,163
2017	Sylviann Momont	STP	3,394
2018	Amanda Wiebke	LC	3,331
2019	Sylviann Momont	STP	3,572
2020	Megan Wallace	EC	3,418
2021	No championship due to COVID-19 pandemic.		
2022	Hannah Zenkovich	LC	3,741
2023	Skylar White	LC	3,276
2024	Megan Hunt	OSH	3,472
2025	Megan Hunt	OSH	3,596

Mile/4 x 400 Meter Relay

1977*	MSN (Cindy Bremser, Yvette Hyman, Brenda Howard, Sue Tallerd)	4:03.2
1978*	LC (Ann Kruger, Jane Wartman, Bonnie Draeger, Carrie Schwartz)	4:13.30
1979*	LC (Debra Booth, Ann Kruger, Carol Howard, Roxanne Weaver)	4:05.5
1980*	CARR (Tammy Polcyn Andy Fox, Cherry Brooks, Jan McBrair)	4:08.9
1981*	LC (Myhre, Carol Howard, Kim Pfaffle, Patti Heimerman)	4:07.17
1982*	LC (Carol Howard, Kim Pfaffle, Kendra Peterson, Patti Heimerman)	4:07.00
1983*	LC (Mary Kastelic, Amy Klee, Kim Pfaffle, Patti Heimerman)	4:02.13
1984*	MIL (Glori Gregory, Margie Tremear, Deb Schulman, Diane Lemmitt)	4:03.16
1985*	WW (Debbie Zuleger, Mickey Logan, Theresa Seaquist, Elizabeth Greathouse)	4:02.75
1986*	LC (Carol Stieber, Kristi Gunderson, Mary Kastelic, Kathleen Ireland)	4:05.81
1987*	LC (Shawn Gremban, Jill Eder, Diana Gundrum, Angie White)	4:08.78
1988*	LC (Gia Esposito, Tracey Pierce, Sharron Owens, Jill Eder)	4:06.22
1989*	LC (May Mannes, Sharron Owens, Natalie Wichgers, Shawn Gremban)	4:05.49
1990	OSH (Dena Beekman, Kim Bemowski, Ann Fink, Tina Partoll)	4:02.34
1991	OSH (Lynn Wieskamp, Kim Bemowski, Amy Heath, Tina Partoll)	4:04.97
1992	LC (Katie Oien, Amy Johnson, Jenny Ford, Luanne Bruss)	4:02.14
1993	LC (Angie Riniker, Jen Ford, Carrie Nethery, Luanne Bruss)	4:00.26
1994	LC (Lace Van Zeeland, Shawdi Olson, Gehmelle Johnson, Angie Riniker)	4:04.29
1995	LC (Ghemelle Johnson, Jenny Leisen, Lace Van Zeeland, Hilde de Boer)	4:01.93
1996	LC (Ghemelle Johnson, Shamaine Martin, Lace Van Zeeland, Hilde de Boer)	3:59.30
1997	LC (Jenni Porter, Shamaine Martin, Lace Van Zeeland, Hilde de Boer)	3:58.42
1998	LC (Jenni Porter, Bridget Raisbeck, Sarah Termont, Shamaine Martin)	4:01.03
1999	LC (Jenni Porter, Katie O'Leary, Bridget Raisbeck, Lisa Mickelson)	4:00.47
