

WIAA Women's Outdoor Track & Field Past Individual & Relay Champions

(Since 1972) (The 2020 championship was canceled due to the COVID-19 pandemic.)

100-Yard/100-Meter Dash

Year	Name	School	Time
1972*	Schied	WW	11.7
1973*	Randee Burke	MSN	11.5
1975*	Gilda Hudson	MSN	11.5
1976*	Kathy McCann	MIL	11.0
1977*	Josette Marlega	MIL	11.66
1978*	Josette Marlega	MIL	11.47
1979*	Linda Withers	PKS	11.0
1980	Barb Holbrook	RF	12.861
1981	Diane Montgomery	PLT	12.81
1982	Kim Williams	MIL	12.25
1983	Gloria Gregory	MIL	12.20
1984	Gloria Gregory	MIL	12.23
1985	Liz Greathouse	WW	13.30
1986	Lisa Zentko	LC	12.63
1987	Lisa Zentko	LC	13.00
1988	Sandy Squier	LC	12.63
1989	Chris Kastner	LC	12.30
1990	Val Strenseth	LC	12.64
1991	Vicky Otto	LC	12.54
1992	Becky Karls	WW	12.44
1993	Karla Eggerson	WW	12.24
1994	Karla Eggerson	WW	12.10
1995	Karla Eggerson	WW	12.03
1996	Peg Peelman	EC	12.41
1997	Tara Jaeger	OSH	12.03
1998	Misty Gorski	LC	12.33
1999	Camille Ross	WW	11.95
2000	Camille Ross	WW	11.90
2001	Jocelyn Loe	LC	12.41
2002	Angela Klatt	LC	12.10
2003	Angela Klatt	LC	12.09
2004	Angela Klatt	LC	12.14
2005	Shelli Gotto	LC	12.55
2006	Jena Durnin	LC	12.25
2007	Elizabeth Caine	STP	12.45
2008	Elizabeth Caine	STP	12.24
2009	Brooke Bell	WW	11.95
2010	Camille Davis	OSH	12.07
2011	Camille Davis	OSH	11.92
2012	Brittni Wirtz	OSH	12.08
2013	Lexie Sondgeroth	WW	12.03
2014	Meg Heafy	LC	11.80
2015	Meg Heafy	LC	11.58
2016	Meg Heafy	LC	11.97
2017	Celeste Madda	WW	12.13
2018	Celeste Madda	WW	12.16
2019	Savannah Rygiewicz	LC	12.02
2020	No championship due to COVID-19 pandemic.		
2021	Savannah Rygiewicz	LC	12.18
2022	Gwen Orr	PLT	11.74
2023	Tina Shelton	WW	11.54
2024	Lauren Jarrett	LC	11.44
2025	Lauren Jarrett	LC	11.49

*100 Yards

220-Yard/200-Meter Dash

1972*	Terri Ault	OSH	28.20
1973*	Randee Burke	MSN	25.90
1974*	Randee Burke	MSN	25.60
1975*	Lori Monk	MSN	26.20
1976*	Kathey McCann	MIL	25.0
1977*	Josette Marlega	MIL	25.72
1978*	Jane Ubbelhohde	RF	25.84
1979*	Jane Ubbelhohde	RF	25.0
1980	Vicki Voight	WW	26.06
1981	Lori Kowalski	MQ	26.31
1982	Kim Williams	MIL	25.06
1983	Kim Robertson	MIL	25.22
1984	Gloria Gregory	MIL	25.11
1985	Liz Greathouse	WW	26.34
1986	Jolene Schmidt	LC	25.73
1987	Gia Exposito	LC	26.42
1988	Sandy Squier	LC	26.01
1989	Dena Beekman	OSH	25.80
1990	Dena Beekman	OSH	25.79
1991	Sherry Schulte	OSH	26.17
1992	Carita Goines	ST	26.21
1993	Michelle Nerison	LC	25.24
1994	Carita Goines	ST	25.33
1995	Karla Eggerson	WW	24.33
1996	Peg Peelman	EC	25.01
1997	Tara Jaeger	OSH	24.83
1998	Misty Gorski	LC	25.65
1999	Camille Ross	WW	24.56
2000	Camille Ross	WW	24.48
2001	Angela Klatt	LC	25.03
2002	Angela Klatt	LC	25.05
2003	Angela Klatt	LC	24.84
2004	Angela Klatt	LC	25.24
2005	Nadine Pieske	OSH	25.58
2006	Nadine Pieske	OSH	24.68
2007	Nadine Pieske	OSH	24.54
2008	Brooke Bell	WW	25.12
2009	Brooke Bell	WW	23.98
2010	Camille Davis	OSH	25.00
2011	Camille Davis	OSH	24.24
2012	Alyssa Rasmussen	RF	24.80
2013	Lexie Sondgeroth	WW	24.44
2014	Lexie Sondgeroth	WW	24.49
2015	Carly Fehler	EC	23.94
2016	Meg Heafy	LC	24.70
2017	Jessica Reineck	EC	24.49
2018	Celeste Madda	WW	24.60
2019	Savannah Rygiewicz	LC	24.82
2020	No championship due to COVID-19 pandemic.		
2021	Emily Dawidowich	LC	24.69
2022	Gwen Orr	PLT	24.44
2023	Tina Shelton	WW	24.45
2024	Lauren Jarrett	LC	24.33
2025	Lauren Jarrett	LC	23.85

*220 Yards

440-Yard/400-Meter Dash

1972*	Beth Serier	LC	64.0
1973*	Deb Vercauteren	STP	60.8
1974*	Deb Vercauteren	STP	59.9
1975*	Randee Burke	MSN	58.3
1976*	Deb Vercauteren	STP	58.7
1977*	Barb Zaiman	PARK	59.25
1978*	Sue Krueger	OSH	57.58
1979*	Lisa Tomasino	EC	59.6
1980	Vicki Voight	WW	57.97
1981	Peg Kothlow	RF	57.55
1982	Vicki Voight	WW	58.65
1983	Margene Toraason	ST	59.27
1984	Kiane Lemmitt	MIL	56.89
1985	Theresa Seaquist	WW	58.33
1986	Karen Jirschele	OSH	58.89
1987	Ann Knetzger	EC	58.74
1988	Tracey Pierce	LC	56.62
1989	May Mannes	LC	58.40
1990	Dena Beekman	OSH	56.80
1991	Tina Soderberg	EC	58.87
1992	Carita Goines	ST	57.49
1993	Carita Goines	ST	57.16
1994	Carita Goines	ST	57.02
1995	Angie Riniker	LC	58.55
1996	Lisa Melendez	OSH	57.14
1997	Lace Van Zeeland	LC	57.52
1998	Lace Van Zeeland	LC	58.19
1999	Lisa Mickelson	LC	57.01
2000	Lisa Mickelson	LC	57.78
2001	Lisa Mickelson	LC	57.98
2002	Jocelyn Loe	LC	57.14
2003	Jocelyn Loe	LC	57.28
2004	Marie Burrows	STP	57.09
2005	Melissa Marvin	LC	56.50
2006	Nadine Pieske	OSH	55.45
2007	Amanda Donath	OSH	55.59
2008	Liz Kooistra	EC	57.11
2009	Liz Kooistra	EC	57.76
2010	Natasha Arnold	RF	56.54
2011	Talisa Emberts	EC	56.24
2012	Claire Elliott	LC	55.49
2013	Alyssa Rasmussen	RF	56.19
2014	Jenna Halvorson	LC	57.02
2015	Lexie Sondgeroth	WW	55.08
2016	Bria Halama	LC	56.44
2017	Jessica Reineck	EC	55.63
2018	Abbie Felton	WW	56.22
2019	Lauren Wrensch	OSH	56.19
2020	No championship due to COVID-19 pandemic.		
2021	Lucy Fashingbauer	LC	56.90
2022	Mara Schroeder	LC	56.92
2023	Mackenzie Johnson	STP	57.22
2024	Maddy LaVoi	OSH	57.05
2025	Anna Plautz	LC	55.55

