



2009 MEN'S TRACK AND FIELD

CENTRAL COLLEGE

MEDIA GUIDE





Founded —1853

Enrollment — 1,558

Affiliation — Reformed Church in America

President — Dr. David Roe

Membership — Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year coeducational liberal arts college of the Reformed Church in America. Located 40 miles southeast of Des Moines, Central offers its 1,558 students learning opportunities not only on the Pella campus, but on branch campuses in London and Colchester, England; Merida, Yucatan, Mexico; Leiden, the Netherlands; Hangzhou, China and Bangor, Wales; and at study centers in Granada, Spain; Paris, France; and Vienna, Austria.

Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

The A.N. Kuyper Athletics Complex

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977), the cross country course (2005) the baseball and softball fields (1978), Ryerson Golf Practice Range (2002), tennis courts (1992), soccer field (2005) and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball diamonds and football fields. Golf meets are held at the Bos Landen Golf Resort, two miles southwest of the campus on Highway T-15.

Directory

Sports Information Director	Larry Happel
Office	(641) 628-5278
Home	(641) 628-2754
Cell	(641) 780-6118
Fax	(641) 628-5340
E-mail	sportsinfo@central.edu
Central athletics Web page	www.central.edu/athletics



ATHLETICS DEPARTMENT STAFF

Athletics director	Al Dorenkamp
Special assistant to the athletics director	John Edwards
Director of intramurals	Adam Stevens
Athletics office manager	Jeffy Schuring
Athletics secretary	Becky Cook
Head athletic trainer	Leslie Duinink
Assistant athletic trainer	Dustin Briggs
Assistant athletic trainer	Chris Viesselman
Athletic training education program director	John Roslien
Strength and conditioning director	Jake Anderson
Assistant strength and conditioning director	Kyle Johnson
Athletics and special events supervisor	Charlie Estabrook
Building and grounds manager	Randy Shives
Sports information director	Larry Happel
Sports information graduate assistant	Scott Kretzmann

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Andrew Green, assistant professor of political science
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	Shea Stamp
Assistant baseball	Brandon Townsend
Assistant baseball	Michael Edwards
Basketball - Men's	Mike Boschee
Assistant basketball	Joe Steinkamp
Assistant basketball	Chris Pierson
Assistant basketball	Brandon Townsend
Basketball - Women's	Jerry Nikkel
Assistant basketball	Andy Campbell
Assistant basketball	Gary Boeyink
Cross country - Men's/women's	Joe Dunham
Associate cross country	Stephen Fyfe
Football	Jeff McMartin
Assistant football	Jeff Bollard--tight ends
Assistant football	Dick Bowzer-quarterbacks/receivers
Assistant football	Darrell Brand--kickers/punters
Assistant football	Don De Waard--defensive coordinator/linebackers
Assistant football	Reid Evans--offensive line
Assistant football	Eric Jones--defensive line
Assistant football	Matt Paulsen--defensive backs
Assistant football	Zach Pfantz--defense
Assistant football	Jeff Sanger--stingers

Assistant football	Kevin Sanger--receivers/special teams
Assistant football	Drew Sikkink--offensive line
Assistant football	Jerry Southmayd--running backs
Golf - Men's	Charlie Estabrook
Assistant golf	Tom Linton
Assistant golf	Clint Brown
Golf - Women's	Jodee Schaben
Soccer - Men's	Garry Laidlaw
Assistant soccer	Kyle Halfpop
Assistant soccer	John Milligan
Soccer - Women's	Colin Kuchy
Assistant soccer	Kevin Schalk
Softball	George Wares
Associate softball	Alicia O'Brien
Assistant softball	Mary Vande Hoef
Assistant softball	Jake Fisher
Tennis - Men's/women's	Steve Tyler
Assistant men's tennis	Nick Rohner
Track and field - Men's/women's	Joe Dunham
Associate track and field	Guy Mosher
Assistant track and field	Stephen Fyfe
Assistant track and field	Mike Marcinkowski
Assistant track and field	Eric Pingel
Assistant track and field	Scott Tjeerdsma
Volleyball	Kent Clayberg
Assistant volleyball	Cindy Nikkel
Assistant volleyball	Megan Clayberg
Wrestling	Eric Van Kley
Assistant wrestling	Jason Zastrow
Assistant wrestling	Matt Diehl

HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

Name	Sport	E-mail	Office phone
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Dunham, Joe	Men's and women's track and field/ men's and women's cross country	dunhamj@central.edu	628-7603
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Kuchy, Colin	Women's soccer	kuchyc@central.edu	628-5224
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Nikkel, Jerry	Women's basketball	nikkelj@central.edu	628-5672
Sanger, Kevin	Men's and women's track and field	sangerk@central.edu	628-7603
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Tyler, Steve	Men's and women's tennis	tylers@central.edu	628-5194
Van Kley, Eric	Wrestling	vankleye@central.edu	628-5422
Wares, George	Softball	waresg@central.edu	628-5195

Fax numbers

Athletics department	(641) 628-5356
Sports information office	(641) 628-5340

Men's track and field

2009 schedule

Indoor

Dec. 5	Cyclone Holiday Preview	Ames
Jan. 23	Dutch Alumni Meet (exhibition)	Pella
Jan. 31	Titan Open	Bloomington, Ill.
Feb. 7	Hilltopper Invitational	Mount Vernon
Feb. 6-7	Adidas Iassic	Lincoln, Neb.
Feb. 14	Monmouth (Ill.) Classic	Monmouth, Ill.
Feb. 13-14	Iowa State Classic	Ames
Feb. 21	UNI-Dome Open	Cedar Falls
Feb. 27-28	Iowa Conference Championships	Waverly
March 7	Iowa State Last Chance Open	Ames
March 13-14	NCAA Division III meet	Terre Haute, Ind.

Outdoor

March 27-28	Viking Olympics	Rock Island, Ill.
April 4	Central Invitational	Pella
April 10-11	Jim Duncan Invitational	Des Moines
April 17-18	Doane Relays	Crete, Neb.
April 23-25	Drake Relays	Des Moines
April 25	Kip Janvrin Invitational	Indianola
May 1	Central Open	Pella
May 1-2	Iowa Conference Multi-Event Championships	Pella
May 8-9	Iowa Conference Championships	Pella
May 13	Central Last Chance Open	Pella
May 14-15	North Central Last Chance Open	Naperville, Ill.
May 15	Augustana Last Chance Open	Rock Island, Ill.
May 21-23	NCAA Division III Championships	Marietta, Ohio

MEN'S TRACK AND FIELD QUICK FACTS

2008 Iowa Conference indoor finish: 3rd

2008 Iowa Conference outdoor finish: 2nd

2008 NCAA Div. III indoor finish: 33rd

2008 NCAA Div. III outdoor finish: 17th, tie

2008 NCAA Div. III outdoor power ranking: 20th

2008 NCAA Div. III indoor qualifiers: Two athletes in two events

2008 NCAA Div. III outdoor qualifiers: Six athletes in five events

Returning NCAA outdoor qualifiers: Four athletes in two events (Luke Bolander, Alex Miller and Matt Patrick, 4x400 meter relay; Kurtis Brondyke, long jump)

Letterwinners lost: 5

Letterwinners returning: 26

2009 captains: Teddy Clark, Greg Foote, Alex Miller, Matt Patrick

Joe Dunham

Head coach

Former St. Norbert College (Wis.) coach Joe Dunham is in his first season as head men's and women's track and field coach at Central College. He is also serving as head men's and women's cross country coach.

A three-time all-America cross country honoree who also earned track and field all-America recognition at Denison University (Ohio) and Keene State College (N.H.), Dunham served as head track and field coach at St. Norbert for four seasons and cross country coach for three years. He resigned following the 2007 spring season to enter private business. During his tenure at St. Norbert, the Green Knights broke 41 school records and had numerous NCAA Division III meet qualifiers while capturing an individual national title in the 800 meters. His squads consistently placed near the top of the Midwest Conference despite not having an on-campus track facility.

Earlier Dunham spent two years as an assistant at Trinity College (Conn.), helping the women's cross country squad place second in the 2003 NCAA Division III meet. He earned a master's degree at Trinity.

Guy Mosher

Associate head coach - jumps, sprint, hurdles, combined events

Nationally recognized decathlon coach Guy Mosher is in his 17th year on the men's and women's track and field staff at Central and his fourth season as associate head coach. He works with the sprints, hurdles, jumps and combined events.

Mosher has coached athletes who have captured all-America honors more than 150 times in 12 events, including 15 national champions in seven events. He's also worked with Central's 4 x 400 meter relay teams which have posted all-American finishes 20 times, including three national championship units and four runners-up.

Mosher served as coach for decathlete Kip Janvrin in the 2000 Olympics in Australia. Under his direction, athletes have won six national decathlon/heptathlon crowns with five runners-up while gaining all-America honors 24 times.

In 1998, Mosher was selected to serve as a coach for the U.S. national decathlon team at the U.S. vs. Germany Decathlon in Lubbock, Texas. In 1997, he coached the U.S. junior decathlon squad in a meet against Canada.

Mosher is also a certified strength and conditioning specialist.

Stephen Fyfe

Assistant coach - 5000, 10000 meters

Stephen Fyfe is in his ninth year as assistant men's and women's track and field coach. A 1987 Central graduate, Fyfe earned three varsity letters in cross country and four in track and field. He continues to compete in road races on the masters level and has completed 13 marathons. Fyfe received his masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

Mike Marcinkowski

Assistant coach - throws

Mike Marcinkowski is in his eighth season as an assistant coach.

A native of Elkhart, Ind., Marcinkowski served as a high school coach for 10 years in Indiana. He participated in the shot put and discus at Indiana State University and continued throwing competitively until 1998. He won the shot put and discus at the World Police and Fire Games in Calgary, Alberta, Canada in 1996.

Marcinkowski is a graduate of Indiana State University and currently serves as the chief of police for the Pella Police Department.

Eric Pingel

Assistant coach - jumps, pole vault

Eric Pingel is in his eighth season as assistant men's and women's track and field coach at Central. He works with the pole vault and jumping events.

Pingel, a Northwestern College graduate, also attended Central and was a two-time NCAA Div. III all-American for the Dutch in the decathlon, placing second nationally in 1992. He placed in seven events in the Iowa Conference and was also a NAIA all-American for Northwestern in 1993.

Previously Pingel served as head boys' track coach at Spirit Lake Park High School. He teaches biology at Pella High School where he is also assistant cross country coach. Pingel is a certified strength and conditioning specialist.

Scott Tjeerdsma

Assistant coach - hurdles, jumps

Scott Tjeerdsma is in his first season as an assistant men's and women's track and field coach.

A 2007 Wartburg College graduate, Tjeerdsma had a stellar collegiate athletics career. He earned all-America recogni-

tion in outdoor track and field in 2005, 2006 and 2007 while gaining indoor all-America honors in 2007. He was an Iowa Conference individual champion six times as a hurdler and 400-meter runner.

Tjeerdsma was the Wartburg team MVP in 2006 and 2007 and twice was named to the U.S. Track and Field/Cross Country Coaches Association's all-academic team.

An elementary school teacher in Pella, Tjeerdsma was an assistant track and field coach for Pella High School for one season, focusing on the hurdling events. He helped the Little Dutch boys' and girls' teams qualify in a school-record 15 events for the state high school meet.

2008 season results

Indoor

Jan. 26	Midwest Invitational	Monmouth, Ill.	6th of 6 teams
Feb. 2	Hilltop Invitational	Mount Vernon	no team scores
Feb. 9	Bob Keck Invitational	Bloomington, Ill.	5th of 9 teams
Feb. 16	Impact Sports/Nike Invitational	Platteville, Wis.	no team scores
	Iowa State Track and Field Classic	Ames	no team scores
Feb. 29- March 1	IAC Indoor Championships	Decorah	3rd of 9 teams
March 8	Iowa State National Qualifier	Ames	no team scores
March 14-15	NCAA Division III Championship	Ada, Ohio	7th

Outdoor

March 30-31	Washington (Mo.) Invitational	St. Louis, Mo.	2nd of 16 teams
April 5	Central Invitational	Pella	7th of 18 teams
April 16	Central Triangular	Pella	no team scores
April 19	Dick Young Classic	Grinnell	3rd of 20 teams
April 24-26	Drake Relays	Des Moines	no team scores
April 25	Kip Janvrin Open	Indianola	no team scores
May 2	Central Open	Pella	no team scores
May 2-3	Iowa Conference Decathlon	Waverly	3rd of 6 teams
May 9-10	Iowa Conference Championships	Waverly	2nd of 9 teams
May 14	Central Last Chance	Pella	no team scores
May 15-16	Gregory Track and Field Invitational	Naperville, Ill.	no team scores
May 16	Augustana Twilight Open	Rock Island, Ill.	no team scores
May 22-24	NCAA Division III Championships	Oshkosh, Wis.	tie, 17th

2008 indoor results

Midwest Invitational

Jan. 26, 2008

Huff Athletic Center

Monmouth College

Monmouth, Ill.

Team scores

1. Augustana (Ill.) 158.5; 2. (tie) Wartburg 135; 2 (tie) Monmouth (Ill.) 135; 4. Ohio Northern 115.5; 5. Illinois Wesleyan 87; **6. Central 68**

Central's individual results

600 meters--1. Alex Miller, 1:23.00; 8. Elliot McDowell, 1:25.90; 9. Derek Townsend, 1:26.12; 15. Greg Foote, 1:28.24; 16. Spencer Coulter, 1:28.40; 17. Luke Bolander, 1:29.62; 19. Jake Coughenower, 1:36.18.

Mile--11. Brandon Williams, 4:37.50; 15. Cory Fitzsimmons, 4:38.79.

3,000 meters--7. Teddy Clark, 9:16.29; 10. Pierre Taylor, 9:27.89; 19. Andy Green, 10:07.09; 23. Brett Dietrich, 10:34.67.

55 meter hurdles--11. Kenny Outlaw, 8.71; 16. Andrew Hopper, 9.34.

4x200 meter relay--2. Dierikx/Contri/Patrick/Dailey, 1:32.21.

4x400 meter relay--1. Patrick/Dierikx/Contri/Miller; 9. Outlaw/Bolander/Dailey/McDowell, 3:36.75; 13. Fitzsimmons/Coulter/Williams/Townsend, 3:40.75; 14. Gegner/Williams/Mortell/Hoppe, 3:40.77.

High jump--5. Jordan Gegner, 5-11.25

Pole vault--15. Eddie Elkin, 11-5

Long jump--15. Kevin Good, 19-3; 18. Shane Hallengren, 18-4; 18. Dave Vonnahme, 18-4.

