


REGULAR SEASON CONFERENCE CHAMPIONSHIPS


**1989 Big Eight Champions
(14-0)**

Basketball, as in life, offers its share of firsts. And the 1988-89 season was no exception. The Buffs would open the pre-season with a 10-3 showing, including the program's first win over Louisiana Tech. The 61-60 win would be Colorado's first over a No. 2 ranked team and Barry would use that win to catapult the Buffs to a 20-game win streak that would come to a halt during the NCAA Tournament. But not before the Buffs would claim the Big Eight Conference's first undefeated regular season (14-0) title, their first tournament title and lay claim to the program's first conference player-of-the-year in Bridget Turner.



**1994 Big Eight Champions
(12-2)**

Colorado would graduate five seniors and reload with seven newcomers and leave the league's coaches to believe that they couldn't repeat its feats from the previous year. Although the nation's experts pegged the Buffs the No. 4 preseason team in the country, in the preseason Big Eight coaches poll, the Buffs would be picked to finish behind Kansas come March. Well, the exact opposite happened. Colorado would go 12-2 in conference competition and the preseason player-of-the-year would take a seat behind CU senior Jamillah Lang, crowned the 1994 conference queen.



**1993 Big Eight Champions
(12-2)**

A team little known to anyone outside the conference circles, the Buffs would take the nation by storm as they took a pre-season No. 25 ranking to No. 9 by March. A 15-game win streak to open the season would turn heads as CU was the country's seventh-ranked team when it opened the Big Eight campaign—a convincing 61-33 win over Kansas State in Boulder. The Buffs would live up to their preseason expectations to take the conference title, although few probably thought they would do it so convincingly, outscoring their league opponents by an average of more than 15 points a game.



**1995 Big Eight Champions
(14-0)**

If the 1989 conference season was a season of firsts, then the '95 campaign was when the Buffs would prove that history can repeat itself, and still provide some firsts. Following a 5-2 start, Colorado would go on a 25-game win streak, including the league's only second unblemished 14-0 conference record. Colorado's 74-71 win at Kansas State in the conference finale would put the seal on the league's only regular season conference three-peat and second straight conference player-of-the-year award winner in Shelley Sheetz. As they did in the 1993 postseason, the '95 Buffs would be the conference's second team to advance to a regional final in NCAA play.

CONFERENCE TOURNAMENT CHAMPIONSHIPS**1989 Big Eight**

Colorado's first conference tournament championship was icing on the cake of a dominant regular season where the Buffaloes swept the Big Eight (14-0). Having finished as runner up two of the previous three years, Colorado finally broke through in the championship game, and in dramatic fashion, needing double overtime to defeat Oklahoma State 98-92. Big Eight Player of the Year Bridget Turner took home Tournament MVP honors.

**1992 Big Eight**

Colorado started the 1992 Big Eight season at 0-3, but rallied to win 14 straight; 11 to finish the regular season and three more to capture its second tournament championship. Big Eight Newcomer of the Year Shelley Sheetz earned Tournament MVP honors leading the Buffaloes to wins over Kansas State (79-27), Nebraska (74-66) and Kansas (70-53). Colorado returned to the NCAA Tournament for the first time since its last Big Eight Tournament title team in 1989.

**1995 Big Eight**

Arguably the best women's basketball team in program history. Led by Player of the Year Shelley Sheetz and Newcomer of the Year Isabelle Fijalkowski, Colorado swept through the Big Eight regular season and tournament. That string of 17 wins was part of a larger 25-game win streak that vaulted the Buffaloes to the No. 2 national ranking and a No. 1 seed in the NCAA Tournament. Sheetz, earning her second Tournament MVP, led CU to wins over Iowa State (73-38), Oklahoma State (76-58) and Kansas (61-45) in the title game.

**1996 Big Eight**

Kansas put an end to Colorado's string of three-straight Big Eight regular season titles, but the Buffaloes would get the last laugh in more ways than one. After wins over Oklahoma (76-60) and Oklahoma State (69-59), Colorado upended Kansas (75-47) for its second-straight tournament title. What made this win even more special was it was the final tournament for the Big Eight as both the Buffaloes and Jayhawks would begin Big 12 Conference play that next season.

