

ALL-AMERICANS

1985	Renee Addison	400 Meters	1st	Outdoor
1986	Desiree Orwig	4x400-Meter Relay	7th	Outdoor
1986	Angie Thompson	4x400-Meter Relay	7th	Outdoor
1986	Deshay Addison	4x400-Meter Relay	7th	Outdoor
1986	Renee Addison	4x400-Meter Relay	7th	Outdoor
1987	Desiree Orwig	400-Meter Hurdles	7th	Outdoor
1987	Desiree Orwig	Heptathlon	2nd	Outdoor
1988	Desiree Orwig	400-Meter Hurdles		Outdoor
1988	Desiree Orwig	Heptathlon	2nd	Outdoor
1994	Arlene Truss	Shot Put	1st	Outdoor
1995	Arlene Truss	Shot Put	2nd	Indoor
1995	Arlene Truss	Shot Put	6th	Outdoor
2006	Na Onka Mixon	Triple Jump	6th	Outdoor
2009	Katie Burnett	3,000-Meter Race Walk	5th	Indoor
2009	Katie Burnett	3,000-Meter Race Walk	5th	Outdoor
2010	Katie Burnett	3,000-Meter Race Walk	2nd	Indoor
2010	Katie Burnett	5,000-Meter Race Walk	4th	Outdoor
2011	Katie Burnett	3,000-Meter Race Walk	2nd	Indoor
2011	Katie Burnett	Javelin	3rd	Outdoor
2011	Katie Burnett	5,000-Meter Race Walk	3rd	Outdoor

IOWA CONFERENCE MOST VALUABLE PERFORMERS

1987	Desiree Orwig
1988	Desiree Orwig
1994	Arlene Truss

INDIVIDUAL CONFERENCE CHAMPIONS

IOWA CONFERENCE

100-METER DASH

1985	Renee Addison	12.39
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200-METER DASH

1985 Dehay Addison 25.94

400-METER DASH

1984 Donna Stasiak 59.99

1985 Renee Addison 58.76

1986 Renee Addison 58.8

100-METER HURDLES

1985 Jacqui Johnson 15.18

1987 Desiree Orwig 15.1

1988 Desiree Orwig 14.7

400-METER HURDLES

1986 Desiree Orwig 1:04.5

1987 Desiree Orwig 1:03.2

1988 Desiree Orwig 1:04.1

4x100-METER RELAY

1985 Angie Thompson, Jacqui Johnson, Deshay Addison, Renee Addison 50.06

1986 Angie Thompson, Jacqui Johnson, Deshay Addison, Renee Addison 49.8

4x400-METER RELAY

1985 Deshay Addison, Donna Stasiak, Angie Thompson, Renee Addison 3:58.82

1986 Jacqui Johnson, Desiree Orwig, Deshay Addison, Renee Addison 4:01.8

DISCUS

1987 Lauri Griffin 127-1

1994 Arlene Truss 134-10

HIGH JUMP

1986 Renee Addison 5-4

JAVELIN

1994 Arlene Truss 122-2

LONG JUMP

1985	Michelle Palmer	17-0
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SHOT PUT

1994	Arlene Truss	46-4.5
1995	Arlene Truss	44-9.75

NOTE: PENN CHANGED TO NAIA/MCC IN 2001-2002

MIDWEST COLLEGIATE CONFERENCE**100-METER DASH**

2002	Stephanie Minter	12.96
2003	Stephanie Minter	13.10

200-METER DASH

2003	Stephanie Minter	26.99
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3,000-METER STEEPLECHASE

2005	Tyne Crandell	12:25.00
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5,000-METER RUN

2005	Tyne Crandell	20:20.23
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10,000-METER RUN

2005	Tyne Crandell	44:16.29
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100-METER HURDLES

2005	Jess Walker	15.61
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400-METER HURDLES

2005	Jess Walker	1:09.51
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4x100-METER RELAY

2003		51.21
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HIGH JUMP

2005	Jess Walker	5-2.25
2006	Na Onka Mixon	5-2.5
2007	Na Onka Mixon	5-0.5

LONG JUMP

2002	Kiki Allen	17-4
2006	Na Onka Mixon	16-9.5

TRIPLE JUMP

2006	Na Onka Mixon	36-2.25
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