Shot put--2. Jason Fisher, 48-5; 3. Matt Graber, 47-6.5; 17. Owen Haberman, 35-9; 18. Greg Foote, 34-4.5; 21. Trevor Hixon, 30-5; 24. Matt Schmailzl, 29-11.

Weight throw--2. Jason Fisher, 50-9.5; 8. Owen Haberman, 44-11; Trevor Hixon, 26-1; 23. Matt Schmailzl, 23-3.5; 24. Bill Hall, 22-2.

Hilltop Invitational

Feb. 2, 2008

Small Center Fieldhouse

Cornell College

Mount Vernon, Iowa

No team scores

Central's individual results

200 meters-- 1. Guy Dierikx, 22.97; 4. Zac Bailey, 23.20; 10. Mitch Morris, 23.56; 18. Matt Patrick, 23.92; 26. Connor Dailey, 24.17; 36. Shane Hallengren, 24.47; 37. Brad Williams, 24.47; 41. Seth Meany, 24.79.

400 meters-- 14. Luke Bolander, 53.81; 27. Dustin Draisey, 55.20; 36. Noah Mortell, 56.96; 44. Jake Coughenower, 58.29.

800 meters-- 2. Alex Miller, 1:59.97; 11. Elliot McDowell, 2:03.62; 14. Derek Townsend, 2:05.26; 18.

Spencer Coulter, 2:06.44; 24. Cory Fitzsimmons, 2:09.39; 31. Brandon Williams, 2:13.09.

Mile--14. Cory Fitzsimmons, 4:40.91; 22. Brandon Williams, 4:53.61; 25. Andy Green, 4:55.19.

3,000 meters-- 24. Austin Vondracek, 10:02.04.

55 meter hurdles-- 12. Kenny Outlaw, 8.74; 22. Andrew Hopper, 9.14

4x400 meter relay-- 2. Dierikx/Bailey/Patrick/Miller, 2:25.13; 4. Gegner/Contri/Dailey/Bolander, 3:31.14; 15. Vonnahme/Coulter/McDowell/Townsend, 3:43.42; 21. Outlaw/Draisey/Gouldean/Hopper, 3:47.41.

Triple jump-- 7. David Vonnahme, 38-11.25; 8. Kevin Good, 38-1.5; 9. Austen Schueler, 37-9.25.

Long jump-- 10. Kevin Good, 19-0; 11. David Vonnahme, 18-10.5; 20. Shane Hallengren, 17-9.5.

Shot put-- 3. Jason Fisher, 48-10.25; 8. Matt Graber, 45-2.25; 30. Owen Haberman, 34-5; 35. Trevor Hixon, 31-6; 38. Jake Contri, 30-9.75.

Weight throw-- 2. Jason Fisher, 56-10.75; 15. Matt Graber, 42-0.75; 25. Trevor Hixon, 34-5.75.

High jump-- 4. Rich Plagman, 6-0; 6. Jordan Gegner, 6-0; 7. Cory Hall, 5-10.

Pole vault-- 10. Eddie Elkin, 10-11.75; 11. Jake Contri, 10-0.

Bob Keck Invitational

Feb. 9, 2008

Shirk Center Fieldhouse

Iowa Wesleyan University

Bloomington, Ill.

Team scores

1. Augustana (Ill.) 142; 2. Monmouth (Ill.) 112.5; 3. Chicago (Ill.) 100.5; 4. Illinois Wesleyan 87.5; **5. Central 63**; 6. Washington (Mo.) 62.5; 7. Illinois State 37; 8. Millikin (Ill.) 3; 9. Rhodes (Tenn.) 2.

Central's individual results

55 meters-- 8. Mitch Morris, 6.67; 16. Dave Vonnahme, 6.83; 21. Shane Hallengren, 6.89; 23. Brad Williams, 6.93; 24. Breighen Powell, 6.93; 25. Connor Dailey, 6.93; 28. Kevin Good 7.05; 31. Kenny Outlaw, 7.10; 35. Jake Coughenower, 7.55.

200 meters-- 13. Brad Williams, 23.93; 18. Connor Dailey, 24.14; 26. Breighen Powell, 24.70; 28. Seth Meany, 25.13; 31. Jake Coughenower, 25.85.

400 meters-- 2. Guy Dierikx, 49.24; 9. Matt Patrick, 51.98; 13. Jake Contri, 52.21; 29. Micah Seufferer, 56.42.

800 meters-- 1. Alex Miller, 1:57.12; 18. Spencer Coulter, 2:03.57; 22. Dustin Draisey, 2:04.85.

Mile-- 14. Brandon Williams, 4:35.78; 17. Teddy Clark, 4:38.49; 22. Pierre Taylor, 4:43.35; 25. Andy Green, 4:50.80.

3,000 meters-- 8. Cory Fitzsimmons, 9:33.64; 9. James Armstead, 9:35.45; 12. Austin Vondracek, 9:58.26; 15. Brett Dietrich, 10:13.71.

55 meter hurdles-- 13. Kenny Outlaw, 8.52.

4x400 meter relay-- 1. Patrick/Dierikx/Contri/Miller, 3:20.21; 7. Dailey/Bolander/Gegner/Williams, 3:31.33; 10. McDowell/Townsend/Coulter/Williams, 3:33.56; 15. Outlaw/Draisey/Seuferer/Coughenower, 3:41.99.

Distance medley-- 2. Townsend/Bolander/McDowell/Clark, 10:34.09.

Triple jump-- 7. Austen Schueler, 39-3.75; 8. Dave Vonnahme, 39-1; 9. Kevin Good, 38-4.25.

Long jump-- 9. Shane Hallengren, 19-11; 12. Kevin Good, 18-10.5.

Shot put-- 3. Jason Fisher, 46-9.75; 12. Matt Graber, 43-5.75; 21. Owen Haberman, 32-0; 22. Trevor Hixon, 31-6.75; 23. Matt Schmailzl, 31-6.75.

Weight throw-- 2. Jason Fisher, 57-3; 10. Matt Graber, 42-9.75; 20. Owen Haberman, 38-4; 24. Trevor Hixon, 35-2; 28. Matt Schmailzl, 23-6.75.

High jump-- 3. Jordan Gegner, 6-0.75; 5. Rich Plagman, 5-10.75; 7. Cory Hall, 5-10.75.

Pole vault-- 10. Eddie Elkin, 10-11.75.

Impact Sports/Nike Invitational

Feb. 16, 2008

**Wis.-Platteville
Platteville, Wis.**

No team scores

Central's individual results

5000 meters--16. Pierre Taylor, 16:05.90.

3000 meters--10. Teddy Clark, 9:04.13.

Shot put--14. Matt Graber, 42-11; 45. Owen Haberman, 32-9.5.

Weight throw--3. Jason Fisher, 56-5.75; 41. Owen Haberman, 31-7.25.

Iowa State Track and Field Classic

Feb. 16, 2008

**Iowa State University
Ames, Iowa**

No team scores

Central's individual results

60 meters--39. Zac Bailey, 7.15.

400 meters--33. Guy Dierikx, 49.40*.

800 meters--54. Alex Miller, 1:55.30.

4x400 meter relay--26. Patrick/Dierikx/Contri/Miller, 3:18.68*.

UNI-Dome Open

Feb. 23, 2008

**UNI Dome
University of Northern Iowa
Cedar Falls, Iowa**

No team scores.

Central's individual results

60 meters-- 26. Breighen Powell, 7.39; 27. Dave Vonnahme, 7.41; 28. Connor Dailey, 7.43; 34. Brad

Williams, 7.52; 36. Shane Hallengren, 7.53; 50. Kevin Good 7.66; 54. Kenny Outlaw, 7.80; 56. Andrew Hopper, 7.97.

200 meters-- 5. Guy Dierikx, 22.56; 9. Zac Bailey, 22.81; 19. Mitch Morris, 23.34; 24. Connor Dailey, 23.62; 27. Dave Vonnahme, 23.73; 28. Brad Williams, 23.74; 42. Shane Hallengren, 24.34; 43. Breighen Powell, 24.36; 60. Seth Meany, 25.42; 61. Jason Goulden, 25.69; 63. Jake Coughenower, 25.81.

400 meters-- 8. Matt Patrick, 51.78; 11. Luke Bolander, 52.09; 18. Jake Contri, 53.18.

600 meters-- 13. Micah Seuferer, 1:32.27.

800 meters-- 5. Alex Miller, 1:55.99; 6. Derek Townsend, 1:57.99; 10. Elliot McDowell, 1:59.39; 23. Teddy Clark, 2:03.22; 24. Spencer Coulter, 2:03.85.

Mile-- 6. Teddy Clark, 4:29.18.

3,000 meters-- 14. Pierre Taylor, 9:14.69; 19. James Armstead, 9:23.33; 20. Cory Fitzsimmons, 9:23.45; 36. Austin Vondracek, 10:16.59.

60 meter hurdles-- 24. Andrew Hopper, 9.59; 25. Jason Goulden, 9.61; 26. Kenny Outlaw, 9.65.

4x400 meter relay-- 2. Patrick/Dierikx/Contri/Miller, 3:21.71; 8. Bolander/Dailey/Williams/Townsend, 3:30.20; 13. McDowell/Gegner/Outlaw/Coulter, 3:34.66.

Triple jump-- 9. Dave Vonnahme, 39-1.75; 12. Kevin Good, 37-6.5; 12. Shane Hallengren, 37-6.5; 14. Austen Schueler, 37-3.25.

Long jump-- 14. Shane Hallengren, 20-9.25; 18. Dave Vonnahme, 20-1.5; 20. Kevin Good, 18-11.75.

Shot put-- 4. Jason Fisher, 48-5.5; 7. Matt Graber, 47-9; 24. Owen Haberman, 36-0; 25. Greg Foote, 33-4.5; 26. Trevor Hixon, 31-10; 28. Matt Schmailzl, 30-6.5.

Weight throw-- 1. Jason Fisher, 56-9.5; 8. Matt Graber, 47-5.75; 10. Owen Haberman, 43-1.5; 20. Trevor Hixon, 34-0.25; 24. Matt Schmailzl, 27-2.5.

High jump-- 9. Breighen Powell, 6-2.75; 10. Cory Hall, 6-0.75; 10. Jordan Gegner, 6-0.75.

Iowa Conference Indoor Championships

Feb. 29 - March 1, 2008

Luther College

Decorah, Iowa

Team scores

1. Wartburg 150.5; 2. Loras 118; **3. Central 108.5**; 4. Simpson 62; 5. Dubuque 61; 6. Buena Vista 60; 7. Coe 59; 8. Luther 49; 9. Cornell 34.

Central's individual results

55 meters-- 4. Zac Bailey, 6.62; 14. Mitch Morris, 6.72; 23. Seth Meany, 7.19.

200 meters-- 2. Guy Dierikx, 22.53; 17. Brad Williams, 23.67.

400 meters-- 1. Guy Dierikx, 48.74; 3. Matt Patrick, 51.43; 15. Jake Contri, 52.42.

800 meters-- 2. Alex Miller, 1:56.11; 4. Elliot McDowell, 1:57.44; 7. Derrick Townsend, 1:59.36.

Mile-- 11. Brandon Williams, 4:39.55; 12. Cory Fitzsimmons, 4:44.01; 16. Andy Green, 4:59.59.

3,000 meters-- 8. Teddy Clark, 9:04.57; 15. Pierre Taylor, 9:20.79; 17. James Armstead, 9:25.04.

55 meter hurdles-- 18. Jason Goulden, 8.85; 19.

Andrew Hopper, 8.89; 20. Kenny Outlaw, 9.11.
 4x200 meter relay-- 1. Dierikx/Bailey/Morris/Patrick, 1:30.58.
 4x400 meter relay-- 1. Patrick/Dierikx/Contri/Miller, 3:25.11.
 4x800 meter relay-- 2. Coulter/Draisey/McDowell/Miller, 8:03.63.
 Distance Medley-- 4. Townsend/Dailey/Draisey/Clark, 10:35.53.
 Triple jump-- 12. Dave Vonnahme, 39-10.5; 13. Kevin Good, 38-7; 7. Austen Schueler, 37-9.25.
 Long jump-- 6. Zac Bailey, 21-5.5; 9. Shane Hallengren, 21-1.5; 14. Dave Vonnahme, 19-2.
 Shot put-- 3. Matt Graber, 49-4.5; 10. Jason Fisher, 45-7; 21. Owen Haberman, 35-5.
 Weight throw-- 9. Owen Haberman, 44-5; 13. Matt Graber, 43-6.
 High jump-- 2. Kurtis Brondyke, 6-7; 3. Breighen Powell, 6-5; 4. Jordan Gegner, 6-3.25; 9. Cory Hall, 6-1.25; 11. Rich Plagman, 6-1.75.
 Pole vault-- 7. Eddie Elkin, 11-5.75; 8. Jake Contri, 10-0; 8. Zach Marks, 10-0.

2008 outdoor results

Washington Invitational

March 27-29, 2008

Bushyhead Track

Washington University

St. Louis, Mo.

Team scores

1. Wis.-Platteville 134; **2. Central 99**; 3. Wis.-Stout 84.5; 4. Vincennes (Ind.) 80; 5. Washington (Mo.) 79.5; 6. Greenville (Mo.) 67; 7. Illinois 53; 8. St. Louis 39; 9. Danville Area CC 35; 10. Anderson (Ind.) 34; 11. Southern Illinois-Edwardsville 27; 12. Florissant Valley CC (Mo.) 18; 13. Concordia (Wis.) 16; 14. Wis.-Whitewater 15; 15. (tie) Franklin (Mo.) 14; 15. Southern Indiana 14.

Central's individual results

100 meters--3. Zac Bailey, 10.91; 13. Mitch Morris, 11.20; 22. Shane Hallengren, 11.49; 23. Brad Williams, 11.55; 30. Connor Daily, 11.66; 31. Jake Contri, 11.74; 41. Seth Meany, 12.15

200 meters--3. Guy Dierikx, 22.81; 26. Mitch Morris, 24.08; 46. Seth Meany, 25.68; 48. Jake Coughenower, 25.78

400 meters--27. Jake Coughenower, 54.76

800 meters--1. Alex Miller, 1:54.55; 6. Elliott

McDowell, 1:57.68; 16. Dustin Draisey, 2:00.90; 23. Luke Bolander, 2:03.50; 27. Spencer Coulter, 2:04.07

1,500 meters--8. Teddy Clark, 4:08.33; 9. Derek Townsend, 4:09.34

5,000 meters--22. Teddy Clark, 15:59.44; 39. Brandon Williams, 16:27.25; 43. Cory Fitzsimmons, 16:34.52; 57.

