

2013 WOMEN'S TRACK AND FIELD IN REVIEW

CAA Championship Results (May 3 & 4, 2013 at Towson)

William & Mary 154.5, Delaware 141.5, James Madison 127, UNCW 127, Northeastern 89, Towson 61 (George Mason was not eligible for team championship)

Outstanding Performer Track Events: Victoria Caruso, Delaware

Outstanding Performers Field Events: Natalie Baird, William & Mary and Amira Idris, Delaware

Athlete of the Year

Elaina Balouris, William & Mary

Coach of the Year

Stephen Walsh, William & Mary

Rookie of the Year

Emily Stites, William & Mary

Individual Champions

Heptathlon: Nicole Genard, Northeastern - 4,815 points

Pole Vault: Jasmine Moser, George Mason - 3.96m (12'11.75")

Hammer Throw: Natalie Baird, William & Mary - 49.09m (161'1")

Long Jump: Nia Howard, Northeastern - 5.91m (19'4.75")

Triple Jump: Amira Idris, Delaware - 12.52m (41'1")

Shot Put: Rochelle Evans, William & Mary - 13.82m (45'4.25")

Discus: Clarissa Perkins, UNCW - 45.03m (147'9")

Javelin: Katie Johnston, William & Mary - 43.82m (143'9")

High Jump: Evan Campbell, Towson - 1.66m (5'5.25")

100 Meter Dash: Maleena Reid, UNCW - 11.66

200 Meter Dash: Victoria Caruso, Delaware - 23.74

400 Meter Dash: Cierra McGee, George Mason - 53.40

800 Meter Run: Jocelyn Hubbard, Northeastern - 2:10.39

1,500 Meter Run: Katie Harman, James Madison - 4:27.19

100 Meter Hurdles: Latoya James, Delaware - 13.60

400 Meter Hurdles: Taylor Wheaton, George Mason - 58.62 (**Meet Record**)

3,000 Meter Steeplechase: Erin Lopresti, James Madison - 10:55.87

5,000 Meter Run: Meghan McGovern, William & Mary - 16:34.1 (**Meet Record**)

10,000 Meter Run: Emily Stites, William & Mary - 34:15.49 (**Meet Record**)

4x100 Meter Relay: George Mason (Aneesha Scott, Cierra McGee, Katea Jemmott, Shavon Briscoe) - 46.13

4x400 Meter Relay: Delaware (Victoria Caruso, Nijah Dupiche, Chelsi Campbell, Toresha Foster) - 3:43.75

NCAA Track and Field Championships:

Elaina Balouris, William & Mary - 10,000m - 10th - 34:13.53 - **2nd team All-America**

Emily Stites, William & Mary - 5,000m - 10th - 16:08.89 - **2nd team All-America**

George Mason (Daianna Barron, Dominique Graham, Cierra McGee, Taylor Wheaton) - 4x400 Relay - 12th - 3:35.04 - **2nd team All-America**

PAST CAA WOMEN'S TRACK AND FIELD CHAMPIONS

Year	Champion	Coach	Score	Runner-up	Score	Site
1990	George Mason	Norm Gordon	207	William & Mary	142	James Madison
1991	George Mason	Norm Gordon	212	James Madison	141	George Mason
1992	George Mason	Norm Gordon	261	James Madison	125	James Madison
1993	George Mason	Norm Gordon	191	William & Mary	171	UNCW
1994	George Mason	Norm Gordon	112	East Carolina	51.5	William & Mary
1995	George Mason	Norm Gordon	137	East Carolina	50	George Mason
1996	George Mason	Norm Gordon	219	East Carolina	99	James Madison
1997	George Mason	Norm Gordon	166	East Carolina	112	UNCW
1998	George Mason	Norm Gordon	179	William & Mary	123	William & Mary
1999	William & Mary	Pat Van Rossum	162	George Mason	148	George Mason
2000	East Carolina	Matt Munson	198	William & Mary	196.5	VCU
2001	William & Mary	Pat Van Rossum	186	George Mason	128	VCU
2002	William & Mary	Pat Van Rossum	197.5	George Mason	187	VCU
2003	William & Mary	Pat Van Rossum	241.5	George Mason	175	VCU
2004	William & Mary	Pat Van Rossum	196	George Mason	195	VCU
2005	William & Mary	Kathy Newberry	218	VCU	163	George Mason
2006	William & Mary	Kathy Newberry	174.5	Northeastern	129.5	VCU
2007	Northeastern	Sherman Hart	163	William & Mary	156	James Madison
2008	William & Mary	Kathy Newberry	162	Northeastern	122.5	William & Mary
2009	William & Mary	Kathy Newberry	181	UNCW	122	Towson
2010	William & Mary	Kathy Newberry	143	George Mason	132.83	George Mason
2011	Georgia State	Eric Campbell	133	George Mason	105	VCU
2012	James Madison	Ta' Frias	132	VCU	126.5	George Mason
2013	William & Mary	Stephen Walsh	154.5	Delaware	141.5	Towson

Past CAA Championships

1990 Championship (April 14 at James Madison)

George Mason 207, William & Mary 142, James Madison 104, East Carolina 93, UNCW 35

Athlete of the Year

Kim Baumbach, W&M

Coach of the Year

Norm Gordon, Mason

1991 Championship (April 13 at George Mason)

George Mason 212, James Madison 141, William & Mary 115, East Carolina 56, Richmond 32, UNCW 30

Athlete of the Year

Juli Speights, JMU

Coach of the Year

Norm Gordon, Mason

1992 Championship (April 11 at James Madison)

George Mason 261, James Madison 125, William & Mary 80, East Carolina 47, Richmond 37, UNCW 32, Old Dominion 4

