



FOR IMMEDIATE RELEASE: June 2, 2011

Capital One Academic All-District ® Women's Track & Field/Cross Country Teams Released

The 2010-11 Capital One Academic All-District ® Women's Track & Field/Cross Country Teams, selected by the College Sports Information Directors of America, have been released to recognize the nation's top student-athletes for their combined performance on the floor and in the classroom.

The Academic All-District ® teams include the student-athletes listed on the following pages and are divided into eight geographic districts across the United States and Canada. The University Division team includes NCAA Division I participants, while the College Division team combines NCAA Division II, NCAA Division III, NAIA, Canadian and two-year schools.

First-team Academic All-District ® honorees advance to the Capital One Academic All-America® Team ballot, where first-, second- and third-team All-America honorees will be selected later this month.

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A. and Capital One Bank (USA), N. A., had \$122.2 billion in deposits and \$197.5 billion in total assets outstanding as of December 31, 2010. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients. Capital One, N.A. has approximately 1,000 branch locations primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia. A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index.

Capital One, an NCAA Corporate Champion, began its affiliation with college sports with the sponsorship of the 2001 Capital One Florida Citrus Bowl (now the Capital One Bowl) and ESPN's Capital One Bowl Week. In 2010, Capital One launched the Capital One Cup, a prestigious new program rewarding NCAA Division I athletics programs for their cumulative on-field performance across multiple men's and women's sports. In addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot Team, all 88 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate athletics programs.

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2010-11 Academic All-District Women's Track & Field/Cross Country Team District 1

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Brittany Burns	MARIST	I	Gr.	Watertown, N.Y.	3.96	Education psychology
Rita Ciambra	NEW HAMPSHIRE	I	Gr.	Hanover, N.H.	3.72	Biology (BA); secondary edu. (MA)
Corey Conner	MAINE	I	Jr.	Townsend, Mass.	3.82	Nursing
Elise DeRoo	COLGATE	I	Jr.	Newtown, Conn.	3.93	Molecular biology
Kaitlyn Dugan	NEW HAMPSHIRE	I	Sr.	Hatfield, Pa.	3.98	Chemistry
Jackie Hargrove	MANHATTAN	I	Sr.	Vienna, Va.	3.86	Psychology
Kaitlin Kwiecien	NEW HAMPSHIRE	I	Sr.	Hampstead, N.H.	3.94	Civil engineering
Dakota McCoy	YALE	I	So.	Wexford, Pa.	3.97	Ecology / evolutionary biology
Holly Van Dalen	STONY BROOK	I	Sr.	Wanganui, New Zealand	3.77	English / sociology
Lucy Van Dalen	STONY BROOK	I	Sr.	Wanganui, New Zealand	3.75	Sociology

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Funmi Adebayo	WORCESTER POLYTECHNIC	I	Sr.	Medfield, Mass.	3.90	Biomedical engineering
Hazel Briner	MASSACHUSETTS INST TECH	I	Sr.	Arlington, Mass.	3.60	Biology / mechanical engineering
Erin Carmone	STONEHILL	I	So.	Riverside, R.I.	3.91	Psychology
Emma Dewart	ITHACA	I	Jr.	Barker, N.Y.	3.48	Health & physical education
Karin Fisher	MASSACHUSETTS INST TECH	I	Sr.	Belvedere, Calif.	3.52	Electrical sci. & engineering / physics
Yaneve Fonge	ROCHESTER	I	Sr.	Cheshire, Conn.	3.65	Microbiology & immunology
Shannon Gagne	NEW HAVEN	I	Gr.	Meriden, Conn.	3.93	Criminal justice
Portia Jones	MASSACHUSETTS INST TECH	I	Jr.	Queens, N.Y.	3.52	Electrical engineering / computer sci.
Sarah Lagasse	BRIDGEWATER STATE	I	Jr.	Rehoboth, Mass.	3.94	Physical education teacher licensure
Kelsey Taylor	CONNECTICUT COLLEGE	I	Sr.	East Hampton, Conn.	3.98	Biochemistry (cellular & molecular)

