

**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 2000-2011 they competed in the NCAA II North-Central Region.

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

2000	Sarah Vigil	5th
	Madilyn Bosen	8th
	Kira Claussen	9th
2001	Amanda Occhi	9th
2005	Shannon Payne	4th
2006	Shannon Payne	2 <sup>nd</sup>
	Ashley Birger	9th
2008	Shannon Payne	2 <sup>nd</sup>
2010	Kaitlin Frier	16th

**All-NCAA II Regional Team (through 2010 the top 15 finishers at the NCAA II Regional Championships were recognized. Starting in 2011 the top 25 finishers in region were recognized on the All-NCAA II Regional Team)**

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

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

(Until 2010 the top 30 finishers overall (regardless of nationality) and the top 30 American citizen finishers at the NCAA II National Championships were named USTFCCCA all-Americans. Starting in 2010 the standard changed to the top 40 finishers overall regardless of nationality at the NCAA Championships were named USTFCCCA all-Americans).

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

### Team Finishes

<b>Year</b>	<b>RMAC</b>	<b>NCAA II Regional</b>	<b>NCAA II Championships</b>
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
2009	8	16	DNC
2010	8	14	DNC
2011	8	11	DNC