*440 Yards

800-Meter Run

1980	Carol Howard	LC	2:17.06
1981	Carol Howard	LC	2:18.92
1982	Carol Howard	LC	2:12.87
1983	Mary Kastelic	LC	2:15.01
1984	Lynn Blahnik	MIL	2:17.58
1985	Cathy Ausloos	STP	2:17.02
1986	Cathy Ausloos	STP	2:14.87
1987	Jill Eder	LC	2:19.57
1988	Tammy Milz	OSH	2:15.14
1989	Laura Horejs	OSH	2:18.90
1990	Kim Bemowski	OSH	2:13.83
1991	Kim Bemowski	OSH	2:14.36
1992	Kris Marti	OSH	2:15.29
1993	Jessie Bushman	STP	2:15.36
1994	Brenda Biskobing	OSH	2:14.44
1995	Brenda Biskobing	OSH	2:12.21
1996	Laura Nelson	OSH	2:15.99
1997	Shamaine Martin	LC	2:16.48
1998	Shamaine Martin	LC	2:13.41
1999	Jessica Dober	LC	2:14.12
2000	Leah Juno	STP	2:15.60
2001	Leah Juno	STP	2:11.29
2002	Elizabeth Woodworth	OSH	2:10.75
2003	Elizabeth Woodworth	OSH	2:14.29
2004	Elizabeth Woodworth	OSH	2:09.43
2005	Marcia Taddy	PLT	2:12.71
2006	Marcia Taddy	PLT	2:15.66
2007	Marcia Taddy	PLT	2:13.26
2008	Marcia Taddy	PLT	2:12.86
2009	Jessica Scott	PLT	2:12.19
2010	Ann Tank	PLT	2:16.63
2011	Christy Cazzola	OSH	2:08.02
2012	Christy Cazzola	OSH	2:08.48
2013	Christy Cazzola	OSH	2:09.76
2014	Christy Cazzola	OSH	2:12.26
2015	Kylee Verhasselt	OSH	2:11.08
2016	Kylee Verhasselt	OSH	2:14.14
2017	Devan Montgomery	PLT	2:13.51
2018	Rachel Atchison	LC	2:12.15
2019	Johanna Meister	PLT	2:15.01
2020	No championship due to COVID-19 pandemic.		
2021	Zanzie Demco	OSH	2:13.52
2022	Zanzie Demco	OSH	2:14.40
2023	Cyna Madigan	OSH	2:13.89
2024	Maddie Hannan	LC	2:12.68
2025	Cyna Madigan	OSH	2:12.28

1,500-Meter Run

1980	Dawn Buntman	STP	4:41.03
1981	Laurie Hottinger	MQ	4:43.12
1982	Kara Hughes	MQ	4:35.77
1983	Deanna Marchello	EC	4:44.06
1984	Diane Held	MQ	4:39.16
1985	Kathy Neiderberger	ST	4:49.36
1986	Chris Goepel	EC	4:40.15
1987	Terri Meyer	OSH	4:42.94
1988	Tammy Milz	OSH	4:41.51
1989	Nancy Dare	OSH	4:44.90
1990	Nancy Dare	OSH	4:34.00
1991	Laura Horejs	OSH	4:31.36
1992	Laura Horejs	OSH	4:48.57
1993	Kris Marti	OSH	4:43.94
1994	Jennifer Kocent	LC	4:42.01
1995	Brenda Biskobing	OSH	4:39.39
1996	Laura Nelson	OSH	4:43.52
1997	Rachel Milligan	OSH	4:47.95
1998	Rachel Milligan	OSH	4:34.83
1999	Katie Jacobson	ST	4:38.33
2000	Kara Krumenauer	WW	4:47.86
2001	Kara Krumenauer	WW	4:44.64
2002	Elizabeth Woodworth	OSH	4:47.63
2003	Elizabeth Woodworth	OSH	4:40.29
2004	Elizabeth Woodworth	OSH	4:31.43
2005	Marcia Taddy	PLT	4:33.69
2006	Marcia Taddy	PLT	4:29.77
2007	Marcia Taddy	PLT	4:41.69
2008	Marcia Taddy	PLT	4:38.25
2009	Ayla Mitchell	OSH	4:40.03
2010	Stephanie Perleberg	LC	4:41.50
2011	Christy Cazzola	OSH	4:39.24
2012	Christy Cazzola	OSH	4:33.65
2013	Christy Cazzola	OSH	4:44.61
2014	Christy Cazzola	OSH	4:49.24
2015	Laura Mead	LC	4:45.29
2016	Kylee Verhasselt	OSH	4:38.22
2017	Sadie Kroll	LC	4:46.12
2018	Sadie Kroll	LC	4:40.25
2019	Morgan Marek	EC	4:37.08
2020	No championship due to COVID-19 pandemic.		
2021	Zanzie Demco	OSH	4:40.52
2022	Zanzie Demco	OSH	4:29.84
2023	Maddie Hannan	LC	4:30.46
2024	Amelia Lehman	OSH	4:38.38
2025	Libby Geisness	OSH	4:35.19

5,000-Meter Run

1980	Dawn Buntman	STP	17:21.01
1981	Cheryl Konkol	MIL	17:28.71
1982	Katie Webb	MQ	17:02.52
1983	Tori Neubauer	LC	16:33.79
1984	Tori Neubauer	LC	16:27.53
1985	Katie Somers	EC	17:16.44
1986	Sue Meyer	ST	17:15.28
1987	Kris Hoel	STP	17:46.27
1988	Cheryl Niederberger	OSH	17:42.68
1989	Cheryl Niederberger	OSH	17:24.90
1990	Cathy Vandemar	OSH	17:41.78
1991	Melissa Langlois	OSH	17:50.12
1992	Aimee Knitter	STP	18:20.45
1993	Katie VanderMeer	OSH	18:07.30
1994	Aimee Knitter	STP	17:48.41
1995	Mikelle Budge	OSH	17:54.16
1996	Sarah Bashinski	LC	18:08.88
1997	Sarah Anderson	SUP	18:05.26
1998	Tiffany Ebensperger	OSH	17:35.98
1999	Jenny Fiedler	LC	17:55.55
2000	Stephanie Greiber	WW	18:15.89
2001	Becky Lebak	STP	17:34.35
2002	Becky Lebak	STP	17:36.21
2003	Teresa Stanley	STP	18:29.01
2004	Julia Rudd	LC	17:31.72
2005	Jackie Mulrooney	PLT	17:32.49
2006	Jackie Mulrooney	PLT	17:07.27
2007	Kristen Painter	LC	17:28.68
2008	Becca Jordahl	RF	17:01.58
2009	Ayla Mitchell	OSH	18:09.46
2010	Hannah Humbach	EC	17:16.56
2011	Claire Roberts	STP	18:04.20
2012	Kelly Haen	STP	17:47.04
2013	Christy Cazzola	OSH	17:03.56
2014	Christy Cazzola	OSH	17:17.38
2015	Lucy Ramquist	EC	18:21.93
2016	Kaitlyn McDaniel	LC	18:10.38
2017	Sam Slattery	EC	17:33.48
2018	Cheyenne Moore	OSH	18:11.97
2019	Linsey Tolkkinen	RF	17:49.72
2020	No championship due to COVID-19 pandemic.		
2021	Katie Faris	EC	17:39.68
2022	Ashton Keene	OSH	17:53.46
2023	Emma Malooly	LC	18:01.00
2024	Amelia Lehman	OSH	17:38.97
2025	Brooklyn Luebke	LC	17:15.77

10,000-Meter Run

1980	Julie Bruening	LC	44:20.93
1981	Wendy Burman	PARK	35:25.00
1982	Cheryl Konkol	MIL	37:18.10
1983	Linda Marquardt	MIL	35:54.08
1984	Karen Schoenrock	EC	35:35.63
1985	Brenda Bergum	EC	36:06.12
1986	Sue Meyer	ST	35:57.19
1987	Kris Helein	STP	38:21.15
1988	Kris Hoel	STP	36:13.00
1989	Marina Colby	OSH	37:56.00
1990	Marina Colby	OSH	38:47.50
1991	Nancy Klatt	OSH	38:01.76
1992	Melissa Langlois	OSH	37:23.54
1993	Marnie Sullivan	STP	37:53.44
1994	Kim Kwosek	LC	37:53.75
1995	Joey Balsis	OSH	38:39.00
1996	Wendi Zak	STP	37:31.62
1997	Sarah Anderson	SUP	37:16.30
1998	Sarah Anderson	SUP	36:41.20
1999	Stephanie Greiber	WW	37:41.68
2000	Stephanie Greiber	WW	37:30.83
2001	Becky Lebak	STP	37:51.37
2002	Becky Lebak	STP	36:41.68
2003	Kara Vosters	STP	38:31.71
2004	Nicki Van Gheem	STP	39:28.32
2005	Jackie Mulrooney	PLT	38:19.11
2006	Molly Warner	EC	37:07.21
2007	Jennifer Rogers	WW	37:24.94
2008	Becca Jordahl	RF	36:53.43
2009	Mary Palmer	EC	38:27.01
2010	Kelly Haen	STP	38:13.48
2011	Angela Behrendt	WW	38:54.56
2012	Danielle Kunkel	PLT	37:56.72
2013	Corissa Conard	LC	37:05.12
2014	Beth Riihinen	RF	37:32.39
2015	Lauren Dilley	STP	37:08.75
2016	Hannah Kuenzi	OSH	40:18.70
2017	Abigail Fouts	RF	38:53.34
2018	Sam Slattery	EC	38:13.35
2019	Sam Slattery	EC	36:42.20
2020	No championship due to COVID-19 pandemic.		
2021	Molly Perkins	ST	37:21.98
2022	Ashton Keene	OSH	37:03.96
2023	Rachel Krouse	STP	36:47.02
2024	Arely Jaime Luevano	ST	36:22.09
2025	Lucy Duchac	OSH	36:31.55