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Jill Alves	STONEHILL	I	Jr.	Whitman, Mass.	3.35	Psychology
Lacey Cartier	SPRINGFIELD (MA)	I	Sr.	York, Maine	3.94	Therapeutic recreation
Jacqueline Cinella	ROCHESTER	I	Sr.	Ballston Spa, N.Y.	3.74	Geological sciences / geobiology
Maura Ferrarini	STONEHILL	I	Jr.	Springfield, Mass.	3.71	Chemistry
Alina Gatowski	MASSACHUSETTS INST TECH	I	Sr.	Beverly Hills, Mich.	3.84	Biological engineering
Jennifer Gossels	WILLIAMS	I	So.	Sudbury, Mass.	4.11	Undeclared
Laurie Jenkins	SPRINGFIELD (MA)	I	So.	Columbia, Conn.	3.64	Physical education
Noelle Richard	WORCESTER POLYTECHNIC	I	So.	Oxford, Mass	3.84	Mathematical sciences
Grayce Selig	BRANDEIS	I	Sr.	Narberth, Pa.	3.68	Neuroscience
Amy Varsell	BENTLEY	I	So.	Burlington, Conn.	3.90	Corporate finance & accounting
Kelly Walton	MASSACHUSETTS LOWELL	I	So.	Nahant, Mass.	3.32	Civil engineering



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 2

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Keri Bland	WEST VIRGINIA	II	Sr.	Fairview, W.Va.	3.37	Mathematics / secondary education
Sarah-Anne Brault	WEST VIRGINIA	II	Jr.	Winnipeg, Manitoba	3.96	Economics
Kristin Bretscher	BUCKNELL	II	Sr.	Farmingville, N.Y.	3.79	Chemical engineering
Ashley DeCruise	MOUNT ST. MARY'S	II	Sr.	Germantown, Md.	3.72	Elementary education
Karen Mandrachia	DELAWARE	II	Sr.	Newark, Del.	3.84	Exercise science
Sarah Moniz	BUCKNELL	II	Sr.	Topsfield, Mass.	3.46	Neuroscience
Sheila Reid	VILLANOVA	II	Sr.	Newmarket, Ontario	3.37	English
April Rotilio	WEST VIRGINIA	II	Sr.	Bellaire, Ohio	3.72	Exercise physiology
Caroline Tolli	BUCKNELL	II	So.	Lockport, N.Y.	4.00	Education / Spanish
Renee Tomlin	GEORGETOWN	II	Gr.	Ocean City, N.J.	3.61	French (BA); linguistics (MA)

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Erin Beattie	SETON HILL	II	Sr.	Latrobe, Pa.	4.00	Math / actuary science
Mary Kate Breese	GROVE CITY	II	So.	Mercer, Pa.	4.00	Accounting
Trina Carito	EAST STROUDSBURG	II	Sr.	Greenfield Twp., Pa.	3.71	Chemistry / secondary education
Robin England	RUTGERS-CAMDEN	II	Sr.	Haddon Twp., N.J.	3.98	Economics
Jen Harpp	SLIPPERY ROCK	II	Gr.	Highland Hts., Ohio	3.94	Doctor of physical therapy
Erica Hess	SHIPPENSBURG	II	Sr.	Selinsgrove, Pa.	3.73	Biology
Rose Mascoli	EAST STROUDSBURG	II	So.	Lebanon, Pa.	4.00	Exercise science
Lynn Mayer	EAST STROUDSBURG	II	Sr.	Parlin, N.J.	3.50	Elementary & special education
Neely Spence	SHIPPENSBURG	II	Jr.	Shippensburg, Pa.	3.86	Human communications studies
Christina Valerio	JOHNS HOPKINS	II	Sr.	West Milford, N.J.	3.66	Molecular & cellular biology

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Keri Brown	KUTZTOWN	II	Sr.	Southampton, N.J.	3.78	Elementary education
Kelly Carioto	CATHOLIC	II	Jr.	Pittsburgh, Pa.	3.94	History
Corinne Fitzgerald	EAST STROUDSBURG	II	So.	Rockaway, N.J.	3.93	Psychology
Cecilia Furlong	JOHNS HOPKINS	II	Jr.	San Francisco, Calif.	3.34	Biomedical engineering
Erin Kling	CALIFORNIA (PA)	II	So.	Jamestown, N.Y.	4.00	Biology
Katelynd McElhany	WASHINGTON & JEFFERSON	II	Sr.	Canonsburg, Pa.	3.51	International business
Emily Pierce	GROVE CITY COLLEGE	II	Sr.	Lisbon, N.Y.	3.83	Sociology / Christian thought
Amanda Seigworth	SLIPPERY ROCK	II	Sr.	Cranesville, Pa.	3.44	Biochemistry / forensic chemistry
Allison Smith	SLIPPERY ROCK	II	Sr.	Aliquippa, Pa.	3.70	Doctor of physical therapy
Michelle Wuenstel	WASHINGTON & JEFFERSON	II	Sr.	Pittsburgh, Pa.	3.68	Environmental studies



