

WOMEN'S INDOOR CONFERENCE CHAMPIONS

Big Eight Conference (1976-96)

1976-Manhattan, Kan., 5th (19 pts)

None

1977-Columbia, Mo., 5th (24 pts)

None

1978-Lincoln, Neb., 3rd (61 pts.)

Long Jump Janet Bates, 18-4 3/4

1979-Lincoln, Neb., 4th (63 pts.)

None

1980-Lincoln, Neb., 1st (144 pts.)

60 Yards..... Merlene Ottey, 6.95
300 Yards Merlene Ottey, 33.66
440 Yards Jennie Gorham, 54.88
600 Yards Julie Seaton, 1:23.08
4x220y Relay..... Murray, Gorham, Tatum, Ottey, 1:38.93
4x440y Relay..... Murray, Bates, Seaton, Gorham, 3:49.78
High Jump Sharon Burrill, 5-10 1/2
Long Jump Sharon Burrill, 18-11 3/4
Pentathlon..... Nancy Kindig, 3,748

1981-Lincoln, Neb., 1st (142 pts.)

60 Yards..... Merlene Ottey, 6.80
300 Yards Merlene Ottey, 33.11
4x220y Relay..... Ottey, Zajic, Seaton, Murray, 1:39.0
4x440y Relay..... Seaton, Zajic, Ottey, Murray, 3:44.8
High Jump Sharon Burrill, 6-0
Pentathlon..... Cathy Seybold, 3,826

1982-Lincoln, Neb., 1st (159 pts.)

60 Yards..... Merlene Ottey, 6.67
300 Yards Janet Burke, 34.74
440 Yards Merlene Ottey, 54.25
1,000 Yards Tami Essington, 2:31.64
60-Yard Hurdles Rhonda Blanford, 7.82
4x220y Relay..... Ottey, Blanford, Gorham, James, 1:37.71
4x880y Relay..... Pugh, Stricker, Essington, Tate, 8:59.71
High Jump Sharon Burrill, 5-10
Pentathlon Nancy Kindig, 4,170

1983-Lincoln, Neb., 1st (172 pts.)

60 Yards..... Janet Burke, 6.75
300 Yards Angela Thacker, 33.98
440 Yards Janet Burke, 54.59
600 Yards Marcia Tate, 1:18.85
60-Yard Hurdles Rhonda Blanford, 7.75
4x440y Relay..... Burke, Blanford, Thacker, Gorham, 3:45.08
4x880y Relay..... Nelson, Pugh, Tate, Voldnes, 9:01.39
Long Jump Angela Thacker, 21-2
Shot Put..... Karen Wood, 49-0 1/4

1984-Lincoln, Neb., 1st (167 pts.)

60 Yards..... Merlene Ottey, 6.71
300 Yards Merlene Ottey, 33.02
600 Yards Marcia Tate, 1:20.23
60-Yard Hurdles Rhonda Blanford, 7.5
4x440y Relay..... Ali, Thacker, Ottey, Tate, 3:44.80
High Jump Heather Smith, 6-0 1/2
Long Jump Angela Thacker, 21-7
Pentathlon..... Deb Clark, 3,894

1985-Lincoln, Neb., 1st (187 pts.)

60 Yards..... Angela Thacker, 6.77
300 Yards Angela Thacker, 33.82
600 Yards Marcia Tate, 1:19.69
880 Yards Nicole Ali, 2:12.28
60y Hurdles Rhonda Blanford, 7.44
4x440y Relay..... Milling, Waddles, Moody, Tate, 3:46.62
4x880y Relay..... Nelson, Nunnally, Noel, Ali, 8:52.27

Long Jump Angela Thacker, 21-4 1/4
Triple Jump Sha-ri Pendleton, 40-6
Pentathlon..... Deb Clark, 4,165

1986-Lincoln, Neb., 1st (138.5 pts)

60 Yards..... Angela Thacker, 6.78
300 Yards Angela Thacker, 33.61
4x440y Relay..... Milling, Johnson, Thacker, L. Wilson, 3:44.75
High Jump Tammy Thurman, 6-0 1/2
Long Jump Karen Kruger, 19-10 1/4
Triple Jump Sha-ri Pendleton, 40-2 3/4

1987-Lincoln, Neb., 1st (124 pts.)

