

VERMONT WOMEN'S TRACK & FIELD & CROSS COUNTRY



RECORD BOOK

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INDOOR TRACK & FIELD HISTORY

Year	Championship Site	Result (Pts)	Head Coach
2025	Boston, Mass	8th (34)	Matt Belfield
2024	Boston, Mass	6th (50)	Matt Belfield
2023	Boston, Mass.	6th (59)	Matt Belfield
2022	Boston, Mass.	6th (59)	Matt Belfield
2021	canceled due to COVID-19	--	--
2020	Boston, Mass.	6th (61)	Matt Belfield
2019	Boston, Mass.	5th (63)	Matt Belfield
2018	Boston, Mass.	6th (51)	Matt Belfield
2017	Boston, Mass.	6th (75)	Matt Belfield
2016	Staten Island, N.Y.	6th (65)	Matt Belfield
2015	New York, N.Y.	6th (55)	Matt Belfield
2014	New York, N.Y.	3rd (108)	Matt Belfield
2013	Roxbury Crossing, Mass.	4th (91)	Matt Belfield
2012	Boston, Mass.	4th (93)	Matt Belfield
2011	Boston, Mass.	5th (68)	Matt Belfield
2010	Boston, Mass.	6th (60)	Matt Belfield
2009	Boston, Mass.	4th (92)	Matt Belfield
2008	Boston, Mass.	8th (45.33)	Matt Belfield
2007	Boston, Mass.	5th (79)	Matt Belfield
2006	Boston, Mass.	7th (53)	Matt Belfield
2005	Boston, Mass.	8th (46)	Matt Belfield
2004	Boston, Mass.	9th (42)	Matt Belfield
2003	Boston, Mass.	T-6th (60)	Ed Kusiak
2002	Boston, Mass.	6th (48)	Ed Kusiak
2001	Boston, Mass.	1st (143.5)	Ed Kusiak
2000	Boston, Mass.	2nd (102)	Ed Kusiak
1999	Newark, Del.	3rd (71)	Ed Kusiak
1998	Boston, Mass.	4th (67)	Ed Kusiak
1997	Boston, Mass.	4th (52.5)	Ed Kusiak
1996	Boston, Mass.	5th (55.75)	Ed Kusiak
1995	Boston, Mass.	3rd (93)	Ed Kusiak
1994	Boston, Mass.	3rd (92)	Ed Kusiak
1993	Boston, Mass.	3rd (91)	Ed Kusiak
1992	Boston, Mass.	3rd (90)	Ed Kusiak

ANNUAL RESULTS

2025

America East - 8th (34 pts.) - 9 teams

AE Champion

+ MegAnne Gilmore - Mile

All-Conference (2)

+ Kayla Myers - Pentathlon

+ MegAnne Gilmore - Mile

All-Academic

+ Kayla Myers

2024

America East - 6th (50 pts.) - 9 teams

AE Champion

+ Kayla Myers - Pentathlon

All-Conference (2)

+ Rachel Barba

+ Kayla Myers

2023

America East - 6th (59 pts.) - 9 teams

Most Outstanding Field Performer

+ Lauren Triarsi

AE Champion

+ Lauren Triarsi - Pentathlon

All-Conference (4)

+ Charlotte Crum

+ Andie Cornish

+ Jane Leighton

+ Lauren Triarsi

All-Academic (3)

- + Charlotte Crum
- + Jane Leighton
- + Lauren Triarsi

Elite 18

- + Charlotte Crum

2022

America East - 6th (59 pts.) - 10 teams

All-Conference (2)

- + Sonia John
- + Jane Leighton
- + Lauren Triarsi
- + Sofia Wittmann

All-Academic (1)

- + Jane Leighton

2021

canceled due to COVID-19

2020

America East - 6th (61 pts.) - 9 teams

All-Conference (4)

- + Alex May Curtis
- + Phoebe Koski
- + Caroline O'Shea
- + Konstanze Wendeln

All-Academic (0)

2019

America East - 5th (63 pts.) - 9 teams

Most Outstanding Track Performer

- + Lauren Trumble

All-Conference (5)

- + Marina Cannon
- + Caroline O'Shea
- + Samantha Sayer
- + Lauren Trumble

All-Academic (3)

- + Marina Cannon
- + Samantha Sayer
- + Lauren Trumble

Scholar-Athlete

- + Lauren Trumble

2018

America East - 6th (51 pts.) - 9 teams

All-Conference (2)

- + Pearl Abiti
- + Katie Nolan

All-Academic (1)

- + Katie Nolan

2017

America East - 6th (75 pts.) - 9 teams

All-Conference (5)

- + Autumn Albrecht
- + Mallory Honan
- + Katie Nolan
- + Lauren Trumble
- + Grace Weisbecker

All-Academic (1)

- + Anna Kaplan

Elite 17 Award

- + Anna Kaplan

2016

America East - 6th (65 pts.) - 9 teams

All-Conference (3)

- + Mallory Honan
- + Amber Peirsol
- + Grace Weisbecker

All-Academic (2)

- + Alicia Clark
- + Anna Kaplan

2015

America East - 6th (55 pts.) - 9 teams

All-Conference (3)

- + Grace Weisbecker
- + Alicia Clark
- + Sara Roderick

All-Academic (1)

- + Alicia Clark

2014

America East - 3rd (108 pts.) - 9 teams

Most Outstanding Field Performer

- + Brittany St. Clair

All-Conference (11)

- + Alicia Clark
- + Mallory Honan
- + Yolanda Ngarambe
- + Sara Roderick
- + Christa Weaver
- + Grace Weisbecker
- + Brittany St. Clair
- + Hilary Rawding
- + Sydney Durand

- + Valerie Moyer
- + Heidi Peterson

All-Academic (2)

- + Alicia Clark
- + Yolanda Ngarambe

2013

America East - 4th (91 pts.) - 8 teams

All-Conference (8)

- + Mary Krug
- + Julie McGilpin
- + Charlotte Mintzer
- + Valerie Moyer
- + Yolanda Ngarambe
- + Hilary Rawding
- + Sara Roderick
- + Brittany St. Clair

All-Academic (0)

2012

America East - 4th (93 pts.) - 9 teams

All-Conference (9)

- + Marisa Guerette
- + Mary Krug
- + Michele Langone
- + Jennifer Magoon
- + Alexa Mazur
- + Julie McGilpin
- + Yolanda Ngarambe
- + Morgan Powers
- + Brittany St. Clair

All-Academic (3)

- + Michele Langone
- + Julie McGilpin
- + Morgan Powers

2011

America East - 5th (68 pts.) - 9 teams

All-Conference (1)

- + Marisa Guerette

All-Academic (1)

- + Marisa Guerette

2010

America East - 6th (60 pts.) - 9 teams

All-Conference (2)

- + Alyson Millett
- + Julie McGilpin

All-Academic (0)

2009

America East - 4th (92 pts.) - 9 teams

All-Conference (4)

- + Jan Carlson
- + Bethany Karter-O'Brien
- + Ase Lundin
- + Alyson Millett

All-Academic (1)

- + Hannah Sylvester

2008

America East - 8th (45.33 pts.) - 9 teams

All-Conference (1)

- + Carmen Lagala

All-Academic (1)

- + Carmen Lagala

Scholar-Athlete

- + Carmen Lagala

2007

America East - 5th (79 pts.) - 9 teams

All-Conference (2)

- + Jan Carlson
- + Nichole Goodwin

All-Academic (2)

- + Heather Ward McLaughlin
- + Danielle Funaro

Coaches' Award

- + Jan Carlson

2006

America East - 7th (53 pts.) - 9 teams

Most Outstanding Rookie

- + Jan Carlson

All-Conference (2)

- + Jan Carlson
- + Carmen Lagala

All-Academic (1)

- + Carmen Lagala

2005

America East - 8th (46 pts.) - 10 teams

All-Conference (0)

2004

America East - 9th (3 pts.) - 9 teams

Most Outstanding Track Performer

- + Kristal Kostiew

All-Conference (3)

- + Christina Gingras
- + Krystal Kostiew
- + Michelle Palmer

Scholar-Athlete

- + Kristal Kostiew

2003

America East - T-6th (60 pts.) - 9 teams

All-Conference (4)

- + Christina Gingras
- + Kristal Kostiew
- + Sara Lovell
- + Michelle Palmer

2002

America East - 6th (48 pts.) - 9 teams

All-Conference (2)

- + Kristal Kostiew
- + Sara Lovell

2001

AMERICA EAST CHAMPIONS

America East - 1st (143.5 pts.) - 8 teams

Coach of the Year

- + Ed Kusiak

All-Conference (9)

- + Bethany Brodeur
- + Regan Coffey
- + Elaini Couttrayer
- + Angela Gingras
- + Christina Gingras
- + Kate Goodchild
- + Kristal Kostiew
- + Sara Lovell
- + Michele Palmer

2000

America East - 2nd (122 pts.) - 8 teams

All-Conference (9)

- + Regan Coffey
- + Elaine Couttrayer
- + Angela Gingras
- + Kate Goodchild
- + Alanna Jones
- + Sara Lovell
- + Beth Perkins
- + Erin Sepic
- + Kristen Strange

Scholar-Athlete

- + Ashley Couper

1999

America East - 3rd (71 pts.) - 8 teams

All-Conference (6)

- + Regan Coffey
- + Angela Gingras
- + Kate Goodchild
- + Beth Perkins
- + Joya Tetrault
- + Stacey Williams

1998

America East - 4th (67 pts.) - 8 teams

All-Conference (6)

- + Regan Coffey
- + Kate Goodchild
- + Alanna Jones
- + Carrie London
- + Beth Perkins
- + Erin Sepic
- + Stacey Williams

1997

America East - 4th (52.5 pts.) - 8 teams

All-Conference (3)

