

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 Bensel (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 Bensel (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 Branness, (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)

Midwest Region Indoor Women's Field Athlete of the Year

2006 Ashley Selig

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-10th)

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-6th); Mine De Klerk (Shot Put; 7th)

2025

Axelina Johansson (Shot Put-1st); Kalynn Meyer (Shot Put-8th); Mine De Klerk (second team, Shot Put, 10th); Jenna Rogers (second team, High Jump, 10th); Rhianna Phipps (second team, Triple Jump, 13th); Lishanna Ilves (second team, Long Jump, 13th)

Total Nebraska Indoor All-America Awards: 178

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.
 2021-Pres. Top eight First Team; 9-16 Second Team

USTFCCCA 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

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 Benschel (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 Benschel (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 Branness (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 Branness (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 Branness (High Jump-15th)

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-15th)

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 Ewre (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 Ewre (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); Brittnei 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); Brittnei 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); Brittnei 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)

2024

Rhema Otabor (Javelin-1st); Axelina Johansson (Shot Put-3rd); Eniko Sara (Javelin-5th); Jenna Rogers (High Jump-t5th); Velecia Williams (Long Jump-7th); Ashley McElmurry (second team, Triple Jump-10th); Rhianna Phipps (second team, Triple Jump-14th); Kalynn Meyer (second team, Discus-15th); Mirta Kulisic (second team, Javelin-15th)

2025

Jenna Rogers (High Jump-3rd); Maddie Harris (Javelin-5th); Eniko Sara (second team, Javelin-15th)

Total Nebraska Outdoor All-America Awards: 230

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
2024 Rhema Otabor

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