

## WOMEN'S INDOOR ALL-AMERICANS

### 1980

Janet Bates (4x440y Relay-4th); Sharon Burrill (High Jump-2nd); Jennie Gorham (4x220y Relay-6th, 4x440y Relay-4th); Normalee Murray (4x220y Relay-6th, 4x440y Relay-4th); Merlene Ottey (60m-6th, 300m-1st, 4x220m Relay-6th); Julie Seaton (4x440y Relay-4th); Cindy Tatum (4x220y Relay-6th)

### 1981

Sharon Burrill (High Jump-2nd); Tami Essington (4x400m Relay-6th, 4x800m Relay-2nd); Nancy Kindig (Pentathlon-4th); Lisa Kramer (4x800m Relay-2nd); Normalee Murray (300m-4th, 4x400m-6th); Merlene Ottey (60m-1st, 300m-1st, 4x400m-6th); Pam Schubarth (4x800m Relay-2nd); Sara Stricker (4x800m Relay-2nd); Cheryl Zajic (4x400m Relay-6th)

### 1982

Rhonda Blanford (60y Hurdles-3rd, 4x220y Relay-1st); Janet Burke (60y-2nd, 300y-3rd); Tami Essington (1,000y-5th, 4x880y Relay-5th); Jennie Gorham (4x220y Relay-1st, 4x440y Relay-3rd, 4x880y Relay-5th); Marjan Goedhart (Pentathlon-5th); Debra James (60y-5th, 4x220y Relay-1st); Nancy Kindig (Pentathlon-2nd); Merlene Ottey (60y-1st, 300y-1st, 4x220y Relay-1st, 4x440y Relay-3rd); Ruth Pugh (4x440y Relay-3rd, 4x880y Relay-5th); Alicia McQueen (60y-3rd, 300y-5th); Sara Stricker (4x880y Relay-5th); Marcia Tate (600y-4th, 4x440y Relay-3rd)

### 1983

Nicole Ali (4x400m Relay-2nd); Rhonda Blanford (60y Hurdles-6th); Janet Burke (60y-1st, 4x400m Relay-2nd); Jennie Gorham (4x400m Relay-2nd); Marcia Tate (600y-3rd, 4x400m Relay-2nd); Angela Thacker (60y-3rd, Long Jump-2nd); Kirsti Voldnes (1,000y-2nd)

### 1984

Jennie Gorham Badami (4x400m Relay-3rd); Rhonda Blanford (55m Hurdles-2nd); Janet Burke (55m-3rd); Merlene Ottey (55m-1st, 4x400m Relay-3rd); Heather Smith (High Jump-t3rd); Marcia Tate (500m-3rd, 4x400m Relay-3rd); Angela Thacker (55m-2nd, 4x400m Relay-3rd, Long Jump-1st)

### 1985

Rhonda Blanford (55m Hurdles-1st); Michelle Milling (4x400m Relay-2nd); Belvia Moody (4x400m Relay-2nd); Marcia Tate (500m-2nd, 4x400m Relay-2nd); Yolanda Waddles (4x400m Relay-2nd)

### 1986

Nicole Ali (4x800m Relay-4th); Heidi Christiansen (4x800m Relay-4th); Vicki Johnson (4x400m Relay-5th); Michelle Milling (4x400m Relay-5th, 4x800m Relay-4th); Jill Noel (4x800m Relay-4th); Angela Thacker (55m-5th, 4x400m Relay-5th); Linetta Wilson (500m-6th, 4x400m Relay-5th)

### 1987

Karen Kruger (Long Jump-5th); Michelle Milling (4x400m Relay-2nd); Sharon Powell (4x400m Relay-2nd); Renita Robinson (Triple Jump-7th/6th American); Beth Webster (4x400m Relay-2nd); Linetta Wilson (500m-1st, 4x400m Relay-2nd)

### 1988

Toyia Barnes (Shot Put-5th); Karen Kruger (55m-6th); Michelle Milling (4x400m Relay-2nd); Lisa O'Connell (4x400m Relay-2nd); Sharon Powell (4x400m Relay-2nd); Renita Robinson (Triple Jump-3rd); Tammy Thurman (High Jump-t7th/6th American); Linetta Wilson (400m-4th, 4x400m Relay-2nd)

