



2006 MEN'S TRACK AND FIELD
CENTRAL COLLEGE
PRESSBOOK





Founded –1853

Enrollment – 1,635

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 1,750 students learning opportunities not only on the Pella campus, but on branch campuses in London and Colchester, England; Merida, Yucatan, Mexico; Leiden, the Netherlands; and Carmarthen, 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 Kuyper Athletics Complex

The 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), A.N. Kuyper Field (1977), the baseball and softball fields (1978), Ryerson Golf Driving 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 DEPT. STAFF

Athletics director	Al Dorenkamp
Special assistant to the athletics director	John Edwards
Director of intramurals and special events	Adam Stevens
Assistant dir. of intramurals	Dan Mason
Athletics office manager	Jeffy Schuring
Athletics secretary	TBA
Head athletic trainer	Leslie Duinink
Assistant athletic trainer	Greg Gilmore
Assistant athletic trainer	Chris Vieselman
Athletic training education program director	John Roslien
Strength and conditioning/ Ron Schipper Fitness Center coordinator	Jake Anderson
Building and grounds manager	Randy Shives
Sports information director	Larry Happel

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Dennis Doyle, associate professor of communication studies
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	Dan Mason
Assistant baseball	Brent Fridley
Basketball--Men's	Mike Boschee
Assistant basketball	Nic Nelson
Assistant basketball	Derek Schulte
Basketball--Women's	Natalie Nakic
Assistant basketball	Jerry Nikkel
Assistant basketball	Bret Grier
Cross country--Men's/women's	Jeff Bovee
Assistant cross country	Stephen Fyfe
Assistant cross country	Guy Mosher
Football	Jeff McMartin
Assistant football	Jeff Bollard—tight ends
Assistant football	Dick Bowzer—receivers
Assistant football	Don De Waard—defensive coordinator/linebackers
Assistant football	Reid Evans—offensive line
Assistant football	Matt Paulsen—defensive backs
Assistant football	David Roe—kickers/punters
Assistant football	Jeff Sanger—stingers

Assistant football	Kevin Sanger—defensive line
Assistant football	Jerry Southmayd—running backs
Assistant football	Travis Sterling—player development/LEAD program director

Golf--Men's

Assistant golf	Charlie Estabrook
Assistant golf	Tom Linton
Assistant golf	Clint Brown

Golf--Women's

Jodee Schaben

Soccer--Men's

Assistant soccer	Garry Laidlaw
Assistant soccer	TBA
Assistant soccer	Eric Boeyink

Soccer--Women's

Assistant soccer	Rick Burns
Assistant soccer	Kathryn Burns
Assistant soccer	Russell Goodman

Softball

Assistant softball	George Wares
Assistant softball	Denise Barnard
Assistant softball	Teresa Thompson
Assistant softball	Shannon Merkle
Assistant softball	Steph Anderson

Tennis--Men's/women's

Assistant women's tennis	Doug Stursma
Assistant men's tennis	Rod Braun
Assistant men's tennis	Tait Smock

Track and field--Men's/women's

Associate track and field	Kevin Sanger
Assistant track and field	Guy Mosher
Assistant track and field	Jeff Bovee
Assistant track and field	Clint Brown
Assistant track and field	Stephen Fyfe
Assistant track and field	Mike Marcinkowski
Assistant track and field	Eric Pingel

Volleyball

Assistant volleyball	Kent Clayberg
Assistant volleyball	Ann Van Hemert
Assistant volleyball	Catie Brand
Assistant volleyball	Sunny Eighthy

Wrestling

Assistant wrestling	Eric Reed
Assistant wrestling	Kevin Azinger
Assistant wrestling	Rex Gray
Assistant wrestling	Jamie Scott
Volunteer assistant	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
Bovee, Jeff	Men's and women's cross country	boveej@central.edu	628-5178
Burns, Rick	Women's soccer	burnsr@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Nakic, Natalie	Women's basketball	nakicn@central.edu	628-5672
Reed, Eric	Wrestling	reede@central.edu	628-5422
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
Stursma, Doug	Men's tennis	stursmad@central.edu	628-5194
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

2006 schedule

Indoor

Jan. 27-28	Iowa State Open	Ames
Jan. 28	Midwest Invitational	Monmouth, Ill.
Feb. 4	Titan Open	Bloomington, Ill.
Feb. 11	Dennis Young Classic	Storm Lake
Feb. 12	Graceland Pentathlon	Lamoni
Feb. 17	UNI Dome Open	Cedar Falls
Feb. 24-25	Iowa Conference meet	Storm Lake
March 4	Iowa State Last Chance	Ames
March 10-11	NCAA Div. III	Northfield, Minn.

Outdoor

March 25	Truman State Open	Kirksville, Mo.
April 1	Washington (Mo.) Inv.	St. Louis, Mo.
April 8	Wartburg Select Inv.	Waverly
April 12	Loras Mid-Week Inv.	Dubuque
April 22	Meet of Champions	Rock Island, Ill.
April 28	Simpson Twilight Open	Indianola
April 27-29	Drake Relays	Des Moines
May 5-6	Iowa Conference multievents	Decorah
May 5	Simpson Open	Indianola
May 12-13	Iowa Conference	Decorah
May 17	Coe Last Chance Open	Cedar Rapids
May 18-19	North Central Last Chance Open	Naperville, Ill.
May 19	Augustana Twilight Open	Rock Island, Ill.
May 25-27	NCAA Division III championships	Lisle, Ill.

MEN'S TRACK AND FIELD QUICK FACTS

2005 Iowa Conference indoor finish: 3rd

2005 Iowa Conference outdoor finish: 2nd

2005 NCAA Div. III indoor finish: 15th

2005 NCAA Div. III outdoor finish: 18th

2005 NCAA Div. III indoor qualifiers: One athlete in one event

2005 NCAA Div. III outdoor qualifiers: Six athletes in four events

Returning NCAA outdoor qualifiers: Four athletes in two events (D.J. Cobler, Guy Dierikx, Justin Koeppel, Kevin Pitz 4 x 100 meter relay, 4 x 400 meter relay)

Letterwinners lost: 13

Letterwinners returning: 30

2006 captains: Kevin Pitz, Bryan George, Jon Robeson, D.J. Cobler

Kevin Sanger

Head coach

Kevin Sanger is in his 11th season as head men's track and field coach at Central and his sixth year as head of the women's program. For the past 12 years he has also served as an assistant football coach.

