

WOMEN'S TEAM

CHAMPIONS

1983	- MSU Moorhead
1984	- MSU Moorhead
1985	- Northern State
1986	- Northern State
1987	- Bemidji State
1988	- Minnesota Duluth
1989	- Bemidji State
1990	- MSU Moorhead
1991	- MSU Moorhead
1992	- Minnesota Duluth
1993	- Minnesota Duluth
1994	- Minnesota Duluth
1995	- Minnesota Duluth
1996	- Minnesota Duluth
1997	- Minnesota Duluth
1998	- Minnesota Duluth
1999	- Minnesota Duluth
2000	- Minnesota Duluth
2001	- Minnesota Duluth
2002	- Minnesota Duluth
2003	- Minnesota Duluth
2004	- Winona State
2005	- MSU Moorhead
2006	- Wayne State
2007	- MSU Moorhead
2008	- Augustana
2009	- Augustana
2010	- Augustana
2011	- Augustana
2012	- Augustana
2013	- Minnesota Duluth
2014	- Augustana
2015	- Minnesota Duluth
2016	- University of Mary
2017	- University of Mary
2018	- University of Mary
2019	- University of Mary
2020	- Not Awarded - COVID19
2021	- Augustana
2022	- Augustana
2023	- Winona State
2024	- Augustana

WOMEN'S INDIVIDUAL

CHAMPIONS

1983	- Polly Durand, Minnesota Duluth
1984	- Jane Remark, MSU Moorhead
1985	- Teresa Greenwood, MSU Moorhead
1986	- Lynn Stottler, Minnesota Duluth
1987	- Marlene Calmus, Northern State
1988	- Stephanie Hengel, Northern State
1989	- Jayne Dusich, Bemidji State
1990	- Jayne Dusich, Bemidji State
1991	- Gina Hahn, MSU Moorhead
1992	- Maureen Ryan, Winona State
1993	- Karen Walczak, Minnesota Duluth
1994	- Karen Walczak, Minnesota Duluth
1995	- Jessica Faith, MSU Moorhead
1996	- Jessica Faith, MSU Moorhead
1997	- Brandy Griffith, Minnesota Duluth
1998	- Katie Huntley, Minnesota Duluth
1999	- Katie Huntley, Minnesota Duluth
2000	- Tammy Stang, Minnesota Duluth
2001	- Tammy Stang, Minnesota Duluth
2002	- Emily Shoop, Concordia-St. Paul
2003	- Sara Frederickson, Minnesota Duluth
2004	- Amelia Soto, Winona State
2005	- Erin Norenberg, Wayne State
2006	- Tiffany Czarnomska, University of Mary
2007	- Anna Vanwechel, MSU Moorhead
2008	- Morgan Place, Minnesota Duluth
2009	- Morgan Place, Minnesota Duluth
2010	- Runa Falch, Augustana
2011	- Runa Falch, Augustana
2012	- Melissa Agnew, University of Mary
2013	- Jennifer Agnew, University of Mary*
2014	- Sasha Hovind, Northern State
2015	- Alexis Zeis, University of Mary*
2016	- Emi Trost, Minnesota Duluth
2017	- Alexis Zeis, University of Mary
2018	- Jaiden Schuette, University of Mary
2019	- Ida Narbuvooll, University of Mary
2020	- Not Awarded - COVID19
2021	- Lindsay Cunningham, Winona State
2022	- Lindsay Cunningham, Winona State
2023	- Lindsay Cunningham, Winona State*
2024	- Alyssa Becker, University of Mary

*National Champion

WOMEN'S NEWCOMER OF YEAR

2013	- Sam Rivard, Minnesota Duluth
2014	- Annie Kruse, Augustana
2015	- Hannah Palmetter, SMSU
2016	- Ida Narbuvooll, University of Mary
2017	- Emily Tromp - Augustana
2018	- Emily Roberts - University of Mary
2019	- Kayla Ogle - University of Mary
2020	- Not Awarded - COVID19
2021	- Lindsay Cunningham, Winona State
2022	- Cailee Peterson, Minnesota Duluth
2023	- Ashley Overgaaauw, Augustana
2024	- Ella Voit Winona State

NSIC WOMEN'S CROSS COUNTRY OUTSTANDING

SENIOR OF THE YEAR

2021	- Ryne Prigge, Bemidji State
2022	- Amanda Montplaisir, Minnesota State
2023	- Lindsay Cunningham, Winona State
2024	- Alyssa Becker, University of Mary

The "NSIC Outstanding Senior of the Year Award" is presented to a NSIC women's cross country student-athlete who participates at their institution for four years and is academically superior while making a positive contribution to their team and the University. The NSIC Outstanding Senior of the Year award was initiated in 2020-21 to honor an

WOMEN'S TEAM TITLES WON OR SHARED

School	No.	Last Title
Minnesota Duluth	15	2015
Augustana	9	2023
MSU Moorhead	6	2007
University of Mary	4	2019
Bemidji State	2	1989
Northern State	2	1986
Winona State	2	2023
Wayne State	1	2006

NSIC WOMEN'S COACHES OF THE YEAR

1988	- Eleanor Rynda, Minnesota Duluth
1989	- Jan Berg, Bemidji State
1990	- Randy Smith, Minnesota State Moorhead
1991	- Randy Smith, Minnesota State Moorhead
1992	- Eleanor Rynda, Minnesota Duluth
1993	- Eleanor Rynda, Minnesota Duluth
1994	- Jim Fuller, Northern State
1995	- Jim Fuller, Northern State & John Fulkrod, Minnesota Duluth
1996	- Karen Ladig, Bemidji State
1997	- John Fulkrod, Minnesota Duluth
1998	- Neal Mundahl, Winona State
1999	- John Fulkrod, Minnesota Duluth
2000	- John Fulkrod, Minnesota Duluth
2001	- Neal Mundahl, Winona State
2002	- John Fulkrod, Minnesota Duluth
2003	- Neal Mundahl, Winona State
2004	- Neal Mundahl, Winona State
2005	- Fred Dahnke - MSU Moorhead
2006	- Marlon Brink, Wayne State
2007	- Marlon Brink, Wayne State
2008	- Tracy Hellman, Augustana
2009	- Tracy Hellman, Augustana
2010	- Dennis Newell, University of Mary
2011	- Tracy Hellman, Augustana
2012	- Tracy Hellman, Augustana
2013	- Joanna Warmington, Minnesota Duluth
2014	- Tracy Hellman, Augustana
2015	- Joanna Warmington, Minnesota Duluth
2016	- Dennis Newell, University of Mary
2017	- Dennis Newell, University of Mary
2018	- Dennis Newell, University of Mary
2019	- Dennis Newell, University of Mary
2020	- Not Awarded - COVID19
2021	- Tracy Hellman, Augustana
2022	- Tracy Hellman, Augustana
2023	- John Hibshman
2024	- Tracy Hellman, Augustana

NSIC WOMEN'S CROSS COUNTRY ELITE 18 WINNERS

2016	- Raissa Hansen - Winona State
2017	- Sasha Hovind - Northern State
2018	- Leah Seivert - Augustana
2019	- Olivia Anger - Winona State
2020	- Kara Lindberg - Concordia-St. Paul
2021	- Rachel Rairdon - Augustana*
2022	- Morgan Radel - Minnesota Duluth
2023	- Alison Zigler - Minnesota State
2024	- Elizabeth VanLoon - Minnesota Duluth

*NCAA Elite 90 Award Winner

As part of the NSIC 25th Anniversary celebration, the NSIC Elite 18 Award was instituted to recognize the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the NSIC Championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The NSIC Elite 18 award is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NSIC's 18 Championships.

2024 NSIC WOMEN'S CHAMPIONSHIPS

Site: Souris Valley Golf Course - Minot, North Dakota - Host: Minot State

Team Standings	Points	Team Standings	Points
1. Augustana	54	9. Bemidji State	267
2. University of Mary	72	10. St. Cloud State	279
3. Winona State	75	11. Minnesota Crookston	310
4. Minnesota Duluth	98	12. Northern State	317
5. Minnesota State	107	13. Wayne State	378
6. Sioux Falls	190	14. SMSU	379
7. Minit State	201	15. Concordia-St. Paul	436
8. MSU Moorhead	255		

Individual Results (Top 35)

		Time
First Team All-Conference		
1	Alyssa Becker U-Mary	19:51.2
2	Sophia Taarud Winona State	20:31.8
3	Kristine Kalthoff U-Mary	20:37.1
4	Ella Bakken Augustana	20:43.4
5	McKenna Taylor Winona State	20:46.4
6	Andrijana Fundak U-Mary	20:46.8
7	Ashley Overgaauw Augustana	20:52.5
8	Franny Seidel Minnesota Duluth	21:12.1
9	Maddie Verkerke Minnesota Duluth	21:12.9
10	Ella Voit Winona State	21:13.9
Second Team All-Conference		
11	Madison Matzek Minnesota State	21:25.2
12	Alexi Macdonald Minnesota State	21:28.9
13	Eleni Lovgren Augustana	21:31.0
14	Taylor Melton Augustana	21:36.1
15	Paulette Dominguez Minot State	21:40.0
16	Caroline Sudbeck Augustana	21:46.8
17	Morgan Gehl Sioux Falls	21:48.1
18	Tenley Nelson Augustana	21:48.5
19	Maddie Swanson Sioux Falls	21:48.9
20	Lindsey Young Augustana	21:49.4
Finishers 21-35		
21	Makayla Bishop Minnesota State	21:50.3
22	Emily Cunningham Minnesota State	21:55.7
23	Mileena Sullivan Minnesota Duluth	22:02.1
24	Bailey Wride Minot State	22:04.6
25	Maggie McCarthy Bemidji State	22:11.9
26	Elizabeth Acheson U-Mary	22:12.6
27	Kylie Anderson Winona State	22:14.7
28	Ellie Hanowski Minnesota Duluth	22:15.2
29	Grace Dorsher MSU-Moorhead	22:15.9
30	Elizabeth Vanloon Minnesota Duluth	22:17.4
31	Laura Thompson Augustana	22:18.1
32	Violet Schulteis Winona State	22:20.4
33	Eve Anderson Minnesota Duluth	22:20.5
34	Rachel Ulrich Minnesota Duluth	22:24.9
35	Kira Almsberger Minnesota Duluth	22:27.0

Women's Coach of the Year: Tracy Hellman, Augustana

Women's Newcomer of the Year: Ella Voit, Winona State

NCAA Women's Cross Country Central Region

Joplin, Mo. - 6K - 11/9/24

1. Augustana - 82	3. UMary - 116	4. Winona State - 130
9. Minnesota State - 289	12. UMD - 359	17. Sioux Falls - 449
18. Minot State - 535	21. MSU Moorhead - 577	23. St. Cloud State - 652
25. Minnesota Crookston - 707	29. Wayne State - 837	30. Concordia-St. Paul - 839

NSIC Finishers in top 10 - *Ind qualifier for Nationals

Athlete	Team	Time
1. Alyssa Becker	U-Mary	20:20.20
2. Sophia Taarud	Winona State	20:44.08
3. Kristine Kalthoff	U-Mary	20:48.73
4. Ella Bakken	Augustana	20:50.39
8. Ashley Overgaauw	Augustana	21:14.76
9. Eleni Lovgren	Augustana	21:18.22
12. Franny Seidel*	Minnesota Duluth	21:29.35

2024 DIVISION II NATIONALS WOMEN 6K

Haggin Oaks Golf Complex | Sacramento, California

Saturday, November 23, 2024

Finish	Pts
1. Adams State	61
10. Augustana	377
14. Winona State	405
18. University of Mary	442

Plc	Name	YR	Time
10.	377 Augustana		
34	Ashley Overgaauw	SO	21:25.8
78	Taylor Melton	SR	22:05.9
84	Ella Bakken	JR	22:08.8
87	Tenley Nelson	SO	22:10.5
94	Eleni Lovgren	SO	22:15.9
(133)	Caroline Sudbeck	SR	22:42.6
(159)	Lindsey Young	SO	23:05.1

Plc	Name	YR	Time
14.	405 Winona State		
20	Sophia Taarud	JR	21:07.7
29	McKenna Taylor	SR	21:17.4
81	Kylie Anderson	JR	22:06.9
108	Ella Voit	FR	22:23.6
167	Violet Schulteis	FR	23:13.6
(168)	Stella Rusch	FR	23:15.1
(205)	Madeline Palmer	JR	24:01.8

Plc	Name	YR	Time
18.	442 U-Mary		
5	Alyssa Becker	SR	20:37.0
48	Kristine Kalthoff	SR	21:38.4
86	Andrijana Fundak	SR	22:10.1
138	Terez Wycklndt	JR	22:44.9
165	Elizabeth Acheson	SR	23:11.7
(187)	Grace Acheson	SR	23:40.5
(201)	Hannah Westin	SO	23:55.6
Individuals			
Plc	Name	YR	Time
86	Franny Seidel (UMD)	SR	22:02.9

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Alyssa Becker	U-Mary	SR	5th
Sophia Taarud	Winona State	JR	20th
McKenna Taylor	Winona State	SR	29th
Ashley Overgaauw	Augustana	SO	34th

2023 NSIC WOMEN'S CHAMPIONSHIPS

Site: McDowell Dam - Bismarck, N.D. - Host: University of Mary

Team Standings	Points	Team Standings	Points
1. Winona State	38	9. Wayne State	281
2. Augustana	57	10. Bemidji State	286
3. U-Mary	84	11. MSU Moorhead	295
4. Minnesota State	113	12. Minnesota Crookston	362
5. Sioux Falls	117	13. SMSU	363
6. Minnesota Duluth	132	14. St. Cloud State	369
7. Minot State	231	15. Concordia-St. Paul	425
8. Northern State	251		

Individual Results (Top 35)

		Time
First Team All-Conference		
1	Lindsay Cunningham Winona State	19:28.7
2	Kaylee Beyer Winona State	20:17.9
3	Khot Juac Sioux Falls	20:37.8
4	MaKenna Thurston Minnesota State	20:49.9
5	Alyssa Becker U-Mary	21:03.0
6	Aubrey Surage Augustana (S.D.)	21:05.9
7	Ella Bakken Augustana (S.D.)	21:10.3
8	Emily Cunningham Minnesota State	21:14.7
9	Sophia Taarud Winona State	21:16.0
10	Andrijana Fundak U-Mary	21:16.2
Second Team All-Conference		
11	Kristine Kalthoff U-Mary	21:18.6
12	McKenna Taylor Winona State	21:21.9
13	Ashley Overgaauw Augustana (S.D.)	21:24.1
14	Allison Kenefick Winona State	21:25.4
15	Ana McCabe Augustana (S.D.)	21:30.9
16	Amanda Overgaauw Augustana (S.D.)	21:32.1
17	Megan Pickering Northern State	21:38.2
18	Lauryn Renier Minnesota-Duluth	21:40.3
19	Tenley Nelson Augustana (S.D.)	21:43.5
20	Maddie Swanson Sioux Falls	21:45.0
Finishers 21-35		
21	Terez Wycklndt U-Mary	21:46.5
22	Morgan Gehl Sioux Falls	21:53.7
23	Laura Thompson Augustana (S.D.)	21:57.8
24	Kylie Anderson Winona State	22:00.0
25	Eleni Lovgren Augustana (S.D.)	22:03.4
26	Franny Seidel Minnesota-Duluth	22:05.4
27	Makayla Bishop Minnesota State	22:09.0
28	Maddie Verkerke Minnesota-Duluth	22:10.5
29	Erika Swanson Minnesota-Duluth	22:11.2
30	Taylor Melton Augustana (S.D.)	22:14.3
31	Lindsey Young Augustana (S.D.)	22:17.3
32	Annikka Aho Sioux Falls	22:19.8
33	Mary Goodwin Bemidji State	22:22.1
34	Sidra Sadowsky Minot State	22:27.2
35	Caroline Sudbeck Augustana (S.D.)	22:29.1

Women's Coach of the Year: John Hibshman, Winona State**Women's Newcomer of the Year:** Ashley Overgaauw, Augustana**NCAA Women's Cross Country Central Region****Joplin, Mo. - 6K - 11/4/23**

