

Championship History

| Year | Location | Champion | Points | Runner-Up | Points |
|------|-----------------------|----------------------------|--------|----------------------------|--------|
| 1980 | Salina, Kan. | Wisconsin-Parkside | 52 | Emporia State (Kan.) | 100 |
| 1981 | Kenosha, Wis. | Adams State (Colo.) | 25 | Berry (Ga.) | 71 |
| 1982 | Kenosha, Wis. | Marquette (Wis.) | 48 | Wisconsin-Eau Claire | 109 |
| 1983 | Kenosha, Wis. | Simon Fraser (B.C.) | 58 | Marquette (Wis.) | 79 |
| 1984 | Kenosha, Wis. | Wisconsin-Eau Claire | 91 | Portland (Ore.) | 99 |
| 1985 | Kenosha, Wis. | Portland (Ore.) | 64 | Wisconsin-Eau Claire | 95 |
| 1986 | Kenosha, Wis. | Wisconsin-Parkside | 121 | Emporia State (Kan.) | 151 |
| 1987 | Kenosha, Wis. | Simon Fraser (B.C.) | 60 | Adams State (Colo.) | 169 |
| 1988 | Kenosha, Wis. | Pacific Lutheran (Wash.) | 44 | Adams State (Colo.) | 69 |
| 1989 | Kenosha, Wis. | Adams State (Colo.) | 79 | Western State (Colo.) | 132 |
| 1990 | Kenosha, Wis. | Western State (Colo.) | 58 | Adams State (Colo.) | 70 |
| 1991 | Kenosha, Wis. | Adams State (Colo.) | 66 | Simon Fraser (B.C.) | 87 |
| 1992 | Kenosha, Wis. | Puget Sound (Wash.) | 76 | George Fox (Ore.) | 111 |
| 1993 | Kenosha, Wis. | Puget Sound (Wash.) | 38 | Doane (Neb.) | 169 |
| 1994 | Kenosha, Wis. | Puget Sound (Wash.) | 51 | Simon Fraser (B.C.) | 169 |
| 1995 | Kenosha, Wis. | Puget Sound (Wash.) | 82 | Simon Fraser (B.C.) | 74 |
| 1996 | Kenosha, Wis. | Simon Fraser (B.C.) | 75 | Puget Sound (Wash.) | 91 |
| 1997 | Kenosha, Wis. | Simon Fraser (B.C.) | 56 | Puget Sound (Wash.) | 114 |
| 1998 | Kenosha, Wis. | Simon Fraser (B.C.) | 22 | Puget Sound (Wash.) | 118 |
| 1999 | Kenosha, Wis. | Malone (Ohio) | 77 | Malone (Ohio) | 146 |
| 2000 | Kenosha, Wis. | Concordia (Calif.) | 133 | Spring Arbor (Mich.) | 160 |
| 2001 | Kenosha, Wis. | Cedarville (Ohio) | 147 | Concordia (Neb.) | 188 |
| 2002 | Kenosha, Wis. | Northwest (Wash.) | 77 | Concordia (Neb.) | 169 |
| 2003 | Louisville, Ky. | Simon Fraser (B.C.) | 93 | Concordia (Neb.) | 116 |
| 2004 | Louisville, Ky. | Simon Fraser (B.C.) | 95 | Northwest (Wash.) | 114 |
| 2005 | Louisville, Ky. | Simon Fraser (B.C.) | 74 | Concordia (Neb.) | 129 |
| 2006 | Louisville, Ky. | Simon Fraser (B.C.) | 73 | Black Hills State (S.D.) | 190 |
| 2007 | Kenosha, Wis. | Simon Fraser (B.C.) | 99 | Cedarville (Ohio) | 92 |
| 2008 | Kenosha, Wis. | Azusa Pacific (Calif.) | 66 | Cedarville (Ohio) | 145 |
| 2009 | Fort Vancouver, Wash. | Cal State San Marcos | 137 | Cedarville (Ohio) | 97 |
| 2010 | Fort Vancouver, Wash. | Cal State San Marcos | 88 | Biola (Calif.) | 140 |
| 2011 | Fort Vancouver, Wash. | Cal State San Marcos | 82 | Biola (Calif.) | 127 |
| 2012 | Fort Vancouver, Wash. | British Columbia | 98 | Azusa Pacific (Calif.) | 91 |
| 2013 | Lawrence, Kan. | British Columbia | 56 | College of Idaho | 112 |
| 2014 | Lawrence, Kan. | British Columbia | 53 | College of Idaho | 97 |
| 2015 | Charlotte, N.C. | Northwest Christian (Ore.) | 98 | Lewis-Clark State (Idaho) | 96 |
| 2016 | Elsah, Ill. | British Columbia | 90 | Northwest Christian (Ore.) | 118 |
| | | | | Northwest Christian (Ore.) | 135 |



