

**ALL-MIDDLE ATLANTIC CONFERENCE (By Athlete)**

**NOTE:** The Middle Atlantic Conference instituted All-MAC Second Team honors for 4th-6th place finishers starting with the 2002 Indoor Championships.

**A**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Adams, Samantha	Pole Vault	2005 Outdoor	5th	2nd	2	4	6
	Pole Vault	2006 Indoor	4th	2nd			
	Pole Vault	2006 Outdoor	2nd	1st			
	Pole Vault	2007 Outdoor	5th	2nd			
	Pole Vault	2008 Indoor	3rd	1st			
	Pole Vault	2008 Outdoor	3rd	1st			
Aichele, Alyssa	4x400m Relay	2013 Outdoor	2nd	1st	0	1	1
Arbogast, Rebekah	4x200m Relay	2008 Indoor	4th	2nd	1	1	2
	4x100m Relay	2008 Outdoor	5th	2nd			

**B**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Beshore, Teresa	10,000m	2010 Outdoor	3rd	1st	0	1	1
Bowen, Kristin	Distance Medley Relay	2008 Indoor	1st	1st	2	1	3
	4x800m Relay	2008 Indoor	2nd	1st			
	1500m	2008 Outdoor	5th	2nd			
Brobst, Jill	800m	2002 Indoor	2nd	1st	6	4	10
	800m	2002 Outdoor	2nd	1st			
	800m	2003 Indoor	1st	1st			
	4x800m Relay	2003 Indoor	4th	2nd			
	4x400m Relay	2005 Indoor	1st	1st			
	High Jump	2005 Indoor	3rd	1st			
	4x200m Relay	2005 Indoor	4th	2nd			
	4x400m Relay	2005 Outdoor	1st	1st			
	High Jump	2005 Outdoor	4th	2nd			
	4x100m Relay	2005 Outdoor	4th	2nd			
Bucci, Tina	4x200m Relay	2006 Indoor	1st	1st	3	3	6
	4x400m Relay	2006 Indoor	1st	1st			
	400m	2006 Indoor	5th	2nd			
	400m	2006 Outdoor	1st	1st			
	4x100m Relay	2006 Outdoor	1st	1st			
	4x400m Relay	2006 Outdoor	1st	1st			
Burroughs, Betsy	400m	2002 Indoor	2nd	1st	10	11	21
	200m	2002 Indoor	4th	2nd			
	400m	2002 Outdoor	2nd	1st			
	4x100m Relay	2002 Outdoor	3rd	1st			
	4x400m Relay	2003 Indoor	1st	1st			
	400m	2003 Indoor	4th	2nd			
	4x200m Relay	2003 Indoor	5th	2nd			
	4x100m Relay	2003 Outdoor	1st	1st			
	400m	2003 Outdoor	3rd	1st			
	4x400m Relay	2003 Outdoor	3rd	1st			
	4x400m Relay	2004 Indoor	1st	1st			
	400m	2004 Indoor	3rd	1st			
	4x100m Relay	2004 Outdoor	2nd	1st			
	4x400m Relay	2004 Outdoor	2nd	1st			
	400m	2004 Outdoor	3rd	1st			
	4x400m Relay	2005 Indoor	1st	1st			
	Distance Medley Relay	2005 Indoor	2nd	1st			
	400m	2005 Indoor	4th	2nd			
	4x400m Relay	2005 Outdoor	1st	1st			
	400m	2005 Outdoor	3rd	1st			
	4x100m Relay	2005 Outdoor	4th	2nd			

**C**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Carr, Rachel	800m	2013 Indoor	2nd	1st	2	4	6
	4x400m Relay	2013 Indoor	3rd	1st			
	4x800m Relay	2013 Outdoor	3rd	1st			
	800m	2013 Outdoor	3rd	1st			
	1500m	2013 Outdoor	3rd	1st			
	4x400m Relay	2013	2nd	1st			
Casey, Jillian	Distance Medley Relay	2010 Indoor	3rd	1st	4	1	5
	4x800m Relay	2011 Indoor	2nd	1st			
	Distance Medley Relay	2013 Indoor	4th	2nd			
	4x800m Relay	2013 Indoor	2nd	1st			
	4x800m Relay	2013 Outdoor	2nd	1st			
Chick, Sarah	Heptathlon	2004 Outdoor	2nd	1st	0	4	4
	Heptathlon	2005 Outdoor	4th	2nd			
	Heptathlon	2006 Outdoor	4th	2nd			
	Heptathlon	2007 Outdoor	5th	2nd			
Christ, Ali	4x200m Relay	2011 Indoor	6th	2nd	5	1	6
	4x400m Relay	2012 Indoor	5th	2nd			
	4x800m Relay	2013 Indoor	2nd	1st			
	400m Hurdles	2013 Outdoor	5th	2nd			
	4x400m Relay	2014 Indoor	6th	2nd			
	Distance Medley Relay	2014 Indoor	3rd	1st			
Cody, Eileen	Distance Medley Relay	2011 Indoor	1st	1st	5	4	9
	5000m	2011 Indoor	3rd	1st			
	Mile	2011 Indoor	4th	2nd			
	10,000m	2011 Outdoor	2nd	1st			
	5000m	2011 Outdoor	5th	2nd			
	Distance Medley Relay	2012 Indoor	1st	1st			
	5000m	2012 Indoor	3rd	1st			
	10,000m	2012 Outdoor	6th	2nd			
	1500m	2014 Outdoor	5th	2nd			
Connelly, Crystal	Shot Put	2009 Outdoor	6th	2nd	0	3	3
	Hammer Throw	2010 Outdoor	2nd	1st			
	Shot Put	2010 Outdoor	5th	2nd			
Cox, Ashley	Distance Medley Relay	2013 Indoor	4th	2nd	1	0	1
Crow, Libby	4x800m Relay	2011 Indoor	2nd	1st	1	0	1