440 Yards Linetta Wilson, 53.02
600 Yards Michelle Milling, 1:19.17
4x440y Relay..... Milling, Moody, Webster, L. Wilson, 3:42.71
4x880y Relay..... Wight, Christiansen, Prowse, S. Powell, 8:58.02
High Jump Tammy Thurman, 6-0 1/2
Triple Jump Renita Robinson, 41-10 3/4

1988-Lincoln, Neb., 1st (156 pts.)

400m..... Linetta Wilson, 53.58
600 Yards Michelle Milling, 1:19.85
4x400y Relay..... Webster, S. Powell, O'Connell, L. Wilson, 3:40.90
High Jump Tammy Thurman, 5-11 1/4
Long Jump Karen Kruger, 21-0 1/2
Triple Jump Renita Robinson, 41-5
Shot Put..... Toyia Barnes, 49-10 1/2

1989-Lincoln, Neb., 1st (155 pts.)

400m..... Linetta Wilson, 52.98
High Jump Meredy Porter, 5-11 1/4
Triple Jump Renita Robinson, 42-1 1/2
Shot Put..... Toyia Barnes, 47-5 1/4

1990-Lincoln, Neb., 1st (128 pts.)

3,000m..... Sammie Resh Gdowski, 9:22.61
5,000m..... Sammie Resh Gdowski, 16:11.61
High Jump Meredy Porter, 6-0 3/4
Pentathlon..... Lynne Frey, 3,795

1991-Columbia, Mo., 1st (151.5 pts.)

55m Kim Walker, 6.89
200m..... Ximena Restrepo, 23.93
400m..... Shanelle Porter, 54.15
600 Yards Ximena Restrepo, 1:19.14
800m..... Lisa Graham, 2:09.27
1,000m..... Fran ten Benschel, 2:54.73
Mile Fran ten Benschel, 4:44.15
Long Jump Prema Govindan, 18-10 1/2
Triple Jump Joanne Gomez, 40-1 1/2

1992-Lawrence, Kan., 1st (166.5 pts.) oversized

55m Kathy Travis, 6.87
200m..... Kathy Travis, 23.88
400m..... Shanelle Porter, 54.02
600 Yards Susan Hedrick Rehm, 1:21.60
Mile Fran ten Benschel, 4:38.10
3,000m..... Fran ten Benschel, 9:47.17
55m Hurdles Kwani Stewart, 7.81
4x440m Relay... Travis, T. Wilson, Hedrick Rehm, Porter, 3:43.86
Long Jump Kwani Stewart, 18-10 1/2
Pentathlon..... Cris Hall, 4,028

1993-Ames, Iowa, 1st (159 pts.) oversized

55m Shanelle Porter, 7.03
200m..... Shanelle Porter, 24.21
400m..... Shanelle Porter, 53.24
55m Hurdles Kwani Stewart, 8.08
4x400m Relay.. T. Wilson, Johnson, Porter, Stewart, 3:42.58
Long Jump Kwani Stewart, 19-9 3/4
Triple Jump Nicola Martial, 40-2

1994-Oklahoma City, Okla., 1st (175 pts.)

55m Kathy Travis, 7.07
200m..... Shanelle Porter, 24.09
400m..... Shanelle Porter, 53.74
600 Yards Jenny Johnson, 1:23.58
55 Hurdles..... Kwani Stewart, 7.85
4x400m Relay..... Myatt, Johnson, Travis, Porter, 3:48.41
Long Jump Kwani Stewart, 20-1 1/2
Triple Jump Nicola Martial, 41-5
Shot Put..... Paulette Mitchell, 54-8
Pentathlon..... Michelle Shoemaker, 3,785

1995-Manhattan, Kan., 1st (184 pts.)

600 Yards Jenny Johnson, 1:22.65
4x400m Relay..... Myatt, Johnson, Henry, Croom, 3:49.87
Long Jump Angee Henry, 20-2 1/4
Triple Jump Nicola Martial, 42-2 1/4
Shot Put..... Paulette Mitchell, 54-10 3/4
20-Pound Weight Throw Paulette Mitchell, 59-5

1996-Lincoln, Neb., 1st (197 pts.)

55m Kathy Travis Miiller, 6.79
200m..... Kathy Travis Miiller, 23.79
600 Yards La'Tisha Croom, 1:21.17
Long Jump Angee Henry, 21-7 1/4
Triple Jump Nicola Martial, 42-5 1/4
Shot Put..... Paulette Mitchell, 54-2
20-Pound Weight Throw Paulette Mitchell, 60-6 3/4
Pentathlon..... Janet Blomstedt, 4,235

Big 12 Conference (1997-2011)

1997-Lincoln, Neb., 1st (160 pts.)