Championship History

Meet Records

5,000 Meters

16:24.28, Aminat Olowora, Oklahoma City, 2016
16:41.4, Alissa McKaig, Indiana Tech, 2008

Best Winning Score

22 points, Simon Fraser (B.C.), 1998

Largest Margin of Victory

131 points, Puget Sound (Wash.) (38), Simon Fraser (B.C.) (169), Doane (Neb.) (169), 1993

Smallest Margin of Victory

3 points, Cal State San Marcos (137) Biola (Calif.) (140), 2009

All-Time Team Championships

| | |
|----------------------------|----|
| Simon Fraser (B.C.) | 10 |
| Puget Sound (Wash.) | 4 |
| British Columbia | 4 |
| Adams State (Colo.) | 3 |
| Cal State San Marcos | 3 |
| Wisconsin-Parkside | 2 |
| Azusa Pacific (Calif.) | 1 |
| Cedarville (Ohio) | 1 |
| Concordia (Calif.) | 1 |
| Malone (Ohio) | 1 |
| Marquette (Wis.) | 1 |
| Northwest (Wash.) | 1 |
| Northwest Christian (Ore.) | 1 |
| Pacific Lutheran (Wash.) | 1 |
| Portland (Ore.) | 1 |
| Western State (Colo.) | 1 |
| Wisconsin-Eau Claire | 1 |

All-Time Individual Championships

| | |
|--------------------------|----|
| Simon Fraser (B.C.) | 12 |
| Adams State (Colo.) | 2 |
| Biola (Calif.) | 1 |
| College of Idaho | 2 |
| Oklahoma Baptist | 2 |
| Pacific Lutheran (Wash.) | 2 |
| Shorter (Ga.) | 2 |
| Azusa Pacific (Calif.) | 1 |
| British Columbia | 1 |
| Grand View (Iowa) | 1 |
| Hillsdale (Mich.) | 1 |
| Indiana Tech | 1 |
| Malone (Ohio) | 1 |
| Marquette (Wis.) | 1 |
| Minot State (N.D.) | 1 |
| Puget Sound (Wash.) | 1 |
| Wisconsin-Eau Claire | 1 |
| Wisconsin-Parkside | 1 |
| Oklahoma City | 1 |

All-Time Individual Champions

| | |
|---|-------|
| 1980 Wendy Burman, Wisconsin-Parkside | 17:54 |
| 1981 Mary Jaqua, Adams State (Colo.) | 18:34 |
| 1982 Kate Webb, Marquette (Wis.) | 17:41 |
| 1983 Cindy Grant, Simon Fraser (B.C.) | 17:32 |
| 1984 Katie Somers, Wisconsin-Eau Claire | 17:36 |
| 1985 Val Hilden, Pacific Lutheran (Wash.) | 18:53 |
| 1986 Gina Van Laar, Hillsdale (Mich.) | 17:40 |
| 1987 Leah Pells, Simon Fraser (B.C.) | 16:59 |
| 1988 Valerie Hilden, Pacific Lutheran (Wash.) | 17:41 |
| 1989 Wanda Howlett, Puget Sound (Wash.) | 17:55 |
| 1990 Sarah Howell, Simon Fraser (B.C.) | 17:44 |