1. Winona State - 52	2. Augustana - 95	4. UMary - 142
8. Sioux Falls - 268	10. Minnesota State - 295	11. UMD - 311

NSIC Finishers in top 10 - *Ind qualifier for Nationals

Athlete	Team	Time
1 Lindsay Cunningham	Winona State	19:33.28
2 *Khot Juac	Sioux Falls	20:26.03
3 Kaylee Beyer	Winona State	20:32.41
4 *MaKenna Thurston	Minnesota State	20:52.19
6 Alyssa Becker	U-Mary	20:57.70
8 Sophia Taarud	Winona State	21:01.20
9 Andrijana Fundak	U-Mary	21:04.18
10 Ella Bakken	Augustana	21:06.23

2023 DIVISION II NATIONALS WOMEN 6K

Tom Rutledge Cross Country Course | Joplin, Missouri

Saturday, November 18, 2023

Finish	Pts
1. Grand Valley State	59
5. Winona State	219
7. Augustana	260
19. University of Mary	511

Plc	Name	YR	Time
5.	219 Winona State		
1	Lindsay Cunningham	JR	19:30.1
6	Kaylee Beyer	SR	20:06.3
41	Sophia Taarud	SO	20:52.0
76	McKenna Taylor	JR	21:32.4
95	Allison Kenefick	FR	21:45.8
(157)	Kylie Anderson	SO	22:19.7
(193)	Rachel Hoffman	SR	22:56.4

Plc	Name	YR	Time
7.	260 Augustana		
27	Aubrey Surage	JR	20:38.4
56	Ashley Overgaauw	FR	21:11.4
58	Ana McCabe	SR	21:13.3
59	Amanda Overgaauw	FR	21:14.8
60	Ella Bakken	SO	21:15.2
(118)	Laura Thompson	FR	22:00.5
(143)	Tenley Nelson	FR	22:11.7

Plc	Name	YR	Time
19.	511 U-Mary		
54	Alyssa Becker	JR	21:09.3
63	Andrijana Fundak	JR	21:20.7
109	Kristine Kalthoff	JR	21:54.7
139	Terez Wycklndt	SO	22:10.8
146	Elizabeth Acheson	JR	22:13.0
(152)	Teresa Blote	SR	22:16.0
(209)	Hannah Westin	FR	23:22.4

Individuals

Plc	Name	YR	Time
5	Khot Juac (Sioux Falls)	JR	20:00.0
81	MaKenna Thurston (MSU)	SR	21:25.9

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Lindsay Cunningham	WSU	JR	1st
Khot Juac	USF	JR	5th
Kaylee Beyer	WSU	SR	6th
Aubrey Surage	AUGIE	JR	27th

2022 NSIC WOMEN'S CHAMPIONSHIPS

Site: Wayne Country Club - Wayne, Neb. - Host: Wayne State

Team Standings	Points	Team Standings	Points
1. Augustana	56	9. Bemidji State	288
2. Minnesota State	68	10. Minot State	318
3. Winona State	73	MSU Moorhead	318
4. Minnesota Duluth	78	12. Wayne State	370
5. University of Mary	107	13. SMSU	390
6. Sioux Falls	146	14. Upper Iowa	393
7. St. Cloud State	238	15. Concordia-St. Paul	400
8. Northern State	257	16. Minnesota Crookston	441

Individual Results (Top 35)

First Team All-Conference

1. Cunningham, Lindsay	Winona State	20:22.80
2. Becker, Alyssa	U-Mary	21:26.60
3. Taylor, McKenna	Winona State	21:30.15
4. Schmidt, Nicolette	Augustana	21:40.31
5. Montplaisir, Amanda	Minnesota State	21:46.03
6. Peterson, Cailee	Minnesota Duluth	21:48.97
7. Beyer, Kaylee	Winona State	21:55.02
8. Thurston, MaKenna	Minnesota State	21:56.78
9. English, PJ	Augustana	22:01.81
10. Verkerke, Maddie	Minnesota Duluth	22:14.02

Second Team All-Conference

11. Nielsen, Julia	Minnesota Duluth	22:15.99
12. Salas, Mia	Augustana	22:17.23
13. Cunningham, Emily	Minnesota State	22:19.56
14. Juac, Khot	Sioux Falls	22:34.72
15. Melton, Taylor	Augustana	22:36.46
16. Bakken, Ella	Augustana	22:39.34
17. Gaherty, Mackenzie	Minnesota State	22:40.29
18. Fundak, Andriana	U-Mary	22:46.09
19. Taarud, Sophia	Winona State	22:55.49
20. Means, Megan	Augustana	23:03.24

Finishers 21-35

21. Radel, Morgan	Minnesota Duluth	23:05.23
22. Sudbeck, Caroline	Augustana	23:07.34
23. Surage, Aubrey	Augustana	23:08.38
24. Gehl, Morgan	Sioux Falls	23:10.54
25. Bouley, Cheresa	St. Cloud State	23:13.68
26. Velting, Iris	Augustana	23:18.11
27. Streff, Cami	Augustana	23:22.69
28. Bishop, Makayla	Minnesota State	23:26.77
29. Kalthoff, Kristine	U-Mary	23:27.29
30. Lutmer, Jessica	Sioux Falls	23:29.39
31. Clark, Jennifer	Northern State	23:31.89
32. Moore, Ellen	U-Mary	23:32.44
33. Seidel, Franny	Minnesota Duluth	23:39.39
34. Baumann, Brooke	MSU Moorhead	23:46.77
35. Noland-Gillespie, Victor	U-Mary	23:49.42

Women's Coach of the Year: Tracy Hellman, Augustana

Women's Newcomer of the Year: Cailee Peterson, Minnesota Duluth

NCAA Women's Cross Country Central Region

Joplin, Mo. - 6K - 11/19/22

1. Augustana	62	5. Winona State	151
3. Minnesota State	127	6. Minnesota Duluth	154

NSIC Finishers in top 10 - *Ind qualifier for Nationals

Athlete	Team	Time
1. Lindsay Cunningham	WSU	19:34.8
2. Nicolette Schmidt	AUGIE	20:18.4
4. Kaylee Beyer	WSU	20:19.6
5. Amanda Montplaisir	MSU	20:23.0
7. Megan Means	AUGIE	20:33.2
8. Cailee Peterson	UMD	20:34.3
10. Alyssa Becker*	UMary	20:37.5
17. Khot Juac*	USF	21:10.9

2022 DIVISION II NATIONALS WOMEN 6K

Chambers Creek Regional Park University Place, Washington

Saturday, December 2, 2022

Finish	Pts
1. Adams State	75
5. Augustana	218
11. Winona State	355
16. Minnesota State	416
20. Minnesota Duluth	512

5. 218 Augustana			
Plc	Name	YR	Time
11	Megan Means	SR	20:54.6
16	Nicolette Schmidt	SR	21:01.2
71	Iris Velting	JR	21:46.4
77	Ella Bakken	FR	21:48.0
79	Mia Salas	JR	21:48.6
(129)	PJ English	SR	22:23.6
(166)	Caroline Sudbeck	SO	22:50.2

11.	355 Winona State		
Plc	Name	YR	Time
2	Lindsay Cunningham	SO	20:27.2
36	Kaylee Beyer	JR	21:19.1
52	McKenna Taylor	SO	21:31.8
97	Sophia Taarud	FR	22:01.9
223	Rhya Brandemuehl	FR	23:48.0
(231)	Andrea Fromelt	JR	24:01.2
(233)	Mara Talabac	FR	24:04.5

16. 416 Minnesota State			
Plc	Name	YR	Time
9	Amanda Montplaisir	SR	20:53.4
17	MaKenna Thurston	JR	21:04.6
119	Mackenzie Gaherty	SR	22:13.7
124	Emily Cunningham	SO	22:18.3
217	Makayla Bishop	SO	23:37.0
(234)	Alyssa Rauk	SO	24:05.7
(243)	Marissa Ellenbecker	SO	24:22.1

20. 512 Minnesota Duluth			
Plc	Name	YR	Time
62	Cailee Peterson	SR	21:40.3
86	Maddie Verkerke	JR	21:56.6
112	Julia Nielsen	JR	22:11.6
149	Morgan Radel	SR	22:36.1
191	Savannah Schley	SO	23:06.8
(201)	Franny Seidel	SO	23:17.4
(205)	Elizabeth VanLoon	FR	23:20.4

Individuals

Plc	Name	YR	Time
42	Alyssa Becker (U-Mary)	SO	21:25.1
48	Khot Juac (Sioux Falls)	SO	21:28.5

WOMEN'S USTFCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Lindsay Cunningham	WSU	SO	2nd
Amanda Montplaisir	MSU	SR	9th
Megan Means	AUGIE	SR	11th
Nicolette Schmidt	AUGIE	SR	16th
MaKenna Thurston	MSU	JR	17th
Kaylee Beyer	WSU	JR	36th

2021 NSIC WOMEN'S CHAMPIONSHIPS

Site: Wayne Country Club - Wayne, Neb. - Host: Wayne State

Team Standings	Points	Team Standings	Points
1. Augustana	20	9. MSU Moorhead	267
2. University of Mary	84	10. St. Cloud State	287
3. Minnesota Duluth	86	11. Bemidji State	304
4. Minnesota State	99	12. Wayne State	329
5. Winona State	104	13. Upper Iowa	374
6. Sioux Falls	206	14. SMSU	426
7. Northern State	228	15. Concordia-St. Paul	444
8. Minot State	257	16. Minnesota Crookston	512

Individual Results (Top 35)

		Time
First Team All-Conference		
1	Cunningham, Lindsay	Winona State 21:21.42
2	English, PJ	Augustana 21:40.98
3	Means, Megan	Augustana 21:42.06
4	Schmidt, Nicolette	Augustana 21:50.16
5	Rairdon, Rebekah	Augustana 22:01.10
6	Rairdon, Rachel	Augustana 22:01.11
7	Becker, Alyssa	UMary 22:01.81
8	Nielsen, Julia	Minnesota Duluth 22:08.23
9	Waterfall, Haylee	Augustana 22:09.48
10	Taylor, McKenna	Winona State 22:18.43
Second Team All-Conference		
11	Montplaisir, Amanda	Minnesota State 22:19.52
12	Salas, Mia	Augustana 22:20.32
13	Hestekin, Taylor	UMary 22:28.11
14	Verkerke, Maddie	Minnesota Duluth 22:28.33
15	Radel, Morgan	Minnesota Duluth 22:38.43
16	Bouley, Cheresa	St. Cloud State 22:41.84
17	Feist, Lacey	UMary 22:44.18
18	Streff, Cami	Augustana 22:47.31
19	Thurston, McKenna	Minnesota State 22:50.56
20	Costa, Starlynn	UMary 22:50.85
Finishers 21-35		
21	Surage, Aubrey	Augustana 22:54.91
22	Gehl, Morgan	Sioux Falls 22:58.20
23	Bragg, Skylar	Minnesota State 23:00.01
24	Hendrickson, Alli	Winona State 23:03.27
25	Savey, Cait	Augustana 23:05.06
26	Schenk, Meagan	Augustana 23:05.61
27	Gaherty, Mackenzie	Minnesota State 23:11.97
28	Renier, Lauryn	Minnesota Duluth 23:13.08
29	Palodichuk, Anna	Minnesota Duluth 23:16.80
30	Young, Ashlin	Minnesota State 23:19.78
31	Bishop, Makayla	Minnesota State 23:22.08
32	Ceglowski, Taryn	U-Mary 23:22.45
33	Juac, Khot	Sioux Falls 23:25.18
34	Cornell, Caitlin	Minot State 23:25.84
35	Lane, Payton	MSU Moorhead 23:26.44

Women's Coach of the Year: Tracy Hellman, Augustana

Women's Newcomer of the Year: Lindsay Cunningham - Winona State

NCAA Women's Cross Country Central Region

Joplin, Mo. - 6K - 11/6/21

1	Augustana	43	3. U-Mary	163
2	Minnesota Duluth	125	4. Winona State	188

NSIC Finishers in top 10 - *Ind qualifier for Nationals

Athlete	Team	Time
1	Lindsay Cunningham*	WSU 20:22.52
2	Megan Means	AUGIE 20:32.45
3	Nicolette Schmidt	AUGIE 20:53.88
5	PJ English	AUGIE 21:01.26
6	Alyssa Becker	MARY 21:01.97
9	Rachel Rairdon	AUGIE 21:08.97
10	Amanda Montplaisir	MSU 21:11.29

2021 DIVISION II NATIONALS WOMEN 6K

Abbey Golf Course | Saint Leo, Fla. - Saturday, November 20, 2021

Finish	Pts
1. Adams State	59
3. Augustana	118
10. UMary	353
26. Minnesota Duluth	580

Plc	Name	YR	Time
3.	118 Augustana		
8	Megan Means	JR	20:46.2
20	Nicolette Schmidt	JR	21:12.6
28	PJ English	JR	21:18.7
32	Mia Salas	SO	21:21.5
45	Rachel Rairdon	SR	21:31.1
54	Rebekah Rairdon	SR	21:41.0
74	Haylee Waterfall	SR	21:54.2

Plc	Name	YR	Time
10.	353 U-Mary		
17	Alyssa Becker	FR	21:08.5
79	Taylor Hestekin	JR	21:57.5
82	Starlynn Costa	JR	22:00.8
97	Lacey Feist	SR	22:10.0
139	Ellen Moore	FR	22:38.4
153	Taryn Ceglowski	JR	22:51.2
173	Kristine Kalthoff	FR	23:07.0

Plc	Name	YR	Time
26.	580 Minnesota-Duluth		
60	Julia Nielsen	SO	21:44.7
112	Morgan Radel	JR	22:21.5
116	Mackenzie Hall	JR	22:22.9
187	Maddie Verkerke	FR	23:17.9
190	Anna Eich	FR	23:20.1
207	Lauryn Renier	FR	23:38.0
218	Alexandra Robran	JR	23:53.4

Plc	Name	YR	Time
7	Lindsay Cunningham	Fr.	20:44.8

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Lindsay Cunningham	Winona State	So.	7th
Megan Means	Augustana	Jr.	8th
Alyssa Becker	U-Mary	Fr.	17th
Nicolette Schmidt	Augustana	Jr.	19th
PJ English	Augustana	Jr.	24th
Mia Salas	Augustana	So.	32nd

2020 NSIC & NCAA Championship - Cancelled

2019 NSIC WOMEN'S CHAMPIONSHIPS

Site: Wayne Country Club - Wayne, Neb. - Host: Wayne State

Team Standings	Points	Team Standings	Points
1. UMary	21	9. Concordia-St. Paul	266
2. Augustana	37	10. Northern State	274
3. Winona State	127	11. MSU Moorhead	317
4. Minot State	129	12. Wayne State	333
5. Minnesota Duluth	140	13. Bemidji State	343
6. Minnesota State	164	14. Upper Iowa	416
7. St. Cloud State	229	15. SMSU	448
8. Sioux Falls	239	16. Minnesota Crookston	530

Individual Results (Top 35)

First Team All-Conference

			Time
1 Narbuvooll, Ida	SR	UMary	20:55.94
2 Ogle, Kayla	FR	UMary	22:20.10
3 Boersma, Claire	JR	Augustana	22:21.10
4 Savey, Cait	SO	Augustana	22:21.77
5 Costa, Starlynn	SO	UMary	22:22.84
6 Hestekin, Taylor	SO	UMary	22:24.28
7 Green, Kiran	FR	UMary	22:35.12
8 Lofgren, Chrissy	SR	St. Cloud State	22:42.41
9 Schmidt, Nicolette	SO	Augustana	22:48.67
10 Rairdon, Rebekah	JR	Augustana	22:49.60

Second Team All-Conference

11 Waterfall, Haylee	SO	Augustana	22:53.22
12 Fox, Kate	FR	UMary	22:53.46
13 English, Patty Jo	FR	Augustana	22:53.88
14 Rairdon, Rachel	JR	Augustana	22:54.43
15 Hanson, Whitney	FR	Minot State	22:55.60
16 Feist-Young, Lacey	JR	UMary	22:56.59
17 Anger, Olivia	SR	Winona State	22:59.54
18 Hall, Mackenzie	SO	Minnesota-Duluth	23:02.84
19 Staffen, Nikki		Winona State	23:05.33
20 Belford, Montana	SR	Sioux Falls	23:10.02

