

# **JOHNS HOPKINS UNIVERSITY**

## **Women's Cross Country Record Book**



# **HOPKINS**

## **WOMEN'S CROSS COUNTRY**

Revised 12-02-2016

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# Honors and Awards

## CENTENNIAL CONFERENCE HONORS

*Hopkins joined the Centennial in 1993*

First Team: 1st-7th

Second Team: 8th-14th

### COACH OF THE YEAR

2008	Bobby Van Allen
2010	Bobby Van Allen
2011	Bobby Van Allen
2014	Bobby Van Allen
2015	Bobby Van Allen
2016	Bobby Van Allen

### RUNNER OF THE YEAR

2010	Cecilia Furlong (Jr.)
2012	Hannah Oneda (Fr.)
2013	Holly Clarke (Sr.)
2014	Sophia Meehan (Jr.)
2015	Tess Meehan (Jr.)
2016	Felicia Koerner (So.)

### ROOKIE OF THE YEAR

2012	Hannah Oneda (Fr.)
2013	Tess Meehan (Fr.)
2014	Bridget Gottlieb (Fr.)
2015	Tasha Freed (Fr.)
2016	Rebecca Grusby (Fr.)

### CENTENNIAL DIRECTORS' TEAM

2009	Mira Patel (Sr.)
2010	Christina Valerio (Sr.)

### ALL-CONFERENCE

1996	Joyce Hairston	Second Team
1997	Joyce Hairston	Second Team
	Kathy Kral	Second Team
1999	Ly-lan Whister (Fr.)	Second Team
2002	Hilary Knipe (Sr.)	Second Team
2004	Angela Kaon (Fr.)	Second Team
2005	Angela Kaon (So.)	Second Team
2006	Laura Paulsen (Fr.)	First Team
2007	Laura Paulsen (So.)	First Team
	Rachel Hogen (Jr.)	Second Team
2008	Laura Paulsen (Jr.)	First Team
	Mira Patel (Jr.)	First Team
	Cecilia Furlong (Fr.)	Second Team
	Rachel Hogen (Sr.)	Second Team
2009	Laura Paulsen (Sr.)	First Team
	Cecilia Furlong (So.)	First Team
	Mira Patel (Sr.)	First Team
	Liz Provost (Fr.)	First Team
	Nadia McMillan (Sr.)	Second Team
	Mary O'Grady (Sr.)	Second Team
2010	Cecilia Furlong (Jr.)	First Team
	Christina Valerio (Sr.)	First Team
	Lara Shegoski (Fr.)	First Team
	Liz Provost (So.)	Second Team
	Megan Brower (Sr.)	Second Team
2011	Holly Clarke (So.)	First Team
	Hannah Eckstein (Fr.)	Second Team
	Ashley Murphy (Fr.)	Second Team
	Liz Provost (Jr.)	Second Team
	Frances Loeb (Fr.)	Second Team
2012	Hannah Oneda (Fr.)	First Team
	Holly Clarke (Jr.)	First Team
	Annie Monagle (Sr.)	First Team
	Sophia Meehan (Fr.)	Second Team
	Ashley Murphy (So.)	Second Team
	Lara Shegoski (Jr.)	Second Team

2013	Holly Clarke (Sr.)	First Team
	Frances Loeb (Jr.)	First Team
	Hannah Oneda (So.)	First Team
	Sophia Meehan (So.)	First Team
	Annie Monagle (Sr.)	First Team
	Tess Meehan (Fr.)	Second Team
2014	Sophia Meehan (Jr.)	First Team
	Bridget Gottlieb (Fr.)	First Team
	Tess Meehan (So.)	First Team
	Ashley Murphy (Sr.)	First Team
	Caroline Powers (Jr.)	First Team
	Abby Flock (Sr.)	Second Team
	Grace Hancock (Sr.)	Second Team
	Gabi Drummond (Sr.)	Second Team
	Gabrielle Stephens (Sr.)	Second Team
2015	Tess Meehan (Jr.)	First Team
	Hannah Oneda (Sr.)	First Team
	Courtney Kelly (Sr.)	First Team
	Caroline Smith (So.)	First Team
	Caroline Powers (Sr.)	Second Team
	Tasha Freed (Fr.)	Second Team
	Felicia Koerner (Fr.)	Second Team
2016	Felicia Koerner (So.)	First Team
	Tess Meehan (Sr.)	First Team
	Natalia LaSpada (So.)	First Team
	Rebecca Grusby (Fr.)	First Team
	Caroline Smith (Jr.)	Second Team
	Samantha Levy (Fr.)	Second Team
	Ellie Clawson (So.)	Second Team
	Shannon Martello (Sr.)	Second Team

### Four-Time All-Centennial Conference:

Lauren Paulsen	2006, 2007, 2008, 2009
Tess Meehan	2013, 2014, 2015, 2016

### Three-Time All-Centennial Conference:

Cecilia Furlong	2008, 2009, 2010
Holly Clarke	2011, 2012, 2013
Sophia Meehan	2012, 2013, 2014
Frances Loeb	2011, 2013, 2014
Hannah Oneda	2012, 2013, 2015

### All-Centennial Conference Freshmen:

Ly-lan Whister (Second Team)	1999
Angela Kaon (Second Team)	2004
Laura Paulsen (First Team)	2006
Cecilia Furlong (Second Team)	2008
Liz Provost (First Team)	2009
Lara Shegoski (First Team)	2010
Hannah Eckstein (Second Team)	2011
Ashley Murphy (Second Team)	2011
Frances Loeb (Second Team)	2011
Hannah Oneda (First Team)	2012
Sophia Meehan (Second Team)	2012
Tess Meehan (Second Team)	2013
Bridget Gottlieb (First Team)	2014
Tasha Freed (Second Team)	2015
Felicia Koerner (Second Team)	2015
Rebecca Grusby (First Team)	2016
Samantha Levy (Second Team)	2016

## NCAA REGIONAL HONORS

All-Region: 1st-35th

### COACH OF THE YEAR

2008	Bobby Van Allen
2009	Bobby Van Allen
2010	Bobby Van Allen

2011	Bobby Van Allen
2012	Bobby Van Allen
2014	Bobby Van Allen
2015	Bobby Van Allen
2016	Bobby Van Allen

### RUNNER OF THE YEAR

2010	Cecilia Furlong (Jr.)
2012	Hannah Oneda (Fr.)
2014	Sophia Meehan (Jr.)
2015	Sophia Meehan (Sr.)
2016	Felicia Koerner (So.)

