

INDIVIDUAL CHAMPIONS 1994-2007

Women's 55 Meters

1994- Julie Cox, WMC, 7.49
1995- Stacy Spencer, GC, 7.60
1996- Julie Cox, WMC, 7.47
1997- Kerry Wilson, WMC, 7.65
1998- Nkiruka Emeagwali, JHU, 7.60
1999- Jamie Falcone, WMC, 7.3
2000- Jamie Falcone, WMC, 7.40
2001- Jamie Falcone, WMC, 7.36
2002- Imo Akpan, SWAT, 7.20
2003- April Brown, MCD, 7.34
2004- Aislinn Sowash, HAV, 7.58
2005- Lauren Parker, GC, 7.51
2006- Lauren Parker, GC, 7.45
2007- Giselle Joseph, JHU, 7.57

Women's 55 Meter Hurdles

1994- Julie Cox, WMC, 8.73
1995- Jacquelyn Klug, GC, 9.86
1996- Julie Cox, WMC, 8.53
1997- Catherine Laine, SWAT, 8.71
1998- Kerry Wilson, WMC, 8.54
1999- Kerry Wilson, WMC, 8.5
2000- Kristie Siracuse, DC, 8.61
2001- Kristie Siracuse, DC, 9.11
2002- Ashlie Hanke, MUHL, 8.84
2003- Ilolochicka Emuh, JHU, 8.77
2004- Aislinn Sowash, HAV, 8.34
2005- Aislinn Sowash, HAV, 8.41
2006- Aislinn Sowash, HAV, 8.28
2007- Aislinn Sowash, HAV, 8.38

Women's 200 Meters

1994- Stacy Spencer, GC, 27.21
1995- Stacy Spencer, GC, 27.25
1996- Danielle Duffy, SWAT, 26.93
1997- Danielle Duffy, SWAT, 26.96
1998- Danielle Duffy, SWAT, 27.24
1999- Jamie Falcone, WMC, 26.3
2000- Joy Mapp, DC, 26.44
2001- Jamie Falcone, WMC, 26.03
2002- Imo Akpan, SWAT, 25.51
2003- April Brown, MCD, 26.20
2004- Lauren Parker, GC, 26.72
2005- Lauren Parker, GC, 26.41
2006- Lauren Parker, GC, 26.08
2007- Akua Nyame-Mensah, BMC, 26.68

Women's 400 Meters

1994- Amy Moreland, MUHL, 60.94
1995- Danielle Duffy, SWAT, 63.06
1996- Jill Wildonger, SWAT, 60.70
1997- Kerry Wilson, WMC, 60.17
1998- Danielle Duffy, SWAT, 62.16
1999- Anne Maurer, DC, 60.1
2000- Elizabeth Markham, HAV, 60.06
2001- Joanna Silver, GC, 59.83
2002- Imo Akpan, SWAT, 58.34
2003- Joanna Silver, GC, 58.63
2004- Emilie Bonano, DC, 60.52
2005- Danielle Seiler, MUHL, 1:01.61
2006- Danielle Seiler, MUHL, 59.45
2007- Akua Nyame-Mensah, BMC, 1:00.08

Women's 800 Meters

1994- Megan Cunningham, SWAT, 2:26.69
1995- Kate Dempsey, SWAT, 2:22.38
1996- Meredith Unger, HAV, 2:21.71
1997- Meredith Unger, HAV, 2:19.69
1998- Kate Westfall, HAV, 2:25.05
1999- Kate Westfall, HAV, 2:27.1
2000- Sage Stefiuk, DC, 2:25.03
2001- Alex Forte, DC, 2:22.64
2002- Callie Bradley, DC, 2:21.69
2003- Callie Bradley, DC, 2:17.71
2004- Callie Bradley, DC, 2:18.27
2005- Joanna Simonis, BMC, 2:17.34
2006- Karen Mount, MUHL, 2:18.91
2007- Caitlin Mullarke, SWAT, 2:21.02