### 1989

Tanya Lidy (4x400m Relay-2nd); Ximena Restrepo (4x400m Relay-2nd); Renita Robinson (Triple Jump-6th); Beth Webster (4x400m Relay-2nd); Linetta Wilson (400m-2nd, 4x400m Relay-2nd)

### 1990

Sammie Gdowski (5,000m-2nd); Yvonne van der Kolk (Mile-3rd)

### 1991

Lisa Darley Graham (800m-8th/6th American); Cris Hall (High Jump-6th); Denise Lucas (200m-4th); Ximena Restrepo (400m-2nd, 4x400m Relay-3rd); Fran ten Benschel (Mile-7th/6th American); Shanelle Porter (4x400m Relay-3rd); Kim Walker (200m-2nd, 4x400m Relay-3rd); Tranquil Wilson (4x400m Relay-3rd)

### 1992

Cris Hall (High Jump-2nd); Shanelle Porter (400m-4th); Fran ten Benschel (3,000m-3rd)

### 1993

Cris Hall (High Jump-5th); Paulette Mitchell (Shot Put-6th); Shanelle Porter (400m-1st)

### 1994

Jenny Johnson (4x400m Relay-8th); Nicola Martial (Triple Jump-2nd); Paulette Mitchell (Shot Put-5th); Jill Myatt (4x400m Relay-8th); Shanelle Porter (400m-6th, 4x400m Relay-8th); Theresa Stelling (3,000m-7th); Kwani Stewart (55m Hurdles-3rd, Long Jump-7th); Kathy Travis (4x400m Relay-8th)

### 1995

Angee Henry (Long Jump-4th); Tashika Lewis (Long Jump-9th/5th American); Nicola Martial (Triple Jump-3rd); Julie Mazzitelli (3,000m-13th/8th American); Paulette Mitchell (Shot Put-2nd)

### 1996

La'Tisha Croom (4x400m Relay-8th); Angee Henry (55m-8th, Long Jump-1st); Nicola Martial (Triple Jump-1st); Paulette Mitchell (Shot Put-7th, 20-Pound Weight-9th/8th American); Jill Myatt (4x400m Relay-8th); Charmaine Plummer (4x400m Relay-8th); Tressa Thompson (Shot Put-5th); Kathy Travis Miiller (4x400m Relay-8th)

### 1997

Charmaine Burton (4x400m Relay-3rd); La'Tisha Croom (4x400m Relay-3rd); Kerry Doetker (High Jump-t9th/t7th American); Angee Henry (Long Jump-5th); Dalhia Ingram (Triple Jump-11th/5th American); Stella Klassen (4x400m Relay-3rd); Jill Myatt (4x400m Relay-3rd); Tressa Thompson (Shot Put-1st)

### 1998

Christina Blackmer (5,000m-10th/8th American); Meka Rembert (400m-5th)

### 1999

Becky Beachler (Shot Put-10th/8th American); Dalhia Ingram (Triple Jump-10th/8th American); Stella Klassen (800m-11th/8th American)

### 2000

Carrie Branses, (High Jump-t8th); Cheryl Harmon (4x400m Relay-6th); Dalhia Ingram (Triple Jump-10th/4th American); Stella Klassen (400m-3rd, 4x400m Relay-6th); Lesley Owusu (4x400m Relay-6th); Jelena Stanisavljevic (4x400m Relay-6th); Jessica Thompson (High Jump-4th)

### 2001

Lesley Owusu (400m-2nd); Melissa Price, (20-Pound Weight Throw-5th)

### 2003

Becky Breisch (Shot Put-6th); Krisztina Kovesi (Triple Jump-3rd); Ineta Radevica (Long Jump-4th; Triple Jump-5th)

### 2004

Becky Breisch (Shot Put-2nd); Angela Dies (Long Jump-7th); Jenny Green (Pole Vault-t3rd); Priscilla Lopes (60m Hurdles-1st; 60m-8th) Ineta Radevica (Long Jump-3rd; Triple Jump-1st); Ashley Selig (Pentathlon-8th); Na'Tassia Vice (High Jump-8th)