### ALL-REGION

1988	Molly Bardsley (Sr.)	
	Anna Lee Bamforth (Jr.)	
1989	Diana Logan (Sr.)	
	Audra Mai (Sr.)	
1991	Saori Dan (Fr.)	
	Tatiana Aguirre (So.)	
2001	Heather Blair (So.)	
2002	Hilary Knipe (Sr.)	
2006	Laura Paulsen (Fr.)	2nd
	Nadia McMillan (Fr.)	34th
2007	Laura Paulsen (So.)	4th
	Rachel Hogen (Jr.)	18th
	Mira Patel (So.)	34th
2008	Laura Paulsen (Jr.)	4th
	Mira Patel (Jr.)	7th
	Emma Hiza (Sr.)	22nd
	Rachel Hogen (Sr.)	23rd
	Cecilia Furlong (Fr.)	24th
2009	Mira Patel (Sr.)	10th
	Cecilia Furlong (So.)	12th
	Liz Provost (Fr.)	23rd
	Nadia McMillan (Sr.)	30th
	Mary O'Grady (Sr.)	34th
2010	<b>Cecilia Furlong (Jr.)</b>	<b>1st</b>
	Lara Shegoski (Fr.)	5th
	Christina Valerio (Sr.)	10th
	Megan Brower (Sr.)	24th
	Liz Provost (So.)	28th
	Elizabeth Laseter (Sr.)	30th
2011	Hannah Eckstein (Fr.)	6th
	Holly Clarke (So.)	8th
	Ashley Murphy (Fr.)	10th
	Liz Provost (Jr.)	23rd
	Lara Shegoski (So.)	31st
	Lindsey Sanborn (Fr.)	35th
2012	<b>Hannah Oneda (Fr.)</b>	<b>1st</b>
	Holly Clarke (Jr.)	5th
	Annie Monagle (Sr.)	11th
	Lara Shegoski (Jr.)	22nd
	Sophia Meehan (Fr.)	24th
	Frances Loeb (So.)	25th
2013	Hannah Oneda (So.)	2nd
	Holly Clarke (Sr.)	3rd
	Frances Loeb (Jr.)	4th
	Annie Monagle (Sr.)	5th
	Tess Meehan (Fr.)	12th
	Abby Flock (Sr.)	13th
	Grace Hancock (Jr.)	22nd
2014	<b>Sophia Meehan (Jr.)</b>	<b>1st</b>
	Bridget Gottlieb (Fr.)	2nd
	Frances Loeb (Sr.)	5th
	Tess Meehan (So.)	7th
	Caroline Powers (Jr.)	13th
	Abby Flock (Sr.)	18th
	Hannah Oneda (Jr.)	19th

# Honors and Awards

2015	<b>Sophia Meehan (Sr.)</b> _____	<b>1st</b>
	Tess Meehan (Jr.) _____	2nd
	Caroline Smith (So.) _____	3rd
	Courtney Kelly (Sr.) _____	11th
	Caroline Powers (Sr.) _____	16th
	Tasha Freed (Fr.) _____	18th
	Jordan Delane (Sr.) _____	35th
2016	<b>Felicia Koerner (So.)</b> _____	<b>1st</b>
	Tess Meehan (Sr.) _____	6th
	Rebecca Grusby (Fr.) _____	7th
	Natalia LaSpada (So.) _____	8th
	Ellie Clawson (So.) _____	16th
	Shannon Martello (Sr.) _____	22nd
	Gina D'Addario (So.) _____	26th

## Four-Time All-Region:

Tess Meehan \_\_\_\_\_ 2013, 2014, 2015, 2016

## Three-Time All-Region:

Laura Paulsen \_\_\_\_\_ 2006, 2007, 2008  
 Mira Patel \_\_\_\_\_ 2007, 2008, 2009  
 Cecilia Furlong \_\_\_\_\_ 2008, 2009, 2010  
 Liz Provost \_\_\_\_\_ 2009, 2010, 2011  
 Lara Shegoski \_\_\_\_\_ 2010, 2011, 2012  
 Holly Clarke \_\_\_\_\_ 2011, 2012, 2013  
 Frances Loeb \_\_\_\_\_ 2012, 2013, 2014  
 Hannah Oneda \_\_\_\_\_ 2012, 2013, 2014  
 Sophia Meehan \_\_\_\_\_ 2012, 2014, 2015

## All-Region Freshmen:

Saori Dan \_\_\_\_\_ 1991  
 Laura Paulsen \_\_\_\_\_ 2006  
 Nadia McMillan \_\_\_\_\_ 2006  
 Cecilia Furlong \_\_\_\_\_ 2008  
 Liz Provost \_\_\_\_\_ 2009  
 Lara Shegoski \_\_\_\_\_ 2010  
 Hannah Eckstein \_\_\_\_\_ 2011  
 Ashley Murphy \_\_\_\_\_ 2011  
 Lindsey Sanborn \_\_\_\_\_ 2011  
 Hannah Oneda \_\_\_\_\_ 2012  
 Sophia Meehan \_\_\_\_\_ 2012  
 Tess Meehan \_\_\_\_\_ 2013  
 Bridget Gottlieb \_\_\_\_\_ 2014  
 Tasha Freed \_\_\_\_\_ 2015  
 Rebecca Grusby \_\_\_\_\_ 2016

## NCAA NATIONAL HONORS

All-America: 1st-35th

### NATIONAL COACH OF THE YEAR

2012	Bobby Van Allen
2013	Bobby Van Allen
2014	Bobby Van Allen
2016	Bobby Van Allen

### ALL-AMERICA

2008	Laura Paulsen (Jr.) _____	31st
2010	Cecilia Furlong (Jr.) _____	32nd
	Christina Valerio (Sr.) _____	33rd
2011	Holly Clarke (So.) _____	24th
	Hannah Eckstein (Fr.) _____	26th
2012	Hannah Oneda (Fr.) _____	10th
	Holly Clarke (Jr.) _____	25th
	Annie Monagle (Jr.) _____	32nd
2013	Hannah Oneda (So.) _____	4th
	Annie Monagle (Sr.) _____	14th
	Frances Loeb (Jr.) _____	15th
2014	Sophia Meehan (Jr.) _____	6th
	Ashley Murphy (Sr.) _____	15th
	Tess Meehan (So.) _____	24th
	Frances Loeb (Sr.) _____	29th
2015	Sophia Meehan (Sr.) _____	6th
	Caroline Smith (So.) _____	12th
	Tess Meehan (Jr.) _____	35th
2016	Tess Meehan (Sr.) _____	25th
	Felicia Koerner (So.) _____	29th
	Natalia LaSpada (So.) _____	31st

