

COLLEGE OF IDAHO WOMEN'S TRACK & FIELD

CASCADE CONFERENCE CHAMPIONS

2022	Sage Martin Ellyse Tingelstad Catylynn Duff	5,000 - Meters 10,000 - Meters Hammer Throw	2015	Nichole DeGrange Amy Pfaff	100-Meters 200-Meters 800-Meters 1,500-Meters 4x100-Relay
2021	Larissa Mauer Kiersten Lancaster Catylynn Duff Morgan Harrison	3,000-M Steeple 5,000-Meters 10,000-Meters 100-M Hurdles Hammer Throw High Jump		B. Beame, N. DeGrange, T. Thomas, H. Lentz H. Lentz, N. DeGrange, B. Beame, A. Pfaff Tiana Thomas	4x400-Relay Heptathlon
2019	Kiersten Lancaster Molly Vitale-Sullivan	100-Hurdles 10,000 Meters	2014	Hillary Holt Sora Klopfenstein	800-Meters 1,500-Meters 10,000-Meters 3,000-Steeple 100-Hurdles Heptathlon 100-Meters 4x100-Relay
2018	Hayley Morse Tamika Russell Ashtyn Ellis Kiersten Lancaster Claire Otero	Hammer Throw Shot Put 3,000-Steeple 10,000 Meters 100-Hurdles Discus		Jasmine Hurd Nichole DeGrange B. Beame, N. DeGrange, H. Lentz, J. Hurd	
2017	Claire Otero Kami Hawkins Tamika Russell Allison Cossins Hayley Morse	Hammer Throw Discus 100-Hurdles 3,000-Steeple Pole Vault Shot Put	2013	Jasmine Hurd Hillary Holt Sora Klopfenstein L. Lange, N. DeGrange, B. Beame, J. Hurd L. Lange, H. Holt, N. DeGrange, H. Lentz Hailey Bull	100-Meters 100-Hurdles Heptathlon 800-Meters 1,500-Meters 3,000-Steeple 4x100-Relay 4x400-Relay Triple Jump
2016	Tiana Thomas Nichole DeGrange Amy Pfaff Ka. Hawkins, N. DeGrange, Ki. Hawkins, T. Thomas Hayley Morse Claire Otero	400-Meters 100-Hurdles 400-Hurdles Heptathlon 100-Meters 200-Meters 800-Meters 1,500-Meters 4x400 Relay Shot Put Discus	2012	Hillary Holt Jasmine Hurd Audrey Youren	1,500-Meters 100-Hurdles High Jump
			2011	Hillary Holt Jasmine Hurd Hailey Bull	1,500-Meters 100-Hurdles Triple Jump
			2010	Emily McCutchan Kristine Smith	400-Hurdles Heptathlon 10,000-Meters
			2009	Stephanie Helm	5,000-Meters

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2007	Shannon Edwards	5,000-Meters
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