| | |
|---|----------|
| 1991 Amy Giblin, Adams State (Colo.) | 17:37 |
| 1992 Aundrea Bertoia, Simon Fraser (B.C.) | 18:44 |
| 1993 Elizabeth Onyambu, Biola (Calif.) | 17:35 |
| 1994 Cari Rampersad, Simon Fraser (B.C.) | 17:51 |
| 1995 Cari Rampersad, Simon Fraser (B.C.) | 18:02 |
| 1996 Cari Rampersad, Simon Fraser (B.C.) | 17:14 |
| 1997 Heather deGeest, Simon Fraser (B.C.) | 18:33 |
| 1998 Heather deGeest, Simon Fraser (B.C.) | 17:06 |
| 1999 Melissa Clement, Simon Fraser (B.C.) | 17:39 |
| 2000 Everlyne Lagat, Malone (Ohio) | 18:01 |
| 2001 Emile Mondor, Simon Fraser (B.C.) | 17:24 |
| 2002 Emile Mondor, Simon Fraser (B.C.) | 16:43 |
| 2003 Mirriam Kaumba, Oklahoma Baptist | 17:13.9 |
| 2004 Mirriam Kaumba, Oklahoma Baptist | 16:53.70 |
| 2005 Julia Howard, Simon Fraser (B.C.) | 17:24.15 |
| 2006 Genevieve Binsfeld, Minot State (N.D.) | 17:38.2 |
| 2007 Jaime Canterbury, Azusa Pacific (Calif.) | 17:10.8 |
| 2008 Alissa McKaig, Indiana Tech | 16:41.4 |
| 2009 Justyna Mudy, Shorter (Ga.) | 17:30 |
| 2010 Justyna Mudy, Shorter (Ga.) | 17:42 |
| 2011 Obsie Birru, Grand View (Iowa) | 17:15 |
| 2012 Hillary Holt, College of Idaho | 17:00 |
| 2013 Hillary Holt, College of Idaho | 16:48.13 |
| 2014 Maria Bernard, British Columbia | 17:03.8 |
| 2015 Kellian Hunt, Biola (Calif.) | 17:16.7 |
| 2016 Aminat Olowora, Oklahoma City | 16.24.28 |

Coach of the Year

| |
|---|
| 1980 Bob Lawson, Wisconsin-Parkside |
| 1981 Rocky Light, Adams State (Colo.) |
| 1982 Elliot Kramsky, Marquette (Wis.) |
| 1983 Zenon Smiechowski, Simon Fraser (B.C.) |
| 1984 Marv Allen, Wisconsin-Eau Claire |
| 1985 Mike Johnson, Portland (Ore.) |
| 1986 Mike DeWitt, Wisconsin-Parkside |
| 1987 Zenon Smiechowski, Simon Fraser (B.C.) |
| 1988 Brad Moore, Pacific Lutheran (Wash.) |
| 1989 Damon Martin, Adams State (Colo.) |
| 1990 Brad Moore, Pacific Lutheran (Wash.) |
| 1991 Damon Martin, Adams State (Colo.) |
| 1992 Wes Cook, George Fox (Ore.) |
| 1993 Sam Ring, Puget Sound (Wash.) |
| 1994 Mike Lonergan, Simon Fraser (B.C.) |
| 1995 Russell Smelley, Westmont (Calif.) |
| 1996 Zenon Smeichowski, Simon Fraser (B.C.) |
| 1997 Ben Welch, Eastern Oregon |
| 1998 Jack Hazen, Malone (Ohio) |
| 1999 Gregg Einspahr, Concordia (Neb.) |
| 2000 John Foss, Indiana Wesleyan |
| 2001 Elvin King, Cedarville (Ohio) |
| 2002 Bill Taylor, Northwest (Wash.) |
| 2003 Brit Townsend, Simon Fraser (B.C.) |
| 2004 Brit Townsend, Simon Fraser (B.C.) |
| 2005 Brit Townsend, Simon Fraser (B.C.) |
| 2006 Brit Townsend, Simon Fraser (B.C.) |
| 2007 Brit Townsend, Simon Fraser (B.C.) |
| 2008 Preston Grey, Azusa Pacific (Calif.) |
| 2009 Steve Scott, Cal State San Marcos |
| 2010 Steve Scott, Cal State San Marcos |
| 2011 Steve Scott, Cal State San Marcos |
| 2012 Marek Jedrzejek, British Columbia |
| 2013 Marke Jedrzejek, British Columbia |
| 2014 Marke Jedrzejek, British Columbia |
| 2015 Heike McNeil, Northwest Christian (Ore.) |
| 2016 Laurier Primeau, British Columbia |