### 2005

Priscilla Lopes (60m Hurdles-2nd; 60m-8th); Ashley Selig (Pentathlon-1st); Anne Shadle (Mile-1st)

### 2006

Sara Jane Baker (High Jump-11th/8th American); Becky Breisch (Shot Put-4th); Priscilla Lopes (60m Hurdles-2nd); Ashley Selig (Pentathlon-5th)

### 2007

Epley Bullock (High Jump-9th/6th American); Brysun Stately (Pole Vault-t7th)

### 2008

Sheryl Morgan (400 Meters-7th); Epley Bullock (High Jump-t7th)

### 2009

Epley Bullock (High Jump-t6th); Chantae McMillan (Long Jump-13th/8th American, Pentathlon-8th); Megan Wheatley (Pentathlon-4th)

### 2010

Epley Bullock (High Jump-t3rd); Audrey Svane (High Jump-6th); Leandra McGruder (Triple Jump-13th/8th American)

### 2011

Chantae McMillan (Pentathlon-2nd); Natalie Willer (Pole Vault- 3rd); Mara Griva (second team, Long Jump-11th; second team, Triple Jump-13th); Chantae McMillan (second team, Pentathlon-14th)

## WOMEN'S INDOOR ALL-AMERICANS

**2012**

Jessica Furlan (DMR-7th), Mara Weekes (DMR-7th), Ellie Grooters (DMR-7th), Ashley Miller (DMR-7th)

**2013**

Mara Griva (second team, Long Jump-10th; second team, Triple Jump-11th)

**2015**

Ellie Ewere (second team, Triple Jump-9th)

**2016**

Tierra Williams (Triple Jump-5th); Reka Czuth (second team, High Jump-t10th)

**2018**

Angela Mercurio (second team, Triple Jump-15th)

**2019**

Angela Mercurio (second team, Triple Jump-9th)

**2020**

Kristina Insingo (Shot Put)

**2021**

Lishanna Ilves (second team, Long Jump-16th)

**2022**

Jenna Rogers (High Jump-7th); Axelina Johansson (second team, Shot Put-11th); Darby Thomas (second team, Long Jump-12th)

**2023**

Axelina Johansson (Shot Put-2nd); Jenna Rogers (High Jump-4th); Taylor Latimer (Weight Throw-5th); Lishanna Ilves (second team, Long Jump-14th)

**2024**

Rhianna Phipps (Triple Jump-5th); Jenna Rogers (High Jump-t6th); Mine De Klerk (Shot Put; 7th)

**Total Nebraska Indoor All-America Awards: 172**

Note: Relays count as one award

Historical Requirements for Indoor All-Americans

1965-69	Top three per event
1970-81	Unknown
1982-87	Top six per event
1989-2010	Top eight U.S.-born finishers per event
2011-2019	Top eight First Team; 9-16 Second Team
2020	All student-athletes listed on the startlist for the NCAA championships.

## USTFCCA INDOOR AWARDS

**National Indoor Women's Coach of the Year**

1995 Gary Pepin

**Midwest Region Indoor Women's Coach of the Year**

2010 Gary Pepin

2011 Gary Pepin

2012 Gary Pepin

**Midwest Region Indoor Women's Assistant Coach of the Year**

2009 Kris Grimes

**Midwest Region Indoor Women's Track Athlete of the Year**

2006 Priscilla Lopes

**Midwest Region Indoor Women's Field Athlete of the Year**

2006 Ashley Selig

**WOMEN'S OUTDOOR ALL-AMERICANS****1980**

Sharon Burrill (High Jump-6th); Jennie Gorham (400m-4th, 800m medley relay-3rd); Nancy Kindig (Pentathlon-6th); Normalee Murray (800m medley relay-3rd); Merlene Ottey (100m-3rd, 200m-1st, 800m medley relay-3rd); Julie Seaton (800m medley relay-3rd)

**1981**

Tami Essington (4x800m relay-3rd); Nancy Kindig (Heptathlon-2nd); Lisa Kramer (4x800m relay-3rd); Merlene Ottey (100m-1st, 200m-1st); Pam Schubarth (4x800m relay-3rd); Sara Stricker (4x800m relay-3rd)