Athlete of the Year

Diane Guthrie, Mason

Coach of the Year

Norm Gordon, Mason

1993 Championship (April 10 at UNCW)

George Mason 191, William & Mary 171, James Madison 81, East Carolina 52, Richmond 43, UNCW 40, Old Dominion 1

Athlete of the Meet

Susan Moats, Mason

Athlete of the Year

Susan Moats, Mason

Coach of the Year

Norm Gordon, Mason

1994 Championship (April 16 at William & Mary)

George Mason 112, East Carolina 51.5, William & Mary 51, James Madison 31.5, UNCW 17, Richmond 6

Athlete of the Meet

Lisa Rayner, W&M

Athlete of the Year

Diane Guthrie, Mason

Coach of the Year

Norm Gordon, Mason

Rookie of the Year

Kim Baldwin, Mason

1995 Championship (April 15 at George Mason)

George Mason 137, East Carolina 50, William & Mary 36, UNCW 29, James Madison 26, Richmond 4, Old Dominion 0

Athlete of the Meet

Patrice Smothers, Mason

Athlete of the Year

Diane Guthrie-Gresham, Mason

Coach of the Year

Norm Gordon, Mason

Rookie of the Year

Vera InanCSI, Mason

1996 Championship (April 20-21 at James Madison)

George Mason 219, East Carolina 99, UNCW 76.5, James Madison 66, William & Mary 46.5, Richmond 25, VCU 25, Old Dominion 0

Athlete of the Meet

Tamika Powell, Mason

Athlete of the Year

Tamika Powell, Mason

Coach of the Year

Choo Justice, ECU

Co-Rookies of the YearAmina Amaddah, Mason
Suzanne Bellamy, ECU**1997 Championship (April 18-19 at UNCW)**

George Mason 166, East Carolina 112, UNCW 95, William & Mary 84, James Madison 72, VCU 19, Richmond 10

Athlete of the Meet

Tamika Powell, Mason

Athlete of the Year

Tamika Powell, Mason

Coach of the Year

Choo Justice, ECU

Rookie of the Year

Rascheca Barrow, ECU

1998 Championship (April 17-18 at William & Mary)

George Mason 179, William & Mary 123, UNCW 99, James Madison 80, East Carolina 54, VCU 36, Richmond 17

Athlete of the Meet

Angie Brown, Mason

Athlete of the Year

Angie Brown, Mason

Coach of the Year

Norm Gordon, Mason

Rookie of the Year

Keisha Banks, JMU

1999 Championship (April 16-17 at George Mason University)

William & Mary 162, George Mason 148, East Carolina 107, VCU 69, UNCW 55, James Madison 41, Richmond 31

Athlete of the Meet

Michelle Clayton, ECU

Athlete of the Year

Maria-Elena Calle, VCU

Coach of the Year

Pat Van Rossum, W&M

Rookie of the Year

Janelle Billingslea, Mason

2000 Championship (April 21-22 at VCU)

East Carolina 198, William & Mary 196.5, UNCW 146, VCU 107, James Madison 88, Richmond 41.5, American 11, ODU 10

Athlete of the Meet

Seun Augustus, JMU

Athlete of the Year

Maria-Elena Calle, VCU

Coach of the Year

Matt Munson, ECU

Rookie of the Year

Lora Meekins, W&M

2001 Championship (April 20-22 at VCU)

William & Mary 186, George Mason 128, James Madison 122, UNCW 109, VCU 85, Old Dominion 13

Athlete of the Meet

Emily Furia, W&M

Athlete of the Year

Emily Furia, W&M

Coach of the Year

Pat Van Rossum, W&M

Rookie of the Year

LaToya Phillips, Mason

2002 Championship (April 19-20 at VCU)

William & Mary 197.5, George Mason 187, UNCW 116.5, James Madison 108, Delaware 95.5, VCU 84, Towson 28.5

Athlete of the Meet

LaToya Phillips, Mason

Athlete of the Year

Mollie DeFrancesco, JMU

Coach of the Year

Pat Van Rossum, W&M

Rookie of the Year

Tysha Colon, Mason

2003 Championship (April 18-19 at VCU)

William & Mary 241.5, George Mason 175, VCU 121, UNCW 87.5, James Madison 78, Delaware 68.5, Towson 40.5

Athlete of the Meet

Ali Henderson, W&M

Athlete of the Year

Ali Henderson, W&M

Coach of the Year

Pat Van Rossum, W&M

Rookie of the Year

Tanika Brown, VCU

2004 Championship (April 16-17 at VCU)

William & Mary 196, George Mason 195, UNCW 121, James Madison 100, VCU 70, Delaware 68, Towson 67

Athlete of the Meet

Alyce Williams, Mason

Athlete of the Year

Alyce Williams, Mason

Coach of the Year

Pat Van Rossum, W&M

Rookie of the Year

Anna Raynor, UNCW

2005 Championship (April 22-23 at George Mason)

William & Mary 218, VCU 163, UNCW 162, James Madison 83, Towson 76, George Mason 72, Delaware 41

Athlete of the Meet

Cheri Manning, VCU

Athlete of the Year

Anna Raynor, UNCW

Coach of the Year

Dena Reif, VCU

Rookie of the Year

Fiana York, Mason

2006 Championship (April 20-22 at VCU)

William & Mary 174.5, Northeastern 129.5, UNCW 119.5, James Madison 112, George Mason 75.5, Georgia State 74, VCU 53, Delaware 41, Towson 37

Athlete of the Meet

Murielle Ahoure, Mason

Athlete of the Year

Anna Raynor, UNCW

Coach of the Year

Kathy Newberry, W&M

Rookie of the Year

Murielle Ahoure, Mason

2007 Championship (April 20-21 at James Madison)

Northeastern 163, William & Mary 156, Georgia State 116, UNCW 102, James Madison 98, George Mason 64, Delaware 57, Towson 44, VCU 19

Co-Outstanding Meet Performers Running Events: Murielle Ahoure, Mason and Tramaine Shaw, NU