Finishers 21-35

21 Erickson, Bree	SR	UMary	23:10.54
22 Kelley, Nicole		Winona State	23:10.85
23 Naddy, Callin	FR	Augustana	23:20.14
24 Means, Megan	FR	Augustana	23:24.14
25 Reeves, Allyssa	FR	Minnesota State	23:28.35
26 Weyenberg, Carisa	JR	Minnesota State	23:28.81
27 Lindberg, Kara	JR	Concordia-St. Paul	23:29.93
28 Radcl, Morgan	SO	Minnesota-Duluth	23:40.94
29 McGee, Abigail	JR	Minot State	23:41.99
30 Robran, Alexandra	SO	Minnesota-Duluth	23:42.35
31 Franco, Ashley	FR	Minot State	23:45.10
32 Reeves, Lauren	SO	Minot State	23:45.60
33 Drenckhahn, Melissa	JR	Minnesota-Duluth	23:46.39
34 Arias, Nina	JR	Minot State	23:47.86
35 Bouley, Cheresa	FR	St. Cloud State	23:49.11

Women's Coach of the Year: Dennis Newell, University of Mary

Women's Newcomer of the Year: Kayla Ogle, University of Mary

NCAA Women's Cross Country Central Region - Joplin, Mo. - 6K

1 Augustana	41	4. Winona State	190
2 U-Mary	50		

NSIC Finishers in top 10 *Ind qualifier for Nationals

Athlete	YR	Team	Time
1. Ida Narbuvooll	JR	UMARY	20:08.2
2. Kayla Ogle	FR	UMARY	21:23.0
3. Nicolette Schmidt	SO	AUGIE	21:25.4
7. Rebekah Rairdon	JR	AUGIE	21:39.3
8. Rachel Rairdon	JR	AUGIE	21:39.8
10. Claire Boersma	JR	AUGIE	21:42.1

2019 DIVISION II NATIONALS WOMEN 6K - Sacramento, Calif.

Arcade Creek XC Course - Saturday, November 23, 2019

Finish	Pts
1. Adams State	23
5. U-Mary	233
6. Augustana	234

5.	233	UMary	(21:06.5 Avg)
Plc	Name	YR	Time
4	Ida Narbuvooll	SR	20:12.1
34	Kayla Ogle	FR	20:55.6
69	Starlynn Costa	SO	21:22.9
84	Taylor Hestekin	SO	21:30.5
87	Lacey Feist-Young	JR	21:31.4
89	Kate Fox	FR	21:32.6
110	Kiran Green	FR	21:47.4

6.	234	Augustana	(21:15.0 Avg)
Plc	Name	YR	Time
43	Nicolette Schmidt	SO	21:02.9
53	Cait Savey	SO	21:11.5
61	Rebekah Rairdon	JR	21:18.2
65	Claire Boersma	JR	21:19.7
68	Rachel Rairdon	JR	21:22.5
72	Patty Jo English	FR	21:25.7
78	Haylee Waterfall	SO	21:29.0

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Ida Narbuvooll	UMary	SR	4th
Kayla Ogle	UMary	FR	34th

2018 NSIC WOMEN'S CHAMPIONSHIPS

Site: Lee Park Golf Course, Aberdeen, S.D. - Host: Northern State

Team Standings	Points	Team Standings	Points
1. UMary	16	9. St. Cloud State	269
2. Augustana	54	10. Concordia-St. Paul	281
3. Minnesota State	110	11. Wayne State	323
4. Sioux Falls	140	12. SMSU	329
5. Minnesota Duluth	144	13. Minot State	334
6. Winona State	187	14. Bemidji State	365
7. Northern State	204	15. Upper Iowa	426
8. MSU Moorhead	265		

Individual Results (Top 35)

First Team All-Conference			Time
1	Jaiden Schuette	SR U-Mary	21:10.9
2	Ida Narbuvooll	JR U-Mary	21:17.2
3	Emily Roberts	SR U-Mary	21:20.3
4	Taylor Hestekin	FR U-Mary	21:30.9
5	Taryn Ceglowski	SO Sioux Falls	21:34.4
6	Kate Fox	JR U-Mary	21:36.6
7	Bree Erickson	JR U-Mary	21:39.9
8	Mackenzie Kelly	SR Augustana	21:42.2
9	Lily Paul	SR Minnesota State	21:44.9
10	Nicolette Schmidt	FR Augustana	21:50.3
Second Team All-Conference			Time
11	Emily Tromp	JR Augustana	21:58.3
12	Rebekah Rairdon	SO Augustana	21:59.8
13	Courtney Hottovy	JR Augustana	22:01.8
14	Cait Savey	FR Augustana	22:02.3
15	Lacey Feist-Young	SO U-Mary	22:03.2
16	Claire Boersma	SO Augustana	22:05.3
17	Nikki Staffen	JR Winona State	22:06.1
18	Leah Seivert	SR Augustana	22:07.9
19	Haylee Waterfall	FR Augustana	22:08.2
20	Kiara Mattern	SO Sioux Falls	22:09.3
Finishers 21-35			Time
21	Starlynn Costa	FR U-Mary	22:17.1
22	Bobbi Patrick	JR Minnesota State	22:21.1
23	Hannah Kastigar	SR Northern State	22:21.2
24	Alana Sesow	SO Augustana	22:21.8
25	Chrissy Lofgren	JR St. Cloud State	22:26.3
26	Sydney Wendt	SO U-Mary	22:26.6
27	Kara Lindberg	SO Concordia-St. Paul	22:29.3
28	Becca Goertzen	SR Sioux Falls	22:38.1
29	Elizabeth Schlafke	JR Minnesota-Duluth	22:41.5
30	Morgan Radel	FR Minnesota-Duluth	22:47.2
31	Ivy Glade	SO Minnesota State	22:52.7
32	Josie Braaten	SR Minnesota State	22:54.3
33	Kathryn Sistrunk	JR MSU Moorhead	22:54.6
34	Amanda Montplaisir	FR Minnesota State	22:55.0
35	Avery Selberg	SR Augustana	22:58.8

Women's Coach of the Year: Dennis Newell, University of Mary

Women's Newcomer of the Year: Emily Roberts, University of Mary

NCAA Women's Cross Country Central Region - Joplin, Mo. - 6K

1	U-Mary	29
2	Augustana	64

NSIC Finishers in top 10 *Ind qualifier for Nationals

Athlete	YR	Team	Time
1	Jaiden Schuette	SR U-MARY	20:52.5
2	Emily Roberts	SR U-MARY	20:55.8
3	Mackenzie Kelly	SR AUGUSTANA	21:08.0
4	Ida Narbuvooll	JR U-MARY	21:23.9
7	Courtney Hottovy	JR AUGUSTANA	21:30.6
8	Kate Fox	JR U-MARY	21:32.0
9	Lily Paul	SR MSU	21:34.0

2018 DIVISION II NATIONALS WOMEN 6K - Pittsburgh, Pa.

Angel Mounds- Saturday, November 18, 2018

Finish		Pts
1	Grand Valley State	41
2	U-Mary	83
18	Augustana	503

2.	83 U-Mary	(23:03.3 115:16.1 1:17.6)	
Plc	Name	YR	Time
3	Emily Roberts	SR	22:15.5
10	Ida Narbuvooll	JR	22:59.8
13	Jaiden Schuette	SR	23:07.0
23	Taylor Hestekin	FR	23:20.7
34	Bree Erickson	JR	23:33.1
(40)	Lacey Feist-Young	SO	23:40.9
(124)	Kate Fox	JR	24:56.3

18.	503 Augustana (S.D.)	(24:36.5 123:02.5 0:42.9)	
Plc	Name	YR	Time
61	Nicolette Schmidt	FR	24:09.2
89	Cait Savey	FR	24:28.2
114	Emily Tromp	JR	24:46.0
116	Rebekah Rairdon	SO	24:47.0
123	Courtney Hottovy	JR	24:52.1
(129)	Claire Boersma	SO	25:02.9
(163)	Mackenzie Kelly	SR	25:35.1

Individuals			
145	Lily Paul - MSU	SR	24:53.9

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Emily Roberts	U-Mary	SR	3rd
Ida Narbuvooll	U-Mary	JR	10th
Jaiden Schuette	U-Mary	SR	13th
Taylor Hestekin	U-Mary	FR	23rd
Bree Erickson	U-Mary	JR	34th

2017 NSIC WOMEN'S CHAMPIONSHIPS

Site: Moorhead Soccer Complex, Moorhead, Minn. - Host: MSUM

Team Standings	Points	Team Standings	Points
1. University of Mary	30	8. MSU Moorhead	264
2. Minnesota Duluth	74	9. St. Cloud State	281
3. Augustana	75	10. Concordia-St. Paul	310
4. Winona State	114	11. Minot State	320
5. Minnesota State	138	12. SMSU	349
6. Northern State	140	13. Wayne State	378
7. Sioux Falls	189	14. Bemidji State	390
		15. Upper Iowa	419

Individual Results (Top 35)

First Team All-Conference			Time
1	Alexis Zeis	SR U-Mary	20:49.5
2	Jaiden Schuette	JR U-Mary	21:01.2
3	Emilee Trost	SR Minnesota Duluth	21:07.9
4	Sasha Hovind	SR Northern State	21:15.1
5	Dakotah Bullen	SR Northern State	21:20.9
6	Mackenzie Kelly	JR Augustana	21:32.0
7	Meaghan Borrowski	JR Minnesota Duluth	21:33.7
8	Kaycie Stewart	SR U-Mary	21:38.5
9	Kate Fox	SO U-Mary	21:42.9
10	Bree Erickson	SO U-Mary	21:46.9
Second Team All-Conference			
11	Emily Tromp	SO Augustana	21:49.7
12	Taryn Ceglowski	FR Sioux Falls	21:55.8
13	Raissa Hansen	SR Winona	21:58.0
14	Sydney Wendt	FR U-Mary	21:59.3
15	Abigail Moore	JR Minnesota Duluth	22:02.1
16	Olivia Anger	SO Winona	22:06.0
17	Leah Seivert	JR Augustana	22:08.5
18	Amber Seidenkranz	SR Minnesota Duluth	22:08.7
19	Erin Baker	SR Minnesota State	22:08.9
20	Cassidy Soli	SR Augustana	22:11.1
Finishers 21-35			
21	Courtney Hottovy	SO Augustana	22:16.8
22	Nikki Staffen	SO Winona	22:18.0
23	Carly Rahn	FR Augustana	22:18.5
24	Rebekkah Bond	JR U-Mary	22:21.2
25	Claire Boersma	FR Augustana	22:25.7
26	Rachel Rairdon	FR Augustana	22:25.9
27	Marissa Carlson	JR MSU Moorhead	22:32.2
28	Bobbi Patrick	SO Minnesota State	22:33.3
29	Lacey Feist-Young	FR U-Mary	22:34.0
30	Lily Paul	JR Minnesota State	22:35.1
31	Carisa Weyenberg	SO Minnesota State	22:35.3
32	Anna Rogahn	SO Winona	22:36.4
33	Emily Wolter	JR U-Mary	22:37.3
34	Melissa Drenckhahn	SO Minnesota Duluth	22:43.0
35	Kathryn Sistrunk	SO MSU Moorhead	22:47.7

Women's Coach of the Year: Dennis Newell, University of Mary

Women's Newcomer of the Year: Emily Tromp, Augustana

NCAA Women's Cross Country Central Region - Kearney, Neb. Championship Top 5 Team Results (National Qualifiers) 6K

1	U-Mary	61
2	Pittsburg State	102
3	Augustana	110
4	Minnesota Duluth	150
5	Oklahoma Baptist	160

NSIC Finishers in top 10 *Ind qualifier for Nationals

1	Alexis Zeis	UMary	20:53.48
2	Sasha Hovind*	Northern State	21:11.04
3	Mackenzie Kelly	Augustana	21:15.94
4	Emilee Trost	Minnesota Duluth	21:23.34
5	Dakotah Bullen*	Northern State	21:32.39
6	Kate Fox	UMary	21:34.30
7	Jaiden Schuette	UMary	21:36.29
8	Meaghan Borrowski	Minnesota Duluth	21:43.04

2017 DIVISION II NATIONALS WOMEN 6K - Evansville, Ind.

Angel Mounds- Saturday, November 18, 2017

Finish	Pts
1	Adams State 126
2	U-Mary 137
14	Augustana 389
15	Minnesota Duluth 427

2 University of Mary - 137

Plc	Runner	YR	Times
1	12 Alexis Zeis	SR	21:18.9
2	16 Jaiden Schuette	JR	21:25.2
3	27 Kate Fox	SO	21:35.0
4	34 Kaycie Stewart	SR	21:41.1
5	48 Bree Erickson	SO	21:58.7
6	(112) Sydney Wendt	FR	22:52.7
7	(144) Rebekkah Bond	JR	23:14.8

14 Augustana University - 389

Plc	Runner	YR	Times
1	23 Mackenzie Kelly	JR	21:32.4
2	66 Leah Seivert	JR	22:16.2
3	78 Cassidy Soli	SR	22:26.3
4	98 Emily Tromp	SO	22:44.4
5	124 Claire Boersma	FR	23:00.8
6	(141) Rachel Rairdon	FR	23:12.7
7	(151) Courtney Hottovy	SO	23:17.3

15 University of Minnesota Duluth - 427

Plc	Runner	YR	Times
1	21 Meaghan Borrowski	JR	21:30.1
2	50 Emilee Trost	SR	22:00.9
3	70 Abigail Moore	JR	22:19.9
4	131 Amber Seidenkranz	SR	23:04.4
5	155 Melissa Drenckhahn	SO	23:20.3
6	(181) Elizabeth Schlafke	SO	23:53.4
7	(196) Gabriella Brinkely	FR	24:17.1

Individuals

10	Sasha Hovind	SR- Northern State	21:08.7
34	Dakotah Bullen	SR - Northern State	21:39.4

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Sasha Hovind	Northern State	SR	10th
Alexis Zeis	U-Mary	SR	13th
Jaiden Schuette	U-Mary	JR	17th
Meaghan Borrowski	Minnesota Duluth	JR	23rd
Mackenzie Kelly	Augustana	JR	25th
Kate Fox	U-Mary	SO	29th
Dakotah Bullen	Northern State	SR	34th
Kaycie Stewart	U-Mary	SR	37th

2016 NSIC WOMEN'S CHAMPIONSHIPS

Site: Yankton Trail Park, Sioux Falls, S.D. - Host: Augie

Team Standings	Points	Team Standings	Points
1. University of Mary	33	8. Sioux Falls	191
2. Minnesota Duluth	47	9. Northern State	191
3. Winona State	117	10. SMSU	313
MSU Moorhead	117	11. Bemidji State	337
5. Augustana	135	Minot State	337
6. Minnesota State	179	13. Concordia-St. Paul	381
7. St. Cloud State	187	14. Wayne State	417
		15. Upper Iowa	430

Individual Results (Top 35)

First Team All-Conference

			Time
1	Emilee Trost	JR Minnesota Duluth	19:51.4
2	Alexis Zeis	JR U-Mary	19:54.7
3	Ida Narbuvooll	SO U-Mary	20:01.7
4	Breanna Colbenson	SR Minnesota Duluth	20:14.9
5	Molly Montonye	SR MSU Moorhead	20:25.9
6	Sam Sunstrom	SR St. Cloud State	20:53.5
7	Kate Fox	FR U-Mary	20:55.0
8	Kaycie Stewart	JR U-Mary	21:05.7
9	Hannah Kastigar	JR Northern State	21:12.1
10	Amber Seidenkranz	JR Minnesota Duluth	21:14.1

Second Team All-Conference

11	Raissa Hansen	JR Winona State	21:18.3
12	Makenzie Smith	SR MSU Moorhead	21:21.3
13	Jaiden Schuette	SO U-Mary	21:22.7
14	Mackenzie Kelly	SO Augustana	21:27.9
15	Abigail Moore	JR Minnesota Duluth	21:35.7
16	Marissa Carlson	SO MSU Moorhead	21:37.4
17	Meaghan Borrowski	FR Minnesota Duluth	21:42.7
18	Hannah Lewis	JR Winona State	21:50.8
19	Erin Baker	JR Minnesota State	21:51.7
20	Rachel Huffman	SR Sioux Falls	21:55.5

Finishers 21-35

21	Olivia Anger	FR Winona State	21:59.39
22	Annie Kruse	JR Augustana	22:00.97
23	Alana Sesow	FR Augustana	22:01.09
24	Rebekkah Bond	JR U-Mary	22:01.12
25	Melissa Drenckhahn	FR Duluth	22:02.11
26	Emma Hafdahl	FR U-Mary	22:09.19
27	Chrissy Lofgren	FR St. Cloud State	22:10.09
28	Megan Allen	JR Minnesota State	22:12.80
29	Heidi Hujik	SR Winona State	22:15.21
30	Paige Larson	SO Northern State	22:17.24
31	Megan Serratore	SO Minnesota State	22:18.43
32	Vanessa Lopez	SR Bemidji State	22:19.16
33	Hannah Palmeter	SR SMSU	22:22.05
34	Rebekah Rairdon	FR Augustana	22:24.28
35	Natalie Stauber	SR Minnesota Duluth	22:27.62

