



FOR IMMEDIATE RELEASE: May 31, 2012

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

The 2012 Capital One Academic All-District ® Women's Track/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 performances athletically and in the classroom. Capital One became the entitlement rights holder to CoSIDA's Academic All-America teams programs in 2011.

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. This is the first year of the expanded Academic All-America® program as CoSIDA moves from recognizing a University Division (Division I) and a College Division (all non Division I) and doubles the number of scholar-athletes honored. The teams include NCAA Division I, NCAA Division II and NCAA Division III participants, while the College Division team combines NAIA, Canadian and two-year schools.

The Capital One Division II and III Academic All-America® program is being financially supported by the NCAA Division II and III national governance structures, to assist CoSIDA with handling the awards fulfillment aspects for the 2011-12 DII and DIII Academic All-America® teams program.

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., Capital One Bank (USA), N. A., and ING Bank, fsb, had \$216.5 billion in deposits and \$294.5 billion in total assets outstanding as of March 31, 2012. Headquartered in McLean, Virginia, Capital One and ING Direct offer a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. 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 addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot team, Capital One Academic All-America Program, and supports all 89 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate athletics programs.

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2012 Academic All-District Women's Track/Cross Country Team District 1

NCAA DIVISION I (CT, MA, ME, NH, NY, RI, VT)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Natalie Busby	SYRACUSE	Sr.	New Paltz, N.Y.	3.87	Biology / psychology
Corey Conner	MAINE	Sr.	Townsend, Mass.	3.70	Nursing
Briana Crowe	MARIST	Sr.	Bayville, N.J.	3.90	Biology
Addie DiFrancesco	MARIST	Sr.	Waterbury, Conn.	3.84	Communications / journalism
Lexi Pappas	DARTMOUTH	Sr.	Alameda, Calif.	3.77	English
Claire Pettit	MASSACHUSETTS	Sr.	Warwick, N.Y.	3.90	Anthropology
Morgan Powers	VERMONT	Sr.	Cincinnati, Ohio	3.97	Dietetics, nutrition & food sciences
Emily Shearer	CORNELL	So.	Lafayette, Calif.	4.10	Biological sciences
Lucy Van Dalen	STONY BROOK	Gr.	Wanganui, New Zealand	3.88	Liberal studies
Meghan Yi	SIENA	Sr.	Ellicott City, Md.	3.80	Biology

NCAA DIVISION II (Central Athletic, East Coast, Northeast 10)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Jill Alves	STONEHILL	Sr.	Whitman, Mass.	3.46	Psychology
Bidemi Balogun	AMERICAN INTERNATIONAL	Sr.	Providence, R.I.	3.31	Psychology
Ashley Bell	SOUTHERN CONN. ST.	Sr.	Riverhead, N.Y.	3.46	Mathematics
Maura Ferrarini	STONEHILL	Sr.	Springfield, Mass.	3.77	Chemistry
Kimberly Johnson	SOUTHERN CONN. ST.	Jr.	Lisbon, Conn.	3.68	Exercise science
Caroline McBride	STONEHILL	Jr.	North Reading, Mass.	3.51	American history
M.J. Ohoueu	AMERICAN INTERNATIONAL	Jr.	Paris, France	3.56	Biochemistry
Latifah Porter	HOLY FAMILY	Sr.	Philadelphia, Pa.	3.69	Biochemistry
Amy Varsell	BENTLEY	Jr.	Burlington, Conn.	3.86	Corporate finance / accounting
Christina Wetzel	PHILADELPHIA	So.	Littleton, Mass.	3.82	Management



2012 Academic All-District Women's Track/Cross Country Team District 1

NCAA DIVISION III (MA, ME, NH, VT)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Molly Carl	SOUTHERN MAINE	Jr.	York, Maine	3.78	Geography / anthropology
Amanda Gricus	WESTFIELD STATE	Sr.	Marion, Mass.	3.62	Environ. sci. & regional planning
Christy Deininger	WORCESTER STATE	So.	N. Attleboro, Mass.	3.61	Elementary education / psychology
Julie Eagle	WORCESTER POLY. INST.	Jr.	Rock Island, Ill.	3.54	Mechanical engineering
Lauren Kuntz	MASS. INST. TECH.	Jr.	Pittsburgh, Pa.	4.00	Mechanical engineering / physics
Portia Jones	MASS. INST. TECH.	Sr.	Queens, N.Y.	3.36	Electrical eng. / computer science
Sarah Lagasse	BRIDGEWATER STATE	Sr.	Rehoboth, Mass.	3.92	Physical education teacher licensure
Keri Lambert	AMHERST	Jr.	Amherst, Mass.	3.89	History
Noelle Richard	WORCESTER POLY. INST.	Jr.	Oxford, Mass.	3.82	Mathematical sciences
Molly Rouillard	BRIDGEWATER STATE	Jr.	Dartmouth, Mass.	3.70	Exercise science

COLLEGE DIVISION (CT, DC, DE, MA, MD, ME, NC, NH, NJ, NY, OH, PA, RI, VA, VT, WV)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Kaitlin Ames	HARFORD C.C.	So.	Bel Air, Md.	4.00	Psychology
Danielle Brenon	HOUGHTON	Sr.	Endwell, N.Y.	3.71	Biology / communication
Caitlin Edwards	MOUNT VERNON NAZARENE	Sr.	Bainbridge, Ohio	3.86	Public relations
Melissa Keiser	MOUNT VERNON NAZARENE	Jr.	Marion, Ohio	3.67	Psychology & sociology
Amy Lower	RIO GRANDE	Jr.	Westerville, Ohio	3.85	Intervention specialist
Cassie Mattia	RIO GRANDE	Sr.	West Chester, Ohio	3.77	Communications
Kimberly Mills	ROBERTS WESLEYAN	Jr.	Basom, N.Y.	3.94	Accounting & information mgmt.
Brittany Richter	MOUNT VERNON NAZARENE	Jr.	Columbiana, Ohio	3.67	Public relations
Kendra Zaffuto	ROBERTS WESLEYAN	Sr.	North Chili, N.Y.	3.93	Childhood & special education