100-Meter High Hurdles

1972	Trump	PLT	17.08
1973	A. Christensen	LC	17.01
1974	Chris O'Rourke	LC	16.00
1975	Chris O'Rourke	LC	15.40
1976	Laura Blank	MIL	14.50
1977	Anita Clayvon	CART	14.91
1978	Anita Clayvon	CART	14.53
1979	Anita Clayvon	CART	15.02
1980	Nancy Halverson	ST	15.07
1981	Julie Pankow	EC	15.54
1982	Cherry Brooks	CART	14.92
1983	Amy Vandenberg	LC	15.37
1984	Felicia Sutton	MIL	15.29
1985	Sue Blonshine	ST	16.09
1986	Angie Jenkins	LC	15.37
1987	AnnMarie Ryan	RF	16.18
1988	Shelly Ranum	LC	15.35
1989	Debbie Deeg	OSH	14.50
1990	Vicky Otto	LC	15.40
1991	Vicky Otto	LC	14.7
1992	Angie Riniker	LC	15.06
1993	Mel Mueller	OSH	15.08
1994	Mel Mueller	OSH	14.71
1995	Kelly Schoberg	LC	15.23
1996	Kelly Schoberg	LC	14.98
1997	Kelly Schoberg	LC	14.95
1998	Kiara Eisner	LC	14.90
1999	Kiara Eisner	LC	14.82
2000	Crystal Bullion	OSH	14.59
2001	Crystal Bullion	OSH	15.12
2002	Breanna McMullen	EC	14.63
2003	Jennifer Stafslie	EC	14.73
2004	Jennifer Stafslie	EC	14.88
2005	Jennifer Stafslie	EC	14.48
2006	Liz Faller	EC	14.68
2007	Jessica Reed	RF	14.87
2008	Liz Faller	EC	14.59
2009	Jessica Reed	RF	14.82
2010	Sara Kline	STP	14.93
2011	Kim Miresse	EC	14.63
2012	Erin Kline	STP	14.39
2013	Erin Schoenfelder	EC	14.34
2014	Jaime Ludwigson	LC	14.12
2015	Erin McCauley	LC	14.09
2016	Claire Gordee	LC	13.92
2017	Amber Williams	PLT	14.44
2018	Clair Shepardson	LC	14.59
2019	Tommie Brenner	EC	14.65
2020	No championship due to COVID-19 pandemic.		
2021	Emma Lawrence	LC	14.12
2022	Emma Lawrence	LC	14.10
2023	Emma Lawrence	LC	13.84
2024	Hannah Zastrow	ST	13.65
2025	Hannah Zastrow	ST	14.22

400-Meter Int. Hurdles

1975	Esther Moe	RF	1:04.70
1976	Anita Clayvon	CARR	1:06.30
1977	Anita Clayvon	CARR	1:03.64
1978	Anita Clayvon	CARR	1:04.36
1979	Peg Kothlow	RF	1:07.00
1980	Shannon Houlihan	STP	1:07.09
1981	Amy Klee	LC	1:03.19
1982	Amy Klee	LC	1:03.78
1983	Amy Klee	LC	1:04.67
1984	Felicia Sutton	MIL	1:05.67
1985	Penny Gerner	LC	1:03.93
1986	Penny Gerner	LC	1:03.89
1987	Ann Marie Fink	OSH	1:06.24
1988	Ann Marie Fink	OSH	1:03.55
1989	Ann Fink	OSH	1:04.10
1990	Luanne Bruss	LC	1:03.75
1991	Luanne Bruss	LC	1:03.31
1992	Luanne Bruss	LC	1:01.99
1993	Luanne Bruss	LC	1:01.82
1994	Angie Riniker	LC	1:02.40
1995	Angie Riniker	LC	1:04.36
1996	Jen Klement	STP	1:04.81
1997	Alana Whitcher	EC	1:06.91
1998	Katie O'Leary	LC	1:05.87
1999	Vanessa Rieder	WW	1:04.98
2000	Vanessa Rieder	WW	1:05.48
2001	Emily Breunig	OSH	1:04.30
2002	Breanna McMullen	EC	1:05.54
2003	Breanna McMullen	EC	1:02.52
2004	Laura Verdegan	ST	1:01.71
2005	Liz Goergen	STP	1:03.07
2006	Shannon Zweifel	RF	1:02.39
2007	Shannon Zweifel	RF	1:03.28
2008	Abby Lien	LC	1:03.13
2009	Alison Glendenning	PLT	1:03.42
2010	Samantha Nyre	RF	1:03.89
2011	Erin Schoenfelder	EC	1:04.11
2012	Marissa Mahr	LC	1:02.64
2013	Marissa Mahr	LC	1:02.24
2014	Marissa Mahr	LC	1:04.10
2015	Marissa Mahr	LC	1:01.08
2016	Mallory Hall	LC	1:01.68
2017	Meredith Porter	WW	1:00.44
2018	Ashleigh Buergi	EC	1:01.30
2019	Katie Schilling	PLT	1:02.75
2020	No championship due to COVID-19 pandemic.		
2021	Emma Lawrence	LC	1:01.76
2022	Emma Lawrence	LC	1:01.40
2023	Emma Lawrence	LC	1:00.80
2024	Ashley Bartelt	STP	1:03.03
2025	Lilly Roberts	ST	1:02.10

3,000-Meter Steeplechase

2002	Jackie Munoz	OSH	10:54.82
2003	Teresa Stanley	STP	11:19.69
2004	Julia Rudd	LC	10:40.57
2005	Julia Rudd	LC	10:32.42
2006	Julia Rudd	LC	10:37.77
2007	Jenny Graef	OSH	11:17.72
2008	Hannah Humbach	EC	11:03.16
2009	Stephanie Perleberg	LC	10:35.30
2010	Stephanie Perleberg	LC	10:41.90
2011	Ashlyn Mauer	EC	10:49.95
2012	Katie Rydeen	RF	11:11.12
2013	Ashlyn Mauer	EC	10:58.36
2014	Katryna Williams	EC	11:12.73
2015	Stephanie Dunlavy	EC	11:07.80
2016	Amy Kahl	WW	11:17.51
2017	Erica Munyan	OSH	11:03.92
2018	Nikki Jurik	RF	11:38.90
2019	Brittany Staab	ST	11:16.02
2020	No championship due to COVID-19 pandemic.		
2021	Emma Malooly	LC	10:52.90
2022	Emma Malooly	LC	10:44.18
2023	Emma Malooly	LC	10:56.49
2024	Katelyn Chadwick	LC	10:46.94
2025	Katelyn Chadwick	LC	10:44.87

High Jump

Year	Name	School	Distance
1972	Patty Melby	LC	4-9 (1.45)
1973	Jane Adams	STP	5-2 (1.57)
1974	Sue von Behren	PARK	5-2 (1.57)
1975	Sue von Behren	PARK	5-4 (1.62)
1976	Kris Gunderson	STP	5-2 (1.57)
1977	Sue von Behren	PARK	5-4 (1.62)
1978	Sheila Flannery	LC	5-6 (1.68)
1979	Liz Bawden	LC	5-4 (1.62)
1980	Nancy Rabensdorf	WW	5-2 (1.57)
1981	Ann Ewing	LC	5-5 (1.65)
1982	Glynis Payne	CART	5-5 (1.65)
1983	Michelle Riedi	STP	5-7 3/4 (1.72)
1984	Tracy Lehman	LC	5-6 (1.675)
1985	Kathi Elwell	LC	5-6 1/4 (1.68)
1986	Michelle Riedi	STP	5-6 1/2 (1.69)
1987	Michelle Riedi	STP	5-9 (1.75)
1988	Pan Haider	EC	5-6 (1.67)
1989	Amy Cayemberg	OSH	5-6 (1.66)
1990	Sue Burke	OSH	5-6 (1.66)
1991	Sue Burke	OSH	5-7 1/4 (1.715)
1992	Arlene Meinholz	EC	5-5 1/4 (1.66)
1993	Mel Mueller	OSH	5-8 1/2 (1.74)
1994	Arlene Meinholz	EC	5-6 1/2 (1.69)
1995	Arlene Meinholz	EC	5-7 1/4 (1.71)
1996	Jackie Reddick	OSH	5-3 3/4 (1.62)
1997	Karianne Wold	RF	5-4 1/2 (1.64)
1998	Katie Arnes	LC	5-5 (1.65)
1999	Tori Bonnett	OSH	5-5 3/4 (1.67)
2000	Tori Bonnett	OSH	5-4 1/2 (1.64)
2001	Kady Kleven	RF	5-5 1/4 (1.66)
2002	Kady Kleven	RF	5-2 1/4 (1.58)
2003	Jackie Bloemendaal	EC	5-3 3/4 (1.62)
2004	Jill Crandall	RF	5-5 3/4 (1.67)
2005	Samantha Miller	SUP	5-6 1/2 (1.69)
2006	Carrie Morschauser	PLT	5-7 (1.70)
2007	Jill Crandall	RF	5-5 3/4 (1.67)
2008	Sam Mayer	ST	5-3 1/4 (1.61)
2009	Amy Jo Garringer	LC	5-3 1/4 (1.61)
2010	Shelby Demos	WW	5-6 (1.68)
2011	Shelby Demos	WW	5-6 (1.68)
2012	Shelby Demos	WW	5-6 (1.68)
2013	Kasey Ederer	OSH	5-3 3/4 (1.62)
2014	Kasey Ederer	OSH	5-6 (1.68)
2015	Kasey Ederer	OSH	5-6 1/2 (1.69)
2016	Kasey Ederer	OSH	5-5 1/4 (1.66)
2017	Sarah Glidden	EC	5-5 (1.65)
2018	Stephanie Pladies	ST	5-3 3/4 (1.62)
2019	Sylviann Momont	STP	5-5 3/4 (1.67)
2020	No championship due to COVID-19 pandemic.		
2021	Bailey Waldhauser	EC	5-6 1/2 (1.69)
2022	Hannah Zastrow	ST	5-4 1/4 (1.63)
2023	Ainsley Hansen	LC	5-7 3/4 (1.72)
2024*	Hailey Campbell	PLT	5-6 1/2 (1.69)
2025	Hannah Zastrow	ST	5-6 (1.68)