2000	LC (Carey Weise, Lisa Mickelson, Jocelyn Loe, Amber Lindblad)	4:00.01
2001	LC (Lisa Mickelson, Amanda Boudry, Deb Hanson, Jocelyn Loe)	3:57.32
2002	LC (Janelle Curtis, Angela Klatt, Nicki Anderson, Jocelyn Loe)	4:00.88
2003	LC (Paige Brown, Kelly Runkle, Angela Klatt, Jocelyn Loe)	4:00.95
2004	LC (Shelli Gotto, Kelly Runkle, Melissa Marvin, Angela Klatt)	4:01.11
2005	LC (Melissa Marvin, Shelli Gotto, Abby Lien, Brooke Whitcher)	3:59.25
2006	LC (Caitlin Perra, Kelly Runkle, Abby Lien, Katie Steingraeber)	3:59.03
2007	EC (Liz Faller, Laura Broner, Shalene Huth, Liz Kooistra)	3:55.28
2008	EC (Laura Broner, Corinna Saager, Maria Peloquin, Liz Kooistra)	3:57.89
2009	STP (Elizabeth Caine, Kathleen Folbrecht, Kristin Kuber, Laura Simonis)	3:58.52
2010	RF (Alyssa Rasmussen, Samantha Nyre, Kali Meurer, Natasha Arnold)	3:56.51
2011	OSH (Camille Davis, Lisha Hanson, Brittany Haas, Christy Cazzola)	3:58.34
2012	PLT (Ann Tank, Carshella Porter, Stephanie Wyss, Deidre Dillman)	3:55.37
2013	LC (Jenna Halvorson, Shannon Klein, Rebecca Scheuermann, Claire Elliott)	3:54.47
2014	LC (Jenna Halvorson, Bria Halama, Shannon Klein, Claire Elliott)	3:52.49
2015	ST (Molly Brion, Alex Titterud, Laurisa Titterud, Jada Hamilton)	3:57.02
2016	EC (Jessie Reineck, Ashleigh Buergi, Sarah Glidden, Jess Rupnow)	3:50.12
2017	WW (Abbie Felton, Enyo Amet, Leah Richter, Meredith Porter)	3:53.57
2018	EC (Ashleigh Buergi, Lizzy Kenna, Glory Hecker, Sarah Glidden)	3:53.78
2019	LC (Mara Schroeder, Lucy Fashingbauer, Sydney Emmerich, Savannah Rygiewicz)	3:58.46
2020	LC (Emma Platzbecker, Emma Lawrence, Savannah Rygiewicz, Mara Schroeder)	3:54.46
2021	No championship due to COVID-19 pandemic.	
2022	LC (Amber Johnson, Lilly Halvorson, Melanie Kunze, Brooke McDowell)	3:56.77
2023	LC (Lilly Halvorson, Amber Johnson, Melanie Kunze, Morgan Jennings)	3:55.43
2024	LC (Sarah Grubbs, Anna Plautz, Morgan Jennings, Amber Johnson)	3:55.95
2025	LC (Anna Plautz, Andie Otto, Macy Reybrock, Morgan Jennings)	3:49.31