A Britt, Iowa native, Sanger was named the Iowa Conference men's track and field coach of the year in 1997, 1998, 2000, 2001, 2003 and 2004 and has led the Dutch to five league crowns. He piloted Central to top-10 national team

finishes in 2000, 2001 and 2002. In the past nine years, Sanger's men's and women's outdoor squads have recorded 10 national top-25 team finishes. His 2005 teams finished seventh in the NCAA Division III men's power ranking and 10th in the women's rankings.

Sanger's athletes have won 10 individual NCAA Division III championships and have earned all-America recognition more than 90 times.

In 2001, Sanger received a presidential service standard award from Central president David Roe for his work with the college.

Sanger earlier served as an assistant men's and women's track and field coach for a year prior to taking the head men's coaching position.

A 1993 Central graduate, Sanger returned to Central in 1994 after earning a master's degree at Iowa State University.

Sanger, a four-year letterwinner in both track and field and football, was a conference placewinner in both the shot put and the discus.

Guy Mosher

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

Nationally recognized decathlon coach Guy Mosher is in his 15th year on the men's and women's track and field staff at Central and his third season as associate head coach. He works with the sprints, hurdles, jumps and combined events. He's also in his third year as assistant men's and women's cross country coach for the Dutch.

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-America finishes 17 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.

Jeff Bovee

Assistant coach – 800, 1500, 5000, 10,000, steeplechase

Jeff Bovee is in his third season as assistant men's and women's track and field coach at Central. Bovee also serves as head men's and women's cross country coach.

Central runners have earned USCCCA Division III all-region honors four times during his tenure. Distance runners have also showed dramatic progress in track and field under Bovee, scoring 133 points in 2005 Iowa Conference indoor and outdoor meets, after scoring 68 points in 2004 and 61 in 2003.

Bovee was the head men's and women's track and cross country coach at Parkland Junior College (Ill.) from 1996-2000. He was a graduate assistant coach in both sports at Eastern Illinois University in 1995-96. Bovee, a native of Glendale, Ariz., previously was a high school girls' and boys' track and cross country assistant there at Ironwood and Apollo high schools.

A graduate of the University of Arizona, Bovee served as co-captain of the school's track and field team for two seasons. He was a four-time track and field letterwinner and three-time cross country letterwinner for the Wildcats. He was a Pac-10 Conference placewinner in the 800 meters in track and a NCAA national meet participant in cross country.

Bovee received his master's degree from Eastern Illinois and is pursuing a doctoral degree at the University of Illinois.

Stephen Fyfe

Assistant coach – 5,000, 10,000 meters

Stephen Fyfe is in his seventh 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 and has completed seven 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 – throwing events

Mike Marcinkowski is in his sixth 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 – sprints, hurdles, jumps, multi-events

Eric Pingel is in his sixth season as assistant men's and women's track and field coach at Central. He works with the sprint, hurdle 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 an 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.

Jay Rhoten

Assistant coach -- sprints

Two-time Iowa Conference MVP Jay Rhoten, a 1998 Central graduate, is in his first season on the Central staff as assistant sprints coach.

Rhoten swept the 1998 NCAA Div. III Central Region men's indoor and outdoor track and field athlete of the year awards presented by the U.S. Track and Field Coaches Association. He placed second in the NCAA Division III decathlon in 1998 after finishing sixth the previous year. He was fourth in the 1998 Drake Relays decathlon, and second among university and college competitors. Also a two-time team MVP and a team captain, Rhoten placed in five events at the 1998 Iowa Conference meet as the Dutch took the men's team title for the third time in his four seasons.

2005 season results

Indoor

Jan. 21	Central Invitational	Pella	No team scores
Jan. 29	Midwest Pentangular	Monmouth, Ill.	5th of 6 teams
Feb. 5	Dennis Young Invitational	Storm Lake	2nd of 5 teams
Feb. 11	Prairie Wolf Invitational	Lincoln, Neb.	No team scores
Feb. 12	Fighting Scot Invitational	Monmouth, Ill.	9th of 16 teams
Feb. 13	Graceland Pentathlon	Lamoni	No team scores
Feb. 18	UNI Dome Open	Cedar Falls	No team scores
Feb. 25-26	Iowa Conference	Decorah	3rd of 9 teams
March 5	Iowa State Last Chance Open	Ames	No team scores
March 11-12	NCAA Div. III championships	Bloomington, Ill.	15th

Outdoor

March 26	Truman State Open	Kirksville, Mo.	No team scores
April 2	Central Invitational	Pella	3rd of 15
April 9	Washington Invitational	St. Louis, Mo.	1st of 9
April 16	Jim Duncan Invitational	Des Moines	No team scores
April 21-23	Kansas Relays	Lawrence, Kan.	No team scores
April 22-23	Doane Relays	Crete, Neb.	No team scores
April 29	Simpson Twilight Open	Indianola	No team scores
April 29-30	Drake Relays	Des Moines	No team scores
April 30	Loras Open	Dubuque	No team scores
May 6	Simpson Invitational	Indianola	1st of 6
May 6-7	Iowa Conf. Heptathlon/Dec.	Dubuque	tie-2nd of 9
May 13-14	Iowa Conference	Dubuque	tie-2nd of 9
May 18	Central Last Chance Open	Pella	No team scores
May 19	North Central Invitational	Naperville, Ill.	No team scores
May 20	Augustana Twilight Open	Rock Island, Ill.	No team scores
May 26-28	NCAA Division III	Waverly	18th

2005 team finishes

INDOOR

Midwest Invitational
Jan. 29, 2005
Huff Athletic Center
Monmouth College
Monmouth, Ill.

Team results

1. Augustana (Ill.) 185; 2. Monmouth (Ill.) 183.50 3. Loras 128; 4. Illinois Wesleyan 120.50; **5. Central 91**; 6. Knox (Ill.) 10.

Iowa Conference Indoor Championship

Feb. 25-26, 2005
Regents Center
Luther College
Decorah, Iowa

Team results

1.(tie) Loras, Wartburg 157; **3. Central 156**; 4. Dubuque 61; 5. Luther 58; 6. Coe 52; 7. Simpson 42; 8. Buena Vista 30; 9. Cornell 25

NCAA Division III Indoor Championships

March 11-12, 2005
Illinois Wesleyan University
Bloomington, Ill.

Team results

1. Wis.-La Crosse 53.0; 2. Lincoln 38.0; 3. Wis.-Platteville 33.0; 4. Nebraska Wesleyan 32.0; 5. North Central (Ill.) 27.0 6 Wis.- Oshkosh 25.0 7. tie, Wis.-Whitewater, New Jersey City 19.0; 9. Mass Inst Technology 17.0; 10. St. Thomas (Minn.) 16.0; 11. Otterbein (Ohio) 15.5; 12. Dubuque 14.0;13. Widener (Pa.) 12.0; 14. Loras 11.5; **15. tie**, Tufts (Mass.), Montclair State (N.J.), McMurry (Texas), Farmingdale State, **Central 10.0**; 20. tie, Keene State (N.H.), Greenville 9.0.