Women's 1500 Run

2000- Kristen Wilson, HAV, 4:51.88
2001- Alex Forte, DC, 4:42.68
2003- Callie Bradley, DC, 4:42.20
2004- Callie Bradley, DC, 4:41.83

Women's Mile Run

2005- Emily Hulme, DC, 5:14.51
2006- Karen Mount, MUHL, 5:04.23
2007- Laura Paulsen, JHU, 5:03.21

Women's 3000 Meters

2000- Kristen Wilson, HAV, 10:30.51
2001- Alex Forte, DC, 10:36.06
2002- Alex Forte, DC, 10:21.64
2003- Callie Bradley, DC, 10:19.99
2004- Callie Bradley, DC, 10:22.52
2005- Emily Hulme, DC, 10:21.17
2007- Caitlin Bradley, DC, 10:04.43

Women's 5000 Meters

1994- Jen Maranzano, HAV, 18:39.19
1995- Jamie Kendig, F&M, 17:49.1
1996- Jamie Kendig, F&M, 17:45.29
1997- Rachel Mosher, HAV, 18:11.65
1998- Rachel Mosher, HAV, 18:15.64
1999- Rachel Mosher, HAV, 18:40.0
2000- Kristen Wilson, HAV, 18:03.18
2001- Joko Agunloye, SWAT, 18:27.54
2002- Kristen Wilson, HAV, 18:10.66
2003- Katie Dougherty, UC, 17:35.25
2004- Jane Steinmann, HAV, 1:58.93
2005- Emily Hulme, DC, 17:46.41
2006- Annie Scogin, DC, 17:49.12
2007- Karen Ziga, F&M, 18:30.42

Women's High Jump

1994- Yolanda Laird, GC, 5-3
1995- Mary Alice Green, GC, 5-0
1996- Mary Alice Green, GC, 5-0
1997- Beth Castagno, GC, 5-6
1998- Katrina Beck, MUHL, 5-2
1999- Katrina Beck, MUHL, 5-2
2000- Katrina Beck, MUHL, 5-4
2001- Katrina Beck, MUHL, 5-3 ¾
2002- Jessica Hill, DC, 5-1 ¾
2003- Jessica Hill, DC, 5-1 ¾
2004- Jacqui Inverso, MUHL, 5-1 ¾
2005- Libby Haas, F&M, 5-2 ¼
2006- Libby Haas, F&M, 5-2 ¼
2007- Katie Hicks, MUHL, 5-4 ¼

Women's Long Jump

1994- Stacy Spencer, GC, 15-11 ¾
1995- Stacy Spencer, GC, 15-9 ¾
1996- Stephanie Kaliner, MUHL, 15-10 ½
1997- Kerry Wilson, WMC, 17-5 ½
1998- Kerry Wilson, WMC, 16-9 ¼
1999- Desiree Peterkin, SWAT, 17-4 ¾
2000- Desiree Peterkin, SWAT, 17-3 ½
2001- Christine Johnson, WMC, 16-5 ¾
2002- Imo Akpan, SWAT, 18-0 ½
2003- Cheron Walker, GC, 18-1 ¾
2004- Cheron Walker, GC, 17-1 ¼
2005- Cheron Walker, GC, 17-2 ¼
2006- Rachel Drosdick, MUHL, 17-5 ½
2007- Samantha Spence, GC, 17-0 ½

Women's Triple Jump

1994- Tina Shepardson, SWAT, 36-0
1995- Samantha Caggiano, UC, 31-10 ¼
1996- Tomoko Jensen-Otsu, DC, 34-11 ¼
1997- Catherine Laine, SWAT, 38-8 ¼
1998- Desiree Peterkin, SWAT, 38-8 ¼
1999- Desiree Peterkin, SWAT, 37-6
2000- Desiree Peterkin, SWAT, 35-4 ½
2001- Tabitha Gary, GC, 34-6 ¼
2002- Christine Johnson, WMC, 36-9
2003- Amber Howard, UC, 35-3 ¾
2004- Jacqui Inverso, MUHL, 36-11
2005- Bryn Benford, F&M, 34-9
2006- Jacqui Inverso, MUHL, 35-10
2007- Lindsey Visbaras, GC, 36-4