**1997 Big 12**

A new conference, but similar results for Colorado, as the old Big Eight and four Southwest Conference schools made up the new Big 12. Colorado finished third in its first Big 12 regular season, earning a No. 3 seed and first round bye. Sporting a roster full of players with plenty of "tournament time" experience, Colorado stormed past Iowa State (56-39), Texas (64-50) and Kansas State (54-44) to claim the inaugural Big 12 Tournament Championship and the league's automatic bid to the NCAA Tournament.



BIG EIGHT HISTORY *(from 1982-1996)*

CU at the Big Eight Tournament

1983

Colorado 78, Oklahoma 70
 Kansas State 97, Colorado 63
 All-tournament team: Diane Hiemstra

1984

Missouri 113, Colorado 51
 All-tournament team: none

1985

Missouri 87, Colorado 64
 All-tournament team: none

1986

Colorado 96, Nebraska 90
 Colorado 57, Kansas State 56
 Missouri 75, Colorado 63
 All-tournament team: Erin Carson

1987

Missouri 92, Colorado 77
 All-tournament team: none

1988

Colorado 79, Oklahoma State 68
 Colorado 84, Missouri 80
 Kansas 70, Colorado 69
 All-tournament team: Erin Carson

1989

Colorado 80, Oklahoma 61
 Colorado 83, Missouri 67
 Colorado 98, Oklahoma State 92 (2OT)
 All-tournament team: Crystal Ford (MVP); Bridget Turner

1990

Iowa State 70, Colorado 61
 All-tournament team: none

1991

Colorado 80, Oklahoma 75
 Kansas 76, Colorado 56
 All-tournament team: none

1992

Colorado 79, Kansas State 27
 Colorado 74, Nebraska 66
 Colorado 70, Kansas 53
 All-tournament team: Jamillah Lang (MVP); Shelley Sheetz

1993

Colorado 55, Kansas State 41
 Kansas 81, Colorado 78 (2OT)
 All-tournament team: Jamillah Lang

1994

Colorado 66, Iowa State 56
 Colorado 77, Nebraska 67
 Missouri 79, Colorado 71 (OT)
 All-tournament team: Shelley Sheetz; Jamillah Lang

1995

Colorado 73, Iowa State 38
 Colorado 76, Oklahoma State 58
 Colorado 61, Kansas 45
 All-tournament team: Raegan Scott, Shelley Sheetz (MVP)

1996

Colorado 76, Oklahoma 60
 Colorado 69, Oklahoma State 59
 Colorado 75, Kansas 47
 All-tournament team: Michelle Hasheider, De Celle Thomas, Erin Scholz (MVP)

Colorado's Big Eight History

Big Eight Record: 125-69/.644

Regular Season Titles: (4)-1989, 1993, 1994, 1995

Regular Season Runner-Up: (4)-1986, 1991, 1992, 1996

Big Eight Tournament Record: 21-10/.677

Tournament Titles: (4)-1989, 1992, 1995, 1996

Tournament Runner-Up: (3)-1986, 1988, 1994

Sportsmanship Titles: (3)-1991, 1992, 1993

Coach-of-the-Year Titles: (4)-1989, 1993, 1994, 1995

Player-of-the-Year Titles: (3)-1989, 1994, 1995

Newcomer-of-the-Year Titles: (4)-1986, 1990, 1992, 1995

First Team All-Big Eight Selections: 11

Second Team All-Big Eight Selections: 10

Honorable Mention All-Big Eight Selections: 21

First Team Academic All-Big Eight: 16

Honorable Mention Academic All-Big Eight: 14

Big Eight Conference Championship History

Year	Regular Season	Conference Record	Tournament
1982*	Kansas State		Kansas State
1983	Kansas State	12-2	Missouri
1984	Kansas State	12-2	Kansas State
	Missouri	12-2	
1985	Missouri	12-2	Missouri
1986	Oklahoma	10-4	Oklahoma
1987	Kansas	9-5	Kansas
	Kansas State	9-5	
1988	Nebraska	11-3	Kansas
1989	Colorado	14-0	Colorado
1990	Missouri	11-3	Oklahoma State
1991	Oklahoma State	11-3	Oklahoma State
1992	Kansas	12-2	Colorado
1993	Colorado	12-2	Kansas
1994	Colorado	12-2	Missouri
1995	Colorado	14-0	Colorado
1996	Kansas	11-3	Colorado

*Conference champion determined by postseason tournament in 1981-82 season.