**D**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Daws, Amanda	5000m	2008 Indoor	5th	2nd	2	4	6
	10,000m	2008 Outdoor	2nd	1st			
	5000m	2008 Outdoor	4th	2nd			
	5000m	2009 Indoor	2nd	1st			
	10,000m	2009 Outdoor	1st	1st			
	5000m	2009 Outdoor	4th	2nd			
DeGeorge, Sarah	Discus	2008 Outdoor	6th	2nd	1	2	3
	Weight Throw	2011 Indoor	T-6th	2nd			
	Hammer Throw	2011 Outdoor	1st	1st			
Deihl, Erin	5000m	2004 Indoor	6th	2nd	3	1	4
	5000m	2005 Indoor	4th	2nd			
	5000m	2006 Indoor	6th	2nd			
	10,000m	2006 Outdoor	4th	2nd			
Deming, Liz	Distance Medley Relay	2012 Indoor	1st	1st	2	1	3
	4x800m Relay	2012 Indoor	2nd	1st			
	4x400m Relay	2012 Outdoor	5th	2nd			
Detweiler, Kelsey	4x200m Relay	2014 Indoor	5th	2nd	2	1	3
	4x400m Relay	2014 Indoor	6th	2nd			
	4x400m Relay	2014 Outdoor	4th	2nd			

**E**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Earnshaw, Brianna	4x800m Relay	2014 Indoor	1st	1st	2	1	3
	Distance Medley Relay	2014 Indoor	3rd	1st			
	3000m Steeplechase	2014 Outdoor	4th	2nd			
Ellis, Annalisa	4x100m Relay	2002 Outdoor	3rd	1st	0	1	1

**F**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Fagan, Tara	10,000m	2004 Outdoor	5th	2nd	5	3	8
	5000m	2005 Indoor	5th	2nd			
	10,000m	2005 Outdoor	4th	2nd			
	4x800m Relay	2006 Indoor	1st	1st			
	Distance Medley Relay	2006 Indoor	1st	1st			
	4x800m Relay	2007 Indoor	2nd	1st			
	Distance Medley Relay	2007 Indoor	2nd	1st			
	10,000m	2007 Outdoor	5th	2nd			
Faulkner, Kristen	4x400m Relay	2011 Indoor	2nd	1st	1	1	2
	4x400m Relay	2011 Outdoor	5th	2nd			
Fisher, Erin	5000m	2006 Indoor	5th	2nd	6	5	11
	5000m	2006 Outdoor	3rd	1st			
	10,000m	2006 Outdoor	5th	2nd			
	5000m	2007 Indoor	1st	1st			
	Mile	2007 Indoor	2nd	1st			
	5000m	2007 Outdoor	1st	1st			
	10,000m	2007 Outdoor	1st	1st			
	5000m	2008 Indoor	1st	1st			
	Distance Medley Relay	2008 Indoor	1st	1st			
	Mile	2008 Indoor	4th	2nd			
	5000m	2008 Outdoor	1st	1st			
Fogel, Katy	Pentathlon	2010 Indoor	3rd	1st	3	13	16
	55m Hurdles	2010 Indoor	5th	2nd			
	400m Hurdles	2010 Outdoor	4th	2nd			
	100m Hurdles	2010 Outdoor	5th	2nd			
	4x400m Relay	2010 Outdoor	6th	2nd			
	Pentathlon	2011 Indoor	6th	2nd			
	400m Hurdles	2011 Outdoor	5th	2nd			
	100m Hurdles	2011 Outdoor	6th	2nd			
	Heptathlon	2012 Outdoor	2nd	1st			
	4x100m Relay	2012 Outdoor	3rd	1st			
	100m Hurdles	2012 Outdoor	5th	2nd			
	4x400m Relay	2012 Outdoor	5th	2nd			
	Heptathlon	2013 Outdoor	1st	1st			
	100m Hurdles	2013 Outdoor	4th	2nd			
	4x100m Relay	2013 Outdoor	1st	1st			
	4x400m Relay	2013 Outdoor	2nd	1st			
	Frawley, Bernadette	4x200m Relay	2009 Indoor	5th	2nd	4	4
4x400m Relay		2009 Indoor	5th	2nd			
4x400m Relay		2009 Outdoor	1st	1st			
4x100m Relay		2009 Outdoor	4th	2nd			
400m		2009 Outdoor	6th	2nd			
4x800m Relay		2010 Indoor	2nd	1st			
4x400m Relay		2010 Indoor	6th	2nd			
4x800m Relay		2010 Outdoor	1st	1st			
Frye, Danielle	4x800m Relay	2003 Indoor	4th	2nd	3	1	4
	5000m	2004 Indoor	2nd	1st			
	1500m	2004 Outdoor	6th	2nd			
	1500m	2005 Indoor	5th	2nd			

**G**

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Garner, Katie	Distance Medley Relay	2005 Indoor	2nd	1st	1	2	3
	800m	2005 Outdoor	1st	1st			
	1500m	2005 Outdoor	1st	1st			

Gold, Allie	55m Hurdles	2008 Indoor	3rd	1st	8	11	19
	4x400m Relay	2008 Indoor	3rd	1st			
	4x200m Relay	2008 Indoor	4th	2nd			
	100m Hurdles	2008 Outdoor	3rd	1st			
	4x100m Relay	2008 Outdoor	5th	2nd			
	55m Hurdles	2009 Indoor	5th	2nd			
	4x200m Relay	2009 Indoor	5th	2nd			
	4x400m Relay	2009 Indoor	5th	2nd			
	Heptathlon	2009 Outdoor	3rd	1st			
	100m Hurdles	2009 Outdoor	4th	2nd			
	4x100m Relay	2009 Outdoor	4th	2nd			
	55m Hurdles	2010 Indoor	4th	2nd			
	Heptathlon	2010 Outdoor	2nd	1st			
	100m Hurdles	2010 Outdoor	3rd	1st			
	4x100m Relay	2010 Outdoor	3rd	1st			
	Pentathlon	2011 Indoor	2nd	1st			
	Heptathlon	2011 Outdoor	1st	1st			
	100m Hurdles	2011 Outdoor	4th	2nd			
	4x100m Relay	2011 Outdoor	6th	2nd			