## Three-Time All-America:

Tess Meehan \_\_\_\_\_ 2014, 2015, 2016

## Two-Time All-America:

Holly Clarke \_\_\_\_\_ 2011, 2012  
 Annie Monagle \_\_\_\_\_ 2012, 2013  
 Hannah Oneda \_\_\_\_\_ 2012, 2013  
 Frances Loeb \_\_\_\_\_ 2013, 2014  
 Sophia Meehan \_\_\_\_\_ 2014, 2015

## ACADEMIC ALL-AMERICA

2002-03	Kathy Darling _____	First Team
2010-11	Christina Valerio _____	Second Team
2013-14	Frances Loeb _____	First Team
	Maggie Shelton _____	First Team

## ACADEMIC ALL-DISTRICT

2010-11	Christina Valerio _____	First Team
	Cecilia Furlong _____	Second Team
2012-13	Kelley Hussey _____	First Team
	Chloe Ryan _____	First Team
	Leah Sibener _____	First Team
	Emily Swenson _____	First Team
2013-14	Emily Swenson _____	First Team
	Maggie Shelton _____	First Team
	Frances Loeb _____	First Team
	Hannah Oneda _____	First Team
2014-15	Frances Loeb _____	First Team
	Ashley Murphy _____	First Team

# Year-by-Year Results

1979

**Head Coach:** Gary Green

**Captains:** Gale Berkowitz, Paula Boggs

- Sept.** 15 Essex Invitational \_\_\_\_\_ 3rd/4 (82 pts.)  
 22 Baltimore Metro \_\_\_\_\_ 3rd/3 (55 pts.)  
 28 York \_\_\_\_\_ W/27-29
- Oct.** 6 GMU Invitational \_\_\_\_\_ 6th/10 (167 pts.)  
 11 UMBC \_\_\_\_\_ L/30-25  
 20 Franklin & Marshall \_\_\_\_\_ W/19-36  
 Millersville State \_\_\_\_\_ W/17-40  
 27 Navy \_\_\_\_\_ L/37-22  
 Frostburg State \_\_\_\_\_ W/22-39  
 31 MAC Championships \_\_\_\_\_ 1st/6 (39 pts.)
- Nov.** 4 EALAW Regionals \_\_\_\_\_ 14th (343 pts.)

1980

**Head Coach:** Gary Green

**Captains:** Gale Berkowitz, Patty Sommerville

- Sept.** 13 Essex Invitational \_\_\_\_\_ 4th  
 20 Baltimore Metro \_\_\_\_\_ 1st/2 (27 pts.)  
 24 York \_\_\_\_\_ W/18-45  
 27 UMBC \_\_\_\_\_ W/23-36  
 Western Maryland \_\_\_\_\_ L/34-24
- Oct.** 1 Gettysburg \_\_\_\_\_ L/32-24  
 4 GMU Invitational \_\_\_\_\_ 8th  
 18 Millersville \_\_\_\_\_ W/26-29  
 Franklin & Marshall \_\_\_\_\_ W/27-29  
 Juniata \_\_\_\_\_ L/30-25  
 24 Swarthmore \_\_\_\_\_ W/27-30
- Nov.** 1 AIAW Eastern Regionals \_\_\_\_\_ 24th  
 8 MAC Championships \_\_\_\_\_ 3rd

1981

**Head Coach:** Gary Green

**Assistant Coach:** Tom Kepple

**Captains:** Kim Colfer, Mary Copeland

- Sept.** 12 Essex Invitational \_\_\_\_\_  
 16 UMBC \_\_\_\_\_ L/32-24  
 19 Baltimore Metro \_\_\_\_\_ 3rd/3 (49 pts.)  
 26 Mary Washington \_\_\_\_\_ L/40-21  
 30 Gettysburg \_\_\_\_\_ W/27-29
- Oct.** 3 GMU Invitational \_\_\_\_\_  
 13 Western Maryland \_\_\_\_\_ W/25-30  
 24 Navy \_\_\_\_\_ L/43-20  
 27 York \_\_\_\_\_  
 31 Franklin & Marshall \_\_\_\_\_ L/40-20
- Nov.** 14 NCAA Regionals \_\_\_\_\_ 7th/7 (137 pts.)

1982

**Head Coach:** Gary Green

**Captains:** Janice Brill, Jackie Chen

*No records kept*

1983

**Coaches:** Gary Green, Eleanor Simonsick

**Captains:** Janice Brill, Jackie Chen

- Sept.** Baltimore Metro \_\_\_\_\_ 2nd/3 (37 pts.)  
 14 UMBC \_\_\_\_\_ W/25-30  
 24 Mary Washington \_\_\_\_\_ L/50-15

*No futher information available*

1984

**Coaches:** Gary Green, Eleanor Simonsick

**Captains:** Janice Brill, Louise Ferretti, Tami Oki

*No records available*

1985

**Coaches:** Gary Green, Eleanor Simonsick

- Sept.** 7 Essex Invitational \_\_\_\_\_ NS

- 14 Baltimore Metro \_\_\_\_\_ 1st  
 18 UMBC \_\_\_\_\_ W/15-48  
 28 Swarthmore \_\_\_\_\_ W/18-40  
 Bryn Mawr \_\_\_\_\_ W/21-37  
 Loyola \_\_\_\_\_ W/15-50  
 Cedar Crest \_\_\_\_\_ W/15-50
- Oct.** 1 Gettysburg \_\_\_\_\_ L/30-27  
 5 GMU Invitational \_\_\_\_\_ NS  
 12 Ursinus \_\_\_\_\_ W/18-45  
 Lebanon Valley \_\_\_\_\_ W/16-46  
 19 Western Maryland \_\_\_\_\_ W/15-47  
 Gallaudet \_\_\_\_\_ W/25-35
- Nov.** 2 Swarthmore \_\_\_\_\_ W/18-44  
 Messiah \_\_\_\_\_ W/28-30  
 Franklin & Marshall \_\_\_\_\_ L/47-16