Iowa State National Qualifier

March 8, 2008

Iowa State University

Ames, Iowa

No team scores

Central's individual results

60 meters--10. Zac Bailey, 7.09

800 meters--35. Elliott McDowell, 1:56.83.

4x400 meter relay--26. Patrick/Dierikx/Contri/Miller, 3:20.33

Weight throw-- 6. Jason Fisher, 54-2.75

High jump-- 6. Kurtis Brondyke, 6-4; 9. Breighen Powell, 6-2

NCAA Division III Championships

March 14-15, 2008

Ohio Northern University

Ada, Ohio

Team scores

1. Wis.-La Crosse, 43; 2. Monmouth, 33; 3. (tie) Wis.-Platteville, Wis.-Oshkosh, 21; 5. Hamilton, 20;

33. Central, 7

Central's individual results

400 meters- 4. Guy Dierikx, 49.57;

Weight throw-- 7. Jason Fisher, 57-9.5;

Austin Vondracek, 17:17.33; 63. Tyler Husak, 18:52.33

110 meter hurdles--15. Kenny Outlaw, 17.27; 17.

Jason Goulden, 17.48; 18. Andrew Hopper, 17.61; 20. Greg Foote, 17.97

400 meter hurdles--6. Jordan Gegner, 58.96; 8. Kenny Outlaw, 60.15; 13. Andrew Hopper, 61.42; 18. Jason Goulden, 63.74

4x100 meter relay--2. Morris/Dierikx/Bailey/Patrick, 42.14; DNP. Powell/Hallengren/Williams/Daily, 44.47

4x400 meter relay--4. Bolander/Miller/McDowell/Townsend, 3:26.43; 7. Williams/Dialy/Foote/Outlaw, 3:29.15

High jump--1. Kurtis Brondyke, 6-6.75; 8. Cory Hall, 5-10.75; 9. Jordan Gegner, 5-10.75; 10. Breighen Powell, 5-8.75

Long jump--1. Zac Bailey, 22-0.75; 3. Kurtis Brondyke, 21-3.5; 8. Shane Hallengren, 20-3.5; 14. Matt Patrick, 19-5.5; 18. Kevin Good, 19-0.75

Pole vault--15. Eddie Elkin, 11-11.75; 15. Jake Contri, 11-11.75

Triple jump--9. Rich Plagman, 37-3

Discus throw--7. Jason Fisher, 133-2; 15. Matt Graber, 121-3; 25. Greg Foote, 105-1

Hammer throw--3. Jason Fisher, 175-7; 29. Trevor Hixon, 94-5

Shot put--1. Matt Graber, 47-10.5; 27. Greg Foote, 34-3.5; 31. Trevor Hixon, 30-3.75

Javelin--2. Austen Schueler, 165-7; 12. Eddie Elkin, 134-4; 20. Cory Hall, 122-1; 21. Greg Foote, 121-11; 24. Jake Contri, 112-2; 27. Jameson Rosien, 108-9

Central Invitational
April 5, 2008
Ron and Joyce Schipper Stadium
Central College
Pella, Iowa

Team scores

1. Iowa 96; 2. Drake 94.2; 3. Augustana (Ill.) 97.5; 4. Iowa Central 75; 5. Hastings (Neb.) 70.5; 6. Buena Vista 59; **7. Central 54**; 8. Gustavus Adolphus 34; 9. Grand View 20; 10. Luther 19.2; 11. Northern Iowa 19; 12. Faith Baptist 10; 12. Coe 10; 14. Mount Mercy 6.5; 15. Ashford 2.2; 16. William Penn 2; 17. Clarke 1.5; 18. Loras 1.

Central's individual results

100 meters--5. Zac Bailey, 10.98; 14. Mitch Morris, 11.29; 17. Breighen Powell 11.39; 37. Seth Meany, 11.96
200 meters--6. Guy Dierikx, 22.01; 23. Brad Williams, 23.29; 31. Connor Daily, 23.68; 52. Jake Coughennower, 24.68; 58. Seth Meany, 25.65
800 meters--4. Alex Miller, 1:54.25; 10. Elloitt McDowell, 1:58.16; 15. Dustin Draisey, 2:00.74; 31. Spencer Coulter, 2:04.77; 40. Micah Seufferer, 2:08.62; 47. Cory Fitzsimmons, 2:11.57; Luke Bolander, 2:12.59
1,500 meters--9. Derek Townsend, 4:08.94; 25. Cory Fitzsimmons, 4:20.79; 33. James Armstead, 4:26.13
5,000 meters--9. Pierre Taylor, 16:00.43; 28. Austin Vondracek, 17:08.71; 37. Tyler Husak, 18:38.90
110 meter hurdles--16. Andrew Hopper, 17.33; 19. Kenny Outlaw, 17.76; 26. Jason Goulden, 21.36
400 meter hurdles--10. Jordan Gegner, 58.90; 13. Kenny Outlaw, 59.12; 18. Andrew Hopper, 60.92; 20. Jason Goulden, 61.57
3000 meter steeplechase-- 5. Teddy Clark, 10:06.93; 9. Brandon Williams, 10:36.45
4x100 meter relay-- Morris/Dierikx/Dailiy/Patrick, 42.9
4x400 meter relay-- Patrick/Miller/Contri/Dierikx, 3:20.49
High jump--3. Kurtis Brondyke, 6-6; 7. Cory Hall, 6-2; 7. Jordan Gegner, 6-2; 13. Breighen Powell, 6-0; 17. Rich Plagman, 5-10
Long jump--3. Kurtis Brondyke, 22-10; 10. Shane Hallengren, 20- 11.25; 12. Greg Foote, 20-6.5; 29. Jake Contri, 17-1.5
Pole vault--15. Greg Foote, 11-3
Triple jump--11. Rich Plagman, 39-6
Discus throw--6. Jason Fisher, 153-4; 28. Matt Graber, 117-7; 43. Greg Foote, 102-4; 49. Jake Contri, 74-11
Hammer throw--2. Jason Fisher, 178-10; 20. Matt Graber, 129-5; 37. Trevor Hixon, 78-5
Shot put--7. Matt Graber, 46-2; 32. Bill Hall, 33-8; 35. Trevor Hixon, 31-8.5
Javelin--6. Austen Schueler, 150-7; 7. Matt Schmailzl, 144-6; 10. Cory Hall, 140-5; 14. Jameson Rosien, 136-5; 16. Eddie Elkin, 134-4
Decathlon--2. Greg Foote, 5275 pts.

Central triangular
April 16, 2008
Ron and Joyce Schipper Stadium
Central College
Pella, Iowa

No team scores

Central's individual results

100 meters-- 1. Mitch Morris, 10.84; 2. Connor Daily, 11.34; 4. Breighen Powell, 11.54; 5. Brad Williams, 11.64; 6. David Vonnahme, 11.64; 7. Seth Meany, 11.74
200 meters-- 1. Guy Dierikx, 22.14; 2. Mitch Morris, 23.04; 4. Breighen Powell, 23.74; 5. Seth Meany, 23.84
400 meters-- 1. Matt Patrick, 50.24; 3. Jake Contri, 51.64; 5. Luke Bolander, 53.88
800 meters-- 2. Alex Miller, 1:54.84; 4. Elliot McDowell, 1:58.44; 5. Dustin Draisey, 1:59.04; 6. Spencer Coulter, 2:02.54; 7. Luke Bolander, 2:03.14; 12. Micah Seufferer, 2:08.84
3000 meters-- 2. Teddy Clark, 9:27.04; 4. Pierre Taylor, 9:30.84; 6. Cory Fitzsimmons, 9:48.84; 8. Austin Vondracek, 10:01.54; 12. Tyler Husak, 11:07.74
110 meter hurdles--3. Kurtis Brondyke, 16.14; 6. Andrew Hopper, 18.04
400 meter hurdles--2. Kenny Outlaw, 56.64; 4. Jordan Gegner, 59.24
4x100 meter relay-- 1. Morris/Dierikx/Williams/Daily, 43.34
4x400 meter relay-- 2. Patrick/Contri/Miller/Dierikx, 3:25.84
High jump--1. Cory Hall, 6-2; 3 Breighen Powell, 5-10; 3. Jordan Gegner, 5-10; 3. Rich Plagman, 5-10
Long jump--1. Kurtis Brondyke, 22-5.25; 3. Shane Hallengren, 21-0; 4. Kevin Good, 20-9.25
Pole vault--1. Eddie Elkin, 11-5.75; 2. Noah Mortell, 10-0
Triple jump--1. Kevin Good, 40-0.75; 2. Rich Plagman, 38-7.75; 3. Shane Hallengren, 38-3.25
Discus throw--1. Jason Fisher, 166-2; 5. Matt Graber, 118-0; 6. Greg Foote, 117-9
Hammer throw--1. Jason Fisher, 182-0; 2. Matt Graber, 142-6
Shot put--2. Jason Fisher, 46-6.75; 6. Matt Graber, 44-3.5; 8. Trevor Hixon, 34-11
Javelin--2. Eddie Elkin, 149-4; 3. Jameson Rosien, 141-7; 5. Cory Hall; 135-9; 6. Matt Schmailzl, 132-1

Kansas Relays
April 18, 2008
Memorial Stadium
Lawrence, Kan.

No team scores

Central's individual result
Hammer throw-- 8. Jason Fisher, 184-9.

Dick Young Classic
April 19, 2008
Les Duke Track
Grinnell College
Grinnell, Iowa

Team scores

1. Nebraska Wesleyan 201; 2. Loras 106; **3. Central 105.5**; 4. Iowa Western 69; 5. Simpson 63; 6. Grinnell 61; 7. Coe 38; 8. Iowa Central 31; 9. Grand View 23; 10. (tie) Cornell 21; 10. (tie) Mount Mercy 21; 12. Colorado 19; 13. Graceland 13.5; 14. North Iowa Area CC 12; 15. Faith Baptist 11; 16. Clarke 3; 17. (tie) Knox (Ill.), William Penn 2

Central's individual results

100 meters--12. Mitch Morris, 11.47; 17. Breighen Powell, 11.59; 25. Dave Vonnahme, 11.67; 39. Seth Meany, 12.49

200 meters--18. Brad Williams, 23.59; 19. Connor Daily, 23.59; 49. Jason Goulden, 25.53

400 meters-- 1. Guy Dierikx, 48.57; 10. Jake Contri, 51.88; 23. Matt Patrick, 53.63

800 meters--1. Alex Miller, 1:54.58; 3. Derek Townsend, 1:56.16; 7. Elloitt McDowell, 1:58.14; 15. Dustin Draisey, 2:00.62; 20. Spencer Coulter, 2:02.07; 30. Micah Seuferer, 2:06.09

5,000 meters--9. Pierre Taylor, 15:51.97 10. Teddy Cark, 15:53.65; 14. Brandon Williams, 16:22.98; 18. Cory Fitzsimmons, 16:38.22; 19. James Armstead, 16:47.99; 21. Austin Vondracek, 16:54.56; 34. Tyler Husak, 18:49.74

110 meter hurdles--24. Andrew Hopper, 18.28

400 meter hurdles--4. Jordan Gegner, 56.97; 10.

Kenny Outlaw, 58.72; 15. Andrew Hopper, 60.96

4x100 meter relay--2. Morris/Dierikx/Daily/Powell, 43.03; 3. Hallengren/Williams/Vonnahme/Brondyke, 44.40

4x400 meter relay--1. Bolander/Miller/Contri/Dierikx, 3:18.86; 5. Williams/Townsend/Daily/Bailey, 3:27.11; 13. Gegner/Outlaw/Seuferer/Mortell, 3:35.48

High jump--4. Kurtis Brondyke, 5-11.25; 5. Cory Hall, 5-11.25; 9. Jordan Gegner, 5-9.25; 9. Rich Plagman, 5-9.25

Long jump--3. Shane Hallengren, 21-2; 13. Kevin Good, 19-3.25

Pole vault--15. Greg Foote, 11-3

Triple jump--3. Kurtis Brondyke, 43-8.5; 12. Rich Plagman, 37-6.75; 13. Shane Hallengren, 36-9; 17. Kevin Good, 33-11.1

Discus throw--2. Jason Fisher, 149-8; 33. Matt Graber, 107-11

Hammer throw--9. Matt Graber, 139-10

Shot put--1. Matt Graber, 49-5; 9. Jason Fisher, 43-2.25; 31. Bill Hall, 34-9

Javelin--6. Austen Schueler, 156-0; 10. Cory Hall, 149-9; 11. Jameson Rosien, 144-6; 12. Eddie Elkin, 143-10; 14. Matt Schmailzl, 136-5

Kip Janvrin Open
April 25, 2008
Bill Buxton Stadium
Simpson College
Indianola, Iowa

No team scores

Central's individual results

100 meters--26. Dave Vonnahme, 11.67

400 meters--10. Luke Bolander, 51.48; Brad Williams, 52.37; Connor Daily, 53.49

800 meters--10. Derek Townsend, 1:58.45; 34. Dustin Draisey, 2:01.46; 65. Micah Seuferer, 2:09.36

1,500 meters-- 11. Derek Townsend, 4:10.96; 29. Elliot McDowell, 4:24.76; 30. Cory Fitzsimmons, 4:25.84; 33. Spencer Coulter, 4:26.67; 34. Pierre Taylor, 4:27.21; 37. James Armstead, 4:34.48

110 meter hurdles--24. Kurtis Brondyke, 16.50; 32. Greg Foote, 17.53; 35. Andrew Hopper, 17.87

3,000 meter steeplechase-- 7. Teddy Clark, 9:51.09;

15. Brandon Williams, 10:17.34

4x100 meter relay--3. Hallengren/Vonnahme/Daily/Powell, 44.77

High jump--2. Kurtis Brondyke, 6-4; 11. Cory Hall, 5-10; 11. Breighen Powell, 5-10; 11. Rich Plagman, 5-10

Long jump--18. Shane Hallengren, 19-11.75; 24. Dave Vonnahme, 19-0.

Discus throw--3. Jason Fisher, 154-1.25; 43. Matt Graber, 109-10.

Hammer throw--27. Matt Graber, 128-9.25; 44. Trevor Hixon, 96-2.75

Shot put--10. Matt Graber, 47-10; 32. Bill Hall, 32-7.25

Javelin--8. Austen Schueler, 143-2; 9. Cory Hall, 141-6; 14. Jameson Rosien, 128-1.75; 19. Matt Schmailzl, 119-8.5; 21. Eddie Elkin, 102-0.