2012 Academic All-District Women's Track/Cross Country Team District 2

NCAA DIVISION I (DC, DE, KY, MD, NJ, PA, WV)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Alex Banfich	PRINCETON	Sr.	Plymouth, Ind.	3.35	History
Sarah-Anne Brault	WEST VIRGINIA	Jr.	Winnipeg, Manitoba	3.92	Economics
Brigid Byrne	U.S. NAVAL ACADEMY	Jr.	Vienna, Va.	3.89	English
Kaylyn Christopher	WEST VIRGINIA	Gr.	Kingwood, W.Va.	4.00	Secondary education / journalism
Kaitlyn Gillespie	WEST VIRGINIA	Jr.	Cuyahoga Falls, Ohio	4.00	Exercise physiology
Kate Harrison	WEST VIRGINIA	Gr.	Toronto, Ont.	4.00	Exercise physiology
Holly Knight	LOUISVILLE	Gr.	Ashburton, Devon, U.K.	3.93	PhD in psychology
Ahna Lewis	WEST VIRGINIA	Gr.	Morgantown, W.Va.	4.00	Secondary education / English
Sheila Reid	VILLANOVA	Sr.	Newmarket, Ont.	3.39	English / communications
Caroline Tolli	BUCKNELL	Jr.	Lockport, N.Y.	4.00	Education / Spanish

NCAA DIVISION II (Central Intercollegiate, Pennsylvania State, W. Va. Intercollegiate)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Deborah Amos	CHARLESTON	Sr.	Parkersburg, W.Va.	4.00	Biology / pre-pharmacy
Tabitha Bemis	EDINBORO	So.	Fair Oaks, Pa.	3.82	Sports & recreation administration
Corinne Fitzgerald	EAST STROUDSBURG	Jr.	Rockaway, N.J.	3.94	Psychology
Laurie Hall	CALIFORNIA (PA)	Gr.	Jackson, Pa.	3.94	Justice studies / social work
Erin Kling	CALIFORNIA (PA)	Jr.	Jamestown, N.Y.	4.00	Biology
Rose Mascoli	EAST STROUDSBURG	Jr.	Lebanon, Pa.	3.98	Exercise science
Keisha Parris	SAINT AUGUSTINE'S	Jr.	St. Catherine, Jamaica	3.86	Business administration
Neely Spence	SHIPPENSBURG	Sr.	Shippensburg, Pa.	3.85	Human communications studies
Kara Styles	SLIPPERY ROCK	Sr.	Windber, Pa.	4.00	Exer. sci. / doctor of phys. therapy
Sara Wagner	SHIPPENSBURG	Sr.	Mifflintown, Pa.	3.99	Psychology



2012 Academic All-District Women's Track/Cross Country Team District 2

NCAA DIVISION III (CT, DC, DE, KY, MD, NJ, RI, WV)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Tristin Burris	WESLEY	Jr.	Camden, Del.	3.96	Media arts
Kelly Carioto	CATHOLIC	Sr.	Pittsburgh, Pa.	3.93	History
Michelle Favre	RAMAPO	Jr.	Saddle Brook, N.J.	3.94	Biology / physical therapy
Heather Gearity	MONTCLAIR STATE	So.	Rutherford, N.J.	3.86	Biology
Jennifer Houghton	SALISBURY	Sr.	Mt. Laurel, N.J.	4.00	Marketing / communications
Camelia Mayfield	CATHOLIC	So.	Ashland, Ore.	3.90	Social work
Katie Nestor	NEW JERSEY	Sr.	Allendale, N.J.	3.68	Psychology
Lindsay Paiva	CONNECTICUT COLLEGE	Sr.	Coventry, R.I.	3.87	English
Jena Peacock	ROWAN	Sr.	Williamstown, N.J.	3.39	Elementary education
Morgan Sinclair	RICHARD STOCKTON	So.	Chadds Ford, Pa.	4.00	Speech pathology

COLLEGE DIVISION (AL, FL, GA, MS, PR, SC)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Karina Coelho	EMBRY-RIDDLE (FL)	Jr.	Chesapeake Beach, Md.	3.46	Applied meteorology
Beatrice Enckell	EMBRY-RIDDLE (FL)	Sr.	Karlshamn, Sweden	3.94	Business administration
Breanna Goring	EMBRY-RIDDLE (FL)	Jr.	Ocala, Fla.	3.64	Human factors / psychology
Baleigh Hyatt	EMBRY-RIDDLE (FL)	Gr.	Titusville, Fla.	3.33	Master's of business administration
Kristina Kendrick	EMBRY-RIDDLE (FL)	So.	Washington, Penn.	3.84	Aeronautical science
Noralis Lambert	ST. THOMAS (FL)	Sr.	Hialeah, Fla.	3.84	English / psychology
Julie Mayfield	EMBRY-RIDDLE (FL)	Sr.	Ormond Beach, Fla.	4.00	Homeland security
Holly Sandon	EMBRY-RIDDLE (FL)	Jr.	Casselberry, Fla.	3.31	Aerospace studies
Ellie Staker	EMBRY-RIDDLE (FL)	So.	Seattle, Wash.	3.84	Aerospace engineering