1986

**Coaches:** Gary Green, Eleanor Simonsick

**Captains:** Molly Bardsley, Celia King

- Sept.** 6 Mills Invitational \_\_\_\_\_ 8th/9  
 13 Baltimore Metro \_\_\_\_\_ 1st/3  
 21 Trenton Invitational \_\_\_\_\_ NS  
 24 UMBC \_\_\_\_\_ L  
 27 Swarthmore \_\_\_\_\_ W/22-33  
 Bryn Mawr \_\_\_\_\_ W/25-30
- Oct.** 1 Gettysburg \_\_\_\_\_ L/31-24  
 4 GMU Invitational \_\_\_\_\_ NS  
 11 Dickinson Invitational \_\_\_\_\_ 6th  
 18 Catholic \_\_\_\_\_ W/27-28  
 Gallaudet \_\_\_\_\_ W/22-36
- Nov.** 1 Swarthmore \_\_\_\_\_ W/20-35  
 Franklin & Marshall \_\_\_\_\_ L/46-17

1987

**Coaches:** Gary Green, Eleanor Simonsick

**Captains:** Molly Bardsley, Anita Kim, Suzi McGinn

- Sept.** 5 Millersville Invitational \_\_\_\_\_ 9th/10  
 13 Baltimore Metro \_\_\_\_\_ 3rd/3 (52 pts.)
- Oct.** 3 Western Maryland \_\_\_\_\_ W/15-50  
 Catholic \_\_\_\_\_ W/22-37  
 Gettysburg \_\_\_\_\_ L/40-21  
 10 Dickinson Invitational \_\_\_\_\_ 3rd/12 (97 pts.)  
 17 UAA Championships \_\_\_\_\_ 4th/9 (99 pts.)  
 23 Loyola \_\_\_\_\_ W/15-44  
 Western Maryland \_\_\_\_\_ W/15-50  
 31 Swarthmore \_\_\_\_\_ W/25-30  
 Franklin & Marshall \_\_\_\_\_ L/34-22
- Nov.** 7 MAC Championships \_\_\_\_\_ 4th/21 (141 pts.)  
 14 NCAA Regionals \_\_\_\_\_ 8th/25 (222 pts.)

1988

**Head Coach:**

- Nov.** 5 MAC Championships \_\_\_\_\_ 3rd/18 (101 pts.)  
 12 NCAA Regionals \_\_\_\_\_ T-6th/19 (188 pts.)

1989

**Head Coach:** Eleanor Simonsick

**Assistant Coach:** Gary Green

**Captains:** Anna Lee Bamforth, Audra Mai

- Sept.** 9 Baltimore Metro \_\_\_\_\_ 1st/3 (35 pts.)  
 23 West Chester \_\_\_\_\_ W/16-42  
 Catholic \_\_\_\_\_ L/46-16  
 Swarthmore \_\_\_\_\_ L/30-25  
 27 Loyola \_\_\_\_\_ W/15-45  
 Gettysburg \_\_\_\_\_ L/38-20  
 30 Franklin & Marshall \_\_\_\_\_ L/35-24  
 Widener \_\_\_\_\_ W/18-45
- Oct.** 7 Dickinson Invitational \_\_\_\_\_ 5th/15 (123 pts.)  
 14 Western Maryland \_\_\_\_\_ W/14-44

- Elizabethtown \_\_\_\_\_ W/24-31  
 28 UAA Championships \_\_\_\_\_ 6th/8 (127 pts.)
- Nov.** 4 MAC Championships \_\_\_\_\_ 5th/18 (118 pts.)  
 11 NCAA Regionals \_\_\_\_\_ 9th/20 (227 pts.)

1990

**Head Coach:** Eleanor Simonsick

**Assistant Coach:** Gary Green

- Sept.** 8 Baltimore Metro \_\_\_\_\_ 1st/6 (48 pts.)  
 22 Catholic \_\_\_\_\_ L/43-15  
 Roanoke \_\_\_\_\_ W/17-46  
 25 Gettysburg \_\_\_\_\_ L/46-17  
 Loyola \_\_\_\_\_ W/15-44  
 28 Widener \_\_\_\_\_ W/20-40  
 Swarthmore \_\_\_\_\_ L/34-21  
 Franklin & Marshall \_\_\_\_\_ L/40-16
- Oct.** 6 Dickinson Invitational \_\_\_\_\_ 3rd/11 (100 pts.)  
 13 Western Maryland \_\_\_\_\_ W/18-45  
 Elizabethtown \_\_\_\_\_ W/24-32  
 20 UAA Championships \_\_\_\_\_ 7th/9 (157 pts.)
- Nov.** 3 MAC Championships \_\_\_\_\_ 8th/18 (235 pts.)  
 10 NCAA Regionals \_\_\_\_\_ 15th/24 (409 pts.)

1991

**Head Coach:** Eleanor Simonsick

**Assistant Coaches:** Gary Green, Anna Lee Bamforth

**Captains:** Liz Eckstein, Mary Glendinning, Valerie

Wilson

- Sept.** 14 Baltimore Metro \_\_\_\_\_ 1st/7 (46 pts.)  
 28 Swarthmore \_\_\_\_\_ L/35-23
- Oct.** 2 Gettysburg \_\_\_\_\_ L/36-21  
 Loyola \_\_\_\_\_ W/19-36  
 5 Franklin & Marshall \_\_\_\_\_ L/31-26  
 Widener \_\_\_\_\_ W/20-40  
 12 Dickinson Invitational \_\_\_\_\_ 1st/19 (59 pts.)  
 16 Loyola \_\_\_\_\_  
 19 Elizabethtown \_\_\_\_\_ W/19-36  
 Western Maryland \_\_\_\_\_ W/15-45  
 26 UAA Championships \_\_\_\_\_ 4th/9 (105 pts.)
- Nov.** 9 MAC Championships \_\_\_\_\_ 3rd/18 (145 pts.)  
 16 NCAA Regionals \_\_\_\_\_ 7th/23 (244 pts.)

1992

**Head Coach:** Eleanor Simonsick

**Assistant Coach:** Gary Green

- Sept.** 12 Baltimore Metro \_\_\_\_\_ 4th/7 (73 pts.)  
 26 Swarthmore \_\_\_\_\_ W/17-40  
 30 Gettysburg \_\_\_\_\_ L/42-15
- Oct.** 3 Franklin & Marshall \_\_\_\_\_ L/33-24  
 Widener \_\_\_\_\_ W/18-43  
 10 Dickinson Invitational \_\_\_\_\_ 7th/19 (201 pts.)  
 17 Western Maryland \_\_\_\_\_ W/16-43  
 Elizabethtown \_\_\_\_\_ W/24-32  
 24 UAA Championships \_\_\_\_\_ 4th/8 (114 pts.)
- Nov.** 7 MAC Championships \_\_\_\_\_ 5th/18 (166 pts.)