Drake Relays

April 24-26, 2008

Drake Stadium

Drake University
Des Moines, Iowa

No team scores

Central's individual results

4x400 meter relay--6. Patrick/Miller/Contri/Dierikx, 3:16.54

Sprint medley relay-- 3. Morris/Bailey/Dierikx/Miller, 3:25.15

Hammer throw--22. Jason Fisher, 171-1

Central Open

May 2, 2008

Ron and Joyce Schipper Stadium

Central College
Pella, Iowa

No team scores

Central's individual results

100 meters--7. Breighen Powell, 11.35; 9. Mitch Morris, 11.36; Connor Daily, 11.50; 15. Dave Vonnahme, 11.55; 21. Seth Meany, 11.84

200 meters--2. Guy Dierikx, 21.97; 13. Brad Williams, 23.24; 15. Jake Contri, 23.31; 18. Seth Meany, 23.53; 27. Jake Coughenower, 24.54; 30. Jason Goulden, 24.57

400 meters--4. Luke Bolander, 50.83

800 meters--1. Alex Miller, 1:55.62; 5. Elliott McDowell, 2:00.47; 12. Dustin Draisey, 2:03.89

1,500 meters--6. Derek Townsend, 4:13.64; 14. Cory Fitzsimmons, 4:19.76; 15. Spencer Coulter, 4:20.23; 16. Teddy Clark, 4:21.82

3,000 meters--1. Pierre Taylor, 9:18.30; 5. Austin Vondracek, 9:45.60; 9. Tyler Husak, 10:49.40

110 meter hurdles--4. Kurtis Brondyke, 15.96; 8. Andrew Hopper, 17.13; 10. Jason Goulden, 17.75

400 meter hurdles--8. Kenny Outlaw, 57.37; 13. Andrew Hopper, 62.77

4x100 meter relay--6. Hallengren/Vonnahme/Williams/Powell, 45.00

4x400 meter relay--Williams/Patrick/Contri/Bolander, 3:24.54.

High jump--1. Kurtis Brondyke, 6-3.25; 3. Cory Hall, 5-11.25; 4. Jordan Gegner, 5-9.25; 5. Rich Plagman, 5-9.25

Long jump--4. Kurtis Brondyke, 22-0.25; 9. Shane Hallengren, 20-4.5; 10. Kevin Good, 19-9

Pole vault--4. Eddie Elkin, 11-1.75; 5. Noah Mortell, 9-8

Triple jump--5. Shane Hallengren, 38-7; 7. Kevin Good, 37-6

Discus throw--1. Jason Fisher, 157-8; 15. Matt Graber, 119-0

Hammer throw--1. Jason Fisher, 175-10; 9. Matt Graber, 121-10; 20. Trevor Hixon, 100-9

Shot put--1. Matt Graber, 48-11.5; 3. Jason Fisher, 46-1.5; 21. Bill Hall, 33-2.5; 22. Trevor Hixon, 30-7.5

Javelin--3. Austen Schueler, 161-4; 11. Cory Hall, 135-4; 13. Matt Schmailzl, 125-11; 15. Eddie Elkin, 119-3; 17. Jameson Rosien, 116-9

Iowa Conference Decathlon**May 2-3, 2008****Walston-Hoover Stadium
Wartburg College
Waverly, Iowa****Central's individual results**

Decathlon--3. Greg Foote, 5711;

100 meters--4. Greg Foote, 11.74;

Long jump--5. Greg Foote, 20-6.5;

Shot put--8. Greg Foote, 31-2;

High jump--7. Greg Foote, 5-9.2;

400 meters--5. Greg Foote, 52.70;

110 meter hurdles--5. Greg Foote, 17.25;

Discus throw--3. 98-2.25;

Pole vault--1. Greg Foote, 12-5.5;

Javelin--8. Greg Foote, 128-1.75;

1,500 meters--3. Greg Foote, 4:58.36;

Iowa Conference Championships**May 9-10, 2008****Walston-Hoover Stadium
Wartburg College
Waverly, Iowa****Team scores**

1. Wartburg, 186; 2. **Central 136.5**; 3. Loras, 114; 4. Buena Vista, 105; 5. Simpson, 70; 6. Luther, 67.5; 7. Dubuque, 67; 8. Coe, 36; 8. Cornell, 36;

Central's individual results

100 meters--8. Zac Bailey, 19.3

200 meters--4. Guy Dierikx, 22.29

400 meters-- 1. Guy Dierikx, 47.92; 3. Matt Patrick, 49.39; 7. Luke Bolander, 50.66

800 meters--2. Alex Miller, 1:53.05; 4. Derek Townsend, 1:54.77

1,500 meters--17. Cory Fitzsimmons, 4:16.27; 19. Spencer Coulter, 4:20.85; 25. Tyler Husak, 4:54.88

5,000 meters--8. Pierre Taylor, 15:58.68; 18. Teddy Cark, 16:44.90; 21. Austin Vondracek, 16:59.67; 22. James Armstead, 17:09.04

10,000 meters--9. Pierre Taylor, 33:09.0

3,000 meter Steeplechase--2. Teddy Clark, 9:35.37;

13. Brandon Williams, 10:27.05

4x400 meter relay--1. Patrick/Miller/Bolander/Dierikx, 3:17.95

High jump--1. Kurtis Brondyke, 6-6.25; 6. Cory Hall, 6-0.5; 11. Jordan Gegner, 6-0.5

Long jump--2. Kurtis Brondyke, 23-2.75; 7. Shane Hallengren, 21-7.25; 9. Kevin Good, 21-6

Pole vault--6. Greg Foote, 11-11.75; 8. Eddie Elkin, 10-11.75

Triple jump--5. Kurtis Brondyke, 43-7.25; 8. Kevin Good, 41-11.25; 13. Rich Plagman, 39-8; 15. Shane Hallengren, 38-6.75

Discus throw--2. Jason Fisher, 155-4; 17. Matt Graber, 117-3

Hammer throw--1. Jason Fisher, 179-6; 5. Matt Graber, 157-9; 19. Trevor Hixon, 99-8

Shot put--1. Matt Graber, 48-6.75; 7. Jason Fisher, 46-7.5; 20. Bill Hall, 34-4.75; 24. Trevor Hixon, 30-11.25;

Javelin--5. Austen Schueler, 167-08; 13. Jameson Rosien, 146-0; 16. Cory Hall, 139-4; 17. Eddie Elkin, 137-6

Central Last Chance Open**May 14, 2008****Ron and Joyce Schipper Stadium
Central College
Pella, Iowa****No team scores****Central's individual results**

100 meters--2. Guy Dierikx, 11.04; 6. Connor Daily, 11.50; 7. Jordan Gegner, 11.90

200 meters--1. Matt Patrick, 22.43; 4. Connor Daily, 23.39

1,500 meters--2. Cory Fitzsimmons, 4:16.50;

400 meter hurdles--4. Kenny Outlaw, 56.09
 High jump--1. Kurtis Brondyke, 6-6.25
 Long jump--2. Kurtis Brondyke, 23-4
 Pole vault--1. Eddie Elkin, 11-5.75; 2. Noah Mortell,
 10-6; 3. Cory Hall, 9-6.25
 Triple jump--5. Shane Hallengren, 38-7; 7. Kevin
 Good, 37-6
 Discus throw--3. Jason Fisher, 149-11
 Hammer throw--1. Jason Fisher, 175-10; 9. Matt
 Graber, 121-10; 20. Trevor Hixon, 100-9
 Shot put--1. Matt Graber, 48-10.25
 Javelin--3. Austen Schueler, 165-7; 6. Jameson
 Rosien, 144-6; 7. Matt Schmailzl, 138-11; 8. Guy Dierikx,
 128-7

Gregory Invitational

May 15-16, 2008

Jay and Dot Buikema Stadium

North Central

Naperville, Illinois

No team scores

Central's individual results

800 meters--9. Alex Miller, 1:52.67;
 3,000 meter steeplechase--15. Teddy Clark, 9:33.02;
 32. Brandon Williams, 10:05.47;
 4x400 meter relay--1. Patrick/Miller/Bolander/Dierikx,
 3:14.09;
 High jump--9. Kurtis Brondyke, 6-4.25

Augustana Last Chance Twilight Qualifier

May 15-16, 2008

Ericson Field

Augustana College

Rock Island, Ill.

No team scores

Central's individual results

Discus throw--8. Jason Fisher, 151-6
 Hammer throw--2. Jason Fisher, 179-7
 Shot put--6. Matt Graber, 46-2.75

Individual honors

NCAA Division III all-American honorees

Guy Dierikx	400 meters, 4x400-meter relay
Matt Patrick	4x400-meter relay
Alex Miller	4x400-meter relay
Luke Bolander	4x400-meter relay
Kurtis Brondyke	Long jump

Iowa Conference men's track and field athlete of the week

Guy Dierikx April 27

USTFCCCA Central Region field athlete of the year

Jason Fisher

NCAA Division III Outdoor Championships

May 22-24, 2008

J.J. Keller Field at Titan Stadium

Univ. of Wis.-Oshkosh

Oshkosh, Wis.

Team scores

1. McMurry (Texas), 35; 2. Cortland State (N.Y.),
 33; 3. Whitworth (Wash.), 31; 4. Mount Union (Ohio),
 27; 5. (tie) Wartburg, St. Thomas (Minn.), 25; 7. (tie)
 Wis.-Oshkosh, St. John's (Minn), Emory (Ga.), 23; 10.
 Monmouth (Ill.), 22; 11. (tie) Wis.-Stevens Point, Hamilton
 (N.Y.), 20; 13. (tie) Wis.-Platteville, Williams (Mass.), 19;
 Christopher Newport (Va.), 19; 16. Augustana (Ill.), 18.5;
17. (tie) Moravian (Pa.), Central, 18; 19. (tie) Thiel (Pa.),
 Oneonta State (N.Y.), 16; 21. Rochester Inst. Tech (N.Y.),
 14; 22. Tri-State (Ind.), 13; 23. (tie) Montclair State (N.J.),
 Messiah (Penn.), 12; 25. (tie) Ill. Wesleyan, Greenville
 (Ill.), Dubuque, Bridgewater (Va.), 11.0

Central's individual results

Discus throw--10. Jason Fisher, 156-0 (did not make
 finals)

Long jump--4. Kurtis Brondyke, 23-1.75

400 meters--4. Guy Dierikx, 47.82

4x400-meter relay--2. Matt Patrick/Alex Miller/Luke
 Bolander/Guy Dierikx, 3:12.75