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 3

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Yolanda Berryhill	GEORGIA STATE	III	Sr.	Leesburg, Ga.	3.74	Exercise science
Sarah Brobeck	WAKE FOREST	III	Jr.	Salem, Ohio	3.88	Chemistry
Anna Corrigan	VIRGINIA	III	Jr.	Burke, Va.	3.97	Systems engineering
Frances Dowd	VIRGINIA TECH	III	So.	Fairfax, Va.	4.00	Environmental policy & planning
Stephanie Duffy	SOUTH FLORIDA	III	Gr.	Washingtonville, N.Y.	3.93	Education
Christina Fenske	HIGH POINT	III	Jr.	Stuarts Draft, Va.	3.98	Exercise science
Betsy Graney	WILLIAM & MARY	III	Sr.	Harper Woods, Mich.	3.94	Kinesiology & health sciences
Bridget Lyons	GEORGIA	III	Sr.	Evans, Ga.	3.88	Biology / Spanish
Kelly Phillips	VIRGINIA TECH	III	Sr.	Blacksburg, Va.	4.00	Biology
Ashley Schnell	UNC-GREENSBORO	III	Jr.	Lincoln, Neb.	4.00	Music
Kimberly Williams	FLORIDA STATE	III	Sr.	Kingston, Jamaica	3.50	Business administration

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Ali Crabb	FLORIDA	III	Sr.	St. Petersburg, Fla.	3.85	Biology
Alyssa Kulik	CLEMSON	III	Jr.	Simpsonville, S.C.	3.90	Modern languages
Patricia Mamona	CLEMSON	III	Sr.	Lisbon, Portugal	3.41	Health science
Katelyn O'Dunne	ELON	III	Jr.	Ellicott City, Md.	4.00	Human services
Jessica Parry	FLORIDA STATE	III	So.	London, Ontario	3.92	Biological science
Julie Rechel	RICHMOND	III	Sr.	Worthington, Ohio	3.97	Interdisciplinary studies
Ayla Smith	VIRGINIA	III	Gr.	Winchester, Va.	3.56	Kinesiology
Liane Weber	CLEMSON	III	Sr.	Wangen, Germany	3.69	Health science
Amanda Winslow	FLORIDA STATE	III	So.	Lawrenceville, Ga.	3.83	Sport management

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Ashley Allen	LYNCHBURG	III	Sr.	Richmond, Va.	3.96	Athletic training
Whitney Bishoff	ANDERSON (SC)	III	Jr.	Winder, Ga.	4.00	Education
Kelly Fauth	VIRGINIA WESLEYAN	III	Jr.	Monrovia, Md.	3.89	Sociology / religious studies
Tess Gallegos	EMORY	III	Jr.	Kennesaw, Ga.	3.80	Anthropology / psychology
Kate Griewisch	LENOIR-RHYNE	III	Jr.	Banner Elk, N.C.	3.88	Pre-medical science
Lindsay Lippencott	WINGATE	III	So.	Forest Hill, Md.	4.00	Biology
Laura McKnight	FLAGLER	III	Jr.	Jupiter, Fla.	3.96	History / pre-law
Christina Rhodes	BRIDGEWATER	III	Sr.	Dayton, Va.	4.00	Liberal studies
Lauren Schultz	WASHINGTON & LEE	III	So.	Hopkinton, Mass.	3.94	Geology
Kristyn Zeiler	METHODIST	III	Sr.	Lutherville, Md.	4.00	Biology



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 4

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Mary Angell	KENTUCKY	IV	Sr.	Byron Center, Mich.	3.80	Kinesiology / exercise science
Kate Bomar	MOREHEAD STATE	IV	So.	Scottsville, Ky.	4.00	Biology / environmental science
Ashley Cattran	DAYTON	IV	Sr.	Centerville, Ohio	3.98	Pre-med
Rachel Friedman	WESTERN KENTUCKY	IV	Gr.	Swansea, Ill.	4.00	Exercise science
Rhiannon Johns	ALABAMA, BIRMINGHAM	IV	Jr.	Sault Ste. Marie, Ontario	4.00	Math
Nora Mehl	ALABAMA, BIRMINGHAM	IV	Sr.	Rottweil, Germany	4.00	Psychology
Kaitlyn Peale	MICHIGAN	IV	Sr.	Columbus, Ohio	3.92	Industrial & operations engineering
Chanelle Price	TENNESSEE	IV	Jr.	Easton, Pa.	3.92	Journalism & electronic media
Kristin Reffett	MURRAY STATE	IV	Sr.	Evansville, Ind.	4.00	Business administration / accounting
Emily Zimmerman	DAYTON	IV	Jr.	Dayton, Ohio	4.00	Adolescence to young adult education