OUTDOOR

Central Invitational
April 2, 2005
A.N. Kuyper Stadium
Central College
Pella, Iowa

Team results

1. Minn.-Duluth 155.5; 2. Loras 138; **3. Central 114**; 4. Iowa Central 109.5; 5. Buena Vista 59; 6. Simpson 50; 7. Gustavus Adolphus(Minn.) 38; 8. William Penn 30; 9. Cornell 21; 9. Iowa Wesleyan 21; 11. Western Illinois 18; 12. Faith Baptist 8; 13. Mount Mercy 6; 14. Coe 3; 15. St. Scholastica (Minn.) 1

Washington University Select Meet

April 9, 2005
Francis Field Stadium
Washington University
St. Louis, Mo.

Team results

1. Central 129; 2. Washington(Mo.) 124.5; 3. Ohio Northern 115; 4. Missouri-Rolla 93; 5. Greenville(Ill.) 89; 6. Gustavus Adolphus(Minn.) 73.5; 7. Wis.-Eau Claire 73; 8. Illinois College 16; 9. Principia(Ill.) 7

Simpson Invitational
May 6, 2005
Bill Buxton Stadium
Simpson College
Indianola, Iowa

Team results

1. **Central 215.5**; 2. Iowa Central 175; 3. Grinnell 72.5; 4. Concordia-Moohead(Minn.) 64; 5. Simpson 63; 6. Illinois College 62.5

Iowa Conference
May 13-14, 2005
Manatt Track
Loras College
Dubuque, Iowa

Team results

1. Loras 193; **2.(tie) Central 162**, Wartburg **162**; 4. Dubuque 84; 5. Luther 61; 6. Coe 50.5; 7. Simpson 49; 8. Buena Vista 36.5; 9. Cornell 16

NCAA Division III Championships
May 26-28, 2005
Walston-Hoover Stadium
Wartburg College
Waverly, Iowa

Team results

1. Lincoln (Penn.) 69; 2. Wis. La-Crosse 66.5; 3. Neb. Wesleyan 54; 4. Willamette (Ore.) 84; 5. North Central (Ill.) 61;
18. Central 15

Individual indoor results

Central's Iowa Conference indoor meet placewinners

55 meters--Curt Hunt, 6.73; Eric Harris, 6.84; Jim Cruickshank, 6.97
200 meters--4. Guy Dierikx, 22.85; 6. Justin Koeppel, 23.01; 11. Kevin Pitz, 23.25
400 meters--4. Guy Dierikx, 50.38; 8. Justin Koeppel, 50.71; 9. Kevin Pitz, 50.95
600 meters--2. Tanner Whipple, 1:23.57; 3. D.J. Cobler, 1:23.71; 4. Nick Miller, 1:24.08
800 meters--2. Brian Respeliers, 1:57.16; 11. Aaron Eggers, 2:02.96; 12. Jered Wells, 2:03.91
1,000 meters--2. Gary Pothoven, 2:33.87; 10. Kyle Fleener, 2:42.13; 18. Chase Ungs, 2:52.91
1 mile--2. Bryan George, 4:21.72; 6. Chase Ungs, 4:32.27; 13. Andy Green, 4:41.68
3,000 meters--7. Adam Wolf, 9:06.79; 11. Brett Jones, 9:18.9
5,000 meters--6. Adam Wolf, 16:09.82, 7. T.J. Weiler, 16:10.27; 8. Brett Dietrich, 16:15.19
55 meter hurdles--2. Brad Rose, 7.82; Tanner Whipple, 8.33; Nick Miller, 8.37
4x200 meter relay--2. Dierikx/Koeppel/Hunt/Pitz, 1:31
4x400 meter relay--1. Cobler/Whipple/Koeppel/Dierikx, 3:22.65
Distance medley--3. Respeliers/Bollard/Fleener/Pothoven, 10:34.73
Long jump--6. Cale Van Genderen, 21' 4.75"; 7. Ben Bollard, 21' 4"
Triple jump--3. Cale Van Genderen, 44' 9.5"; 7. Ben Bollard, 43' 1.5"; Johnny Good, 40' 2.25"
Shot put--3. Mark Sanger, 50' 10"; Rodger Blum, 40' 6.25"
Weight throw--1. Mark Sanger, 53' 5.5"; 5. Jon Robeson, 49' 2.5"; Josh Stanton, 35' 5.25"
High jump--1. Cale Van Genderen, 6' 10.75"
Pole vault--1. Cory Torkelson, 13' 11.25"; 5. Josh Brown, 12' 5.5"; 9. Rob Tanzer, 11' 11.75"

Central's NCAA Division III indoor meet placewinners

Bloomington, Ill.

High jump- 1. Cale Van Genderen, 6'11"

USTFCA Division III all-America honoree

High jump: Cale Van Genderen

INDIVIDUAL OUTDOOR RESULTS

Central's Iowa Conference outdoor meet placewinners

Decathlon

3. Tanner Whipple	5,904 points	4. Ben Bollard	5,865 points		
100 meters	11.61	730 points	100 meters	11.4	774 points
Long jump	20' 3.75"	628 points	Long jump	19' 7"	580 points
Shot put	34' 4.25"	514 points	Shot put	34' 1.5"	510 points
High jump	5' 10.5"	619 points	High jump	5' 7"	544 points
400 meters	50.84	776 points	400 meters	50.57	789 points
110 meter hurdles	16.05	727 points	110 meter hurdles	16.91	634 points
Discus throw	80' 10"	360 points	Discus throw	98' 11"	467 points
Pole vault	11' 11.75"	522 points	Pole vault	10' 11.75"	444 points
Javelin throw	129' 8"	435 points	Javelin throw	134' 11"	458 points
1,500 meters	4:54.37	593 points	1,500 meters	4:42.52	665 points

Central's other outdoor meet placewinners

100 meters--15. Keith Wrich, 11.54; 19. Ryan Shropshire, 11.6; 20. Jim Cruickshank, 11.61; 24. Curt Hunt, 13.48

200 meters--5. Kevin Pitz, 22.26; 11. Guy Dierikx, 22.4; 18. Ryan Shropshire, 22.97; 21. Keith Wrich, 23.14

400 meters--2. D.J. Cobler, 49.31; 3. Kevin Pitz, 49.45; 8. Guy Dierikx, 49.05; 13. Ben Bollard, 50.18