Women's Coach of the Year: Dennis Newell, University of Mary**Women's Newcomer of the Year:** Ida Narbuvooll, University of Mary**NCAA Women's Cross Country Central Region - Sioux Falls, S.D. Championship Top 5 Team Results (National Qualifiers) 6K**

1.	U-Mary	60
2.	Minnesota Duluth	94
3.	Southwest Baptist	121
4.	Fort Hays State	143
5.	Pittsburg State	176

NSIC Finishers in top 10 *Ind qualifier for Nationals

1	Alexis Zeis	U-Mary	19:43.84
2	Emilee Trost	Minnesota Duluth	19:53.82
3	Ida Narbuvooll	U-Mary	20:14.75
4	*Molly Montonye	MSU Moorhead	20:22.77
5	Breanna Colbenson	Minnesota Duluth	20:31.78
7	*Sam Sunstrom	St. Cloud State	20:47.74
9	Mackenzie Kelly	Augustana	21:05.86

2016 DIVISION II NATIONALS WOMEN 6K - St. Leo, Fla.

The Abbey Course - Saturday, November 21

Finish	Pts	Finish	Pts
1 Grand Valley State	116	17 Hillsdale	436
2 Adams State	139	18 Fort Hays St.	473
3 Western State	168	19 Cal Poly Pomona	474
4 Chico State	189	20 UC-Colo. Springs	491
5 Southern Indiana	209	21 Southwest Baptist	509
6 Simon Fraser	210	22 Stonehill	524
7 U-Mary	217	23 Montevallo	525
8 Alaska Anchorage	259	24 Shippensburg	558
9 Cal Baptist	274	25 Saint Leo	632
10 Minnesota-Duluth	284	26 P.R.-Rio Piedras	655
11 Cedarville	361	27 Assumption	695
12 Point Loma	365	28 Lee (Tenn.)	751
13 Colorado Mines	368	29 Bloomsburg	779
14 Northern Michigan	369	30 Wingate	784
15 Queens (N.C.)	410	31 Roberts Wesleyan	797
16 CSU-Pueblo	430	32 Seton Hill	836

7th University of Mary - 217

Plc	Runner	Yr	Points	Times
2	Alexis Zeis	JR	2	20:26.4
12	Ida Narbuvooll	SO	11	20:51.5
47	Kate Fox	FR	37	21:41.9
75	Jaiden Schuette	SO	61	22:04.7
126	Emma Hafdahl	FR	106	22:35.7
203	Rebekkah Bond	JR	(179)	23:58.4

10 University of Minnesota Duluth - 284

Plc	Runner	Yr	Points	Times
4	Emilee Trost	JR	4	20:32.3
7	Breanna Colbenson	SR	6	20:38.3
92	Abigail Moore	JR	75	22:17.0
106	Amber Seidenkranz	JR	88	22:24.0
131	Meaghan Borrowski	FR	111	22:39.4
181	Melissa Drenckhahn	FR	(159)	23:23.5
204	Sarah Harrison	FR	(180)	23:58.6

Individuals

18	Molly Montonye	SR- MSU Moorhead	21:07.3
34	Sam Sunstrom	SR - St. Cloud State	21:21.1

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Alexis Zeis	U-Mary	JR	2nd
Emilee Trost	Minnesota Duluth	JR	4th
Breanna Colbenson	Minnesota Duluth	SR	7th
Ida Narbuvooll	U-Mary	SO	12th
Molly Montonye	MSU Moorhead	SR	18th
Sam Sunstrom	St. Cloud State	SR	34th

2015 NSIC WOMEN'S CHAMPIONSHIPS

Site: Les Bolstad Golf Course, Falcon Heights, Minn. - Host: CSP

Team Standings	Points	Team Standings	Points
1. Minnesota Duluth	54	9. St. Cloud State	247
2. U-Mary	70	10. SMSU	296
3. Augustana	73	11. Minot State	324
4. Winona State	116	12. Bemidji State	332
5. Northern State	119	13. Upper Iowa	381
6. MSU Moorhead	141	14. Concordia-St. Paul	397
7. Minnesota State	181	15. Wayne State	416
8. Sioux Falls	246		

Individual Results (Top 35)

First Team All-Conference

			Time
1	Alexis Zeis	SO U-Mary	21:41.7
2	Leah Seivert	SO Augustana	22:13.7
3	Sasha Hovind	JR Northern State	22:19.3
4	Hannah Palmeter	JR SMSU	22:37.0
5	Breanna Colbenson	JR Minnesota Duluth	22:39.3
6	Emilee Trost	SO Minnesota Duluth	22:43.1
7	Hannah Olson	SR Minnesota Duluth	22:43.9
8	Makenzie Smith	JR MSU Moorhead	22:58.8
9	Mackenzie Kelly	FR Augustana	23:03.8
10	Dakotah Bullen	JR Northern State	23:09.3

Second Team All-Conference

11	Kaycie Stewart	SO U-Mary	23:10.3
12	Annie Kruse	SO Augustana	23:20.9
13	Katelynn Engh	JR U-Mary	23:33.2
14	Jordan Paschke	SR Winona State	23:34.1
15	Raissa Hansen	SO Winona State	23:36.1
16	Jaiden Schuette	FR U-Mary	23:36.7
17	Erica Seidenkranz	SR Minnesota Duluth	23:49.2
18	Lily Paul	FR Minnesota State	23:51.4
19	Amber Seidenkranz	SO Minnesota Duluth	23:52.3
20	Amanda Kaiser	JR Winona State	23:59.7

Finishers 21-35

21	Emily Mammenga	SR MSU Moorhead	24:01.4
22	Mindy Kraft	SO MSU Moorhead	24:05.6
23	Ida Eltervaag	FR Augustana	24:05.6
24	Allyson Girard	FR Minnesota Duluth	24:14.5
25	Erin Baker	SO Minnesota State	24:18.7
26	Kaylee Roelike	JR St. Cloud State	24:19.3
27	Annika Rotvold	FR Augustana	24:21.2
28	Madeline Martell	JR Winona State	24:24.3
29	Kennedy Robbins	JR U-Mary	24:26.3
30	Nicole Arnold	SR Northern State	24:26.7
31	McKenzie Holt	SO Minnesota-Duluth	24:29.3
32	Lindsey Gast	SO Northern State	24:41.2
33	Keegan Day	FR Sioux Falls	24:43.2
34	Nicole Crummy	SR Bemidji State	24:44.5
35	Samantha Sunstrom	JR St. Cloud State	24:44.8

Women's Coach of the Year: Joanna Warmington, Minnesota Duluth

Women's Newcomer of the Year: Hannah Palmeter, SMSU

NCAA Women's Cross Country Central Region - Joplin, Mo.

Championship Top 5 Team Results (National Qualifiers) 6K

1.	Southwest Baptist	79
2.	Minnesota Duluth	99
3.	Augustana	115
4.	U-Mary	123
5.	Harding	132

NSIC Finishers in top 10 *Ind qualifier for Nationals

1	Zeis, Alexis	SO U-Mary	20:08.31
3	Seivert, Leah	SO Augustana	20:29.84
5	*Hovind, Sasha	JR Northern State	20:49.48
7	Trost, Emilee	SO Minnesota Duluth	21:05.95
9	*Bullen, Dakotah	JR Northern State	21:14.53
10	Colbenson, Bre	JR Minnesota Duluth	21:17.50

2015 DIVISION II NATIONALS WOMEN 6K - Joplin, Mo.

Tom Rutledge Cross Country Course- Saturday, November 21

Finish		Pts	Finish		Pts
1	Adams State	83	17	Harding	409
2	Grand Valley St.	97	18	Southwest Baptist	422
3	Hillsdale	140	19	Colorado Mines	459
4	Chico State	212	20	Montevallo	487
5	Western State	247	21	Edinboro	507
6	Western Washington	307	22	Shippensburg	521
7	Minnesota Duluth	315	23	Dallas Baptist	547
8	Alaska Anchorage	317	24	Tampa	573
9	Northern Michigan	319	25	California U.	618
10	Southern Indiana	332	26	Cal Baptist	625
11	Lewis	335	27	Saint Leo	629
12	U-Mary	351	28	Queens (N.C.)	690
13	Augustana	352	29	Wingate	694
14	Stonehill	369	30	Roberts Wesleyan	709
15	Seattle Pacific	398	31	St. Thomas Aquinas	815
16	Wis.-Parkside	405	32	Union (Tenn.)	950

7th Minnesota Duluth - 315

Plc	Runner	Yr- Team	Time	Points
29	Emilee Trost	SO - Minnesota-Duluth	21:12.3	26
30	Breanna Colbenson	JR - Minnesota-Duluth	21:12.6	27
43	Hannah Olson	SR - Minnesota-Duluth	21:32.9	36
132	Amber Seidenkranz	SO - Minnesota-Duluth	22:35.1	111
136	Allyson Girard	FR - Minnesota-Duluth	22:36.5	115
179	Erica Seidenkranz	SR - Minnesota-Duluth	22:58.2	157
222	McKenzie Holt	SO - Minnesota-Duluth	23:57.3	198

12 University of Mary - 351

1	Alexis Zeis	SO - U-Mary	20:03.4	1
74	Kaycie Stewart	SO - U-Mary	21:59.4	58
77	Jaiden Schuette	FR - U-Mary	22:00.6	61
98	Katelynn Engh	JR - U-Mary	22:12.2	79
173	Jackie Harmon	FR - U-Mary	22:54.6	152
178	Kennedy Robbins	JR - U-Mary	22:57.6	156
198	Chelsea Bennis	JR - U-Mary	23:16.6	175

13. Augustana - 352

17	Leah Seivert	SO - Augustana	20:58.5	16
47	Mackenzie Kelly	FR - Augustana	21:35.8	38
73	Annie Kruse	SO - Augustana	21:58.1	57
129	Emma Anderson	SR - Augustana	22:33.1	108
54	Carly Bauer	JR - Augustana	22:44.6	133
177	Annika Rotvold	FR - Augustana	22:56.2	155
192	Courtney Hottovy	FR - Augustana	23:12.9	170

Individuals

13	Sasha Hovind	JR - Northern State	20:50.4
56	Dakotah Bullen	JR - Northern State	21:42.1

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Alexis Zeis	U-Mary	SO	1st
Sasha Hovind	Northern State	JR	13th
Leah Seivert	Augustana	SO	17th
Emilee Trost	Minnesota Duluth	SO	29th
Breanna Colbenson	Minnesota Duluth	JR	30th

2014 NSIC WOMEN'S CHAMPIONSHIPS

Site: Wayne Country Club, Wayne, Neb. - Host: Wayne State

Team Standings	Points	Team Standings	Points
1. Augustana (S.D.)	48*	9. Minot State	283
2. Minnesota-Duluth	48*	10. Sioux Falls	287
3. Winona State	87	11. Southwest Minnesota State	294
4. U-Mary	112	12. Bemidji State	328
5. MSU Moorhead	116	13. Concordia-St. Paul	347
6. Northern State	169	14. Upper Iowa	380
7. Minnesota State	206	15. Wayne State	385

*Augustana and Minnesota Duluth tied for first in the women's team standings, but an NCAA tie-breaker gave the Vikings the title. The Vikings' first finisher, second finisher and fifth finisher had higher place finishers than UMD first, second and fifth finisher, giving the Vikings the majority and the tiebreaker.

Individual Results (Top 35)

First Team All-Conference

			Time
1	Hovind, Sasha	SO Northern State	21:19.75
2	Montonye, Molly	JR MSU Moorhead	21:25.33
3	Kruse, Annie	FR Augustana	21:26.00
4	Rivard, Samantha	SO Minnesota Duluth	21:26.79
5	Seivert, Leah	FR Augustana	21:28.46
6	Zeis, Alexis	FR U-Mary	21:41.33
7	Colbenson, Breanna	SO Minnesota Duluth	21:47.07
8	Trost, Emilee	FR Minnesota Duluth	21:53.41
9	Delgado, Meritxell	SR Augustana	22:00.25
10	Skelly, Jordan	SR Winona State	22:03.43

Second Team All-Conference

11	Olson, Hannah	JR Minnesota Duluth	22:05.45
12	Smith, Makenzie	SO MSU Moorhead	22:10.92
13	Paschke, Jordan	JR Winona State	22:11.29
14	Yoerg, Kaitlyn	SR Augustana	22:15.92
15	Schrubbe, Chelsea	SR Winona State	22:25.73
16	Leier, Erin	SR U-Mary	22:26.81
17	Soli, Cassidy	SO Augustana	22:27.47
18	Rudin, Alexandra	SR Minnesota Duluth	22:29.85
19	Sunstrom, Sam	SO St. Cloud State	22:33.04
20	Paul, Marina	SR Minnesota State	22:35.26

Finisher 21-35

21	Kaiser, Amanda	SO Winona State	22:40.29
22	Swoboda, Gabi	SR Augustana	22:41.08
23	Benitez, Adilene	FR U-Mary	22:43.65
24	Selberg, Avery	FR Augustana	22:45.61
25	Seidenkranz, Erica	JR Minnesota Duluth	22:47.45
26	Holt, McKenzie	FR Minnesota Duluth	22:47.54
27	Eng, Katelynn	SO U-Mary	22:50.23
28	Simonet, Kate	SO Winona State	22:51.93
29	Seidenkranz, Amber	FR Minnesota Duluth	22:53.72
30	LeDesma, Catie	SO Minot State	22:55.35
31	Carper, McKenzie	FR Winona State	22:57.38
32	Mammenga, Emily	JR MSU Moorhead	22:59.28
33	Gomez, Korina	FR Winona State	23:00.08
34	Brown, Megan	SR Augustana	23:03.46
35	Link, Savannah	SR MSU Moorhead	23:09.42

Women's Coach of the Year: Tracy Hellman, Augustana

Women's Newcomer of the Year: Annie Kruse, Augustana

NCAA Women's Cross Country Central Region - Wayne, Neb. Championship Top 4 Team Results (National Qualifiers) 6K

1. Minnesota Duluth (NSIC) - 40
2. Augustana (NSIC) - 59
3. Missouri Southern State (MIAA) - 150
4. Winona State (NSIC) - 151

Top Four Finishers

1. Sam Rivard - Minnesota Duluth
2. Leah Seivert - Augustana

*3. Sasha Hovind - Northern State

*4. Alexis Zeis - University of Mary

* Individual National Qualifiers

2014 DIVISION II NATIONALS WOMEN 6K - Louisville, Ky.

Tom Sawyer Park - Saturday, December 6th - Fall Sports Festival

Finish	Pts	Finish	Pts
1 Grand Valley St.	50	17 Winona State	448
2 Hillsdale	115	18 Central Washington	461
3 Minnesota Duluth	118	19 Stonehill	503
4 Adams State	125	20 UC-Colo. Springs	512
5 Augustana (S.D.)	206	21 UC San Diego	516
6 Wayne St.	219	22 Colorado Mesa	525
7 Simon Fraser	225	23 Metro State	555
8 Alaska Anchorage	280	24 Shippensburg	571
9 Roberts Wesleyan	295	25 Montevallo	586
10 Colorado Mines	342	26 Tampa	659
11 Malone	350	27 Missouri Southern	704
12 Western Washington	352	28 Saint Leo	754
13 Chico State	353	29 Wingate	779
14 Bloomsburg	358	30 St. Michael's	865
15 Edinboro	397	31 North Georgia	872
16 Western State	419	32 Union (Tenn.)	907

3. Minnesota Duluth - 118

Runner	Place	Time	Points
Samantha Rivard (SO)	14	21:38.0	11
Emilee Trost (FR)	18	21:42.3	14
Breanna Colbenson (SO)	25	21:52.3	20
Hannah Olson (JR)	27	21:53.5	21
Alexandra Rudin (SR)	63	22:33.2	52
Amber Seidenkranz (FR)	133	23:16.8	113
McKenzie Holt (FR)	185	23:48.3	160

5. Augustana - 206

Leah Seivert (FR)	10	21:33.0	8
Annie Kruse (FR)	36	22:02.9	29
Meritxell Delgado (SR)	48	22:13.7	38
Kaitlyn Yoerg (SR)	49	22:14.0	39
Avery Selberg (FR)	110	22:58.3	92
Megan Brown (SR)	148	23:22.1	126
Cassidy Soli (SO)	184	23:48.0	159