*Mile

Distance Medley Relay

1984	MQ (Kara Hughes, Patti Zehren, Terri Lindfried, Diane Held)	12:12.00
1985	EC (Carrie Lauer, Wendy Meinen, Amy Johnson, Katie Somers)	12:26.09
1986	EC (Sue Kortenkemp, Francille Loftness, Amy Johnson, Chris Goepel)	12:20.56
1987	OSH (Cathy Vandermar, Susan Skinner, Terri Meyer, Sue Taylor)	12:46.79
1988	EC (Sue Kortenkemp, Francille Loftness, Lisa Ingwell, Angie Moerbitz)	12:47.75
1989	OSH (Lynn Mielke, Tina Partoll, Nancy Klatt, Cathy Vandermar)	12:55.54
1990	OSH (Amy Heath, Laura Horejs, Nancy Klatt, Chris LeDuc)	12:32.84
1991	WW (Michelle Owsichuk, Cathleen Conradt, Kris Allen, Diane Wiegert)	12:48.27
1992	WW (Michelle Owsichuk, Sheri Skalitzky, Kris Allen, Diane Wiegert)	12:47.70
1993	OSH (Jann Rohloff, Vicki Francois, Kris Marti, Katie Robers)	12:42.00
1994	STP (Sariina Maslowksi, Renee Cook, Tamiu Moyer, Tina Jarr)	12:49.08
1995	OSH (Erin Ellington, Emily Simmons, Beth Schemenauer, Katie Robers)	12:45.12
1996	EC (Allie Long, Tricia Schmidt, Andrea Wilson, Lori Zalaznik)	12:34.52
1997	OSH (Beth Schmenauer, Emily Simmons, Janet Mangus, Jennifer Ramsey)	12:36.14
1998	LC (Jenni Porter, Katie O'Leary, Becca Jaax, Jessica Umentum)	12:37.54
1999	WW (Kara Krumenauer, Stacey Hornickel, Danielle Broderick, Stephanie Greiber)	12:20.24
2000	STP (Leah Juno, Missy Kraemer, Erin Dowgwillo, Becky Lebak)	12:14.71
2001	EC (Sara Pavek, Kallie Krueger, Melissa Wright, Karin Diestelmeier)	12:19.98
2002	OSH (Susan Hardtke, Jessica Marx, Jackie Munoz, Elizabeth Woodworth)	11:57.01
2003	OSH (Jackie Munoz, Lyn Mikolajczak, Katie Isermann, Elizabeth Woodworth)	12:16.07
2004	OSH (Jackie Munoz, Nadine Pieske, Emily Steinhafel, Elizabeth Woodworth)	11:51.50
2005	OSH (Katie Isermann, Nadine Pieske, Andrea Sonnenschien, Emily Steinhafel)	12:14.96
2006	LC (Kristen Painter, Melissa Palmer, Meagan Herlache, Katie Wagner)	12:04.80
2007	RF (Leah Korf, Shannon Zweifel, Jill Crandall, Amanda Kozicky)	12:31.14
2008	OSH (Jessie Scheer, Amy Mleziva, Jordan Clark-Mand, Ayla Mitchell)	12:12.17
2009	PLT (Gina Smith, Shea Bierman, Ann Tank, Jessica Scott)	12:10.30
2010	RF (Leah Korf, Megan Rasmussen, Brittany Nordland, Carly Eggert)	12:36.40
2011	EC (Maria Peloquin, Halley Ahler, Taylor McMillan, Alyssa Sybilrud)	12:32.04
2012	OSH (Tori Johnson, Rachel Westover, Katelyn Brooks, Christy Cazzola)	12:29.52
2013	OSH (McKenzie Kelly, Stephanie Jahn, Alexandria Mahoney, Christy Cazzola)	12:17.93
2014	OSH (Sonny Jenkins, Alesha Malueg, Alex Mahoney, Christy Cazzola)	11:56.58
2015	LC (Rachel Atchison, Kaitlyn Francour, Valerie Jones, Laura Mead)	12:09.10
2016	LC (Valerie Jones, Bria Halama, Rachel Atchison, Karina Nielsen)	12:21.14
2017	LC (Valerie Jones, Kylie Rumble, Whitney Ebert, Sarah Ziolkowski)	12:30.82
2018	EC (Emma Drangstveit, Kelsey Worachek, Sara Moen, Lizzy Cisewski)	12:21.17
2019	LC (Claire Koenecke, Sophie Klein, Sydney Currie, Whitney Ebert)	12:28.56
2020	LC (Jillian Weston, Melanie Kunze, Sophie Klein, Maddie Hannan)	12:19.49
2021	No championship due to COVID-19 pandemic.	
2022	OSH (Hannah Lohrenz, Libby Geisness, Cyna Madigan, Zanzie Demco)	11:57.65
2023	WW (Paige Fassbender, Sarah Nieheuser, Katie Erb, Ari De La Cerda)	12:04.61
2024	WW (Paige Fassbender, Brynn Fuerstenberg, Katie Erb, Ari De La Cerda)	12:18.21
2025	LC (Kylie Stockton, Jocelyn Thomson, Jessica Wilson, Bryn Sato)	12:33.65

Discontinued Events

300-Yard/Meter Dash

1977*	Gilda Hudson	MSN	36.7
1978*	Carrie Schwartz	LC	37.82
1979*	Jane Ubbelohde	RF	37.5
1980*	Vicki Voight	WW	37.5
1981*	Peg Kothlow	RF	38.09
1982*	Kim Williamas	MIL	36.85
1983*	Gloria Gregory	MIL	36.78
1984*	Gloria Gregory	MIL	36.17
1985*	Sarah Enz	OSH	38.16
1986*	Kirin Batiansila	LC	38.26
1987*	Mary Champion	OSH	38.28
1988*	Gia Esposito	LC	37.94
1989*	Tina Soderberg	EC	37.82
1990	Amy Voigt	STP	42.49
1991	Sherry Schulte	OSH	41.83

