

COLLEGE OF IDAHO WOMEN'S TRACK & FIELD

NAIA NATIONAL CHAMPIONSHIP PARTICIPANTS

2022	Catylynn Duff	Hammer Throw	2019	Molly Vitale-Sullivan	Indoor 5,000-Meters
	Emily Fox	Discus		Kiersten Lancaster	Outdoor 10,000-Meters
	Kiersten Lanacaster	Hammer Throw			Indoor 60-Meter Hurdles
	Sage Martin	100 - Meter Hurdles			Outdoor 100-Meter Hurdles
	Larissa Mauer	3000 - M Steeplechase		Tamika Russell	Outdoor 4x400-Meter Relay
	Abbey Shirts	3000 - M Steeplechase			Indoor Distance Medley Relay
	Ellyse Tingelstad	800 - Meter Dash		Madison Glascock	Outdoor 3,000-M Steeplechase
	Roby Young	10,000 - Meters			Indoor Distance Medley Relay
		Heptathlon			Outdoor 4x100-Meter Relay
2021	Payton Durocher	Indoor 4x800-Meter Relay		Payton Durocher	Outdoor 4x400-Meter Relay
		Indoor Distance Medley Relay			Indoor Distance Medley Relay
		Outdoor 4x100-Meter Relay			Outdoor 4x100-Meter Relay
		Outdoor 4x400-Meter Relay		Larissa Mauer	Outdoor 4x400-Meter Relay
		Outdoor 4x800-Meter Relay			Indoor Distance Medley Relay
	Catylynn Duff	Indoor Shot Put		Kaitlyn Schut	Outdoor 3,000-M Steeplechase
		Indoor Weight Throw		Payge Durocher	Outdoor Marathon
		Outdoor Discus		Payton Anderson	Outdoor 4x100-Meter Relay
	Payge Durocher	Outdoor Hammer Throw		Madison Patrick	Outdoor 4x400-Meter Relay
		Indoor Distance Medley Relay		Catylynn Duff	Outdoor 4x400-Meter Relay
		Outdoor 4x100-Meter Relay			Outdoor Discus
		Outdoor 4x400-Meter Relay	2018	Molly Vitale-Sullivan	Indoor 5,000-Meters
		Outdoor 4x800-Meter Relay			Outdoor 5,000-Meters
	Abbey Shirts	Indoor 1,000-Meters		Ashtyn Ellis	Outdoor 10,000-Meters
		Indoor 4x800-Meter Relay			Indoor 3,000-Meters
		Outdoor 4x800-Meter Relay		Kiersten Lancaster	Outdoor 10,000-Meters
	Kiersten Lancaster	Indoor 60-Meter Hurdles			Indoor 60-Meter Hurdles
		Outdoor 100-Meter Hurdles		Hayley Morse	Outdoor 100-Meter Hurdles
		Outdoor 400-Meter Hurdles			Indoor Shot Put
	Sage Wood	Outdoor 4x100-Meter Relay			Indoor Weight Throw
		Outdoor 4x400-Meter Relay			Outdoor Shot Put
	Roby Young	Indoor 4x800-Meter Relay			Outdoor Hammer Throw
		Outdoor 4x800-Meter Relay		Tamika Russell	Outdoor 3,000-M Steeplechase
	Ellyse Tingelstad	Indoor 4x800-Meter Relay		Abigail Craig	Outdoor 3,000-M Steeplechase
		Outdoor 4x800-Meter Relay		Allison Cossins	Outdoor Pole Vault
	Sage Martin	Indoor Distance Medley Relay		Claire Otero	Outdoor Discus
		Outdoor 3,000-M Steeplechase	2017	Molly Vitale-Sullivan	Indoor 3,000-Meters
	Larissa Mauer	Outdoor 3,000-M Steeplechase			Indoor Distance Medley Relay
	Sophi Clay	Outdoor 4x400-Meter Relay			Outdoor 5,000-Meters
	Morgan Harrison	Outdoor High Jump		Lila Klopfenstein	Indoor 3,000-Meters
	AaLea Kolb	Outdoor Discus			Indoor Distance Medley Relay
	Jessica Dorohov	Outdoor 4x100-Meter Relay			Outdoor 1,500-Meters
	Charlie Duff	Indoor Distance Medley Relay		Kami Hawkins	Indoor Distance Medley Relay
	Erin Moyer	Indoor 5,000-Meters			Outdoor 400-Meter Hurdles
2020	Molly Vitale-Sullivan	Indoor 3,000-Meters		Mishal Cotugno	Indoor Distance Medley Relay
		Indoor Distance Medley Relay		Ashtyn Ellis	Outdoor 10,000-Meters
	Kiersten Lancaster	Indoor 60-Meter Hurdles		Hayley Morse	Outdoor Shot Put
	Laken Wolf	Indoor 4x800-Meter Relay		Emily Hawgood	Outdoor Marathon
	Abbey Shirts	Indoor 4x800-Meter Relay		Claire Otero	Outdoor Discus
	Payton Durocher	Indoor 4x800-Meter Relay		Tamika Russell	Outdoor 3,000-M Steeplechase
	Kami Hawkins	Indoor 4x800-Meter Relay			
	Larissa Mauer	Indoor Distance Medley Relay			
	Madison Glascock	Indoor Distance Medley Relay			
	Roby Young	Indoor Distance Medley Relay			
	Catylynn Duff	Indoor Weight Throw			