Groce, Alexis	400m	2014 Indoor	2nd	1st	3	3	6
	800m	2014 Indoor	2nd	1st			
	4x800m Relay	2014 Indoor	1st	1st			
	4x800m Relay	2014 Outdoor	2nd	1st			
	800m	2014 Outdoor	2nd	1st			
	4x400m Relay	2014 Outdoor	4th	2nd			

Grove, Sarah	5000m	2008 Indoor	4th	2nd	1	1	2
	10,000m	2008 Outdoor	3rd	1st			

Gudleski, Melissa	4x800m Relay	2000 Indoor	2nd	1st	1	0	1
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## H

Athlete	Event	MAC Championship	Finish	All-MAC Team	Indoor	Outdoor	Total
Harris, Kelly	5000m	2001 Indoor	3rd	1st	1	0	1
Havrilak, Lori	4x400m Relay	2004 Indoor	1st	1st	7	4	11
	4x100m Relay	2004 Outdoor	2nd	1st			
	4x100m Relay	2006 Outdoor	1st	1st			
	4x200m Relay	2007 Indoor	2nd	1st			
	55m	2007 Indoor	4th	2nd			
	400m	2008 Indoor	2nd	1st			
	4x400m Relay	2008 Indoor	3rd	1st			
	200m	2008 Indoor	4th	2nd			
	4x200m Relay	2008 Indoor	4th	2nd			
	4x400m Relay	2008 Outdoor	2nd	1st			
	400m	2008 Outdoor	5th	2nd			
	Hershberger, Katie	High Jump	2002 Indoor	1st			
High Jump		2002 Outdoor	5th	2nd			
Howser, Kathryn	4x800m Relay	2009 Indoor	1st	1st	12	10	22
	Distance Medley Relay	2009 Indoor	2nd	1st			
	4x200m Relay	2009 Indoor	5th	2nd			
	800m	2009 Outdoor	1st	1st			
	4x400m Relay	2009 Outdoor	1st	1st			
	800m	2010 Indoor	1st	1st			
	4x800m Relay	2010 Indoor	2nd	1st			
	4x200m Relay	2010 Indoor	3rd	1st			
	4x400m Relay	2010 Indoor	6th	2nd			
	800m	2010 Outdoor	1st	1st			
	4x800m Relay	2010 Outdoor	1st	1st			
	4x400m Relay	2010 Outdoor	6th	2nd			
	4x400m Relay	2011 Indoor	2nd	1st			
	800m	2011 Indoor	4th	2nd			
	800m	2011 Outdoor	2nd	1st			
	4x800m Relay	2011 Outdoor	2nd	1st			
	4x400m Relay	2011 Outdoor	5th	2nd			
	Mile	2012 Indoor	1st	1st			
	800m	2012 Indoor	2nd	1st			
	4x400m Relay	2012 Indoor	5th	2nd			

Howser, Kathryn (cont.)	4x800m Relay	2012 Outdoor	1st	1st			
	1500m	2012 Outdoor	3rd	1st			
Hughes, Shauna	Triple Jump	2005 Indoor	5th	2nd	1	0	1

## I

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Iwanowski, Ashley	4x800m Relay	2005 Indoor	3rd	1st	1	0	1

## J

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Jaraczewski, Pam	4x200m Relay	2010 Indoor	3rd	1st	5	7	12
	200m	2010 Indoor	4th	2nd			
	100m	2010 Outdoor	2nd	1st			
	200m	2010 Outdoor	2nd	1st			
	4x100m Relay	2010 Outdoor	3rd	1st			
	4x200m Relay	2011 Indoor	6th	2nd			
	4x100m Relay	2011 Outdoor	6th	2nd			
	4x200m Relay	2012 Indoor	4th	2nd			
	4x100m Relay	2012 Outdoor	3rd	1st			
	200m	2012 Outdoor	5th	2nd			
	4x200m Relay	2013 Indoor	6th	2nd			
	4x100m Relay	2013 Outdoor	1st	1st			
John, Katelyn	4x200m Relay	2006 Indoor	1st	1st	3	3	6
	4x400m Relay	2006 Indoor	1st	1st			
	200m	2006 Indoor	3rd	1st			
	4x100m Relay	2006 Outdoor	1st	1st			
	4x400m Relay	2006 Outdoor	1st	1st			
Jones, Laurie	200m	2006 Outdoor	5th	2nd			
	4x800m Relay	2011 Outdoor	2nd	1st	4	4	8
	4x800m Relay	2012 Indoor	2nd	1st			
	4x800m Relay	2012 Outdoor	1st	1st			
	1500m	2012 Outdoor	6th	2nd			
	4x800m Relay	2013 Indoor	2nd	1st			
	4x800m Relay	2014 Indoor	1st	1st			
	Distance Medley Relay	2014 Indoor	3rd	1st			
4x800m Relay	2014 Outdoor	2nd	1st				
Jones, Samantha	Mile	2006 Indoor	2nd	1st	3	3	6
	5000m	2006 Indoor	4th	2nd			
	10,000m	2006 Outdoor	2nd	1st			
	1500m	2006 Outdoor	4th	2nd			
	Mile	2007 Indoor	4th	2nd			
	5000m	2007 Outdoor	4th	2nd			
Junko, Gretchen	4x800m Relay	2000 Indoor	2nd	1st	1	1	2
	10,000m	2000 Outdoor	3rd	1st			