- + Carrie London
- + Beth Perkins
- + Stacey Williams

1996

America East - 5th (55.75 pts.) - 7 teams

All-Conference (3)

- + Carrie DuBray
- + Kera Smalley
- + Stacey Williams

Scholar-Athlete

- + Anna Norgren

1995

America East - 3rd (94 pts.) - 7 teams

All-Conference (6)

- + Angie Bouet
- + Katina Davis
- + Carrie DuBray
- + Jenna Lavallee
- + Anna Norgren
- + Tanja Odegaard

1994

America East - 3rd (93 pts.) - 7 teams

All-Conference (9)

- + Abby Atkinson
- + Kelly Dutra
- + Jen Kelly
- + Jenna Lavallee
- + Meg McCormak
- + Tanja Odegaard
- + Sherrin Quintiliani

MOST OUTSTANDING TRACK PERFORMER

2019: Lauren Trumble

MOST OUTSTANDING FIELD PERFORMER

2023: Lauren Triarsi
2014: Brittany St. Clair
2004: Kristal Kostiew

MOST OUTSTANDING ROOKIE

55 METER (60m in 1999, 2011)

2007: Jan Carlson (7.11)
2006: Jan Carlson (7.29)
1991: Amy Dwire (7.27)

55 METER HURDLES

1995: Angie Bouet (8.26)
1990: Sarah Dahl (8.38)

200 METER

1995: Angie Bouet (25.82)

400 METER

2001: Angela Gingras (58.78)
1992: Natalie Davis (59.29)
1991: Donna Gerace (57.97)

500 METER

1995: Jennifer LaVallee (1:16.70)
1992: Amy Dwire (1:15.18)
1991: Amy Dwire (1:16.64)

800 METER

2014: Yolanda Ngarambe (2:11.57)
2013: Yolanda Ngarambe (2:10.46)
2012: Yolanda Ngarambe (2:08.36)
2008: Carmen Lagala (2:11.08)
2007: Carmen Lagala (2:08.18)
2006: Carmen Lagala (2:09.80)
2000: Alanna Jones (2:09.84)

- + Heather Taft
- + Shayne Willi

1993

NAC - 3rd (91 pts.) - 8 teams

All-Conference (2)

- + Michelle Grenke
- + Heather Taft

1992

NAC - 3rd (90 pts.) - 6 teams

MAJOR AWARD WINNERS

2006: Jan Carlson
COACH/STAFF OF THE YEAR
2001: Ed Kusiak

COACHES' AWARD

2007: Jan Carlson

SCHOLAR-ATHLETE

2019: Lauren Trumble

All-Conference (2)

- + Natalie Davis
- + Amy Dwire

Scholar-Athlete

- + Amy Dwire

1991

NAC - 3rd (98 pts.) - 5 teams

All-Conference (4)

- + Cindy Czerniakowski
- + Amy Dwire

2008: Carmen Lagala
2004: Kristal Kostiew
2000: Ashley Couper
1996: Anna Norgren
1992: Amy Dwire

ELITE 18 AWARD

2023: Charlotte Crum
2017: Anna Kaplan

CONFERENCE CHAMPIONS

1994: Tanja Odegaard (2:14.15)

1000 METER

2019: Lauren Trumble (2:45.36) - championship record
2004: Christina Gingras (2:53.66)

MILE

2025: MegAnne Gilmore (4:52.77)

3000 METER

1993: Michelle Grenke (10:06.71)
1991: Sherin Quintiliani (10:46.80)
1990: Joyce Anderson (10:20.39)

5000 METER

2003: Michelle Palmer (17:10.03)

400 METER RELAY

2001: 4:00.87

4x800 METER RELAY

2013: 9:15.81
2012: 8:58.53
2000: 9:14.32

POLE VAULT

2015: Grace Weisbecker (11'9.75")

HIGH JUMP

1994: Abby Atkinson (5'5")

SHOT PUT

2002: Kristal Kostiew (44'11.75")
2001: Sara Lovell (43'9.75")
2000: Sara Lovell (43'2.25")
1990: Kristine Isham (38'8.5")

WEIGHT THROW

2004: Kristal Kostiew (61'7.75")
2003: Kristal Kostiew (62'1.25")
2002: Kristal Kostiew
2001: Kristal Kostiew
1993: Heather Taft (51'0.25")

PENTATHLON

2024: Kayla Myers (3, 272 pts)
2023: Lauren Triarsi (3,425 pts)
2014: Brittany St. Clair (3,799 pts)
2013: Brittany St. Clair (3,501 pts)

ALL-CONFERENCE (ALPHABETICAL)

Pearl Abiti (2018)
 Autumn Albrecht (2017)
 Joyce Anderson (1990)
 Abby Atkinson (1994)
Rachel Barba (2024)
 Angie Bouet (1995)
 Bethany Brodeur (2001)
 Marina Cannon (2019)
 Jan Carlson (2006, 07, 09)
 Alicia Clark (2014, 15)
 Regan Coffey (1999, 2000, 01)
 Andie Cornish (2023)
 Elaina Coutrayer (2000, 01)
 Alex Curtis (2020)
 Charlotte Crum (2023)
 Cindy Czerniakowski (1991)
 Sarah Dahl (1990)
 Natalie Davis (1992)
 Amy Dwire (1991, 92)
 Donna Gerace (1991)
 Marisa Guerette (2011, 12)
 MegAnne Gilmore (2025)
 Angela Gingras (1999, 2000, 01)

Christina Gingras (2001, 03, 04)
 Kate Goodchild (1999, 2000, 01)
 Nichole Goodwin (2007)
 Michelle Grenke (1993)
 Mallory Honan (2014, 16, 17)
 Kristine Isham (1990)
 Alanna Jones (2000)
 Sonia John (2022)
 Bethany Karter-O'Brien (2009)
 Phoebe Koski (2020)
 Kristal Kostiew (2001, 02, 03, 04)
 Mary Krug (2013)
 Carmen Lagala (2006, 07, 08)
 Michele Langone (2012)
 Jennifer LaVallee (1995)
 Jane Leighton (2022, 2023)
 Sara Lovell (2000, 01, 02, 03)
 Åse Lundin (2009)
 Jen Magoon (2012)
 Alexa Mazur (2012)
 Julie McGilpin (2010, 12, 13)
 Alyson Millett (2009, 10)
 Charlotte Mintzer (2013)

Valerie Moyer (2013)
Kayla Myers (2024, 2025)
 Yolanda Ngarambe (2012, 13, 14)
 Katie Nolan (2017, 18)
 Tanja Odegaard (1994)
 Caroline O'Shea (2019, 20)
 Michelle Palmer (2001, 03, 04)
 Amber Peirsol (2016)
 Beth Perkins (1999, 2000)
 Morgan Powers (2012)
 Sherrin Quintilani (1991)
 Hilary Rawding (2013)
 Sara Roderick (2014, 15)
 Samantha Sayer (2019)
 Erin Sepic (2000)
 Kristen Stange (2000)
 Brittan St. Clair (2012, 13, 14)
 Heather Taft (1993)
 Joya Tetreault (1999)
 Lauren Triarsi (2022, 2023)
 Lauren Trumble (2017, 19)
 Grace Weisbecker (2014, 15, 16, 17)
 Konstanze Wendeln (2020)

ALL-ACADEMIC (ALPHABETICAL)

Marina Cannon (2019)
 Alicia Clark (2014, 15, 16)
 Charlotte Crum (2023)
 Danielle Funaro (2007)
 Marisa Guerette (2011)
 Anna Kaplan (2016, 17)
 Carmen Lagala (2006, 07, 08)
 Michele Langone (2012, 13)

Jane Leighton (2022, 2023)
 Julie McGilpin (2012)
 Kayla Myers (2025)
 Yolanda Ngarambe (2014)
 Katie Nolan (2018)
 Morgan Powers (2012)
 Samantha Sayer (2019)
 Hannah Sylvester (2009)

Lauren Triarsi (2023)
 Lauren Trumble (2019)
 Heather Ward McLaughlin (2007)

INDOOR TRACK & FIELD RECORD HOLDERS

55 meters: 7.11, Jan Carlson (Feb. 21, 2009)
60 meters: 7.63, Jan Carlson (March 7, 2009)
55 meter Hurdles: 8.02, Angie Bouet (1995)
60 meter Hurdles: 8.74, Mallory Honan (Feb. 19, 2016) & Mari Fourie (Feb. 18, 2011)
200 meters: 24.44, Jan Carlson (Feb. 28, 2009)
300 meters: 41.23, Gabby Rausa (Dec. 2, 2023)
400 meters: 55.67, Sonia John (Feb. 26, 2022)
500 meters: 1:13.25, Carmen Lagala (2007)
600 meters: 1:31.25, Carmen Lagala (2006)
800 meters: 2:08.03, Carmen Lagala (2006)
1000 meters: 2:45.36, Lauren Trumble (Feb. 23, 2019)
1500 meters: 4:22.34, Judi St. Hilaire (1981)

INDOOR TRACK & FIELD RECORD HOLDERS

Mile: 4:46.72, Yolanda Ngarambe (Mar. 1, 2014)

3000 meters: 9:09.28, Judi St. Hilaire (1981)

5000 meters: 16:25.36, Morgan Powers (March 3, 2012)

Shot Put: 47'9.75" (14.57m), Kristal Kostiew (2004)

20 lb. Weight: 63'10.75" (19.78m), Kristal Kostiew (2004)

Long Jump: 20'1.50" (6.13m), Chris Boehmer (1987)

Triple Jump: 39'3" (11.96m), Robyn Proctor (1988)

High Jump: 5'10.75" (1.80m), Brittany St. Clair (Mar. 1, 2014)