Team awards

Most Valuable Performer--Guy Dierikx

Most Valuable Field Event Performer--Jason Fisher

Most Valuable Freshman--Kurtis Brondyke

Most Improved Performer--Derek Townsend

Effort Award--Conner Daily

2008 captains--Teddy Clark, Guy Dierikx, Jason Fisher,
 Eddie Elkin

2009 captains--Teddy Clark, Greg Foote, Alex Miller, Matt
 Patrick

Returning letterwinners

Luke Bolander

Jr., Des Moines, Iowa/East HS

Two varsity letters

2008 NCAA Div. III All-American

2008 NCAA Div. III Outdoor Championships: 2nd, 4x400-meter relay

2008 Iowa Conference Outdoor Championships: 1st, 4x400-meter relay; 7th, 400 meter run

Kurtis Brondyke

So., Clinton, Iowa/Clinton HS

One varsity letter

2008 NCAA Div. III All-American

2008 NCAA Div. III Outdoor Championships: 4th, long jump

2008 Iowa Conference Outdoor Championships: 1st, high jump; 2nd, long jump; 5th, triple jump

2008 Iowa Conference Indoor Championships: 2nd, high jump

Jaron Byrum

Sr., Mount Union, Iowa/New London HS

Two varsity letters

Teddy Clark

Sr., Montgomery, Ill./Oswego HS

Three varsity letters

2008 & 2009 co-captain

2008 Iowa Conference Outdoor Championships: 2nd, 3000 meter steeplechase

2008 Iowa Conference Indoor Championships: 8th, 3000 meter run; 4th, distance medley relay

2007 Iowa Conference Outdoor Championships: 5th, 3000 meter steeplechase

2006 NCAA Div. III All-American

2006 NCAA Div. III Indoor Championships: 4th, distance medley relay

2006 Iowa Conference Indoor Championships: 6th, 1000 meter run

2006 Iowa Conference Outdoor Championships: 8th, 3000 meter steeplechase

Spencer Coulter

So., Beaman, Iowa/BCLUW HS

One varsity letter

2008 Iowa Conference Indoor Championships: 2nd, 4x800-meter relay

Connor Daily

So., Ottumwa, Iowa/Ottumwa HS

One varsity letter

2008 Iowa Conference Indoor Championships: 4th, distance medley relay

2008 team Effort Award

Dustin Draisley

So., Keota, Iowa/Keota HS

One varsity letter

2008 Iowa Conference Indoor Championships: 2nd, 4x800-meter relay; 4th, distance medley relay

Cory Fitzsimmons

Jr., Pella, Iowa/Pella HS

Two varsity letters

Greg Foote

Sr., Maple Grove, Minn./Maple Grove HS

Three varsity letters

2008 Iowa Conference Outdoor Championship: 3rd, decathlon; 6th, pole vault

2007 Iowa Conference Outdoor Championships: 7th, pole vault; 6th, decathlon

2006 Iowa Conference Outdoor Championships: 7th, decathlon

Jordan Gegner

Jr., Norwalk, Iowa/Martensdale-St. Marys HS

Two varsity letters

2008 Iowa Conference Indoor Championships: 4th, high jump

Matt Graber

So., Newton, Iowa/Newton HS

One varsity letter

2008 Iowa Conference Indoor Championships: 3rd, shot put

2008 Iowa Conference Outdoor Championships: 5th, hammer throw; 1st, shot put

Owen Haberman

Sr., West Des Moines, Iowa/Valley HS

Three varsity letters

Cory Hall

Jr., Guthrie Center, Iowa/Guthrie Center HS

Two varsity letters

2008 Iowa Conference Outdoor Championships: 6th, high jump

Shane Hallengren

So., Estherville, Iowa/Estherville HS

One varsity letter

2008 Iowa Conference Outdoor Championships: 7th, long jump

2008 Iowa Conference Indoor Championships: 9th, long jump

Zach Marks**Jr., Panora, Iowa/Panorama HS**

Two varsity letters

2008 Iowa Conference Indoor Championships: 8th, pole vault

Elliot McDowell**So., Grundy Center, Iowa/Grundy Center HS**

One varsity letter

Alex Miller**Jr., Adel, Iowa/Van Meter HS**

Two varsity letters

2008 NCAA Div. III All-American

2008 NCAA Div. III Outdoor Championships: 2nd, 4x400-meter relay

2008 Iowa Conference Outdoor Championships: 1st, 4x400-meter relay; 2nd, 800 meter run

2008 Iowa Conference Indoor Championships: 1st, 4x400-meter relay; 2nd, 800 meter run; 2nd, 4x800-meter relay

2007 team Most Valuable Freshman Award

2007 Outdoor Championships: 4th, 4x400 meter relay

2007 NCAA Div. III all-American

2007 NCAA Div. III provisional qualifier: 800 meters,

2007 Iowa Conference Outdoor Championships: 2nd, 800 meter run, 2nd, 400 meter run

Mitch Morris**Jr., Naples, Fla., Barron Collier HS**

Two varsity letters

2008 Iowa Conference Indoor Championships: 1st, 4x200-meter relay

2007 NCAA Div. III outdoor provisional qualifier: 4x100 meter relay

Matt Patrick**Jr., Dallas Center, Iowa/Dallas Center-Grimes HS**

Two varsity letter

2008 NCAA Div. III All-American

2008 NCAA Div. III Outdoor Championships: 2nd, 4x400-meter relay

2008 Iowa Conference Outdoor Championships: 1st, 4x400-meter relay; 3rd, 400 meter run

2008 Iowa Conference Indoor Championships: 1st, 4x200-meter relay; 1st, 4x400-meter relay; 3rd, 400 meter run

2007 Iowa Conference Indoor Championships: 2nd, 4x400 meter relay, 3rd, distance medley

2007 Iowa Conference Outdoor Championships: 4th, 4x400 meter relay

Breighen Powell**So., Wellman, Iowa/Mid-Prairie HS**

One varsity letter

2008 Iowa Conference Indoor Championships: 3rd, high jump

Pierre Taylor**Jr., Montgomery, Ill./Oswego HS**

Two varsity letters

2008 Iowa Conference Outdoor Championships: 8th, 5000 meter run; 9th, 10,000 meter run

Derek Townsend**Sr., Perry, Iowa/Perry HS**

Two varsity letters

2008 Iowa Conference Outdoor Championships: 4th, 800 meter run

2008 Iowa Conference Indoor Championships: 7th, 800 meter run; 4th, distance medley relay

Brad Williams**So., Clinton, Iowa/Clinton HS**

One varsity letter

2008 season bests

Indoor

55 meter dash: 6.52, Zac Bailey
200 meter dash: 22.53, Guy Dierikx
400 meter dash: *48.74, Guy Dierikx
600 meter dash: 1:23.00, Alex Miller
800 meter run: 1:55.30, Alex Miller
1,000 meter run: Not contested
Mile run: 4:29.18, Tedd Clark
3,000 meter run: 9:04.13, Teddy Clark
5,000 meter run: 16:05.90, Pierre Taylor
4x200 meter relay: 1:30.58, Guy Dierikx, Zac Bailey, Jake Contri, Alex Miller
4x400 meter relay: 3:20.21, Matt Patrick, Guy Dierikx, Jake Contri, Alex Miller
Distance medley relay: 10:34.09, Derek Townsend, Luke Bolander, Elliot McDowell, Teddy Clark
55 meter hurdles: 8.52, Kenny Outlaw
Long jump: 21-5.5, Zac Bailey
Triple jump: 40-6.25, David Vonnahme
High jump: 6-7, Kurtis Brondyke
Pole vault: 11-5.75, Eddie Elkin
Shot put: 49-4.5, Matt Graber
Weight throw: 57-9.5, Jason Fisher
Pentathlon: Not contested
*school record

Outdoor

100 meter dash: 10.84, Mitch Morris
200 meter dash: 22.01, Guy Dierikx
400 meter dash: 47.82, Guy Dierikx
800 meter run: 1:52.67, Alex Miller
1,500 meter run: 4:08.33, Cory Fitzsimmons
5,000 meter run: 15:49.44, Teddy Clark
10,000 meter run: 33:09.00, Pierre Taylor
110 meter hurdles: 16.50, Kurtis Brondyke
400 meter hurdles: 56.09, Kenny Outlaw
3,000 meter steeplechase: 9:33.02, Teddy Clark
4x100 meter relay: 42.14, Mitch Morris, Guy Dierikx, Zac Bailey, Matt Patrick
4x400 meter relay: 3:12.75, Matt Patrick, Alex Miller, Luke Bolander, Guy Dierikx
4x800 meter relay: Not contested
Long jump: 23-4, Kurtis Brondyke
Triple jump: 43-8.5, Kurtis Brondyke
High jump: 6-6.75, Kurtis Brondyke
Pole vault: 12-5.5, Greg Foote
Shot put: 49-5, Matt Graber
Discus throw: 166-2, Jason Fisher
Hammer throw: 182-0, Jason Fisher
Javelin throw: 167-8, Austen Schueler
Decathlon: 5,711, Greg Foote

All-time records

Indoor

55 meter dash: 6.43, Zac Bailey, 2008
200 meter dash: 22.33, Adam Hartford, 2001
400 meter dash: 48.74, Guy Dierikx, 2008
600 meter dash: 1:21.06*, Tanner Whipple, 2003
800 meter dash: 1:51.72*, Jon Lindaman, 2000
1,000 meter run: 2:29.15, Jon Lindaman, 2000
Mile run: 4:13.01*, Jon Lindaman, 1999
3,000 meter run: 8:39.73, Bryan George, 2006
5,000 meter run: 15:02.06, Adam Wolf, 2007
4x200 meter relay: 1:29.52, (Tommy Tavegia, Adam Hartford, Tony Brownlee, Chris McCullough), 2000
4x400 meter relay: 3:16.72* (3:13.92), (Adam Hartford, Tony Brownlee Peter Wagner, Tommy Tavegia), 2001
4x800 meter relay: 8:07.50, (Jon Lindaman, Ryan Blahauvietz, Ryan Thompson, Chris Button), 1999
Distance medley relay: 10:02.62*, (Brian Respeliers, Guy Dierikx, Teddy Clark, Bryan George), 2006
55 meter hurdles: 7.62, Cory Woods, 1999
200 meter hurdles: 24.78, Cory Woods, 1999
Long jump: 24-5, Flinard Grisby, 1970
Triple jump: 47-6, Flinard Grisby, 1970
High jump: 6-11.75, Cale Van Genderen, 2004
Pole vault: 14-8, Sean Clark, 2000
Shot put: 51-11, Reid Evans, 1999
Weight throw: 57-9.5*, Jason Fisher, 2008
Pentathlon: 3,736 points, Peter Wagner, 2003

Outdoor

100 meter dash: 10.57, Don Keller, 1979
200 meter dash: 21.58, Adam Hartford, 2000
400 meter dash: 47.40, Chris McCullough, 2000
800 meter run: 1:51.16, Nate Smith, 1993
1,500 meter run: 3:50.74, Jon Lindaman, 1999
3,000 meter steeplechase: 9:17.5, Mark Muyskens, 1982
5,000 meter run: 14:45.96, Andy Goodman, 1994
10,000 meter run: 30:59.72, Andy Goodman, 1994
110 meter high hurdles: 14.59, Peter Wagner, 2003
400 meter hurdles: 53.54, Peter Wagner, 2003
Long jump: 24-5, Flinard Grisby, 1970
High jump: 7-1, Craig Cantrall, 1993
Pole vault: 15-9, Jim Bruxvoort, 1989
Triple jump: 48-0, John Whipple, 1981
Shot put: 51-11, Reid Evans, 1999
Discus throw: 169-8, Zech Schiebout, 1997
Hammer throw: 177-11, Mark Sanger, 2004
Javelin throw: 191-3, Ben Lindaman, 1993
Decathlon: 7,058 points, Peter Wagner, 2001
4x100 meter relay: 40.98, (Marc VanderVelden, Tommy Tavegia, Adam Hartford, Chris McCullough), 2000
4x200 meter relay: 1:25.39, (Marc VanderVelden, Tommy Tavegia, Adam Hartford, Chris McCullough), 2000
4x400 meter relay: 3:09.64, (Nate Koerselman, Adam Hartford, Tommy Tavegia, Chris McCullough), 2000
Sprint medley relay: 3:22.84, (Zack Ostercamp, Tony Brownlee, Marc VanderVelden, Jon Lindaman), 2000

4x800 meter relay: 7:42.3, (Scott Barth, Ryan Fagan, Nate Smith, Kevin Hackert), 1992

Distance medley relay: 10:10.47, (Bob Dawes, Al Friedland, Jerry Fitzsimmons, Mark Muyskens), 1980

Shuttle hurdle relay: 1:02.4, (Brian Stewart, Ben Lindaman, Mike Furness, Shane Rourke), 1993

*Denotes a converted time

All times converted to FAT equivalents

All-time top 10 indoor performers list, by event

55 meter dash

No.	Year	Athlete	Performance
1.	2006	Zac Bailey	6.48
2.	1999	Jeremy Glasgow	6.49
3.	1999	Cory Woods	6.53
4.	2008	Zac Bailey	6.52
5.	1988	David Palmer	6.54
	2004	D.J. Cobler	6.54
7.	1990	Dan Wallace	6.57
8.	2001	Tony Brownlee	6.58
	1999	Marc Vander Velden	6.58
10.	1991	Anthony Gallion	6.59
	1999	Adam Hartford	6.59

200 meter dash

No.	Year	Athlete	Performance
1.	2001	Adam Hartford	22.33
2.	2002	Chris McCullough	22.52
3.	2001	Tony Brownlee	22.53
	2008	Guy Dierikx	22.53
5.	1996	Ryan Erickson	22.54
6.	2001	Tommy Tavegia	22.59
7.	2007	Guy Dierikx	22.64
8.	1994	Les McCracken	22.68
9.	2006	Justin Koeppel	22.71
10.	1998	Jon Klaassen	22.74

400 meter dash

No.	Year	Athlete	Performance
1.	2008	Guy Dierikx	48.74
2.	2007	Guy Dierikx	48.95
3.	2002	Chris McCullough	49.33
4.	1999	Nate Koerselman	49.68
5.	2002	Tony Brownlee	49.70
6.	1995	Nate Smith	49.70
7.	2000	Tommy Tavegia	49.74
8.	1994	Les McCracken	49.95
9.	2001	Adam Hartford	50.21
10.	1997	Ryan Erickson	50.32

600 meter dash

No.	Year	Athlete	Performance
1.	2003	Tanner Whipple	1:21.34*
2.	1999	Nate Koerselman	1:21.80
3.	2004	D.J. Cobler	1:22.67
4.	1981	Brad Schulze	1:23.00*
	1981	Alex Miller	1:23.00
6.	1995	Joe O'Neil	1:23.14
7.	2004	Nick Miller	1:23.29

8.	1993	Kevin Hackert	1:23.34
9.	2007	Alex Miller	1:23.93
10.	1998	Chad Klein	1:24.26

800 meter run

No.	Year	Athlete	Performance
1.	2000	Jon Lindaman	1:51.72
2.	2007	Brian Respeliere	1:53.68
3.	2008	Alex Miller	1:55.30
4.	1995	Nate Smith	1:55.99
5.	1998	Chris Button	1:56.24
6.	1988	Paul Lovell	1:56.3h
7.	2002	Mark Showers	1:57.20*
8.	2008	Elliot McDowell	1:57.44
9.	1996	Chad Klocke	1:57.90
10.	2008	Derek Townsend	1:57.99

1000 meter run

No.	Year	Athlete	Performance
1.	2000	Jon Lindaman	2:29.15
2.	2007	Brian Respeliere	2:31.31
3.	1995	Chad Klocke	2:32.54
4.	2005	Gary Pothoven	2:33.87
5.	1977	Chris Samson	2:35.2h*
6.	1993	Nate Smith	2:35.3h
7.	1996	Ryan Anderson	2:35.62
8.	2006	Teddy Clark	2:36.36
9.	1981	Brad Schulze	2:36.7h*
10.	1981	Mike Collins	2:37.5h*

Mile run

No.	Year	Athlete	Performance
1.	1999	Jon Lindaman	4:13.01*
2.	1980	Jerry Fitzsimmons	4:20.0h
3.	2007	Brian Respeliere	4:20.13
4.	1997	Chad Klocke	4:20.79*
5.	1995	Nate Smith	4:21.12*
6.	2006	Bryan George	4:21.18
7.	1977	Chris Samson	4:22.9h
8.	1986	Bruce Merschbrock	4:23.6h
9.	1995	Andy Goodman	4:24.45*
10.	1995	Scott Kolbe	4:27.19*

3000 meter run

No.	Year	Athlete	Performance
1.	2006	Bryan George	8:39.73
2.	2006	Adam Wolf	8:46.27
3.	1981	Mark Muyskens	8:54.9h
4.	2006	Brett Jones	8:58.48

5.	1977	Chris Samson	8:59.3h*
6.	1981	Bruce Merschbrock	8:59.3h*
7.	1979	Marley Wubben	9:00.4h*
8.	1995	Andy Goodman	9:01.81
9.	1979	Paul Sparks	9:03.4h*
10.	2008	Teddy Clark	9:04.13

5000 meter run

No.	Year	Athlete	Performance
1.	2007	Adam Wolf	15:02.06
2.	1995	Andy Goodman	15:13.70
3.	2004	Bryan George	15:50.42
4.	1995	Todd Joslin	15:54.75
5.	2002	Seth Comfort	15:57.81
6.	1999	Jon Rathje	16:04.93
7.	2008	Pierre Taylor	16:05.90
8.	2007	Brett Jones	16:07.46
9.	2001	Kevin Lindberg	16:09.78
10.	2005	T.J. Weiler	16:10.27

55 meter hurdles

No.	Year	Athlete	Performance
1.	1999	Cory Woods	7.62
2.	2001	Peter Wagner	7.67
3.	1998	Jay Rhoten	7.80
4.	1994	Ben Lindaman	7.82
4.	2005	Brad Rose	7.82
6.	2003	Tanner Whipple	7.96
7.	2000	Andrae Delaney	7.97
8.	1993	Brian Stewart	8.01
9.	2000	Sean Clark	8.03
10.	1996	Chuck Hunt	8.04