Women's Pole Vault

1999- Erika Durst, GC, 8-6
2000- Erika Durst, GC, 9-0
2001- Hiro Takahashi, HAV, 9-3
2002- Meghan Douglas-Snyder, MUHL, 9-6 ¼
2003- Meghan Douglas-Snyder, MUHL, 9-10 ¾
2004- Chenoa DeFreece, GC, 10-5 ¼
2005- Christy Zuidema, GC, 9-6 ½
2006- Lauren Chun, JHU, 10-7
2007- Alexandra Faust, MUHL, 10-11 ¾

Women's Shot Put

1994- Christina Wtulich, MUHL, 32-11 ¼
1995- Skye Laidlaw, UC, 35-1 ¾
1996- Jen Latchford, DC, 36-5 ½
1997- Rachele Pecovsky, UC, 40-7 ½
1998- Catherine Spangler, GC, 36-9 ½
1999- Val Latchford, DC, 34.8 ¼
2000- Jane Weinman, HAV, 35-8
2001- Mary Beth Medvide, BMC, 36-1 ¼
2002- Colleen Bruce, GC, 35-4 ½
2003- Sabrina Putro, MCD, 37-1 ¾
2004- Andrea King, JHU, 39-3 ¾
2005- Andrea King, JHU, 36-7 ½
2006- Amarachi Onyima, JHU, 39-9 ¾
2007- Amarichi Onyima, JHU, 40-11 ½

Women's 4 x 200m Relay

1994- Haverford, 1:55.44
1995- Swarthmore, 2:09.2 (4 x 225)
1996- Swarthmore, 1:50.95
1997- Swarthmore, 2:05.0 (4 x 225)
1998- Swarthmore, 1:51.72
1999- Western Maryland, 1:49.0
2000- Dickinson, 1:47.64
2001- Western Maryland, 1:46.24
2002- Western Maryland, 1:48.38
2003- McDaniel, 1:48.94
2004- Haverford, 1:49.33
2005- Muhlenberg, 1:50.90
2006- Gettysburg, 1:47.31
2007- Haverford, 1:49.56

Women's 4 x 400m Relay

1994- Haverford, 4:27.86
1995- Swarthmore, 4:17.30
1996- Dickinson, 4:14.25
1997- Swarthmore, 4:12.24
1998- Swarthmore, 4:14.87
1999- Dickinson, 4:12.7
2000- Gettysburg, 4:12.29
2001- Gettysburg, 4:06.37
2002- Swarthmore, 4:07.60
2003- Dickinson, 4:09.88
2004- Dickinson, 4:09.65
2005- Haverford, 4:13.27
2006- Haverford, 4:06.50
2007- Haverford, 4:09.08

Women's 4 x 800m Relay

1994- Haverford, 10:48.99
1995- Haverford, 10:37.7
1996- Haverford, 10:14.39
1997- Haverford, 9:59.65
1998- Johns Hopkins, 9:59.97
1999- Haverford, 10:11.4
2000- Dickinson, 9:55.32
2001- Dickinson, 9:46.98
2002- Dickinson, 9:52.74
2003- Dickinson, 9:38.64
2004- Dickinson, 9:46.37
2005- Bryn Mawr, 9:41.89
2006- Haverford, 9:35.24
2007- Johns Hopkins, 9:47.66

Women's Distance Medley Relay

1994- Gettysburg, 13:11.38
1995- Haverford, 13:07.4
1996- Haverford, 13:11.61
1997- Haverford, 12:59.90
1998- Haverford, 12:52.45
1999- Haverford, 13:05.5
2000- Dickinson, 13:02.97
2001- Haverford, 12:41.18
2002- Swarthmore, 12:37.97
2003- Swarthmore, 12:34.36
2004- Haverford, 12:39.10
2005- Bryn Mawr, 12:28.37
2006- Haverford, 12:24.85
2007- Dickinson, 12:27.62

*McDaniel College is formerly known as Western Maryland College