Championship All-Time Team Participation - Since 2010

| School (Yrs. Participated) | No. | 1 st | 2 nd | 3 rd | 4 th | 5 th |
|---|-----|-----------------|-----------------|-----------------|-----------------|-----------------|
| Aquinas (Mich.) (2010-11-12-14-16-17) | 7 | 0 | 0 | 0 | 3 | 0 |
| Asbury (Ky.) (2014) | 1 | 0 | 0 | 0 | 0 | 0 |
| Azusa Pacific (Calif.) (2010-11) | 2 | 0 | 1 | 0 | 0 | 0 |
| Baker (Kan.) (2010-13) | 2 | 0 | 0 | 0 | 0 | 0 |
| Benedictine (Kan.) (2014-15-16) | 3 | 0 | 0 | 0 | 0 | 0 |
| Berea (Ky.) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Biola (Calif.) (2010-11-12-13-14-15-16) | 7 | 0 | 1 | 3 | 0 | 0 |
| Black Hills State (S.D.) (2010) | 1 | 0 | 0 | 1 | 0 | 0 |
| Blue Mountain (Miss.) (2013-16) | 2 | 0 | 0 | 0 | 0 | 0 |
| Brenau (Ga.) (2013) | 1 | 0 | 0 | 0 | 0 | 0 |
| Brescia (Ky.) (2011-12-13) | 3 | 0 | 0 | 0 | 0 | 0 |
| British Columbia (2010-11-12-13-14-15-16-17) | 8 | 5 | 1 | 1 | 0 | 0 |
| Cal State San Marcos (2010-11-12-13-14) | 5 | 2 | 0 | 0 | 1 | 0 |
| Carroll (Mont.) (2010-11-12-13-14-15-16-17) | 8 | 0 | 0 | 0 | 1 | 2 |
| Cedarville (Ohio) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Central Methodist (Mo.) (2011-12) | 2 | 0 | 0 | 0 | 0 | 0 |
| College of Idaho (2010-11-12-13-14-15-16-17) | 8 | 0 | 2 | 0 | 0 | 0 |
| Columbia (Mo.) (2014) | 1 | 0 | 0 | 0 | 0 | 0 |
| Concordia (Calif.) (2012) | 1 | 0 | 0 | 0 | 0 | 0 |
| Concordia (Neb.) (2011) | 1 | 0 | 0 | 0 | 0 | 0 |
| Concordia (Ore.) (2010-11-12) | 3 | 0 | 0 | 0 | 0 | 0 |
| Cornerstone (Mich.) (2012-13) | 2 | 0 | 0 | 0 | 0 | 0 |
| Dalton State (Ga.) (2014-15) | 2 | 0 | 0 | 0 | 0 | 0 |
| Dickinson State (N.D.) (2015-16) | 2 | 0 | 0 | 0 | 0 | 0 |
| Dordt (Iowa) (2012-13-14-15-16-17) | 6 | 0 | 0 | 0 | 0 | 1 |
| Eastern Oregon (2012) | 1 | 0 | 0 | 0 | 0 | 0 |
| Embry-Riddle (Ariz.) (2015-16-17) | 3 | 0 | 0 | 0 | 0 | 0 |
| Embry-Riddle (Fla.) (2010-11-12) | 3 | 0 | 0 | 0 | 0 | 0 |
| Friends (Kan.) (2011-12-15-16) | 4 | 0 | 0 | 0 | 0 | 1 |
| Grand View (Iowa) (2011) | 1 | 0 | 0 | 0 | 0 | 0 |
| Haskell Indian Nations (Kan.) (2012) | 1 | 0 | 0 | 0 | 0 | 0 |
| Hastings (Neb.) (2015-16) | 2 | 0 | 0 | 0 | 0 | 0 |
| Holy Names (Calif.) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Huntington (Ind.) (2012) | 1 | 0 | 0 | 0 | 0 | 0 |
| Indiana Tech (2013-14) | 2 | 0 | 0 | 0 | 0 | 0 |
| Indiana Wesleyan (2010-11-14-15-16-17) | 6 | 0 | 0 | 0 | 0 | 0 |
| Kansas Wesleyan (2010-13) | 2 | 0 | 0 | 0 | 0 | 0 |
| Langston (Okla.) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Lee (Tenn.) (2010-11-12) | 3 | 0 | 0 | 0 | 0 | 0 |
| Lewis-Clark State (Idaho) (2010-11-12-13-14-15-16-17) | 8 | 0 | 1 | 0 | 1 | 0 |
| Malone (Ohio) (2010) | 1 | 0 | 0 | 0 | 1 | 0 |
| Master's, The (Calif.) (2011-13-14-17) | 4 | 0 | 0 | 0 | 0 | 0 |
| MidAmerica Nazarene (Kan.) (2016-17) | 2 | 0 | 0 | 0 | 0 | 0 |
| Milligan (Tenn.) (2010-11-12-13-14-15-16-17) | 8 | 0 | 0 | 0 | 0 | 0 |
| Missouri Baptist (2016) | 1 | 0 | 0 | 0 | 0 | 0 |
| Morningside (Iowa) (2010-11-15-16) | 4 | 0 | 0 | 0 | 0 | 0 |
| Mount Mercy (Iowa) (2015) | 1 | 0 | 0 | 0 | 0 | 0 |
| Northwest Christian (Ore.) (2011-12-13-14-15-16) | 6 | 1 | 1 | 1 | 1 | 0 |
| Oklahoma Baptist (2012-13-14) | 3 | 0 | 0 | 0 | 0 | 0 |
| Oklahoma City (2013-14-15-16-17) | 5 | 0 | 0 | 1 | 0 | 1 |
| Oklahoma Wesleyan (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Olivet Nazarene (Ill.) (2010-11-12-13-14-15) | 6 | 0 | 0 | 1 | 0 | 1 |
| Oregon Tech (2014-15-16-17) | 4 | 0 | 0 | 0 | 0 | 0 |
| Ottawa (Kan.) (2013-14) | 2 | 0 | 0 | 0 | 0 | 0 |
| Our Lady of the Lake (Texas) (2013-15-16) | 3 | 0 | 0 | 0 | 0 | 0 |
| Park (Mo.) (2010-11-12-16) | 4 | 0 | 0 | 0 | 0 | 0 |
| Point (Ga.) (2014) | 1 | 0 | 0 | 0 | 0 | 0 |
| Point Park (Pa.) (2015) | 1 | 0 | 0 | 0 | 0 | 0 |
| Point Loma Nazarene (Calif.) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Rio Grande (Ohio) (2016) | 1 | 0 | 0 | 0 | 0 | 0 |
| Roberts Wesleyan (N.Y.) (2011) | 1 | 0 | 0 | 0 | 0 | 0 |
| SCAD Atlanta (Ga.) (2015-16) | 2 | 0 | 0 | 0 | 0 | 0 |
| SCAD Savannah (Ga.) (2013-14-15-16-17) | 5 | 0 | 0 | 0 | 0 | 0 |
| Shawnee State (Ohio) (2010-11-12-13-14-15-16-17) | 8 | 0 | 0 | 0 | 0 | 0 |
| Shorter (Ga.) (2011) | 1 | 0 | 0 | 0 | 0 | 0 |
| Siena Heights (Mich.) (2015) | 1 | 0 | 0 | 0 | 0 | 0 |