2012 Academic All-District Women's Track/Cross Country Team District 3

NCAA DIVISION I (NC, TN, VA)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Sarah Brobeck	WAKE FOREST	Sr.	Salem, Ohio	3.86	Chemistry
Anna Corrigan	VIRGINIA	Sr.	Burke, Va.	3.97	Systems engineering
Frances Dowd	VIRGINIA TECH	Jr.	Fairfax, Va.	4.00	Environmental policy & planning
Linda Hadfield	TENNESSEE	So.	Yorkville, N.Y.	4.00	Economics
Ashley Lehman	LIPSCOMB	Sr.	Harrisonburg, Va.	3.97	Elementary education
Chanelle Price	TENNESSEE	Sr.	Easton, Pa.	3.93	Journalism & electronic media
Ashley Schnell	UNC-GREENSBORO	Sr.	Lincoln, Neb.	4.00	Musical performance
Jordan White	VANDERBILT	Sr.	Old Chatham, N.Y.	3.89	Medicine, health & society
Carrie Wortham	VIRGINIA MILITARY INSTITUTE	Sr.	Richmond, Va.	3.91	Biology
Ellen Wortham	TENNESSEE	Sr.	Maryville, Tenn.	3.88	Psychology

NCAA DIVISION II (Conference Carolinas, Peach Belt, South Atlantic)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Morgan Danner	RENSSELAER POLY. INST.	Sr.	McLean, Va.	3.64	Architecture
Ashlee Doughty	UNC-PEMBROKE	So.	Fayetteville, N.C.	3.90	Psychology
Jenny Grant	TUSCULUM	Jr.	Franklin, Tenn.	4.00	Psychology
Kate Griewisch	LENOIR-RHYNE	Sr.	Banner Elk, N.C.	3.81	Biology
Lauren Henry	CARSON-NEWMAN	Sr.	Greeneville, Tenn.	3.95	Communications
Lindsay Lippencott	WINGATE	Sr.	Forest Hill, Md.	4.00	Biology
Cassey Lloyd	SOUTH CAROLINA-AIKEN	Jr.	Lexington, S.C.	3.93	Biology
Rachel Logemann	CARSON-NEWMAN	Jr.	St. Petersburg, Fla.	3.92	Chemistry
In-Mi Matsunaga	MONTEVALLO	So.	Enterprise, Ala.	4.00	Accounting
Laura McKnight	FLAGLER	Sr.	Jupiter, Fla.	3.97	History / pre-law
Hannah Rohrer	NEWBERRY (SC)	So.	Taylors, S.C.	3.94	Elementary education
Keeley Wood	WINGATE	So.	Sanford, N.C.	3.88	Communication studies



2012 Academic All-District Women's Track/Cross Country Team District 3

NCAA DIVISION III (NY)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Jen Adams	ROCHESTER INST. OF TECH.	Sr.	Batavia, N.Y.	3.77	Biomedical sciences
Emily D'Addario	HOBART & WILLIAM SMITH	Jr.	Farmington, Conn.	3.87	Health sciences
Emma Dewart	ITHACA	Sr.	Barker, N.Y.	3.63	Health & physical education
Alyson Dalton	SUNY CORTLAND	Sr.	Sherrill, N.Y.	3.83	Kinesiology
Morgan Danner	RENSSELAER POLY. INST./	Sr.	McLean, Va.	3.64	Architecture
Maeve Evans	NEW YORK	Sr.	Swanton, Vt.	3.37	Marketing
Jenna Evarts	SUNY CORTLAND	Sr.	West Islip, N.Y.	4.05	Childhood education
Christine Koch	RENSSELAER POLY. INST.	Sr.	Seaford, N.Y.	3.76	Architecture
Ariel Mingrone	RENSSELAER POLY. INST.	Sr.	Shelton, Conn.	3.74	Biomedical engineering
Jenn Randall	ITHACA	Jr.	Cincinnati, N.Y.	3.68	Clinical health studies
Muriel Schwinn	HAMILTON	Jr.	Auburn, Maine	3.80	Neuroscience

COLLEGE DIVISION (IL, IN, MI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Armila Francis	TAYLOR	Sr.	Ann Arbor, Mich.	3.74	Biology (pre-med)
Megan Frantz	TAYLOR	Jr.	Bunker Hill, Ind.	3.87	Mathematics education
Kirstin Hegelein	TAYLOR	Sr.	Rochester, Mich.	3.75	Elementary education
Erin Helmuth	GOSHEN	Jr.	Elkhart, Ind.	3.97	Secondary education / math
Amy Malinowski	TAYLOR	Sr.	Bloomington, Ill.	3.77	Exercise science
Erin Price	TAYLOR	So.	Heppner, Ore.	3.38	Social work
MariJean Wegert	GRACE	Sr.	Elmore, Ohio	3.53	English



2012 Academic All-District Women's Track/Cross Country Team District 4

NCAA DIVISION I (AL, FL, GA, PR, SC)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Hannah Brooks	FLORIDA STATE	Gr.	Caterham, Great Britain	4.00	Sports psychology
Alyssa D'Orazio	CHARLESTON	Sr.	Haddonfield, N.J.	3.73	Business administration
Leigh Gilmore	ALABAMA	Sr.	Grove Hill, Ala.	4.00	Civil engineering
Rebecca Hallam	FLORIDA ATLANTIC	Sr.	Dundas, Ontario	3.91	Exercise science
Michelle Jenije	FLORIDA STATE	Sr.	Tallahassee, Fla.	3.73	International affairs
Rhiannon Johns	ALABAMA-BIRMINGHAM	Sr.	Sault Ste. Marie, Ontario	4.00	Mathematics
Alyssa Kulik	CLEMSON	Sr.	Simpsonville, S.C.	3.90	Modern languages (Spanish)
Katie Kessler	WOFFORD	So.	Springboro, Ohio	4.00	Undecided
Kristina Vaughn	ALABAMA-BIRMINGHAM	Sr.	Madison, Ala.	4.00	Biology
Amanda Winslow	FLORIDA STATE	Jr.	Lawrenceville, Ga.	3.76	Sport management