## K

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Kerna, Carrie	55m Hurdles	2001 Indoor	1st	1st	12	14	26
	High Jump	2001 Indoor	2nd	1st			
	100m Hurdles	2001 Outdoor	1st	1st			
	55m Hurdles	2002 Indoor	1st	1st			
	High Jump	2002 Indoor	3rd	1st			
	100m Hurdles	2002 Outdoor	1st	1st			
	High Jump	2002 Outdoor	3rd	1st			
	4x100m Relay	2002 Outdoor	3rd	1st			
	55m Hurdles	2003 Indoor	1st	1st			
	4x400m Relay	2003 Indoor	1st	1st			
	4x200m Relay	2003 Indoor	5th	2nd			
	High Jump	2003 Indoor	6th	2nd			
	100m Hurdles	2003 Outdoor	1st	1st			
	400m Hurdles	2003 Outdoor	1st	1st			
	4x100m Relay	2003 Outdoor	1st	1st			
	4x400m Relay	2003 Outdoor	3rd	1st			
	High Jump	2003 Outdoor	4th	2nd			
	55m Hurdles	2004 Indoor	1st	1st			

Kerna, Carrie (cont.)	High Jump	2004 Indoor	1st	1st			
	4x400m Relay	2004 Indoor	1st	1st			
	200m	2004 Indoor	5th	2nd			
	100m Hurdles	2004 Outdoor	1st	1st			
	400m Hurdles	2004 Outdoor	1st	1st			
	High Jump	2004 Outdoor	2nd	1st			
	4x100m Relay	2004 Outdoor	2nd	1st			
	4x400m Relay	2004 Outdoor	2nd	1st			
Kerno, Amanda	5000m	2014 Indoor	3rd	1st	1	2	3
	10,000m	2014 Outdoor	4th	2nd			
	5000m	2014 Outdoor	6th	2nd			
Kirgan, Shanna	4x800m Relay	2012 Indoor	2nd	1st	1	0	1
Kroszner, Eileen	Shot Put	2011 Indoor	6th	2nd	1	1	2
	Hammer Throw	2014 Outdoor	3rd	1st			
Kudel, Jamie	100m	2000 Outdoor	2nd	1st	0	2	2
	200m	2000 Outdoor	3rd	1st			
Kulp, Tiffany	800m	2006 Indoor	1st	1st	13	10	23
	4x800m Relay	2006 Indoor	1st	1st			
	Distance Medley Relay	2006 Indoor	1st	1st			
	1500m	2006 Outdoor	1st	1st			
	5000m	2006 Outdoor	6th	2nd			
	800m	2007 Indoor	1st	1st			
	4x800m Relay	2007 Indoor	2nd	1st			
	Distance Medley Relay	2007 Indoor	2nd	1st			
	1500m	2007 Outdoor	1st	1st			
	3000m Steeplechase	2007 Outdoor	2nd	1st			
	800m	2008 Indoor	1st	1st			
	Mile	2008 Indoor	1st	1st			
	4x800m Relay	2008 Indoor	1st	1st			
	1500m	2008 Outdoor	1st	1st			
	3000m Steeplechase	2008 Outdoor	1st	1st			
	4x400m Relay	2008 Outdoor	2nd	1st			
	Mile	2009 Indoor	1st	1st			
	4x800m Relay	2009 Indoor	1st	1st			
	800m	2009 Indoor	2nd	1st			
	Distance Medley Relay	2009 Indoor	2nd	1st			
3000m Steeplechase	2009 Outdoor	1st	1st				
5000m	2009 Outdoor	1st	1st				
1500m	2009 Outdoor	2nd	1st				

<b>L</b>							
<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Lambert, Bri	Distance Medley Relay	2003 Indoor	1st	1st	2	1	3
	5000m	2003 Indoor	3rd	1st			
	1500m	2003 Outdoor	3rd	1st			
Lander, Kristin	4x400m Relay	2003 Indoor	1st	1st	3	6	9
	4x100m Relay	2003 Outdoor	1st	1st			
	4x400m Relay	2003 Outdoor	3rd	1st			
	400m Hurdles	2003 Outdoor	5th	2nd			
	Distance Medley Relay	2004 Indoor	1st	1st			
	4x400m Relay	2004 Outdoor	2nd	1st			
	400m Hurdles	2004 Outdoor	5th	2nd			
	4x200m Relay	2005 Indoor	4th	2nd			
4x100m Relay	2005 Outdoor	4th	2nd				
Lichti, Erin	4x100m Relay	2003 Outdoor	1st	1st	10	16	26
	100m	2003 Outdoor	2nd	1st			
	200m	2003 Outdoor	3rd	1st			
	4x400m Relay	2003 Outdoor	3rd	1st			
	4x400m Relay	2004 Indoor	1st	1st			
	55m	2004 Indoor	6th	2nd			
	100m	2004 Outdoor	1st	1st			
	200m	2004 Outdoor	1st	1st			
	4x100m Relay	2004 Outdoor	2nd	1st			
	4x400m Relay	2004 Outdoor	2nd	1st			

Lichti, Erin (cont.)	4x400m Relay	2005 Indoor	1st	1st			
	55m	2005 Indoor	2nd	1st			
	200m	2005 Indoor	3rd	1st			
	4x200m Relay	2005 Indoor	4th	2nd			
	200m	2005 Outdoor	1st	1st			
	4x400m Relay	2005 Outdoor	1st	1st			
	100m	2005 Outdoor	2nd	1st			
	4x100m Relay	2005 Outdoor	4th	2nd			
	4x200m Relay	2006 Indoor	1st	1st			
	4x400m Relay	2006 Indoor	1st	1st			
	55m	2006 Indoor	2nd	1st			
	200m	2006 Indoor	2nd	1st			
	200m	2006 Outdoor	1st	1st			
	4x100m Relay	2006 Outdoor	1st	1st			
	4x400m Relay	2006 Outdoor	1st	1st			
	100m	2006 Outdoor	2nd	1st			