Distance medley relay

No.	Year	Athletes	Performance
1.	2006	B. Respeliers/G. Dierikx/ T. Clark/B. George	10:02.62*
2.	1999	M. Parker/N. Koerselman/ R. Blauvietz/J. Lindaman	10:22.25
3.	2005	B. Respeliers/B. Bollard/ G. Pothoven/B. George	10:27.18*
4.	2008	D. Townsend/L. Bolander/ E. McDowell/T. Clark	10:34.09
5.	2005	B. Respeliers/B. Bollard/ K. Fleener/G. Pothoven	10:34.73
6.	2008	D. Townsend/C. Dailey/ D. Draisey/T. Clark	10:35.53
7.	2007	Chase Uings/A. Patrick/ Jake Contri/B. Respeliers	10:36.10
8.	2004	C. Uings/B. Bollard/ G. Pothoven/A. Wolf	10:39.44
9.	2004	C. Uings/D. Deines/ G. Pothoven/B. George	10:41.84*
10.	2002	L. Bennett/M. McCombs/ M. Showers/G. Pothoven	10:47.10

4x200 relay

No.	Year	Athletes	Performance
1.	2000	T. Tavegia/A. Hartford/ C. McCullough/T. Brownlee	1:29.52
2.	2004	M. Jens/J. Wallerich/ K. Pitz/M. McCombs	1:29.89
3.	2002	T. Brownlee/J. Wallerich/ M. Jens/C. McCullough	1:30.11
4.	2001	T. Brownlee/A. Hartford/ T. Tavegia/N. Shutwell	1:30.17
5.	2008	G. Dierikx/Z. Bailey/ M. Morris/C. Dailey	1:30.58
6.	1996	R. Erickson/M. Hodson/ D. Zimmerman/B. Ferneau	1:30.67
7.	2005	G. Dierikx/J. Koeppel/ C. Hunt/K. Pitz	1:31.00
8.	2007	G. Dierikx/B. Bollard/ C. Baethke/C. Hernandez	1:31.06
9.	2003	D. Cobler/M. McCombs/ J. Wallerich/M. Jens	1:31.19
10.	1995	R. Erickson/B. Ferneau/ D. Zimmerman/E. Heim	1:31.62

4x400 relay

No.	Year	Athletes	Performance
1.	2001	A. Hartford /P. Wagner/ T. Brownlee/T. Tavegia	3:16.72*
2.	2004	M. McCombs/K. Pitz/ J. Koeppel/D. Cobler	3:17.52*
3.	2002	T. Brownlee/P. Wagner/ M. McCombs/C. McCullough	3:18.03*
4.	2003	M. McCombs/D. Cobler/ T. Whipple/P. Wagner	3:18.84*
5.	2000	T. Tavegia/C. McCullough/ M. VanderVelden/N. Koerselman	3:19.62
6.	1999	A. Hartford/M. VanderVelden/ J. Lindaman/N. Koerselman	3:19.66
7.	2000	C. McCullough/A. Hartford/ P. Wagner/T. Tavegia	3:19.90
8.	2002	T. Brownlee/M. McCombs/ M. Showers/C. McCullough	3:19.92

Long jump

No.	Year	Athlete	Performance
1.	1970	Flinard Grisby	24-5.5
2.	2002	Chris McCullough	23-9
3.	1998	Jay Rhoten	23-7.25
4.	2002	Tony Brownlee	23-5.25
5.	1996	Mark Fairly	22-8
6.	1999	Ben Humiston	22-5.25
7.	2003	Peter Wagner	22-4.25
8.	1995	Steve Brand	22-3
9.	1988	Maury Zuber	22-2
10.	2008	Zac Bailey	21-5.5

Triple jump

No.	Year	Athlete	Performance
1.	1970	Flinard Grisby	47-6.5
2.	2004	Cale Van Genderen	46-8
3.	2001	Aaron Rothrock	45-0
4.	1982	John Whipple	44-8.5
5.	2000	Tony Brownlee	43-9.25
6.	2005	Ben Bollard	43-7.75
7.	1998	Jay Rhoten	43-7
8.	2001	Jeff Sanger	43-5
8.	1988	Yash Sikand	43-8.5
10.	2003	Peter Wagner	43-1.5

High jump

No.	Year	Athlete	Performance
1.	2005	Cale Van Genderen	7-1.5
2.	1993	Craig Cantrall	6-10
3.	1999	Sean Clark	6-8.75
	1999	Cory Woods	6-8.75
5.	2001	Clint Larson	6-8
	2001	Peter Wagner	6-8
7.	2008	Kurtis Brondyke	6-7
8.	1977	Randy Jones	6-6
	1992	Eric Pingel	6-6
	1981	Scott Smart	6-6

Pole vault

No.	Year	Athlete	Performance
1.	1988	Jim Bruxvoort	15-0
2.	2000	Sean Clark	14-8.5
3.	2005	Cory Torkelson	14-1.25
4.	2003	Peter Wagner	14-0
5.	2004	Pete Kelloway	13-5.75
6.	1998	Jay Rhoten	13-5.5
7.	2006	Josh Brown	13-3.75
8.	1982	Tim Bleadorn	13-0
8.	1977	Dan Kots	13-0
10.	2000	Chuck Cibula	12-6
	1985	Dave Hoelsinger	12-6
	2003	Tanner Whipple	12-6

All-time top 10 outdoor performers list, by event**100 meters**

No.	Year	Athlete	Performance
1.	1990	David Ellingson	10.64*
2.	2006	Zac Bailey	10.70
3.	2000	Zack Ostercamp	10.76
4.	2001	Tommy Tavegia	10.77
5.	2001	Tony Brownlee	10.83
6.	1979	Don Keller	10.84*
	1988	David Palmer	10.84*
	2008	Mitch Morris	10.84*
9.	2000	Marc Vander Velden	10.85
10.	2001	Adam Hartford	10.87

Shot put

No.	Year	Athlete	Performance
1.	1999	Reid Evans	51-11
2.	2005	Mark Sanger	50-10
3.	2008	Matt Graber	49-4.5
4.	2006	Jason Fisher	49-3.5
5.	2008	Jason Fisher	48-10.25
6.	2001	Ryan Anderson	48-1
7.	2002	Adam Sparks	48-0
8.	1996	Willie Stone	47-5
9.	1981	Kean Richard	47-4
10.	1998	Matt Monahan	47-1

Weight throw

No.	Year	Athlete	Performance
1.	2008	Jason Fisher	57-9.5
2.	2007	Jason Fisher	55-9.75
3.	2007	Jon Robeson	53-11.25
4.	2005	Mark Sanger	53-5.5
5.	2008	Matt Graber	47-5.75
6.	2004	Lucas Nims	49-9
7.	2004	Eric Baker	46-10.75
8.	2001	Dave Buzzard	45-3.75
9.	1999	Reid Evans	45-1
10.	2008	Owen Haberman	44-11

Pentathlon

No.	Year	Athlete	Performance
1.	2003	Peter Wagner	3736
2.	1998	Jay Rhoten	3436
3.	1999	Sean Clark	3318
4.	2005	Tanner Whipple	3274
5.	2006	Ben Bollard	3217
6.	1994	Steve Brand	3183
7.	1996	Eoin Breadon	2920
8.	2003	Clint Larson	2917
9.	2003	Cale Van Genderen	2853
10.	1984	Kevin Hansen	2832

*Denotes a converted time

All times have been converted to FAT equivalents

200 meters

No.	Year	Athlete	Performance
1.	2000	Adam Hartford	21.58
2.	2001	Tommy Tavegia	21.63
3.	2000	Tony Brownlee	21.70
4.	1983	Ken Hopkins	21.74*
5.	2000	Chris McCullough	21.76
6.	2000	Marc Vander Velden	21.79
	2007	Guy Dierikx	21.79
8.	1995	Ryan Erickson	21.80
9.	1990	David Ellingson	21.94
	1995	Brent Ferneau	21.94
	1982	Jerry Quick	21.94

400 meters

No.	Year	Athlete	Performance
1.	2000	Chris McCullough	47.40
2.	2000	Tommy Tavegia	47.53
5.	2007	Guy Dierikx	47.68
4.	1976	Dirk Bradt	47.76*
5.	2008	Guy Dierikx	47.82
6.	1988	David Palmer	47.84*
7.	1981	Brad Depke	48.14*
8.	1994	Les McCracken	48.15
9.	2001	Adam Hartford	48.17
10.	1995	Brent Ferneau	48.24

800 meters

No.	Year	Athlete	Performance
1.	1968	Dirk Bradt	1:51.0h*
2.	1993	Nate Smith	1:51.16
3.	2006	Brian Respeliers	1:51.35
4.	1998	Jon Lindman	1:51.97
5.	1989	Paul Lovell	1:51.9h
6.	1984	Joe Martin	1:52.6h
7.	2008	Alex Miller	1:52.67
8.	2007	Alex Miller	1:52.90
9.	1987	Mark Heid	1:53.5h
10.	2006	Bryan George	1:54.66

1500 meters

No.	Year	Athlete	Performance
1.	1999	Jon Lindaman	3:50.74
2.	2006	Bryan George	3:51.30
3.	1979	Jerry Fitzsimmons	3:53.9h
4.	1981	Marley Wubbena	3:55.9h
5.	1983	Steve Greiner	3:55.7h
6.	2007	Brian Respeliers	3:56.00
7.	1977	Brian Hansbarger	3:58.3h
8.	1987	Bruce Merschbrock	3:58.6h
9.	1994	Nate Smith	3:58.75
10.	1977	Rick Hollingsworth	3:59.0h

5000 meters

No.	Year	Athlete	Performance
1.	1994	Andy Goodman	14:45.96
2.	2007	Adam Wolf	14:54.80
3.	2006	Bryan George	14:55.02
4.	1979	Brian Hantsbarger	14:56.3h
5.	1981	Marley Wubbena	15:06.6h
6.	1981	Paul Sparks	15:07.2h
7.	1980	Jerry Fitzsimmons	15:12.5h
8.	1980	Mark Muyskens	15:20.6h
9.	1984	Bruce Merschbrock	15:26.4h
10.	1991	Todd Christensen	15:28.78

10,000 meters

No.	Year	Athlete	Performance
1.	1994	Andy Goodman	30:59.72
2.	2006	Adam Wolf	31:49.36

3.	1984	Mike Main	31:55.7h
4.	1981	Paul Sparks	32:04.6h
5.	1979	Marley Wubbena	32:06.4h
6.	2001	Seth Comfort	32:41.09
7.	2006	Brett Jones	32:56.17
8.	1984	Joe Di Bernardo	32:56.5h
9.	2000	Jon Rathje	33:07.25
10.	2008	Pierre Taylor	33:09.00

110 meter hurdles

No.	Year	Athlete	Performance
1.	2005	Brad Rose	14.48
2.	2003	Peter Wagner	14.59
3.	1988	Cory Woods	14.70
4.	1993	Brian Stewart	14.82
5.	1991	Mike Furness	14.84*
5.	1981	Tom Koletis	14.84*
7.	1993	Ben Lindaman	15.00
8.	2006	Shawn McLarney	15.07
9.	1997	Jay Rhoten	15.11
10.	2001	Andrae Delaney	15.18
	1995	Chuck Hunt	15.18

400 meter hurdles

No.	Year	Athlete	Performance
1.	2007	Ben Bollard	52.76
2.	2006	Justin Koeppe	52.93
3.	2004	Tanner Whipple	53.16
4.	2003	Peter Wagner	53.54
5.	2004	Brad Rose	53.68
6.	1984	Rod Klein	53.94*
7.	1999	Brad Gaskill	54.59
8.	2000	Kainan Rinaberger	54.60
9.	1993	Mike Gruver	54.64
10.	2003	Nick Miller	54.67

3000 meter steeplechase

No.	Year	Athlete	Performance
1.	1982	Mark Muyskens	9:17.5h
2.	1977	Kelly Lacina	9:23.9h
3.	2006	Bryan George	9:29.36
4.	1977	Tim Fyfe	9:33.0h
5.	2008	Teddy Clark	9:33.02
6.	1991	Ron Cox	9:34.5h
7.	2004	Bryan George	9:39.92
8.	2007	Teddy Clark	9:40.72
9.	2001	Luke Bennett	9:50.12
10.	1999	Jon Rathje	9:56.33

4x100 relay

No.	Year	Athletes	Performance
1.	2000	M. VanderVelden/T. Tavegia/ A. Hartford/C. McCullough	40.98
2.	2001	T. Brownlee/T. Tavegia A. Hartford/C. McCullough	41.19
3.	2006	G. Dierikx/Z. Bailey J. Koeppe/K. Pitz	41.25

4.	2006	G. Dierikx/Z. Bailey C. Hernandez/K. Pitz	41.28
5.	1998	A. Hartford/C. Woods J. Klaassen/ A. Paulsen	41.42
6.	1994	M. Morris/D. Zimmerman B. Dunlap/L. McCracken	41.45
7.	2005	D. Cobler/G. Dierikx J. Koeppe/K. Pitz	41.54
	1995	B. Ferneau/R. Erickson D. Zimmerman/E. Heim	41.54
	1990	D. Wallace/J. Snyder J. Wallerich/D. Ellingson	41.54*
10.	2000	M. VanderVelden/T. Brownlee A. Hartford/C. McCullough	41.57
	2007	M. Morris/G. Dierikx/ C. Hernandez/C. Huisman	41.57

4x400 relay

No.	Year	Athletes	Performance
1.	2000	N. Koerselman/A. Hartford T. Tavegia/C. McCullough	3:09.64
2.	2002	C. McCullough/M. McCombs P. Wagner/T. Brownlee	3:10.05
3.	2001	C. McCullough/A. Hartford T. Brownlee/T. Tavegia	3:10.56
4.	1994	D. Zimmerman/B. Dunlap N. Smith/L. McCracken	3:11.61
5.	2006	J. Koeppe/B. Bollard K. Pitz/G. Dierikx	3:11.85
6.	2005	D. Cobler/G. Dierikx K. Pitz/J. Koeppe	3:12.49
7.	1998	N. Koerselman/A. Paulsen A. Hartford/J. Lindaman	3:12.61
8.	2007	A. Miller/B. Bollard/ C. Hernandez/G. Dierikx	3:12.64
9.	2008	M. Patrick/A. Miller/ L. Bolander/G. Dierikx	3:12.75
10.	1999	M. VanderVelden/J. Lindaman B. Gaskill/N. Koerselman	3:12.98

Long jump

No.	Year	Athlete	Performance
1.	2000	Chris McCullough	24-3.5
2.	1985	Vince Birley	23-11.5
3.	2006	Shawn McLarney	23-8
4.	2000	Ben Humiston	23-5
	1998	Brad Gaskill	23-5
6.	1998	Jay Rhoten	23-3
7.	1970	Flinard Grisby	23-1.5
8.	2001	Clayton Carson	23-0.75
	2006	Zac Bailey	23-0.75
10.	1991	Maury Zuber	23-0.5