**1982**

Rhonda Blanford (4x100m relay-1st); Debra James (4x100m relay-1st); Alicia McQueen (4x100m relay-1st); Merlene Ottey (100m-1st, 200m-2nd, 4x100m relay-1st); Robin Small (Discus-7th)

**1983**

Nicole Ali (4x400m relay-4th); Rhonda Blanford (100m hurdles-3rd, 4x100m relay-2nd); Janet Burke (4x100m relay-2nd, 4x400m relay-4th); Jennie Gorham (4x400m relay-4th); Merlene Ottey (100m-1st, 200m-1st, 400m-3rd, 4x100m relay-2nd); Marcia Tate (4x400m relay-4th); Angela Thacker (200m-8th, 4x100m relay-2nd, Long Jump-6th); Denise Thiernard (Javelin-1st); Karen Wood (Shot Put-9th/7th American, Discus-9th/7th American)

**1984**

Nicole Ali (4x440y relay-6th); Holly Ashmore (4x440y relay-6th); Rhonda Blanford (100m hurdles-6th, 4x100m relay-5th); Deb Clark (Heptathlon-6th); Jennie Gorham Badami (4x100m relay-5th, 4x440y relay-6th); Deb Powell (4x100m relay-5th); Marcia Tate (400m-8th, 4x440y relay-6th); Angela Thacker (100m-7th, 200m-7th, 4x100m relay-5th, Long Jump-2nd)

**1985**

Rhonda Blanford (100m hurdles-1st); Deb Clark (Heptathlon-5th); Karyn Szarkowski (Javelin-9th/7th American); Laura Wight (3,000m-3rd)

**1986**

Sha-ri Pendleton (Triple Jump-8th); Karyn Szarkowski (Javelin-2nd); Linetta Wilson (400m-8th)

**1987**

Karen Kruger (Long Jump-7th); Michelle Milling (400m-6th); Sammie Resh (3,000m-11th/8th American); Renita Robinson (Triple Jump-7th); Linetta Wilson (400m hurdles-1st)

**1988**

Sammie Resh Gdowski (3,000m-11th/8th American); Karen Kruger (4x400m relay-4th, Long Jump-7th); Michelle Milling (4x400m relay-4th); Sharon Powell (400m-4th, 800m-1st, 4x400m relay-4th); Tammy Thurman (High Jump-5th); Linetta Wilson (400m hurdles-2nd, 4x400m relay-4th)

**1989**

Sammie Resh Gdowski (3,000m-4th); Prema Govindan (4x100m relay-6th); Tanya Lidy (4x100m relay-6th, Long Jump-6th); Denise Lucas (4x100m relay-6th); Patricia Nadler (Heptathlon-8th); Ximena Restrepo (200m-8th); Renita Robinson (Triple Jump-1st); Nora Rockenbauer (Javelin-3rd); Linetta Wilson (400m hurdles-2nd, 4x100m relay-6th)

**1990**

Sabrina Eames (Javelin-9th/8th American); Sammie Resh Gdowski (10,000m-5th); Meredy Porter (High Jump-16th); Ximena Restrepo (400m-4th); Nora Rockenbauer (Javelin-3rd)

**1991**

Lynne Frey (Javelin-9th/7th American); Lisa Darley Graham (800m-11th/8th American); Denise Lucas (200m-6th, 4x100m relay-3rd); Shanelle Porter (4x400m relay-1st); Juliet Prowse (5,000m-4th); Ximena Restrepo (400m-1st, 4x100m relay-3rd, 4x400m relay-1st); Kwani Stewart (4x100m relay-3rd); Fran ten Bensel (1,500m-6th); Kim Walker (200m-3rd, 4x100m relay-3rd, 4x400m relay-1st); Tranquil Wilson (4x400m relay-1st)

**1992**

Lisa Darley Graham (1,500m-2nd); Cris Hall (Heptathlon-4th); Denise Lucas (4x100m relay-3rd, 4x400m relay-2nd); Shanelle Porter (400m-6th, 4x100m relay-3rd, 4x400m relay-2nd); Kwani Stewart (4x100m relay-3rd, 4x400m relay-2nd); Kathy Travis (4x100m relay-3rd, 4x400m relay-2nd)