Pole Vault: 129'0.5" (3.90m), Grace Weisbecker (Feb. 26, 2016)

4x200 Relay: 1:41.54, Sue Kelly, Robyn Proctor, Marci Capitani, Donna Grace (1998)

4x400 Relay: 3:51.99, Carmen Lagala, Jan Carlson, Kailey Jasper, Shayna Daugherty (2007)

4x800 Relay: 8:51.91, Marisa Guerette, Julie McGilpin, Jennifer Magoon, Yolanda Ngarambe (Feb. 25, 2012)

Distance Medley Relay: 11:38.46, Caroline O'Shea, Alex Curtis, Ava Meyer, Lauren Trumble (Feb. 22, 2019)

Pentathlon: 3,897 points, Cathy Golden (1988)

INDOOR TRACK & FIELD ALL-TIME LIST

60 METER

RK	TIME	NAME	YR
1)	7.63	Jan Carlson	2009
2)	7.67	Regan Coffey	2000
3)	7.76	Sara Houghaboom	1985
4)	7.82	Amy Dwire	1992
5)	7.82	Channel Hamilton	2008
6)	7.89	Mari Fourie	2011
7)	7.90	Chris Boehmer	1987
8)	7.91	Jen Hayes	2001
9)	7.91	Anya Gorodentsev	2019
10)	7.91	Jess Huber	2012

60 METER HURDLES

RK	TIME	NAME	YR
1)	8.63	Angie Bouet	1995
2)	8.74	Mallory Honan	2016
3)	8.74	Mari Fourie	2011
4)	8.84	Lauren Triarsi	2023
5)	8.87	Cathy Golden	1986
6)	8.93	Grace Weisbecker	2016
7)	8.94	Regan Coffey	2001
8)	8.97	Kate Goodchild	2001
9)	8.97	Sarah Dahl	1989
10)	9.06	Ryleigh Garrow	2024
	9.06	Sara Roderick	2015

200 METER

RK	TIME	NAME	YR
1)	24.44	Jan Carlson	2009

2)	25.03	Regan Coffey	2000
3)	25.04	Angie Bouet	1995
4)	25.19	Mari Fourie	2012
5)	25.23	Sue Kelly	1987
6)	25.34	Erin O'Grady	2005
7)	25.34	Amy Dwire	1989
8)	25.42	Sonia John	2022
9)	25.51	Channel Hamilton	2005
10)	25.55	Gabby Rausa	2024

400 METER

RK	TIME	NAME	YR
1)	55.67	Sonia John	2022
2)	56.05	Dana Gaetani	2016
3)	56.13	Amy Dwire	1991
4)	56.79	Gabby Rausa	2024
5)	57.08	Angela Gingras	2000
6)	57.30	Alison Poulin	1989
7)	57.57	Carmen Lagala	2007
8)	57.57	Tess Cioffredi	2011
9)	57.70	Alex Curtis	2020
10)	57.73	Melissa Moran	1984

500 METER

RK	TIME	NAME	YR
1)	1:13.25	Carmen Lagala	2007
2)	1:14.02	Alex Curtis	2020
3)	1:14.27	Michele Langone	2012
4)	1:14.75	Amy Dwire	1991
5)	1:15.89	Alanna Jones	2000

6)	1:15.95	Kailey Jasper	2009
7)	1:16.15	Alli Chamberlain	2008
8)	1:16.49	Mia Grasso	2020
9)	1:16.55	Julie McGilpin	2012
10)	1:16.55	Kristen Stange	2001

800 METER

RK	TIME	NAME	YR
1)	2:08.03	Carmen Lagala	2006
2)	2:08.36	Yolanda Ngarambe	2012
3)	2:08.41	Julie McGilpin	2011
4)	2:09.01	Lauren Trumble	2018
5)	2:09.84	Alanna Jones	2000
6)	2:11.89	Aly Millett	2010
7)	2:12.42	Hilary Rawding	2016
8)	2:13.18	Dina John	2020
9)	2:14.00	Rachel Barba	2024
10)	2:14.04	Judi St. Hilaire	1980

1000 METER

RK	TIME	NAME	YR
1)	2:45.36	Lauren Trumble	2019
2)	2:47.95	Julie McGilpin	2013
3)	2:50.08	Carmen Lagala	2008
4)	2:50.08	Yolanda Ngarambe	2013
5)	2:50.36	Katie Nolan	2018
6)	2:51.40	Caroline O'Shea	2019
7)	2:51.62	Aly Millett	2010
8)	2:52.78	Amber Peirsol	2016
9)	2:53.22	Tee Gingras	2004

10) 2:53.66 Hilary Rawding 2016

MILE

RK	TIME	NAME	YR
1)	4:46.72	Yolanda Ngarambe	2014
2)	4:48.07	Lauren Trumble	2019
3)	4:49.05	Morgan Powers	2012
4)	4:49.70	Julie McGilpin	2013
5)	4:50.36	Jane Leighton	2023
6)	4:50.82	Aly Millett	2010
7)	4:51.21	Amber Peirsol	2016
8)	4:52.77	MegAnne Gilmore	2025
9)	4:52.79	Judi St. Hilaire	1979
10)	4:54.40	Katie Nolan	2017

3000 METER

RK	TIME	NAME	YR
1)	9:09.28	Judi St. Hilaire	1981
2)	9:33.63	Morgan Powers	2012
3)	9:34.13	Jane Leighton	2022
4)	9:38.90	Phoebe Koski	2020
5)	9:44.81	Alicia Clark	2013
6)	9:44.95	MegAnne Gilmore	2025
7)	9:45.75	Sunny Nagpaul	2020
8)	9:47.58	Kirsten Weberg	2012
9)	9:48.53	Isabella Fryer	2025
10)	9:49.56	Nikki Bracerias	2014

5000 METER

RK	TIME	NAME	YR
1)	16:25.36	Morgan Powers	2012
2)	16:52.70	Alicia Clark	2014
3)	16:54.30	Jane Leighton	2023
4)	16:56.86	Nikki Bracerias	2014
5)	16:57.45	Anna Kaplan	2017
6)	16:58.51	Samantha Sayer	2019
7)	16:59.53	Konstanze Wendeln	2020
8)	17:01.80	Autumn Albrecht	2017
9)	17:08.10	Phoebe Koski	2020
10)	17:09.30	Lily Porth	2024

SHOT PUT

RK	MARK	NAME	YR
1)	14.57m	Kristal Kostiew	2004
2)	14.45m	Carrie DuBray	1997
3)	14.10m	Carrie London	1998
4)	14.05m	Katrina Geurkink	1983
5)	14.04m	Sara Lovell	2003
6)	13.00m	Anna Norgren	2008
7)	12.83m	Marcia Phillips	1984

8) 12.97m Julie Tortolani 1988
9) 12.78m Lindsey Guldin 2008
10) 12.75m Bethany Karter-O'Brien 2009

20# WEIGHT

RK	MARK	NAME	YR
1)	19.47m	Kristal Kostiew	2004
2)	17.61m	Carrie DuBray	1997
3)	16.80m	Erin Sepic	1998
4)	16.37m	Beth Perkins	1999
5)	16.35m	Sara Lovell	2002
6)	16.25m	Anna Norgren	1996
7)	15.96m	Heather Taft	1994
8)	15.76m	Charlotte Mintzer	2013
9)	15.66m	Morgan Ferland	2019
10)	15.38m	Carrie London	1998

LONG JUMP

RK	MARK	NAME	YR
1)	6.11m	Chris Boehmer	1987
2)	5.89m	Mallory Honan	2016
3)	5.85m	Robin Proctor	1987
4)	5.80m	Brittany St. Clair	2014
5)	5.72m	Kate Goodchild	2001
6)	5.65m	Janet Terp	1978
7)	5.65m	Jan Carlson	2007
8)	5.63m	Kayla Myers	2025
9)	5.57m	Carolena Bellini	2022
10)	5.50m	Sara Roderick	2014

TRIPLE JUMP

RK	MARK	NAME	YR
1)	11.96m	Robyn Proctor	1988
2)	11.73m	Cassie Marion	2015
3)	11.69m	Chris Boehmer	1987
4)	11.65m	Åse Lundin	2009
5)	11.61m	Stacy Williams	1998
6)	11.54m	Cassie Roberge	2016
7)	11.51m	Mallory Honan	2017
8)	11.45m	Elaina Coutrayer	2000
9)	11.44m	Jan Carlson	2007
10)	11.37m	Bridget Kosky	2024

HIGH JUMP

RK	MARK	NAME	YR
1)	1.80m	Brittany St. Clair	2014
2)	1.78m	Cathy Golden	1988
3)	1.73m	Janet Terp	1980
4)	1.70m	Christa Weaver	2014
5)	1.70m	Bethany Pratico	1998

6) 1.70m Nancy Fay 1983
7) 1.69m Erica Hawley 2012
8) 1.68m Ellen Bridgman 2016
9) 1.66m Shayna Daugherty 2007
10) 1.66m Lauren Triarsi 2020

POLE VAULT

RK	MARK	NAME	YR
1)	3.90m	Grace Weisbecker	2016/2017
2)	3.75m	Sofia Whittmann	2022
3)	3.65m	Mary Krug	2013
4)	3.50m	Anne Morrison	2003
5)	3.50m	Marina Cannon	2018/2020
6)	3.50m	Abby Peterson	2007
7)	3.45m	Jan Carlson	2006
8)	3.40m	Morgan Ryan	2025
9)	3.35m	Ali Attenasio	2018
	3.35m	Kaia Becker	2022

