

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

**All-RMAC Team (top 10 finish at the RMAC Championships)**

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

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

1997	Deanna Kerl	13th
1999	Kira Claussen	13th
2000	Sarah Vigil	11th
2001	Amanda Occhi	11th
2004	Shannon Payne	14th
2005	Shannon Payne	4th
	Sarah Shepard	13th
2006	Shannon Payne	3rd
	Ashley Birger	12th
	Jenna Dorsey-Spitz	13th

**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	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

### 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