Triple jump

No.	Year	Athlete	Performance
1.	1981	John Whipple	48-0
2.	2004	Cale Van Genderen	47-2.5
3.	1977	Dave Erickson	47-0

4.	2000	Jeff Sanger	45-11.75
5.	2001	Aaron Rothrock	45-10.5
6.	1985	Vince Birley	45-7
7.	1983	Garry Simpson	45-0
8.	2001	Clayton Carson	44-10.75
9.	2002	Tony Brownlee	44-10.25
10.	1994	Curt Pakkabier	44-7.75

High jump

No.	Year	Athlete	Performance
1.	1993	Craig Cantrall	7-1.5
2.	2005	Cale Van Genderen	7-5
3.	2001	Peter Wagner	6-9.5
4.	1981	Scott Smart	6-9.25
5.	2004	Clint Larson	6-8.75
	1992	Eric Pingel	6-8.75
7.	1998	Sean Clark	6-7
	1977	Randy Jones	6-7
9.	2008	Kurtis Brondyke	6-6.75
10.	1983	Al Friedland	6-6
	1988	Kurt Kerger	6-6
	2005	Keith Pedersen	6-6
	1979	Cal Tadema	6-6
	1987	Marty Van Zee	6-6
	1998	Cory Woods	6-6

Pole vault

No.	Year	Athlete	Performance
1.	1989	Jim Bruxvoort	15-9
2.	2000	Sean Clark	15-2.5
3.	1978	Jason Locke	15-0
4.	2002	Peter Wagner	14-8.5
5.	2005	Cory Torkelson	14-7.5
6.	2005	Josh Brown	13-7.75
7.	1978	Dan Kotz	13-6
8.	2006	Rob Tanzer	13-2.5
9.	1986	Dave Holesinger	13-0
	1992	Eric Pingel	13-0
	1998	Jay Rhoten	13-0

Shot put

No.	Year	Athlete	Performance
1.	1999	Reid Evans	51-11
2.	1975	Bob Howard	50-7.5
3.	2000	Ryan Anderson	50-3.5
4.	1997	Zech Schiebout	49-9.25
5.	2005	Mark Sanger	49-7.25
6.	1978	Jeff Lind	49-5
	2008	Matt Graber	49-5
8.	1982	Kean Richard	49-1
9.	1996	Willie Stone	48-3.5
10.	1975	Les Hogan	48-2.5

Discus

No.	Year	Athlete	Performance
1.	1997	Zech Schiebout	169-8
2.	2007	Jason Fisher	166-11

3.	2008	Jason Fisher	166-2
4.	1981	Kean Richard	160-8
5.	2001	Lucas Nims	160-5
6.	1978	Steve Vander Pol	159-0
7.	2000	Reid Evans	156-6
8.	1995	Rick Sanger	156-3
9.	2004	Mark Sanger	150-4
10.	2004	Spencer Power	150-3

Hammer throw

No.	Year	Athlete	Performance
1.	2007	Jason Fisher	199-5
2.	2008	Jason Fisher	182-0
3.	2004	Mark Sanger	177-11
4.	2005	Jon Robeson	169-10
5.	2008	Matt Graber	157-9
6.	2004	Lucas Nims	156-0
7.	2004	Eric Baker	146-0
8.	2002	Adam Sparks	138-6
9.	2006	Rodger Blum	134-8
10.	2001	Dave Buzzard	123-9

Javelin

No.	Year	Athlete	Performance
1.	1992	Ben Lindaman	191-3
2.	2004	Lucas Nims	188-4
3.	1991	Chris Laufenberg	186-9.5
4.	1992	Eric Pingel	180-0
5.	2004	Matt Johnson	179-5
6.	1999	Marc Vander Velden	179-0.5
7.	1995	Curt Pakkabier	170-1
8.	1995	Steve Brand	169-7.5
9.	2008	Austen Schueler	167-8
10.	1997	Jay Rhoten	167-0

Decathlon

No.	Year	Athlete	Performance
1.	2001	Peter Wagner	7058
2.	1998	Jay Rhoten	6799
3.	1992	Eric Pingel	6722
4.	2000	Sean Clark	6702
5.	1995	Steve Brand	6430
6.	2007	Ben Bollard	6308
7.	2004	Tanner Whipple	6185
8.	2003	Cale VanGenderen	6098
9.	2008	Greg Foote	5711
10.	2007	Greg Foote	5710

Iowa Conference outdoor meet team champions

1922	Des Moines	1951	Dubuque	1980	Luther
1923	Des Moines	1952	Dubuque	1981	Luther
1924	Des Moines	1953	Dubuque	1982	Luther
1925	Iowa Teachers	1954	Dubuque	1983	Luther
1926	Simpson	1955	Dubuque	1984	Luther
1927	Iowa Teachers	1956	Dubuque	1985	Luther
1928	Parsons	1957	Luther	1986	Luther
1929	Iowa Teachers	1958	Luther	1987	Loras
1930	Iowa Teachers	1959	Dubuque	1988	Loras
1931	Iowa Teachers	1960	Luther	1989	Loras
1932	Iowa Teachers	1961	Dubuque	1990	Loras
1933	Iowa Teachers	1962	Parsons	1991	Central
1934	Iowa Teachers	1963	Luther	1992	Central
1935	Iowa Teachers	1964	Luther	1993	Central
1936	Simpson	1965	Luther	1994	Central
1937	Simpson	1966	Luther	1995	Central
1938	Simpson	1967	Luther	1996	Loras
1939	Simpson	1968	Luther	1997	Central
1940	Simpson	1969	Luther	1998	Central
1941	Dubuque	1970	Luther	1999	Wartburg
1942	Simpson	1971	Luther	2000	Central
1943	Simpson	1972	Luther	2001	Central
1944	Dubuque	1973	Luther	2002	Wartburg
1945	Dubuque	1974	Luther	2003	Wartburg
1946	Simpson	1975	Luther	2004	Central
1947	Simpson	1976	Luther	2005	Loras
1948	Loras	1977	Luther	2006	Wartburg
1949	Loras	1978	Luther	2007	Wartburg
1950	Loras	1979	Central	2008	Wartburg

Central's Iowa Conference MVPs

1974 — Terry Youngblood
 1979 — Jerry Fitzsimmons
 1994 — Andy Goodman, Nate Smith
 1997 — Jay Rhoten (tie)

1998 — Jay Rhoten
 2000 — Chris McCullough
 2003 — Peter Wagner
 2004 — Tanner Whipple

Year-by-year results

Year	Iowa Conf.	NCAA finish	Coach
1974	4th		Ron Schipper
1975	3rd		Bill Herzog
1976	2nd		Bill Hinga
1977	2nd		Bill Hinga
1978	2nd	17th	Bill Hinga
1979	1st		Bill Hinga
1980	2nd		Bill Hinga
1981	2nd	52nd	Bill Hinga
1982	2nd	37th	Dennis Brand
1983	2nd	38th	Dennis Brand
1984	3rd	60th	Rich Hollingsworth
1985	4th		Rich Hollingsworth
1986	5th		Tom Epperly
1987	6th		Tom Epperly
1988	3rd	34th	Tom Epperly
1989	4th	33rd	Tom Epperly
1990	3rd	32nd	Tom Epperly

Year	Iowa Conf.	NCAA finish	Coach
1991	1st	51st	Mark Heid
1992	1st	21st	Mark Heid
1993	1st	15th	Mark Heid
1994	1st	7th	Mark Heid
1995	1st	31st	Mark Heid
1996	4th		Kevin Sanger
1997	1st	21st	Kevin Sanger
1998	1st	8th	Kevin Sanger
1999	2nd	19th	Kevin Sanger
2000	1st	3rd	Kevin Sanger
2001	1st	6th	Kevin Sanger
2002	2nd	7th	Kevin Sanger
2003	2nd	27th	Kevin Sanger
2004	1st	51st (tie)	Kevin Sanger
2005	2nd	18th	Kevin Sanger
2006	2nd	41st (tie)	Kevin Sanger
2007	3rd	25th	Kevin Sanger
2008	2nd	17th (tie)	Kevin Sanger

Team MVPs

1974 - Terry Youngblood
 1975 - Lester Wilson
 1976 - Tim Schipper
 1977 - Chris Samson
 1978 - Don Keller
 1979 - Don Keller,
 Jerry Fitzsimmons
 1980 - Jerry Fitzsimmons
 1981 - Brad Depke

1982 - Mark Muyskens
 1983 - Paul Van Farowe
 1984 - Jerry Quick
 1985 - Rod Klein
 1986 - Todd Bohlen
 1987 - Mark Heid
 1988 - Mark Heid
 1989 - Paul Lovell
 1990 - David Ellingson

1991 - Darren Dirksen
 1992 - Eric Pingel
 1993 - Les McCracken
 1994 - Les McCracken
 1995 - Nate Smith
 1996 - Jay Rhoten
 1997 - Jay Rhoten
 1998 - Jay Rhoten
 1999 - Jon Lindaman

2000 - Chris McCullough
 2001 - Tommy Tavegia
 2002 - Tony Brownlee
 2003 - Peter Wagner
 2004 - Tanner Whipple
 2005 - Cale Van Genderen
 2006 - Bryan George
 2007 - Guy Dierikx
 2008 - Guy Dierkix

2008 team awards

Most Valuable Performer Award	Guy Dierikx
Most Valuable Field Event Performer Award	Jason Fisher
Most Improved Performer Award	Derek Townsend
Most Valuable Freshman Award	Kurtis Brondyke
Effort Award	Connor Daily
2008 captains	Teddy Clark, Guy Dierikx, Eddie Elkin, Jason Fisher

Central's NCAA Division III men's track and field individual champions

Indoor

2005

Cale Van Genderen High jump

Outdoor

1994

Craig Cantrall High jump

1997

Zech Schiebout Discus

2000

Nate Koerselman 4x400 meter relay
 Adam Hartford 4x400 meter relay
 Tommy Tavegia 4x400 meter relay
 Chris McCullough 4x400 meter relay

2001

Chris McCullough 4x400 meter relay
 Adam Hartford 4x400 meter relay
 Tony Brownlee 4x400 meter relay
 Tommy Tavegia 4x400 meter relay
 Peter Wagner Decathlon

2002

Chris McCullough 4x400 meter relay
 Matt McCombs 4x400 meter relay
 Peter Wagner 4x400 meter relay
 Tony Brownlee 4x400 meter relay

2003

Peter Wagner Decathlon

2005

Cale Van Genderen High jump

Central's men's track and field all-America honorees**1973****Outdoor**

Gerald Piester Javelin

1974**Outdoor**

Terry Youngblood 440 4th

1978**Outdoor**

Don Keller 100 3rd
 Don Keller 200 4th
 Jason Locke Pole vault t-5th

1979**Outdoor**

Don Keller 100

1981**Outdoor**

Brad Depke 400

1982**Outdoor**

Kean Richard Discus 6th 155-2

1983**Outdoor**

Mike Shanahan Javelin

1984**Outdoor**

Matt Schulte 4x400
 Joe Martin 4x400
 Kevin Geary 4x400
 Jerry Quick 4x400

1988**Indoor**

Paul Lovell 800 meters
 Jim Bruxvoort Pole vault

Outdoor

Jim Bruxvoort Pole vault t-4th

1989**Outdoor**

Jim Bruxvoort Pole vault 2nd 15-9

1990**Indoor**

David Ellingson Pole vault

Outdoor

Dan Wallace 4x100 5th 41.92
 Jason Snyder 4x100
 Jeff Wallerich 4x100
 David Ellingson 4x100
 Jim Bruxvoort Pole vault 5th 15-5

1991**Outdoor**

Eric Pingel Decathlon 6th 6232

1992**Outdoor**

Eric Pingel Decathlon 2nd 6722
 Craig Cantrall High jump t-3rd 6-11.5

1993**Outdoor**

Brian Dunlap 4x400 2nd 3:15.25
 Nate Smith 4x400
 Dan Zimmerman 4x400
 Les McCracken 4x400
 Mike Morris 4x100 8th 42.44
 Brian Dunlap 4x100
 Dan Zimmerman 4x100
 Les McCracken 4x100
 Craig Cantrall High jump 4th 6-11.5

1994**Indoor**

Dan Zimmerman 4x400 2nd 3:20.01
 Brian Dunlap 4x400
 Nate Smith 4x400
 Les McCracken 4x400
 Craig Cantrall High jump 6th 6-8

Outdoor

Dan Zimmerman 4x400 2nd 3:11.61
 Brian Dunlap 4x400
 Nate Smith 4x400
 Les McCracken 4x400
 Nate Smith 800 4th 1:51.62
 Mike Morris 4x100 6th 41.89
 Brian Dunlap 4x100
 Dan Zimmerman 4x100
 Les McCracken 4x100
 Craig Cantrall High jump 1st 6-11

1995**Indoor**

Dan Zimmerman	4x400	5th	3:22.22
Ryan Erickson	4x400		
Eddie Heim	4x400		
Brent Ferneau	4x400		
Nate Smith	800	5th	1:54.39

Outdoor

Dan Zimmerman	4x400	2nd	3:15.02
Nate Smith	4x400		
Eddie Heim	4x400		
Brent Ferneau	4x400		

1997**Indoor**

Jay Rhoten	Decathlon	6th	6618
Sean Clark	Decathlon	14th	5825
Zech Schiebout	Discus	1st	169'8

1998**Indoor**

Jon Lindaman	800		1:57.16
Cory Woods	55 hurdles		7.71
Jay Rhoten	Long jump		21-10.75

Outdoor

Jay Rhoten	Decathlon	2nd	6774
Sean Clark	Decathlon	3rd	6591
Nate Koerselman	4x400	4th	3:12.61
Andrew Paulsen	4x400		
Adam Hartford	4x400		
Jon Lindaman	4x400		

1999**Indoor**

Sean Clark	High jump	t-3rd	6-8
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1999**Outdoor**

Jon Lindaman	1500	2nd	3:50.94
Marc Vander Velden	4x400	4th	3:12.98
Jon Lindaman	4x400		
Brad Gaskill	4x400		
Nate Koerselman	4x400		
Sean Clark	Decathlon	7th	6517

2000**Outdoor**

Sean Clark	Decathlon	5th	6575
Peter Wagner	Decathlon	8th	6429
Peter Wagner	High jump	8th	6-6.75
Tommy Tavegia	400	3rd	47.54
Chris McCullough	400	2nd	47.40
Marc Vander Velden	4x100	2nd	40.98
Tommy Tavegia	4x100		

