

COLLEGE OF IDAHO WOMEN'S TRACK & FIELD

ALL-CASCADE CONFERENCE SELECTIONS (TOP-3 AT CCC MEET)

2022	Abbey Shirts	800 - M Dash	2018	Hayley Morse	Hammer Throw
	Sage Martin	5000 - Meters			Shot Put
	Ellyse Tingelstad	3,000 - M Steeple		Claire Otero	Discus
	Roba Anna	10,000 - Meters			Discus
	Charllotte Wilson	10,000 - Meters		Tamika Russell	Hammer Throw
	Roby Young	4x100 - M Relay			3,000-M Steeple
	Sage Wood	4x100 - M Relay		Molly Vitale-Sullivan	10,000-Meters
	Jessica Dorohov	Shot Put Hepta.		Ashtyn Ellis	5,000-Meters
	Catlyynn Duff	4x100 - M Relay		Kaitlyn Schut	10,000-Meters
		4x100 - M Relay		Kiersten Lancaster	10,000-Meters
		Shot Put		Allison Cossins	100-Meter Hurdles
		Discus Throw		Brinley Reed	Pole Vault
		Hammer Throw		Payton Durocher	Triple Jump
	Cassidy Stoddard	High Jump		Julia Molina	4x400-Meter Relay
				Madison Patrick	4x400-Meter Relay
				Khiriona Phillips-Brown	4x400-Meter Relay
2021	Larissa Mauer	3,000-M Steeple			
		5,000-Meters			
		10,000-Meters			
	Abbey Shirts	800-Meters			
		1,500-Meters			
	Payton Durocher	400-Meters			
		4x100-M Relay			
		Long Jump			
	Catlyynn Duff	Hammer Throw			
		Shot Put			
	Kiersten Lancaster	100-Meters			
	Sage Martin	3,000-M Steeple			
	Ellyse Tingelstad	5,000-Meters			
	Chaye Uptmor	10,000-Meters			
	Erin Moyer	10,000-Meters			
	Payge Durocher	4x100-M Relay			
	Sage Wood	4x100-M Relay			
	Jessica Dorohov	4x100-M Relay			
	Brinley Reed	Long Jump			
	Morgan Harrison	High Jump			
	Kenna Jones	High Jump			
	Sophi Clay	Triple Jump			
	AaLea Kolb	Discus			
	Esther Ezeogu	Shot Put			
2019	Molly Vitale-Sullivan	5,000-Meters			
		10,000-Meters			
	Larissa Mauer	5,000-Meters			
		3,000-M Steeple			
	Kiersten Lancaster	100-Meter Hurdles			
	Kaitlyn Schut	10,000-Meters			
	Erin Moyer	10,000-Meters			
	Catlyynn Duff	Discus			