800 meters--5. Gary Pothoven, 1:56.67; 6. Brian Respellers, 1:56.98; 15. Jered Wells, 2:01.07; 21. Eric Sink, 2:04.71

1,500 meters--8. Chase Ungs, 4:10.06; 12. Mike McLoughlin, 4:21.88; 14. Andy Green, 4:28.15

5,000 meters--6. Adam Wolf, 15:45.35; 8. Bryan George, 15:59.01; 15. Chase Ungs, 16:35.3

10,000 meters--3. Adam Wolf, 32:45.74; 8. T.J. Weiler, 33:34.14; 9. Brett Dietrich, 33:46.22

110 meter hurdles--1. Brad Rose, 14.48; 7. Tanner Whipple, 15.89; 11. Nick Miller, 16.04; 12. Jon Hoffman, 16.07

400 meter hurdles--3. Brad Rose, 54.82; 6. Justin Koeppe, 55.82; 10. Tanner Whipple, 55.93

3,000 meter steeplechase--2. Bryan George, 9:49.69

4x100 meter relay--2. Cobler/Dierikx/Koeppe/Pitz, 41.76

4x400 meter relay--2. Cobler/Dierikx/Bollard/Koeppe, 3:20.04

High jump--2. Cale Van Genderen, 6' 11"; 6. Keith Pedersen, 6' 3.25"; 10. Matt Weih, 5' 11.25"

Pole vault--1. Cory Torkelson, 14' 7.5"; 3. Josh Brown, 13' 7.75"; 7. Tanner Whipple, 11' 8"

Long jump--12. Kyle Messerly, 20' 7.25"; 16. Matt Weih, 20' 1.5"; 17. Ben Bollard, 19' 11.75"

Triple jump--6. Cale Van Genderen, 43' 2.25"; 7. Ben Bollard, 43' 1.75"; 10. Matt Weih, 42' 9.5"; 11. Kyle Messerly, 42' 4"

Shot put--6. Mark Sanger, 49' 7.25"; 16. Josh Stanton, 39' 4.5"; 18. Rodger Blum, 38' 2.25"

Discus throw--5. Mark Sanger, 138' 5"; 6. Jason Fisher, 136' 4"; 17. Jon Robeson, 114' 8"; 23. Rodger Blum, 95' 8"

Hammer throw--1. Mark Sanger, 171' 1"; 2. Jon Robeson, 169' 10"; 13. Jason Fisher, 126' 3"; 20. Rodger Blum, 104' 1"

Javelin throw--2. Matt Johnston, 177' 11"; 11. Cale Van Genderen, 153' 10"; 15. Cory Torkelson, 148' 10"

Central's NCAA Division III outdoor meet placewinners

110 meter hurdles--12. Brad Rose, 14.78

4x100 meter relay--12. Cobler/Dierikx/Koeppe/Pitz, 41.65

4x400 meter relay--4. Cobler/Dierikx/Koeppe/Pitz, 3:12.49

High jump--1. Cale Van Genderen, 6' 11.5"

USTFCA Division III all-America honorees

High jump: Cale Van Genderen

4x400 meter relay: D.J. Cobler, Guy Dierikx, Justin Koeppe, Kevin Pitz

2005 season bests

Indoor

55 meters: Curt Hunt, 6.73 (2/25)

200 meters: Guy Dierikx, 22.82 (2/11)

400 meters: Guy Dierikx, 49.88 (2/18)

55 meter hurdles: Brad Rose, 7.82 (2/26)

600 meters: Tanner Whipple, 1:23.57 (2/14)

800 meters: Brian Respellers, 1:57.16 (2/26)

1,000 meters: Gary Pothoven, 2:33.87 (2/26)
1,500 meters: Bryan George, 4:14.41 (2/21)
1 mile: Bryan George, 4:21.72 (2/26)
3,000 meters: Bryan George, 9:02.83 (2/28)
5,000 meters: Adam Wolf, 15:27.97 (2/11)
4x200 meter relay: Dierikx, Koeppe, Hunt, Pitz, 1:31 (2/25)
4x400 meter relay: Cobler, Koeppe, Pitz, Dierikx, 3:18.03 (3/5)
4x800 meter relay: Respeliers, Pothoven, Fleener, George, 8:29.99 (1/21)
Distance medley: 10:22.68 (3/5)
Pentathlon: Tanner Whipple, 3,274 (2/13)
High jump: Cale Van Genderen, *7-1.5 (1/29)
Long jump: Matt Weih, 21-5 (2/18)
Triple jump: Cale Van Genderen, 44-9.5 (2/27)
Shot put: Mark Sanger, 50-10 (2.25)
Weight throw: Mark Sanger, *53-5.5 (2/26)
Pole vault: Cory Torkelson, 14-1.25 (2/5)

Outdoor

100 meters: Guy Dierkx, 11.26 (4/2)
200 meters: Kevin Pitz, 22.26 (5/14)
400 meters: Guy Dierkx, 49.05 (5/13)
800 meters: Brian Respeliers, 1:54.48 (5/18)
1,500 meters: Bryan George, 4:03.40 (4/16)
3,000 meters: Adam Wolf, 9:02.15 (5/6)
5,000 meters: Adam Wolf, 15:31.95 (4/9)
10,000 meters: Adam Wolf, 32:45.74 (5/13)
110 meter hurdles: Brad Rose, *14.48 (5/14)
400 meter hurdles: Brad Rose, 54.04 (5/6)
3,000 meter steeplechase: Bryan George, 9:44.8 (4/29)
4x100 meter relay: Cobler, Dierkx, Koeppe, Pitz, 41.54 (5/18)
4x400 meter relay: Cobler, Dierkx, Pitz, Koeppe, 3:12.49 (5/28)
Distance medley relay: Respeliers, Bollard, Pothoven, George, 10:27.72 (4/30)
4x110 meter shuttle hurdle relay: Rose, Whipple, Miller, Hoffman, 63.83 (4/30)
High jump: Cale Van Genderen, 7-5 (5/6)
Pole vault: Cory Torkelson, 14-7.5 (5/13)
Long jump: Kyle Messerly, 21-75 (5/6)
Triple jump: Cale Van Genderen, 43-2.25 (5/14)
Shot put: Mark Sanger, 49-7.25 (5/14)
Discus throw: Jason Fisher, 145-8 (4/2)
Hammer throw: Mark Sanger, 177-7 (5/18)
Javelin throw: Matt Johnston, 178-5 (5/14)
Decathlon: Tanner Whipple, 5, 909 (4/2)
*new school records