1,000m..... Sherri Elwood Macfee, 2:49.99
Long Jump Angee Henry, 21-4
Shot Put..... Tressa Thompson, 59-5 3/4
Pentathlon..... Janet Blomstedt, 3,982

1998-Ames, Iowa, 2nd (101 pts.) oversized

None

1999-Manhattan, Kan., 2nd (94.5 pts.)

Long Jump Daliah Ingram, 20-0 1/4

2000-Ames, Iowa, 1st (154.5 pts.)

Long Jump Daliah Ingram, 20-11 3/4
Triple Jump Daliah Ingram, 44-6
20-Pound Weight Throw Melissa Price, 66-2 1/4

2001-Lincoln, Neb, 1st (145.5 pts.)

200m..... Lesley Owusu, 23.73
400m..... Lesley Owusu, 52.37
Triple Jump Kristina Kovesi, 41-2 1/2
20-Pound Weight Throw Melissa Price, 66-8 1/2

2002-Lincoln, Neb., 2nd (103 pts.)

60m Hurdles Shelley-Ann Brown, 8.20
Triple Jump Kristina Kovesi, 42-7 1/2
20-Pound Weight Throw Amanda Moreley, 60-5 3/4

2003-Lincoln, Neb., 2nd (142 pts.)

Pole Vault Christi Lehman, 13-3 1/2
Long Jump Ineta Radevica, 21-0 1/2
Triple Jump Ineta Radevica, 44-4 1/4
Shot Put..... Becky Breisch, 56-4 1/2

WOMEN'S INDOOR CONFERENCE CHAMPIONS

2004-Lincoln, Neb., 1st (171.5 pts.)

1,000m..... Anne Shadle, 2:48.49
 High Jump Na'Tassia Vice, 5-11 1/2
 Pole Vault Jenny Green, 13-9 1/4
 Long Jump Ineta Radevica, 20-10 1/2
 Triple Jump Ineta Radevica, 45-0 1/4
 Shot Put..... Becky Breisch, 55-4 1/4
 20-Pound Weight Throw Becky Breisch, 65-2 1/4

2005-Lincoln, Neb., 1st (138.4 pts.)

60m Priscilla Lopes, 7.23
 Mile Anne Shadle, 4:39.10
 60m Hurdles Priscilla Lopes, 8.00
 Pentathlon..... Ashley Selig, 4,269

2006-Lincoln, Neb., 2nd (118 pts.)

60m Hurdles Priscilla Lopes, 7.92
 Pole Vault Jenny Green, 13-5 1/4
 Shot Put..... Becky Breisch, 57-6 1/4
 Pentathlon..... Ashley Selig, 4,336

2007-Ames, Iowa, 5th (69.5 pts.) oversized

None

2008-Lincoln, Neb., 2nd (95 pts.)

600 Yards Sheryl Morgan, 1:20.63
 High Jump Epley Bullock, 6-0 1/2

2009-College Station, Texas, 3rd (96.5 pts.)

Pole Vault Natalie Willer, 13-10
 Pentathlon..... Megan Wheatley, 4,211

2010-Ames, Iowa, 3rd (96 pts.) oversized

High Jump Epley Bullock, 6-0 3/4
 Triple Jump Leandra McGruder, 43-0 1/4
 Pentathlon..... Chantae McMillan, 4,151

2011-Lincoln, Neb., 1st (115.5 pts.)

Pole Vault Natalie Willer, 14-4
 Long Jump Mara Griva, 20-10
 Triple Jump Mara Griva, 43-3 3/4
 Pentathlon..... Chantae McMillan, 4,287

Big Ten Conference (2012-Present)

2012-Lincoln, Neb., 1st (114.50 pts.)

Triple Jump Mara Griva, 42-9 1/2
 Pole Vault Breanna Bussel, 13-10 1/2
 3,000m..... Ashley Miller, 9:17.28

2013-Geneva, Ohio, 2nd (115 pts.) oversized

Long Jump Mara Griva, 20-9
 Triple Jump Mara Griva, 42-11 1/2
 3,000m..... Jessica Furlan, 9:19.66

2014-Geneva, Ohio, 3rd (92 pts.) oversized

None

2015-Geneva, Ohio, 5th (65 pts.) oversized

None

2016-Geneva, Ohio, 6th (48 pts.) oversized

Long Jump Tierra Williams, 20-7 3/4
 Triple Jump Tierra Williams, 43-2 1/2

2017-Geneva, Ohio, 8th (48 pts.) oversized

None

2018-Geneva, Ohio, 9th (47.5 pts.) oversized

None

2019-Ann Arbor, Mich., 5th (68 pts.)