All-Time Big Eight Win-Loss Records

(conference season games only)

School	Seasons	Title	Games	Wins	Losses	Pct.
Colorado	14	4	194	125	69	.644
Kansas	14	6	196	120	76	.612
Missouri	14	5	196	109	87	.556
Oklahoma State	14	1	196	101	95	.515
Oklahoma	14	1	195	92	103	.471
Kansas State	14	6	196	93	103	.474
Nebraska	14	1	196	92	104	.469
Iowa State	14		193	48	145	.249

Conference Newcomers of the Year



Bridget Turner
1986



Debbie Johnson
1990



Shelley Sheetz
1992



Isabelle Fijalkowski
1995

Conference Players of the Year



Bridget Turner
1989



Jamillah Lang
1994



Shelley Sheetz
1995

First Team All-Conference



Lisa Van Goor
1983



Diane Hiemstra
1984



Bridget Turner
1989



Debbie Johnson
1991



Shelley Sheetz
1993, '94, '95



Mindy Henry
1993



Jamillah Lang
1994



Isabelle Fijalkowski
1995



Erin Scholz
1996



BIG 12 HISTORY (from 1996-2011)



CU at the Big 12 Tournament

1997 No. 3 Seed
 Second Round: Colorado 56, Iowa State 39
 Semifinals: Colorado 64, Texas 50
 Championship: Colorado 54, Kansas State 44
 All-Tournament: La Shena Graham, Erin Scholz

1998 No. 8 Seed
 First Round: Colorado 71, Oklahoma 66
 Second Round: Texas Tech 81, Colorado 51

1999 No. 9 Seed
 First Round: Kansas State 55, Colorado 51

2000 No. 10 Seed
 First Round: Colorado 83, Missouri 68
 Second Round: Texas Tech 76, Colorado 60

2001 No. 4 Seed
 Second Round: Colorado 83, Missouri 72
 Semifinals: Oklahoma 102, Colorado 93

2002 No. 3 Seed
 Second Round: Iowa State 58, Colorado 56

2003 No. 4 Seed
 Second Round: Colorado 73, Oklahoma 68
 Semifinals: Texas 62, Colorado 47

2004 No. 3 Seed
 Second Round: Oklahoma 63, Colorado 56

2005 No. 12 Seed
 First Round: Iowa State 64, Colorado 62

2006 No. 11 Seed
 First Round: Nebraska 67, Colorado 59

2007 No. 8 Seed
 First Round: Colorado 71, Texas Tech 67
 Second Round: Texas A&M 62, Colorado 45

2008 No. 9 Seed
 First Round: Iowa State 76, Colorado 50

2009 No. 12 Seed
 First Round: Kansas State 68, Colorado 51

2010 No. 11 Seed
 First Round: Baylor 72, Colorado 65

2011 No. 9 Seed
 First Round: Kansas 71, Colorado 45

Colorado's Big 12 History

Big 12 Record: 100-140/.417
Regular Season Titles: 0
Regular Season Runner-Up: 1
Big 12 Tournament Record: 8-14/.364
Tournament Titles: 1-1997
Tournament Runner-Up: 0
Coach-of-the-Year Titles: 0
Player-of-the-Year Titles: 0
Newcomer-of-the-Year Titles: 0
Freshman-of-the-Year Titles: 0
"Sixth Man" Award Winners: 1
First Team All-Big 12 Selections: 5
Second Team All-Big 12 Selections: 5
Third Team All-Big 12 Selections: 5
Honorable Mention All-Big 12 Selections: 14
All-Rookie Team Selections: 2
First Team Academic All-Big 12: 33
Honorable Mention Academic All-Big 12: 18