Iowa Conference outdoor meet team champions

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

All-time top 10 indoor performers list, by event

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.	1977	Randy Jones	6' 6
	1992	Eric Pingel	6' 6
	1981	Scott Smart	6' 6

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.	1995	Curt Pakkabier	22' 1.5

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

Pole vault

No.	Year	Athlete	Performance
1.	1988	Jim Bruxvoort	15'
2.	2000	Sean Clark	14' 8.5
3.	2005	Cory Torkelson	14' 1.25
4.	2003	Peter Wagner	14'
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'
8.	1977	Dan Kots	13'
10.	2000	Chuck Cibula	12' 6
	1985	Dave Hoelsinger	12' 6
	2003	Tanner Whipple	12' 6

Shot put

No.	Year	Athlete	Performance
1.	1999	Reid Evans	51' 11"
2.	2005	Mark Sanger	50' 10"
3.	2006	Jason Fisher	48' 2.75"
4.	2001	Ryan Anderson	48' 1"
5.	2002	Adam Sparks	48'
6.	1996	Willie Stone	47' 5"
7.	1981	Kean Richard	47' 4"
8.	1998	Matt Monahan	47' 1"
9.	2000	Ryan Anderson	46' 4"
10.	1981	John Celoni	46' 1"

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'
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"

Weight throw

No.	Year	Athlete	Performance
1.	2005	Mark Sanger	53' 5.5"
2.	2006	Jon Robeson	53' 5"
3.	2006	Jason Fisher	53' 1.75"
4.	2004	Lucas Nims	49' 9"
5.	2004	Eric Baker	46' 10.75"
6.	2001	Dave Buzzard	45' 3.75"
7.	1999	Reid Evans	45' 1"
8.	2002	Adam Sparks	42' .75"
9.	2006	Josh Stanton	38' 6.75"
10.	2005	Rodger Blum	38' 10.5"

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"

55 meters

No.	Year	Athlete	Performance
1.	2006	Zac Bailey	6.48+
2.	1999	Jeremy Glasgow	6.49
3.	1999	Cory Woods	6.53
4.	1988	David Palmer	6.54
	2004	D.J. Cobler	6.54
6.	1990	Dan Wallace	6.57
7.	2001	Tony Brownlee	6.58
	1999	Marc Vander Velden	6.58
9.	1991	Anthony Gallion	6.59
	1999	Adam Hartford	6.59

200 meters

No.	Year	Athlete	Performance
1.	2001	Adam Hartford	22.33"
2.	2002	Chris McCullough	22.52
3.	2001	Tony Brownlee	22.53
4.	1996	Ryan Erickson	22.54
5.	2001	Tommy Tavegia	22.59
6.	1994	Les McCracken	22.68
7.	2006	Justin Koeppe	22.71
8.	1998	Jon Klaassen	22.74
9.	2004	Jonathan Wallerich	22.78
10.	1994	Dan Zimmerman	22.81

400 meters

No.	Year	Athlete	Performance
1.	2002	Chris McCullough	49.33"
2.	1999	Nate Koerselman	49.68
3.	2002	Tony Brownlee	49.70
3.	1995	Nate Smith	49.70
5.	2000	Tommy Tavegia	49.74
6.	2005	Guy Dierikx	49.88
7.	1994	Les McCracken	49.95
8.	2001	Adam Hartford	50.21
9.	1997	Ryan Erickson	50.32
10.	1995	Ed Heim	50.34

600 meters

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	1:23.0h*
5.	1995	Joe O'Neil	1:23.14
6.	2004	Nick Miller	1:23.29
7.	1993	Kevin Hackert	1:23.34
8.	1998	Chad Klein	1:24.26
9.	1994	Ross Quigley	1:24.36
10.	2006	Ryan Shropshire	1:24.77

800 meters

No.	Year	Athlete	Performance
1.	2000	Jon Lindaman	1:51.72"
2.	1995	Nate Smith	1:55.99
3.	1998	Chris Button	1:56.24
4.	1988	Paul Lovell	1:56.3h
5.	2006	Brian Respeliers	1:56.63
6.	2002	Mark Showers	1:57.20*
7.	1996	Chad Klocke	1:57.90
8.	2002	Gary Pothoven	1:58.53
9.	1999	Ryan Blahauvietz	1:58.59
10.	2004	Matt Weih	1:59.48*

1000 meters

No.	Year	Athlete	Performance
1.	2000	Jon Lindaman	2:29.15"
2.	1995	Chad Klocke	2:32.54
3.	2005	Gary Pothoven	2:33.87
4.	1977	Chris Samson	2:35.2h*
5.	1993	Nate Smith	2:35.3h
6.	1996	Ryan Anderson	2:35.62
7.	2006	Teddy Clark	2:36.36
8.	1981	Brad Schulze	2:36.7h*
9.	2005	Brian Respeliers	2:37.38
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.	1997	Chad Klocke	4:20.79*
4.	1995	Nate Smith	4:21.12*
5.	2005	Bryan George	4:21.72
6.	1977	Chris Samson	4:22.9h
7.	1986	Bruce Merschbrock	4:23.6h
8.	1995	Andy Goodman	4:24.45*
9.	2006	Brian Respeliers	4:24.71
10.	1995	Scott Kolbe	4:27.19*

3000 meters

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 Wubbena	9:00.4h*
8.	1995	Andy Goodman	9:01.81
9.	1979	Paul Sparks	9:03.4h*
10.	1981	Scott Visser	9:06.5h*

5000 meters

No.	Year	Athlete	Performance
1.	1995	Andy Goodman	15:13.70"
2.	2005	Adam Wolf	15:27.97*
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.	2001	Kevin Lindberg	16:09.78
8.	2005	T.J. Weiler	16:10.27
9.	1997	Shane Every	16:14.36
10.	2005	Brett Dietrich	16:15.27

Distance medley relay

No.	Year	Athletes	Performance
1.	1999	M. Parker/N. Koerselman/ R. Blahauvietz/J. Lindaman	10:22.25
2.	2005	B. Respeliers/B. Bollard/ G. Pothoven/B. George	10:27.18*
3.	2005	B. Respeliers/B. Bollard/ K. Fleener/G. Pothoven	10:34.73
4.	2004	C. Ungs/B. Bollard/ G. Pothoven/A. Wolf	10:39.44
5.	2004	C. Ungs/D. Deines/ G. Pothoven/B. George	10:41.84*
6.	2002	L. Bennett/M. McCombs/ M. Showers/G. Pothoven	10:47.10
7.	2006	McLoughlin/Cobler/ Respeliers/George	10:48.60
	2006	Respeliers/Hernandez? Clark/Ungs	10:48.60
9.	2003	C. Preuninger/C. Hunt/ A. Eggers/B. George	10:48.62
10.	2001	M. Showers/J. Gray/ R. Thompson/D. Gildersleeve	10:49.20