17 Winona State - 448

Jordan Skelly (SR)	59	22:28.7	48
Jordan Paschke (JR)	74	22:40.2	63
Chelsea Schrubbe (SR)	111	22:58.7	93
Kate Simonet (SO)	137	23:17.5	117
McKenzie Carper (FR)	149	23:23.9	127
Amanda Kaiser (SO)	161	23:32.9	138
Korina Gomez (FR)	215	24:26.8	190

Individuals

Sasha Hovind (SO)	15	21:38.4	Northern State
Alexis Zeis (FR)	21	21:49.3	U-Mary

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Leah Seivert	Augustana	FR	10th
Samantha Rivard	Minnesota Duluth	SO	14th
Sasha Hovind	Northern State	SO	15th
Emilee Trost	Minnesota Duluth	FR	18th
Alexis Zeis	U-Mary	FR	21st
Breanna Colbenson	Minnesota Duluth	SO	25th
Hannah Olson	Minnesota Duluth	JR	27th
Annie Kruse	Augustana	FR	36th

2013 NSIC WOMEN'S CHAMPIONSHIPS

Site: Yankton Trails, Sioux Falls, S.D. - Host: Augustana

Team Standings	Points	Team Standings	Points
1. Minnesota Duluth	50	9. Northern State	228
2. Augustana	67	10. St. Cloud State	228
3. Winona State	84	11. Southwest Minnesota State	369
4. University of Mary	109	12. Concordia-St. Paul	370
5. MSU Moorhead	137	13. Wayne State College	379
6. Minnesota State	153	14. Upper Iowa	384
7. Sioux Falls	184	15. Bemidji State	396
8. Minot State	226		

Individual Results (Top 35)

First Team All-Conference

			Time
1 Agnew, Jennifer	Sr.	University of Mary	20:35.02
2 Brondbo, Kristin	Sr.	Augustana	21:10.18
3 Young, Jessica	Jr.	Winona State	21:22.54
4 Rivard, Samantha	Fr.	Minnesota Duluth	21:29.45
5 Olson, Hannah	So.	Minnesota Duluth	21:32.74
6 Harder, Sierra	Sr.	Sioux Falls	21:37.98
7 Rudin, Alexandra	Jr.	Minnesota Duluth	21:42.41
8 Montonye, Molly	So.	MSU Moorhead	21:50.43
9 Hovind, Sasha	Fr.	Northern State	21:56.07
10 Colbenson, Breanna	Fr.	Minnesota Duluth	21:57.27

Second Team All-Conference

11 Skelly, Jordan	Jr.	Winona State	21:58.08
12 Leier, Erin	Jr.	University of Mary	22:00.45
13 Delgado, Meritxell	Fr.	Augustana	22:03.70
14 Falch, Runa	Sr.	Augustana	22:06.42
15 Vaness, Kassie	Sr.	St. Cloud State	22:07.20
16 Yoerg, Kaitlyn	Jr.	Augustana	22:10.13
17 Sunstrom, Sam	Fr.	St. Cloud State	22:16.42
18 Soupir, Samantha	Jr.	Minnesota State	22:17.64
19 LeSavage, Jordana	So.	Winona State	22:18.20
20 Carlson, Kayla	Sr.	University of Mary	22:21.17
Finisher 21-35			
21 Paschke, Jordan	So.	Winona State	22:21.29
22 Soli, Cassidy	Fr.	Augustana	22:21.68
23 Smith, Makenzie	Fr.	MSU Moorhead	22:22.63
24 Seidenkranz, Erica	So.	Minnesota Duluth	22:23.92
25 Engh, Katelynn	Fr.	University of Mary	22:33.80
26 Link, Savannah	Jr.	MSU Moorhead	22:35.76
27 Brown, Megan	Jr.	Augustana	22:40.33
28 Jocelyn, Hannah	So.	Minnesota Duluth	22:42.09
29 Kuntz, Kara	Jr.	Minot State	22:43.46
30 Schrubbe, Chelsea	Jr.	Winona State	22:46.44
31 DeJong, Jessie	Sr.	Minnesota State	22:48.65
32 Ackerman, Megan	Sr.	MSU Moorhead	22:52.12
33 Paul, Marina	Jr.	Minnesota State	22:54.79
34 King, Carrie	Sr.	Sioux Falls	22:56.46
35 Bowler, Sarah	Sr.	Minnesota State	22:58.85

Women's Coach of the Year: Joanna Warmington, Minnesota Duluth

NCAA Women's Cross Country Central Region - Sioux Falls, S.D. Championship Top 4 Team Results (National Qualifiers) 6K

1. Minnesota Duluth	72
2. Southwest Baptist	110
3. Augustana	116
4. Winona State	150

Top Four Finishers

1 Agnew, Jennifer	U-Mary	20:26.57
2 Brondbo, Kristin	Augustana	20:45.12
3 Macy, Jessica	Pittsburg St.	20:52.27
4 Rivard, Samantha	Minnesota Duluth	21:11.38

2013 DIVISION II NATIONALS WOMEN 6K - Spokane, Wash.

Planters Ferry Sports Complex - Saturday, November 23rd

Finish	Pts	Finish	Pts
1 Grand Valley St.	54	17 Indiana (Pa.)	451
2 Adams State	91	18 Western Washington	452
3 Western State	194	19 Lewis	487
4 Alaska Anchorage	214	20 UC-Colo. Spgs.	488
5 Augustana	236	21 Seattle Pacific	492
6 Chico State	242	22 Shippensburg	513
7 Simon Fraser	251	23 Bentley	548
8 Metro State	254	24 Tarleton State	552
9 Mansfield	272	25 Stonehill	616
10 Minnesota Duluth	277	26 Wingate	640
11 Saginaw Valley	304	27 Alabama-Huntsville	705
12 Southwest Baptist	339	28 Tampa	711
13 Edinboro	362	29 Columbus St.	818
14 West Texas A&M	394	30 Nova Southeastern	846
15 Hillsdale	413	31 Merrimack	866
16 Winona State	434	32 Flagler	876

University of Mary (IND)

Jennifer Agnew (SR)	1st	20:50.7
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Augustana IND Results

Kristin Brondbo (SR)	10	21:19.57
Runa Falch (SR)	24	21:39.520
Meritxell Delga Do (JR)	66	22:19.253
Kaitlyn Yoerg (JR)	82	22:28.866
Cassidy Soli (FR)	110	22:43.890
Emma Anderson (SO)	211	24:04.9187
Gabi Swoboda (JR)	218	24:20.6194

Minnesota Duluth IND Results

Samantha Rivard (FR)	8	21:17.85
Hannah Olson (SO)	67	22:20.054
Alexandra Rudin (JR)	80	22:28.464
Breanna Colbenson (FR)	90	22:32.673
Hannah Jocelyn (SO)	98	22:35.681
Jacque Thiemert (SR)	166	23:15.4144
Erica Seidenkranz (SO)	187	23:35.2165

Winona State IND Results

Jessica Young (JR)	28	21:41.122
Jordan Skelly (JR)	64	22:16.051
Jordan Paschke (SO)	121	22:47.5101
Jordana Lesavage (JR)	134	22:54.5113
Chelsea Schrubbe (JR)	169	23:18.5147
Madeline Martell (FR)	198	23:45.2174

WOMEN'S USTFCCCA ALL-AMERICA HONOREES

Athlete Name	Institution	Year	Place
Jennifer Agnew	U-Mary	Sr.	1
Samantha Rivard	Minnesota Duluth	Fr.	8
Kristin Brondbo	Augustana (S.D.)	Sr.	10
Runa Falch	Augustana (S.D.)	Sr.	24
Jessica Young	Winona State	Jr.	28

2012 NSIC WOMEN'S CHAMPIONSHIPS

Site: St. Paul, Minn.

Team Standings	Points	Team Standings	Points
1 Augustana	23	8 St. Cloud State	211
2 Winona State	70	9 Minot State	247
3 University of Mary	78	10 Northern State	255
t-4 Minnesota-Duluth	127	t-11 Concordia St Paul	330
t-4 Minnesota State	127	t-11 Bemidji State	330
6 Sioux Falls	172	13 Wayne State	370
7 MSU Moorhead	208	14 Southwest Minn State	406

Individual Results (Top 35)

First Team All-Conference

			Time
1 Melissa Agnew	Sr.	21:48.5	U- Mary
2 Leah Black	Sr.	22:01.9	Augustana
3 Runa Falch	Jr.	22:15.7	Augustana
4 Kristin Brondbo	Jr.	22:16.0	Augustana
5 Annie Pfieffe	Sr.	22:20.7	Augustana
6 Dakota Wolf	Sr.	22:31.6	U-Mary
7 Jessica Young	So.	22:39.2	Winona State
8 Kayla Gudmundson	Sr.	22:47.1	Winona State
9 Kyle Blakeslee	Sr.	22:51.3	Augustana
10 Alicia Nehl	Sr.	23:04.7	U-Mary

Second Team All-Conference

11 Jordan Skelly	So.	23:06.9	Winona State
12 Kaelyn Williams	Fr.	23:12.2	Minnesota Duluth
13 Molly Montonye	Fr.	23:17.8	MSU Moorhead
14 Sierra Harder	Jr.	23:20.6	Sioux Falls
15 Jenny Rogers	Sr.	23:22.2	Minnesota State
16 Gabi Swoboda	So.	23:25.0	Augustana
17 Hannah Olson	Fr.	23:26.2	Minnesota Duluth
18 Chelsea Schrubbe	So.	23:29.0	Winona State
19 Cassandra Vaness	Jr.	23:30.5	St. Cloud State
20 Jessie DeJong	Jr.	23:33.5	Minnesota State

Finisher 21-35

21 Danielle Anderson	Sr.	23:37.2	Minot State
22 Molly Kokesh	Sr.	23:39.5	Augustana
23 Shelby Pettie	Jr.	23:41.2	Sioux Falls
24 Samantha Soupir	So.	23:41.5	Minnesota State
25 Nicole Huelsman	So.	23:45.7	University of Mary
26 Maddy Jourgensen	So.	23:47.6	Augustana
27 Jordan Paschke	Fr.	23:48.2	Winona State
28 Alexandra Rudin	So.	23:50.1	Minnesota Duluth
29 Alyssa Salava	Jr.	23:52.6	Minnesota Duluth
30 Sarah Bowler	Jr.	23:54.1	Minnesota State
31 Becca Steadman	So.	23:55.2	Sioux Falls
32 Nichelle Rubash	Sr.	23:55.8	St. Cloud State
33 Emma Anderson	Fr.	23:57.9	Augustana
34 Tessa Stoltenberg	Fr.	24:00.2	Sioux Falls
35 Megan Snyder	Sr.	24:03.4	Winona State

Women's Coach of the Year: Tracy Hellman, Augustana

NCAA Women's Cross Country Central Region - Joplin, Mo. Championship Top 4 Team Results (National Qualifiers) 6K

1. Augustana	29
2. Winona State	108
3. University of Mary	149

Top Five Finishers

1 Runa Falch (JR, Augustana)	20:39.4
2 Melissa Agnew (SR, U-Mary)	20:48.9
3 Leah Black (SR, Augustana)	20:49.0
4 Dakota Wolf (SR, U-Mary)	21:00.3
5 Kristin Brondbo (JR, Augustana)	21:09.0

2012 DIVISION II NATIONALS WOMEN 6K - Joplin, Mo.

Missouri Southern State University

Saturday, November 17th

Finish Pts

1. Grand Valley St.	101
2. Augustana (S.D.)	104
3. Adams State	109
4. Western State	172
5. Chico State	200
6. Alaska Anchorage	202
7. Shippensburg	287
8. Colorado Mines	292
9. Winona State	304
10. UC-Colo. Spgs.	326
11. West Texas A&M	332
12. Saginaw Valley	346
13. U-Mary	370
14. Edinboro	376
15. Humboldt State	379
16. Southern Indiana	390
17. Seattle Pacific	393
18. Indiana (Pa.)	415
19. Bellarmine	417
20. Cal St. Stanislaus	490
21. Missouri Southern	490
22. Ferris State	534
23. Stonehill	544
24. Pittsburg St.	544
25. Tampa	559
26. Adelphi	741
27. Columbus St.	779
28. Clayton State	800
29. Nova Southeastern	829
30. Saint Rose	895
31. West Florida	905
32. UNC-Pembroke	981

Augustana IND Results

8 Runa FALCH	20:39.6
10 Kristin BRONDBO	20:53.2
11 Leah HANSEN	20:56.7
40 Kyle BLAKESLEE	21:23.2
57 Annie PFIEFLE	21:40.8
(181) Molly Kokesh	23:04.6
(218) Gabi Swoboda	23:59.6

University of Mary IND Results

7 Melissa AGNEW	20:29.9
29 Dakota WOLF	21:11.0
41 Alicia NEHL	21:25.2
177 Sarah Grimm	23:02.6
183 Kayla CARLSON	23:07.6
(227) Kelsey Lambrecht	24:10.7
(228) Nicole Huelsman	24:19.6

Winona State IND Results

30 Gudmundson, Kayla	21:11.0
35 Jessica Young	21:13.1
75 Jordan Skelly	21:56.2
113 Jordan Paschke	22:29.2
123 Megan Snyder	22:35.7
(139) Chelsea Schrubbe	22:42.9
(198) Kim Truedson	23:24.8

2011 NSIC WOMEN'S CHAMPIONSHIPS

Site: Moorhead, Minn.

Team Standings	Points	Team Standings	Points
1. Augustana	22	7. Northern State	215
2. University of Mary	35	8. MSU Moorhead	221
3. Winona State	99	9. Bemidji State	254
4. Minnesota Duluth	109	10. Wayne State	314
5. Minnesota State	132	Concordia St. Paul	No Team Score
6. St. Cloud State	141		

Individual Results (Top 35)

First Team All-Conference

			Time
1	Runa Falch	So. Augustana	20:38.24
2	Kyle Blakeslee	Jr. Augustana	20:46.36
3	Dakota Wolf	Jr. University of Mary	20:53.33
4	Leah Hansen	Jr. Augustana	20:54.59
5	Jennifer Agnew	Jr. University of Mary	20:54.78
6	Melissa Agnew	Jr. University of Mary	21:11.31
7	Kelly Kougl	Sr. Augustana	21:26.50
8	Kristin Brondbo	So. Augustana	21:30.14
9	Morgan Place	Sr. Minnesota Duluth	21:35.47
10	Nocona Frame	So. University of Mary	21:44.42

Second Team All-Conference

11	Emilee Morehouse	So. University of Mary	21:48.31
12	Alicia Nehl	Jr. University of Mary	21:50.71
13	Kayla Gudmundson	Jr. Winona State	21:56.92
14	Annie Pfeifle	Jr. Augustana	22:05.12
15	Alexandra Rudin	Fr. Minnesota Duluth	22:07.23
16	Sarah Bowler	So. Minnesota State	22:09.91
17	Alyssa Salava	So. Minnesota Duluth	22:14.37
18	Miriam Hovda	Sr. Augustana	22:19.23
19	Jessica Young	Fr. Winona State	22:19.52
20	Ali Anderson	Jr. Winona State	22:19.99

Finisher 21-35

21	Brittney Moffatt	Sr. St. Cloud State	22:20.11
22	Megan Brown	Fr. Augustana	22:20.72
23	Jordan Skelly	Fr. Winona State	22:24.34
24	Kassandra Vaness	So. St. Cloud State	22:30.42
25	Sarah Baltisberger	Fr. Minnesota State	22:31.35
26	Maddy Jourgensen	Fr. Augustana	22:34.36
27	Kaitlyn Yoerg	Fr. Augustana	22:34.62
28	Courtney Seyller	Sr. Winona State	22:35.22
29	Danielle Thompson	Sr. MSU Moorhead	22:38.62
30	Gabi Swoboda	Fr. Augustana	22:41.10
31	Halee Peterson	Fr. Minnesota State	22:41.64
32	Roshane Boreland	Sr. St. Cloud State	22:44.09
33	Keely Rubash	Jr. St. Cloud State	22:46.20
34	Amanda Boman	Fr. Minnesota Duluth	22:50.90
35	Jenny Rogers	Jr. Minnesota State	22:59.02

Women's Coach of the Year: Tracy Hellman, Augustana

NCAA Women's Cross Country Central Region - Denver, Colo. Championship Top 4 Team Results (National Qualifiers) 6K

1. Western State	37	4. University of Mary	77
2. Adams State	48	5. Minnesota Duluth	214
3. Augustana	70		

IND Qualifiers:

16. Alexis Skarda, Colorado Mesa	20. Kayla Gudmundson, Winona State
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2011 DIVISION II NATIONALS WOMEN 6K - Spokane, Wash.