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Alisha Anthony	YOUNGSTOWN STATE	IV	Sr.	Van Wert, Ohio	3.80	Exercise science / physical therapy
Annie Beecham	OHIO UNIVERSITY	IV	Sr.	Granville, Ohio	3.77	Journalism (magazine)/ business adm.
Maureen Bulgrin	DAYTON	IV	Sr.	Munroe Falls, Ohio	3.71	Adolescence to young adult education
Courtney Calka	EASTERN MICHIGAN	IV	So.	Livonia, Mich.	4.00	Exercise science
Rachel Gehret	LOUISVILLE	IV	Sr.	Altoona, Pa.	3.72	Exercise science (physical education)
Leigh Gilmore	ALABAMA	IV	Jr.	Grove Hill, Ala.	4.00	Civil engineering
Holly Kane	TENNESSEE	IV	Sr.	Knoxville, Tenn.	3.80	Journalism / electronic media
Barbara Powers	BOWLING GREEN STATE	IV	Sr.	Bowling Green, Ohio	4.00	Exercise science
Elizabeth Tiller	TENNESSEE	IV	Jr.	Tuscaloosa, Ala.	3.96	Public administration / Spanish
Andrea Torske	ALABAMA	IV	Jr.	Rowlett, Texas	3.97	Computer science
Ellen Wortham	TENNESSEE	IV	Jr.	Maryville, Tenn.	3.85	Psychology

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Samie Corbin	OTTERBEIN	IV	Jr.	Grove City, Ohio	3.90	Nursing
Jordan Gabrielse	CALVIN	IV	Jr.	Allendale, Mich.	3.92	Nursing
Joanna Johnson	BERLIN	IV	Sr.	Chico, Calif.	3.68	Biology / French
Monica Kinney	GRAND VALLEY STATE	IV	Sr.	Walker, Mich.	3.75	Biomedical science
Mary Mahoney	MOUNT UNION	IV	So.	Ashtabula, Ohio	3.95	Environmental science
Katie Navarre	DENISON	IV	Sr.	Upper Arlington, Ohio	3.95	English
Annie Patton	MOUNT UNION	IV	Sr.	Darlington, Pa.	3.92	Exercise science
Erin Plews-Ogan	WOOSTER	IV	So.	Charlottesville, Va.	4.00	Anthropology
Maggie Stalker	WAYNE STATE	IV	Gr.	Oscoda, Mich.	3.96	Law school
Alison Steinbrunner	OHIO NORTHERN	IV	So.	New Carlisle, Ohio	3.95	Pharmacy
Alexa Winik	CEDARVILLE	IV	Jr.	Windsor, Ontario	3.94	English

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Rachel Boerner	CALVIN	IV	Sr.	Bergenfield, N.J.	3.38	Physics
Kelsie Herring	WOOSTER	IV	Jr.	Farmington, Pa.	3.92	Biochemistry / molecular biology
Melanie Hoffman	MICHIGAN TECH	IV	Jr.	Green Bay, Wis.	4.00	Exercise science
Lauren Kessler	WAYNE STATE	IV	Sr.	Ionina, Mich.	3.90	Psychology
Katharina Kroll	WOOSTER	IV	Jr.	Wayland, Mass.	3.94	Business economics
Tina Muir	FERRIS STATE	IV	Sr.	St. Albans, U.K.	3.86	Recreation leadership / management
Corinne Salva	CAPITAL	IV	Sr.	Fredericktown, Ohio	3.99	Biology
Emily Sheets	CAPITAL	IV	So.	Gahanna, Ohio	3.97	Nursing
Kat Zimmerly	OHIO WESLEYAN	IV	Sr.	Edinboro, Pa.	3.53	Sociology / anthropology



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 5

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Chelsea Blanchard	INDIANA	V	Jr.	Ft. Wayne, Ind.	3.97	Visual art education
Breanne Ehrman	INDIANA	V	Jr.	Carmel, Ind.	3.97	Elementary education
Megan Gingerich	EASTERN ILLINOIS	V	Sr.	Arthur, Ill.	3.89	Communication disorders
Kelsey Hanley	INDIANA STATE	V	Sr.	Arcadia, Ind.	3.42	Safety management
Olivia Johnson	MARQUETTE	V	Sr.	Milford, Iowa	4.00	Accounting
Allison Malone	INDIANA STATE	V	Sr.	Rensselaer, Ind.	3.81	History
Vera Neuenswander	INDIANA	V	Gr.	Jefferson City, Mo.	4.00	Social studies edu. / counseling
Nicole Noelliste	LOYOLA (IL)	V	Sr.	Littleton, Colo.	3.84	Environmental studies
Sarah Pease	INDIANA	V	Sr.	Elizabeth, Ind.	3.68	Human biology
Faith Sherrill	INDIANA	V	Sr.	Ft. Wayne, Ind.	3.59	Elementary education
Erica Watson	NOTRE DAME	V	Sr.	Noblesville, Ind.	3.97	Finance