60m Lakayla Harris, 7.26
 Triple Jump Angela Mercurio, 42-7 (12.98m)

2020-Geneva, Ohio, 10th (35.5 pts.)

Triple Jump Ieva Turke, 42-11

2021-Geneva, Ohio, 6th (50 pts.)

Triple Jump Ieva Turke, 42-9 1/2
 Long Jump Lishanna Ilves, 20-9 1/4

2022-Geneva, Ohio, 17th (51 pts.)

High Jump Jenna Rogers, 5-11 1/4
 Long Jump Darby Thomas, 20-11 3/4

2023-Geneva, Ohio, 8th (52 pts.)

Shot Put..... Axelina Johansson, 62-7 1/4

2024-Geneva, Ohio, 8th (54 pts.)

Shot Put..... Mine De Klerk, 56-2 1/2

Total Nebraska Indoor Conference Champions: 191

Note: relays count as one championship

Note: All distances in meters, unless otherwise noted

WOMEN'S OUTDOOR CONFERENCE CHAMPIONS

Big Eight Conference (1974-96)

1974-Manhattan, Kan.

Not a varsity sport at Nebraska

1975-Ames, Iowa

Not a varsity sport at Nebraska

1976-Ames, Iowa, 4th (30 pts.)

None

1977-Lawrence, Kan., 4th (54 pts.)

None

1978-Norman, Okla., 2nd (97 pts.)

400 Yards Julie Seaton, 55.39
4x880y Relay Vickers, Fox, Hitz, Dixon, 9:03.39
Long Jump Janet Bates, 19-3 1/4

1979-Manhattan, Kan., 7th (48 pts.)

Pentathlon Karen Frazee, 3,763

1980-Lincoln, Neb., 1st (124 pts.)

100m Merlene Ottey, 11.2
200m Merlene Ottey, 22.93
400m Jennie Gorham, 53.24
4x100m Relay Mills, Tatum, Murray, Ottey, 47.0
Pentathlon Nancy Kindig, 3,926

1981-Ames, Iowa, 1st (159 pts.)

100m Merlene Ottey, 11.88
200m Merlene Ottey, 22.7
800m Tami Essington, 2:10.13
4x100m Relay Mills, Zajic, Murray, Ottey, 46.16
4x400m Relay Zajic, Murray, Essington, Ottey, 3:44.28
Sprint Medley Mills, Zajic, Murray, Ottey, 1:41.08
High Jump Sharon Burrill, 5-10
Discus Karen Wood, 153-5
Heptathlon Nancy Kindig, 5,839

1982-Norman, Okla., 1st (154 pts.)

100m Merlene Ottey, 11.29
200m Merlene Ottey, 22.63
800m Tami Essington, 2:07.16
100m Hurdles Rhonda Blanford, 13.63
4x100m Relay James, McQueen, Blanford, Ottey, 44.30
Sprint Medley James, D. Powell, Blanford, Ottey, 1:38.90
Discus Robin Small, 167-5

1983-Stillwater, Okla., 1st (161 pts.)

100m Merlene Ottey, 11.25
200m Merlene Ottey, 22.45
400m Nicole Ali, 54.32
100m Hurdles Rhonda Blanford, 13.55w
400m Hurdles Nicole Ali, 59.36
4x100m Relay D. Powell, Blanford, Thacker, Ottey, 44.40
Shot Put Karen Wood, 50-1
Discus Karen Wood, 165-8
Javelin Denise Thiemard, 201-3

1984-Lincoln, Neb., 1st (156 pts.)

100m Rhonda Blanford, 11.54
200m Rhonda Blanford, 23.71
100m Hurdles Rhonda Blanford, 13.47
4x100m Relay Blanford, D. Powell, Gorham Badami, Thacker, 44.56
4x400m Relay Ashmore, Ali, Blanford, Gorham Badami, 3:40.25
Long Jump Angela Thacker, 22-4 1/4

1985-Manhattan, Kan., 1st (148 pts.)

100m Rhonda Blanford, 11.43w
400m Marcia Tate, 52.82
800m Nicole Ali, 2:07.89
100m Hurdles Rhonda Blanford, 13.07w

Triple Jump Sha-ri Pendleton, 40-10 1/4
Javelin Karyn Szarkowski, 173-7
Heptathlon Deb Clark, 5,545

1986-Boulder, Colo., 1st (142 pts.)