PENTATHLON

RK	SCORE	NAME	YR
1)	3897	Cathy Golden	1988
2)	3799	Brittany St. Clair	2014
3)	3539	Sara Roderick	2014
4)	3511	Lauren Triarsi	2023
5)	3506	Sarah Dahl	1989
6)	3454	Janet Terp	1978
7)	3445	Chris Boehmer	1987
8)	3439	Lisa Meade	1985
9)	3433	Pearl Abiti	2018
10)	3411	Shayna Daugherty	2007

OUTDOOR TRACK & FIELD HISTORY

Year	Championship Site	Result (Pts)	Head Coach
2025	Durham, N.H.	7th (55)	Matt Belfield
2024	Baltimore, Md.	6th (80)	Matt Belfield
2023	Albany, N.Y.	7th (52)	Matt Belfield
2022	Burlington, Vt.	6th (62)	Matt Belfield
2021	Lowell, Mass.	7th (63)	Matt Belfield
2020	canceled due to COVID-19	--	--
2019	Albany, N.Y.	6th (62)	Matt Belfield
2018	Baltimore, Md.	7th (60)	Matt Belfield
2017	Durham, N.H.	6th (74)	Matt Belfield
2016	Burlington, Vt.	5th (85)	Matt Belfield
2015	Albany, N.Y.	6th (55)	Matt Belfield
2014	Burlington, Vt.	2nd (142.5)	Matt Belfield
2013	Binghamton, N.Y.	3rd (109.5)	Matt Belfield
2012	Orono, Maine	5th (90)	Matt Belfield
2011	Baltimore, Md.	5th (90.5)	Matt Belfield
2010	Durham, N.H.	6th (59)	Matt Belfield
2009	Binghamton, N.Y.	6th (69)	Matt Belfield
2008	Orono, Maine	7th (65)	Matt Belfield
2007	Baltimore, Md.	4th (110.5)	Matt Belfield
2006	Durham, N.H.	6th (88)	Matt Belfield
2005	Binghamton, N.Y.	9th (21)	Matt Belfield
2004	Dedham, Mass.	6th (66)	Matt Belfield
2003	Orono, Maine	4th (114.5)	Ed Kusiak
2002	Durham, N.H.	6th (93)	Ed Kusiak
2001	Dedham, Mass.	1st (193)	Ed Kusiak
2000	Dedham, Mass.	1st (226.5)	Ed Kusiak
1999	Dedham, Mass.	2nd (176.5)	Ed Kusiak
1998	Dedham, Mass.	2nd (133)	Ed Kusiak
1997	Dedham, Mass.	2nd (102)	Ed Kusiak
1996	Dedham, Mass.	2nd (105)	Ed Kusiak
1995	Dedham, Mass.	3rd (110)	Ed Kusiak
1994	Dedham, Mass.	2nd (108)	Ed Kusiak
1993	Dedham, Mass.	3rd (113)	Ed Kusiak
1992	Dedham, Mass.	2nd (138)	Ed Kusiak
1991	Dedham, Mass.	3rd (131)	Ed Kusiak

ANNUAL RESULTS

2025

America East - 7th (55 pts.) - 9 teams
All-Conference (4)

- + Rachel Barba
- + Emma Wapshare
- + Isabella Fryer
- + Samantha Alexander

NCAA East Preliminary Round (1)

- + Emma Wapshare

2024

America East - 6th (80 pts.) - 9 teams
All-Conference (2)

- + Lily Porth
- + Emma Wapshare

All-Academic (1)

- + Lily Porth

2023

America East - 7th (52 pts.) - 9 teams
All-Conference (3)

- + Lauren Triarsi
- + Kayla Myers
- + Sophie Christopher

All-Academic (2)

- + Lauren Triarsi

NCAA East Preliminary Round (1)

- + Jane Leighton

2022

America East - 6th (62 pts.) - 10 teams
All-Conference (3)

- + Lauren Triarsi
 - + Jane Leighton
 - + Kayla Myers
- All-Academic (2)**
- + Lauren Triarsi
 - + Jane Leighton

2021

America East - 7th (63 pts.) - 9 teams
All-Conference (6)

- + Sonia John
- + Lauren Triarsi
- + Lily Porth
- + Jane Leighton
- + Phoebe Koski
- + Marina Cannon

All-Academic (2)

- + Marina Cannon
- + Jane Leighton

2020

canceled due to COVID-19
All-Academic (1)

- + Marina Cannon
- + Konstanze Wendeln

2019

America East - 6th (62 pts.) - 9 teams
All-Conference (2)

- + Marina Cannon
- + Konstanze Wendeln

All-Academic (1)

- + Marina Cannon
- + Lauren Trumble

2018

America East - 7th (60 pts.) - 9 teams
All-Conference (2)

- + Pearl Abiti
- + Samantha Sayer

All-Academic (1)

- + Anna Kaplan

Elite 17

- + Anna Kaplan

2017

America East - 6th (47 pts.) - 9 teams
All-Conference (6)

- + Grace Weisbecker

- + Pearl Abiti
- + Anna Kaplan
- + Sydney Kurtic
- + Katrina Rokosz
- + Alayna Sonnesyn

All-Academic (2)

- + Anna Kaplan
- + Grace Weisbecker

Elite 17

- + Anna Kaplan

2016

America East - 5th (85 pts.) - 9 teams
All-Conference (5)

- + Morgan Ferland
- + Dana Gaetani
- + Mallory Honan
- + Amber Peirsol
- + Grace Weisbecker

All-Academic (1)

- + Anna Kaplan

2015

America East - 6th (55 pts.) - 9 teams
All-Conference (5)

- + Sara Roderick
- + Grace Weisbecker
- + Mallory Honan
- + Sydney Kurtic
- + Hilary Rawding

All-Academic (0)

2014

America East - 2nd (142.5 pts.) - 9 teams
Coaching Staff of the Year
Most Outstanding Field Performer

- + Brittany St. Clair
- All-Conference (10)**
- + Nikki Bracer
 - + Sara Roderick
 - + Cassie Marion
 - + Yolanda Ngarambe

- + Nika Ouellette
- + Brittany St. Clair
- + Kirsten Weberg
- + Charlotte Mintzer
- + Alicia Clark
- + Grace Weisbecker

All-Academic (4)

- + Nikki Bracer
 - + Alicia Clark
 - + Yolanda Ngarambe
 - + Kirsten Weberg
- NCAA All-American (1)**
- + Nika Ouellette (2nd)

2013

America East - 3rd (109.5 pts.) - 8 teams
All-Conference (8)

- + Alicia Clark
- + Mary Krug
- + Julie McGilpin
- + Charlotte Mintzer
- + Yolanda Ngarambe
- + Nika Ouellette
- + Sara Roderick
- + Brittany St. Clair

All-Academic (3)

- + Alicia Clark
- + Julie McGilpin
- + Yolanda Ngarambe

2012

America East - 5th (90 pts.) - 9 teams
All-Conference (7)

- + Mary Krug
- + Julie McGilpin
- + Yolanda Ngarambe
- + Nika Ouellette
- + Morgan Powers
- + Brittany St. Clair
- + Kirsten Weberg

All-Academic (3)

- + Julie McGilpin
- + Morgan Powers
- + Kirsten Weberg

NCAA All-Americans (3)

- + Nika Ouellette (2nd)
- + Morgan Powers (2nd)
- + Kirsten Weberg (HM)

2011

America East - 5th (90.5 pts.) - 9 teams
Most Outstanding Rookie

- + Nika Ouellette
- All-Conference (8)**
- + Jocelyn Ferland
 - + Mari Fourie

- + Lindsey Guldin
- + Ase Lundin
- + Julie McGilpin
- + Yolanda Ngarambe
- + Nika Ouellette

All-Academic (0)

NCAA All-American

- + Nika Ouellette (HM)

2010

America East - 6th (59 pts.) - 9 teams

All-Conference (4)

- + Jan Carlson
- + Bo Dunn
- + Debbie Isen
- + Hanna Sylvester

All-Academic (0)

2009

America East - 6th (59 pts.) - 9 teams

All-Conference (3)

- + Jan Carlson
- + Leah Grout
- + Ase Lundin

All-Academic (0)

2008

America East - 7th (65 pts.) - 9 teams

All-Conference (2)

- + Carmen Lagala
- + Corinne DiPietro

All-Academic (2)

- + Carmen Lagala
- + Corinne DiPietro

Scholar-Athlete

- + Carmen Lagala

2007

America East - 4th (110.5 pts.) - 9 teams

All-Conference (7)

- + Jan Carlson
- + Carmen Lagala
- + Kailey Jasper
- + Heather Mitchell
- + Nichole Goodwin
- + Corinne DiPietro
- + Lindsey Carfagna

All-Academic (4)

- + Lindsey Carfagna

- + Corinne DiPietro
- + Carmen Lagala
- + Heather Mitchell

Coaches' Award

- + Jan Carlson

2006

America East - 6th (88 pts.) - 9 teams

Most Outstanding Rookie

- + Jan Carlson

All-Conference (4)

- + Jan Carlson
- + Carmen Lagala
- + Cassandra Madsen
- + Corinne DiPietro

Scholar-Athlete

- + Carmen Lagala

2005

America East - 9th (21 pts.) - 10 teams

All-Conference (3)

- + Carmen Lagala
- + Corinne DiPietro
- + Cassandra Madsen

2004

America East - 6th (66 pts.) - 10 teams

Most Outstanding Field Performer

- + Kristal Kostiew

All-Conference (1)

- + Christina Gingras
- + Kristal Kostiew

2003

America East - 4th (114.5 pts.) - 9 teams

Most Outstanding Field Performer

- + Kristal Kostiew

All-Conference (6)

- + Margery Bolton
- + Bridget Ferrin
- + Kristal Kostiew
- + Sara Lovell

2002

America East - 6th (93 pts.) - 9 teams

Most Outstanding Field Performer

- + Kristal Kostiew

All-Conference (4)