*held indoors

Long Jump

1972	Wisnifski	OSH	16-2 1/2 (4.94)
1973	Sue von Behren	PARK	17-2 3/4 (5.25)
1974	Sue von Behren	PARK	16-8 1/2 (5.09)
1975	Lori Monk	MSN	18-0 (5.48)
1976	Ann Literski	MSN	17-4 (5.28)
1977	Ann Literski	MIL	18-5 1/4 (5.62)
1978	Heidi Hambuch	EC	17-11 1/2 (5.48)
1979	Carrie Kempf	LC	17-9 3/4 (5.43)
1980	Carmen Pierce	LC	18-5 (5.50)
1981	Mary Freeman	LC	17-11 1/2 (5.47)
1982	Kiane Hensel	OSH	17-3/4 (5.20)
1983	Margie Tremear	MIL	17-5 1/2 (5.32)
1984	Tracy Tesch	LC	18-1/2 (5.50)
1985	Lorraine Lyon	LC	17-8 1/2 (5.40)
1986	Karen Wateski	LC	17-11 3/4 (5.47)
1987	Emily Tupa	LC	17-11 (5.48)
1988	Sarah Meyer	LC	17-11 (5.48)
1989	Ann Fink	OSH	18-1/2 (5.50)
1990	Ann Fink	OSH	18-4 3/4 (5.50)
1991	Jenni Miller	LC	19-3 (6.12)
1992	Jenni Miller	LC	18-6 (5.64)
1993	Becky Karls	WW	19-2 (5.84)
1994	Tara Harding	OSH	17-11 (5.46)
1995	Danielle Docken	LC	18-6 (5.64)
1996	Danielle Docken	LC	18-4 1/4 (5.59)
1997	Tara Jaeger	OSH	18-11 3/4 (5.78)
1998	Kenya Moore	OSH	17-11 1/2 (5.47)
1999	Camille Ross	WW	18-1/4 (5.49)
2000	Tricia Clark	LC	18-1 1/2 (5.52)
2001	Jenny Todd	STP	18-7 3/4 (5.68)
2002	Tricia Clark	LC	18-10 3/4 (5.76)
2003	Tricia Clark	LC	18-9 1/4 (5.72)
2004	Ashley Nelson	EC	19-1 1/4 (5.82)
2005	Laura Verdegan	ST	18-7 (5.66)
2006	Erin Kokta	EC	18-11 1/4 (5.77)
2007	Katie Fondow	LC	18-9 1/4 (5.72)
2008	Caitlin Schetter	LC	19-2 1/2 (5.85)
2009	Caitlin Schetter	LC	19-0 (5.79)
2010	Ashton May	LC	18-3 (5.56)
2011	Jessika Smith	ST	18-11 1/4 (5.77)
2012	Alicia Potting	RF	18-8 (5.69)
2013	Lexie Sondgeroth	WW	18-10 3/4 (5.76)
2014	Jessika Smith	ST	18-11 1/4 (5.77)
2015	Amber Williams	PLT	19-7 (5.97)
2016	Amber Williams	PLT	18-1 3/4 (6.08)
2017	Amber Williams	PLT	19-11 3/4 (6.09)
2018	Maddie Nelson	LC	18-3 (5.56)
2019	Lauren Wrench	OSH	19-4 1/4 (5.90)
2020	No championship due to COVID-19 pandemic.		
2021	Lexi LeFever	RF	19-0 3/4 (5.81)
2022	Lexi LeFever	RF	18-9 1/4 (5.72)
2023	Lexi LeFever	RF	18-5 3/4 (5.63)
2024	Maya Evans	LC	19-3 1/2 (5.88)
2025	Megan Hunt	OSH	19-1 1/2 (5.83)

Triple Jump

1984	Kim Huggett	RF	36-8 1/4 (11.18)
1985	Deb Schmidt	LC	35-10 1/2 (10.93)
1986	Deb Schmidt	LC	36-11 (11.25)
1987	Carlene Willkom	STP	37-1 3/4 (11.32)
1988	Michelle Dziak	OSH	39-1/2 (11.94)
1989	Amy Cayemberg	OSH	36-5 (11.11)
1990	Michelle Dziak	OSH	37-5 1/4 (11.41)
1991	Leslie Weidman	LC	37-5 1/4 (11.41)
1992	Stacy Theel	LC	37-9 (11.50)
1993	Jill Welda	LC	37-7 1/4 (11.46)
1994	Callie Kohl	STP	36-8 1/4 (11.18)
1995	Callie Kohl	STP	38-1/4 (11.59)
1996	Kerrie Main	OSH	37-1/2 (11.29)
1997	Kerrie Main	OSH	40-4 1/4 (12.30)
1998	Kenya Moore	OSH	38-4 1/4 (11.69)
1999	Jill Kincaid	OSH	39-1 3/4 (11.93)
2000	Mary Jo Kuntz	LC	39 1/4 (11.89)
2001	Laura Verdegan	ST	38-9 3/4 (11.83)
2002	Laura Verdegan	ST	38-9 3/4 (11.83)
2003	Jody Butkowski	STP	39-7 1/4 (12.07)
2004	Laura Verdegan	ST	38-3 1/2 (11.67)
2005	Laura Verdegan	ST	40-1 1/4 (12.22)
2006	Sarah Thayer	LC	39-2 1/4 (11.94)
2007	Ashlea Peter	ST	38-4 3/4 (11.70)
2008	Ashlea Peter	ST	39-0 1/4 (11.89)
2009	Katie Fondow	LC	37-10 3/4 (11.55)
2010	Ashton May	LC	38-9 (11.81)
2011	Julia Baranek	EC	38-9 3/4 (11.83)
2012	Julia Baranek	EC	39-7 1/4 (12.07)
2013	Jaime Ludwigson	LC	38-2 1/4 (11.64)
2014	Amber Williams	PLT	40-2 1/4 (12.25)
2015	Bria Halama	LC	40-10 1/4 (12.45)
2016	Bria Halama	LC	41-5 1/4 (12.63)
2017	Amber Williams	PLT	39-10 (12.14)
2018	Cara Volz	OSH	39-4 1/2 (12.00)
2019	Betsy Schreier	LC	39-4 1/2 (12.00)
2020	No championship due to COVID-19 pandemic.		
2021	Kady Kochendorfer	EC	38-1 1/4 (11.61)
2022	Samantha Barrett	LC	39-10 (12.14)
2023	Miah Keller	LC	39-0 1/4 (11.91)
2024	Samantha Barrett	LC	40-5 (12.32)
2025	Maya Evans	LC	38-6 1/4 (11.74)