800m Nicole Ali, 2:06.83
4x400m Relay .. Milling, Cantrell, Moody, L. Wilson, 3:41.06
Long Jump Angela Thacker, 21-9 3/4
Triple Jump Sha-ri Pendleton, 41-4 1/2
Javelin Karyn Szarkowski, 172-2

1987-Lawrence, Kan., 1st (184 pts.)

200m Linetta Wilson, 23.39w
400m Linetta Wilson, 51.58
1,500m Sammie Resh, 4:23.74
4x400m Relay .. Milling, Webster, S. Powell, L. Wilson, 3:39.75
High Jump Tammy Thurman, 5-11 1/4
Long Jump Karen Kruger, 21-7 1/4

1988-Ames, Iowa, 1st (158 pts.)

200m Sharon Powell, 24.16w
400m Linetta Wilson, 52.74
1,500m Sammie Resh, 4:32.63
4x400m Relay .. Kruger, Milling, S. Powell, L. Wilson, 3:39.87
High Jump Tammy Thurman, 5-10
Long Jump Karen Kruger, 21-4 1/4w
Discus Jean Monter, 161-11
Javelin Lynne Frey, 153-6

1989-Lincoln, Neb., 1st (194 pts.)

100m Ximena Restrepo, 11.82w
200m Ximena Restrepo, 23.42
1,500m Sammie Resh, 4:19.22
400m Hurdles Linetta Wilson, 57.04
Long Jump Tanya Lidy, 20-5 1/4
Triple Jump Renita Robinson, 41-5 3/4
Shot Put Toyia Barnes, 44-11
Javelin Nora Rockenbauer, 173-7

1990-Norman, Okla., 1st (161 pts.)

100m Denise Lucas, 11.54
200m Kim Walker, 23.50
5,000m Sammie Resh Gdowski, 16:41.24
Javelin Nora Rockenbauer, 167-11
Heptathlon Lynne Frey, 5,005

1991-Lincoln, Neb., 1st (204 pts.)

100m Kim Walker, 11.35
200m Kim Walker, 22.57
400m Ximena Restrepo, 51.25
3,000m Fran ten Bensel, 9:18.81
5,000m Juliet Prowse, 16:22.08
400m Hurdles Susan Hedrick, 58.18
4x100m Relay Govindan, Stewart, Lucas, Walker, 44.39
High Jump Cris Hall, 6-0 1/2
Triple Jump Joanne Gomez, 40-10
Javelin Lynne Frey, 166-1

1992-Norman, Okla., 1st (177 pts.)

100m Kwani Stewart, 11.45w
200m Denise Lucas, 23.25w
400m Shanelle Porter, 52.04
1,500m Lisa Darley Graham, 4:25.41
100m Hurdles Kwani Stewart, 13.35w
4x100m Relay Travis, Stewart, Porter, Lucas, 43.83
4x400m Relay .. Hedrick Rehm, T. Wilson, Porter, Lucas, 3:37.95
Long Jump Kwani Stewart, 20-3 3/4
Heptathlon Cris Hall, 5,679

1993-Boulder, Colo., 1st (163 pts.)

100m Kwani Stewart, 11.52
200m Shanelle Porter, 23.53
400m Shanelle Porter, 52.34
1,500m Fran ten Bensel, 4:24.6
3,000m Theresa Stelling, 9:52.0
100m Hurdles Kwani Stewart, 13.56
4x100m Relay Wilson, Stewart, Johnson, Porter, 45.01
Long Jump Kwani Stewart, 19-6 1/4
Triple Jump Nicola Martial, 42-3 1/2
Shot Put Paulette Mitchell, 50-4

1994-Lawrence, Kan., 1st (146 pts.)

100m Kwani Stewart, 11.41w
4x100m Relay Travis, Henry, Perry, Stewart, 45.10
4x400m Relay Travis, Stewart, Wyatt, Henry, 3:40.87
Long Jump Kwani Stewart, 21-10 1/4w
Triple Jump Nicola Martial, 42-7w

1995-Ames, Iowa, 1st (198.5 pts.)

4x400m Relay Myatt, Johnson, Croom, Porter, 3:38.00
Long Jump Angee Henry, 20-10
Triple Jump Nicola Martial, 44-10 1/4w
Shot Put Paulette Mitchell, 52-11
Discus Paulette Mitchell, 161-0

1996-Lincoln, Neb., 2nd (191 pts.)