- + Kristal Kostiew

- + Sara Lovell
- + Anne Morrison
- + Michelle Palmer

2001

AMERICA EAST CHAMPIONS

America East - 1st (193 pts.) - 8 teams

Coach of the Year

- + Ed Kusiak

All-Conference (9)

- + Margery Bolton
- + Regan Coffey
- + Angela Gingras
- + Kate Goodchild
- + Kristal Kostiew
- + Sara Lovell
- + Cheryl Miller
- + Michelle Palmer
- + Kristen Stange

2000

AMERICA EAST CHAMPIONS

America East - 1st (226.5 pts.) - 8 teams

Coach of the Year

- + Ed Kusiak

All-Conference (16)

- + Regan Coffey
- + Ashley Couper
- + Elaina Couttrayer
- + Angela Gingras
- + Kate Goodchild
- + Alanna Jones
- + Sara Lovell
- + Cheryl Miller
- + Beth Perkins
- + Jessica Pinette
- + Beth Pratico
- + Erin Sepic
- + Kristen Stange
- + Regan Steverman
- + Joya Tetrault
- + Elizabeth Young

1999

America East - 2nd (176.5 pts.) - 8 teams

All-Conference (9)

- + Christina Barlow
- + Kate Goodchild
- + Lindey Kriete

- + Carrie London
- + Cheryl Miller
- + Beth Perkins
- + Erin Sepic
- + Regan Steverman
- + Joya Tetrault

1998

America East - 2nd (133 pts.) - 9 teams

Coach of the Year

- + Ed Kusiak

All-Conference (9)

- + Regan Coffey
- + Kate Goodchild
- + Stacey Keane
- + Danielle Lewis
- + Carrie London
- + Beth Perkins
- + Erin Sepic
- + Regan Steverman
- + Stacey Williams

1997

America East - 2nd (102 pts.) - 8 teams

All-Conference (9)

- + Carrie DuBray
- + Jill Hannon
- + Alanna Jones
- + Danielle Lewis
- + Carrie London
- + Beth Perkins
- + Erin Sepic
- + Kera Smalley

- + Regan Steverman

1996

America East - 2nd (105 pts.) - 8 teams

All-Conference (9)

- + Dana Devlin
- + Carrie DuBray
- + Jenna Lavalle
- + Stacey Laverty
- + Danielle Lewis
- + Anna Norgren
- + Tanja Odegaard
- + Kera Smalley
- + Stacey Williams

Scholar-Athlete

- + Anna Norgren

1995

America East - 3rd (110 pts.) - 7 teams

All-Conference (7)

- + Angie Bouet
- + Katina Davis
- + Carrie DuBray
- + Jenna Lavalle
- + Danielle Lewis
- + Anna Norgren
- + Kera Smalley

1994

America East - 2nd (108 pts.) - 7 teams

All-Conference (8)

- + Angie Bouet

- + Katina Davis
- + Kelly Dutra
- + Jenna Lavalle
- + Stacey Laverty
- + Kera Smalley
- + Cathy Steady
- + Heather Taft

1993

NAC - 3rd (113 pts.) - 6 teams

All-Conference (2)

- + Michelle Grenke
- + Heather Taft

1992

NAC - 2nd (138 pts.) - 6 teams

All-Conference (4)

- + Amy Dwire
- + Kristine Isham
- + Shea Sweeney
- + Gabrielle Van Rhyn

1991

NAC - 3rd (131 pts.) - 5 teams

All-Conference (4)

- + Sarah Dahl
- + Amy Dwire
- + Michelle Grenke
- + Sheri Turnbull

1990

NAC - 3rd (76 pts.) - 5 teams

MAJOR AWARD WINNERS

NCAA ALL-AMERICAN

2014: Nika Ouellette (2nd)

2012: Nika Ouellette (2nd)

2012: Morgan Powers (2nd)

2012: Kirsten Weberg (Honorable Mention)

2011: Nika Ouellette (Honorable Mention)

MOST OUTSTANDING FIELD PERFORMER

2014: Brittany St. Clair

2004: Kristal Kostiew

2003: Kristal Kostiew

2002: Kristal Kostiew

MOST OUTSTANDING ROOKIE

2011: Nika Ouellette

2006: Jan Carlson

COACHING STAFF OF THE YEAR

2014: Matt Belfield, Joe Gingras, Brett Wilmott,
Greg Wisser

COACH OF THE YEAR

2001: Ed Kusiak

2000: Ed Kusiak

1998: Ed Kusiak

COACHES' AWARD

2007: Jan Carlson

SCHOLAR-ATHLETE

2008: Carmen Lagala

2006: Carmen Lagala

1996: Anna Norgren

ELITE 17 AWARD

2018: Anna Kaplan

2017: Anna Kaplan

CONFERENCE CHAMPIONS

100 METER

2006: Jan Carlson (12.09)

100 METER HURDLES

1995: Angie Bouet (14.30)
1994: Angie Bouet (15.02)
1991: Sarah Dahl (14.94)
1989: Sarah Dahl (15.14)

400 METER HURDLES

2001: Kristen Stange (1:03.24)
2000: Kristen Stange (1:02.47)
1994: Katina Davis (1:03.15)

400 METER

2001: Angela Gingras (56.90)
1995: Katina Davis (59.84)
1992: Amy Dwire (56.78)
1991: Amy Dwire (58.07)
1989: Donna Gerace (57.94)

800 METER

2025: Rachel Barba (2:09.37)
2014: Yolanda Ngarambe (2:08.16)
2013: Yolanda Ngarambe (2:08.47)
2012: Julie McGilpin (2:08.72)
2011: Julie McGilpin (2:09.32)
2008: Carmen Lagala (2:10.04)
2006: Carmen Lagala (2:08.95)

1500 METER

2000: Ashley Couper (4:28.21)

STEEPLECHASE

2014: Kirsten Weberg (10:43.26)
2012: Kirsten Weberg (10:17.84)

5000 METER

2001: Michele Palmer (17:25.21)
1996: Kera Smalley (17:54.00)
1992: Gabrielle Van Rhym (17:46.40)

1991: Michelle Grenke (20:29.60)
1989: Sari Argilander (17:33.30)

10,000 METER

2021: Lily Porth (36:46.73)
2014: Nikki Bracerias (34:53.83)
2013: Alicia Clark (36:09.53)
1999: Lindsey Kriete (39:15.58)
1993: Michelle Grenke (37:07.50)

4x100 METER RELAY

1989: 48.84

4x400 METER RELAY

1992: 4:00.59
1989: 3:58.30

4x800 METER RELAY

2000: 9:12.10

POLE VAULT

2017: Grace Weisbecker (12'5.5")
2015: Grace Weisbecker (11'11.75")

LONG JUMP

2014: Cassie Marion (18'0.25")
2001: Kate Goodchild (18'10.75")
1999: Kate Goodchild (18'9.75")
1989: Robyn Proctor (18'4")

HIGH JUMP

2009: Leah Grout (5'2.25")

SHOT PUT

2002: Kristal Kostiew (43'10.75")
2001: Kristal Kostiew (42'9")
1998: Carrie London (44'7")

HAMMER

2004: Kristal Kostiew (180'9")
2002: Kristal Kostiew (169'7")

2000: Erin Sepic (167'1")
1998: Beth Perkins (155'8")
1997: Carrie DuBray (165'2")

DISCUS

2004: Kristal Kostiew (151'2")
2003: Kristal Kostiew
2001: Cheryl Miller
2000: Erin Sepic
1999: Cheryl Miller
1998: Erin Sepic
1997: Erin Sepic (153'5")
1995: Carrie DuBray
1992: Kristine Isham
1991: Sheri Turnbull
1990: Kristine Isham

JAVELIN

2014: Nika Ouellette
2013: Nika Ouellette
2012: Nika Ouellette (164'0") *America East record
2011: Nika Ouellette
2008: Corinne DiPietro
2007: Corinne DiPietro
2006: Kedi Kinner
2003: Kristal Kostiew
2002: Kristal Kostiew
2001: Kristal Kostiew
2000: Regan Steverman
1999: Regan Steverman
1998: Danielle Lewis (150'3")
1997: Danielle Lewis
1996: Danielle Lewis (155'1")
1993: Heather Taft (161'0")
1992: Shea Sweeney

HEPATHLON

2023: Lauren Triarsi (4.601)
2022: Lauren Triarsi (4.448)
2015: Sara Roderick (5.029)
2014: Brittany St. Clair (5.054)

ALL-CONFERENCE (ALPHABETICAL)

Pearl Abiti (2017, 18)
Sari Argilander (1989)
Margery Bolton (2001, 03)
Nikki Bracerias (2014)
Angie Bouet (1994, 95)

Marina Cannon (2019, 21)
Marci Capitani (1989)
Lindsey Carfagna (2007)
Jan Carlson (2006, 07, 09, 10)
Sophie Christopher (2023)

Alicia Clark (2014)
Regan Coffey (2001)
Ashley Couper (2000)
Sarah Dahl (1989, 91)
Katina Davis (1994, 95)

ALL-CONFERENCE (ALPHABETICAL)