Shot Put

1972	Marie Mittelstead	LC	36-2 1/2 (11.03)
1973	Janet Mueller	OSH	35-5 3/4 (10.81)
1974	Lynn Colby	PLT	36-8 3/4 (11.19)
197	Lynn Colby	PLT	41-7 3/4 (12.69)
1976	Lynn Colby	PLT	44-0 (13.41)
1977	Julie Lola	LC	42-9 3/4 (13.05)
1978	Ann Okonek	STP	44-11 (13.69)
1979	Sara LaBorde	STP	43-2 1/2 (13.17)
1980	L. van der Leest	PLT	42-9 1/2 (13.04)
1981	Sandy Pehler	LC	44-2 (13.46)
1982	Cindy Lensmire	LC	46-2 (14.07)
1983	Cindy Lensmire	LC	46-1 1/4 (14.05)
1984	Cindy Lensmire	LC	49-3/4 (14.95)
1985	Donna Oedama	LC	47-3/4 (14.34)
1986	Kim Woodkey	LC	41-7 1/4 (12.68)
1987	Kim Woodkey	LC	41-8 1/2 (12.71)
1988	Kim Woodkey	LC	43-11 1/2 (13.39)
1989	Kelly Bowe	EC	44-2 3/4 (13.42)
1990	Beth Mears	STP	45-9 (13.94)
1991	Steph Bostwick	OSH	47-1/2 (14.33)
1992	Steph Bostwick	OSH	46-10 3/4 (14.29)
1993	Tricia Haralson	OSH	45-10 1/2 (13.98)
1994	Tricia Haralson	OSH	45-1 3/4 (13.76)
1995	Sherry Eckhardt	OSH	43-9 1/4 (13.34)
1996	Melissa Oleson	OSH	44-7 (13.59)
1997	Melissa Oleson	OSH	42-9 1/2 (13.04))
1998	Jenny Rider	LC	43-11 3/4 (13.40)
1999	Sarah Peterson	RF	43-11 3/4 (13.40)
2000	Tabitha Fendrick	WW	44-10 3/4 (13.68)
2001	Tabitha Fendrick	WW	45-1 (13.74)
2002	Amanda Nechuta	STP	46-0 1/2 (14.03)
2003	Amanda Nechuta	STP	46-0 3/4 (14.04)
2004	Robyn Jarocki	OSH	46-0 1/2 (14.03)
2005	Robyn Jarocki	OSH	48-10 (14.88)
2006	Robyn Jarocki	OSH	50-8 (15.44)
2007	Krista Hasselquist	RF	43-9 3/4 (13.35)
2008	Vicki Cooper	RF	44-11 3/4 (13.71)
2009	Holly Ozanich	OSH	44-0 3/4 (13.43)
2010	Holly Ozanich	OSH	46-0 (14.02)
2011	Holly Ozanich	OSH	48-4 3/4 (14.75)
2012	Breanna Strupp	OSH	45-11 3/4 (14.01)
2013	Abby Martin	OSH	44-9 1/2 (13.65)
2014	Jecel Klotz	OSH	48-0 1/2 (14.64)
2015	Jecel Klotz	OSH	48-8 (14.83)
2016	Autumn Miller	LC	45-3 (13.79)
2017	Kendra Antony	LC	48-4 (14.73)
2018	Erica Oawster	EC	49-7 (15.11)
2019	Erica Oawster	EC	46-0 (14.02)
2020	No championship due to COVID-19 pandemic.		
2021	Sydney Thompson	OSH	48-10 3/4 (14.90)
2022	Brianna Leahy	PLT	48-0 1/2 (14.64)
2023	Skye Digman	LC	49-11 3/4 (15.23)
2024	Brenna Noon	PLT	44-5 3/4 (13.56)
2025	Kenni Czarnecki	WW	46-0 1/2 (14.03)

Discus

1972	Johnson	MSN	106-9 (32.54)
1973	Mari Kalair	EC	114-6 1/2 (34.91)
1974	Mari Kalair	EC	116-4 1/2 (35.47)
1975	Mari Kalair	EC	122-2 (37.24)
1976	Julie Pierce	OSH	128-6 (39.16)
1977	Becky Seever	STP	139-2 (42.42)
1978	Deb Glass	LC	137-2 (41.80)
1979	Deb Glass	LC	140-5 (42.80)
1980	Becky Seever	STP	137-10 (42.02)
1981	Debbie Hildebrandt	LC	142-7 (43.46)
1982	Debbie Hildebrandt	LC	151-7 (46.20)
1983	Cindy Lensmire	LC	169-6 (51.66)
1984	Cindy Lensmire	LC	163-4 (49.78)
1985	Leigh Nordstrom	RF	130-4 1/2 (39.74)
1986	Kim Woodkey	LC	123-10 (37.74)
1987	Connid Mabis	LC	151-2 (46.08)
1988	Jenny Wichman	OSH	132-2 1/2 (40.29)
1989	Amber Lausted	EC	137-7 (42.00)
1990	Cheryl Janowitz	EC	148-0 (45.11)
1991	Vicki Drewa	OSH	145-7 (44.39)
1992	Steph Bostwick	OSH	147-2 (44.86)
1993	Jessie Coonen	LC	145-9 (44.42)
1994	Lisa Marshall	EC	135-4 (41.24)
1995	Lisa Marshall	EC	155-6 (47.40)
1996	Patti Franckowiak	LC	150-5 (45.86)
1997	Patti Franckowiak	LC	150-3 (45.80)
1998	Patti Franckowiak	LC	139-0 (42.38)
1999	Tabitha Fendrick	WW	138-7 (42.24)
2000	Tabitha Fendrick	WW	146-6 (44.66)
2001	Tabitha Fendrick	WW	151-5 (46.16)
2002	Jenney Luer	ST	155-4 (47.35)
2003	Deena Heins	OSH	151-1 (46.06)
2004	Robyn Jarocki	OSH	161-9 (49.31)
2005	Robyn Jarocki	OSH	159-6 (48.62)
2006	Robyn Jarocki	OSH	167-4 (51.01)
2007	Dana Thompson	WW	146-7 (44.68)
2008	Krista Hasselquist	RF	154-6 (47.09)
2009	Ellie Sitek	OSH	148-5 (45.25)
2010	Brittany Frederick	EC	162-9 (49.60)
2011	Breanna Strupp	OSH	149-8 (45.61)
2012	Breanna Strupp	OSH	160-0 (48.76)
2013	Kadie Flynn	STP	136-8 (41.66)
2014	Breanna Strupp	OSH	156-3 (47.63)
2015	Kadie Flynn	STP	150-4 (45.83)
2016	Kadie Flynn	STP	158-3 (48.24)
2017	Erica Oawster	EC	154-8 (47.14)
2018	Erica Oawster	EC	160-2 (48.82)
2019	Karen Wethal	STP	164-0 (49.99)
2020	No championship due to COVID-19 pandemic.		
2021	Sydney Thompson	OSH	153-0 (46.64)
2022	Gabby Hicks	EC	157-8 (48.06)
2023	Skye Digman	LC	157-4 (47.96)
2024	Kayla Behnke	EC	150-5 (45.86)
2025	Ryleigh Czarnecki	WW	144-7 (44.07)

Hammer Throw

1994	Trish Haralson	OSH	144-3 (43.98)
1995	Kim Skroch	LC	156-0 (47.56)
1996	Melissa Oleson	OSH	160-1 (48.90)
1997	Melissa Oleson	OSH	146-8 (44.70)
1998	Patti Franckowiak	LC	171-0 (52.12)
1999	Sarah Peterson	RF	168-11(51.48)
2000	Bobbi Erickson	PLT	158-5 (48.28)
2001	Jessica Kohlman	WW	179-9 (54.80)
2002	Kristin Raether	LC	155-0 (47.25)
2003	Deena Heins	OSH	181-1 (55.20)
2004	Robyn Jarocki	OSH	183-10 (56.04)
2005	Robyn Jarocki	OSH	179-11 (54.84)
2006	Robyn Jarocki	OSH	186-5 (56.83)
2007	Terri Schwamb	OSH	192-4 (58.62)
2008	Terri Schwamb	OSH	191-5 (58.34)
2009	Sue Trzebiatowski	OSH	175-11 (53.62)
2010	Sue Trzebiatowski	OSH	182-4 (55.59)
2011	Holly Ozanich	OSH	186-9 (56.93)
2012	Alexia Child	OSH	192-8 (58.74)
2013	Samantha Loew	OSH	168-4 (51.32)
2014	Melanie Brickner	OSH	179-6 (54.71)
2015	Melanie Brickner	OSH	193-6 (58.99)
2016	Lizzy Abhold	OSH	186-0 (56.69)
2017	Lizzy Abhold	OSH	172-3 (52.51)
2018	Lydia Meier	ST	192-9 (58.76)
2019	Larkin Hoepner	STP	167-8 (51.11)
2020	No championship due to COVID-19 pandemic.		
2021	Skye Digman	LC	178-2 (54.32)
2022	Skye Digman	LC	183-9 (56.00)
2023	Skye Digman	LC	194-6 (59.28)
2024	Brenna Masloroff	OSH	191-5 (58.34)
2025	Brenna Masloroff	OSH	194-8 (59.34)