**1993**

Shanelle Porter (400m-4th); Theresa Stelling (3,000m-8th); Kwani Stewart (100m hurdles-7th); Fran ten Bensel (1,500m-4th, 3,000m-2nd)

**1994**

Angee Henry (Long Jump-8th); Nicola Martial (Triple Jump-1st); Paulette Mitchell (Shot Put-5th); Kwani Stewart (200m-9th/7th American, 100m hurdles-11th/8th American, Long Jump-12th/7th American)

**1995**

La'Tisha Croom (4x400m relay-6th); Annette Hall (4x100m relay-8th); Angee Henry (4x100m relay-8th, Long Jump-11th/7th American); Jenny Johnson (4x400m relay-6th); Tashika Lewis (Long Jump-8th); Nicola Martial (Triple Jump-1st); Paulette Mitchell (Shot Put-8th); Jill Myatt (4x400m relay-6th); Shanelle Porter (400m-5th, 4x100m relay-8th, 4x400m relay-6th); Theresa Stelling (5,000m-5th); Tressa Thompson (Shot Put-6th); Kathy Travis Miiller (4x100m relay-8th)

**1996**

Janet Blomstedt (Heptathlon-10th/6th American); La'Tisha Croom (4x400m relay-8th); Angee Henry (4x400m relay-8th, Long Jump-1st); Tashika Lewis (Long Jump-9th/7th American); Nicola Martial (Triple Jump-3rd); Paulette Mitchell (Shot Put-8th, Discus-6th, Hammer-7th); Jill Myatt (4x400m relay-8th); Charmaine Plummer (4x400m relay-8th); Tressa Thompson (Shot Put-5th, Discus-9th/8th American); Kathy Travis Miiller (100m-7th)

**1997**

Carrie Branes (High Jump-15th/8th American); Jody Doetker (High Jump-14th/7th American); Kerry Doetker (High Jump-10th/6th American); Angee Henry (Long Jump-13th/7th American); Tressa Thompson (Shot Put-1st, Discus-10th/8th American, Hammer-9th/8th American)

**1998**

La'Tisha Croom (4x400m relay-7th); Dalhia Ingram (Long Jump-7th, Triple Jump-7th); Stella Klassen (4x400m relay-7th); Lesley Owusu (4x400m relay-7th); Meka Rembert (400m Hurdles-8th, 4x400m relay-7th); Kim Stewart (Pole Vault-2nd); Tressa Thompson (Shot Put-1st, Discus-8th)

**1999**

Dalhia Ingram (Long Jump-5th, Triple Jump-5th); Stella Klassen (400m-3rd); Cassi Morelock (Javelin-8th); Melissa Price (Hammer-10th/7th American)

**2000**

Carrie Branes (High Jump-3rd); Dalhia Ingram (Long Jump-5th, Triple Jump-5th); Cassi Morelock (Javelin-6th); Lesley Owusu (400m-8th); Melissa Price (Hammer-2nd)

**2001**

Carrie Branes (High Jump-t5th)

**2002**

Becky Breisch (Discus-2nd; Shot Put-8th); Melissa Price (Hammer Throw-2nd); Shelley-Ann Brown (100-meter hurdles-5th)

**2003**

Becky Breisch (Discus-1st; Shot Put-3rd); Krisztina Kovesi (Triple Jump-7th); Ineta Radevica (Triple Jump-1st; Long Jump-4th); Na'Tassia Vice (High Jump - 10th/8th American)

**2004**

Becky Breisch (Discus-1st; Shot Put-3rd); Ann Gaffigan (3,000m Steeplechase-5th); Jenny Green (Pole Vault-3rd); Priscilla Lopes (100m Hurdles-2nd); Ineta Radevica (Triple Jump-1st; Long Jump-2nd); Ashley Selig (Heptathlon-3rd)

**2005**

Priscilla Lopes (100m hurdles-2nd); Ashley Selig (Heptathlon-3rd); Anne Shadle (1,500m-1st)