NCAA DIVISION II (Great Lakes Intercollegiate, Great Lakes Valley)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Kristin Cameron	NORTHWOOD (MI)	Gr.	Algonac, Mich.	3.55	Management
Hope Christie	WISCONSIN-PARKSIDE	Sr.	Somers, Wis.	3.85	Nursing
Betsy Graney	GRAND VALLEY STATE	Gr.	Haper Woods, Mich.	4.00	Physical therapy
Jackie Henderson	SOUTHERN INDIANA	Sr.	Schererville, Ind.	3.66	Mathematics
Kristen Hixson	GRAND VALLEY STATE	So.	Remus, Mich.	3.95	Biology
Shelby Janutol	FERRIS STATE	Jr.	Troy, Mich.	4.00	Biology
Monica Kinney	GRAND VALLEY STATE	Sr.	Walker, Mich.	3.76	Nursing
Christina Muir	FERRIS STATE	Sr.	St. Albans, United Kingdom	3.87	Recreation leadership management
Rachel Patterson	GRAND VALLEY STATE	Gr.	Rochester, Mich.	4.00	Physical therapy
Madison Pines	NORTHWOOD (MI)	So.	Novi, Mich.	4.00	Accounting



2012 Academic All-District Women's Track/Cross Country Team District 4

NCAA DIVISION III (PA)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Mary Kate Breese	GROVE CITY	Jr.	Mercer, Pa.	4.00	Accounting / finance
Catherine Campbell	DICKINSON	Sr.	Carlisle, Pa.	3.79	Bio. / biochemistry / molecular bio.
Catherine Corcoran	WASHINGTON & JEFFERSON	Sr.	Harleysville, Pa.	3.32	Spanish
Melissa Frick	SWARTHMORE	Sr.	Swarthmore, Pa.	3.82	Biology / economics
Rebecca Hammond	SWARTHMORE	Jr.	Winters, Calif.	3.80	Biology / economics
Tara Keegan	MUHLENBERG	Jr.	Washington Twp., N.J.	3.91	English / history
Laura Lee	WASHINGTON & JEFFERSON	So.	Spartansburg, Pa.	3.86	Mathematics
Amanda Pellowe	GETTYSBURG	Sr.	Alton, N.H.	3.80	Biochemistry / molecular biology
Rachelle Salem	DELAWARE VALLEY	Sr.	Lebanon, Pa.	3.95	Biology
Abigail Schaffer	MORAVIAN	Sr.	Easton, Pa.	3.59	Marketing
Ella Smith	GROVE CITY	Jr.	Becker, Minn.	3.52	Psychology / exercise science
Erica Szpynda	WIDENER	So.	Berwick, Pa.	3.98	Economics
Kimberlee Yalango	MUHLENBERG	Sr.	Milford, Pa.	3.88	Psychology

COLLEGE DIVISION (AR, KY, LA, TN)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Reini Brickson	LINDSEY WILSON	So.	Enon, Ohio	3.70	Social science education
Jenna Knoblach	LOYOLA (LA)	Jr.	Slidell, La.	3.84	Studio art
Sharon Ronoh	LINDSEY WILSON	Sr.	Timboroa, Kenya	3.34	Nursing
Sarah Tortorich	LOYOLA (LA)	Jr.	New Orleans, La.	3.53	Visual arts



2012 Academic All-District Women's Track/Cross Country Team District 5

NCAA DIVISION I (IL, IN, MI, OH)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Rebecca Addison	MICHIGAN	Jr.	Spring Lake, Mich.	3.53	Movement science
Erin Baldinger	DAYTON	Sr.	Waldo, Ohio	3.98	Dietetics
Ariane Beaumont-Courteau	AKRON	So.	Montreal, Quebec	3.99	Dietetics
Chelsea Blanchard	INDIANA	Sr.	Ft. Wayne, Ind.	3.97	Visual art education
Rebecca Buchholtz	MICHIGAN STATE	Sr.	East Troy, Wis.	3.81	General management
Breanne Ehrman	INDIANA	Sr.	Carmel, Ind.	3.98	Elementary education
Valerie Fraizer	AKRON	Sr.	Lexington, Ohio	3.86	Art education
Malaikah Love	SOUTHERN ILLINOIS	Sr.	Carbondale, Ill.	3.48	Dental hygiene
Aisha Praught	ILLINOIS STATE	Sr.	Moline, Ill.	3.31	Geology
Brittany Smith	ILLINOIS STATE	Jr.	Oak Park, Ill.	3.70	Mathematics
Emily Zimmerman	DAYTON	Sr.	Dayton, Ohio	4.00	Adolescence to young adult edu.

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Shelbi Burnett	BUTLER	So.	Center Grove, Ind.	3.45	Secondary education
Kenya Culmer	SOUTHERN ILLINOIS	So.	Nassau, Bahamas	3.33	Management
Lindsey Cummings	DAYTON	Sr.	Saline, Mich.	3.88	International studies history
Mariya Denisenko	ILLINOIS, CHICAGO	So.	Skokie, Ill.	4.00	Kinesiology
Kim Fortney	SOUTHERN ILLINOIS	Sr.	Hindsboro, Ill.	3.83	Communication disorders
Samantha Ginther	INDIANA	Jr.	Ft. Wayne, Ind.	3.71	Public health
Lizzie Gleason	DAYTON	So.	Dayton, Ohio	3.98	Pre-medicine
Samantha Hamilton	YOUNGSTOWN STATE	Jr.	North Jackson, Ohio	3.78	Exercise science
Nicole Hope	INDIANA STATE	So.	Wilmington, Ohio	3.65	Exercise science
Jenelle McCalla	NORTHERN ILLINOIS	Jr.	Whitby, Ontario	4.00	Psychology
Katy Moore	IUPUI	Sr.	Zanesville, Ind.	3.97	Communications
Sara Oczypok	KENT STATE	Jr.	Pittsburgh, Pa.	3.95	Exercise physiology
Bridget Sanchez	EASTERN ILLINOIS	Sr.	Melrose Park, Ill.	4.00	Psychology
Jillian Smith	MICHIGAN	Jr.	Manahawkin, N.J.	3.74	Environment
Jenner Sio	NORTHERN ILLINOIS	Sr.	Rockford, Ill.	4.00	Management
Kiley Tobel	MICHIGAN	Jr.	Commerce Twp., Mich.	3.77	Brain, behavior & cognitive sci.