Pole Vault

1999	Brandi Long	RF	9-11 1/4(3.03)
2000	Niki Reimer	OSH	11-3 1/2 (3.44)
2001	Ellen Findlay	LC	11-6 1/4 (3.51)
2002	Heather Kleckner	LC	12-0 (3.66)
2003	Angela Hilgers	LC	12-0 3/4 (3.68)
2004	Angela Hilgers	LC	12-4 1/2 (3.77)
2005	Angela Hilgers	LC	13-1 1/2 (4.00)
2006	Kelly Rehn	OSH	12-2 3/4 (3.73)
2007	Stephanie Barnes	EC	11-10 1/2 (3.62)
2008*	Pam Sellberg	ST	12-0 1/2 (3.67)
2009	Hayley Suckow	EC	12-6 1/4 (3.82)
2010*	Danielle Carrigan	OSH	11-8 (3.56)
2011	Sabrina Scoville	ST	11-9 3/4 (3.60)
2012	Danielle Carrigan	OSH	12-1 1/4 (3.69)
2013	Andrea Krueger	ST	12-6 1/4 (3.82)
2014	Samantha Haas	STP	12-2 3/4 (3.73)
2015	Meaghan Howell	LC	12-6 (3.81)
2016	Tommie Brenner	EC	12-8 1/4 (3.87)
2017	Leah Richter	WW	11-9 1/4 (3.59)
2018	Rachel Zastrow	LC	12-4 (3.76)
2019	Heather Beecher	ST	11-10 (3.61)
2020	No championship due to COVID-19 pandemic.		
2021	Abigail Nelson	STP	12-2 3/4 (3.73)
2022	Gracie Holland	WW	12-6 3/4 (3.83)
2023	Gracie Holland	WW	12-8 (3.86)
2024	Gracie Holland	WW	12-10 1/4 (3.92)
2025	Maddy Habberstad	LC	12-9 1/2 (3.90)

*held indoors

Javelin

1972	Linda Pufahl	OSH	103-10 1/2 (31.66)
1973	Mary Schultz	STP	118-6 1/2 (36.13)
1974	Lynn Colby	PLT	142-10 1/2 (43.5)
1975	Lynn Colby	PLT	124-11 (38.08)
1976	Dee Simon	STP	138-7 (42.24)
1977	Edee Madsen	LC	131-4 1/2 (40.05)
1978	Maureen Trojak	SUP	125-4 (38.20)
1979	Cheryl Voight	WW	123-8 1/2 (37.7)
1980	Cheryl Voight	WW	128-10 1/2 (39.28)
1981	April Grey	EC	148-3 1/2 (45.20)
1982	Brenda Johnson	RF	125-3 (38.18)
1983	Jodi Smiley	LC	139-8 (42.58)
1984	Jodi Smiley	LC	152-8 (46.54)
1985	Suzy Karsten	EC	127-1 (38.74)
1986	Kris Simonson	EC	120-10 (36.85)
1987	Kris Simonson	EC	121-10 (37.14)
1988	Lisa Fusek	WW	117-5 1/2 (35.78)
1989	Gwen Arch	OSH	127-8 3/4 (38.98)
1990	Chris Koss	PLT	117-8 (35.86)
1991	Beth Mars	STP	121-12 (37.16)
1992	Vickie Drewa	OSH	127-2 (38.76)
1993	Shelly Roth	EC	125-9 (38.32)
1994	Shelly Roth	EC	123-2 (37.54)
1995	Mary Knutson	EC	144-6 (44.04)
1996	Kerrie Main	OSH	135-0 (41.16)
1997	Kim Skroch	LC	119-10 (36.54)
1998	Julie Drexler	LC	125-08 (38.30)
1999	Sara Groshek	STP	133-4 (40.64)
2000	Tracy Clausen	LC	122-1 (37.22)
2001	Becky Clarke	STP	127-1 (38.74)
2002	Becky Clarke	STP	123-7 (37.68)
2003	Kay Mikolajczak	OSH	117-5 (35.80)
2004	Becky Clarke	STP	125-8 (38.31))
2005	Bethany Richter	STP	124-10 (38.04)
2006	Mollie Zirbel	WW	122-9 (37.42)
2007	Vicki Cooper	RF	125-4 (38.21)
2008	Becky Ponick	RF	113-1 (34.48)
2009	Katie Kohn	OSH	128-1 (39.03)
2010	Bethany Utecht	STP	124-2 (37.84)
2011	Becky Ponick	RF	126-2 (38.46)
2012	Becky Ponick	RF	131-8 (40.14)
2013	Emily Kjos	PLT	114-11 (35.02)
2014	Emily Kjos	PLT	135-5 (41.28)
2015	Emily Kjos	PLT	141-2 (43.03)
2016	Caycee Bean	LC	121-10 (37.13)
2017	Alex Grubbs	STP	136-3 (41.54)
2018	Alex Grubbs	STP	126-4 (38.51)
2019	Alex Grubbs	STP	127-9 (38.93)
2020	No championship due to COVID-19 pandemic.		
2021	Megan Wallace	EC	140-10 (42.93)
2022	Cara Volz	OSH	125-3 (38.18)
2023	Ella Puls	LC	132-7 (40.42)
2024	Laura Bertrang	EC	130-8 (39.82)
2025	Ella Puls	LC	128-6 (39.18)

Heptathlon

Year	Name	School	Points
1981	Sherri Odlevak	SUP	4,912
1982	Kathy Peasley	EC	4,543
1983	Barb Nauschuts	STP	4,486
1984	Michelle Riedi	STP	4,717
1985	Michelle Riedi	STP	4,238
1986	Carlene Willkom	STP	4,116
1987	Carlene Willkom	STP	4,410
1988	Sue Burke	OSH	4,272
1989	Sue Burke	OSH	4,299
1990	Sue Burke	OSH	4,466
1991	Sue Burke	OSH	4,318
1992	Mel Mueller	OSH	4,201
1993	Shelly Rud	LC	4,501
1994	Amie Ballweg	LC	3,876
1995	Karianne Wold	RF	4,048
1996	Jen Freund	RF	4,135
1997	Sarah Peterson	RF	4,070
1998	Sarah Peterson	RF	4,367
1999	Mary Banker	OSH	4,667
2000	Jennifer Hawk	PLT	4,247
2001	Kathy Thompson	EC	4,503
2002	Ali Trudeau	LC	4,509
2003	Julie Hoch	OSH	4,067
2004	Julie Hoch	OSH	4,462
2005	Jill Crandall	RF	4,559
2006	Katie Wagner	LC	4,344
2007	Jill Crandall	RF	4,444
2008	AnnMarie Glejf	LC	4,225
2009	Colleen Kopel	RF	4,267
2010	JoLyn Owen	WW	4,410
2011	Jessika Smith	ST	4,384
2012	Jessika Smith	ST	4,569
2013	Jena Weigel	LC	4,608
2014	Jessika Smith	ST	4,877
2015	Meagan Ward	ST	4,934
2016	Emma Sapiro	ST	4,595
2017	Megan Marotz	PLT	4,493
2018	Megan Wallace	EC	4,574
2019	Megan Wallace	EC	4,848
2020	No championship due to COVID-19 pandemic.		
2021	Sylviann Momont	STP	4,882
2022	Abigail Missiaen	WW	4,523
2023	Emilee Booker	EC	4,646
2024	Amber Grosse	LC	4,692
2025	Megan Hunt	OSH	4,725