Samantha Alexander (2025)
 Rachel Barba (2025)
 Corinne DiPietro (2005, 06, 07, 08)
 Carrie DuBray (1995, 97)
 Bo Dunn (2010)
 Amy Dwire (1989, 91, 92)
 Jocelyn Ferland (2011)
 Morgan Ferland (2016)
 Bridget Ferrin (2003)
 Mari Fourie (2011)
 Isabella Fryer (2025)
 Dana Gaetani (2016)
 Donna Gerace (1989)
 Angela Gingras (2001)
 Christina Gingras (2003, 04)
 Kathryn Goodchild (1999, 01)
 Nichole Goodwin (2007)
 Michelle Grenke (1991, 93)
 Leah Grout (2009)
 Lindsey Guldin (2011)
 Mallory Honan (2015, 16)
 Debbie Isen (2010)
 Kristine Isham (1990, 92)
 Kailey Jasper (2007)
 Sonia John (2021)
 Anna Kaplan (2017)
 Susan Kelly (1989)
 Kedi Kinner (2006)
 Phoebe Koski (2021)
 Kristal Kostiew (2001, 02, 03, 04)
 Lindsey Kriete (1999)
 Mary Krug (2012, 13)
 Sydney Kurtic (2017)
 Carmen Lagala (2005, 06, 07, 08)
 Jane Leighton (2021, 22)
 Danielle Lewis (1996, 97, 98)

Carrie London (1998)
 Sara Lovell (2001, 02, 03)
 Åse Lundin (2009, 11)
 Cassandra Madsen (2005)
 Cassie Marion (2014)
 Julie McGilpin (2012, 13)
 Cheryl Miller (1999, 01)
 Charlotte Mintzer (2013, 14)
 Heather Mitchell (2007)
 Anne Morrison (2002, 03)
 Kayla Myers (2022, 23)
 Yolanda Ngarambe (2011, 12, 13, 14)
 Nika Ouellette (2011, 12, 13, 14)
 Michele Palmer (2001, 02, 03)
 Amber Peirsol (2016)
 Beth Perkins (1998)
 Lily Porth (2021, 2024)
 Morgan Powers (2011, 12)
 Robyn Proctor (1989)
 Hilary Rawding (2015)
 Sara Roderick (2013, 14, 15)
 Katrina Rokosz (2017)
 Brittany St. Clair (2013)
 Samantha Sayer (2018)
 Erin Sepic (1997, 98, 00)
 Kera Smalley (1996)
 Alayna Sonnesyn (2017)
 Brittany St. Clair (2014)
 Kristen Stange (2000, 01)
 Regan Steverman (1999, 00)
 Shea Sweeney (1992)
 Hannah Sylvester (2010)
 Heather Taft (1993)
 Lauren Triarsi (2021, 22, 23)
 Sheri Turnbull (1991)
 Gabrielle Van Rhyn (1992)

Emma Wapshare (2024, 2025)
 Kirsten Weberg (2012, 14)
 Grace Weisbecker (2014, 15, 16, 17)
 Konstanze Wendeln (2019)

ALL-ACADEMIC (ALPHABETICAL)

Nikki Braceras (2014)
 Marina Cannon (2019, 20, 21)
 Lindsey Carfagna (2007)
 Alicia Clark (2012, 2014)
 Corinne DiPietro (2007, 2008)
 Anna Kaplan (2016, 17, 18)
 Carmen Lagala (2006, 2007, 2008)
 Jane Leighton (2021, 22)
 Julie McGilpin (2012, 2013)

Heather Mitchell (2007)
 Yolanda Ngarambe (2013, 2014)
 Morgan Powers (2012)
 Lauren Triarsi (2022, 23)
 Lauren Trumble (2019)
 Kirsten Weberg (2012, 2014)
 Grace Weisbecker (2016, 17)
 Konstanze Wendeln (2020)

OUTDOOR TRACK & FIELD RECORD HOLDERS

100 meters: 11.88, Jan Carlson (May 8, 2009)
100 meter Hurdles: 14.05, Angie Bouet (1995)
200 meters: 24.27, Jan Carlson (May 3, 2009)
400 meters: 54.48, Sonia John (May 15, 2021)
400 meter Hurdles: 60.14, Angie Bouet (1995)
800 meters: 2:06.43, Yolanda Ngarambe (May 29, 2014)
1500 meters: 4:24.02, Yolanda Ngarambe (Apr. 17, 2014)
3000 meters: 9:21.67, Judi St. Hilaire (1981)
3000 meter steeplechase: 10:03.72, Kirsten Weberg (May 25, 2012)
5000 meters: 16:03.60, Judi St. Hilaire (1980)
10000 meters: 33:17.8, Judi St. Hilaire (1981)
Shot Put: 48'2" (14.68m), Kristal Kostiew (2004)
Discus: 157'6" (48.00m), Erin Sepic (1998)
Hammer: 190'7" (58.08m), Kristal Kostiew (2004)
Javelin: 164'1" (50.01m), Nika Ouellette (May 29, 2014)
Long Jump: 19'11.75" (6.09m), Chris Boehmer (1987)
Triple Jump: 38'4.75" (11.70m), Cassie Marion (May 3, 2014)
High Jump: 5'10.75" (1.80m), Brittany St. Clair (May 10, 2014)
Pole Vault: 12'8" (3.86m), Grace Weisbecker (May 15, 2016)
4x100 Relay: 47.67, Regan Coffey, Kate Goodchild, Angela Gingras, Jen Hayes (2000)
4x200 Relay: 1:42.35, Jan Carlson, Kailey Jasper, Channel Hamilton, Shayna Daugherty (2007)
4x400 Relay: 3:49.94, Tess Cioffredi, Yolanda Ngarambe, Sara Roderick, Dana Gaetani (May 10, 2014)
4x800 Relay: 8:57.89, Lauren Trumble, Smita Boesch-Dining, Katie Nolan, Hilary Rawding (May 14, 2016)
DMR: 12:22.60, Heather Adams, Judi St. Hilaire, Amy Bouchard, Debbie O'Connor (1979)
Sprint Medley: 3:57.91, Regan Coffey, Angela Gingras, Alanna Jones, Ashley Couper (2000)
Heptathlon: 5,272 points, Brittany St. Clair (May 17, 2014)

OUTDOOR TRACK & FIELD ALL-TIME LIST

100 METER				200 METER				400 METER			
RK	TIME	NAME	YR	RK	TIME	NAME	YR	RK	TIME	NAME	YR
1)	11.88	Jan Carlson	2009	1)	24.27	Jan Carlson	2009	1)	54.48	Sonia John	2021
2)	11.97	Chris Boehmer	1987	2)	24.64	Regan Coffey	1999	2)	55.35	Dana Gaetani	2016
3)	12.08	Regan Coffey	2000	3)	24.92	Sara Roderick	2015	3)	56.41	Carmen Lagala	2006
4)	12.24	Gabby Rausa	2022	4)	25.00	Sonia John	2022	4)	56.90	Angela Gingras	2001
5)	12.39	Sara Houghaboom	1985	5)	25.16	Jess Huber	2013	5)	56.97	Alanna Jones	2000
5)	12.40	Sonia John	2022	6)	25.19	Sue Kelly	1987	6)	56.98	Amy Dwire	1990
5)	12.42	Channel Hamilton	2006	7)	25.24	Channel Hamilton	2006	7)	57.19	Sue Kelly	1987
8)	12.42	Jen Hayes	1999	8)	25.25	Brittany St. Clair	2014	8)	57.19	Jan Carlson	2009
9)	12.42	Stacey Laverty	1996					9)	57.35	Julie McGilpin	2011
10)	12.50	Mari Fourie	2009					10)	57.44	Gabby Rausa	2022
100 METER HURDLES				400 METER HURDLES							
RK	TIME	NAME	YR					RK	TIME	NAME	YR
1)	14.05	Angie Bouet	1995								
2)	14.25	Grace Weisbecker	2016								
3)	14.32	Mari Fourie	2011								

1)	60.14	Angie Bouet	1995
2)	61.53	Marci Capitani	1988
3)	62.13	Mari Fourie	2011
4)	62.21	Tess Cioffredi	2012
5)	62.47	Kristen Stange	2000
6)	62.65	Cheryl Hurtubise	1985
7)	62.82	Sophia Filali	2025
8)	62.83	Kailey Jasper	2009
9)	62.84	Mia Grasso	2019
10)	62.93	Alex Curtis	2019

800 METER

RK	TIME	NAME	YR
1)	2:06.43	Yolanda Ngarambe	2014
2)	2:08.18	Lauren Trumble	2018
3)	2:08.72	Julie McGilpin	2012
4)	2:08.95	Carmen Lagala	2006
5)	2:09.17	Tanja Odegaard	1995
6)	2:09.37	Rachel Barba	2025
7)	2:09.89	Alanna Jones	1998
8)	2:11.54	Judi St. Hilaire	1980
9)	2:11.83	Hilary Rawding	2015
10)	2:12.46	Katie Nolan	2017

1500 METER

RK	TIME	NAME	YR
1)	4:24.02	Yolanda Ngarambe	2014
2)	4:25.54	Judi St. Hilaire	1980
3)	4:26.15	Julie McGilpin	2013
4)	4:27.89	Kirsten Weberg	2012
5)	4:28.01	Lauren Trumble	2019
6)	4:28.21	Ashley Couper	2000
7)	4:30.50	Rachel Barba	2025
8)	4:31.26	Jane Leighton	2022
9)	4:32.16	Amber Piersol	2016
10)	4:32.35	Carmen Lagala	2007

STEEPLECHASE

RK	TIME	NAME	YR
1)	10:03.72	Kirsten Weberg	2012
2)	10:25.97	Jane Leighton	2023
3)	10:31.68	Phoebe Koski	2021
4)	10:56.58	Andie Cornish	2023
5)	10:58.12	Debbie Isen	2010
6)	11:00.92	Lily Porth	2024
7)	11:07.18	Laura Dissly	2017
8)	11:09.44	Val Moyer	2013
9)	11:15.50	Heather Mitchell	2007
10)	11:16.35	Morgan Nerud	2017

5000 METER

RK	TIME	NAME	YR
1)	16:03.84	Judi St. Hilaire	1980
2)	16:18.48	Morgan Powers	2012
3)	16:44.94	Sari Argillander	1989
4)	16:56.44	Michele Palmer	2001
5)	16:57.15	Kirsten Weberg	2012
6)	16:58.23	Isabella Fryer	2025
7)	17:05.21	Alicia Clark	2013
8)	17:05.69	Alayna Sonnesyn	2016
9)	17:08.73	Samantha Sayer	2018
10)	17:10.64	Anne Schiavone	1982