*300 Yards

600-Yard/600-Meter Run

1977*	Brenda Howard	MSN	1:24.0
1978*	Kathy Finley	OSH	1:29.37
1979*	Roxanne Weaver	LC	1:27.6
1980*	Vicki Voight	WW	1:26.5
1981*	Amy Klee	EC	1:27.66
1982*	Dona Driscoll	PARK	1:26.62
1983*	Patty Heimerman	LC	1:28.04
1984*	Deb Schulman	MIL	1:26.73
1985*	Theresa Seaquist	WW	1:25.75
1986*	Cathy Ausloos	STP	1:28.51
1987*	Carrie Enger	STP	1:28.43
1988	Frani Loftness	EC	1:28.06
1989	Carrie Enger	STP	1:27.58
1990	Ann Fink	OSH	1:39.15
1991	Tina Partoll	OSH	1:40.68
1992	Amy Voigt	STP	1:38.16
1993	Jessie Bushman	STP	1:36.47
1994	Joelle Kane	OSH	1:40.02
1995	Jenny Leisen	LC	1:38.93
1996	Heather Kehr	PLT	1:37.03
1997	Jessie Bushman	STP	1:34.16
1998	Laura Nelson	OSH	1:40.20
1999	Jessica Marx	OSH	1:37.34

*600 Yards

1,000-Yard/Meter Run

1977*	Marybeth Spencer	MSN	2:39.2
1978*	Karen Ayd	RF	2:47.62
1979*	Carol Howard	LC	2:42.4
1980*	Carol Howard	LC	2:44.1
1981*	Carol Howard	LC	2:42.22
1982*	Carol Howard	LC	2:37.62
1983*	Mary Kastelic	LC	2:35.55
1984*	Becky Boegh	OSH	2:42.75
1985*	Kathy Ireland	LC	2:41.28
1986*	Chris Goepel	EC	2:38.89
1987*	Sue Kortenkamp	EC	2:40.8
1988*	Sue Kortenkamp	EC	2:44.61
1989*	Laura Horejs	OSH	2:41.62
1990	Laura Horejs	OSH	3:06.16
1991	Laura Horejs	OSH	2:58.44
1992	Laura Horejs	OSH	3:04.31
1993	Brenda Biskobing	OSH	3:03.61
1994	Katie Robers	OSH	3:06.54
1995	Katie Robers	OSH	3:04.85
1996	Hilde de Boer	LC	3:01.05
1997	Laura Nelson	OSH	3:00.10
1998	Laura Nelson	OSH	3:00.94
1999	Kristin Krueger	LC	2:59.37

*1,000 Yards

70-Yard/60-Yard Hurdles

1977#	Yvette Hyman	MSN	9.4
1978#	Anita Clayvon	CARR	9.85
1979*	Mona Siewert	LC	8.5
1980*	Patty Ballard	MIL	8.4
1981*	Julie Pankow	EC	8.45
1982*	Patty Ballard	MIL	8.55
1983*	Kathy Gilling	MQ	8.63
1984*	Felicia Sutton	MIL	8.79
1985*	Julie Severson	LC	8.64
1986*	Carlene Willkom	STP	8.77
1987*	AnneMarie Ryan	RF	8.85

#70 Yards

*60 Yards

220-Yard/200-Meter Hurdles

1984*	Felicia Sutton	MIL	29.14
1985*	Penny Gerner	LC	29.32
1986*	Penny Gerner	LC	29.21
1987*	Diana Gundrum	LC	30.01
1988*	Shelly Ranum	LC	29.85
1989*	Deb Deeg	OSH	28.99
1990	Luanne Bruss	LC	29.35
1991	Diana Duval	EC	29.13
1992	Luanne Bruss	LC	28.80
1993	Luanne Bruss	LC	28.77
1994	Kelly Schoberg	LC	29.06
1995	Kelly Schoberg	LC	28.71
1996	Jen Klement	STP	28.71
1997	Kelly Schoberg	LC	28.60
1998	Crystal Stietz	PLT	29.01
1999	Crystal Bullion	OSH	28.40