Championship All-Time Team Participation - Since 2010

| School (Yrs. Participated) | No. | 1 st | 2 nd | 3 rd | 4 th | 5 th |
|--|-----|-----------------|-----------------|-----------------|-----------------|-----------------|
| Simon Fraser (B.C.) (2010) | 1 | 0 | 0 | 0 | 0 | 1 |
| Simpson (Calif.) (2013-14) | 2 | 0 | 0 | 0 | 0 | 0 |
| Soka (Calif.) (2012) | 1 | 0 | 0 | 0 | 0 | 0 |
| Southern Oregon (2010-14-15-16-17) | 5 | 0 | 0 | 0 | 0 | 0 |
| Southern Wesleyan (S.C.) (2012) | 1 | 0 | 0 | 0 | 0 | 0 |
| Southwestern (Kan.) (2015) | 1 | 0 | 0 | 0 | 0 | 0 |
| St. Ambrose (Iowa) (2012-13-14-17) | 4 | 0 | 0 | 0 | 0 | 0 |
| St. Francis (Ill.) (2012-13-14-15-16-17) | 6 | 0 | 0 | 0 | 0 | 0 |
| St. Mary (Kan.) (2014-16) | 2 | 0 | 0 | 0 | 0 | 0 |
| St. Mary (Neb.) (2013-14) | 2 | 0 | 0 | 0 | 0 | 0 |
| St. Xavier (Ill.) (2011-15-16) | 3 | 0 | 0 | 0 | 0 | 0 |
| Taylor (Ind.) (2013-14-15-16-17) | 5 | 0 | 0 | 0 | 0 | 1 |
| Tennessee Wesleyan (2014) | 1 | 0 | 0 | 0 | 0 | 0 |
| Texas Wesleyan (2011-12-13-14-15) | 5 | 0 | 0 | 0 | 0 | 0 |
| The Master's (Calif.) (2015-16-17) | 3 | 0 | 0 | 0 | 0 | 0 |
| Union (Tenn.) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Viterbo (Wis.) (2010) | 1 | 0 | 0 | 0 | 0 | 0 |
| Wayland Baptist (Texas) (2010-11-2014-16-17) | 5 | 0 | 1 | 0 | 0 | 0 |
| Westmont (Calif.) (2011-12-13-14-15-16) | 6 | 0 | 0 | 0 | 0 | 0 |
| Wiley (Texas) (2014) | 1 | 0 | 0 | 0 | 0 | 0 |
| William Woods (Mo.) (2013-15) | 2 | 0 | 0 | 0 | 0 | 0 |
| Xavier (La.) (2011-12-14-16) | 4 | 0 | 0 | 0 | 0 | 0 |
| York (Neb.) (2011) | 1 | 0 | 0 | 0 | 0 | 0 |