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Morgan Achterhoff	TAYLOR	V	Sr.	Orange City, Iowa	4.00	Biology (pre-med)
Kristi Buerkle	BEMIDJI STATE	V	Sr.	Stacy, Minn.	3.86	Elementary education
Simone Childs-Walker	CARLETON	V	Jr.	Seattle, Wash.	3.99	Philosophy
Elizabeth Evans	ROSE-HULMAN	V	So.	Bicknell, Ind.	3.51	Mathematics / electrical engineering
Bridget Hines	MINNESOTA DULUTH	V	Sr.	Maple Grove, Minn.	3.96	Exercise & psychology
Holly Ozanich	WISCONSIN-OSHKOSH	V	Sr.	Green Bay, Wis.	3.61	Biology
Emily Schudrowitz	ST. NORBERT	V	Jr.	Wauwatosa, Wis.	3.91	International business / Spanish
Kelsey Timm	ST. NORBERT	V	Jr.	Oconomowoc, Wis.	4.00	Psychology
Sue Trzebiatowski	WISCONSIN-OSHKOSH	V	Sr.	Rosholt, Wis.	3.88	Biology
Heather Waterman	FRANKLIN	V	Sr.	Shelbyville, Ind.	3.97	Biology / chemistry (pre-veterinary)

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Kelsey Boland	LEWIS	V	Sr.	Brimfield, Ill.	3.97	Marketing
Emily Dieringer	MILWAUKEE ENGINEERING	V	Jr.	Saukville, Wis.	3.94	Biomedical engineering
Kayla Engel	ST. CATHERINE	V	Sr.	Lakeville, Minn.	3.94	Nursing
Jackie Henderson	SOUTHERN INDIANA	V	Jr.	Schererville, Ind.	3.69	Mathematics
Amanda Laesch	NORTH CENTRAL	V	Gr.	Wheaton, Ill.	3.72	Int'l business / leadership studies
Courtney Lauer	DEPAUW	V	Sr.	St. Louis, Mo.	3.77	Mathematics
Kelly Lovett	CARLETON	V	Sr.	Portland, Ore.	3.78	Political science
Ashlyn Mauer	WISCONSIN-EAU CLAIRE	V	So.	Sheboygan Falls, Wis.	3.95	Communication sciences & disorders
Corinna Saager	WISCONSIN-EAU CLAIRE	V	Sr.	Wausau, Wis.	3.99	Nursing
Amy Walsh	AUGUSTANA (IL)	V	Sr.	Cary, Ill.	3.97	Biology



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 6

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Jacy Bennett	OKLAHOMA	VI	So.	Mesa, Ariz.	4.00	Management
Brittany Borman	OKLAHOMA	VI	Jr.	Festus, Mo.	3.66	Health & exercise science
Danielle Burchett	STEPHEN F. AUSTIN	VI	Jr.	Arlington, Texas	3.78	Professional accountancy
Laura Carleton	LSU	VI	So.	Lake Charles, La.	4.00	Management
Tara Diebold	ARKANSAS	VI	Jr.	Branson, Mo.	4.00	Communication disorders
Tiffany Gill	RICE	VI	Sr.	Kiknder, La.	3.96	Cognitive sciences / psychology
Sofie Persson	MISSISSIPPI	VI	Sr.	Helsingborg, Sweden	3.83	Marketing
Allison Pye	RICE	VI	Sr.	Houston, Texas	3.99	Kinesiology / policy studies
Trecey Rew	NORTHWESTERN STATE	VI	Gr.	Garland, Texas	3.86	Sport administration
Amy Shackelford	STEPHEN F. AUSTIN	VI	Sr.	Port Neches, Texas	4.00	Secondary education
Jessica Ubanyionwu	BAYLOR	VI	Jr.	El Paso, Texas	3.96	Health science studies (pre-med)

