


**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

**2014 No. 9 seed**

**First Round:** Colorado 76, UCLA 65

**Quarterfinals:** Stanford 69, Colorado 54

**2015 No. 9 seed**

**First Round:** Colorado 75, USC 63

**Quarterfinals:** Colorado 68, Oregon State 65

**Semifinals:** California 68, Colorado 55

## Colorado's Pac-12 History

**Pac-12 Record:** 25-27 (.481)

**Regular Season Titles:** 0

**Pac-12 Tournament Record:** 3-3

**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 .....	24	457	65	.875
Washington.....	3	309	213	.592
USC .....	2	299	223	.573
UCLA .....	1	293	229	.561
Oregon.....	2	251	271	.481
Arizona State .....	1	247	275	.473
California.....	1	237	285	.454
Colorado.....	0	31	41	.430
Arizona .....	1	202	320	.387
Oregon State.....	1	200	322	.383
Utah .....	0	23	39	.319
Washington State .....	0	133	389	.255



## 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
2013-14	Stanford
2014-15	Oregon State



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