NCAA DIVISION II (Gulf South, Southern Intercollegiate, Sunshine State)

Name	School	Yr.	Hometown	GPA	Major
Peri Bowman	NOVA SOUTHEASTERN	So.	Virginia Beach, Va.	3.92	Biology
Erica Brooks	YOUNG HARRIS	So.	Watkinsville, Ga.	3.87	Business & public policy
Eboni Byers	MILES (AL)	Jr.	Birmingham, Ala.	3.78	Early childhood education
Chanel Chase	MILES (AL)	Sr.	Hampton, GA	4.00	Bus. admin. / accounting
Adriauna Davis	MILES (AL)	Jr.	Birmingham, Ala.	3.54	Arts / criminal justice
Chanice Gray	MILES (AL)	Jr.	Birmingham, Ala.	3.83	Computer & info science
Heather Richbourg	YOUNG HARRIS	So.	Hayesville, N.C.	3.78	Biology
Leah Sparks	ALABAMA-HUNTSVILLE	Sr.	Oxford, Ala.	3.71	Marketing
Christelle Vereb	YOUNG HARRIS	Jr.	Hayesville, N.C.	3.53	Communication studies
Alicia Ware	MILES (AL)	Sr.	Franklin, GA	3.70	Math



2012 Academic All-District Women's Track/Cross Country Team District 5

NCAA DIVISION III (AL, AR, FL, GA, MO, MS, NC, OR, SC, TN, VA)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Charlotte Diggs	EMORY	Sr.	Vienna, Va.	3.73	English
Anna Etherington	WASHINGTON (MO)	So.	Deer Park, Ill.	3.57	Engineering
Sarah Fisher	WASHINGTON (MO)	So.	Loveland, Ohio	3.85	Undecided
Theresa Ford	EMORY	Jr.	Minneapolis, Minn.	3.67	Business administration
Tess Gallegos	EMORY	Sr.	Kennesaw, Ga.	3.82	Anthropology
Erica Jackey	WASHINGTON (MO)	Sr.	Newark, Del.	3.87	Environmental Studies
Elizabeth Phillips	WASHINGTON (MO)	Sr.	Homer Glen, Ill.	4.00	Biomedical engineering
Molly Smith	BRIDGEWATER	Jr.	York, Pa.	3.69	Family & consumer science
Sophia Stone	MARY BALDWIN	So.	Pacific Palisades, Calif.	3.97	Psychology / biology
Ashley Teague	OZARKS	Sr.	Lavaca, Ark.	3.85	Political science
Molly Wawrzyniak	WASHINGTON (MO)	Sr.	Plymouth, Minn.	3.59	Archaeology

COLLEGE DIVISION (IA, MN, MO, ND, WI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Lydia Bienlien	MORNINGSIDE	Jr.	Glenwood, Iowa	4.00	Biology / chemistry
Lauryn Camp	GRAND VIEW UNIVERSITY	Sr.	Preston, Iowa	3.55	Elementary education
Tabatha Dickey	CENTRAL METHODIST	Jr.	Fayette, Mo.	3.88	Athletic training
Sadie Fisher	GRAND VIEW	Sr.	Lehigh, Iowa	4.00	History
Lydia Ford	MORNINGSIDE	Sr.	Vermillion, S.D.	3.96	English teaching
Dawn Gildersleeve	NORTHWESTERN (IA)	So.	Elkhart, Iowa	3.32	Exercise science
Brianna Hobbs	NORTHWESTERN (IA)	Jr.	Kingsley, Iowa	3.40	Physical education
Jessica Hudelson	MORNINGSIDE	Sr.	Elk Point, S.D.	3.32	Nursing
Jenna Kral	MORNINGSIDE	Sr.	Crete, Neb.	3.69	Elementary edu, / special education
Megan Lehmkuhl	CLARKE	So.	Clinton, Iowa	3.79	Biology
Breanna Mathes	MORNINGSIDE	Jr.	Cherokee, Iowa	3.99	Mathematics teaching
Lindsey McDonald	PARK	Jr.	Parkville, Mo.	3.82	Graphic art & design
Allison McFayden	GRAND VIEW	Jr.	Omaha, Neb.	3.73	Graphic design
Deanna Quisenberry	CENTRAL METHODIST	Sr.	Holden, Mo.	3.81	Psychology / criminal justice
Adriana Romero	CENTRAL METHODIST	So.	Redwood City, Calif.	3.47	Communication studies
Courtney Ruff	MORNINGSIDE	So.	Council Bluffs, Iowa	3.85	Elementary education
Amelia Truex	CENTRAL METHODIST	Jr.	Bunceton, Mo.	3.50	Accounting
Briana Vander Woude	DORDT	Jr.	Clara City, Minn.	3.50	Elementary education