Planters Ferry Athletic Complex

Spokane, Wash.

Saturday, November 19th

NCAA's Team Results - 10K

Finish Pts

1 Augustana (S.D.)	75	1:49:12.400
2 Western State	79	1:49:06.900
3 Grand Valley St.	104	1:50:06.000
4 Adams State	120	1:50:13.900
5 U-Mary	131	1:50:54.200
6 Alaska Anchorage	152	1:51:28.800
7 Chico State	213	1:53:34.000
8 Ferris State	220	1:53:25.200
9 Shippensburg	256	1:53:29.200
10 Queens (N.C.)	372	1:56:47.300
11 Midwestern St.	373	1:57:07.500
12 Western Washington	390	1:57:46.500
13 Saginaw Valley	399	1:58:06.300
14 Bloomsburg	406	1:57:52.200
15 Pittsburg St.	422	1:58:21.600
16 Tampa	429	1:57:54.000
17 Alaska Fairbanks	436	1:58:32.300
18 Ashland	467	1:59:26.000
19 Stonehill	488	1:59:32.200
20 Lock Haven	508	1:59:59.100
21 Minnesota Duluth	519	2:00:15.200
22 Bentley	545	2:02:03.000
23 West Florida	736	2:07:02.300
24 Montevallo	756	2:09:18.300

Augustana IND Results

10 Leah HANSEN	21:40.4
11 Runa FALCH	21:42.4
13 Kristin BRONDBO	21:47.9
16 Kyle BLAKESLEE	21:53.3
25 Kelly KOUGL	22:08.4
(38) Annie PFIEFLE	22:34.6
(91) Maddy JOURGENSEN	23:49.9

University of Mary IND Results

5 Dakota WOLF	21:28.5
15 Melissa AGNEW	21:48.9
22 Jennifer AGNEW	22:05.0
42 Emilee MOREHOUSE	22:41.0
47 Kayla CARLSON	22:50.8
(53) Nocona FRAME	22:59.3
(110) Alicia NEHL	24:07.7

Minnesota Duluth IND Results

41 Morgan PLACE	22:39.3
94 Jacque THAEMERT	23:52.0
105 Alexandra RUDIN	24:03.2
138 Alyssa SALAVA	24:47.8
141 Amanda BOMAN	24:52.9
(144) Sarah CHASSON	25:09.3
(149) Taylor WARNES	25:30.8

Winona State IND Results

151 Gudmundson, Kayla	24:38.4
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2010 NSIC WOMEN'S CHAMPIONSHIPS

Site: Wayne, Neb.

Team Standings	Points	Team Standings	Points
1. Augustana	39	7. Northern State	214
2. University of Mary	42	8. MSU Moorhead	224
3. Minnesota Duluth	48	9. Wayne State	250
4. St. Cloud State	145	10. Bemidji State	267
5. Minnesota State	147	Concordia St. Paul	No Team Score
6. Winona State	151		

Individual Results (Top 35)**Time**

First Team All-Conference

1	Runa Falch	Fr.	Augustana	21:11.0
2	Morgan Place	Jr.	Minnesota Duluth	21:20.1
3	Kristin Brondbo	Fr.	Augustana	21:54.4
4	Melissa Agnew	So.	University of Mary	22:18.8
5	Bridget Hines	Sr.	Minnesota Duluth	22:31.0
6	Whitney Hines	Sr.	Minnesota Duluth	22:35.0
7	Irene Kosgei	Sr.	University of Mary	22:48.6
8	Jennifer Agnew	So.	University of Mary	22:54.0
9	Miriam Hovda	So.	Augustana	22:59.7
10	Annie Pfeifle	So.	Augustana	23:00.2

Second Team All-Conference

11	Dakota Wolf	So.	University of Mary	23:01.1
12	Kayla Carlson	Fr.	University of Mary	23:03.9
13	Anna Vanwechel	Fr.	MSU Moorhead	23:07.0
14	Kayla Gudmundson	So.	Winona State Univ	23:10.5
15	Jenny Hoesse	Sr.	Minnesota State	23:11.1
16	Kyle Blakeslee	So.	Augustana	23:14.8
17	Jacque Thaemert	Fr.	Minnesota Duluth	23:19.4
18	Michelle Sancier	Jr.	Minnesota Duluth	23:20.3
19	Rachael Stack	Sr.	Minnesota Duluth	23:23.9
20	Nocona Frame	Fr.	University of Mary	23:27.6

Finisher 21-35

21	Leah Hansen	So.	Augustana	23:34.8
22	Kassandra Vaness	Fr.	St Cloud State	23:37.8
23	Kelly Koughl	Jr.	Augustana	23:40.2
24	Molly Kokesh	So.	Augustana	23:47.1
25	Alyson Piccolo	Sr.	University of Mary	23:48.2
26	Sarah Bowler	Fr.	MSU-Mankato	23:50.7
27	Kelsey Stensland	Sr.	Winona State Univ	23:52.2
28	Andrea Borden	Sr.	St Cloud State	23:52.4
29	Taylor Marble	Sr.	Minnesota-Duluth	23:52.5
30	Paula Marozas	Sr.	St Cloud State	23:54.7
31	Krystal Hughes	So.	Northern State	23:57.5
32	Jenna Southworth	Jr.	Winona State Univ	23:59.2
33	Laura Hughes	Fr.	MSU-Mankato	24:07.6
34	Hannah Jocelyn	Fr.	Minnesota-Duluth	24:09.4

Women's Coach of the Year: Dennis Newell, University of Mary**NCAA Women's Cross Country Central Region - Wayne, Neb. Championship Top 4 Team Results (National Qualifiers) 6K**

1. Adams State 45	3. Augustana (S.D.) 65
2. Western State 48	4. University of Mary 112

IND Qualifiers: 2nd Alexis Skarda, MSC 21:01.1 & 3rd Morgan Place, UMD 21:08.8**DIVISION II NATIONALS WOMEN 6K - Louisville, Ky.**

Team Results	NSIC All-Americans	
1. Grand Valley State 66	RKName, School	Time
7. Augustana 188	5 Morgan Place, Minnesota Duluth	21:13.9
11. University of Mary 305	17 Kristin Brondbo, Augustana	21:48.6
	29 Runa Falch, Augustana	22:02.9
	38 Melissa Agnew, U-Mary	22:18.0

2009 NSIC WOMEN'S CHAMPIONSHIPS

Site: Bemidji, Minn.

Team Standings	Points	Team Standings	Points
1. Augustana	38	7. St. Cloud State	180
2. Minnesota Duluth	57	8. Northern State	191
3. University of Mary	81	9. MSU Moorhead	192
4. Minnesota State	141	10. Bemidji State	328
5. Winona State	147	11. Concordia St Paul	335
6. Wayne State	160		

Individual Results (Top 35)**Time**

First Team All-Conference

1	Morgan Place	So.	Minnesota Duluth	21:48.6
2	Molly Clark	Sr.	Augustana	22:30.0
3	Ali Paul	So.	Minnesota State	22:33.9
4	Anna VanWechel	Jr.	MSU Moorhead	22:49.9
5	Irene Kosgei	Jr.	University of Mary	22:50.3
6	Kyle Blakeslee	Fr.	Augustana	22:52.2
7	Miriam Hovda	Jr.	Augustana	22:52.9
8	Dakota Wolf	Fr.	University of Mary	23:07.7
9	Jillian Tholen	Sr.	Augustana	23:11.1
10	Megan Zavorka	Sr.	Wayne State	23:14.3

Second Team All-Conference

11	Carrie Wardell	Jr.	Minnesota Duluth	23:20.1
12	Rachael Stack	Jr.	Minnesota Duluth	23:21.5
13	Michelle SanCartier	So.	Minnesota Duluth	23:21.7
14	Leah Hansen	Fr.	Augustana	23:23.7
15	Mikayla Barondeau	So.	Northern State	23:27.0
16	Annie Pfeifle	Fr.	Augustana	23:27.7
17	Melissa Agnew	Fr.	University of Mary	23:29.8
18	Caitlin Polgreen	Sr.	Augustana	23:30.8
19	Paula Marozas	Jr.	St. Cloud State	23:33.8
20	Bridget Hines	Jr.	Minnesota Duluth	23:34.4

Finisher 21-35

21	Jennifer Agnew	Fr	University of Mary	23:39.6
22	Ky'lee Engelken	Fr	Wayne State	23:42.5
23	Alyssa Anderson	Sr	Augustana	23:44.9
24	Alyssa Wendt	Sr	Minnesota Duluth	23:47.3
25	Jenna Southworth	So	Winona State	23:48.6
26	Brittney Moffatt	So	St. Cloud State	23:51.0
27	Allie Glasbrenner	Sr	Winona State	23:54.3
28	Whitney Hines	Jr	Minnesota Duluth	23:55.6
29	Michelle Jeske	Jr	Winona State	23:58.2
30	Sarah Thomsen	Sr	Wayne State	23:59.5
31	Alyson Piccolo	Jr	University of Mary	24:01.5
32	Courtney Rasmussen	So	Augustana	24:02.6
33	Jen Lang	Jr	Minnesota State	24:02.9
34	Steph Sjostrom	Fr	Winona State	24:03.6
35	Meagan McConnell	Sr	Minnesota State	24:04.0

Women's Coach of the Year:

Tracy Hellman, Augustana College

NCAA Women's Cross Country Central Region**Championship Top 6 Team Results (National Qualifiers)**

1. Adams State 36	3. Augustana (S.D.) 90	5. Metropolitan State 175
2. Western State 88	4. University of Mary 160	6. Minnesota Duluth 179

IND Qualifiers: 4th Sydney Laws Sr. CSM 22:06.3 & 6th Ali Paul So., MSU 22:20.3**DIVISION II NATIONALS WOMEN 6K - Slippery Rock, Pa.**

Team Results	NSIC All-Americans	
1. Adams State 73	Place Name Cl SchoolTime	
7. MinnesotaDuluth 294	6 *Morgan Place So., UMD	20:53.0
13. Augustana 350	30 *Ali Paul So., MSU	21:47.3
18. U-Mary 413		* All-American

2008 NSIC WOMEN'S CHAMPIONSHIPS

Site: Aberdeen, S.D.

Team Standings	Points		
1. Augustana	32	7. Winona State	155
2. Minnesota Duluth	56	8. Northern State	190
3. Minnesota State	105	9. St. Cloud State	219
4. Mary	137	10. Concordia-St. Paul	255
5. MSU Moorhead	138	11. Bemidji State	313
6. Wayne State	142		

Individual Results (Top 35)

			Time
First Team All-Conference			
1	Place, Morgan	Fr. Minnesota Duluth	21:46.80
2	Palkie, Liz	Jr. Minnesota Duluth	22:30.45
3	Anderson, Alyssa	Jr. Augustana College	22:39.00
4	Hines, Bridget	So. Minnesota Duluth	22:41.30
5	Wagner, Miranda	Sr. Augustana College	22:47.65
6	Southworth, Jenna	Fr. Winona State	22:50.50
7	Clark, Molly	Jr. Augustana College	22:52.65
8	Tholen, Jillian	Jr. Augustana College	23:11.90
9	Rogers, Jenny	Fr. Augustana College	23:26.15
10	Stanzky, Emily	Sr. Concordia - St. Paul	23:28.90
Second Team All-Conference			
11	McConnell, Meagan	Jr. Minnesota State	23:35.75
12	Vanwechel, Anna	So. MSU Moorhead	23:37.30
13	Schmit, Melissa	Jr. Wayne State College	23:39.60
14	Dettman, Amanda	Jr. Minnesota State	23:44.75
15	Piccolo, Alyson	So. University of Mary	23:45.95
16	Neumiller, Kristen	So. University of Mary	23:50.65
17	Thomsen, Sarah	Jr. Wayne State College	23:50.80
18	Johnson, Laura	So. Augustana College	23:53.00
19	Smalley, Rachel	Sr. Minnesota State	23:55.85
20	Polgreen, Caitlin	Jr. Augustana College	23:57.35
Finisher 21-40			
21	Smith, Samantha	Sr. Minnesota State	23:58.15
22	Rasmussen, Courtney	Fr. Augustana College	24:04.00
23	Linneman, Kari	So. Northern State	24:06.85
24	Kosgei, Irene	So. University of Mary	24:07.80
25	Kogul, Kelly	Fr. Augustana College	24:08.60
26	Sancartier, Michelle	So. Minnesota Duluth	24:09.25
27	Hines, Whitney	So. Minnesota Duluth	24:10.45
28	Wickersham, Amanda	So. MSU Moorhead	24:12.45
29	Zavorka, Megan	Jr. Wayne State	24:15.20
30	Rubash, Keely	Fr. St. Cloud State	24:21.65
31	Moffatt, Brittney	Fr. St. Cloud State	24:29.30
32	Berndt, Rayna	Sr. MSU Moorhead	24:32.15
33	Smith, Steph	Jr. Winona State	24:33.35 6:36
34	Nickolas, Danielle	Sr. Northern State	24:34.15 6:36
35	Glasbrenner, Allie	Jr. Winona State	24:34.70 6:36

Wom Men's Coach of the Year:

Tracy Hellman, Augustana College

NCAA Women's Cross Country Central Region Championship Top 5 Team Results (National Qualifiers)

1. Adams State 30
2. Augustana (S.D.) 81

DIVISION II NATIONALS WOMEN 6K - Slippery Rock, Pa.

Augustana College 5th Place Finish

39	Alyssa Anderson	Jr.	22:43
47	Molly Clark	Jr.	22:59
52	Miranda Wagner	Sr.	23:03
59	Jenny Rogers	Fr.	23:11
61	Jillian Tholen	So.	23:13
84	Courtney Rasmussen	Fr.	23:34
93	Caitlin Polgreen	Jr.	23:40

Time = 1:55:08 Places = 203

* All-American

2007 NSIC Women's Championships

Site: Winona, Minnesota (Host: Winona State)

Team Standings	Points	
1. MSU Moorhead	50	
2. Wayne State	55	
3. Winona State	108	
4. University of Mary	109	
5. Concordia - St. Paul	115	
6. Northern State	123	
7. Bemidji State	135	
Ind Results (Top 10 All-Conference)	Time	Points
1 Anna Vanwechel MSU Moorhead Fr.	22:34.5	1
2 Megan Zavorka Wayne State So.	22:48.9	2
3 Stacy Letourneau Bemidji State Fr.	23:15.9	3
4 Melissa Schmit Wayne State So.	23:16.3	4
5 Bethany Easker Winona State Fr.	23:18.0	5
6 Alyson Piccolo University of Mary Fr.	23:21.3	6
7 Danielle Thompson MSU Moorhead Fr.	23:22.2	7
8 Shae Wallin Concordia University - Sr.	23:31.5	8
9 Kristen Neumiller University of Mary Fr.	23:42.0	9
10 Emily Stanzky Concordia University - Jr.	23:44.4	10
11 Allie Glasbrenner Winona State So.	23:48.8	11
12 Sarah Thomsen Wayne State So.	23:48.8	12
13 Ashley Roemer MSU Moorhead So.	23:50.4	13
14 Kari Bloch MSU Moorhead So.	23:57.0	14
15 Amanda Wickersham MSU Moorhead Fr.	24:04.3	15
16 Michelle Hanson MSU Moorhead Jr.	24:08.7	16
17 Jenny Baus Northern State Sr.	24:13.0	17
18 Jenna McCoy Wayne State Fr.	24:15.9	18
19 Melissa McIntosh Wayne State Fr.	24:19.0	19
20 Brittany Becker Bemidji State Fr.	24:22.2	20
21 Sarah Rebenitsch MSU Moorhead Jr.	24:22.9	21
22 Molly Gibson Wayne State So.	24:26.0	22
23 Kari Linneman Northern State Fr.	24:28.8	23
24 Rayna Berndt MSU Moorhead Jr.	24:38.5	
25 Taryn West Northern State Fr.	24:50.0	24
26 Sara Julsrud MSU Moorhead Fr.	24:52.3	
27 Ivy Roe University of Mary Sr.	24:55.3	25
28 Danielle Nickolas Northern State Jr.	25:00.0	26
29 Kristen Frohlich University of Mary Sr.	25:02.8	27
30 Madeline Heinrich Winona State Fr.	25:05.6	28
31 Megan Fulton Concordia University - So.	25:07.9	29
32 Steph Smith Winona State So.	25:10.2	30
33 Kristi Buerkle Bemidji State Fr.	25:17.9	31
34 Kendall Bruhl Concordia University - Jr.	25:19.1	32
35 Valerie Moore Northern State JR	25:20.5	33
36 Ashley Vonck Winona State Fr.	25:23.0	34
37 Meghan Jacob Wayne State Fr.	25:24.2	35
38 Sandra James Concordia University - So.	25:28.1	36
39 Michelle Jeske Winona State Fr.	25:33.5	37
40 Kelly Rieber Winona State Fr.	25:39.5	38
41 Toni Fritz Northern State Fr.	25:41.8	39
42 Rebecca Hougen Bemidji State Jr.	25:47.2	40
43 Kelsey Stensland Winona State Fr.	25:54.0	
44 Genna Ironi Bemidji State SO	25:59.0	41
45 Michelle Huxtable University of Mary So.	26:04.0	42
46 Meghan Costello Wayne State So.	26:11.2	
47 Margaret Osgood Bemidji State Jr.	26:22.7	43
48 Kaitlin Hartnett Concordia University - Sr.	26:37.1	44
49 Megan Knudson Wayne State So.	26:45.6	
50 Chandra Stanton Bemidji State So.	26:53.9	45
51 Kayla Mueller Winona State Fr.	26:55.0	
52 Taylor Meads Winona State Fr.	27:26.8	
53 M'Kelle Tomberlin Bemidji State Sr.	27:46.2	
54 Casey Navis Winona State Jr.	27:53.6	
55 Lena Parrilli Winona State So.	28:35.6	
56 Julie Rynkowski Concordia University - Fr.	28:41.7	46
57 Danielle Stewart Concordia University - So.	29:22.1	