Lockwood, Ashley	4x200m Relay	2010 Indoor	3rd	1st	8	10	18
	4x400m Relay	2010 Indoor	6th	2nd			
	4x100m Relay	2010 Outdoor	3rd	1st			
	4x400m Relay	2010 Outdoor	6th	2nd			
	4x400m Relay	2011 Indoor	2nd	1st			
	4x200m Relay	2011 Indoor	6th	2nd			
	4x400m Relay	2011 Outdoor	5th	2nd			
	400m	2011 Outdoor	6th	2nd			
	4x100m Relay	2011 Outdoor	6th	2nd			
	4x200m Relay	2012 Indoor	4th	2nd			
	4x400m Relay	2012 Indoor	5th	2nd			
	4x100m Relay	2012 Outdoor	3rd	1st			
	4x400m Relay	2012 Outdoor	5th	2nd			
	4x200m Relay	2013 Indoor	6th	2nd			
	4x400m Relay	2013 Indoor	3rd	1st			
	400m	2013 Outdoor	6th	2nd			
	4x400m Relay	2013 Outdoor	2nd	1st			
4x100m Relay	2013 Outdoor	1st	1st				

Loranger, Monica	High Jump	2011 Indoor	3rd	1st	6	7	13
	High Jump	2011 Outdoor	3rd	1st			
	Pole Vault	2011 Outdoor	4th	2nd			
	Pole Vault	2012 Indoor	6th	2nd			
	Pole Vault	2012 Outdoor	5th	2nd			
	High Jump	2013 Indoor	3rd	1st			
	Pole Vault	2013 Indoor	5th	2nd			
	High Jump	2013 Outdoor	5th	2nd			
	Pole Vault	2013 Outdoor	2nd	1st			
	High Jump	2014 Indoor	T-6th	2nd			
	Pole Vault	2014 Indoor	2nd	1st			
	High Jump	2014 Outdoor	4th	2nd			
	Pole Vault	2014 Outdoor	1st	1st			

<b>M</b>							
<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Martin, Maggie	4x800m Relay	2000 Indoor	2nd	1st	1	0	1
Meier, Casey	Javelin	2013 Outdoor	1st	1st	0	2	2
	Javelin	2014 Outdoor	1st	1st			
Mellen, Dawn	Weight Throw	2005 Indoor	5th	2nd	1	2	3
	Hammer Throw	2007 Outdoor	4th	2nd			
	Shot Put	2007 Outdoor	6th	2nd			
Merusi, Sarah	4x800m Relay	2007 Indoor	2nd	1st	7	3	10
	Distance Medley Relay	2007 Indoor	2nd	1st			
	4x400m Relay	2007 Indoor	3rd	1st			
	4x400m Relay	2007 Outdoor	4th	2nd			
	800m	2007 Outdoor	6th	2nd			
	Distance Medley Relay	2008 Indoor	1st	1st			
	4x400m Relay	2008 Indoor	3rd	1st			
	4x800m Relay	2010 Indoor	2nd	1st			
	Distance Medley Relay	2010 Indoor	3rd	1st			
4x800m Relay	2010 Outdoor	1st	1st				

Miles, Chelsea	High Jump	2006 Indoor	2nd	1st	15	19	34
	Triple Jump	2006 Indoor	2nd	1st			
	Long Jump	2006 Indoor	3rd	1st			
	High Jump	2006 Outdoor	2nd	1st			
	Triple Jump	2006 Outdoor	2nd	1st			
	Long Jump	2006 Outdoor	3rd	1st			
	4x200m Relay	2007 Indoor	2nd	1st			
	Triple Jump	2007 Indoor	3rd	1st			
	4x400m Relay	2007 Indoor	3rd	1st			
	High Jump	2007 Outdoor	2nd	1st			
	Triple Jump	2007 Outdoor	3rd	1st			
	4x400m Relay	2007 Outdoor	4th	2nd			
	Long Jump	2007 Outdoor	5th	2nd			
	4x100m Relay	2007 Outdoor	6th	2nd			
	High Jump	2008 Indoor	2nd	1st			
	Long Jump	2008 Indoor	2nd	1st			
	Triple Jump	2008 Indoor	2nd	1st			
	4x400m Relay	2008 Indoor	3rd	1st			
	Triple Jump	2008 Outdoor	2nd	1st			
	4x400m Relay	2008 Outdoor	2nd	1st			
	High Jump	2008 Outdoor	3rd	1st			
	Long Jump	2008 Outdoor	4th	2nd			
	4x100m Relay	2008 Outdoor	5th	2nd			
	High Jump	2009 Indoor	2nd	1st			
	Long Jump	2009 Indoor	2nd	1st			
	Triple Jump	2009 Indoor	2nd	1st			
	4x200m Relay	2009 Indoor	5th	2nd			
	4x400m Relay	2009 Indoor	5th	2nd			
	4x400m Relay	2009 Outdoor	1st	1st			
	Triple Jump	2009 Outdoor	2nd	1st			
	Long Jump	2009 Outdoor	2nd	1st			
	4x100m Relay	2009 Outdoor	4th	2nd			
High Jump	2009 Outdoor	T-5th	2nd				
200m	2009 Outdoor	6th	2nd				

Morrisette, Amanda	Weight Throw	2006 Indoor	3rd	1st	2	2	4
	Shot Put	2006 Indoor	4th	2nd			
	Shot Put	2006 Outdoor	3rd	1st			
	Hammer Throw	2006 Outdoor	4th	2nd			