2012 Academic All-District Women's Track/Cross Country Team District 6

NCAA DIVISION I (AR, IA, LA, MN, MO, MS, ND, SD, WI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Tara Diebold	ARKANSAS	Sr.	Branson, Mo.	4.00	Communications disorder
Laura Carleton	LSU	Jr.	Lake Charles, La.	4.00	Business administration
Kirsten Haas	NORTH DAKOTA	Jr.	Belgrade, Mont.	4.00	International studies
Leslie Farmer	MISSOURI	Sr.	Jefferson City, Mo.	3.98	Biology & economics
Lindsay Anderson	NORTH DAKOTA	Sr.	Leeds, N.D.	3.93	Communication sciences & disorders
McKenzie Melander	IOWA	Sr.	Apple Valley, Minn.	3.65	Speech & hearing sciences
Olivia Johnson	MARQUETTE	Gr.	Milford, Iowa	4.00	Accounting
Emma Ladwig	SOUTH DAKOTA	Sr.	Gayville, S.D.	3.98	Psychology
Kianna Elahi	IOWA STATE	Sr.	Omaha, Neb.	3.73	Chemical engineering
Tina Sutej	ARKANSAS	Sr.	Ljubljana, Slovenia	3.43	Biology

NCAA DIVISION II (Great American, Heartland, Lone Star, Mid-America)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Samantha Alvarez	TEXAS A&M-KINGSVILLE	Jr.	Victoria, Texas	3.67	Pre-Physical therapy
Corie Chuning	SOUTHWEST BAPTIST	Jr.	Excelsior Springs, Mo.	3.96	Physical education & health
Nicole Green	MISSOURI SOUTHERN STATE	Sr.	Carthage, Mo.	3.64	Education
Lindsay Lettow	CENTRAL MISSOURI	Sr.	Urbandale, Iowa	3.83	Psychology
Makayla McPhail	FORT HAYS STATE	So.	Liberal, Kan.	4.00	Health & human performance
Katelyn Mona	EMPORIA STATE	Sr.	Lenexa, Kan.	3.99	Health promotions
Kayla Muyskens	CENTRAL MISSOURI	Sr.	Yale, Iowa	3.60	Computer information systems
Cathryn Rittenberry	ANGELO STATE	Gr.	Carthage, Texas	4.00	Integrated prof. accountancy
Chrystal Ruiz	ANGELO STATE	Gr.	Bandera, Texas	3.40	Curriculum & instruction
Jenna Schmidt	CENTRAL MISSOURI	Sr.	Sioux Falls, S.D.	3.86	Sociology
Emma Shell	SOUTHWEST BAPTIST	So.	Cape Girardeau, Mo.	4.00	Biology
Heidi Smith	PITTSBURG STATE	Sr.	Elkhart, Kan.	3.65	Management
Jennifer Zweifel	TRUMAN STATE	Sr.	Maryville, Mo.	3.71	Health science



2012 Academic All-District Women's Track/Cross Country Team District 6

NCAA DIVISION III (MI, MN, WI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Brooke Beskau	GUSTAVUS ADOLPHUS	Sr.	Hastings, Minn.	3.97	Education
Christy Cazzola	WISCONSIN-OSHKOSH	Jr.	Kaukauna, Wis.	3.31	Secondary education
Simone Childs-Walker	CARLETON	Sr.	Seattle, Wash.	3.97	Philosophy
Emily Dieringer	MILWAUKEE ENGINEERING	Sr.	Saukville, Wis.	3.95	Biomedical engineering
Kaari Jensen	CONCORDIA-MOORHEAD	Jr.	Pierz, Minn.	3.83	Communications
Nicole Michermhuizen	CALVIN	So.	Holland, Mich.	3.98	Chemical engineering / biochemistry
Emily Schudrowitz	ST. NORBERT	Sr.	Wauwatosa, Wis.	3.94	International business / Spanish
Alison Smyth	CARLETON	Sr.	Billings, Mont.	3.52	Chemistry
Kelsey Timm	ST. NORBERT	Sr.	Oconomowoc, Wis.	4.00	Psychology / history
Ann Tank	WISCONSIN-PLATTEVILLE	Sr.	Dodgeville, Wis.	3.73	Physical education
Ally Voss	GUSTAVUS ADOLPHUS	Jr.	Wausau, Wis.	3.93	Spanish / sociology & anthropology

COLLEGE DIVISION (KS, MY, NE, SD)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Claire Beck	DAKOTA STATE	Jr.	Dallas, S.D.	3.90	Elementary education
Kesha Beethe	PERU STATE	Sr.	Tecumseh, Neb.	3.88	Sports mgmt. / exercise science
Aprill Bodlak	DOANE	Sr.	Emerson, Neb.	3.99	Spanish, German & English 2nd Lang.
Blair Dixon	DOANE	Jr.	Wauneta, Neb.	3.69	Exercise science
Whitney Dooley	MIDLAND	So.	Missouri Valley, Iowa	3.82	Secondary education in science
Julia Hauser	MIDLAND	So.	Arnold, Neb.	3.80	Undecided
Brittany Pearson	DAKOTA STATE	Sr.	Rosholt, S.D.	3.74	Math education
Danielle Prchal	PERU STATE	Sr.	Omaha, Neb.	3.86	Social science teaching
Alyssa Straube	DOANE	Jr.	Blair, Neb.	3.88	Secondary mathematic education
Stephanie Uher	DAKOTA STATE	Jr.	Mitchell, S.D.	3.76	Computer science
Stephanie Warnke	DAKOTA STATE	Sr.	Fairfax, S.D.	3.82	Elementary education



2012 Academic All-District Women's Track/Cross Country Team District 7

NCAA DIVISION I (CO, ID, KS, MT, NE, NM, OK, TX, WY)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Jacy Bennett	OKLAHOMA	Jr.	Mesa, Ariz.	4.00	Supply chain management
Heather Bergmann	KANSAS	Jr.	Concordia, Kan.	3.91	Chemistry
Brittany Borman	OKLAHOMA	Sr.	Festus, Mo.	3.74	Health & exercise science
Nicole Ennen	MONTANA	Sr.	Bismarck, N.D.	4.00	Psychology
Carrie Hahn	STEPHEN F. AUSTIN STATE	Sr.	Leander, Texas	4.00	Kinesiology
Hannah Kiser	IDAHO	So.	Wenatchee, Wash.	4.00	Molecular biology / biotechnology
Ryann Kraiss	KANSAS STATE	Sr.	Eagleview, Pa.	3.95	Psychology
Sophie Peeters	RICE	Sr.	Houston, Texas	4.00	Psychology / kinesiology (pre-med)
Allison Pye	RICE	Sr.	Houston, Texas	3.97	Kinesiology / policy studies (pre-med)
Rebecca Wade	RICE	Sr.	Dallas, Texas	4.00	Sociology / history / psychology