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2012	Sora Klopfenstein	Indoor 3,000-Meters	2009	Stephanie Helm	Indoor 3,000-Meters
	Kayloni Perry	Indoor Distance Medley Relay			Indoor Distance Medley Relay
		Indoor 800-Meters		Jayne Saunders	Outdoor 5,000-Meters
		Indoor Distance Medley Relay			Indoor Distance Medley Relay
	Sarah Johnson	Outdoor 1,500-Meters		Tegan Troutner	Outdoor 4x800-Meter Relay
		Outdoor 4x800-Meter Relay			Indoor Distance Medley Relay
	Jasmine Hurt	Indoor Distance Medley Relay		Maggie Miller	Outdoor 5,000-Meters
		Outdoor 1,500-Meters			Outdoor 10,000-Meters
		Outdoor 4x800-Meter Relay		Kayloni Perry	Outdoor 800-Meters
	Hillary Holt	Indoor Distance Medley Relay		Chantel Varland	Outdoor 4x800-Meter Relay
		Outdoor 400-Meter Hurdles		Molli Lee-Painter	Indoor Distance Medley Relay
		Outdoor 4x100-Meter Relay		Emily McCutchan	Outdoor Marathon
	Lexis Lange	Outdoor 800-Meters		Colleen Smith	Outdoor 3,000-M Steeplechase
	Brittany Beame	Outdoor 1,500-Meters			Outdoor 4x800-Meter Relay
	Diamond Mitchell	Outdoor 4x100-Meter Relay			Outdoor 4x800-Meter Relay
	Elynn Smith	Outdoor 4x100-Meter Relay	2008	Stephanie Helm	Indoor 3,000-Meters
	Audrey Youren	Outdoor 4x800-Meter Relay		Katie Ball	Outdoor 5,000-Meters
		Outdoor High Jump			Indoor Distance Medley Relay
2011	Hillary Holt	Indoor Mile		Jayne Saunders	Outdoor 5,000-Meters
		Indoor Distance Medley Relay			Indoor Distance Medley Relay
		Outdoor 800-Meters		Molli Lee-Painter	Outdoor 4x800-Meter Relay
		Outdoor 1,500-Meters			Indoor Distance Medley Relay
	Kristine Smith	Indoor 5,000-Meters		Maggie Miller	Outdoor 4x800-Meter Relay
		Outdoor 3,000-M Steeplechase		Ashley Miller	Indoor Distance Medley Relay
	Kayloni Perry	Indoor Distance Medley Relay		Stephanie Sparks	Outdoor 4x800-Meter Relay
		Outdoor 800-Meters			Outdoor 4x800-Meter Relay
	Jasmine Hurd	Indoor Distance Medley Relay	2007	Natalie Hatch	Outdoor Marathon
	Colleen Smith	Indoor Distance Medley Relay		Jayne Saunders	Outdoor 400-Meter Hurdles
	Sora Klopfenstein	Outdoor 3,000-M Steeplechase		Shannon Edwards	Outdoor 5,000-Meters
2010	Emily McCutchan	Indoor Pentathlon	2006	Shannon Edwards	Indoor 5,000-Meters
		Outdoor 400-Meter Hurdles			Outdoor 5,000-Meters
		Outdoor Heptathlon		Jayne Saunders	Outdoor 400-Meter Hurdles
	Colleen Smith	Indoor Distance Medley Relay			
		Outdoor 4x800-Meter Relay	2005	Shannon Edwards	Outdoor 5,000-Meters
	Ashley Miller	Indoor Distance Medley Relay			Outdoor 10,000-Meters
		Outdoor 1,500-Meters			
	Maggie Miller	Outdoor 4x800-Meter Relay			
		Indoor Distance Medley Relay			
		Outdoor 1,500-Meters			
	Molli Lee-Painter	Outdoor 4x800-Meter Relay			
		Indoor Distance Medley Relay			
	Stephanie Sparks	Outdoor 3,000-M Steeplechase			
		Outdoor 1,500-Meters			
		Outdoor 4x800-Meter Relay			
	Stephanie Helm	Outdoor 1,500-Meters			
		Outdoor 5,000-Meters			
	Kristine Smith	Outdoor 5,000-Meters			
		Outdoor 3,000-M Steeplechase			