Moser, Casey	Triple Jump	2001 Indoor	1st	1st	7	2	9
	Long Jump	2002 Indoor	5th	2nd			
	Triple Jump	2002 Indoor	6th	2nd			
	Long Jump	2002 Outdoor	6th	2nd			
	Triple Jump	2003 Indoor	4th	2nd			
	Long Jump	2003 Indoor	5th	2nd			
	Triple Jump	2003 Outdoor	3rd	1st			
	Triple Jump	2004 Indoor	3rd	1st			
	Long Jump	2004 Indoor	3rd	1st			

Murphy, Nicole	Distance Medley Relay	2005 Indoor	2nd	1st	3	4	7
	4x400m Relay	2005 Outdoor	1st	1st			
	400m	2005 Outdoor	6th	2nd			
	4x400m Relay	2006 Indoor	1st	1st			
	Distance Medley Relay	2006 Indoor	1st	1st			
	4x400m Relay	2006 Outdoor	1st	1st			
400m	2006 Outdoor	6th	2nd				

Myket, Emily	4x200m Relay	2012 Indoor	4th	2nd	1	0	1
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<b>N</b>							
<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Nace, Jamie	4x200m Relay	2003 Indoor	5th	2nd	1	2	3
	Long Jump	2003 Outdoor	2nd	1st			
	Triple Jump	2003 Outdoor	4th	2nd			
Nellis, Elaina	3000m Steeplechase	2012 Outdoor	6th	2nd	0	3	3
	3000m Steeplechase	2013 Outdoor	5th	2nd			
	3000m Steeplechase	2014 Outdoor	5th	2nd			
Niedermayer, Jenna	Long Jump	2010 Indoor	2nd	1st	15	14	29

Niedermayer, Jenna (cont.)	Triple Jump	2010 Indoor	3rd	1st				
	4x200m Relay	2010 Indoor	3rd	1st				
	55m	2010 Indoor	5th	2nd				
	Long Jump	2010 Outdoor	2nd	1st				
	100m	2010 Outdoor	3rd	1st				
	Triple Jump	2010 Outdoor	3rd	1st				
	4x100m Relay	2010 Outdoor	3rd	1st				
	Long Jump	2011 Indoor	1st	1st				
	Triple Jump	2011 Indoor	1st	1st				
	High Jump	2011 Indoor	4th	2nd				
	Triple Jump	2011 Outdoor	1st	1st				
	Long Jump	2011 Outdoor	2nd	1st				
	Triple Jump	2012 Indoor	1st	1st				
	Long Jump	2012 Indoor	2nd	1st				
	4x200m Relay	2012 Indoor	4th	2nd				
	High Jump	2012 Indoor	6th	2nd				
	Long Jump	2012 Outdoor	1st	1st				
	Triple Jump	2012 Outdoor	1st	1st				
	4x100m Relay	2012 Outdoor	3rd	1st				
	High Jump	2012 Outdoor	T-3rd	1st				
	60m	2013 Indoor	6th	2nd				
	Long Jump	2013 Indoor	1st	1st				
	Triple Jump	2013 Indoor	1st	1st				
	High Jump	2013 Indoor	2nd	1st				
	Triple Jump	2013 Outdoor	1st	1st				
	High Jump	2013 Outdoor	4th	2nd				
	4x100m Relay	2013 Outdoor	1st	1st				
	Long Jump	2013 Outdoor	1st	1st				
	Nordyke, Katie	10,000m	2010 Outdoor	6th	2nd	0	1	1
	Nugent, Jenna	4x800m Relay	2000 Indoor	2nd	1st	1	0	1

## O

Athlete	Event	MAC Championship	Finish	All-MAC Team	Indoor	Outdoor	Total
O'Brien, Kristen	5000m	2008 Indoor	6th	2nd	3	6	9
	10,000m	2008 Outdoor	4th	2nd			
	5000m	2008 Outdoor	5th	2nd			
	4x800m Relay	2009 Indoor	1st	1st			
	Distance Medley Relay	2009 Indoor	2nd	1st			
	10,000m	2010 Outdoor	2nd	1st			
	5000m	2010 Outdoor	6th	2nd			
	10,000m	2011 Outdoor	1st	1st			
	5000m	2011 Outdoor	4th	2nd			
Oliver, Lindsey	4x200m Relay	2006 Indoor	1st	1st	3	2	5
	55m	2006 Indoor	4th	2nd			
	4x200m Relay	2007 Indoor	2nd	1st			
	4x400m Relay	2007 Outdoor	4th	2nd			
	4x100m Relay	2007 Outdoor	6th	2nd			

## P

Athlete	Event	MAC Championship	Finish	All-MAC Team	Indoor	Outdoor	Total
Patrick, Jill	Distance Medley Relay	2009 Indoor	2nd	1st	4	3	7
	4x400m Relay	2009 Indoor	5th	2nd			
	4x400m Relay	2009 Outdoor	1st	1st			
	400m Hurdles	2009 Outdoor	4th	2nd			
	Distance Medley Relay	2010 Indoor	3rd	1st			
	4x400m Relay	2010 Outdoor	6th	2nd			
Distance Medley Relay	2011 Indoor	1st	1st				
Patton, Megan	5000m	2011 Indoor	5th	2nd	4	4	8
	10,000m	2011 Outdoor	3rd	1st			
	3000m Steeplechase	2011 Outdoor	4th	2nd			
	5000m	2012 Indoor	5th	2nd			
	5000m	2013 Indoor	4th	2nd			
	Distance Medley Relay	2013 Indoor	4th	2nd			
	3000m Steeplechase	2013 Outdoor	1st	1st			
5000m	2013 Outdoor	3rd	1st				