10,000 METER

RK	TIME	NAME	YR
1)	33:18.04	Judi St. Hilaire	1981
2)	33:42.03	Morgan Powers	2012
3)	34:39.00	Nikki Bracer	2014
4)	35:00.02	Alicia Clark	2013
5)	35:17.62	Alayna Sonnesyn	2017
6)	35:28.33	Autumn Albrecht	2017
7)	35:58.56	Kera Smally	1997
8)	35:59.57	Anna Kaplan	2017
9)	36:01.69	Celeste Leon	1985
10)	36:04.23	Samantha Sayer	2019

SHOT PUT

RK	MARK	NAME	YR
1)	14.68m	Kristal Kostiew	2004
2)	14.16m	Carrie London	1998
3)	14.06m	Katrina Geurkink	1983
4)	14.04m	Sara Lovell	2003
5)	13.34m	Carrie DuBray	1995
6)	12.84m	Morgan Ferland	2018
7)	12.78m	Julie Tortolani	1988
8)	12.63m	Cheryl Miller	1999
9)	12.63m	Jaime Recore	2008
10)	12.62m	Barbara Luneau	1981

HAMMER

RK	MARK	NAME	YR
1)	58.09m	Kristal Kostiew	2004
2)	55.66m	Anna Norgren	1996
3)	51.44m	Carrie DuBray	1997
4)	50.94m	Charlotte Mintzer	2014
5)	50.92m	Erin Sepic	2000
6)	50.92m	Heather Taft	1994
7)	50.29m	Cathy Steady	1994
8)	49.46m	Lindsey Guldin	2011

9)	49.00m	Sara Lovell	2003
10)	47.82m	Beth Perkins	2000

DISCUS

RK	MARK	NAME	YR
1)	48.00m	Erin Sepic	1998
2)	46.08m	Kristal Kostiew	2004
3)	46.00m	Cheryl Miller	1999
4)	44.86m	Katrina Geurkink	1983
5)	44.40m	Beth Perkins	1997
6)	44.24m	Carrie DuBray	1997
7)	44.00m	Kris Isham	1992
8)	42.82m	Samantha Alexander	2024
9)	42.61m	Sydney Kurtic	2017
10)	42.54m	Sara Lovell	2001

JAVELIN

RK	MARK	NAME	YR
1)	50.01m	Nika Ouellette	2014
2)	49.90m	Danielle Lewis	1998
3)	47.72m	Shelly Goddette	1983
4)	46.56m	Emma Wapshare	2025
5)	46.22m	Regan Steverman	1999
6)	44.34m	Kristal Kostiew	2001
7)	42.76m	Elyse Ogletree	2009
8)	41.96m	Corinne DiPietro	2008
9)	41.42m	Cindy Czesniakowski	1992
10)	40.82m	Rachel Zajchowski	2014

LONG JUMP

RK	MARK	NAME	YR
1)	6.09m	Chris Boehmer	1987
2)	5.98m	Robyn Proctor	1987
3)	5.92m	Malory Honan	2015
4)	5.90m	Janet Terp	1980
5)	5.87m	Kate Goodchild	2000
6)	5.81m	Brittany St. Clair	2014
7)	5.74m	Carolena Bellini	2022
8)	5.71m	Kayla Myers	2025
9)	5.65m	Jan Carlson	2007
10)	5.64m	Janet Lynch	1978

TRIPLE JUMP

RK	MARK	NAME	YR
1)	11.70m	Cassie Marion	2014
2)	11.63m	Chris Boehmer	1986
3)	11.62m	Cassie Roberge	2017
4)	11.58m	Elaina Coutrayer	2002
5)	11.57m	Robyn Proctor	1987
6)	11.48m	Åse Lundin	2009

7)	11.45m	Bridget Kosky	2024
8)	11.37m	Stacey Williams	1998
9)	11.30m	Sara Kinnamon	1999
10)	11.26m	Jan Carlson	2007

HIGH JUMP

RK	MARK	NAME	YR
1)	1.80m	Brittany St. Clair	2014
2)	1.76m	Janet Terp	1980
3)	1.75m	Cathy Golden	1987
4)	1.72m	Sarah Dahl	1991
5)	1.72m	Åse Lundin	2011
6)	1.69m	Bethany Pratico	1999
7)	1.66m	Christa Weaver	2013
8)	1.65m	Lauren Triarsi	2021
9)	1.64m	Liz Dudley	1980
10)	1.63m	Shayna Daugherty	2007
	1.63m	Ellen Bridgman	2014

POLE VAULT

RK	MARK	NAME	YR
1)	3.86m	Grace Weisbecker	2016
2)	3.60m	Jan Carlson	2006
3)	3.60m	Mary Krug	2012
4)	3.60m	Marina Cannon	2021
5)	3.53m	Sofia Wittmann	2022
6)	3.51m	Anne Morrison	2002
7)	3.51m	Abby Petersen	2007
8)	3.40m	Morgan Ryan	2025
9)	3.35m	Cassandra Madsen	2005
	3.35m	Tess Ehrlich	2013
10)	3.30m	Ashley Walker	2013

HEPTATHLON

RK	SCORE	NAME	YR
1)	5272	Brittany St. Clair	2014
2)	5029	Sara Roderick	2015
3)	4967	Sarah Dahl	1991
4)	4769	Alison Poulin	1989
5)	4605	Lauren Triarsi	2023
6)	4482	Hannah Sylvester	2010
7)	4456	Pearl Abiti	2018
8)	4258	Kayla Myers	2025
9)	4056	Shea Sweeney	1993
10)	3978	Erica Hawley	2011

CROSS COUNTRY HISTORY

AMERICA EAST CHAMPIONSHIPS

Year	Championship Site	Result (Pts)	Head Coach
2024	St. Albans, Vt.	7th (134)	Matt Belfield
2023	Orono, Maine	2nd (77)	Matt Belfield
2022	Knoxville, Md.	5th (132)	Matt Belfield
2021	Durham, N.H.	5th (141)	Matt Belfield
2020	Galloway, N.J.	2nd (67)	Matt Belfield
2019	Albany, N.Y.	2nd (54)	Matt Belfield
2018	Nashua, N.H.	3rd (61)	Matt Belfield
2017	St. Albans, Vt.	4th (107)	Matt Belfield
2016	Kingsville, Md.	4th (89)	Matt Belfield
2015	Stony Brook, N.Y.	6th (145)	Matt Belfield
2014	Orono, Maine	3rd (101)	Matt Belfield
2013	Vestal, N.Y.	3rd (77)	Matt Belfield
2012	Durham, N.H.	3rd (66)	Matt Belfield
2011	Albany, N.Y.	4th (84)	Matt Belfield
2010	Boston, Mass.	6th (121)	Matt Belfield
2009	Burlington, Vt.	3rd (98)	Matt Belfield
2008	Cockeysville, Md.	4th (131)	Matt Belfield
2007	Stony Brook, N.Y.	8th (184)	Matt Belfield
2006	Orono, Maine	4th (110)	Matt Belfield
2005	Vestal, N.Y.	5th (137)	Matt Belfield
2004	Durham, N.H.	5th (139)	Matt Belfield
2003	Albany, N.Y.	6th (131)	Matt Belfield
2002	Boston, Mass.	4th (113)	Ed Kusiak
2001	Orono, Maine	5th (135)	Ed Kusiak
2000	Newark, Del.	3rd (73)	Ed Kusiak
1999	Manchester, Conn.	2nd (46)	Ed Kusiak
1998	Hunt Valley, Md.	2nd (50)	Ed Kusiak
1997	Durham, N.H.	3rd (56)	Ed Kusiak
1996	Newark, Del.	2nd (46)	Ed Kusiak
1995	Boston, Mass.	3rd (77)	Ed Kusiak
1994	Orono, Maine	4th (98)	Ed Kusiak
1993	Burlington, Vt.	2nd NAC	Ed Kusiak
1992	Durham, N.H.	2nd NAC	Ed Kusiak
1991	Newark, Del.	3rd NAC	Gina Sperry
1990	Boston, Mass.	2nd NAC	Gina Sperry
1989	Orono, Maine	1st NAC	Gina Sperry
1988			Perry Bland

EASTERN CHAMPIONSHIPS

Year	Result	Head Coach
1987	19th	Perry Bland
1986		Perry Bland
1985		Perry Bland
1984		Perry Bland
1983		Perry Bland
1982		Perry Bland

1981		Perry Bland
1980	3rd	Perry Bland
1979	5th	Perry Bland
1978	--	Perry Bland
1977	6th	Perry Bland
1976	6th	Perry Bland

ANNUAL RESULTS

2024

America East - 7th (9 teams)
 NCAA Northeast Regional - 26th (39 teams)
 All-Conference
 + MegAnne Gilmore

2023

America East - 2nd (9 teams)
 NCAA Northeast Regional - 28th (37 teams)
 Elite 18 (1)
 + Lily Porth
 All-Conference (2)
 + Clare Kelly
 + Lily Porth
 All-Academic (1)
 + Lily Porth

2022

America East - 5th (9 teams)
 NCAA Northeast Regional - 31st (37 teams)
 All-Conference (1)
 + Jane Leighton
 All-Academic (2)
 + Sophie Doman
 + Jane Leighton

2021

America East - 5th (10 teams)
 NCAA Northeast Regional - 24th (36 teams)
 All-Conference (1)
 + Jane Leighton
 All-Academic (2)
 + Meaghan Alba
 + Jane Leighton
 Elite 18
 + Jane Leighton