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Brittany Bruce	BAYLOR	VI	Sr.	Lee's Summit, Mo.	3.60	Health science studies (pre-med)
Jessica Engel	OKLAHOMA	VI	Jr.	Sturgis, S.D.	3.50	Health & exercise science
Ayla Gill	SOUTHERN METHODIST	VI	Jr.	Auckland, New Zealand	3.81	Business administration / accounting
Sofia Hellberg-Jonsen	MISSISSIPPI	VI	So.	Johanneshov, Sweden	4.00	Business
Elena Horn	TEXAS STATE	VI	Jr.	Biberg, Germany	3.74	Mathematics
Risper Kimaiyo	TEXAS-EL PASO	VI	Sr.	Iten, Kenya	3.68	Nursing
Dawn L'Heureux	ARKANSAS STATE	VI	Sr.	Springdale, Ark.	3.97	Exercise science
Rachel Laurent	LSU	VI	Jr.	Houma, La.	3.66	Economics
Melissa Ogbourne	LSU	VI	Sr.	St. Catherine, Jamaica	3.67	Human resources development
Diamond Richardson	BAYLOR	VI	Jr.	DeSoto, Texas	3.92	Business journalism
Karen Shump	OKLAHOMA	VI	So.	Media, Pa.	3.30	Special education
Sherine Wells	OKLAHOMA	VI	Jr.	Toronto, Ontario	3.39	Elementary education
Shade Weygandt	TEXAS TECH	VI	So.	Mansfield, Texas	3.67	Psychology
Paula Whiting	TULSA	VI	Sr.	Alexandra, New Zealand	3.93	Exercise sports science

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Samantha Alvarez	TEXAS A&M-KINGSVILLE	VI	So.	Victoria, Texas	3.75	Pre-med
Sarah Banman	SOUTHERN ARKANSAS	VI	Sr.	Pottsboro, Texas	3.92	Physical education, wellness & leisure
Rachel Brady	TRINITY (TX)	VI	Sr.	Jakarta, Indonesia	3.90	Biology
Sonia Brady	TRINITY (TX)	VI	Sr.	Jakarta, Indonesia	3.93	Engineering
Emeline Crutcher	ANGELO STATE	VI	So.	Wellman, Texas	3.72	Biology
Brianna Dekine	XAVIER (LA)	VI	So.	Culver City, Calif.	3.92	Chemistry / pre-medical
Katie Dugie	TEXAS A&M-KINGSVILLE	VI	Sr.	Yorktown, Texas	3.78	Business marketing
Elana Edwards	TRINITY (TX)	VI	So.	Austin, Texas	3.93	Mathematics
Lauren Karnitz	ARKANSAS TECH	VI	Sr.	DeSoto, Kan.	3.82	Nursing
Cathryn Rittenberry	ANGELO STATE	VI	Jr.	Carthage, Texas	4.00	Integrated accounting
Rhiannon Roper	HARDING	VI	Jr.	Fortuna, Calif.	3.94	Early childhood
Ashley Teague	OZARKS	VI	Jr.	Lavaca, Ark.	3.84	Pre-law / strategic communication



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 7

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Heather Bergmann	KANSAS	VII	So.	Concordia, Kan.	3.92	Chemistry
Whitney Carlson	NORTH DAKOTA STATE	VII	Sr.	Buchanan, N.D.	4.00	Zoology
Alexa Duling	SOUTH DAKOTA	VII	So.	Gregory, S.D.	4.00	Biology
Kianna Elahi	IOWA STATE	VII	Jr.	Omaha, Neb.	3.72	Chemical engineering
Emma Erickson	SOUTH DAKOTA	VII	Jr.	Gayville, S.D.	3.97	Psychology
Sara Fraley	SAINT LOUIS	VII	Sr.	Cincinnati, Ohio	3.90	Biology
Lauren McNamara	SOUTHEAST MISSOURI STATE	VII	Sr.	Breese, Ill.	4.00	Mass communication / Spanish
Ashley Miller	NEBRASKA	VII	Jr.	Tipton, Iowa	3.83	Nutritional science / dietetics
Jessica Pixler	COLORADO	VII	Gr.	Sammamish, Wash.	3.93	Masters of curriculum & K-12 edu.
Natalie Willer	NEBRASKA	VII	Sr.	Elkhorn, Neb.	3.92	Biological sciences / psychology

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Emily Beaver	MISSOURI STATE	VII	So.	Diamond, Mo.	4.00	Elementary education
Paige Blackburn	AIR FORCE ACADEMY	VII	Jr.	Soldotna, Alaska	3.44	Civil engineering
Bethany Buell	SOUTH DAKOTA	VII	So.	St. Louis, Mo.	3.97	Psychology
Nicole Ennen	MONTANA	VII	Jr.	Bismarck, N.D.	4.00	Psychology
Holli Hosch	NORTHERN IOWA	VII	Sr.	Walker, Iowa	3.37	Elementary education
Kate Kanetzky	AIR FORCE ACADEMY	VII	So.	Kyle, Texas	3.73	Geospatial science
Nina Kokot	KANSAS STATE	VII	Jr.	Velenje, Slovenia	3.94	Athletic training
Terry Phillips	MISSOURI STATE	VII	Jr.	Kansas City, Mo.	4.00	Biochemistry
Justine Sandersfeld	NORTHERN COLORADO	VII	Gr.	Limon, Colo.	4.00	Sport administration
Crystal Schiernbeck	SOUTH DAKOTA	VII	Sr.	Ida Grove, Iowa	4.00	Psychology
Rebeka Stowe	KANSAS	VII	Jr.	Olathe, Kan.	3.66	Health & physical education
Laura Tremblay	COLORADO	VII	So.	Loveland, Colo.	3.80	Chemical & biological engineering
Morgan Wilken	NEBRASKA	VII	So.	Crofton, Neb.	3.96	Mathematics