100m Kathy Travis Miiller, 11.54
200m Kathy Travis Miiller, 23.73
High Jump Jody Doetker, 5-11 1/4
Long Jump Angee Henry, 21-11 1/2
Triple Jump Nicola Martial, 44-4 3/4
Shot Put Tressa Thompson, 56-10
Discus Tressa Thompson, 163-2
Hammer Throw Paulette Mitchell, 199-0

Big 12 Conference (1997-2011)

1997-Waco, Texas, 2nd (110 pts.)

Shot Put Tressa Thompson, 59-4 3/4

1998-Columbia, Mo., 2nd (113 pts.)

Long Jump Dalhia Ingram, 21-4w
Shot Put Tressa Thompson, 59-7
Discus Tressa Thompson, 174-2

1999-Waco, Texas, 4th (97 pts.)

Long Jump Dalhia Ingram, 21-11w
Javelin Cassi Morelock, 178-6

2000-Columbia, Mo., 1st (169 pts.)

Long Jump Dalhia Ingram, 20-4 1/2
Triple Jump Dalhia Ingram, 44-2 1/2w
Shot Put Leann Boerema, 51-1 3/4
Hammer Throw Melissa Price, 201-3

2001-College Station, Texas, 2nd (117.5 pts.)

High Jump Carrie Braness, 5-11 1/4
Triple Jump Krisztina Kovesi, 42-2 3/4

2002-Columbia, Mo., 3rd (117.5 pts.)

Discus Becky Breisch, 182-8
Hammer Throw Melissa Price, 219-2
Heptathlon Katherine Livesey, 5,577

2003-Austin, Texas, 2nd (130.66 pts.)

Long Jump Ineta Radevica, 20-9 1/4
Triple Jump Ineta Radevica, 45-0 1/2w
Shot Put Becky Breisch, 55-11
Discus Becky Breisch, 180-10
Hammer Throw Amanda Moreley, 195-8

WOMEN'S OUTDOOR CONFERENCE CHAMPIONS

2004-Norman, Okla., 2nd (139.5 pts.)

3,000m Steeplechase..... Ann Gaffigan, 10:17.92
 Long Jump Ineta Radevica, 21-3 1/4
 Triple Jump Ineta Radevica, 45-8 1/2
 High Jump Na'Tassia Vice, 5-8
 Shot Put..... Becky Breisch, 56-9 1/2
 Pole Vault Jenny Green, 13-5 1/4

2005-Manhattan, Kan., 1st (126.66 pts.)

1,500m..... Anne Shadle, 4:15.66
 100m Hurdles Priscilla Lopes, 12.85
 Discus Dace Ruskule, 174-11
 Javelin Kayla Wilkinson, 162-11
 Heptathlon Ashley Selig, 5,587

2006-Waco, Texas, 3rd (100.5 pts.)

100m Hurdles Priscilla Lopes, 12.63
 Discus Becky Breisch, 194-1
 Javelin Kayla Wilkinson, 177-7
 Heptathlon Sara Jane Baker, 5,486

2007-Lincoln, Neb., 2nd (117 pts.)

400m Hurdles Sheryl Morgan, 57.04
 Pole Vault Jenny Green, 13-5 1/4
 Discus Dace Ruskule, 182-10
 Heptathlon Ashley Selig, 5,726

2008-Boulder, Colo., 2nd (105 pts.)

High Jump Kim Shubert, 5-10 3/4
 Javelin Kayla Wilkinson, 182-10
 Heptathlon Megan Wheatley, 5,643

2009-Lubbock, Texas, 3rd (109.5 pts.)

Pole Vault Natalie Willer, 13-11 1/4
 Heptathlon Megan Wheatley, 5,800

2010-Columbia, Mo., 2nd (102 pts.)

Heptathlon Chantae McMillan, 5,349

2011-Norman, Okla., 2nd (119 pts.)

Hammer Throw Victoria Zimmerman, 197-9
 Long Jump Mara Griva, 21-11 3/4
 Triple Jump Mara Griva, 45-3 3/4
 Heptathlon Chantae McMillan, 5,951
 1,500m..... Ashley Miller, 4:18.70

Big Ten Conference (2012-Present)

2012-Madison, Wis., 2nd (110 pts.)

Triple Jump Anna Weigandt, 42-6 1/4
 High Jump Marusa Cernjul, 6-0
 800m..... Ashley Miller, 2:06.67
 1,500m..... Ashley Miller, 4:16.53

2013-Columbus, Ohio, 6th (75 pts.)