**2006**

Sara Jane Baker (Heptathlon-6th); Becky Breisch (Shot Put-2nd); Priscilla Lopes (100m Hurdles-2nd); Dace Ruskule (Discus-1st); Kayla Wilkinson (Javelin-2nd)

**2007**

Dace Ruskule (Discus-7th); Ashley Selig (Heptathlon-5th); Brysun Stately (Pole Vault-3rd)

**2008**

Kayla Wilkinson (Javelin-3rd)

**2009**

Epley Bullock (High Jump-t5th)

**2010**

Epley Bullock (High Jump-3rd); Chantae McMillan (Heptathlon-4th); Natalie Willer (Pole Vault-6th)

## WOMEN'S OUTDOOR ALL-AMERICANS

### 2011

Mara Griva (Triple Jump-4th; second team, Long Jump-11th); Natalie Willer (Pole Vault-5th); Tara Korshoj (second team, Triple Jump-15th); Ashley Miller (second team, 1,500m-11th); Samantha Musil (second team, Hammer Throw-15th); Morgan Wilken (second team, Discus-13th)

### 2012

Morgan Wilken (Discus-8th); Mara Griva (second team, Triple Jump-15th); Ashley Miller (second team, 1,500m-16th)

### 2013

Mara Griva (Long Jump-4th; Triple Jump- 6th); Maggie Malone (second team, Javelin-10th)

### 2014

Ellie Ewera (Triple Jump-5th); Maggie Malone (Javelin-4th); Jazmin McCoy (Long Jump-6th); Annie Jackson (second team, Shot Put-13th); Anne Martin (second team, Heptathlon-13th); Veronica Grizzle (second team, Hammer Throw (11th)

### 2015

Marusa Cernjul (High Jump-t7th); Ellie Ewera (second team, Triple Jump-11th); Mollie Gribbin (second team, Triple Jump-12th); Tierra Williams (second team, Long Jump-9th)

### 2016

Reka Czuth (High Jump-8th); Tierra Williams (Triple Jump-5th; second team, Long Jump-16th); Paula Andrie (second team, Pole Vault-t11th); Sarah Firestone (second team, Javelin-16th); Brittni Wolczyk (second team, Javelin-11th)

### 2017

Jasmine Barge (second team, 400m Hurdles-16th); Petra Luteran (second team, High Jump-t16th); Angela Mercurio (second team, Triple Jump-12th); Toni Tupper (second team, Shot Put-10th); Tierra Williams (second team, Long Jump-9th); Brittni Wolczyk (second team, Javelin-14th)

### 2019

Chase Wolinski (Javelin-5th); Chanel Freeman (second team, 100m Hurdles-13th); Sydney Otto (second team, Javelin-15th); Michaela Peskova (second team, 400m Hurdles-15th); Brittni Wolczyk (second team, Javelin-14th)

### 2020

No season contested due to COVID-19

### 2022

Maddie Harris (Javelin-2nd); Axelina Johansson (Shot Put-3rd); Jenna Rogers (High Jump-t6th); LaQwasia Stepney (second team, Long Jump-13th); Mirta Kulisic (second team, Javelin-14th)

### 2023

Axelina Johansson (Shot Put-1st); Rhema Otabor (Javelin-1st); Maddie Harris (Javelin-4th); Velecia Williams (second team, Long Jump-10th); Jenna Rogers (second team, High Jump-13th); Rhianna Phipps (second team, Triple Jump-13th)

### Total Nebraska Outdoor All-America Awards: 221

Note: relays count as one award

#### Historical Requirements for Outdoor All-Americans

1942-62 Top three per event  
 1963-72 Top four per event  
 1973-81 Unknown  
 1982-84 Top 12 per event  
 1985-2010 Top eight U.S.-born finishers per event  
 2011-Pres. Top eight First Team; 9-16 Second Team

## USTFCCA OUTDOOR AWARDS

### Midwest Region Outdoor Women's Field Athlete of the Year

2011 Mara Griva  
 2023 Axelina Johansson

### Midwest Region Outdoor Women's Assistant Coach of the Year

2008 Kris Grimes  
 2014 Carrie Lane  
 2022 Justin St. Clair

### Midwest Region Outdoor Women's Coach of the Year

2023 Justin St. Clair