Outstanding Meet Performer Field Events: Zara Northover, NU

Co-Athletes of the Year

Murielle Ahoure, Mason

Anna Raynor, UNCW

Coach of the Year

Sherman Hart, NU

Rookie of the Year

Tiara Swindell, Mason

2008 Championship (April 18-19 at William & Mary)

William & Mary 162, Northeastern 122.5, James Madison 116, Georgia State 97, George Mason 85, UNCW 80, Delaware 74.5, Towson 53, VCU 28

Outstanding Meet Performer Running Events: Murielle Ahoure, Mason

Outstanding Meet Performer Field Events: Ryann Hendricks, Mason

Athlete of the Year

Emily Anderson, W&M

Coach of the Year

Kathy Newberry, W&M

Rookie of the Year

Betsy Graney, W&M

2009 Championship (April 17-18 at Towson)

William & Mary 181, UNCW 122, Georgia State 120, Northeastern 119.5, George Mason 76.5, Delaware 62, James Madison 57.5, Towson 44.5, VCU 36

Outstanding Meet Performer Running Events: Emily Anderson, W&M

Co-Outstanding Meet Performers Field Events: Ryann Hendricks, Mason and Jaraea Shepherd, UNCW

Athlete of the Year

Emily Anderson, W&M

Coach of the Year

Kathy Newberry, W&M

Co-Rookies of the Year

Natalie Baird, W&M and Brandy Swann, Georgia State

2010 Championship (April 30 - May 1 at George Mason)

William & Mary 143, George Mason 132.83, Towson 99.67, VCU 93.83, Georgia State 93, Northeastern 90, Delaware 65.33, UNCW 53.67, James Madison 47.67

Co-Outstanding Performers Running Events: Ashley Adams, Towson, and Tamika Kinchen, GSU

Outstanding Performer Field Events: Grace Mavugara, Mason

Co-Athletes of the Year

Ashley Adams, Towson

Tiara Swindell, Mason

Coach of the Year

Kathy Newberry, W&M

Rookie of the Year

Victoria Caruso, Delaware

2011 Championship (May 6 & 7 at VCU)

Georgia State 133, George Mason 105, Northeastern 100.5, James Madison 98, Delaware 96, UNCW 81.5, VCU 79.5, William & Mary 61, Towson 60.5

Outstanding Performer Track Events: Quina Fortune, VCU
Outstanding Performer Field Events: Yolanda Berryhill, GSU

Athlete of the Year
Quina Fortune, VCU

Coach of the Year
Eric Campbell, GSU

Rookie of the Year
Tamara Moore, GSU

2012 Championship (May 4 & 5 at George Mason)

James Madison 132, VCU 126.5, Georgia State 122, George Mason 98.5, Delaware 96, UNCW 68, Towson 60.5, William & Mary 57.5, Northeastern 57

Outstanding Performer Track Events: Tamara Moore, GSU
Outstanding Performer Field Events: Jaleesa Williams, VCU & Mandissa Marshall, Mason

Athlete of the Year
Mandissa Marshall, Mason

Coach of the Year
Ta' Frias, James Madison

Rookie of the Year
Kiara Porter, VCU

2013 Championship (May 3 & 4 at Towson)

William & Mary 154.5, Delaware 141.5, James Madison 127, UNCW 127, Northeastern 89, Towson 61 (George Mason was not eligible for team championship)

Outstanding Performer Track Events: Victoria Caruso, Delaware
Outstanding Performer Field Events: Natalie Baird, William & Mary and Amira Idris, Delaware

Athlete of the Year
Elaina Balouris, W&M

Coach of the Year
Stephen Walsh, W&M

Rookie of the Year
Emily Stites, W&M

All-Time Individual Champions (* = meet record)

A meet record cannot exceed a 2 meter per second wind factor. To convert hand time to FAT add 0.24 seconds.

Discus

1990	Shirl Dorsey, Mason	132-8
1991	Susan Ferrel, JMU	132-8
1992	Susan Ferrel, JMU	134-1
1993	Susan Moats, Mason	143-11
1994	Tamika Powell, Mason	145-6
1995	Tamika Powell, Mason	159-8
1996	Tamika Powell, Mason	158-5
1997	Tamika Powell, Mason	165-2*
1998	Conceita Simmons, UNCW	145-2
1999	Michelle Clayton, ECU	141-1
2000	Michelle Guidici, UNCW	140-8 (42.88m)
2001	Jolinda Smithson, VCU	131-10.5 (40.19m)
2002	Michelle Guidici, UNCW	149-5 (5.57m)
2003	Michelle Guidici, UNCW	138-5 (42.18m)
2004	Jennifer Showker, W&M	121-9 (37.12m)
2005	Megan Young, UNCW	137-9 (42.00m)
2006	Jennifer Showker, W&M	131-2 (39.99m)
2007	Zara Northover, NU	145-6 (44.34m)
2008	Yolanda Berryhill, GSU	141-5 (43.10m)
2009	Jaraea Shepherd, UNCW	146-2 (44.55m)
2010	Natalie Baird, W&M	149-7 (45.59m)
2011	Yolanda Berryhill, GSU	160-0 (48.78m)
2012	Jaleesa Williams, VCU	160-9 (49.01m)
2013	Clarissa Perkins, UNCW	147-9 (45.03m)