1993

**Coaches:** Eleanor Simonsick, Gary Green

**Captains:** Maren Olsen, Cecilia Mendez

- Sept.** 25 Swarthmore \_\_\_\_\_ L/16-43
- Oct.** 2 Gettysburg \_\_\_\_\_ L/18-37  
 Catholic \_\_\_\_\_ L/26-29  
 9 Dickinson Invitational \_\_\_\_\_ 11th/12 (264 pts.)  
 16 Elizabethtown \_\_\_\_\_ L/20-41  
 23 UAA Championships \_\_\_\_\_ 8th/9 (190 pts.)  
 30 Centennial Champ. \_\_\_\_\_ 7th/8 (164 pts.)

# Year-by-Year Results

1994

**Head Coach:** Gary Green

**Captain:** Jennifer Smith

**Sept.** 24 Swathmore, Catholic \_\_\_\_\_ NS \*  
**Oct.** 1 Catholic \_\_\_\_\_ W/29-50  
York \_\_\_\_\_ L/19-36  
Gettysburg \_\_\_\_\_ L/50-15  
8 Dickson Invitational \_\_\_\_\_ NS \*  
15 Elizabethtown \_\_\_\_\_ L/55-15  
22 UAA Championships \_\_\_\_\_ 9th/9 (279 pts.)  
29 Centennial Champ. \_\_\_\_\_ NS \*  
NCAA Regionals \_\_\_\_\_ NS \*

*\*did not have enough runners to qualify as a team*

1995

**Head Coach:** Gary Green

**Captain:** Jennifer Smith

**Sept.** 23 Catholic \_\_\_\_\_ NS \*  
Swarthmore \_\_\_\_\_ NS \*  
30 Goucher Invitational \_\_\_\_\_ NS \*  
**Oct.** 7 Dickinson Invitational \_\_\_\_\_ NS \*  
14 Elizabethtown \_\_\_\_\_ L/44-19  
21 UAA Championships \_\_\_\_\_ NS \*  
28 Centennial Champ. \_\_\_\_\_ NS \*  
**Nov.** 11 NCAA Regionals \_\_\_\_\_ NS \*

*\*did not have enough runners to qualify as a team*

1996

**Head Coach:** Hollie Hollis

**Captain:** Cathy Kral

**Aug.** 31 NYU Early Bird  
**Sept.** 7 Baltimore Metro \_\_\_\_\_ 5th/6 (138 pts.)  
21 Swarthmore \_\_\_\_\_ L/21-40  
28 Messiah Invitational \_\_\_\_\_ 2nd/4 (47 pts.)  
**Oct.** 5 Salisbury State \_\_\_\_\_ 4th/4 (107 pts.)  
12 Dickinson Invitational \_\_\_\_\_ 19th/32 (537 pts.)  
19 UAA Championships \_\_\_\_\_ 8th/9 (233 pts.)  
26 Centennial Champ. \_\_\_\_\_ 7th/10 (187 pts.)  
**Nov.** 9 NCAA Regionals \_\_\_\_\_ 20th/43 (605 pts.)

1997

**Head Coach:** Hollie Hollis

**Assistant Coaches:** Susanna Matsen, Kelsie Hess

**Captains:** Cathy Kral, Joyce Hairston

**Sept.** 6 Baltimore Metro \_\_\_\_\_ 3rd/6 (47 pts.)  
13 Swarthmore \_\_\_\_\_ L/30-33  
Catholic \_\_\_\_\_ W/19-43  
27 Dickinson Invitational \_\_\_\_\_ 7th/14 (208 pts.)  
**Oct.** 4 Tidewater Classic \_\_\_\_\_ 2nd/3 (31 pts.)  
11 Maryland Invitational \_\_\_\_\_ 3rd/7 (67 pts.)  
18 Goucher Invitational \_\_\_\_\_ 3rd/4 (44 pts.)  
**Nov.** 1 Centennial Champ. \_\_\_\_\_ 4th/10 (120 pts.)  
15 NCAA Regionals \_\_\_\_\_ 13th/39 (438 pts.)

1998

**Head Coach:**

**Sept.** 5 Baltimore Metro \_\_\_\_\_ 4th/7 (84 pts.)  
19 Swarthmore \_\_\_\_\_ L/41-18  
Catholic \_\_\_\_\_ L/40-17  
26 Dickinson Open \_\_\_\_\_ 22nd/25 (608 pts.)  
**Oct.** 10 Maryland State Champ. \_\_\_\_\_ 6th/12 (163 pts.)  
18 Allentown Invitational \_\_\_\_\_ 26th/46 (760 pts.)  
24 UAA Championships \_\_\_\_\_ 9th/9 (251 pts.)  
31 Centennial Champ. \_\_\_\_\_ 9th/10 (226 pts.)  
**Nov.** 14 NCAA Regionals \_\_\_\_\_ 21st/40 (590 pts.)

1999

**Head Coach:** Bobby Van Allen

**Captain:** Heather Relyea

**Sept.** 4 Baltimore Metro \_\_\_\_\_ 3rd/6 (67 pts.)  
18 Swarthmore \_\_\_\_\_ L/31-24  
26 George Washington Inv. \_\_\_\_\_ 6th/11 (192 pts.)  
**Oct.** 2 Frostburg State Inv'tl \_\_\_\_\_ 10th/23 (229 pts.)  
9 Dickinson Invitational \_\_\_\_\_ 13th/28 (355 pts.)  
23 Gettysburg Invitational \_\_\_\_\_ 15th/33 (380 pts.)  
30 Centennial Champ. \_\_\_\_\_ 7th/10 (147 pts.)  
**Nov.** 14 NCAA Regionals \_\_\_\_\_ 14th/32 (390 pts.)

2000

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Aaron Curry

**Sept.** 2 Baltimore Metro \_\_\_\_\_ 3rd/7 (64 pts.)  
16 Swarthmore \_\_\_\_\_ L/33-22  
23 NYU Invitational \_\_\_\_\_ 10th/37 (305 pts.)  
29 George Washington Inv. \_\_\_\_\_ 10th/15 (275 pts.)  
**Oct.** 7 Dickinson Invitational \_\_\_\_\_ 18th/39 (509 pts.)  
21 Gettysburg Invitational \_\_\_\_\_ 9th/22 (261 pts.)  
28 Centennial Champ. \_\_\_\_\_ 5th/10 (132 pts.)  
**Nov.** 12 NCAA Regionals \_\_\_\_\_ 12th/35 (371 pts.)