Pekurny, Lindsey	4x200m Relay	2013 Indoor	6th	2nd	2	0	2
	4x400m Relay	2013 Indoor	3rd	1st			
Pettibon, Kristen	200m	2002 Indoor	5th	2nd	2	1	3
	4x100m Relay	2002 Outdoor	3rd	1st			
	4x200m Relay	2003 Indoor	5th	2nd			
Popp, Jessica	Pole Vault	2001 Indoor	1st	1st	3	2	5
	Pole Vault	2002 Indoor	2nd	1st			
	Pole Vault	2002 Outdoor	3rd	1st			
	Pole Vault	2003 Indoor	5th	2nd			
	Pole Vault	2003 Outdoor	4th	2nd			
Porter, Amanda	Hammer Throw	2014 Outdoor	6th	2nd	0	2	2
	Shot Put	2014 Outdoor	3rd	1st			

## Q

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Quinto, Casey	4x400m Relay	2014 Indoor	6th	2nd	2	2	4
	Distance Medley Relay	2014 Indoor	3rd	1st			
	4x800m Relay	2014 Outdoor	2nd	1st			
	4x400m Relay	2014 Outdoor	4th	2nd			

## R

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Rahtes, Allison	5000m	2007 Indoor	5th	2nd	1	0	1
Rever, Sarah	4x400m Relay	2003 Indoor	1st	1st	2	0	2
	Distance Medley Relay	2003 Indoor	1st	1st			
Richards, Janna	Distance Medley Relay	2010 Indoor	3rd	1st	4	4	8
	4x400m Relay	2010 Indoor	6th	2nd			
	4x800m Relay	2010 Outdoor	1st	1st			
	4x400m Relay	2011 Indoor	2nd	1st			
	4x200m Relay	2011 Indoor	6th	2nd			
	4x800m Relay	2011 Outdoor	2nd	1st			
	800m	2011 Outdoor	4th	2nd			
	4x400m Relay	2011 Outdoor	5th	2nd			
Riley, Jenna	Triple Jump	2005 Indoor	6th	2nd	4	4	8
	Triple Jump	2005 Outdoor	6th	2nd			
	Triple Jump	2006 Indoor	5th	2nd			
	Triple Jump	2006 Outdoor	5th	2nd			
	Triple Jump	2007 Indoor	2nd	1st			
	Triple Jump	2007 Outdoor	1st	1st			
	Triple Jump	2008 Indoor	3rd	1st			
	Triple Jump	2008 Outdoor	3rd	1st			
Riley, Lauren	Pole Vault	2008 Indoor	4th	2nd	2	2	4
	4x200m Relay	2008 Indoor	4th	2nd			
	Pole Vault	2008 Outdoor	2nd	1st			
	4x100m Relay	2008 Outdoor	5th	2nd			
Russell, Jessica	Discus	2002 Outdoor	3rd	1st	0	1	1
Ryder, Meghan	4x800m Relay	2005 Indoor	3rd	1st	6	1	7
	4x800m Relay	2006 Indoor	1st	1st			
	4x800m Relay	2007 Indoor	2nd	1st			
	Distance Medley Relay	2007 Indoor	2nd	1st			
	Distance Medley Relay	2008 Indoor	1st	1st			
	4x800m Relay	2008 Indoor	2nd	1st			
	4x400m Relay	2008 Outdoor	2nd	1st			

## S

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Santore, Amanda	4x800m Relay	2003 Indoor	4th	2nd	3	0	3
	4x800m Relay	2004 Indoor	1st	1st			
	Distance Medley Relay	2004 Indoor	1st	1st			
Shank, Taryn	5000m	2010 Indoor	1st	1st	2	5	7

Shank, Taryn (cont.)	5000m	2010 Outdoor	1st	1st			
	10,000m	2010 Outdoor	1st	1st			
	5000m	2012 Outdoor	3rd	1st			
	10,000m	2012 Outdoor	5th	2nd			
	5000m	2013 Indoor	6th	2nd			
	10,000m	2013 Outdoor	5th	2nd			
Slater, Deanna	4x200m Relay	2014 Indoor	5th	2nd	1	0	1
St. Clair, Melissa	5000m	2003 Indoor	1st	1st	7	4	11
	Distance Medley Relay	2003 Indoor	1st	1st			
	10,000m	2003 Outdoor	5th	2nd			
	4x800m Relay	2004 Indoor	1st	1st			
	Distance Medley Relay	2004 Indoor	1st	1st			
	1500m	2004 Indoor	2nd	1st			
	5000m	2004 Outdoor	1st	1st			
	1500m	2004 Outdoor	3rd	1st			
	5000m	2005 Indoor	1st	1st			
	Distance Medley Relay	2005 Indoor	2nd	1st			
5000m	2005 Outdoor	1st	1st				
Stapleton, Christie	4x200m Relay	2007 Indoor	2nd	1st	2	1	3
	4x400m Relay	2007 Indoor	3rd	1st			
	4x100m Relay	2007 Outdoor	6th	2nd			
Steinmetz, Sarah	10,000m	2010 Outdoor	4th	2nd	0	2	2
	10,000m	2013 Outdoor	6th	2nd			
Sulon, Sarah	Distance Medley Relay	2011 Indoor	1st	1st	2	0	2
	4x800m Relay	2011 Indoor	2nd	1st			