*220 Yards

880-Yard/4 x 200 Meter Relay

1977*	MSN (Gail Hoffman, Brenda Howard, Yvette Hyman, Gilda Hudson)	1:45.8
1978*	LC (Vicki Thompson, Carrie Kempf, Marcy Moely, Carrie Schwarz)	1:48.87
1979*	LC (Mona Siewert, Patti Heimerman, Carrie Kempf, Carrie Schwarz)	1:47.3
1980*	LC (Carrie Kempf, Kate Wurster, Carmen Pierce, Lisa Jorgenson)	1:48.0
1981*	LC (Kate Wurster, Carmen Pierce, Mary Freeman, Carrie Kempf)	1:47.25
1982*	MIL (Mary Muschinski, Cheryl Walker, Gloria Gregory, Kim Robertson)	1:46.58
1983*	MIL (Mary Muschinski, Cheryl Walker, Gloria Gregory, Kim Robertson)	1:45.33
1984*	MIL (Felicia Sutton, Crystal Griggs, Gloria Gregory, Kim Robertson)	1:45.31
1985*	WW (Debbie Zuleger, Mickey Logan, Theresa Seaquist, Elizabeth Greathouse)	1:47.08
1986*	LC (Kirin Batiansila, Lisa Zentko, Gia Esposito, Jolene Schmidt)	1:48.18
1987*	LC (Lisa Zentko, Hayne Herr, Val Stenseth, Gia Esposito)	1:47.78
1988	OSH (Lori Nelson, Patty Boehlen, Mary Champion, Susan Skinner)	1:48.39
1989*	OSH (Deb Deeg, Sherry Schulte, Tina Partoll, Lori Nelson)	1:47.45
1990	LC (Luanne Bruss, Chris Kastner, Vicky Otto, Val Stenseth)	1:48.57
1991	EC (Mary Lepeska, Jaime Glor, Diane Duval, Tina Soderberg)	1:46.79
1992	LC (Jenni Miller, Debbie Spatz, Becky Bushek, Beth Smith)	1:46.95
1993	LC (Stacy Anderson, Beth Smith, Michelle Nerison, Becky Bushek)	1:46.39
1994	LC (Beth Smith, Stacy Anderson, Danielle Docken, Michelle Nelson)	1:46.36
1995	LC (Kelly Schoberg, Danielle Docken, Misty Gorski, Michelle Nelson)	1:45.73
1996	OSH (Lisa Melendez, Tara Jaeger, Nicole Fedderly, Theresa Lauer)	1:45.29
1997	LC (Amy Antczak, Misty Gorski, Carey Weise, Jenni Porter)	1:44.51
1998	OSH (Theresa Lauer, Mary Kay Pfeiffer, Jenny McConkey, Kenya Moore)	1:44.71
1999	LC (Amber Lindblad, Carey Weise, Jenni Porter, Lisa Mickelson)	1:42.93
2000	LC (Kristi Marvin, Jocelyn Loe, Deb Hanson, Lisa Mickelson)	1:41.73
2001	OSH (Jill Kincaid, Crystal Bullion, Erin Vertz, Lisa Zimmermann)	1:44.60
2002	LC (Nicki Anderson, Courtney Poziombke, Nicole Pantaleo, Angela Klatt)	1:44.75
2003	LC (Kelly Runkle, Shelli Gotto, Angela Klatt, Jocelyn Loe)	1:42.02
2004	LC (Talia Williams, Kelly Runkle, Mary Swenson, Courtney Poziombke)	1:45.85
2005	LC (Whitney Franklin, Mandy Rue, Courtney Poziombke, Talia Williams)	1:45.68
2006	LC (Kelly Runkle, Collette Francis, Katie Nachreiner, Jena Durnin)	1:44.20
2007	LC (Katie Steingraeber, Sara Duchow, Whitney Franklin, Jena Durnin)	1:43.29
2008	LC (Katie Steingraeber, Danica Schaefer, Stephanie Lasko, Sara Duchow)	1:44.27
2009	EC (Liz Kooistra, Jordanne Greenup, Amy Bachinski, Talisa Emberts)	1:44.60
2010	LC (Kailey Charlton, Kelsey Katarow, Lauren Seidl, Laurel Beck)	1:42.85
2011	EC (Kat Wesely, Talisa Emberts, Kim Miresse, Corinna Saager)	1:45.70
2012	LC (Jamie Ludwigson, Jenna Halvorson, Hannah Mueller, Caitlin Wippermann)	1:42.95
2013	LC (Jenna Halvorson, Crystal Oravis, Jennifer Angster, Meg Heafy)	1:42.82
2014	LC (Janna Halvorson, Claire Elliott, Maggie Slatter, Meg Heafy)	1:41.28
2015	LC (Jaime Ludwigson, Laura Muzia, Claire Gordee, Meg Heafy)	1:41.17

*880 Yards