2001

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Aaron Curry

**Captain:** Mary Stahley

**Sept.** 1 Baltimore Metro \_\_\_\_\_ 4th (77 pts.)  
15 Swarthmore Dual \_\_\_\_\_ L/31-24  
22 NYU Invitational \_\_\_\_\_ 13th/32 (406 pts.)  
29 George Washington Inv. \_\_\_\_\_ 13th/17 (322 pts.)  
**Oct.** 6 Lehigh University \_\_\_\_\_ 8th/19 (257 pts.)  
13 Maryland Invitational \_\_\_\_\_ 5th/7 (130 pts.)  
27 Centennial Champ. \_\_\_\_\_ 7th/10 (164 pts.)  
**Nov.** 10 NCAA Regionals \_\_\_\_\_ 12th/34 (367 pts.)

2002

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Aaron Curry

**Aug.** 31 Salisbury Invitational \_\_\_\_\_ 6th/16 (221 pts.)  
**Sept.** 7 Baltimore Metro \_\_\_\_\_ 3rd/7 (51 pts.)  
21 NYU Invitational \_\_\_\_\_ 7th/27 (244 pts.)  
28 George Washington Inv. \_\_\_\_\_ 9th/30 (259 pts.)  
**Oct.** 5 Dickinson Invitational \_\_\_\_\_ 18th/20 (427 pts.)  
12 Walt Disney Classic \_\_\_\_\_ 9th/30 (267 pts.)  
19 Maryland Invitational \_\_\_\_\_ 5th/7 (122 pts.)  
**Nov.** 2 Centennial Champ. \_\_\_\_\_ 5th/10 (160 pts.)  
16 NCAA Regionals \_\_\_\_\_ 13th/34 (389 pts.)

2003

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Aaron Curry, Ashley Foley

**Sept.** 6 Baltimore Metro \_\_\_\_\_ 3rd/6 (85 pts.)  
20 York \_\_\_\_\_ W/16-47  
Catholic \_\_\_\_\_ W/20-41  
27 George Washington Inv. \_\_\_\_\_ 8th/14 (243 pts.)  
**Oct.** 11 Goucher Invitational  
13 Triton Classic \_\_\_\_\_ 12th/20 (329 pts.)  
18 Gettysburg Invitational \_\_\_\_\_ 4th/19 (169 pts.)  
**Nov.** 1 Centennial Champ. \_\_\_\_\_ 5th/10 (148 pts.)  
15 NCAA Regionals \_\_\_\_\_ 11th/38 (365 pts.)

2004

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Katherine Niblett

**Sept.** 3 Baltimore Metro \_\_\_\_\_ 2nd/6 (61 pts.)  
18 NYU Invitational \_\_\_\_\_ 7th/22 (194 pts.)  
25 York Invitational \_\_\_\_\_ 1st/4 (32 pts.)

**Oct.** 9 Disney Classic \_\_\_\_\_ 10th/31 (327 pts.)  
16 Gettysburg Invitational \_\_\_\_\_ 7th/15 (173 pts.)  
30 Centennial Champ. \_\_\_\_\_ 8th/10 (171 pts.)  
**Nov.** 13 NCAA Regionals \_\_\_\_\_ 18th/35 (462 pts.)

2005

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Katherine Niblett

**Sept.** 4 Baltimore Metro \_\_\_\_\_ 2nd/6  
18 Terror Challenge \_\_\_\_\_ 2nd (59 pts.)  
24 George Washington Inv. \_\_\_\_\_ 5th/12 (155 pts.)  
**Oct.** 7 Blue Jay Invitational \_\_\_\_\_ 5th/15 (164 pts.)  
15 Cal Poly Invitational \_\_\_\_\_  
Gettysburg Invitational  
29 Centennial Champ. \_\_\_\_\_ 6th/10 (154 pts.)  
**Nov.** 12 NCAA Regionals \_\_\_\_\_ 13th/42 (404 pts.)

2006

**Head Coach:** Bobby Van Allen

**Sept.** 2 Baltimore Metro \_\_\_\_\_ 2nd/8 (33 pts.)  
16 NYU Invitational \_\_\_\_\_ 2nd/28 (78 pts.)  
23 Wilmington Invitational \_\_\_\_\_ 1st/11 (33 pts.)  
**Oct.** 7 Disney Classic \_\_\_\_\_ 8th/36 (246 pts.)  
Goucher Invitational \_\_\_\_\_ 4th/9 (92 pts.)  
14 Gettysburg Invitational \_\_\_\_\_ 2nd/19 (110 pts.)  
28 Centennial Champ. \_\_\_\_\_ 3rd/10 (114 pts.)  
**Nov.** 11 NCAA Regionals \_\_\_\_\_ 5th/41 (193 pts.)

2007

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Ryan Orner

**Sept.** 1 Baltimore Metro \_\_\_\_\_ 2nd/8 (31 pts.)  
15 NYU Invitational \_\_\_\_\_ 3rd/24 (105 pts.)  
28 Paul Short Invitational \_\_\_\_\_ 35th/47 (867 pts.)  
**Oct.** 6 Dickinson Invitational \_\_\_\_\_ 5th/20 (54 pts.)  
13 Gettysburg Invitational \_\_\_\_\_ 7th/14 (193 pts.)  
Lewis & Clark Pioneer \_\_\_\_\_ 2nd/7 (69 pts.)  
27 Centennial Champ. \_\_\_\_\_ 3rd/10 (81 pts.)  
**Nov.** 10 NCAA Regionals \_\_\_\_\_ 3rd/37 (138 pts.)  
17 NCAA Championships \_\_\_\_\_ 29th/32 (660 pts.)

2008

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Ryan Orner

**Sept.** 5 Baltimore Metro \_\_\_\_\_ 1st/7 (44 pts.)  
20 Dickinson Invitational \_\_\_\_\_ 1st (54 pts.)  
27 Colonial Inter-Regional \_\_\_\_\_ 3rd/9 (102 pts.)  
**Oct.** 11 Disney Classic \_\_\_\_\_ 6th/44 (170 pts.)  
18 Gettysburg Invitational \_\_\_\_\_ 1st/21 (70 pts.)  
**Nov.** 1 Centennial Champ. \_\_\_\_\_ 1st/10 (49 pts.)  
15 NCAA Regionals \_\_\_\_\_ 1st/44 (80 pts.)  
22 NCAA Championships \_\_\_\_\_ 13th/32 (381 pts.)