Hammer Throw

1990	Shirl Dorsey, Mason	155-11
1991	Shirl Dorsey, Mason	134-10
1992	Susan Moats, Mason	146-0
1993	Susan Moats, Mason	155-10
1994	Christine Williams, Mason	143-7
1995	Tamika Powell, Mason	170-1
1996	Tamika Powell, Mason	184-6
1997	Tamika Powell, Mason	179-5
1998	Conceita Simmons, UNCW	156-11
1999	Michelle Clayton, ECU	187-6
2000	Kellie Gordon, W&M	149-11 (45.70m)
2001	Michelle Guidici, UNCW	155-7 (47.42m)
2002	Michelle Guidici, UNCW	166-5 (50.77m)
2003	Michelle Guidici, UNCW	164-8 (50.20m)
2004	Ashley McLellan, UNCW	156-5 (47.68m)
2005	Ashley McLellan, UNCW	157-2 (47.91m)
2006	Ashley McClellan, UNCW	163-11 (49.97m)
2007	Zara Northover, NU	157-5 (47.99m)
2008	Abby Lemon, W&M	175-0 (53.34m)
2009	Jaraea Shepherd, UNCW	163-1 (49.70m)
2010	Althea Charles, NU	179-6 (54.73m)
2011	Althea Charles, NU	191-5 (58.36m)*
2012	Julia Westover, NU	178-0 (54.27m)
2013	Natalie Baird, W&M	161-1 (49.09m)

Javelin

1990	Audra Corson, Mason	125-0
1991	Diane Guthrie, Mason	112-2
1992	Diane Guthrie, Mason	134-1
1993	Ina Nicosia, UR	109-2
1994	Diane Guthrie, Mason	132-10
1995	Vera Inancsi, Mason	146-1
1996	Lisa Cronin, W&M	128-11
1997	Lisa Wright, Mason	147-08
1998	Ailene Ganley, UNCW	127-10
1999	Lyndsey Paul, W&M	125-1
2000	Sarah Mergenthaler, UR	125-2 (38.16m)
2001	Sarah Mergenthaler, UR	134-2 (40.90m)
2002	Christie Schreckengost, UNCW	131-2 (40.01m)
2003	Christie Schreckengost, UNCW	136-0 (41.46m)
2004	Christie Schreckengost, UNCW	145-6 (44.36m)
2005	Anna Raynor, UNCW	155-9 (47.48m)
2006	Anna Raynor, UNCW	170-1 (51.85m)*
2007	Anna Raynor, UNCW	160-10 (49.02m)
2008	Kelly Robinson, Towson	142-7 (43.45m)
2009	Nancy Rowe, NU	138-1 (42.09m)
2010	Jillian Seamon, Delaware	131-11 (40.21m)
2011	Jillian Seamon, Delaware	134-9 (41.07m)
2012	Kelsey Reese, Mason	145-1 (44.22m)
2013	Katie Johnston, W&M	143-9 (43.82m)

High Jump

1990	Danielle Legendre, JMU	5-6
1991	Diane Guthrie, Mason	5-6
1992	Diane Guthrie, Mason	6-2.5*
1993	Sarah Castleberry, Mason	5-0.25
1994	Lisa Rayner, W&M	5-10
1995	Diana Guthrie Gresham, Mason	5-8
1996	Sandra Teel, ECU	5-7.25
1997	Lisa Wright, Mason	5-6.50
1998	Emily Rakes, UNCW	5-6.50
1999	Gabrielle Deshong, VCU	5-6.50
2000	Colleen McGinn, ECU	5-6.50 (1.69m)
2001	Angela Taliaferro,, W&M	5-3.50 (1.61m)
2002	Anne Larmore, W&M	5-4 (1.65m)
2003	Tanika Brown, VCU	5-7 (1.70m)
2004	Debbie Martin, UNCW	5-8 (1.73m)
2005	Tanika Brown, VCU	5-10.75 (1.80m)
2006	Tanika Brown, VCU	5-8.75 (1.75m)
2007	Laura Passalacqua, Towson	5-8 (1.73m)
2008	Laura Passalacqua, Towson	5-7 (1.70m)
2009	Aisha Jones, UNCW	5-7 (1.70m)
2010	Brittany Martin, NU	5-5 (1.65m)
2011	Shaquita Young, GSU	5-7.25 (1.71m)
2012	Danyelle Kent-Robinson, JMU	5-7 (1.70m)
2013	Evan Campbell, Towson	5-5.25 (1.66m)

Triple Jump

1990	Chandra Cooper, ECU	36-7.75
1991	Karen Pittman, Mason	38-3.25
1992	Tiombe Hurd, JMU	42-2.75*
1993	Tiombe Hurd, JMU	41-3.75
1994	Tiombe Hurd, JMU	41-5.25
1995	Tiombe Hurd, JMU	41-11.25
1996	Lave Wilson, ECU	40-4.75
1997	Theresa Jones, Mason	40-11.75
1998	Angie Brown, Mason	39-10.75
1999	Angie Brown, Mason	40-2
2000	Victoria Smith, UNCW	37-8.5 (11.49m)
2001	Lauren Chesnut, Mason	41-1 (12.52m)
2002	LaToya Phillips, Mason	40-5 (12.37m)
2003	Lissy Dean, Delaware	37-6.75 (11.45m)
2004	Alyce Williams, Mason	43-1.75(13.15m)*
2005	Yvette Simmons, VCU	38-4.75 (11.70m)
2006	Adrienne Mayo, JMU	38-9.75 (11.83m)
2007	Ryann Hendricks, Mason	40-5.5 (12.33m)
2008	Ryann Hendricks, Mason	40-11.5 (12.48m)
2009	Ryann Hendricks, Mason	41-6.5 (12.66m)
2010	Grace Mavugara, Mason	41-6.5 (12.66m)
2011	Angelia Nugent, GSU	40-7 (12.37m)
2012	Angelia Nugent, GSU	41-1.75 (12.54m)
2013	Amira Idris, Delaware	41-1 (12.52m)