Adam Hartford	4x100		
Chris McCullough	4x100		
Nate Koerselman	4x400	1st	3:09.64
Adam Hartford	4x400		
Tommy Tavegia	4x400		
Chris McCullough	4x400		

2001**Indoor**

Adam Hartford	4x400	3rd	3:17.84
Peter Wagner	4x400		
Tony Brownlee	4x400		
Tommy Tavegia	4x400		

Outdoor

Chris McCullough	4x400	1st	3:10.56
Adam Hartford	4x400		
Tony Brownlee	4x400		
Tommy Tavegia	4x400		
Tommy Tavegia	200	6th	22.25
Peter Wagner	Decathlon	1st	7058
Tony Brownlee	4x100	4th	41.21
Tommy Tavegia	4x100		
Adam Hartford	4x100		
Chris McCullough	4x100		

2002**Indoor**

Tony Brownlee	Long jump	5th	22-8
Chris McCullough	Long jump	7th	22-7.25
Chris McCullough	4x400	5th	3:19.69
Matt McCombs	4x400		
Peter Wagner	4x400		
Tony Brownlee	4x400		

Outdoor

Chris McCullough	4x400	1st	3:10.05
Matt McCombs	4x400		
Peter Wagner	4x400		
Tony Brownlee	4x400		
Matt Jens (prelims)	4X400		
Chris McCullough	Long jump	6th	22-5.25
Peter Wagner	Decathlon	2nd	6862

2003**Indoor**

Matt McCombs	4x400	8th	3:21.15
D.J. Cobler	4x400		
Tanner Whipple	4x400		
Peter Wagner	4x400		

Outdoor

Peter Wagner	Decathlon	1st	6825
Cale Van Genderen	High jump	8th	6-9

2004**Indoor**

Cale Van Genderen	High jump	2nd	6-11.75
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Outdoor

Cale Van Genderen	High jump	6th	6-9
Tanner Whipple	400 meter hurdles	7th	53.30

2005**Indoor**

Cale Van Genderen	High jump	1st	6-11
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Outdoor

Cale Van Genderen	High jump	1st	6-11.5
D.J. Cobler	4x400	5th	4:12.49
Guy Dierikx	4x400		
Kevin Pitz	4x400		
Justin Koepppe	4x400		

2006**Indoor**

Brian Respeliers	Distance medley	4th	10:08.54
Zach Zellweger	Distance medley		
Teddy Clark	Distance medley		
Bryan George	Distance medley		
Justin Koepppe	4x400	8th	3:21.15
Ben Bollard	4x400		
Kevin Pitz	4x400		
Guy Dierikx	4x400		

Outdoor

Guy Dierikx	4x100	7th	41.28
Zac Bailey	4x100		
Craig Hernandez	4x100		
Kevin Pitz	4x100		

Justin Koepppe (injured for finals)

Ben Bollard	4x400	6th	3:13.47
Craig Hernandez	4x400		
Kevin Pitz	4x400		
Guy Dierikx	4x400		
Justin Koepppe	(injured for finals)		

2007**Indoor**

Guy Dierikx	400 meters	4th	48.95
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Outdoor

Alex Miller	4x400	4th	3:12.64
Ben Bollard	4x400		
Craig Hernandez	4x400		
Guy Dierikx	4x400		
Ben Bollard	400 meter hurdles	8th	53.48
Jason Fisher	Hammer throw	3rd	192-9

2008**Indoor**

Guy Dierikx	400 meters	4th	49.57
Jason Fisher	Weight throw	7th	57-9.5

Outdoor

Guy Dierikx	400 meters	4th	47.82
	4x400	2nd	3:12.75
Alex Miller	4x400		
Luke Bolander	4x400		
Matt Patrick	4x400		
Kurtis Brondyke	Long jump	4th	23-1.75

2009 roster

Name	Yr	Events	Hometown/High school
James Armstead	Sr.	800	Greenfield, Iowa/Nodaway Valley
**Luke Bolander	Jr.	400-800	Des Moines, Iowa/East
*Kurtis Brondyke	So.	Multievents	Clinton, Iowa/Clinton
Ben Burzacott	So.	100-200	Pleasant Hill, Iowa/Southeast Polk
**Jaron Byrum	Sr.	1500-5000	Mount Union, Iowa/New London
Brock Caves	Fr.	400 hurdles	Douds, Iowa/Van Buren
***Teddy Clark	Sr.	800-1500-steeple	Montgomery, Ill./Oswego
*Spencer Coulter	So.	400-800	Beaman, Iowa/BCLUW
Tyler Crouse	Fr.	Throws	Hedrick, Iowa/Pekin
*Connor Daily	So.	100-400	Ottumwa, Iowa/Ottumwa
Adam Davis	Fr.	100-400	Altoona, Iowa/Southeast Polk
*Dustin Draisey	So.	400-800	Keota, Iowa/Keota
Clint Faust	Fr.	100-200	Worthington, Iowa/Western Dubuque
**Cory Fitzsimmons	Jr.	800-1500	Pella, Iowa/Pella
***Greg Foote	Sr.	Multievents	Maple Grove, Minn./Maple Grove
Morgan Ganoe	Fr.	Hurdles	Scranton, Iowa/Jefferson-Scranton
Josh Garrison	Fr.	Throws	Maxwell, Iowa/Collins-Maxwell
**Jordan Gegner	Jr.	HJ	Martensdale, Iowa/Martensdale-St. Marys
Matthew Golden	Fr.	400	Davenport, Iowa/Assumption
*Matt Graber	So.	Throws	Newton, Iowa/Newton
***Owen Haberman	Sr.	Throws	West Des Moines, Iowa/Valley
**Cory Hall	Jr.	HJ, LJ, TJ	Guthrie Center, Iowa/Guthrie Center
*Shane Hallengren	So.	LJ, PV, 100-200	Estherville, Iowa/Estherville

Andrew Hamer	Fr.	Distance	Murray, Iowa/Murray
Trevor Hixon	So.	Throws	Iowa City, Iowa/City High
Chris Henely	Fr.	100-200, hurdles	Grundy Center, Iowa/Grundy Center
Andrew Hopper	So.	Hurdles	Waukee, Iowa/Waukee
Tyler Husak	Sr.	800-1500	Montour, Iowa/South Tama
Jesse Joyce	Fr.	Throws	Maxwell, Iowa/Collins-Maxwell
Kenny Kemp	Fr.	800-1500	Waterloo, Iowa/West
Chad Kraklio	So.	400	Durant, Iowa/Durant
**Zach Marks	Jr.	PV, hurdles	Panora, Iowa/Panorama
*Elliott McDowell	So.	400-800	Grundy Center, Iowa/Grundy Center
Ben Mere	So.	Hurdles, jumps	Cedar Rapids, Iowa/Kennedy
**Alex Miller	Jr.	400-1500	Adel, Iowa/Van Meter
Ethan Miller	Fr.	Hurdles, jumps	Seymour, Iowa/Seymour
Derek Morgan	Fr.	100-200	Story City, Iowa/Roland-Story
**Mitch Morris	Jr.	100-200	Naples, Fla./Barron Collier
Noah Mortell	So.	400-800	Dallas Center, Iowa/Waukee
**Matt Patrick	Jr.	400	Dallas Center, Iowa/Dallas Center-Grimes
*Breighen Powell	So.	HJ, PV, 100-200	Wellman, Iowa/Mid-Prairie
Scott Riedel	Fr.	800-1500	Victor, Iowa/HLV
Matt Schmaizl	So.	Throws	Glenwood, Iowa/Glenwood
Allen Scovel	Fr.	100-200	Runnells, Iowa/Southeast Polk
**Pierre Taylor	Jr.	1500-10K	Montgomery, Ill./Oswego
**Derek Townsend	Jr.	800	Perry, Iowa/Perry
Nick Vance	Fr.	Multievents	West Des Moines, Iowa/Valley
Trevor Veach	Fr.	100-200	Grinnell, Iowa/Grinnell
Austin Vondracek	So.	Distance	Swisher, Iowa/Cedar Rapids-Prairie
*Brad Williams	So.	200-400	Clinton, Iowa/Clinton
Kyle Wood	Fr.	100-200	Newton, Iowa/Newton

*letters earned

Outlook

There's a new coach and new facilities for the Central College men's track and field program.

But as former St. Norbert College (Wis.) coach Joe Dunham takes over at Central, he promises one thing that won't change is the Dutch tradition of frequent trips to the victory stand.

After adding a new Balsam outdoor track and new weight event throwing stages to Ron and Joyce Schipper Stadium two years ago, in January Central completed installation of a new Mondo SX 200-meter indoor track in H.S. Kuyper Fieldhouse as well as a new javelin runway for the outdoor venue. The indoor surface—the same that was used in the Beijing Olympics last summer—is more forgiving than the old and ideal for training as well as competition.

Central wasn't looking for an upgrade in the head coaching position. Kevin Sanger was named the Iowa Conference men's track and field coach of the year six times in his 14 seasons and piloted the Dutch to five league crowns with three top-10 national team finishes. But following Sanger's resignation in June, Central landed a more than able replacement in Dunham, who also has lofty ambitions for the program.

"I'm extremely excited about where we're at," he said. "The leadership is certainly in place and the excitement level around the program is very high."

Central is coming off a second-place league finish in 2008. The Dutch later tied for 17th at the NCAA Division III meet and were 20th in the Division III power rankings.

But among the graduation losses were four-year all-America honoree Guy Dierikx, a standout in the 400 meters, and Jason Fisher, a two-time pick as the Central Region field event athlete of the year for his efforts in the weight events.

Back are three members of Central's 4x400-meter relay team that finished second at the national meet, along with sophomore Kurtis Brondyke, an all-America honoree in the long jump and conference high jump champion, and the conference shot put winner, sophomore Matt Graber.

Sprints

Central graduated its only two conference placewinners in the 100 and 200 meters but has a host of

reinforcements. The Dutch return junior Mitch Morris, sophomores Brad Williams, Ben Burzacott, Shane Hallengren and Breighen Powell joined by freshmen Kyle Wood, Trevor Veach, Allen Scovel, Derek Morgan, Adam Davis, Clint Faust and Chris Henely.

The 4x400-meter relay is Central's signature event, with 16 national meet appearances in 17 years, 12 place-finishes and three NCAA crowns. Replacing Dierikx at the end of the relay is no small chore, but juniors Matt Patrick, Luke Bolander and Alex Miller were all-America honorees in the event and took the league title as well. Gaining a spot with the foursome is attracting plenty of interest with senior Greg Foote, sophomore Connor Dailey and freshmen Adam Davis, Matt Golden and Chad Kraklio.

"With three runners back from last year's relay and a strong incoming freshman class, it's a very competitive culture of guys wanting to be part of that 4x400 tradition we've established here," Dunham said.

Hurdles

Central has scored more points in the conference 110-meter hurdles and the 400-meter hurdles in the past 15 years than any other school. But last spring the Dutch were shut out. Determined to quickly fill that void are numerous candidates, headed by Brondyke in the 110, along with sophomores Ben Mere and Andrew Hopper and freshmen Ethan Miller, Chris Henely, Morgan Ganoe and Nick Vance.

Many from that group will run the 400-meter hurdles along with Powell and freshman Brock Caves, a high school state champ.

"We're extremely excited about the addition of some younger guys to come in and help us," Dunham said. "We're looking to improve on last year and we've got a great start on that."

Middle distance

Miller and junior Derek Townsend placed second and fourth, respectively, in the conference 800 meters last spring and Miller was a provisional national qualifier (1:52.67). Several others will run the 800 or 1,500 meters including senior James Armstead, junior Cory Fitzsimmons, sophomores Dustin Draisey, Elliott McDowell, and Micah Seuferer, and freshmen Spencer Coulter, Kenny Kemp and Scott Riedel.

"We look to be very solid," Dunham said. "We've got a number of guys competing and I'm looking forward to seeing what we can do."

Distance

Senior Teddy Clark finished second in the league in the 3,000-meter steeplechase and is among Central's distance event leaders. Clark returns after missing the cross country season while studying in Europe through the Central Abroad program. Junior Pierre Taylor, Central's men's cross country MVP last fall, was eighth in the league 5,000 meters in 2008. Also competing will be seniors Tyler Husak, Jaron Byrum, sophomore Austin Vondracek and freshman Andrew Hamer.

"I'm looking forward to seeing them improve," Dunham said. "It's great to have Teddy (Clark) back."

Jumping events

Brondyke was a near-immediate success in the long jump after reporting late because of basketball. Also an all-Iowa Conference punter and a wide receiver in football, Brondyke gave up basketball for indoor track and field this year and is expected to make an impact in the triple jump as well, along with other events. He earned all-America honors in 2008 by placing fourth in the long jump (23-1.75) and was second in the league. Sophomore Shane Hallengren also returns after finishing seventh in the conference meet. Brondyke is the only returning conference placewinner in the triple jump, finishing fifth.

Others competing in the long jump or triple jump include sophomore Ben Mere and freshman Ethan Miller. Brondyke was the conference champ in the high jump (6-6.25) with junior Cory Hall sixth. The Dutch have significant depth in the event as junior Jordan Gegner, Powell, Mere and Ethan Miller will also jump.

"The jumps are one of our more exciting areas," Dunham said. "We've got some real talent there." Foote is Central's only returning placewinner in the pole vault, finishing sixth. Junior Zach Marks and freshman Noah Mortell will also vault.

Throwing events

Graber heads a deep contingent in the weight events. In addition to winning the shot put, he was fifth in the conference hammer throw. Other competitors in the shot put, discus and hammer throw include senior Owen Haberman, sophomore Trevor Hixon and Matt Schmailzl, and freshmen Jesse Joyce, Josh Garrison and Tyler Crouse.

"We're loaded with talent in the weight events," Dunham said. "We've got a number of guys who are

extremely motivated and have worked very hard.”

But there are no returning placewinners in the javelin. Hall picked up the event last year and Vance will also throw.

Multievents

Central’s powerful tradition in the decathlon will likely be extended. Dutch athletes have received all-America honors in it 12 times and captured the Iowa Conference crown in three of the six seasons it’s been contested. Veteran multievents coach Guy Mosher has some point producers to work with this spring. Foote returns after finishing third in the league last season while Brondyke, Hall and Vance are making the move to the decathlon as well.

The season

Loras, Wartburg and Luther are likely conference title contenders but Dunham expects his club to make a strong bid for Central’s first league crown since 2004.

“One of our goals is competing for the conference championship,” Dunham said. “It’s going to take a lot of hard work and effort, but that’s what we’re hoping to achieve.”