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.	1996	R. Erickson/M. Hodson/ D. Zimmerman/B. Ferneau	1:30.67
6.	2005	G. Dierikx/J. Koeppel/ C. Hunt/K. Pitz	1:31.00
7.	2003	D. Cobler/M. McCombs/ J. Wallerich/M. Jens	1:31.19
8.	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

+School record

*Denotes a converted time

All times have been converted to FAT equivalents

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

No.	Year	Athlete	Performance
1.	1997	Zech Schieboubt	169' 8+
2.	1981	Kean Richard	160' 8
3.	2001	Lucas Nims	160' 5
4.	1978	Steve Vander Pol	159'
5.	2000	Reid Evans	156' 6
6.	1995	Rick Sanger	156' 3
7.	2004	Mark Sanger	150' 4
8.	2004	Spencer Power	150' 3
9.	2002	Michael Hotze	147' 2 1/2
10.	2005	Jason Fischer	145' 8

Hammer

No.	Year	Athlete	Performance
1.	2004	Mark Sanger	177' 11+
2.	2005	Jon Robeson	169' 10
3.	2004	Lucas Nims	156'
4.	2004	Eric Baker	146'
5.	2002	Adam Sparks	138' 6
6.	2005	Jason Fischer	132' 4
7.	2005	Rodger Blum	125' 7
8.	2001	Dave Buzzard	123' 9
9.	2004	Spencer Power	117' 7

High jump

No.	Year	Athlete	Performance
1.	1993	Craig Cantrall	7' 1 1/2+
2.	2005	Cale Van Genderen	7' 1/2
3.	2001	Peter Wagner	6' 9 1/2
4.	1981	Scott Smart	6' 9 1/4
5.	2004	Clint Larson	6' 8 3/4
	1992	Eric Pingel	6' 8 3/4
7.	1998	Sean Clark	6' 7
	1977	Randy Jones	6' 7

9.	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

Javelin

No.	Year	Athlete	Performance
1.	1992	Ben Lindaman	191' 3+
2.	2004	Lucas Nims	188' 4
3.	1991	Chris Laufenberg	186' 9 1/2
4.	1992	Eric Pingel	180'
5.	2004	Matt Johnson	179' 5
6.	1999	Marc Vander Velden	179' 1/2
7.	1995	Curt Pakkaber	170' 1
8.	1995	Steve Brand	169' 7 1/2
9.	1997	Jay Rhoten	167'
10.	1998	Nick Pfadenhauer	166' 6

Long jump

No.	Year	Athlete	Performance
1.	2000	Chris McCullough	24' 3 1/2+
2.	1985	Vince Birley	23' 11 1/2
3.	2000	Ben Humiston	23' 5
	1998	Brad Gaskill	23' 5
5.	1998	Jay Rhoten	23' 3
6.	1970	Flinard Grisby	23' 1 1/2
7.	2001	Clayton Carson	23' 3/4
	1991	Maury Zuber	23' 1/2
8.	1988	Mark Heid	22' 9 1/2
9.	2001	Tony Brownlee	22' 9 1/4
	1995	Curt Pakkaber	22' 9 1/4

Pole vault

No.	Year	Athlete	Performance
1.	1989	Jim Bruxvoort	15' 9+
2.	2000	Sean Clark	15' 2 1/2
3.	1978	Jason Locke	15'
4.	2002	Peter Wagner	14' 8 1/2
5.	2005	Cory Torkelson	14' 7 1/2
6.	2005	Josh Brown	13' 7 3/4
7.	1978	Dan Kotz	13' 6
8.	1986	Dave Holesinger	13'
8.	1992	Eric Pingel	13'
8.	1998	Jay Rhoten	13'

Shot put

No.	Year	Athlete	Performance
1.	1999	Reid Evans	51' 11+
2.	1975	Bob Howard	50' 7 1/2
3.	2000	Ryan Anderson	50' 3 1/2
4.	1997	Zech Schiebout	49' 9 1/4
5.	2005	Mark Sanger	49' 7 1/4
6.	1978	Jeff Lind	49' 5
7.	1982	Kean Richard	49' 1
8.	1996	Willie Stone	48' 3 1/2
9.	1975	Les Hogan	48' 2 1/2
10.	2002	Adam Sparks	48' 2

Triple jump

No.	Year	Athlete	Performance
1.	1981	John Whipple	48' +
2.	2004	Cale Van Genderen	47' 2 1/2
3.	1977	Dave Erickson	47'
4.	2000	Jeff Sanger	45' 11 3/4
5.	2001	Aaron Rothrock	45' 10 1/2
6.	1985	Vince Birley	45' 7
7.	1983	Garry Simpson	45' 0
8.	2001	Clayton Carson	44' 10 3/4
9.	2002	Tony Brownlee	44' 10 1/4
10.	1994	Curt Pakkabier	44' 7 3/4

100 meters

No.	Year	Athlete	Performance
1.	1990	David Ellingson	10.64+*
2.	2000	Zack Ostercamp	10.76
3.	2001	Tommy Tavegia	10.77
4.	2001	Tony Brownlee	10.83
5.	1979	Don Keller	10.84*
5.	1988	David Palmer	10.84*
7.	2000	Marc Vander Velden	10.85
8.	2001	Adam Hartford	10.87
9.	1995	Ryan Erickson	10.88

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.	1997	Jay Rhoten	15.11
9.	2001	Andrae Delaney	15.18
10.	1995	Chuck Hunt	15.18

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
7.	1995	Ryan Erickson	21.80
8.	1990	David Ellingson	21.94
8.	1995	Brent Ferneau	21.94
8.	1982	Jerry Quick	21.94

400 meters

No.	Year	Athlete	Performance
1.	2000	Chris McCullough	47.40+
2.	2000	Tommy Tavegia	47.53
3.	1976	Dirk Bradt	47.76*
4.	1988	David Palmer	47.84*
5.	1981	Brad Depke	48.14*
6.	1994	Les McCracken	48.15
7.	2001	Adam Hartford	48.17
8.	1995	Brent Ferneau	48.24
9.	1999	Nate Koerselman	48.25
10.	2001	Tony Brownlee	48.29