Shot Put

1990	Shirl Dorsey, Mason	44-2.50
1991	Shirl Dorsey, Mason	45-10
1992	Susan Moats, Mason	43-11.25
1993	Susan Moats, Mason	45-5.75
1994	Christine Williams, Mason	44-10.75
1995	Christine Williams, Mason	46-11.50
1996	Tamika Powell, Mason	44-4.25
1997	Tamika Powell, Mason	44-08.25
1998	Dania Douglas, W&M	41-3.50
1999	Michelle Clayton, ECU	45-9.25
2000	Crystal Frye, ECU	43-6 (13.26m)
2001	Haven Davis, W&M	44-10.25 (13.67m)
2002	Ayanna Jones, W&M	43-3 (13.20m)
2003	Cassidy Harris, W&M	45-4.50 (13.83m)
2004	Cassidy Harris, W&M	44-4 (13.51m)
2005	Ayanna Jones, W&M	46-4 (14.12m)
2006	Zara Northover, NU	51-7.75 (15.74m)
2007	Zara Northover, NU	53-2.25 (16.21m)*
2008	Carly Morse, W&M	45-3.75 (13.81m)
2009	Ashley Williams, W&M	44-7 (13.59m)
2010	Ashley Williams, W&M	47-0.25 (14.33m)
2011	Yolanda Berryhill, GSU	45-10 (13.97m)
2012	Jaleesa Williams, VCU	47-10 (14.58m)
2013	Rochelle Evans, W&M	45-4.25 (13.82m)

Long Jump

1990	Kim Baumbach, W&M	18-5.25 (WA)
1991	Diane Guthrie, Mason	19-3.75
1992	Diane Guthrie, Mason	22-3*
1993	Tamara Cuffee, Mason	19-6.75
1994	Diane Guthrie, Mason	20-7
1995	Diane Guthrie Gresham, Mason	21-8.75
1996	Hitomi Takamatsu, Mason	21-4.75
1997	Lave Wilson, ECU	19-2
1998	Angie Brown, Mason	20-1
1999	Angie Brown, Mason	21-5.25
2000	Seun Augustus, JMU	21-0.75 (6.42m)
2001	Julee Wilson, UR	20-1 (6.12m)
2002	LaToya Phillips, Mason	20-5 (6.25m)
2003	Kim Morgan, Mason	18-9.75 (5.73m)
2004	Alyce Williams, Mason	18-5.75 (5.63m)
2005	Sheemeca Berkley, VCU	18-10 (5.74m)
2006	Tramaine Shaw, Northeastern	19-4.75 (5.91m)
2007	Tramaine Shaw, Northeastern	19-11.75 (6.09m)
2008	Ryann Hendricks, Mason	19-6.75 (5.96m)
2009	Verniece Johnson, VCU	20-3.5 (6.18m)
2010	Grace Mavugara, Mason	19-7.5 (5.98m)
2011	Angelia Nugent, GSU	19-10.75 (6.06m)
2012	Marissa McDonald, JMU	19-9.5 (6.03m)
2013	Nia Howard, Northeastern	19-4.75 (5.91m)

100 Meters

1990	Cathy Beck, JMU	11.72 (WA 5.74 mps)
1991	Cathy Beck, JMU	11.9
1992	Danita Roseboro, ECU	12.14
1993	Tamara Cuffee, Mason	11.7
1994	Kim Baldwin, Mason	11.88
1995	Patrice Smothers, Mason	11.78
1996	Carla Powell, ECU	12.03
1997	Rasheca Barrow, ECU	12.05
1998	Saran Patterson, Mason	11.81
1999	Cydonie Mothersill, Mason	11.65
2000	Rasheca Barrow, ECU	11.76
2001	Katrina Cromwell, VCU	12.51
2002	Tysha Colon, Mason	11.95
2003	Tysha Colon, Mason	11.97
2004	Alicia Lowery, Mason	11.99
2005	Fatima Shuler, UNCW	11.93
2006	Murielle Ahoure, Mason	11.98
2007	Murielle Ahoure, Mason	11.72
2008	Murielle Ahoure, Mason	11.64
2009	Porshe Giddings, NU	11.57*
2010	Kendra Lafleur, GSU	11.75
2011	Quina Fortune, VCU	11.57*
2012	Jordan Simmons, JMU	11.83
2013	Maleena Reid, UNCW	11.66

200 Meters

1990	Vanessa Smith, ECU	24.39 (WA)
1991	Cathy Beck, JMU	25.12
1992	Danita Roseboro, ECU	24.60
1993	Danita Roseboro, ECU	23.80
1994	Kim Baldwin, Mason	24.11
1995	Patrice Smothers, Mason	23.97
1996	Janelle Johnson, Mason	23.95
1997	Kim Baldwin, Mason	24.20
1998	Saran Patterson, Mason	24.53
1999	Cydonie Mothersill, Mason	24.05
2000	Rasheca Barrow, ECU	24.60
2001	Kimberly Morgan, Mason	25.03
2002	Tysha Colon, Mason	24.80
2003	Shaunette Davey, VCU	24.29
2004	Alycia Williams, Mason	24.98
2005	Cheri Manning, VCU	24.77
2006	Murielle Ahoure, Mason	23.92
2007	Murielle Ahoure, Mason	23.48*
2008	Murielle Ahoure, Mason	23.58
2009	Tanique Carter, JMU	23.69
2010	Cierra McGee, Mason	23.60
2011	Quina Fortune, VCU	23.77
2012	Victoria Caruso, Delaware	24.01
2013	Victoria Caruso, Delaware	23.74