2020

(*competed in Spring 2021)

America East - 2nd (10 teams)
 All-Conference (2)
 + Lily Porth
 + Annemarie Martell
 All-Academic (0)

2019

America East - 2nd (9 teams)
 NCAA Northeast Regional - 13th (37 teams)
 America East Most Outstanding Rookie
 + Bel Sogoloff
 All-Conference (4)
 + Phoebe Koski
 + Bel Sogoloff
 + Annemarie Martell
 + Meaghan Alba
 All-Academic (1)
 + Bel Sogoloff

2018

America East - 3rd (9 teams)
 NCAA Northeast Regional - 16th (35 teams)
 All-Conference (4)
 + Lauren Trumble
 + Annemarie Martell
 + Samantha Sayer
 + Maggie Hallahan
 All-Academic (2)
 + Samantha Sayer
 + Lauren Trumble
 Scholar-Athlete
 + Lauren Trumble

2017

America East - 4th (9 teams)
 NCAA Northeast Regional - 20th (36 teams)
 New England Championships - 4th (28 teams)
 All-Conference (1)
 + Anna Kaplan

All-Academic (1)
 + Anna Kaplan
 Elite 18
 + Anna Kaplan

2016

America East - 4th (9 teams)
 NCAA Northeast Regional - 16th (37 teams)
 New England Championships - 3rd (35 teams)
 All-Conference (2)
 + Autumn Albrecht
 + Samantha Sayer
 All-Academic (2)
 + Anna Kaplan
 + Samantha Sayer

2015

America East - 6th (9 teams)
 NCAA Northeast Regional - 15th (39 teams)
 New England Championships - 27th (38 teams)
 All-Conference (1)
 + Anna Kaplan
 All-Academic (1)
 + Anna Kaplan
 CoSIDA Academic All-District Team
 + Alicia Clark

2014

America East - 3rd (9 teams)
 NCAA Northeast Regional - 20th (40 teams)
 New England Championships - 6th (38 teams)
 All-Conference (1)
 + Alicia Clark
 All-Academic (1)
 + Alicia Clark

2013

America East - 3rd (9 teams)
NCAA Northeast Regional - 16th (37 teams)
New England Championships - 8th (43 teams)
All-Conference (2)
+ Yolanda Ngarambe
+ Kirsten Weberg
All-Academic (2)
+ Alicia Clark
+ Kirsten Weberg

2012

America East - 3rd (8 teams)
NCAA Northeast Regional - 12th (37 teams)
New England Championships - 2nd (37 teams)
All-Conference (2)
+ Yolanda Ngarambe
+ Kirsten Weberg
All-Academic (1)
+ Kirsten Weberg
Capital One Academic All-District Team
+ Kirsten Weberg
America East Woman of the Year Nominee
+ Julie McGilpin

2011

America East - 4th (9 teams)
NCAA Northeast Regional - 13th (36 teams)
New England Championships - 9th (43 teams)
All-Conference (1)
+ Morgan Powers
All-Academic (2)
+ Morgan Powers
+ Kirsten Weberg
Division I All-Academic XC Team
+ Morgan Powers
All-Northeast Region
+ Morgan Powers

2010

America East - 6th (9 teams)
NCAA Northeast Regional - 18th (35 teams)
New England Championships - 9th (47 teams)
All-Conference (1)
+ Morgan Powers
All-Academic (1)
+ Morgan Powers

2009

America East - 3rd (9 teams)
NCAA Northeast Regional - 14th (35 teams)
New England Championships - 8th (47 teams)
All-Conference (2)
+ Aly Millett
+ Morgan Powers
All-Academic (1)
+ Morgan Powers

2008

America East - 4th (9 teams)
NCAA Northeast Regional - 30th (36 teams)
New England Championships - 11th (45 teams)
All-Conference (0)
All-Academic (1)
+ Diana Purtz

2007

America East - 8th (9 teams)
NCAA Northeast Regional - 30th (36 teams)
New England Championships - 32nd (40 teams)
All-Conference (0)
All-Academic (0)

2006

America East - 4th (9 teams)
NCAA Northeast Regional - 25th (41 teams)
New England Championships - 13th (46 teams)
All-Conference (0)
All-Academic (0)

2005

America East - 5th (9 teams)
NCAA Northeast Regional - 22nd (38 teams)
New England Championships - 18th (44 teams)
All-Conference (0)
All-Academic (0)

2004

America East - 5th (10 teams)
NCAA Northeast Regional - 20th (35 teams)
New England Championships - 20th (45 teams)
All-Conference (0)

2003

America East - 6th (10 teams)
New England Championships - 8th (41 teams)
All-Conference (1)
+ Michele Palmer

CoSIDA Academic All-America District I
+ Michele Palmer

2002

America East - 4th (9 teams)
New England Championships - 9th (42 teams)
All-Conference (1)
+ Michele Palmer

2001

America East - 5th (9 teams)
New England Championships - 17th (35 teams)
All-Conference (1)
+ Michele Palmer
Scholar-Athlete
+ Michele Palmer

2000

America East - 3rd (9 teams)
New England Championships - 10th
All-Conference (2)
+ Michele Palmer
+ Jessica Pinette

1999

America East - 2nd (9 teams)
New England Championships - 5th
All-Conference (1)
+ Robin Fogg
Scholar-Athlete
+ Ashley Couper

1998

America East - 2nd (9 teams)
New England Championships - 5th
All-Conference (3)
+ Robin Fogg
+ Joya Tetrault
+ Ashley Couper

1997

America East - 3rd (10 teams)
New England Championships - 8th
All-Conference (1)
+ Robin Fogg

1996

America East - 2nd (10 teams)

America East Coach of the Year

+ Ed Kusiak

All-Conference (1)

+ Kera Smalley

1995

America East - 3rd (10 teams)

1994

America East - 4th (9 teams)

1993

NEW ENGLAND CHAMPIONS

North Atlantic Conference - 2nd (8 teams)

New England Championship - 1st

All-Conference (1)

+ Gabriella Van Rhyn

All-New England (2)

+ Shayne Willie

+ Gabriella Van Rhyn

+ Kellie Dutra

+ Jen Allard

+ Sherrin Quintiliani

1992

North Atlantic Conference - 2nd (7 teams)

New England Championship - 8th

NAC Scholar-Athlete of the Year

+ Gabriella Van Rhyn

1991

North Atlantic Conference - 3rd

New England Championship - 4th

All-Conference (0)

1990

North Atlantic Conference - 2nd

New England Championship - 9th

All-Conference (0)

1989

NORTH ATLANTIC CONFERENCE CHAMPIONS

North Atlantic Conference - 1st

New England Championship - 3rd

All-Conference (0)

1988

New England Championship - 3rd

Eastern NCAA Qualifier - 9th

1987

Eastern Championship - 19th

New England Championship - 9th

1986

New England Championship - 11th

1985

New England Championship - 20th

1984

New England Championship - 11th

1983

New England Championship - 11th

1982

New England Championship - 7th

1981

New England Championship - 2nd

1980

NEW ENGLAND CHAMPIONS

New England Championship - 1st

Eastern Championship - 3rd

1979

New England Championship - 2nd

Eastern Championship - 3rd

1978

NEW ENGLAND CHAMPIONS

New England Championship - 1st

1977

New England Championship - 5th

1976

Eastern Championship - 6th

MAJOR AWARD WINNERS

COACH & STAFF OF THE YEAR

1996: Ed Kusiak

SCHOLAR-ATHLETE

2018: Lauren Trumble

2001: Michele Palmer

1999: Ashley Cuper

1992: Gabriella Van Rhyn

ELITE 18

2023: Lily Porth

2021: Jane Leighton

2017: Anna Kaplan

MOST OUTSTANDING ROOKIE

2019: Bel Sogoloff

ALL-CONFERENCE (ALPHABETICAL)

Meaghan Alba (2019[^])
 Autumn Albrecht (2016[^])
 Joyce Anderson (1989)
 Natalie Cartwright (1989, 92)
 Alicia Clark (2014)
 Ashley Couper (1998, 99)
 Julie Dutra (1990)
 Robin Fogg (1997, 98, 99)
 Michelle Grenke (1992)
 Maggie Hallahan (2018[^])
 Alanna Jones (1999)
 Anna Kaplan (2015[^], 17[^])
 Clare Kelly (2023)
 Phoebe Koski (2019*)
 Jane Leighton (2022[^], 2023*)
 AnneMarie Martell (2018[^], 19[^], 20[^])
 Jenny McAlpine (1990)

Alyson Millett (2009)
 Yolanda Ngarambe (2012, 13)
 Michele Palmer (2000, 01, 02, 03)
 Alicia Pinette (2000)
 Lily Porth (2020*, 2023)
 Morgan Powers (2009, 10, 11)
 Samantha Sayer (2016[^], 18[^])
 Kera Smalley (1996)
 Bel Sogoloff (2019*)
 Joy Tetreault (1998)
 Lauren Trumble (2018*)
 Gabriella Van Rhyn (1991, 92, 93)
 Kirsten Weberg (2012, 13)
 Brenda White (1989)
 Shayne Wille (1993)

*First Team (Top 7 finishers)
[^]Second Team (Finishers 8-14)
 First 6 second team designations
 began in 2015

ALL-ACADEMIC (ALPHABETICAL)

Meaghan Alba (2021)
 Alicia Clark (2013)
 Sophie Doman (2022)
 Anna Kaplan (2015, 16, 17)
 Jane Leighton (2021, 2022)
 Lily Porth (2023)
 Morgan Powers (2009, 10, 11)
 Diana Purtz (2008)
 Samantha Sayer (2016)
 Bel Sogoloff (2019)
 Lauren Trumble (2018)
 Kirsten Weberg (2011, 12, 13)