2009

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Ryan Orner, Stacie Wentz

**Sept.** 4 Baltimore Metro \_\_\_\_\_ 1st/8 (17 pts.)  
12 Salty Dog Invitational \_\_\_\_\_ 2nd/8 (69 pts.)  
26 York Invitational \_\_\_\_\_ 4th/7 (105 pts.)  
Williams Invitational \_\_\_\_\_ 1st/12 (29 pts.)  
**Oct.** 2 Paul Short Invitational \_\_\_\_\_ 15th/40 (502 pts.)  
17 Gettysburg Invitational \_\_\_\_\_  
Oberlin Inter-Regional \_\_\_\_\_ 1st/25 (62 pts.)  
31 Centennial Champ. \_\_\_\_\_ 1st/10 (26 pts.)  
**Nov.** 14 NCAA Regionals \_\_\_\_\_ 1st/44 (109 pts.)  
21 NCAA Championships \_\_\_\_\_ 7th/32 (306 pts.)



# Year-by-Year Results

2010

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Ryan Orner, Stacie Wentz

- Sept.** 3 Baltimore Metro Invitational 1st/8 (23 pts)  
18 Salty Dog Invitational \_\_\_\_ 4th/9 (89 pts)  
25 Towson Invitational (B) \_\_\_\_ 2nd/8 (71 pts)  
Williams Invitational (A) \_\_\_\_ 3rd/19 (86 pts)
- Oct.** 9 Disney Classic (A) \_\_\_\_ 2nd/25 (81 pts)  
Goucher Invitational (B) \_\_\_\_ 3rd/10 (55 pts)  
16 Gettysburg Invitational \_ 14th/25 (328 pts)  
30 Centennial Champ. \_\_\_\_ 1st/10 (28 pts)
- Nov.** 14 NCAA Mideast Regionals \_\_\_\_ 1st/45 (68 pts)  
21 NCAA Championships \_\_\_\_ 7th/32 (265 pts)

2011

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Ryan Orner, Stacie Wentz

- Sept.** 2 Baltimore Metro Invitational 2nd/6 (30 pts)  
10 Lebanon Valley Invitational 1st/12 (27 pts)  
24 Dickinson Invitational \_\_\_\_ 2nd/21 (66 pts)  
30 Paul Short Invitational \_ 29th/45 (845 pts)
- Oct.** 15 Santa Clara Invitational \_ 12th/21 (320 pts)  
Gettysburg Invitational \_\_\_\_ 5th/10 (142 pts)  
29 Centennial Champ. \_\_\_\_ 1st/9 (43 pts)
- Nov.** 12 NCAA Mideast Regionals \_\_\_\_ 1st/47 (78 pts)  
19 NCAA Championships \_\_\_\_ 14th/32 (405 pts)

2012

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Kim Standridge, Stacie Wentz

- Aug.** 31 Baltimore Metro Invitational 1st/6 (17 pts)
- Sept.** 15 Salty Dog Invitational \_\_\_\_ 2nd/7 (41 pts)  
28 Paul Short Invitational \_ 15th/40 (450 pts)
- Oct.** 6 Pre-National Invitational (A) 1st/30 (52 pts)  
Goucher Invitational (B) \_\_\_\_ 1st/8 (20 pts)  
27 Centennial Champ. \_\_\_\_ 1st/10 (24 pts)
- Nov.** 10 NCAA Mideast Regionals \_\_\_\_ 1st/49 (63 pts)  
17 NCAA Championships \_\_\_\_ 1st/32 (158 pts)

2013

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Kim Standridge

- Aug.** 31 Salisbury Sea Gull Opener \_\_\_\_ 1st/9 (23 pts)
- Sep.** 13 Penn State Invitational \_\_\_\_ 2nd/9 (49 pts)  
27 Boston College Invite \_\_\_\_ 8th/14 (202 pts)
- Oct.** 5 Paul Short Invitational \_ 15th/48 (445 pts)  
19 Christopher Newport \_\_\_\_ 1st/17 (21 pts)
- Nov.** 2 Centennial Champ. \_\_\_\_ 1st/10 (17 pts)  
16 NCAA Regionals \_\_\_\_ 1st/52 (26 pts)  
23 NCAA Championships \_\_\_\_ 1st/32 (85 pts)

2014

**Head Coach:** Bobby Van Allen

**Assistant Coaches:** Kim Standridge

- Aug.** 30 Baltimore Metro \_\_\_\_ 1st/4 (15 pts)  
31 Salisbury Sea Gull Opener \_\_\_\_ 1st/9 (15 pts)
- Sep.** 13 Navy Invitational \_\_\_\_ 1st/11 (24 pts)  
27 Boston College Invite \_\_\_\_ 16th/21 (389 pts)
- Oct.** 4 Paul Short Invitational \_ 10th/38 (318 pts)  
18 Oshkosh Invitational \_\_\_\_ 3rd/42 (106 pts)  
18 Princeton Invitational \_ 29th/35 (744 pts)  
21 Stevenson Quad \_\_\_\_ 1st/4 (19 pts)
- Nov.** 1 Centennial Champ. \_\_\_\_ 1st/10 (20 pts)  
15 NCAA Regionals \_\_\_\_ 1st/52 (28 pts)  
23 NCAA Championships \_\_\_\_ 1st/32 (87 pts)

2015

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Kim Lewnes

- Sept.** 1 McDaniel/Stevenson \_\_\_\_ 1st/3 (15 pts)  
12 Mustang Stampede \_\_\_\_ 1st/10 (15 pts)  
19 Iona Meet of Champs. \_\_\_\_ 2nd/11 (59 pts)
- Oct.** 2 Paul Short Invitational \_ 3rd/35 (180 pts)  
10 Disney Classic \_\_\_\_ 1st/34 (24 pts)  
17 Rowan Invitational \_\_\_\_ 13th/24 (405 pts)
- Nov.** 1 Centennial Champ. \_\_\_\_ 1st/10 (19 pts)  
15 NCAA Regionals \_\_\_\_ 1st/50 (33 pts)  
23 NCAA Championships \_\_\_\_ 4th/32 (188 pts)

2016

**Head Coach:** Bobby Van Allen

**Assistant Coach:** Kim Lewnes

- Sept.** 1 Baltimore Metro Invite \_\_\_\_ 1st/5 (15 pts)  
16 Iona Meet of Champs. \_\_\_\_ 1st/14 (34 pts)
- Oct.** 1 Louisville Classic \_\_\_\_ 12th/36 (354 pts)  
1 Paul Short Invitational \_ 11th/42 (388 pts)  
15 Rowan Invitational \_\_\_\_ 1st/45 (70 pts)  
29 Centennial Champ. \_\_\_\_ 1st/10 (21 pts)
- Nov.** 12 NCAA Regionals \_\_\_\_ 1st/51 (38 pts)  
19 NCAA Championships \_\_\_\_ 1st/32 (128 pts)

# Postseason Results

2016 1st/51 (38 pts.)