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Siu Nga Ching	LINDENWOOD	VII	Jr.	Kwai Chungi, China	3.86	Exercise science
Keelie Finnel	COE	VII	Jr.	Francis Creek, Wis.	3.50	Education
Brittney Graff	PITTSBURG STATE	VII	Sr.	Eudora, Kan.	3.86	Nursing
Jena Isaacson	NEBRASKA-KEARNEY	VII	Jr.	Holdrege, Neb.	3.89	Biology
Lauren Kleppin	WESTERN STATE	VII	Jr.	South Milwaukee, Wis.	3.82	Art
Kristen McGlynn	ADAMS STATE	VII	Sr.	Bailey, Colo.	4.00	English / creative writing
Liz Phillips	WASHINGTON (MO)	VII	Jr.	Homer Glen, Ill.	4.00	Biomedical engineering
Anja Puc	NEBRASKA-OMAHA	VII	Sr.	Medvode, Slovenia	3.71	International studies
Darcie Schmitz	FORT HAYS	VII	Sr.	Baileyville, Kan.	3.84	Art (graphic design)
Jill Ziskovsky	CENTRAL	VII	Sr.	Dallas Center, Iowa	3.94	Communication studies / Spanish

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Sarah Anciaux	COE	VII	Sr.	Iowa City, Iowa	3.75	Chemistry
Christa Bergmann	FORT HAYS STATE	VII	Sr.	Concordia, Kan.	3.61	Elementary education
Gretchen Clark	PITTSBURG STATE	VII	Sr.	Cozad, Neb.	3.67	Early / late childhood education
Allie Jagielo	CORNELL (IA)	VII	Sr.	Almond, Wis.	3.93	Biology / nutrition & wellness
Addison LeMaster	ADAMS STATE	VII	Sr.	Tulsa, Texas	3.93	Pre-nursing
Lindsay Lettow	CENTRAL MISSOURI	VII	Jr.	Urbandale, Iowa	3.73	Psychology
Cassie Mitchell	ADAMS STATE	VII	Sr.	Tustin, Calif.	3.87	Human performance & physical edu.
Michelle Mitchell	PITTSBURG STATE	VII	Sr.	Garden Plain, Kan.	3.92	Finance
Katie Mona	EMPORIA STATE	VII	Jr.	Lenexa, Kan.	3.99	Health promotions
Annelise Pradal	ADAMS STATE	VII	Gr.	Aubiere, France	4.00	Humanities
Taryn Surtees	WASHINGTON (MO)	VII	Sr.	Chagrin Falls, Ohio	3.81	Spanish / biology
Amanda Woodward	DOANE	VII	Sr.	Kearney, Neb.	3.95	Biochemistry



2010-11 Academic All-District Women's Track & Field/Cross Country Team District 8

University Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Alyssa Abbott	UTAH	VIII	Sr.	Reno, Nev.	3.89	Exercise & sport science
Brigetta Barrett	ARIZONA	VIII	So.	New York, N.Y.	3.57	Theater arts
Cara Bickers	USC	VIII	Sr.	Los Angeles, Calif.	3.91	Biological & biomedical sciences
Sarah Callister	WEBER STATE	VIII	So.	Ogden, Utah	4.00	Nursing
Madeline Duhon	STANFORD	VIII	Sr.	Houston, Texas	3.90	Public policy
Jordan Hasay	OREGON	VIII	So.	Arroyo Grande, Calif.	3.96	Human physiology
Kate Niehaus	STANFORD	VIII	Gr.	Columbia, S.C.	4.00	Bioengineering
Anne Kesselring	OREGON	VIII	So.	Nurnberg, Germany	4.10	Undeclared
Chelsea VanDeBrake	WASHINGTON STATE	VIII	Gr.	Yakima, Wash.	3.95	Education
Stephanie Wilson	SANTA CLARA	VIII	Sr.	San Jose, Calif.	3.90	English