400 meter hurdles

No.	Year	Athlete	Performance
1.	2004	Tanner Whipple	53.16+
2.	2003	Peter Wagner	53.54
3.	2004	Brad Rose	53.68
4.	1984	Rod Klein	53.94*
5.	2005	Justin Koeppel	54.06
6.	1999	Brad Gaskill	54.59
7.	2000	Kainan Rinaberger	54.60
8.	1993	Mike Gruver	54.64
9.	2003	Nick Miller	54.67
10.	1992	Mike Furness	54.83

1500 meters

No.	Year	Athlete	Performance
1.	1999	Jon Lindaman	3:50.74+
2.	1979	Jerry Fitzsimmons	3:53.9h
3.	1981	Marley Wubben	3:55.9h
4.	1983	Steve Greiner	3:55.7h
5.	1977	Brian Hansbarger	3:58.3h
6.	1987	Bruce Merschbrock	3:58.6h
7.	1994	Nate Smith	3:58.75
8.	1977	Rick Hollingsworth	3:59.0h
9.	1981	Pete Anderson	3:59.1h
10.	1995	Chad Klocke	3:59.83

Steeplechase

No.	Year	Athlete	Performance
1.	1982	Mark Muyskens	9:17.5h+
2.	1977	Kelly Lacina	9:23.9h
3.	1977	Tim Fyfe	9:33.0h
4.	1991	Ron Cox	9:34.5h
5.	2004	Bryan George	9:39.92
6.	2001	Luke Bennett	9:50.12
7.	1999	Jon Rathje	9:56.33
8.	1997	Jeremy Karli	9:57.03
9.	1979	Nate Spencer	9:57.5h
10.	1995	Keith Burke	9:58.1h

5000 meters

No.	Year	Athlete	Performance
1.	1994	Andy Goodman	14:45.96+
2.	1979	Brian Hantsbarger	14:56.3h
3.	1981	Marley Wubben	15:06.6h
4.	1981	Paul Sparks	15:07.2h
5.	1980	Jerry Fitzsimmons	15:12.5h
6.	1980	Mark Muyskens	15:20.6h
7.	1984	Bruce Merschbrock	15:26.4h
8.	1991	Todd Christensen	15:28.78
9.	2005	Adam Wolf	15:31.95
10.	1992	Scott Kolbe	15:32.40

10,000 meters

No.	Year	Athlete	Performance
1.	1994	Andy Goodman	30:59.72+
2.	1984	Mike Main	31:55.7h
3.	1981	Paul Sparks	32:04.6h
4.	1979	Marley Wubben	32:06.4h
5.	2001	Seth Comfort	32:41.09
6.	2005	Adam Wolf	32:45.74
7.	1984	Joe Di Bernardo	32:56.5h
8.	2000	Jon Rathje	33:07.25
9.	1991	Todd Christensen	33:16.36
10.	2005	T.J. Weiler	33:34.14

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.	2004	Tanner Whipple	6185
7.	2003	Cale VanGenderen	6098
8.	2005	Ben Bollard	5865
9.	1995	Curt Pakkaber	5570
10.	2004	Pete Kelloway	5462

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.	1998	A. Hartford/C. Woods J. Klaassen/ A. Paulsen	41.42
4.	1994	M. Morris/D. Zimmerman B. Dunlap/L. McCracken	41.45
5.	2005	D. Cobler/G. Dierikx J. Koeppe/K. Pitz	41.54
5.	1995	B. Ferneau/R. Erickson D. Zimmerman/E. Heim	41.54
5.	1990	D. Wallace/J. Snyder J. Wallerich/D. Ellingson	41.54*
8.	2000	M. VanderVelden/T. Brownlee A. Hartford/C. McCullough	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.	2005	D. Cobler/G. Dierikx K. Pitz/J. Koeppe	3:12.49
6.	1998	N. Koerselman/A. Paulsen A. Hartford/J. Lindaman	3:12.61
7.	1999	M. VanderVelden/J. Lindaman B. Gaskill/N. Koerselman	3:12.98
8.	2000	A. Hartford/J. Lindaman T. Tavegia/C. McCullough	3:13.61

Central's Iowa Conference championships

1979	1993	1997	2001
1991	1994	1998	2004
1992	1995	2000	

All-time records

INDOOR

55 meter dash: 6.49, Jeremy Glasgow, 1999
200 meter dash: 22.33, Adam Hartford, 2001
400 meter dash: 49.33, Chris McCullough, 2002
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
1500 meter run: 3:54.27, Jon Lindaman, 1999
3,000 meter run: 8:58.05, Bryan George, 2004
5,000 meter run: 15:13.70, Andy Goodman, 1993
55 meter hurdles: 7.62, Cory Woods, 1999
200 meter hurdles: 24.78, Cory Woods, 1999
Long jump: 24'5", Flinard Grisby, 1970
High jump: 6'11.75, Cale Van Genderen, 2004
Shot put: 51'11", Reid Evans, 1999
Pole vault: 14'8", Sean Clark, 2000
Triple jump: 47'6", Flinard Grisby, 1970
35lb weight throw: 49'9.75", Mark Sanger, 2004
Pentathlon: 3,736 points, Peter Wagner, 2003
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
Distance medley relay: 10:22.25, (Morgan Parker, Nate Koerselman, Ryan Blahauvietz, Jon Lindaman), 1999
4x800 meter relay: 8:07.50, (Jon Lindaman, Ryan Blahauvietz, Ryan Thompson, Chris Button), 1999
*converted time from 300-meter track

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 intermediate hurdles: 53.54, Peter Wagner, 2003
Long jump: 24'5", Flinard Grisby, 1970
High jump: 7'1", Craig Cantrall, 1993
Shot put: 51'11", Reid Evans, 1999
Pole vault: 15'9", Jim Bruxvoort, 1989
Triple jump: 48'0", John Whipple, 1981
Hammer throw: 177'11", Mark Sanger, 2004
Discus: 169'8", Zech Schiebout, 1997
Javelin: 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
All times converted to FAT equivalents

Central's Iowa Conference MVPs

1974 – Terry Youngblood
1979 – Jerry Fitzsimmons
1994 – Andy Goodman, Nate Smith
1997 – Jay Rhoten (tied)
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
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	tie, 51st	Kevin Sanger
2005	2nd	18th	Kevin Sanger