Long Jump Mara Griva, 20-9
 Triple Jump Mara Griva, 43-5 1/4

2014-West Lafayette, Ind., 2nd (102.5 pts.)

Discus Annie Jackson, 172-1
 Javelin Maggie Malone, 181-8

2015-East Lansing, Mich., 2nd (97 pts.)

Long Jump Reka Czuth, 20-8
 Javelin Sarah Firestone, 184-3

2016-Lincoln, Neb., 3rd (94 pts.)

High Jump Reka Czuth, 5-11 1/2
 Long Jump Tierra Williams, 21-4w
 Triple Jump Tierra Williams, 44-6

2017-University Park, Pa., 6th (76 pts.)

Javelin Brittni Wolczyk, 178-9

2018-Bloomington, Ind., 5th (60 pts.)

None

2019-Iowa City, Iowa, 4th (92.5 pts.)

100m Hurdles Jasmine Barge, 13.25
 High Jump Candice Dominguez, 5-9 1/4
 Javelin Chase Wolinski, 180-1

2020

No season contested due to COVID-19

2021-Champaign, Ill., 9th (52 pts.)

Long Jump Lishanna Ilves, 21-4 3/4
 Javelin Maddie Harris, 183-10

2022-Minneapolis, Minn., 5th (71 pts.)

High Jump Jenna Rogers, 5-11 1/2
 Javelin Maddie Harris, 189-11

2023-Bloomington, Ind., 3rd (112 pts.)

High Jump Jenna Rogers, 6-0 1/2
 Triple Jump Lotavia Brown, 43-9
 Shot Put..... Axelina Johansson, 64-1 1/4
 Hammer Throw..... Tanessa Morris, 205-11
 Javelin Rhema Otabor, 189-9

2024-Ann Arbor, Mich., 2nd (115.33 pts.)

Triple Jump Rhianna Phipps, 43-11 3/4 (13.40m)
 Shot Put..... Axelina Johansson, 60-8 (18.49m)
 Javelin Rhema Otabor, 189-5 (57.75m)

Total Nebraska Outdoor Conference Champions: 205

Note: relays count as one championship

WOMEN'S CONFERENCE CHAMPIONSHIPS HISTORY

Indoor Conference Champions by Event

Event	Championships
55 Meters/60 Yards/60 Meters	14
200 Meters/300 Yards	13
400 Meters/440 Yards	11
600 Yards	12
800 Meters/880 Yards	2
1,000 Meters/1,000 Yards	4
Mile	3
3,000 Meters/Two Mile	4
5,000 Meters/Three Mile	1
55-Meter/60-Yard/60-Meter Hurdles	10
4 x 220-Yard Relay	3
4 x 400-Meter/440-Yard Relay	12
4 x 800-Meter/880-Yard Relay	4
Distance-Medley Relay	0
High Jump	13
Pole Vault	6
Long Jump	23
Triple Jump	23
Shot Put	12
20-Pound Weight Throw	6
Pentathlon	15
Total Champions	191

Four-Time Conference Indoor Champions

Rhonda Blanford (60-Yard Hurdles - 1982, 1983, 1984, 1985)
 Nicola Martial (Triple Jump - 1993, 1994, 1995, 1996)
 Merlene Ottey (60-Yard Dash - 1980, 1981, 1982, 1984)
 Shanelle Porter (400-Meter Dash - 1991, 1992, 1993, 1994)

Three-Time Conference Indoor Champions

Becky Breisch (Shot Put - 2003, 2004, 2006)
 Sharon Burrill (High Jump - 1980, 1981, 1982)
 Mara Griva (Triple Jump - 2011, 2012, 2013)
 Angee Henry (Long Jump - 1995, 1996, 1997)
 Paulette Mitchell (Shot Put - 1994, 1995, 1996)
 Merlene Ottey (300-Yard Dash - 1980, 1981, 1984)
 Renita Robinson (Triple Jump - 1987, 1988, 1989)
 Kwani Stewart (55-Meter Hurdles - 1992, 1993, 1994; Long Jump - 1992, 1993, 1994)
 Kathy Travis Miller (55-Meter Dash - 1992, 1994, 1996)
 Marcia Tate (600-Yard Run - 1983, 1984, 1985)
 Angela Thacker (300-Yard Dash - 1983, 1985, 1986; Long Jump - 1983, 1984, 1985)
 Tammy Thurman (High Jump - 1986, 1987, 1988)
 Linetta Wilson (400-Meter Dash - 1987, 1988, 1989)