440-Yard/4 x 100-Meter Relay

1972*	OSH	54.10
1973*	LC	50.60
1974*	MSN	50.10
1975*	MSN (Gilda Hudson, Lori Monk, Julie Jensen, Randee Burke)	49.60
1976*	MIL (Kathy McCann, Josette Marlega, Ann Literski, Laura Blank)	49.90
1977*	LC (Thompson, Ristow, Molstad, Moely)	50.36
1978*	RF (Sharon Stude, Barb Holbrook, Kathy Wanek, Jane Ubbelohde)	49.13
1979*	LC (Kempf, Heimerman, Wurster, Schwarz)	50.8
1980*	LC	49.50
1981*	LC (Kate Wurster, Carmen Pierce, Mary Freeman, Carrie Kempf)	50.17
1982*	MQ (Colleen Ballman, Lisa Jenny, Wendy Thompson, Lori Kowalski)	49.00
1983*	MIL (Houston, Walker, Robertson, Gregory)	48.63
1984	MIL (Lemmitt, Griggs, Gregory, Robertson)	47.89
1985	LC (Pagenkopf, Zemlicka, White, Ireland)	49.58
1986	LC (Batiansila, Zentko, Esposito, Schmidt)	48.78
1987	LC (Squier, Stenseth, Esposito, Zentko)	48.64
1988	OSH (Patty Boehlen, Lisa Champion, Lori Nelson, Lynn Wurtinger)	48.34
1989	OSH (Donna Prielipp, Patty Boehlen, Lori Nelson, Deb Deeg)	48.80
1990	LC (Kastner, Miller, Otto, Stenseth)	49.35
1991	LC (Miller, Olson, Smith, Otto)	49.05
1992	LC (Jenni Miller, Becky Bushek, Beth Smith, Traci Olson)	49.42
1993	WW (Karla Eggerson, Lisa Hardt, Michelle Klingeisen, Becky Karls)	49.62
1994	WW (Kati Sorensen, Lisa Hardt, Michelle Klingeisen, Karla Eggerson)	48.73
1995	LC (Misty Gorski, Danielle Docken, Michelle Nerison, Kelly Schoberg)	48.63
1996	OSH (Theresa Lauer, Emily Simmons, Tara Jaeger, Lisa Melendez)	48.46
1997	LC (Misty Gorski, Danielle Docken, Amy Antczak, Kelly Schoberg)	49.07
1998	LC (Misty Gorski, Carey Weise, Jenni Porter, Kiara Eisner)	48.68
1999	LC (Carey Weise, Kiara Eisner, Jenni Porter, Amber Lindblad)	47.24
2000	LC (Carey Weise, Kiara Eisner, Jocelyn Loe, Lisa Mickelson)	47.49
2001	LC (Jocelyn Loe, Lisa Mickelson, Briana McMullen, Angela Klatt)	47.78
2002	LC (Tricia Clark, Heather Kleckner, Angela Klatt, Jocelyn Loe)	47.90
2003	STP (Liz Goergen, Jody Butkowski, Kim Klosno, Tara Schmitt)	48.63
2004	LC (Talia Williams, Kelly Runkle, Angela Klatt, Shelli Gotto)	47.86
2005	LC (Talia Williams, Whitney Franklin, Kelly Runkle, Shelli Gotto)	47.80
2006	LC (Jena Durnin, Collette Francis, Kelly Runkle, Talia Williams)	47.77
2007	LC (Krista Kopetsky, Ashton May, Sara Duchow, Katie Fondow)	48.13
2008	LC (Sara Duchow, Ashton May, Katie Steingraeber, Caitlin Schetter)	47.92
2009	LC (Kailey Charlton, Katie Fondow, Ashton May, Caitlin Schetter)	48.11
2010	LC (Kailey Charlton, Ashton May, Maggie May, Laurel Beck)	48.12
2011	LC (Kailey Charlton, Caitlin Wippermann, Maggie May, Laurel Beck)	47.36
2012	LC (Jaime Ludwigson, Caitlin Wippermann, Claire Elliott, Rebecca Schmidt)	47.11
2013	LC (Jaime Ludwigson, Meg Heafy, Claire Elliott, Maya Vazquez)	47.15
2014	EC (Kayla Kelsey, Megan Mulligan, Lindsey Laufenberg, Carly Fehler)	47.67
2015	EC (Kelsey Worachek, Jessica Reineck, Lindsey Laufenberg, Carly Fehler)	46.35
2016	LC (Maggie Slatter, Courtney Purcell, Claire Gordee, Meg Heafy)	46.83
2017	EC (Kelsey Worachek, Claire Fischer, Jess Rupnow, Jessica Reineck)	46.73
2018	WW (Chelsie Bence, Abbie Felton, Jordan Tokarski, Celeste Madda)	47.37
2019	LC (Allison Hampton, Kelly Aldrich, Payton Siehr, Savannah Rygiewicz)	47.31
2020	No championship due to COVID-19 pandemic.	
2021	EC (Megan Best, Kady Kochendorfer, Gianna Kornaus, Logan Fahey)	47.28
2022	LC (Jessica Stelzner, Haley Durst, Emma Lawrence, Emily Dawidowich)	47.14
2023	LC (Bella Seitz, Lauren Jarrett, Emma Lawrence, Emily Dawidowich)	46.73
2024	LC (Makenna Zak, Anika Reiland, Taylor Molling, Lauren Jarrett)	47.09
2025	LC (Julie Yang, Anika Reiland, Makenna Zak, Lauren Jarrett)	45.72

*440 Yards

Mile Relay/4 x 400-Meter Relay

1975*	MSN (Sandy Mansfield, Amy Thurwachter, Marcia Holtz, Randee Burke)	4:11.1
1976*	OSH (Marx, Williamson, Peterson, Knuth)	4:07.5
1977*	RF (Jane Ubbelohde, Kris Erickson, Esther Moe, Kate Lindsay)	4:05.44
1978*	OSH	4:02.80
1979*	LC (Marx, Schwarz, ????, Kempf)	4:07.8
1980*	MIL	4:06.8
1981*	LC (Dawn Banitt, Pfaffle, Carol Howard, Patty Heimerman)	4:01.53
1982*	LC (Howard, Peterson, Pfaffle, Heimerman)	3:58.61
1983*	LC (Kastelic, Klee, Stieber, Heimerman)	4:00.47
1984	MIL (Robertson, Griggs, Gregory, Brown)	3:55.57
1985	WW (Debbie Zuleger, Mickey Logan, Liz Greathouse, Theresa Seaquist)	3:58.95
1986	LC (Gerner, Stieber, Ireland, Gunderson)	3:58
1987	LC (Schmidt, White, Herr, Eder)	3:58.18
1988	LC	3:58.48
1989	LC (Gremban, Wichgers, Owens, Mannes)	3:59.60
1990	LC (Bruss, Gremban, Nethery, Owens)	3:53.40
1991	LC (Bruss, Nethery, Ford, Miller)	3:56.21
1992	LC (Katie Oien, Jenny Ford, Kari Nethery, Luanne Bruss)	3:53.99
1993	LC (Amy Johnson, Jen Ford, Kari Nethery, Luanne Bruss)	3:55.38
1994	LC (Gehmelle Johnson, Danielle Docken, Shawdi Olson, Angie Riniker)	3:58.11
1995	OSH (Emily Simmons, Laura Nelson, Joelle Kane, Lisa Melendez)	3:55.59
1996	OSH (Joelle Kane, Emily Simmons, Laura Nelson, Lisa Melendez)	3:52.86
1997	LC (Jenni Porter, Hilde de Boer, Shemaine Martin, Lace Van Zeeland)	3:59.14
1998	LC (Jenni Porter, Lace Van Zeeland, Katie O'Leary, Shamaine Martin)	3:57.16
1999	LC (Jenni Porter, Jessica Dober, Bridget Raisbeck, Lisa Mickelson)	3:56.40
2000	LC (Kristy Marvin, Jocelyn Loe, Deb Hanson, Lisa Mickelson)	3:58.24
2001	LC (Lisa Mickelson, Kristy Marvin, Briana McMullen, Jocelyn Loe)	3:54.32
2002	LC (Melissa Marvin, Janelle Curtis, Angela Klatt, Jocelyn Loe)	3:54.03
2003	LC (Jocelyn Loe, Angela Klatt, Kelly Runkle, Shelli Gotto)	3:55.79
2004	LC (Melissa Marvin, Shelli Gotto, Kelly Runkle, Angela Klatt)	3:53.09
2005	LC (Kelly Runkle, Katie Steingraeber, Shelli Gotto, Melissa Marvin)	3:52.41
2006	OSH (Amanda Donath, Nadine Pieske, Mandy Kozicki, Stephanie Sisk)	3:52.48
2007	OSH (Amy Mleziva, Nadine Pieske, Nicole Pelischek, Amanda Donath)	3:53.21
2008	LC (Caitlin Perra, Sara Duchow, Ashley Pershing, Danica Schaefer)	3:54.35
2009	EC (Liz Kooistra, Laura Broner, Talisa Emberts, Haley Suckow)	3:52.18
2010	RF (Alyssa Rasmussen, Kali Meurer, Samantha Nyre, Natasha Arnold)	3:56.00
2011	PLT (Ann Tank, Stephanie Wyss, Shea Bierman, Deidre Dillman)	3:52.85
2012	LC (Jenna Halvorson, Rebecca Scheuermann, Shannon Klein, Claire Elliott)	3:47.55
2013	LC (Jenna Halvorson, Rebecca Scheuermann, Shannon Klein, Claire Elliott)	3:52.21
2014	LC (Jenna Halvorson, Claire Gordee, Rachel Atchison, Claire Elliott)	3:55.17
2015	EC (Steph Rouse, Brooke Patterson, Sarah Glidden, Jess Rupnow)	3:48.50
2016	LC (Jeanna Goulet, Mallory Hall, Rachel Atchison, Claire Gordee)	3:51.92
2017	EC (Jessica Reineck, Ashleigh Buergi, Sarah Glidden, Jess Rupnow)	3:45.80
2018	STP (Brooke Wellhausen, Hannah Mertens, Makani Peters, Leah Trempe)	3:57.73
2019	STP (Michelle Petkovsek, Rebecca Alter, Brooke Wellhausen, Hannah Mertens)	3:56.27
2020	No championship due to COVID-19 pandemic.	
2021	LC (Amber Johnson, Emma Platzbecker, Lucy Fashingbauer, Katie Banie)	3:54.50
2022	LC (Izi Knoernschild, Ellie Jillson, Amber Johnson, Katie Banie)	3:52.37
2023	LC (Izi Knoernschild, Melanie Kunze, Amber Johnson, Morgan Jennings)	3:50.08
2024	LC (Anna Plautz, Morgan Jennings, Maddie Hannan, Amber Johnson)	3:51.79
2025	LC (Maddie Hecker, Alli Thomas, Sarah Grubbs, Morgan Jennings)	3:49.73

