

Place	First Name	Last Name	Time - 5K	Year
1	Deb	Townsend-Anderson	17:45.9	1992
2	Tami	Snyder	18:02.0	1992
3	Janice	Swanson	18:22.6	1987
4	Carmen	Melendez	18:25.0	1992
5	Darlene	Duncan	18:39.8	2000
6	Hannah	Landecker	18:53.0	2006
7	Ann	Stahl	18:56.0	1987
8	Grace	Conrad	19:04.0	2004
9	Pati	Miazek	19:22.3	2022
10	Shannon	McInnis	19:23.8	2005
11	Angela	Pinkston	19:25.0	2001
12	Shelly	Lemons	19:37.0	1994
13	Miranda	Gomez	19:37.6	2014
14	Deb	Hendricksma	19:58.0	1996
15	Allison	Weller	19:58.6	2005
16	Krsta	Thyreen	20:09.0	1989
17	Kari	Thompson	20:14.0	2002
18	Carmela	Conigliane	20:20.0	1996
19	Becky	Gritter	20:20.5	2003
20	Ingvild	Mejelde	20:23.0	1996
21	Krissy	Stone	20:28.0	2001
22	Kathleen	McCarrick	20:29.0	2014
23	Erin	Murakami	20:34.6	1998
24	Daisy	Dow	20:36.5	1998
25	Amy	Ackerberg	20:44.0	1991

Place	First Name	Last Name	Time - 6K	Year
1	Hannah	Landecker	22:04.6	2006
2	Shannon	McInnis	22:24.6	2005
3	Grace	Conrad	22:26.0	2003
4	Pati	Miazek	22:40.3	2022
5	Miranda	Gomez	23:21.9	2014
6	Annika	Manning	23:31.8	2017
7	Allison	Weller	23:35.8	2005
8	Becky	Gritter	23:49.8	2002
9	Kari	Thompson	23:59.2	2004
10	Katerina	Dague	24:17.0	2016
11	Kathleen	McCarrick	24:25.7	2015
12	Laura	Papageorgiou	24:37.3	2008
13	Zoe	Larson	24:39.8	2015
14	Rebecca	Dawson	24:43.0	2004
15	Tyanna	Jones	24:45.6	2017
16	Lori	Delfin	24:51.2	2015
17	Sara	Dwight	25:00.9	2008
18	Lindsay	Nesburg	25:03.5	2014
19	Lucia	Abel	25:04.0	2002
20	Tiffany	Schwartz	25:05.1	2006
21	Sladana	Nikezic	25:12.5	2014
22	Kari	Walker	25:24.4	2003
23	Laura	Sorg	25:26.5	2009
24	Karen	Hernandez	25:50.4	2004
25	Jacque	Fisher	25:51.6	2009
25	Erica	Schwan	25:52.3	2004

*Please note these lists do not include performances that took place before the 2002 cross country season

Woman's Cross Country All-Conference Runners			
First Name	Last Name	Place	Year
Janice	Swanson	3rd	1986
Janice	Swanson	1st	1987
Ann	Stahl	3rd	1987
Janice	Swanson	3rd	1988
Ann	Stahl	7th	1988
Janice	Swanson	5th	1989
Deb	Townsend	8th	1989
Deb	Townsend	5th	1990
Tami	Snyder	4th	1991
Carmen	Melendez	9th	1991
Deb	Townsend	2nd	1992
Tami	Snyder	6th	1992
Carmen	Melendez	10th	1992
Deb	Townsend-Anderson	4th	1993
Tami	Snyder	8th	1993
Shelly	Lemons	6th	1994
Darlene	Duncan	3rd	2000
Angela	Pinkston	10th	2001
Grace	Conrad	11th	2002
Grace	Conrad	3rd	2003
Shannon	McInnis	7th	2005
Hannah	Landecker	5th	2006
Miranda	Gomez	16th	2014
Patrycja	Miazek	5th	2022
Patrycja	Miazek	5th	2021

Women's Cross Country NCAA Nationals Runners			
First Name	Last Name	Place/Time	Date
Renee	Fricke	69th - 21:08	Saturday, November 20, 1982
Janice	Swanson	19th - 18:16 *	Saturday, November 21, 1987
Ann	Stahl	93rd - 19:25.9	Saturday, November 21, 1987
Janice	Swanson	62nd - 19:27.5	Saturday, November 19, 1988
Deb	Townsend	87th - 19:46.9	Saturday, November 21, 1992
Darlene	Duncan	45th - 18:54.5	Saturday, November 18, 2000
Hannah	Landecker	148th - 25:22 ^	Saturday, November 18, 2006

* Denotes All-American Status

^ Denotes change of distance to 6,000 meters