NSIC Women's Coach of the Year

Marlon Brink, Wayne State

2006 NSIC Women's Championships

Site: St. Paul, Minnesota (Host: Concordia-St. Paul)

Team Standings	Points
1. Wayne State	36
2. University of Mary	49
3. MSU Moorhead	92
4. Winona State	109
5. Concordia - St. Paul	112
6. Northern State	126
7. Bemidji State	164

Ind Results (Top 10 All-Conference)	Time	Points
1 Tiffany Czarnomska, Sr, University of Mary	22:57.2	1
2 Megan Zavorka, Fr, Wayne State	23:30.2	2
3 Melissa Schmit, Fr, Wayne State	24:07.6	3
4 Hannah Moen, So, University of Mary	24:24.7	4
5 Ivy Roe, Jr, University of Mary	24:34.8	5
6 Jenny Baus, Jr, Northern State	24:37.9	6
7 Allie Glasbrenner, Fr, Winona State	24:45.0	7
8 Sarah Thomsen, Fr, Wayne State	24:48.2	8
9 Kelsea Barondeau, Fr, Northern State	24:53.8	9
10 Emily Stanzky, So, Concordia - St. Paul	24:58.3	10
11 Molly Gibson, Fr, Wayne State	25:02.1	11
12 Megan Knudson, Fr, Wayne State	25:06.5	12
13 Ashley Roemer, So, MSU Moorhead	25:08.9	13
14 Rayna Berndt, So, MSU Moorhead	25:11.7	14
15 Steph Smith, Fr, Winona State	25:22.9	15
16 Lena Parrilli, Fr, Winona State	25:26.9	16
17 Amanda Reinbold, Jr, University of Mary	25:29.7	17
18 Michelle Hansen, So, MSU Moorhead	25:30.1	18
19 Nicole Friend, Sr, Bemidji State	25:31.0	19
20 Kristen Mantooth, Fr, MSU Moorhead	25:31.5	20
21 Shae Wallin, Jr, Concordia - St. Paul	25:37.3	21
22 Carolyn Kohl, Jr, University of Mary	25:48.2	22
23 Megan Fulton, Fr, Concordia - St. Paul	25:49.4	23
24 Brandee DeVine, Fr, University of Mary	25:51.8	24
25 Molly Bethke, Fr, Concordia - St. Paul	25:52.2	25
26 Ashley Smith, Sr, Wayne State	25:58.4	26
27 Sara Rebenitsch, So, MSU Moorhead	26:01.0	27
28 Genna Ironi, Fr, Bemidji State	26:03.5	28
29 Kristen Frohlich, Jr, University of Mary	26:03.8	29
30 Rebecca Hougen, So, Bemidji State	26:13.3	30
31 Valerie Moore, So, Northern State	26:17.1	31
32 Kari Bloch, Fr, MSU Moorhead	26:18.7	32
33 Sandra James, Fr, Concordia - St. Paul	26:19.6	33
34 Kaitlin Hartnett, Jr, Concordia - St. Paul	26:26.4	34
35 Steph Nelson, Sr, Winona State	26:27.0	35
36 Heidi Johnson, Sr, Winona State	26:28.2	36
37 Erin Oswald, Sr, Wayne State	26:30.2	37
38 Meghan Costello, Fr, Wayne State	26:31.8	
39 Jenny Rose, Jr, Northern State	26:34.9	38
40 Kendall Bruhl, So, Concordia - St. Paul	26:53.7	39
41 Laura Taylor, Sr, Winona State	26:56.3	40
42 Diane Miller, Jr, MSU Moorhead	26:56.7	41
43 Danielle Stewart, Fr, Concordia - St. Paul	27:01.0	
44 Allison Hartnett, Fr, Concordia - St. Paul	27:03.4	
45 Tosha West, So, Northern State	27:05.6	42
46 Brittney Olson, Jr, Bemidji State	27:22.9	43
47 Heidi Steinke, Fr, Concordia - St. Paul	27:35.5	
48 Abby Gimbel, Fr, Concordia - St. Paul	27:42.9	
49 Allison Osgood, So, Bemidji State	27:45.9	44
50 Ali Judkins, Sr, Bemidji State	27:56.0	45
51 Lindsey Patterson, Sr, Northern State	27:57.4	46
52 Alissa Trebil, So, Winona State	27:57.8	47
53 Katherine Wolf, Jr, Winona State	28:23.9	
54 Renae Swift, Fr, University of Mary	28:25.7	
55 Jenny Rognrud, Sr, Winona State	28:42.9	
56 Kathryn McElroy, Fr, Winona State	28:47.6	
57 Jillian Schuster, Jr, Bemidji State	28:49.9	48
58 Amanda Sipola, Jr, Winona State	28:54.2	
59 Casey Navis, So, Winona State	29:56.4	
60 Erin Thompson, So, Concordia - St. Paul	31:29.2	

NSIC Women's Coach of the Year
Marlon Brink, Wayne State

2005 NSIC Women's Championships

Site: Glyndon, Minnesota (Host: MSU Moorhead)

Team Standings	Points
1. MSU Moorhead	50
2. Wayne State	58
3. Northern State	84
4. Concordia-St. Paul	100
5. Bemidji State	103
6. Winona State	105

Ind Results (Top 10 All-Conference)	Time	Points
1. Erin Norenberg, Wayne State	22:30.69	1
2. Haley Reeves, Wayne State	22:31.00	2
3. Heidi Inabnit, Winona State	22:41.43	3
4. Kristin Dolence, MSU Moorhead	22:44.14	4
5. Christa Pribula, Bemidji State	22:52.69	5
6. Amanda Mueller, Concordia-St. Paul	22:57.74	6
7. Nicole McCoy, Wayne State	23:07.30	7
8. Kerry Plath, MSU Moorhead	23:11.42	8
9. Lindsey Lesnar, Northern State	23:14.46	9
10. Nicole Friend, Bemidji State	23:23.06	10
11. Sara Rebenitsch, MSU Moorhead	23:28.51	11
12. Angie Kveene, MSU Moorhead	23:33.66	12
13. Erin Oswald, Wayne State	23:36.63	13
14. Jenny Rose, Northern State	23:41.26	14
15. Holly Farwell, MSU Moorhead	23:41.66	15
16. Jessie Cummings, Winona State	23:43.60	16
17. Shae Wallin, Concordia-St. Paul	23:45.78	17
18. Valerie Moore, Northern State	23:58.09	18
19. Erin Fry, Northern State	24:08.63	19
20. Rayne Berndt, MSU Moorhead	24:21.77	20
21. Diane Miller, MSU Moorhead	24:27.66	21
22. Jessica Johnson, Concordia-St. Paul	24:38.28	22
23. Margaret Osgood, Bemidji State	24:40.65	23
24. Jenny Baus, Northern State	24:41.57	24
25. Tosha West, Northern State	24:42.00	25
26. Stephanie Petsch, Winona State	24:44.53	26
27. Emily Stanzky, Concordia-St. Paul	24:53.61	27
28. Kaitlin Hartnett, Concordia-St. Paul	24:53.93	28
29. Valerie Belland, Winona State	24:57.58	29
30. Carrie Kleindl, Northern State	24:58.87	30
31. Stephanie Nelson, Winona State	25:02.14	31
32. Jillian Schuster, Bemidji State	25:04.30	32
33. Adonia McCormick, Bemidji State	25:07.23	33
34. Nancy McKonkey, Bemidji State	25:16.73	34
35. Ashley Smith, Wayne State	25:18.00	35
36. Heidi Johnson, Winona State	25:20.79	36
37. Laura Taylor, Winona State	25:21.37	37
38. Ashley Moen, MSU Moorhead	25:25.01	
39. Kirstin Carl, Northern State	25:26.19	
40. Lindsey Patterson, Northern State	25:27.25	
41. Rebecca Hougen, Bemidji State	25:32.10	38
42. Rachel Johnson, Concordia-St. Paul	25:38.19	39
43. Ali Judkins, Bemidji State	25:45.52	
44. Brittany Olson, Bemidji State	25:53.71	
45. Kaitlyn Pins, Winona State	25:54.26	
46. Kendra Taylor, Winona State	26:03.63	
47. Allison Osgood, Bemidji State	26:09.80	
48. Jessica Moll, Winona State	26:11.21	
49. Lisa Froistad, Wayne State	26:42.18	40
50. Kendall Bruhl, Concordia-St. Paul	27:38.56	41
51. Katherine Trewick, Winona State	27:45.78	
52. Erin Dreis, Northern State	27:50.39	
53. Emily Unger, Wayne State	27:50.85	42
54. Dominique Quinn, Bemidji State	28:02.37	
55. Erin Hansen, Bemidji State	28:11.98	
56. Courtney MacLeod, Winona State	29:13.53	
57. Erin Thompson, Concordia-St. Paul	30:20.95	
58. Leah Perzichilli, Concordia-St. Paul	34:17.58	

NSIC Women's Coach of the Year
Fred Dahnke, MSU Moorhead

2004 NSIC Women's Championships

Site: Wayne, Nebraska

Team Standings	Points
1. Winona State	41
2. Bemidji State	65
3. Northern State	72
4. MSU Moorhead	88
5. Wayne State	92
6. Concordia-St. Paul	155

Individual Results (Top 10 All-Conference)

	Time (Points)
1. Amelia Soto, Winona State	24:01.50 (1)
2. Lindsey Lesnar, Northern State	24:12.90 (2)
3. Christa Pribula, Bemidji State	24:19.60 (3)
4. Nicole Coleman, Winona State	24:55.60 (4)
5. Nicole Friend, Bemidji State	24:59.40 (5)
6. Jenny Rose, Northern State	24:59.70 (6)
7. Sarah Thome, MSU Moorhead	25:00.40 (7)
8. Heidi Inabnit, Winona State	25:04.20 (8)
9. Ashley Smith, Wayne State	25:06.30 (9)
10. Jessie Cummings, Winona State	25:13.20 (10)
11. Nicole McCoy, Wayne State	25:20.60 (11)
12. Amanda Mueller, Concordia-St. Paul	25:42.60 (12)
13. Brittney Olson, Bemidji State	25:44.60 (13)
14. Heather Schuster, MSU Moorhead	25:48.10 (14)
15. Erin Fry, Northern State	25:55.30 (15)
16. Jenny Baus, Northern State	25:58.60 (16)
17. Erin Norenberg, Wayne State	26:00.50 (17)
18. Melissa Meyer, Winona State	26:00.70 (18)
19. Ali Judkins, Bemidji State	26:05.10 (19)
20. Diane Miller, MSU Moorhead	26:14.50 (20)
21. Kathryn Mueller, Winona State	26:31.50 (21)
22. Jesse West, Winona State	26:34.10 (22)
23. Valerie Belland, Winona State	26:36.50
24. Holly Farwell, MSU Moorhead	26:44.80 (23)
25. Amanda Reichel, MSU Moorhead	26:45.90 (24)
26. Brianna McGill, Bemidji State	26:50.90 (25)
27. Amanda Waller, Winona State	26:55.00
28. Stephanie Nelson, Winona State	27:01.60
29. Shayna Mueller, Winona State	27:08.50
30. Angie Kraus, Wayne State	27:09.40 (26)
31. Allison Janssen, MSU Moorhead	27:09.70 (27)
32. Jullian Schuster, Bemidji State	27:10.10 (28)
33. Haley Reeves, Wayne State	27:19.50 (29)
34. Jennifer Carbone, Concordia-St. Paul	27:30.20 (30)
35. Valerie Corkle, Wayne State	27:35.30 (31)
36. Lisa Froistad, Wayne State	27:41.20 (32)
37. Carrie Kleindl, Northern State	27:50.70 (33)
38. Lindsey Patterson, Northern State	28:05.70 (34)
39. Emily Velde, Winona State	28:10.50
40. Kaitlin Hartnett, Concordia-St. Paul	28:15.70 (35)
41. Janel Budenski, Bemidji State	28:15.90 (36)
42. Jenny Hoffman, Northern State	28:46:80 (37)
43. Adonia McCormick, Bemidji State	28:50.70
44. Jessica Johnson, Concordia-St. Paul	29:21.60 (38)
45. Katie Weinberg, MSU Moorhead	29:21.80 (39)
46. Dominique Quinn, Bemidji State	29:42.30
47. Florence Warling, MSU Moorhead	29:47.90
48. Tonya Skime, Bemidji State	29:54.70
49. Erin Hansen, Bemidji State	31:18.90
50. Erin Dreis, Northern State	31:30.60
51. Sarah Votava, Northern State	32:50.20

NSIC Women's Coach of the Year

Neal Mundahl, Winona State

2003 NSIC Women's Championships

Site: Duluth, Minnesota

Team Standings	Points
1. Minnesota Duluth	31
2. Winona State	31
3. Northern State	112
4. MSU Moorhead	113
5. Bemidji State	122
6. Wayne State	126
7. Concordia-St. Paul	158

Individual Results (Top 10 All-Conference)