2017	Kami Hawkins	100-Meter Hurdles	2014	Hillary Holt	400-Meters
		400-Meter Hurdles			800-Meters
		Triple Jump			1,500-Meters
		Heptathlon		Sarah Johnson	1,500-Meters
	Claire Otero	Hammer Throw			10,000-Meters
		Discus		Sora Klopfenstein	5,000-Meters
	Lila Klopfenstein	800-Meters			10,000-Meters
		1,500-Meters			3,000-M Steeple
	Hayley Morse	Shot Put		Jasmine Hurd	100-Meters
		Hammer Throw			100-Meter Hurdles
2016	Brooklyn Daylong	Shot Put			4x100-Meter Relay
		Discus			Long Jump
		Hammer Throw		Nichole DeGrange	Heptathlon
	Molly Vitale-Sullivan	5,000-Meters			100-Meters
	Ashtyn Ellis	10,000-Meters			200-Meters
	Emily Hawgood	10,000-Meters			400-Meters
	Tamika Russell	3,000-M Steeple			4x100-Meter Relay
	Allison Cossins	Pole Vault		Hannah Lentz	4x100-Meter Relay
	Kiara Skinner	Shot Put			Triple Jump
				Tiana Thomas	100-Meter Hurdles
	Tiana Thomas	200-Meters			High Jump
		400-Meters		Lila Klopfenstein	1,500-Meters
		100-Meter Hurdles		Brittany Beame	4x100-Meter Relay
		400-Meter Hurdles		Jessica Aguilar	Shot Put
		4x400-Meter Relay		Jessica Bates	Shot Put
		Heptathlon			
	Nichole DeGrange	100-Meters			
		200-Meters			
		400-Meters			
		4x400-Meter Relay			
	Amy Pfaff	800-Meters			
		1,500-Meters			
	Hayley Morse	Shot Put			
		Hammer Throw			
	Mishal Cotugno	800-Meters			
	Emily Hawgood	10,000-Meters			
	Tamika Russell	3,000-M Steeple			
	Kami Hawkins	4x400-Meter Relay			
	Kimber Hawkins	4x400-Meter Relay			
	Claire Otero	Discus			
2015	Nichole DeGrange	100-Meters			
		200-Meters			
		400-Meters			
		4x100-Meter Relay			
		4x400-Meter Relay			
	Amy Pfaff	800-Meters			
		1,500-Meters			
		4x400-Meter Relay			
	Ruth Lewinski	5,000-Meters			
		10,000-Meters			
	Tiana Thomas	100-Meter Hurdles			
		400-Meter Hurdles			

2013	Jasmine Hurd	100-Meters 100-Meter Hurdles 400-Meter Hurdles 4x100-Meter Relay	2008	Stephanie Helm	1,500-Meters 5,000-Meters
				Katie Ball	1,500-Meters 5,000-Meters
	Nicole DeGrange	Heptathlon 100-Meters 200-Meters 4x100-Meter Relay 4x400-Meter Relay		Jayne Saunders Tegan Troutner Emily McCutchan	800-Meters 5,000-Meters Heptathlon
	Hillary Holt	400-Meters 800-Meters 1,500-Meters 4x400-Meter Relay		2007 Shannon Edwards	1,500-Meters 5,000-Meters 1,500-Meters 400-Meter Hurdles Triple Jump
	Sora Klopfenstein	3,000-M Steeple 5,000-Meters 10,000-Meters		2006 Shannon Edwards	1,500-Meters 5,000-Meters 800-Meters 400-Meter Hurdles
	Hailey Bull	Triple Jump Long Jump		Katie Ball Jayne Saunders	
	Lexis Lange	4x100-Meter Relay 4x400-Meter Relay		2005 Shannon Edwards Katie Ball	1,500-Meters 800-Meters
	Hannah Lentz	4x400-Meter Relay Triple Jump			
	Brittany Beame	4x100-Meter Relay			
2012	Jasmine Hurd	100-Meter Hurdles 400-Meter Hurdles 4x100-Meter Relay 4x400-Meter Relay	2006	Shannon Edwards	1,500-Meters 5,000-Meters 800-Meters 400-Meter Hurdles
	Hillary Holt	Heptathlon 800-Meters 1,500-Meters		Katie Ball Jayne Saunders	
	Diamond Mitchell	100-Meters 200-Meters 4x100-Meter Relay		2005 Shannon Edwards Katie Ball	1,500-Meters 800-Meters
	Audrey Youren	High Jump			
	Brittany Beame	4x400-Meter Relay 4x100-Meter Relay 4x400-Meter Relay			
	Sarah Johnson	1,500-Meters			
	Kenna Middleton	10,000-Meters			
	Andi Hayes	10,000-Meters			
	Sora Klopfenstein	3,000-M Steeple			
	Lexis Lange	4x100-Meter Relay			
2011	Candace Crew	High Jump	2005	Shannon Edwards Katie Ball	1,500-Meters 800-Meters
	Kristine Smith	10,000-Meters 3,000-M Steeple			
	Hillary Holt	1,500-Meters			
	Sarah Johnson	1,500-Meters			
	Sora Klopfenstein	3,000-M Steeple			
	Jasmine Hurd	100-Meter Hurdles			
	Hailey Bull	Triple Jump			