## T

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Tearnan, Amelia	4x800m Relay	2012 Indoor	2nd	1st	6	7	13
	4x800m Relay	2012 Outdoor	1st	1st			
	800m	2012 Outdoor	6th	2nd			
	800m	2013 Indoor	6th	2nd			
	4x800m Relay	2013 Indoor	2nd	1st			
	4x800m Relay	2013 Outdoor	3rd	1st			
	800m	2014 Indoor	4th	2nd			
	Mile	2014 Indoor	4th	2nd			
	4x800m Relay	2014 Indoor	1st	1st			
	4x800m Relay	2014 Outdoor	2nd	1st			
	1500m	2014 Outdoor	6th	2nd			
	800m	2014 Outdoor	3rd	1st			
	4x400m Relay	2014 Outdoor	4th	2nd			
Tempone, Traci	5000m	2011 Indoor	2nd	1st	10	12	22
	Mile	2011 Indoor	3rd	1st			
	5000m	2011 Outdoor	1st	1st			
	4x800m Relay	2011 Outdoor	2nd	1st			
	1500m	2011 Outdoor	4th	2nd			
	5000m	2012 Indoor	1st	1st			
	Distance Medley Relay	2012 Indoor	1st	1st			
	Mile	2012 Indoor	3rd	1st			
	1500m	2012 Outdoor	1st	1st			
	5000m	2012 Outdoor	1st	1st			
	10,000m	2012 Outdoor	1st	1st			
	Mile	2013 Indoor	1st	1st			
	5000m	2013 Indoor	1st	1st			
	10,000m	2013 Outdoor	1st	1st			
	1500m	2013 Outdoor	5th	2nd			
	5000m	2013 Outdoor	1st	1st			
	Mile	2014 Indoor	1st	1st			
	3000m	2014 Indoor	2nd	1st			
	5000m	2014 Indoor	1st	1st			
	10,000m	2014 Outdoor	1st	1st			
1500m	2014 Outdoor	2nd	1st				
5000m	2014 Outdoor	2nd	1st				
Torchia, Julie	4x800m Relay	2004 Indoor	1st	1st	3	0	3

Torchia, Julie (cont.)	Distance Medley Relay 4x800m Relay	2004 Indoor 2005 Indoor	1st 3rd	1st 1st			
Tracy, Crystal	Shot Put	2003 Indoor	4th	2nd	1	0	1
Tursi, Megan	Distance Medley Relay 4x800m Relay 3000m Steeplechase Distance Medley Relay Mile 5000m 3000m Steeplechase 1500m 5000m Mile 3000m Steeplechase 3000m 5000m 10,000m 3000m Steeplechase 5000m	2011 Indoor 2011 Indoor 2011 Outdoor 2012 Indoor 2012 Indoor 2012 Indoor 2012 Outdoor 2012 Outdoor 2012 Outdoor 2013 Indoor 2013 Outdoor 2014 Indoor 2014 Indoor 2014 Outdoor 2014 Outdoor 2014 Outdoor	1st 2nd 2nd 1st 4th 6th 1st 4th 6th 6th 2nd 3rd 2nd 6th 1st 1st 4th	1st 1st 1st 1st 2nd 2nd 1st 2nd 2nd 2nd 1st 1st 1st 2nd 1st 2nd	8	8	16

## U

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Underkofler, Ashley	4x400m Relay 4x800m Relay 800m 4x400m Relay Distance Medley Relay 4x400m Relay 4x800m Relay 4x200m Relay 4x400m Relay	2012 Indoor 2012 Outdoor 2012 Outdoor 2012 Outdoor 2013 Indoor 2013 Indoor 2013 Outdoor 2014 Indoor 2014 Indoor	5th 1st 3rd 5th 4th 3rd 3rd 5th 6th	2nd 1st 1st 2nd 2nd 1st 1st 2nd 2nd	5	4	9

## V

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Van Blarcom, Melissa	4x100m Relay	2007 Outdoor	6th	2nd	0	1	1
VanDenHengel, Megan	4x400m Relay 4x400m Relay 800m 4x800m Relay 800m 1500m 800m 5000m Mile 4x800m Relay	2007 Indoor 2007 Outdoor 2007 Outdoor 2009 Indoor 2009 Indoor 2009 Outdoor 2009 Outdoor 2009 Outdoor 2010 Indoor 2010 Indoor	3rd 4th 5th 1st 3rd 5th 6th 6th 2nd 2nd	1st 2nd 2nd 1st 1st 2nd 2nd 2nd 1st 1st	5	8	13

## W

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Wagmeister, Payton	Javelin	2014 Outdoor	6th	2nd	0	1	1
Walmer, Alex	4x800m Relay	2008 Indoor	2nd	1st	1	0	1
Wedekind, Liz	5000m 10,000m	2014 Indoor 2014 Outdoor	5th 5th	2nd 2nd	1	1	2
Whalen, Kim	Distance Medley Relay 4x800m Relay 4x800m Relay 4x400m Relay 4x800m Relay 4x200m Relay 4x800m Relay Distance Medley Relay 800m	2003 Indoor 2003 Indoor 2004 Indoor 2005 Indoor 2005 Indoor 2005 Indoor 2006 Indoor 2006 Indoor 2006 Outdoor	1st 4th 1st 1st 3rd 4th 1st 1st 4th	1st 2nd 1st 1st 1st 2nd 1st 1st 2nd	8	1	9
Whitley, Gabrielle	High Jump High Jump	2008 Outdoor 2009 Outdoor	5th T-5th	2nd 2nd	0	2	2

Williamson, Lisa	4x100m Relay	2009 Outdoor	4th	2nd	0	1	1
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## X

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
NONE							

## Y

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Young, Kati	Long Jump	1999 Indoor	N/A	1st	1	0	1

## Z

<b>Athlete</b>	<b>Event</b>	<b>MAC Championship</b>	<b>Finish</b>	<b>All-MAC Team</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Total</b>
Zylka, Jackie	4x200m Relay	2013 Indoor	6th	2nd	2	0	2
	4x200m Relay	2014 Indoor	5th	2nd			

**Total:** 108 athletes have earned All-MAC honors