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Paige Blackburn	U.S. AIR FORCE ACADEMY	Sr.	Soldotna, Alaska	3.50	Civil engineering
Shanay Briscoe	TEXAS	So.	Houston, Texas	3.56	Marketing
Megan Frausto	HOUSTON	Jr.	Royse City, Texas	3.91	Kinesiology / health professions
Cami Jiskra	NEBRASKA	Sr.	Lincoln, Neb.	3.86	Criminology & criminal justice
Sari Little	NORTHERN COLORADO	Sr.	Peyton, Colo.	4.00	Sport & exercise science
Nikki Look	COLORADO	Jr.	Castle Rock, Colo.	4.00	Applied mathematics
Ashley Miller	NEBRASKA	Sr.	Tipton, Iowa	3.84	Nutrition & health sciences
Audacia Moore	WICHITA STATE	Sr.	Wichita, Kan.	3.94	Nursing
Kimber Shealy	U.S. AIR FORCE ACADEMY	Sr.	Kennesaw, Ga.	3.76	History
Jessica Tebo	COLORADO	Gr.	Sammamish, Wash.	3.93	Curriculum & education
Jessica Ubanyionwu	BAYLOR	Sr.	El Paso, Texas	3.93	Health science studies / pre-medicine
Sarah Waldron	NEW MEXICO	Gr.	Puddlestone, England	3.96	Sports administration

NCAA DIVISION II (Northern Sun, Rocky Mountain)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Mikayla Barondeau	NORTHERN STATE	Jr.	Fredrick, S.D.	4.00	English
Britt Bickert	CONCORDIA-ST. PAUL	Sr.	Ripon, Wis.	3.71	Biology
Nicole Brungardt	WAYNE STATE	Sr.	Norfolk, Neb.	3.70	Mid-level education
Brittany Dohmen	CONCORDIA-ST. PAUL	Jr.	Rogers, Minn.	3.90	Biology
Brianne Hofstetter	WAYNE STATE	Sr.	Daykin, Neb.	3.82	Science education
Alison Hougén	BEMIDJI STATE	Sr.	Bemidji, Minn.	4.00	Math education
Hilary Hurst	COLORADO SCH. OF MINES	Sr.	Greeley, Colo.	3.92	Engineering physics
Lauren Kleppin	WESTERN STATE	Sr.	South Milwaukee, Wis.	3.85	Art
Marie Patton	COLORADO SCH. OF MINES	Jr.	Littleton, Colo.	3.97	Engineering physics
Paige Pollard	WAYNE STATE	Sr.	Newcastle, Neb.	3.77	Exercise science



2012 Academic All-District Women's Track/Cross Country Team District 7

NCAA DIVISION III (IL, IN, OH)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Lauren Alpert	ILLINOIS WESLEYAN	Sr.	Park Ridge, Ill.	3.69	Psychology
Kristen Bennett	OTTERBEIN	Jr.	Wadsworth, Ohio	3.98	Speech communications
Renee Bettinger	WHEATON (IL)	Sr.	Richfield, Ohio	3.87	Chemistry
Elizabeth Evans	ROSE-HULMAN	Jr.	Bicknell, Ind.	3.50	Electrical engineering / mathematics
Kelsie Herring	WOOSTER	Sr.	Farmington, Pa.	3.94	Biochemistry / molecular biology
Erin Hollinger	CASE WESTERN RESERVE	Sr.	Chardon, Ohio	3.94	Macromolecular sci. & engineering
Mary Mahoney	MOUNT UNION	Jr.	Ashtabula, Ohio	3.96	Environmental science
Molly Martorella	OBERLIN	So.	Winchendon, Mass.	3.96	Biochemistry / neuroscience
Erin Plews-Ogan	WOOSTER	Jr.	Charlottesville, Va.	4.00	Anthropology
Alison Steinbrunner	OHIO NORTHERN	Jr.	New Carlisle, Ohio	3.93	Pharmacy

COLLEGE DIVISION (AZ, CO, ID, NM, NV, OK, TX, UT, WY)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Chesney Burgweger	SOUTHERN NAZARENE	Jr.	DeSoto, Kan.	3.90	Biology & chemistry
Cady Block	OKLAHOMA CHRISTIAN	Sr.	Wayzata, Minn.	3.76	Mathematics education
Melyssa Cardenas	OKLAHOMA CHRISTIAN	Sr.	Broken Arrow, Okla.	3.33	Finance
Kylie Cooper	SOUTHERN NAZARENE	Sr.	Edmond, Okla.	3.87	Politics & law
Roz Hamilton	OKLAHOMA CHRISTIAN	Jr.	Idabel, Okla.	3.37	Biology
Brandis Hurt	OUR LADY OF THE LAKE	Jr.	Lincoln, Neb.	3.70	English with teaching certification
Rachel Murphey	SOUTHERN NAZARENE	Sr.	Kingfisher, Okla.	3.52	Music education
Erin Sesemann	OKLAHOMA CHRISTIAN	Sr.	Mesa, Ariz.	3.81	Psychology
Evan Shimanek	OKLAHOMA BAPTIST	Jr.	Hennessey, Okla.	3.96	Pre-allied health
Breanna Simmons	SOUTHERN NAZARENE	Jr.	Ponca City, Okla.	3.91	Biology & chemistry
Angela Zanotti	SOUTHERN NAZARENE	Jr.	Mustang, Okla.	3.90	Biology & chemistry