Big Ten Conference Awards

Indoor Field Athlete of the Championships
 Mara Griva, 2013

Outdoor Conference Champions by Event

Event	Championships
100 Meters	13
200 Meters	13
400 Meters	9
800 Meters	5
1,500 Meters	8
3,000 Meters	2
5,000 Meters	2
10,000 Meters	0
100-Meter Hurdles	9
400-Meter Hurdles	4
3,000-Meter Steeplechase	1
4 x 100-Meter Relay	9
4 x 400-Meter Relay	8
4 x 880-Yard Relay	1
Sprint Medley Relay	2
High Jump	13
Long Jump	21
Triple Jump	18
Pole Vault	3
Shot Put	12
Discus	13
Hammer	6
Javelin	19
Heptathlon/Pentathlon	14
Total Champions	205

Four-Time Conference Outdoor Champions

Rhonda Blanford (110-Meter Hurdles - 1982, 1983, 1984, 1985)
 Nicola Martial (Triple Jump - 1993, 1994, 1995, 1996)
 Merlene Ottey (100-Meter Dash - 1980, 1981, 1982, 1983; 200-Meter Dash - 1980, 1981, 1982, 1983)

Three-Time Conference Outdoor Champions

Becky Breisch (Discus - 2002, 2003, 2006)
 Dalhia Ingram (Long Jump - 1998, 1999, 2000)
 Sammie Resh (1,500-Meter Run - 1987, 1988, 1989)
 Kwani Stewart (100-Meter Dash - 1992, 1993, 1994; 100-Meter Hurdles - 1992, 1993, 1994; Long Jump - 1992, 1993, 1994)
 Tressa Thompson (Shot Put - 1996, 1997, 1998)
 Kayla Wilkinson (Javelin - 2005, 2006, 2008)

Big Ten Conference Awards

Outdoor Field Athlete of the Year
 Mara Griva, 2013
 Axelina Johansson, 2023

Outdoor Field Athlete of the Championships

Mara Griva, 2013
 Axelina Johansson, 2023

Outdoor Freshman of the Year

Axelina Johansson, 2022

WOMEN'S CONFERENCE TEAM TITLES

Indoor Championships (24)

Year	Conference	Head Coach	Points
1980	Big Eight	Carol Frost	144
1981	Big Eight	Gary Pepin	142
1982	Big Eight	Gary Pepin	159
1983	Big Eight	Gary Pepin	172
1984	Big Eight	Gary Pepin	167
1985	Big Eight	Gary Pepin	187
1986	Big Eight	Gary Pepin	138.5
1987	Big Eight	Gary Pepin	124
1988	Big Eight	Gary Pepin	156
1989	Big Eight	Gary Pepin	155
1990	Big Eight	Gary Pepin	128
1991	Big Eight	Gary Pepin	151.5
1992	Big Eight	Gary Pepin	166.5
1993	Big Eight	Gary Pepin	159
1994	Big Eight	Gary Pepin	175
1995	Big Eight	Gary Pepin	184
1996	Big Eight	Gary Pepin	197
1997	Big 12	Gary Pepin	160
2000	Big 12	Gary Pepin	154.5
2001	Big 12	Gary Pepin	145.5
2004	Big 12	Gary Pepin	171.5
2005	Big 12	Gary Pepin	138.4
2011	Big 12	Gary Pepin	115.5
2012	Big Ten	Gary Pepin	114.5

Outdoor Championships (18)

Year	Conference	Head Coach	Points
1980	Big Eight	Carol Frost	124
1981	Big Eight	Gary Pepin	159
1982	Big Eight	Gary Pepin	154
1983	Big Eight	Gary Pepin	161
1984	Big Eight	Gary Pepin	156
1985	Big Eight	Gary Pepin	148
1986	Big Eight	Gary Pepin	142
1987	Big Eight	Gary Pepin	184
1988	Big Eight	Gary Pepin	158
1989	Big Eight	Gary Pepin	194
1990	Big Eight	Gary Pepin	161
1991	Big Eight	Gary Pepin	204
1992	Big Eight	Gary Pepin	177
1993	Big Eight	Gary Pepin	163
1994	Big Eight	Gary Pepin	146
1995	Big Eight	Gary Pepin	198.5
2000	Big 12	Gary Pepin	169
2005	Big 12	Gary Pepin	126.66