Big 12 Conference Championship History

Year	Regular Season	Conference Record	Tournament
1997	Kansas	14-2	Colorado
1998	Texas Tech	15-1	Texas Tech
1999	Texas Tech	14-2	Texas Tech
2000	Iowa State/Texas Tech/Oklahoma	13-3	Iowa State
2001	Oklahoma	15-1	Iowa State
2002	Oklahoma	14-2	Oklahoma
2003	Texas	15-1	Texas
2004	Texas/Kansas State	14-2	Oklahoma
2005	Baylor	14-2	Baylor
2006	Oklahoma	16-0	Oklahoma
2007	Texas A&M/Oklahoma	13-3	Oklahoma
2008	Kansas State	13-3	Texas A&M
2009	Oklahoma	15-1	Baylor
2010	Nebraska	16-0	Texas A&M
2011	Baylor	5-1	Baylor

Big 12 Win-Loss Records (1996-2011)

Team	Won	Lost	Pct.
Oklahoma	157	83	.654
Baylor	151	89	.629
Iowa State	148	92	.617
Texas Tech	147	93	.613
Texas	142	98	.592
Kansas State	129	111	.538
Nebraska	112	128	.467
Colorado	100	140	.417
Texas A&M	97	143	.404
Kansas	92	148	.383
Oklahoma State	83	157	.346
Missouri	81	159	.338



First Team



Jackie McFarland 2006-07 and 2007-08



Tera Bjorklund 2002-03 and 2003-04



Brittany Spears 2011

Second Team



Erin Scholz 1996-97



Raegan Scott 1996-97



Mandy Nightingale 2001-02



Jackie McFarland 2005-06



Brittany Spears 2008-09

Third Team



LaShena Graham 1996-97



Jenny Routier 1999-2000, 2000-01, 2001-02



PAC-12 HISTORY

CU at the Pac-12 Tournament

2012 No. 10 seed

First Round: Colorado 55, Utah 41

Quarterfinals: California 68, Colorado 59

2013 No. 4 seed

Quarterfinals: Colorado 70, Washington 59

Semifinals: Stanford 61, Colorado 47

Colorado's Pac-12 History

Pac-12 Record: 19-15 (.559)

Regular Season Titles: 0

Pac-12 Tournament Record: 2-2

Tournament Titles: 0

First Team All-Pac 12 Selections: 2

Freshman of the Year: 1

All-Defensive Team Selections: 2

All-Freshman Selections: 3



Pac-12 Standings (since 1986-87)

School	Titles	W	L	Pct
Stanford	23	427	59	.879
Washington.....	3	288	198	.593
USC	2	281	205	.578
UCLA.....	1	278	208	.572
Colorado.....	0	19	15	.559
Oregon	2	239	247	.492
Arizona State	1	221	265	.455
Utah	0	16	20	.444
California.....	1	211	275	.434
Arizona	1	198	288	.407
Oregon State.....	0	171	315	.352
Washington State	0	117	369	.241

2013 Pac-12 Coaches Preseason Poll

Team (1st place votes)	Total
1. Stanford (11)	121
2. California (1)	111
3. Colorado	91
4. Washington	85
5. UCLA	80
6. USC	77
7. Utah	59
8. Oregon State	51
9. Washington State	50
10. Arizona State	29
11. Arizona	21
12. Oregon	17

Yearly Pac-12 Champions

1986-87	USC
1987-88	Washington
1988-89	Stanford
1989-90	Stanford, Washington
1990-91	Stanford
1991-92	Stanford
1992-93	Stanford
1993-94	USC
1994-95	Stanford
1995-96	Stanford
1996-97	Stanford
1997-98	Stanford
1998-99	Oregon, UCLA
1999-00	Oregon
2000-01	Arizona State, Stanford, Washington
2001-02	Stanford
2002-03	Stanford
2003-04	Stanford, Arizona
2004-05	Stanford
2005-06	Stanford
2006-07	Stanford
2007-08	Stanford
2008-09	Stanford
2009-10	Stanford
2010-11	Stanford
2011-12	Stanford
2012-13	California, Stanford



Chucky Jeffery, two-time First Team All-Pac-12 (2012, 2013)