1998 9th/9 (251 pts.)

## CENTENNIAL CONFERENCE CHAMPIONSHIPS

1993-

### Team Results

1993	7th/8	(164 pts.)
1994		Incomplete
1995		Incomplete
1996	7th/10	(187 pts.)
1997	4th/10	(120 pts.)
1998	9th/10	(226 pts.)
1999	7th/10	(147 pts.)
2000	5th/10	(132 pts.)
2001	7th/10	(164 pts.)
2002	5th/10	(160 pts.)
2003	5th/10	(148 pts.)
2004	8th/10	(171 pts.)
2005	6th/10	(154 pts.)
2006	3rd/10	(114 pts.)
2007	3rd/10	(138 pts.)
2008	1st/10	(49 pts.)
2009	1st/10	(26 pts.)
2010	1st/10	(28 pts.)
2011	1st/10	(43 pts.)
2012	1st/10	(24 pts.)
2013	1st/10	(17 pts.)
2014	1st/10	(20 pts.)
2015	1st/10	(19 pts.)
2016	1st/10	(21 pts.)

### Individual Champions

2008	Laura Paulsen	22:00.99
2010	Cecelia Furlong	21:29.00
2012	Hannah Oneda	21:03.70
2013	Holly Clarke	22:22.70
2014	Sophia Meehan	21:37.00
2015	Tess Meehan	21:33.00
2016	Felicia Koerner	20:56.40

## NCAA MIDEAST REGIONAL CHAMPIONSHIPS

1981, 1987-

### Team Results

1981	7th/7	(137 pts.)
1987	8th/25	(222 pts.)
1988	6th/19	(188 pts.)
1989	9th/20	(227 pts.)
1990	15th/24	(409 pts.)
1991	7th/23	(244 pts.)
1994		Incomplete
1995		Incomplete
1996	20th/43	(605 pts.)
1997	13th/39	(438 pts.)
1998	21st/40	(590 pts.)
1999	14th/32	(390 pts.)
2000	12th/35	(371 pts.)
2001	12th/34	(367 pts.)
2002	13th/34	(389 pts.)
2003	11th/38	(365 pts.)
2004	18th/35	(462 pts.)
2005	13th/42	(404 pts.)
2006	5th/41	(193 pts.)
2007	3rd/37	(138 pts.)
2008	1st/44	(80 pts.)
2009	1st/44	(109 pts.)
2010	1st/45	(68 pts.)
2011	1st/47	(78 pts.)
2012	1st/49	(63 pts.)
2013	1st/52	(26 pts.)
2014	1st/52	(28 pts.)
2015	1st/50	(33 pts.)

## NCAA NATIONAL CHAMPIONSHIPS

2007-

### Team Results

2007	29th/32	(660 pts.)
2008	13th/32	(381 pts.)
2009	7th/32	(306 pts.)
2010	7th/32	(265 pts.)
2011	14th/32	(405 pts.)
2012	1st/32	(158 pts.)
2013	1st/32	(85 pts.)
2014	1st/32	(87 pts.)
2015	4th/32	(188 pts.)
2016	1st/32	(128 pts.)

### Top NCAA Times (6K) (since 2007)

1.	Tess Meehan (Sr.)	21:10	2016
2T.	Felicia Koerner (So.)	21:15	2016
	Natalia LaSpada (So.)	21:15	2016
4.	Hannah Oneda (Fr.)	21:26	2012
5.	Hannah Oneda (So.)	21:27	2013
6T.	Sophia Meehan (Sr.)	21:31	2015
	Holly Clarke (So.)	21:31	2011
8.	Hannah Eckstein (Fr.)	21:33	2011
9.	Caroline Smith (So.)	21:35	2015
10.	Laura Paulsen (Jr.)	21:37	2008
11.	Ellie Clawson (So.)	21:41	2016
12T.	Caroline Smith (Jr.)	21:43	2016
	Cecilia Furlong (Jr.)	21:43	2010
	Annie Monagle (Sr.)	21:43	2013
15.	Frances Loeb (Jr.)	21:44	2013
16.	Christina Valerio (Sr.)	21:45	2010
17.	Tess Meehan (Jr.)	21:46	2015
18.	Sophia Meehan (Jr.)	21:47	2014
19.	Holly Clarke (Jr.)	21:48	2012
20.	Mira Patel (Jr.)	21:54	2008
21.	Annie Monagle (Sr.)	21:56	2012
22.	Holly Clarke (Sr.)	22:03	2013
23.	Rebecca Grusby (Fr.)	22:04	2016
24.	Ashley Murphy (Sr.)	22:08	2014
25.	Ashley Murphy (Jr.)	22:09	2013
26.	Ashley Murphy (Fr.)	22:16	2011
27.	Lara Shegoski (Fr.)	22:19	2010
28.	Tess Meehan (So.)	22:20	2014
29.	Frances Loeb (Sr.)	22:21	2014
30.	Laura Paulsen (So.)	22:23	2007
31T.	Courtney Kelly (Sr.)	22:24	2015
	Liz Provost (So.)	22:24	2010
33.	Hannah Oneda (Sr.)	22:26	2015
34.	Bridget Gottlieb (Fr.)	22:28	2014
35.	Caroline Powers (Sr.)	22:32	2015
36.	Sophia Meehan (Fr.)	22:37	2012
37T.	Ashley Murphy (So.)	22:39	2012
	Lara Shegoski (Jr.)	22:39	2012
39.	Tasha Freed	22:43	2015
40.	Emma Hiza (Sr.)	22:44	2008

## UAA CHAMPIONSHIPS

1987-1998

### Team Results

1987	4th/9	(99 pts.)
1989	6th/8	(127 pts.)
1990	7th/9	(157 pts.)
1991	4th/9	(105 pts.)
1992	4th/8	(114 pts.)
1993	9th/9	(190 pts.)
1994	9th/9	(279 pts.)
1995		Incomplete
1996	8th/9	(233 pts.)

## MAC CHAMPIONSHIPS

1979-1992

### Team Results

1979	1st/6	(39 pts.)
1980	3rd	
1987	4th/21	(141 pts.)
1988	3rd/18	(101 pts.)
1989	5th/18	(118 pts.)
1990	8th/18	(235 pts.)
1991	3rd/8	(145 pts.)
1992	4th/8	(114 pts.)