	Time (Score)
1. Sara Frederickson, Minnesota Duluth	22:19.5 (1)
2. Kristin Peterson, Northern State	22:46.4 (2)
3. Erin Foss, Minnesota Duluth	22:49.4 (3)
4. Christa Pribula, Bemidji State	23:34.6 (4)
5. Sarah Thome, MSU Moorhead	23:37.2 (5)
6. Emily Shoop, Concordia-St. Paul	23:40.9 (6)
7. Michelle Frederickson, Minnesota Duluth	23:43.7 (7)
8. Heidi Fisher, Minnesota Duluth	23:49.4 (8)
9. Nicole Coleman, Winona State	23:54.4 (9)
10. Heidi Inatib, Winona State	24:00.5 (10)
11. Amelia Soto, Winona State	24:13.8 (11)
12. Kim Chapman, Minnesota Duluth	24:18.4 (12)
13. Nicole Anderson, Minnesota Duluth	24:24.1 (13)
14. Lindsey Lesnar, Northern State	24:44.2 (14)
15. Jessie Cummings, Winona State	24:46.0 (15)
16. Ashley Smith, Wayne State	24:53.8 (16)
17. Heather Schuster, MSU Moorhead	25:01.8 (17)
18. Abby DeMulling, Minnesota Duluth	25:02.4 (18)
19. Sara Edenhofer, Winona State	25:07.0 (19)
20. Kassie Kaas, Minnesota Duluth	25:14.2
21. Kristin Zinsmaster, Minnesota Duluth	25:14.8
22. Kim Lynch, Minnesota Duluth	25:20.6
23. Katrina Weyland, Winona State	25:26.0 (20)
24. Sarah Givot, Winona State	25:26.7 (21)
25. Courtney Sanders, Minnesota Duluth	25:27.8
26. Tami Olson, Minnesota Duluth	25:32.4
27. Erin Fry, Northern State	25:33.0 (22)
28. Jaclyn Tomforde, Bemidji State	25:34.8 (23)
29. Nicole McCoy, Wayne State	25:36.5 (24)
30. Jennifer Rognrud, Winona State	25:37.9
31. Ali Judkins, Bemidji State	25:42.3 (25)
32. Angie Kraus, Wayne State	25:47.9 (26)
33. Diane Nelson, MSU Moorhead	25:50.4 (27)
34. Erin Norenberg, Wayne State	25:52.4 (28)
35. Jessica Johnson, Concordia-St. Paul	26:01.93 (29)
36. Florence Warling, MSU Moorhead	26:02.1 (30)
37. Katie Dippel, Bemidji State	26:08.8 (31)
38. Haley Reeves, Wayne State	26:09.6 (32)
39. Carrie Kleindl, Northern State	26:11.3 (33)
40. Christina Toll, Winona State	26:15.6
41. Krissy Kopetsky, MSU Moorhead	26:26.8 (34)
42. Jessica Gertz, Concordia-St. Paul	26:28.7 (35)
43. Kerri Larson, MSU Moorhead	26:30.9 (36)
44. Allison Janssen, MSU Moorhead	26:44.4 (37)
45. Brooke Duncan, MSU Moorhead	26:47.2
46. Meghan Murphy, Winona State	26:56.1
47. Erin Oswald, Wayne State	27:02.6 (38)
48. Stephanie Nelson, Winona State	27:08.8
49. Katie Lupella, MSU Moorhead	27:17.7
50. Carissa Ray, Bemidji State	27:22.6 (39)
51. Janel Budenski, Bemidji State	27:23.9 (40)
52. Lindsey Patterson, Northern State	27:25.5 (41)
53. Jami Peterson, Bemidji State	27:26.3 (42)
54. Shayna Mueller, Winona State	27:34.8
55. Kelly Plath, MSU Moorhead	27:40.0
56. Crystal Price, MSU Moorhead	28:25.7
57. Reena Linke, Concordia-St. Paul	29:11.0
58. Erin Dreis, Northern State	29:22.8 (44)
59. Sarah Johnson, Concordia-St. Paul	30:57.0 (45)

NSIC Women's Coach of the Year

Neal Mundahl, Winona State

2002 NSIC WOMEN'S CHAMPIONSHIPS

Site: Bemidji, Minnesota

Team Standings	Points
1. Minnesota Duluth	26
2. Winona State	76
3. Bemidji State	108
4. Concordia-St. Paul	110
5. Minnesota State Moorhead	135
6. Minnesota-Morris	144
7. Northern State	165
8. Wayne State	188

Individual Results (Top 10 All-Conference)

	Time (Score)
1. Emily Shoop, Concordia-St. Paul	23:32.24 (1)
2. Janet Brownawell, Concordia-St. Paul	23:47.76 (2)
3. Jill Sullivan, Minnesota Duluth	23:56.62 (3)
4. Kelsey Dahlgren, Minnesota Duluth	23:59.69 (4)
5. Michelle Erickson, Minnesota Duluth	24:01.45 (5)
6. Kim Chapman, Minnesota Duluth	24:04.77 (6)
7. Heather Smith, Minnesota State Moorhead	24:05.10 (7)
8. Amanda Hoffer, Minnesota Duluth	24:06.59 (8)
9. Chrita Pribula, Bemidji State	24:10.62 (9)
10. Sarah Pollema, Minnesota Duluth	24:23.94 (10)
11. Jamie Olson, Minnesota Duluth	24:32.74 (11)
12. JuLee Burt, Winona State	24:33.71 (12)
13. Amelia Soto, Winona State	24:34.66 (13)
14. Sara Beier, Winona State	24:35.09 (14)
15. Kristen Peterson, Northern State	24:35.72 (15)
16. Katrina Weyland, Winona State	24:37.80 (16)
17. Erica Berrisford, Minnesota Duluth	24:40.22
18. Heidi Fisher, Minnesota Duluth	24:51.57
19. Martha Miltich, Bemidji State	24:53.98 (17)
20. Alicia Mendez, Minnesota-Morris	25:02.75 (18)
21. Sarah Thome, Minnesota State Moorhead	25:03.31 (19)
22. Sarah Keiser, Concordia-St. Paul	25:12.55 (20)
23. Sara Edenhofer, Winona State	25:13.70 (21)
24. Sarah Givot, Winona State	25:15.68 (22)
25. Janell Rook, Bemidji State	25:18.76 (23)
26. Melissa Meyer, Winona State	25:19.63 (24)
27. Camille Flanders, Minnesota-Morris	25:19.91 (25)
28. Julia Conkel, Minnesota Duluth	25:20.36
29. Kim Lynch, Minnesota Duluth	25:33.16
30. Nicole Coleman, Winona State	25:36.31
31. Audrey Emanuel, Wayne State	25:39.97 (26)
32. Erin Gravalin, Minnesota State Moorhead	25:49.36 (27)
33. Lindsey Lesnar, Northern State	25:51.79 (28)
34. Jami Peterson, Bemidji State	25:53.56 (29)
35. Josie Muzquiz, Bemidji State	25:54.70 (30)
36. Kayla Garry, Northern State	25:55.86 (31)
37. Kelly Bierwerth, Minnesota-Morris	26:04.28 (32)
38. Tabatha Breyer, Winona State	26:05.93
39. Dawn Holman, Bemidji State	26:18.97 (33)
40. Jesse West, Winona State	26:24.25
41. Erin Witzman, Minnesota-Morris	26:32.67 (34)
42. Leah Webinger, Minnesota-Morris	26:42.93 (35)
43. Nicole McCoy, Wayne State	26:44.90 (36)
44. Sarah Roley, Bemidji State	26:50.05 (37)
45. Janel Budenski, Bemidji State	26:50.36
46. Erin Norenberg, Wayne State	26:52.18 (38)
47. Brianna Johansen, Minnesota-Morris	27:07.47 (39)
48. Diane Nelson, Minnesota State	27:09.08 (40)
49. Betsy Gahan, Wayne State	27:16.39 (41)
50. Emily Velde, Winona State	27:31.77
51. Kerry Plath, Minnesota State Moorhead	27:42.59 (42)
52. Jessica Gertz, Concordia-St. Paul	27:57.07 (43)
53. Sarah Johnson, Concordia-St. Paul	27:57.96 (44)
54. Thea Heimerl, Winona State	28:11.63
55. Lisa Charboneau, Northern State	28:15.42 (45)
56. Deb Rueb, Northern State	28:22.76 (46)
57. Katie Dipple, Bemidji State	29:25.16
58. Jillian Kinzer, Wayne State	29:47.85 (47)
59. Erin Dries, Northern State	31:00.37 (48)

NSIC Women's Coach of the Year: John Fulkrod, Minnesota Duluth

2001 NSIC WOMEN'S CHAMPIONSHIPS

Site: Morris, Minnesota

Team Standings	Points
1. Minnesota Duluth	31
2. Winona State	71
3. Northern State	109
4. Wayne State	125
5. Bemidji State	129
6. Concordia-St. Paul	130
7. Minnesota State Moorhead	143
8. Minnesota-Morris	202

Individual Results (Top 10 All-Conference)

	Time (Score)
1. Tammy Stang, Minnesota Duluth	21:59.00 (1)
2. Kristin Peterson, Northern State	23:00.39 (2)
3. Sarah Pollema, Minnesota Duluth	23:12.56 (3)
4. Darr Nickerson, Wayne State	23:18.53 (4)
5. Sarah Keiser, Concordia-St. Paul	23:19.70 (5)
6. Jill Sullivan, Minnesota Duluth	23:19.94 (6)
7. Janet Brownawell, Concordia-St. Paul	23:23.43 (7)
8. Melissa Meyer, Winona State	23:25.35 (8)
9. Heather Smith, MSU Moorhead	23:30.34 (9)
10. Heidi Fisher, Minnesota Duluth	23:31.88 (10)
11. Michelle Erickson, Minnesota Duluth	23:33.99 (11)
12. Cindy Peacock, Minnesota Duluth	23:40.57 (12)
13. Samantha Runde, Winona State	23:45.94 (13)
14. Karry Tiernay, Minnesota Duluth	23:47.24 (14)
15. JuLee Burt, Winona State	23:47.90 (15)
16. Devon Dannen, Minnesota Duluth	23:54.30
17. Julia Conkel, Minnesota Duluth	24:06.92
18. Martha Miltich, Bemidji State	24:07.44 (16)
19. Katrina Weyland, Winona State	24:08.62 (17)
20. Amelia Soto, Winona State	24:09.94 (18)
21. Sheri Licht, Winona State	24:10.31 (19)
22. Megan Walker, Minnesota Duluth	24:11.42
23. Laurie Deck, Wayne State	24:16.05 (20)
24. Liz Koenig, Northern State	24:20.58 (21)
25. April Sachau, Wayne State	24:23.83 (22)
26. Janell Rook, Bemidji State	24:24.59 (23)
27. Jessica Fox, Northern State	24:29.28 (24)
28. Mandy Dockendorf, Minnesota Duluth	24:42.62
29. Heidi Hebert, Winona State	24:49.01 (25)
30. Jamie Olson, Minnesota Duluth	24:50.33
31. Anna Naig, MSU Moorhead	24:52.19 (26)
32. Jackie Peterson, Northern State	24:56.01 (27)
33. Sarah Givot, Winona State	24:59.10
34. Jami Peterson, Bemidji State	25:00.72 (28)
35. Josi Muzquiz, Bemidji State	25:06.10 (29)
36. Sara Beier, Winona State	25:26.08
37. Tabatha Breyer, Winona State	25:29.22
38. Marsha Thoe, Concordia-St. Paul	25:48.15 (30)
39. Anne Skoglund, Minnesota-Morris	25:57.71 (31)
40. Kerri Larson, MSU Moorhead	26:03.14 (32)
41. Sarah Roley, Bemidji State	26:14.24 (33)
42. Katy Nagel, MSU Moorhead	26:16.93 (34)
43. Kayla Garry, Northern State	26:24.80 (35)
44. Jackie Reese, Wayne State	26:29.50 (36)
45. Alyssa Siegfried, Northern State	26:29.72 (37)
46. Kelly Bierwerth, Minnesota-Morris	26:30.45 (38)
47. Sarah Johnson, Concordia-St. Paul	26:30.80 (39)
48. Sara Edenhofer, Winona State	26:35.15
49. Erin Witzmann, Minnesota-Morris	26:36.99 (40)
50. Molly Reque, Bemidji State	26:51.67 (41)
51. Diane Nelson, MSU Moorhead	27:09.44 (42)
52. Audrey Emanuel, Wayne State	27:19.41 (43)
53. Janel Budenski, Bemidji State	27:23.06 (44)
54. Camille Flanders, Minnesota-Morris	27:36.10 (45)
55. Kerry Plath, MSU Moorhead	27:44.28 (46)
56. Lisa Charboneau, Northern State	28:00.22 (47)
57. Jennie O'Doan, Northern State	28:09.77
58. Nora Mogck, Minnesota-Morris	29:01.44 (48)
59. Natalie Stoming, Concordia-St. Paul	33:00.03 (49)

2000 NSIC WOMEN'S CHAMPIONSHIPS

Site: Aberdeen, South Dakota

Team Standings	Points	Time
1. Minnesota Duluth	26	
2. Concordia-St. Paul	83	
3. Northern State	90	
4. Winona State	97	
5. Wayne State	139	
6. Bemidji State	150	
7. Minnesota-Morris	151	
8. Minnesota State Moorhead	185	
Individual Results (Top 10 All-Conference)		Time
1. Tammy Stang, Minnesota Duluth		23:03
2. Kristin Peterson, Northern State		23:51
3. Darr Nickerson, Wayne State		24:23
4. Jill Sullivan, Minnesota Duluth		24:33
5. Jodi Werman, Concordia-St. Paul		24:40
6. Andrea Thompson, Minnesota Duluth		24:44
7. Devon Dannen, Minnesota Duluth		24:45
8. Mandy Dockendorf, Minnesota Duluth		24:47
9. Samantha Runde, Winona State		24:51
10. Kymberlie Zhao, Concordia-St. Paul		25:04

1999 NSIC WOMEN'S CHAMPIONSHIPS

Site: Winona, Minnesota

Team Standings	Points	Time
1. Minnesota Duluth	21	
2. Moorhead State	58	
3. Winona State	100	
4. Wayne State	107	
5. Bemidji State	120	
6. Minnesota-Morris	164	
7. Concordia-St. Paul	189	
8. Northern State	197	
Individual Results (Top 10 All-Conference)		Time
1. Katie Huntley, Minnesota Duluth		22:46
2. Tammy Stang, Minnesota Duluth		23:26
3. Kathleen Bahe, Moorhead State		23:49
4. Lori Schmidt, Minnesota Duluth		24:01
5. Steph Jenson, Minnesota Duluth		24:27
6. Darr Nickerson, Wayne State		24:31
7. Marsha Krienke, Wayne State		24:36
8. Angela Lofthus, Moorhead State		24:38
9. Jackie Hjelden, Minnesota Duluth		24:39
10. Stacey Anderson, Minnesota Duluth		24:39

1998 NSIC WOMEN'S CHAMPIONSHIPS

Site: Moorhead, Minnesota

Team Standings	Points	Time
1. Minnesota Duluth	29	
2. Minnesota State Moorhead	87	
2. Northern State	87	
4. Winona State	91	
4. Wayne State	91	
6. Bemidji State	123	
7. University of Minnesota-Morris	134	
Individual Results (Top 10 All-Conference)		Time
1. Katie Huntley, Minnesota Duluth		18:38
2. Holly Schumacher, Northern State		19:14
3. Sarah Lindeman, Minnesota Duluth		19:18
4. Kari Jacobson, Minnesota-Morris		19:22
5. Julie Huss, Northern State		19:25
6. Karen Johnson, Minnesota Duluth		19:32
7. Kandi Brick, Bemidji State		19:38
8. Tammy Stang, Minnesota Duluth		19:46
9. Aaron Clark, Moorhead State		19:52
10. Angie Loftus, Moorhead State		19:54
11. Sarah Bolgren, Minnesota Duluth		19:58
12. Brandy Griffith, Minnesota Duluth		20:00

1997 NSIC WOMEN'S CHAMPIONSHIPS

Site: Duluth, Minnesota

Team Standings	Points	Time
1. Minnesota Duluth	15	
2. Bemidji State	76	
3. Winona State	80	
4. Northern State	93	
5. Moorhead State	102	
6. Minnesota-Morris	166	
Individual Results (Top 10 All-Conference)		Time
1. Brandy Griffith, Minnesota Duluth		19:34.4
2. Jaime Miller, Minnesota Duluth		19:49.9
3. Lori Scharpen, Minnesota Duluth		19:55.7
4. Sarah Lindeman, Minnesota Duluth		19:58.9
5. Katie Huntley, Minnesota Duluth		20:10.1
6. Kandi Brick, Bemidji State		20:18.3
7. Leah Polzine, Bemidji State		20:20.0
8. Amanda Clerc, Minnesota Duluth		20:24.8
9. Julie Huss, Northern State		20:29.5
10. Laura Freiburger, Minnesota Duluth		20:38.2
11. Holly Schumacher, Northern State		20:41.7
12. Sarah Bolgren, Minnesota Duluth		20:42.5

1996 NSIC WOMEN'S CHAMPIONSHIPS

Site: NA

Team Standings	Points
1. Minnesota Duluth	

1995 NSIC WOMEN'S CHAMPIONSHIPS

Site: NA

Team Standings	Points	Time
1. Minnesota Duluth	23	
2. Northern State	42	
3. Moorhead State	86	
4. Bemidji State	95	
5. Winona State	114	
Individual Results (Top 10 All-Conference)		Time
1. Jessica Faith, Moorhead State		17:49
2. Karen Walczak, Minnesota Duluth		18:19
3. Laura Freiburger, Minnesota Duluth		18:20
4. Jaime Miller, Minnesota Duluth		19:01
5. Amy Van Dyke, Northern State		19:02
5. Brandy Griffith, Minnesota Duluth		19:02
7. Jamie Feichtner, Northern State		19:12
8. Bonnie Stock, Minnesota Duluth		19:16
9. Kris Pipal, Northern State		19:29
10. Nicole Lewno, Northern State		19:32
11. Julie Huss, Northern State		19:33
12. Amanda Clerc, Minnesota Duluth		19:39