400 Meters

1990	Sharon Allen, Mason	57.60
1991	Erica Bates, JMU	56.07
1992	Anya Mironova, Mason	54.98
1993	Nicole Delaine, UNCW	55.84
1994	Tonya Poole, Mason	56.70
1995	Janelle Johnson, Mason	55.04
1996	Janelle Johnson, Mason	54.81
1997	Michelle Ballentine, Mason	54.20
1998	Zakiya Haley, JMU	55.36
1999	Michelle Burgher, Mason	54.50
2000	Kiona Kirkpatrick, ECU	55.62
2001	Maria Thomas, JMU	56.88
2002	Sheena Davidson, Mason	55.11
2003	Sheena Davidson, Mason	54.78
2004	Sheena Davidson, Mason	53.57
2005	Cheri Manning, VCU	55.83
2006	Leslie Anderson, JMU	55.83
2007	Tiara Swindell, Mason	55.11
2008	Nicole Davis, GSU	55.66
2009	Brandy Swann, GSU	54.79
2010	Tiara Swindell, Mason	52.94*
2011	Victoria Caruso, Delaware	53.87
2012	Kiara Porter, VCU	53.24
2013	Cierra McGee, Mason	53.40

800 Meters

1990	Juli Speights, JMU	2:17.95
1991	Juli Speights, JMU	2:14.21
1992	Sonja Friend, W&M	2:13.14
1993	Sonja Friend, W&M	2:14.36
1994	Jill Baumgartner, JMU	2:12.39
1995	Staci Hubbard, Mason	2:15.45
1996	Staci Hubbard, Mason	2:09.42
1997	Samantha Bates, JMU	2:10.58
1998	Michelle Ballentine, Mason	2:09.12
1999	Tamika Coombs, Mason	2:10.58
2000	Keisha Banks, JMU	2:10.31
2001	Emily Furia, W&M	2:09.39
2002	Waynitra Thomas, JMU	2:12.61
2003	Sheena Goss, Mason	2:15.23
2004	Sheena Goss, Mason	2:14.30
2005	Fiana York, Mason	2:13.02
2006	Lydia Malley, W&M	2:12.11
2007	Denisha Bryant, GSU	2:09.88
2008	Allie Lewis, W&M	2:11.01
2009	Tamika Kinchen, GSU	2:10.90
2010	Tamika Kinchen, GSU	2:08.90*
2011	Seri Gordon, NU	2:13.52
2012	Annie Reiner, JMU	2:10.02
2013	Jocelyn Hubbard, Northeastern	2:10.39

1,500 Meters

1990	Lauretta Miller, Mason	4:37.51
1991	Juli Speights, JMU	4:36.62
1992	Juli Speights, JMU	4:28.43
1993	Janice Brown, W&M	4:31.80
1994	Marcie Homan, W&M	4:29.79
1995	Becky Patten, W&M	4:37.14
1996	Samantha Bates, JMU	4:30.00
1997	Samantha Bates, JMU	4:24.96*
1998	Amina Amaddah, Mason	4:25.16
1999	Maria-Elena Calle, VCU	4:27.64
2000	Emily Furia, W&M	4:26.96
2001	Emily Furia, W&M	4:30.52
2002	Sarah Burkett, JMU	4:32.51
2003	Lauren Heron, W&M	4:35.71
2004	Meghan Bishop, W&M	4:31.98
2005	Meghan Bishop, W&M	4:33.15
2006	Nelly Anderson, JMU	4:31.83
2007	Emily Anderson, W&M	4:33.83
2008	Meghan Burns, W&M	4:30.42
2009	Emily Anderson, W&M	4:26.54
2010	Tamika Kinchen, GSU	4:25.47
2011	Nao Ma, Mason	4:31.14
2012	Katie Harman, JMU	4:30.70
2013	Katie Harman, JMU	4:27.19

3,000 Meters/3,000 Steeplechase, from 2001-present

1990	Katie McCullough, W&M	9:56.58
1991	Janice Brown, W&M	10:02.85
1992	Janice Brown, W&M	9:34.75 *
1993	Janice Brown, W&M	9:43.46
1994	Marcie Homan, W&M	9:49.46
1995	Cybelle McFadden, W&M	10:00.04
1996	Diana Gillam, JMU	10:02.56
1997	Bethany Eigel, JMU	9:48.00
1998	Amina Amaddah, Mason	9:36.00
1999	Maria-Elena Calle, VCU	9:42.48
2000	Kathy Newberry, W&M	9:56.82
2001	Mollie DeFrancesco, JMU	10:35.82
2002	Mollie DeFrancesco, JMU	10:07.77*
2003	Ali Henderson, W&M	10:28.07
2004	Nelly Anderson, JMU	10:53.66
2005	Nelly Anderson, JMU	10:41.46
2006	Nelly Anderson, JMU	10:38.90
2007	Kate Willever, W&M	11:14.94
2008	Emily Arena, W&M	10:54.25
2009	Betsy Graney, W&M	10:50.07
2010	Kelly Jemison, JMU	11:02.18
2011	Betsy Graney, W&M	10:49.58
2012	Katharine Showalter, GSU	10:49.58
2013	Erin Lopresti, JMU	10:55.87

5,000 Meters

1990	Kim Saddic, Mason	18:52.87
1991	Silica Johnson, W&M	17:53.79
1992	Kim Saddic, Mason	16:50.69
1993	Amy Jackson, UNCW	17:35.66
1994	Dava Rhodes, ECU	17:20.97
1995	Claire Torchia, W&M	18:06.52
1996	Anderson Screws, UR	17:31.7
1997	Laurie Sturgell, W&M	17:16.50
1998	Jackie Kerr, W&M	17:24.66
1999	Claire Kelley, VCU	18:12.87
2000	Kathy Newberry, W&M	17:31.04
2001	Maria-Elena Calle, VCU	17:12.08
2002	Aimee Alexander, Delaware	17:33.49
2003	Ali Henderson, W&M	16:51.62
2004	Shannon Saunders, JMU	17:04.64
2005	Shannon Saunders, JMU	17:13.13
2006	Julia Cathcart, W&M	16:50.19
2007	Meghan Bishop, W&M	17:27.33
2008	Caitlin Price, GSU	16:50.28
2009	Emily Anderson, W&M	16:40.99
2010	Meghan Burns, W&M	16:41.03
2011	Alison Parris, JMU	16:44.22
2012	Katie Harman, JMU	17:22.32
2013	Meghan McGovern, W&M	16:34.10*