2012 Academic All-District Women's Track/Cross Country Team District 8

NCAA DIVISION I (AK, AZ, CA, HI, NV, OR, UT, WA, Canada)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Brigetta Barrett	ARIZONA	Jr.	Wappingers Falls, N.Y.	3.51	Theatre arts
Sarah Callister	WEBER STATE	Jr.	Ogden, Utah	4.00	Nursing
Jordan Hasay	OREGON	Jr.	Arroyo Grande, Calif.	3.98	Business administration
Anne Kesselring	OREGON	Jr.	Nurnberg, Germany	4.05	Business administration
Arantxa King	STANFORD	Gr.	Medford, Mass.	3.57	Political science
Kathy Kroeger	STANFORD	Jr.	Franklin, Tenn.	3.95	Math & computational science
Nachelle Mackie	BRIGHAM YOUNG	Jr.	Spanish Fork, Utah	3.98	Elementary education
Deborah Maier	CALIFORNIA	Jr.	Cameron Park, Calif.	3.82	Political science
Cj Navarro	ARIZONA STATE	Sr.	Mesa, Ariz.	4.00	Master's of educational technology
Brianne Theisen	OREGON	Sr.	Humboldt, Sask.	3.43	Business administration

NCAA DIVISION II (California Collegiate, Great Northwest, Pacific West)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Tiffany Dinh	CAL POLY POMONA	Jr.	Norwalk, Calif.	3.62	Business mgmt.. & human resources
Heather Edic	ALASKA FAIRBANKS	Jr.	Fairbanks, Ark.	3.83	Civil engineering
Katy Gross	SEATTLE PACIFIC	Jr.	Everett, Wash.	3.92	General engineering
Paige Henker	CAL STATE-CHICO	Jr.	Chico, Calif.	3.56	Interior design
Shavine Hodges	GRAND CANYON	So.	Montego Bay, Jamaica	3.48	Biology (pre-med)
Haleigh Lloyd	ALASKA ANCHORAGE	So.	Ladysmith, B.C.	3.67	Nursing
Lisa Ohberg	CAL STATE-LOS ANGELES	Jr.	Uddevalla, Sweden	3.67	Business administration
Natty Plunkett	SEATTLE PACIFIC	Gr.	Bellevue, Wash.	3.96	Psychology
Theresia Schnurr	ALASKA FAIRBANKS	Sr.	Voehrenbach, Germany	3.83	Chemistry
Jonah Weeks	CAL STATE-CHICO	Jr.	Davis, Calif.	3.61	Environmental science
Ali Worthen	SEATTLE PACIFIC	Jr.	Coos Bay, Ore.	3.43	Exercise science



2012 Academic All-District Women's Track/Cross Country Team District 8

NCAA DIVISION III (AK, AZ, CA, CO, HI, IA, ID, KS, LA, MT, ND, NE) (NM, NV, OK, OR, SD, TX, UT, WA, WY, Canada)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Emily Canales	REDLANDS	Sr.	Redlands, Calif.	3.98	Communicative disorders
Jaela Dinsmore	WILLAMETTE	Sr.	Hines, Ore.	3.99	Spanish / Latin American studies
Theresa Edwards	WILLAMETTE	Jr.	Lake Tapps, Wash.	3.97	Environmental science / biology
Emily Eimers	WARTBURG	Sr.	Lone Rock, Iowa	3.92	Elementary education
Keelie Finnel	COE	Sr.	Francis Creek, Wis.	3.55	Mathematics
Sarah Hoffmann	WARTBURG	Sr.	Epworth, Iowa	3.97	Biology
Toccoa Kahovec	CALIFORNIA LUTHERAN	Sr.	Saugus, Calif.	3.89	Liberal studies
Annie Lydens	POMONA-PITZER	Jr.	Tokyo, Japan	4.00	Philosophy, politics & economics
Rachel Meis	GEORGE FOX	Sr.	Renton, Wash.	3.97	Engineering
Laura Sigmund	WARTBURG	Sr.	Stanhope, Iowa	3.73	Art & communication design
Emma Spoon	LUTHER	Sr.	Verona, Wis.	4.00	Biology
Taylor Tacha	NEBRASKA WESLEYAN	Sr.	Bertrand, Neb.	3.98	Health & fitness studies

COLLEGE DIVISION (AK, CA, HI, OR, WA, Canada)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Lainie Bird	POINT LOMA NAZARENE	Sr.	Hesperia, Calif.	4.00	Journalism
Gabriella Dixon	CONCORDIA (OR)	Jr.	Battle Ground, Wash.	3.58	Psychology
Brooke Forsi	BIOLA	Sr.	Soldotna, Alaska	3.46	Communication disorders
Meagan Governor	NORTHWEST (WA)	So.	LaCenter, Wash.	3.86	Finance & accounting
Stephanie Hescock	NORTHWEST CHRISTIAN	Sr.	Drain, Ore.	3.90	Business administration
Magnolia Hills	POINT LOMA NAZARENE	Sr.	San Diego, Calif.	3.85	Writing
Melissa McGregor	WESTMONT	Sr.	Stockton, Calif.	3.84	Sociology
Jodi Souter	SASKATCHEWAN	Gr.	Pleasantdale, Sask.	3.39	Agriculture
Rachel Stump	BIOLA	Jr.	Los Gatos, Calif.	3.89	Business marketing
Milika Tuivanuavou	FRESNO PACIFIC	Sr.	Suva, Fiji	3.68	Kinesiology
Katherine Nicole Stuart	WESTMONT	Sr.	Gig Harbor, Wash.	3.86	Biology