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Christine Babcock	WASHINGTON	VIII	Jr.	Irvine, Calif.	3.93	Early childhood & family studies
Maggie Callahan	ARIZONA	VIII	Sr.	Fairbanks, Ala.	3.44	Family studies & human development
Rachel Fisher	BRIGHAM YOUNG	VIII	So.	Allen, Texas	3.90	Biophysics
Carly Gerard	BOISE STATE	VIII	Sr.	Boise, Idaho	3.95	Exercise science bio-mechanics
Alison Greggor	CALIFORNIA	VIII	Sr.	Novato, Calif.	3.78	Spanish / psychology
Katelyn Heiner	UTAH STATE	VIII	Jr.	Ogden, Utah	3.97	Interdisciplinary studies
Samantha Henderson	ARIZONA STATE	VIII	Sr.	Mesa, Ariz.	3.68	Construction
Arshiya Hoseyni	NORTHERN ARIZONA	VIII	Sr.	Tehran, Iran	3.87	Mechanical engineering
Kathy Kroeger	STANFORD	VIII	So.	Franklin, Tenn.	3.99	Undeclared
Marsha Lampi	OREGON STATE	VIII	Sr.	Portland, Ore.	3.99	Bioengineering
Zara Lukens	USC	VIII	Sr.	Vancouver, Wash.	3.92	International relations / neuroscience
Claire Michel	OREGON	VIII	Sr.	Clackamas, Ore.	3.96	Romance languages & intl. studies

College Division

FIRST TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Annan Applebee	WESTERN OREGON	VIII	Sr.	Gladstone, Ore.	3.83	Education
Dora Baldwin	CAL STATE DOMINGUEZ HILLS	VIII	Jr.	Fontana, Calif.	3.77	Business admin. / management
Jaela Dinsmore	WILLAMETTE	VIII	Jr.	Hines, Ore.	3.99	Latin American studies / Spanish
Marnie Hazlehurst	PUGET SOUND	VIII	Sr.	Portland, Ore.	3.92	Biochemistry
Toccoa Kahovec	CAL LUTHERAN	VIII	Jr.	Saugus, Calif.	3.87	Liberal studies
Kara Lubieniecki	CAL STATE CHICO	VIII	Sr.	Lakewood, Colo.	3.73	Kinesiology
Kimber Mattox	WILLAMETTE	VIII	Jr.	Bend, Ore.	3.83	Exercise science
Angie Miller	GEORGE FOX	VIII	Sr.	Alsea, Ore.	3.98	Nursing
Natasha Miller	BIOLA	VIII	Sr.	Abbotsford, B.C.	3.67	Business
Natty Plunkett	SEATTLE PACIFIC	VIII	Jr.	Bellevue, Wash.	3.96	Psychology
Tonya Turner	WHITWORTH	VIII	Sr.	Spokane, Wash.	3.92	Health science
Kathryn Williams	WHITWORTH	VIII	Sr.	Colorado Springs, Colo.	3.99	Peace studies / Spanish

SECOND TEAM

Name	School	Dist.	Yr.	Hometown	GPA	Major
Wendy Belanger	CHAPMAN	VIII	Sr.	Santa Ana, Calif.	3.82	Creative writing
Kelsey Bermudez	REDLANDS	VIII	Sr.	La Verne, Calif.	3.81	Liberal studies / history
Sarah Brooks	BIOLA	VIII	Sr.	Manchester, N.H.	3.81	Liberal studies
Gabriella Dixon	CONCORDIA (OR)	VIII	So.	Battle Ground, Ore.	3.53	Psychology
Kelsey Gasner	BIOLA	VIII	Sr.	Camarillo, Calif.	3.55	Physical science / physics
Katy Gross	SEATTLE PACIFIC	VIII	So.	Everett, Wash.	3.88	Physical science
Chloe Hallyburton	PACIFIC	VIII	So.	Dayton, Ore.	4.00	Exercise science
Stephanie Hescocock	NORTHWEST CHRISTIAN	VIII	Jr.	Drain, Ore.	3.91	Business administration / mgmt..
Elizabeth Mattila	WHITWORTH	VIII	Sr.	Ferndale, Wash.	3.80	Spanish
Jennifer Pike	SEATTLE PACIFIC	VIII	Sr.	Vancouver, Wash.	3.71	Biology
Theresia Schnurr	ALASKA FAIRBANKS	VIII	Jr.	Buhlertal, Germany	3.93	Applied physics
Mackenzie Smith	REDLANDS	VIII	Sr.	Hoquiam, Wash.	3.74	Mathematics
Kortney Watring	REDLANDS	VIII	Sr.	Riverside, Calif.	3.93	English literature