10,000 Meters

1990	Ann Marie Welch, ECU	37:32
1991	Karen Mathewson, UNCW	37:13.50
1992	Patricia Ritter, JMU	36:40.00
1993	Amy Jackson, UNCW	37:37.50
1994	Was not contested	
1995	Was not contested	
1996	Was not contested	
1997	Was not contested	
1998	Was not contested	
1999	Liz Hackenburg, UR	37:36.27
2000	Jaime Hunter, UNCW	37:18.89
2001	Kelly Baker, JMU	37:55.95
2002	Monica Marchetta, Delaware	39:20.47
2003	Katrina Menard, W&M	37:19.80
2004	Maura McMahan, W&M	38:11.68
2005	Dena Spickard, JMU	37:06.61
2006	Shannon Saunders, JMU	36:50.10
2007	Emily Gousen, W&M	36:04.05
2008	Emily Gousen, W&M	36:51.23
2009	Kristen Martin, NU	36:35.57
2010	Kathleen Casto, UNCW	35:43.56
2011	Katie Gorman, JMU	35:54.94
2012	Elaina Balouris, W&M	35:57.92
2013	Emily Stites, W&M	34:15.49*

100-Meter Hurdles

1990	Davida Walker, JMU	14.10 (WA 3.90 mps)
1991	Jackie Joiner, Mason	14.35
1992	Davida Walker, JMU	14.2
1993	Billie Hart, W&M	14.9
1994	Simone Garel, Mason	14.18 (WA 2.24 mps)
1995	Diane Guthrie-Gresham, Mason	14.69
1996	Renea Jordan, Mason	13.86
1997	Renea Jordan, Mason	13.73
1998	Renea Jordan, Mason	13.99
1999	Nyjala Littlejohn, Mason	14.28
2000	Alysia Barton, VCU	14.28
2001	LaToya Phillips, Mason	14.89
2002	LaToya Phillips, Mason	14.25
2003	Kara Snyder, W&M	14.51
2004	Mandy Stille, Delaware	14.42
2005	Pia Ruth, VCU	14.73
2006	Sheriee Willis, GSU	13.77
2007	Tramaine Shaw, NU	13.71
2008	Tramaine Shaw, NU	13.74
2009	Aisha Jones, UNCW	13.96
2010	Ashley Adams, Towson	13.66
2011	Tamara Moore, GSU	13.85
2012	Tamara Moore, GSU	13.58*
2013	Latoya James, Delaware	13.60

400-Meter Hurdles

1990	Kim Baumbach, W&M	1:03.66
1991	Jackie Joiner, Mason	1:02.93
1992	Stacy Rice, Mason	1:00.38
1993	Simone Garel, Mason	1:04.30
1994	Simone Garel, Mason	1:00.90
1995	Renea Jordan, Mason	1:01.69
1996	Renea Jordan, Mason	1:03.79
1997	Sara White, UNCW	1:02.50
1998	Michelle Burgher, Mason	1:01.68
1999	Michelle Burgher, Mason	1:00.27
2000	Ayana Coleman, ECU	1:00.35
2001	Tiffany Hall, JMU	1:01.57
2002	Tiffany Hall, JMU	1:02.16
2003	Tiffany Hall, JMU	1:01.03
2004	Tiffany Hall, JMU	1:00.06
2005	Andrea Scull, UNCW	1:03.37
2006	Sheriee Willis, GSU	1:01.31
2007	Tramaine Shaw, Northeastern	1:01.12
2008	Tramaine Shaw, Northeastern	59.88
2009	Jasmine Johnson, GSU	1:01.18
2010	Ashley Adams, Towson	59.92
2011	Danielle Hill, GSU	58.90
2012	Tamara Moore, GSU	1:00.12
2013	Taylor Wheaton, Mason	58.62*

Heptathlon

2001	Alarice Cesareo, W&M	4,254 points
2002	LaToya Phillips, Mason	4,399 points
2003	Alarice Cesareo, W&M	4,535 points
2004	Sarah McHale, W&M	4,040 points
2005	Bonnie Meekins, W&M	4,763 points
2006	Brenna Blevins, W&M	4,806 points
2007	Bonnie Meekins, W&M	5,192 points*
2008	Katie Guevel, W&M	5,158 points
2009	Katie Guevel, W&M	5,051 points
2010	Sable Otey, Mason	4,693 points
2011	Amanda Denger, Mason	4,617 points
2012	Amanda Denger, Mason	4,697 points
2013	Nicole Genard, Northeastern	4,815 points

Pole Vault

1998	Susan Larson, W&M	10-6
1999	Emily Green, W&M	3.21m
2000	Elizabeth Grooms, UNCW	3.30m
2001	Lisa Maliska, UNCW	2.90m
2002	Charlotte LaRoche, W&M	3.40m
2003	Ashley Wildhaber, UNCW	11-6.25 (3.51m)
2004	Charlotte LaRoche, W&M	11-9.75 (3.60m)
2005	Casey Bennett, Delaware	11-11.75 (3.65m)
2006	Olivia Kalinowska, Northeastern	12-7.5 (3.85m)
2007	Nicole Kazuba, W&M	12-1.5 (3.70m)
2008	Nicole Kazuba, W&M	12-7.5 (3.85m)
2009	Nicole Kazuba, W&M	13-1.5 (4.0m)
2010	Nicole Kazuba, W&M	12-10.25 (3.92m)
2011	Mandissa Marshall, Mason	13-0.75 (3.98m)
2012	Mandissa Marshall, Mason	13-7.25 (4.15m)*
2013	Jasmine Moser, Mason	12-11.75 (3.96m)

