

# Northwest Athletic Association of Community Colleges

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## 2012 NWAACC Women's Track & Field All-Americans

### 100m Dash

- 1 Ebony Barnes, SO, Spokane
- 2 Allie Church, FR, Lane
- 3 Kelsie Williams, FR, Olympic

### 200m Dash

- 1 Ebony Barnes, SO, Spokane
- 2 Allie Church, FR, Lane
- 3 Stepheni Cummings, SO, Spokane

### 400m Dash

- 1 Stepheni Cummings, SO, Spokane
- 2 Becca Lindgren, FR, Olympic
- 3 Laura Knudson, SO, Mt. Hood

### 800m Run

- 1 Kaitlin Fisher, FR, Everett
- 2 Christa Collmer, FR, Mt. Hood
- 3 Barry McLaren, SO, Lane

### 1500m Run

- 1 Mikel Elliott, SO, Spokane
- 2 Gylany Crossman, SO, Lane
- 3 Rachel Jensen, SO, Lane

### 5000m Run

- 1 Mikel Elliott, SO, Spokane
- 2 Gylany Crossman, SO, Lane
- 3 Katie Strong, FR, Everett

### 10,000m Run

- 1 Gylany Crossman, SO, Lane
- 2 Katarina Mueller, FR, Clark
- 3 Susanna Fleming, FR, Treasure Valley

### 100m Hurdles

- 1 Shayle Dezellem, SO, Spokane
- 2 Lisa Petersen, FR, Green River
- 3 Terra Zodrow, SO, Mt. Hood

### 400m Hurdles

- 1 Shayle Dezellem, SO, Spokane
- 2 Irene Olivo, SO, Treasure Valley
- 3 Irene Moore, SO, Olympic

### 3000m Steeplechase

- 1 Mikel Elliott, SO, Spokane
- 2 Grace Viuhkola, FR, Clackamas
- 3 Brenna Eldredge, FR, Everett

### High Jump

- 1 Kyanne Hemenway, FR, Treasure Valley
- 2 Barry McLaren, SO, Lane
- 3 Kristina Hossley, SO, SW Oregon

### Pole Vault

- 1 Tara Carlton, SO, Lane
- 2 Colleen Walsh, FR, Lane
- 3 Janelle Noga, FR, Lane

### Long Jump

- 1 Terra Zodrow, SO, Mt. Hood
- 2 Shay Applegate, FR, Lane
- 3 Shayle Dezellem, SO, Spokane

### Triple Jump

- 1 Ashley Kelsie Williams, FR, Olympic
- 2 Ashley Sharp, FR, Spokane
- 3 Kristina Hossley, SO, SW Oregon

### Shot Put

- 1 Tori Dixson, FR, Mt. Hood
- 2 Kaimi Zablan, SO, Lane
- 3 Amanda Youngers, FR, Spokane

### Discus Throw

- 1 Janell Alyea, SO, Everett
- 2 Alexa Lindseth, SO, Spokane
- 3 Kaitlin Doyle, FR, Mt. Hood

### Hammer Throw

- 1 Higgins, Katie SO, Clackamas
- 2 Rodgers, Angel FR, Everett
- 3 Alyea, Janell SO, Everett

### Javelin Throw

- 1 Emma Buchholz, SO, Clackamas
- 2 Courtney Hutchins, SO, SW Oregon
- 3 Ashley Anderson, FR, Clackamas

### Decathlon

- 1 Shayle Dezellem, SO, Spokane
- 2 Terra Zodrow, SO, Mt. Hood
- 3 Irene Moore, SO, Olympic

### 4x100m Relay

- 1 Mt. Hood: Molly Scoles, FR; Laura Knudson, SO; Mariah Crumpler, SO; Terra Zodrow, SO
- 2 Spokane: Ebony Barnes, SO; Stephenie Cummings, SO; Shayle Dezellem, SO; Jessika Hardgrove, SO
- 3 Lane: Shay Applegate, FR; Lacy Koth, FR; Meesha Baldree, FR; Allie Church, FR

### 4X400m Relay

- 1 Spokane: Ebony Barnes, SO; Stephenie Cummings, SO; Shayle Dezellem, SO; Mikel Elliott, SO
- 2 Mt. Hood: Molly Scoles, FR; Christa Collmer, FR; Terra Zodrow, SO; Laura Knudson, SO
- 3 Lane: Barry McLaren, SO; Rebeca Haro, FR; Chandra Johanningmeier, SO; Allie Church, FR