*One Mile

Discontinued Events

3,000-Meter Run

1980	Dawn Buntman	STP	9:57.3
1981	Laurie Hottinger	MQ	9:43.12
1982	Tori Neubauer	LC	9:46.42
1983	Tori Neubauer	LC	9:31.80
1984	Tori Neubauer	LC	9:42.11
1985	Katie Somers	EC	9:45.31
1986	Chris Goepel	EC	10:06.19
1987	Cheryl Niederberger	OSH	10:06.06
1988	Cheryl Niederberger	OSH	9:53.42
1989	Cheryl Niederberger	OSH	10:19.00
1990	Cathy Vandermar	OSH	10:21.96
1991	Laura Horejs	OSH	10:10.64
1992	Laura Horejs	OSH	10:08.21
1993	Trina Timm	OSH	10:09.09
1994	Aimee Knitter	STP	10:09.84
1995	Amanda Dabalack	OSH	10:14.38
1996	Tiffany Speckman	OSH	10:22.14
1997	Tiffany Speckman	OSH	10:23.40
1998	Tiffany Ebensperger	OSH	10:15.84
1999	Keri Wells	PLT	10:16.82
2000	Becky Lebak	STP	10:11.07
2001	Kara Krumenauer	WW	10:10.62

Two-Mile Relay/4 x 800-Meter Relay

1976*	LC	10:16.7
1977*	RF (Kris Erickson, Esther Moe, Sue Halvorson, Lauren Plehn)	9:57.84
1978*	STP	9:33.11
1979*	LC (Booth, Langert, Peckham, Howard)	9:49.9
1980*	LC	9:35.4
1981*	LC (Deb Booth, Pfaffle, Oftedahl, Carol Howard)	9:23.47
1982*	LC (Booth, Pfaffle, Hauge, Howard)	9:26.89
1983*	LC (Pfaffle, Riemer, Ludlow, Kastelic)	9:17.8
1984	MQ (Diane Held, Kara Hughes, Laurie Hottinger, Terrie Leibfried)	9:19.51
1985	LC (Pagenkopf, Zemlicka, White, Ireland)	9:30.33
1986	LC (Manion, White, Kastelic, Ireland)	9:47.97
1987	RF (Julie Bohnen, Theresa Gille, Shelly Wall, Laura Gabriel)	9:33.11
1988	STP	9:29.49
1989	OSH (Lynn Mielke, Tiffany Fox, Kris Marti, Melinda Tunks)	9:54.00
1990	EC (Lisa Ingwell, Jennifer Olson, Jennifer Tormoen, Jennifer Wickham)	10:02.73
1991	WW (Kristine Koelz, Renae Holtz, Kristen Allen, Diane Wiegert)	9:38.68
1992	OSH (Katie Robers, Pam Weider, Jann Rohloff, Kris Marti)	9:35.01
1993	OSH (Jann Rohloff, Angie Kapral, Jackie Robinson, Katie Robers)	9:45.13
1994	Event not held	
1995	EC (Jenny Deitte, Andrea Wilson, Steph Luther, Lori Zalaznik)	9:43.44
1996	LC (Laura Grimm, Katie O'Leary, Jessica Umentum, Lace Van Zeeland)	9:37.29
1997	LC (Hilde de Boer, Sarah Termont, Rebecca Jaax, Shamaine Martin)	9:33.72
1998	LC (Bridget Raisbeck, Lace Van Zeeland, Sarah Termont, Shamaine Martin)	9:41.05
1999	LC (Jenny Bangle, Becca Jaax, Tina Basten, Emily King)	9:26.18
2000	LC (Jessica Dober, Tina Basten, Becca Jaax, Julianna Morris)	9:32.49
2001	STP (April Raykowski, Erin Dowgwillo, Kara Vosters, Leah Juno)	9:28.00
2002	OSH (Elizabeth Woodworth, Jackie Munoz, Sue Hardtke, Jessica Marx)	9:32.97
2003	STP (Isabelle Delannay, Leah Herlache, Jenna Mitchler, Megan Craig)	9:30.52
2004	OSH (Jackie Munoz, Amanda Beard, Emily Steinhafel, Elizabeth Woodworth)	9:29.05
2005	PLT (Anissa Szessterniak, Stephanie Martin, Lindsey Vick, Marcia Taddy)	9:25.64
2006	PLT (Emma Dreis, Steph Martin, Marcia Taddy, Lindsey Vick)	9:28.27
2007	PLT (Lindsey Vick, Jessica Scott, Emma Dreis, Marcia Taddy)	9:21.14
2008	PLT (Lindsey Vick, Emma Dreis, Jessica Scott, Marcia Taddy)	9:06.06
2009	OSH (Heather Bassett, Jordan Clark-Mank, Brittany Haas, Ayla Mitchell)	9:23.53
2010	PLT (Kristy Curry, Gina Smith, Sara Weisman, Ann Tank)	9:28.00

2011	STP (Tia Nowak, Sarah Glunn, Kelly Haen, Claire Roberts)	9:14.69
2012	PLT (Natalie Jozik, Jackie Cahill, Ann Tank, Deidre Dillman)	9:20.07
2013	OSH (Kristin Stockheimer, McKenzie Kelly, Mariah McMullen, Christy Cazzola)	9:21.05
2014	OSH (Alex Mahoney, Kristen Linzmeier, Kylee Verhasselt, Christy Cazzola)	9:12.68
2015	OSH (Isabella Tremonti, Kristen Linzmeier, Sonny Jenkins, Kylee Verhasselt)	9:15.68

*Two Miles

Sprint Medley Relay (100-100-200-400) (200-200-400-800)

1979#	LC (Kempf, Heimerman, Schwarz, Weaver)	1:50.7
1980#	WW (Raheusdork, Maes, Palenshus, Voight)	1:49.0
1981#	LC (Kate Wurster, Carmen Pierce, Carrie Kempf, Patty Heimerman)	1:51.64
1982#	MIL (Gregory, Walker, Williams, Muschinski)	1:50.85
1983#	MIL (Muschinski, Gregory, Robertson, Troutmen)	1:50.06
1984#	MIL (Lemmitt, Griggs, Gregory, Robertson)	1:48.54
1985	WW (Greathouse, Zuleger, Logan, Seaquist)	1:48.34
1986	LC (Batiansila, Zentko, Schmidt, Stieber)	1:51.26
1987	OSH (Sue Aumann, Lori Nelson, Lisa Champion, Susan Skinner)	1:48.92
1988	OSH (Patty Boehlen, Lisa Champion, Lori Nelson, Susan Skinner)	1:48.72
1989	OSH (Donna Prielipp, Patty Boehlen, Deb Deeg, Lori Nelson)	1:51.60
1990	OSH (Patty Boehlen, Tina Partoll, Donna Prielipp, Sherry Schulte)	1:51.00
1991	OSH (Carrie Seeger, Nicole Callies, Sherry Schulte, Tina Partoll)	1:50.96
1992	LC (Jenni Miller, Amy Johnson, Becky Bushek, Jenny Ford)	1:48.30
1993	STP (Debbie Olsen, Kelly Anderson, Marie Clark, Jessie Bushman)	1:47.36
1994*	OSH (Jennifer MacKenzie, Missy Legler, Joelle Kane, Katie Robers)	4:16.12
1995	OSH (Amy Hutchinson, Emily Simmons, Theresa Lauer, Lisa Melendez)	1:48.43
1996	OSH (Theresa Lauer, Emily Simmons, Lisa Melendez, Joelle Kane)	1:49.34
1997	STP (Paula Schober, Sarah McLaughlin, Jessica Drenzek, Jessie Bushman)	1:50.10
1998*	OSH (Theresa Lauer, Jess Uttech, Lisa Zimmermann, Beth Schemenauer)	4:16.02
1999*	WW (Camille Ross, Heather Meier, Stacey Hornickel, Kara Krumenauer)	4:09.46

#880-Yards

*200-200-400-800 Format

Distance Medley Relay

1994	OSH (Theresa Leis, Trina Timm, Stephanie Dahlin, Katie Robers)	12:49.71
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