4 X 100 Meter Relay

1990	ECU (Danita Roseboro, Vanessa Smith, Chandra Cooper, Joy Dorsey)	47.11
1991	Mason (Diane Guthrie, Tamara Cuffee, Jackie Joiner, Lorrie Sinclair)	47.41
1992	Mason (Tonya Poole, Tamara Cuffee, Stacy Rice, Lorrie Sinclair)	46.45
1993	Mason (Twanna Shields, Tamara Cuffee, Lorrie Sinclair, Tonya Poole)	47.06
1994	Mason (Stephanie Young, Kim Baldwin, Patrice Smothers, Simone Garel)	47.20
1995	Mason (Patrice Smothers, Renea Jordan, Janelle Johnson, Kim Baldwin)	45.10
1996	Mason (Becky Arugunes, Renea Jordan, Janell Johnson)	46.82
1997	ECU (Kai Eason, Amanda Johnson, Nikki Goins, Rasheca Barrow)	45.42
1998	Mason (Patrice Smothers, Kim Baldwin, Saran Patterson, Renea Jordan)	45.47
1999	Mason (Arminta Crosby, Janelle Billingslea, Becky Arugunes, Cydonie Mothersill)	45.10
2000	UNCW (Christa Boyd, Victoria Smith, Beth Grooms, Bianca Lee)	48.22
2001	VCU (Andrea Etheridge, Monica Hawkins, Ife Imhotep, Katrina Cromwell)	47.91
2002	Mason (Tysha Colon, NamTasha Joyner, Kim Morgan, Ameca Williams)	46.22
2003	Mason (Kim Morgan, NamTasha Joyner, Tysha Colon, Sheena Davidson)	46.20
2004	Mason (Kim Morgan, Shamekia Louis, Corri Allen, Alyce Williams)	46.32
2005	UNCW (Carmen Meade, Fatima Shuler, Andrea Scull, Genille Goldson)	46.93
2006	Mason (Ryann Hendricks, Misti Turner, Sheena Davidson, Murielle Ahoure)	46.15
2007	GSU (Kendra Davis, Adaku Ezeonwuka, Porscha Bailey, Denice Vance)	45.07*
2008	GSU (Adaku Ezeonwuka, Denice Vance, Kendra Davis, Cherell Lawson)	45.48
2009	GSU (Nicole Davis, Kendra Davis, Angelia Nugent, Bianca Tyson)	46.41
2010	Mason (Crystalyn Clark, Cierra McGee, Marie Fields, Tiara Swindell)	45.74
2011	VCU (Niaini Aduma, Quina Fortune, Jazlynn Finney, Dionna Hayes)	45.27
2012	VCU (Alexis Stroman, Kiara Porter, Jazlynn Finney, Dionna Hayes)	45.20
2013	Mason (Aneesha Scott, Cierra McGee, Katea Jemmott, Shavon Briscoe)	46.13

4 X 400-Meter Relay

1990	JMU (Erica Bates, Princess Hicks, Kim Williams, Cathy Beck)	3:52.34
1991	JMU (Shelby Brown, Erica Bates, Kim Schlemmer, Kim Williams)	3:55.88
1992	JMU (Shelby Brown, Tiombe Hurd, Kim Williams, Erica Bates)	3:49.34
1993	JMU (Jill Baumgartner, Erica Bates, Tiombe Hurd, Janai Hill)	3:49.64
1994	JMU (Tiombe Hurd, Fatima Joyner, Kiersten Murray, Jill Baumgartner)	3:56.55
1995	Mason (Stacy Hubbard, Corrine Hunte, Yvette Hunte, Patrice Smothers)	3:51.68
1996	Mason (Staci Hubbard, Courtney Ruckert, Jeanne Oehrlein, Simone Garel)	3:48.12
1997	Mason (Courtney Ruckert, Katrina Roundtree, Simone Garel, Staci Hubbard)	3:48.17
1998	Mason (Arminta Coombs, Becky Arugunes, Michelle Burgher, Michelle Ballentine)	3:43.14
1999	Mason (Janelle Billingslea, Nyjla Littlejohn, Tamika Coombs, Michelle Burgher)	3:46.08
2000	ECU (Toshima Dabbs, Martina Freeman, Carmen Weldon, Kiona Kirkpatrick)	3:50.04
2001	JMU (Maria Thomas, Lysie Battle, Melanie Bryant & Tiffany Hall)	3:47.67
2002	JMU (Maria Thomas, Tiffany Hall, Melanie Bryant, Sarah Kirtland)	3:50.74
2003	Mason (Tysha Colon, Sheena Davidson, Sheena Goss, NamTasha Joyner)	3:42.99
2004	Mason (Paula Bailey, Sheena Davidson, Alyce Williams, Alyca Williams)	3:42.26
2005	W&M (Mary Whitehead, Brenna Blevins, Lydia Malley, Naomi Mattos)	3:50.94
2006	NU (Shanae Henry, Alison Warren, Tramaine Shaw, Jordine Kimbrel)	3:49.27
2007	GSU (Ladrica Derrico, Denisha Bryant, Nicole Davis, Dawn Arnold)	3:41.57
2008	GSU (Ladrica Derrico, Nicole Davis, Cherell Lawson, Dawn Arnold)	3:43.01
2009	GSU (Nicole Davis, Brandy Swann, Latorya Dopson, Angelia Nugent)	3:44.90
2010	Mason (Latasha Rivers, Cierra McGee, Marie Fields, Tiara Swindell)	3:37.62*
2011	Delaware (Victoria Caruso, Nijah Dupiche, Kayla Hennessy, Kristi Cox)	3:42.55
2012	Mason (Cierra McGee, Dainna Barron, Taylor Wheaton, Dominique Graham)	3:39.55
2013	Delaware (Victoria Caruso, Nijah Dupiche, Chelsi Campbell, Toresha Foster)	3:43.75