

**UCCS (University of Colorado-Colorado Springs)
Women's Cross Country History / Records
1996-present**

The UCCS cross country program was started in 1996 and has competed in the RMAC since then. From 1996-1999 UCCS competed in the NCAA II South-Central Region and from 2000-present they have competed in the NCAA II North-Central Region.

All-RMAC Team (top 10 finish at the RMAC Championships through 2007. Starting in 2008 the RMAC recognized a 1st team 1st-7th, a 2nd team 8th-14th and a 3rd team 15th-21st)

2000	Sarah Vigil	5 th
	Madilyn Bosen	8 th
	Kira Claussen	9 th
2001	Amanda Occhi	9 th
2005	Shannon Payne	4 th
2006	Shannon Payne	2 nd
	Ashley Birger	9 th
2008	Shannon Payne	2 nd

All-NCAA II Regional Team (top 15 finish at the NCAA II Regional Championships)

1997	Deanna Kerl	13 th
1999	Kira Claussen	13 th
2000	Sarah Vigil	11 th
2001	Amanda Occhi	11 th
2004	Shannon Payne	14 th
2005	Shannon Payne	4 th
	Sarah Shepard	13 th
2006	Shannon Payne	3 rd
	Ashley Birger	12 th
	Jenna Dorsey-Spitz	13 th
2008	Shannon Payne	1 st (NCAA II Central Region Champion)

NCAA II National Championship Competitors
***Denotes All-Americans**

(The top 30 finishers (regardless of nationality) at the NCAA II National Championships are named USTFCCCA II all-Americans. The top 30 American citizens finishing are also named USTFCCCA Coaches all-Americans)

1997	Deanna Kerl	55th
1999	Kira Claussen	29th*
2000	Sarah Vigil	13 th *
	Sarah Gray	34 th *
	Kelly Smith	74 th
	Kira Claussen	89 th
	Madilynn Bosen	90 th
	Traci Dworshak	118 th
	Amanda Campell	164 th
	2001	Amanda Occhi
2002	Sarah Vigil	53 rd
	Michaela Emick	63 rd
	Kelly Smith	67 th
	Tina Gray	76 th
	Megan Lund	94 th
	Chelsey Cerrillo	137 th
2004	Sarah Cowhick	165 th
	Shannon Payne	35 th *
	Tina Gray	66 th
	Sarah Shepard	67 th
	Megan Lund	127 th
	Kari Samuelson	147 th
	Chelsey Cerrillo	155 th
	Jessica Urban	176 th
2005	Shannon Payne	10 th *
	Sarah Shepard	31 st *
2006	Shannon Payne	11 th *
	Jenna Dorsey-Spitz	35 th *
	Ashley Birger	44 th
	Sarah Shepard	47 th
	Lisa Short	128 th
	Christy Severy	145 th
2008	Whitney Lund	156 th
	Shannon Payne	3 rd * (3-time NCAA All-American)

Team Finishes

Year	RMAC	NCAA II Regional	NCAA II Championships
1996	DNC	10	DNC
1997	3	5	DNC
1998	3	8	DNC
1999	3	4	DNC
2000	2	5	10
2001	3	7	DNC
2002	3	3	11
2003	3	6	DNC
2004	3	4	16
2005	4	5	DNC
2006	3	3	7
2007	5	12	DNC
2008	5	8	DNC