Team MVPs

1974 – Terry Youngblood	1984 – Jerry Quick	1995 – Nate Smith
1975 – Lester Wilson	1985 – Rod Klein	1996 – Jay Rhoten
1976 – Tim Schipper	1986 – Todd Bohlen	1997 – Jay Rhoten
1977 – Chris Samson	1987 – Mark Heid	1998 – Jay Rhoten
1978 – Don Keller	1988 – Mark Heid	1999 – Jon Lindaman
1979 – Don Keller, Jerry Fitzsimmons	1989 – Paul Lovell	2000 – Chris McCullough
1980 – Jerry Fitzsimmons	1990 – David Ellingson	2001 – Tommy Tavegia
1981 – Brad Depke	1991 – Darren Dirksen	2002 – Tony Brownlee
1982 – Mark Muyskens	1992 – Eric Pingel	2003 – Peter Wagner
1983 – Paul Van Farowe	1993 – Les McCracken	2004 – Tanner Whipple
	1994 – Les McCracken	2005 – Cale Van Genderen

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

Indoor

2005

Cale Van Genderen High jump 6-11

Outdoor

1994

Craig Cantrall High jump 6-11

1997

Zech Schiebout Discus 169-8

2000

Nate Koerselman 4x400 meter relay 3:09.64

Adam Hartford 4x400 meter relay 3:09.64

Tommy Tavegia 4x400 meter relay 3:09.64

Chris McCullough 4x400 meter relay 3:09.64

2001

Chris McCullough 4x400 meter relay 3:10.56

Adam Hartford 4x400 meter relay 3:10.56

Tony Brownlee 4x400 meter relay 3:10.56

Tommy Tavegia 4x400 meter relay 3:10.56

2002

Chris McCullough 4x400 meter relay 3:10.05

Matt McCombs 4x400 meter relay 3:10.05

Peter Wagner 4x400 meter relay 3:10.05

Tony Brownlee 4x400 meter relay 3:10.05

2003

Peter Wagner Decathlon 6825

2005

Cale Van Genderen High jump 6-11.5

Central's men's track and field all-America honorees

1973

Outdoor

Gerald Piester Javelin

1981

Outdoor

Brad Depke 400 5th 48.5

1974

Outdoor

Terry Youngblood 440 4th

1982

Outdoor

Kean Richard Discus 6th 155-2

1978

Outdoor

Don Keller 100 3rd

Don Keller 200 4th

Jason Locke Pole vault t-5th

1983

Outdoor

Mike Shanahan Javelin 4th 208-4

1979

Outdoor

Don Keller 100

1984

Outdoor

Matt Schulte 4x400 6th 3:14.04

Joe Martin 4x400 6th 3:14.04

Kevin Geary 4x400 6th 3:14.04

Jerry Quick 4x400 6th 3:14.04

1988**Indoor**

Paul Lovell 800 meters
 Jim Bruxvoort Pole vault

Outdoor

Jim Bruxvoort Pole vault t-4th 15-1

1989**Outdoor**

Jim Bruxvoort Pole vault 2nd 15-9

1990**Indoor**

David Ellingson

Outdoor

Dan Wallace 4x100 5th 41.92
 Jason Snyder 4x100 5th 41.92
 Jeff Wallerich 4x100 5th 41.92
 David Ellingson 4x100 5th 41.92
 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
 4x100 8th 42.44
 Nate Smith 4x400 2nd 3:15.25
 Dan Zimmerman 4x400 2nd 3:15.25
 4x100 8th 42.44
 Les McCracken 4x400 2nd 3:15.25
 4x100 8th 42.44
 Mike Morris 4x100 8th 42.44
 Craig Cantrall High jump 4th 6-11.5

1994**Indoor**

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

Outdoor

Dan Zimmerman 4x400 2nd 3:11.61
 4x100 6th 41.89
 Brian Dunlap 4x400 2nd 3:20.01
 4x100 6th 41.89

Nate Smith 4x400 2nd 3:20.01
 800 4th 1:51.62
 Les McCracken 4x400 2nd 3:20.01
 4x100 6th 41.89
 Craig Cantrall High jump 1st 6-11

1995**Indoor**

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

Outdoor

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

1997**Outdoor**

Jay Rhoten Decathlon 6th 6618
 Zech Schiebout Discus 1st 169- 8

1998**Outdoor**

Jay Rhoten Decathlon 2nd 6774
 Sean Clark Decathlon 3rd 6591
 Nate Koerselman 4x400 4th 3:12.61
 Andrew Paulsen 4x400 4th 3:12.61
 Adam Hartford 4x400 4th 3:12.61
 Jon Lindaman 4x400 4th 3:12.61
 800 5th 1:54.11
 Cory Woods 110 hurdles 6th 15.29

1999**Indoor**

Sean Clark High jump t-3rd 6-8

1999**Outdoor**

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

2000**Outdoor**

Sean Clark	Decathlon	5th	6575
Peter Wagner	Decathlon	8th	6429
	High jump	8th	6-6.75
Tommy Tavegia	400	3rd	47.54
	4x100	2nd	40.98
	4x400	1st	3:09.64
Chris McCullough	400	2nd	47.40
	4x100	2nd	40.98
	4x400	1st	3:09.64
Marc Vander Velden	4x100	2nd	40.98
Adam Hartford	4x100	2nd	40.98
	4x400	1st	3:09.64
Nate Koerselman	4x400	1st	3:09.64

2001**Indoor**

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

Outdoor

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

2002**Indoor**

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

Outdoor

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

2003**Indoor**

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

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	4th	4:12.49
Guy Dierikx	4x400	4th	4:12.49
Kevin Pitz	4x400	4th	4:12.49
Justin Koeppe	4x400	4th	4:12.49

2005 roster

Name	Events	Yr.	Hometown	High school
Zac Bailey	100-200	Jr.	Milford, Iowa	Okoboji
**Bob Blanchard	100-400	Sr.	Storm Lake, Iowa	Storm Lake
*Rodger Blum	Throws	Jr.	Emerson, Iowa	Nishna Valley
Luke Bolander	400, 800	Fr.	Des Moines, Iowa	East
**Ben Bollard	Decathlete	Jr.	Pella, Iowa	Pella
***Josh Brown	PV	Sr.	Gays Mills, Wis.	Boscobel
Jaron Byrum	1500-5K	Fr.	Mt. Union, Iowa	New London
Teddy Clark	800-1500, Steeple	Fr.	Montgomery, Ill.	Oswego
***D.J. Cobler	100-400	Sr.	Ottumwa, Iowa	Ottumwa
*Guy Dierikx	200-400	So.	Port Byron, Ill.	Riverdale
*Brett Dietrich	1500-10K	So.	Williamsburg, Iowa	Williamsburg
*Eddie Elkin	PV	So.	Altoona, Iowa	Southeast Polk
Eric Ellis	100-200	Fr.	Port Byron, Ill.	Riverdale
*Jason Fisher	Throws	So.	Montezuma, Iowa	Montezuma
Greg Foote	400	Fr.	Maple Grove, Minn.	Maple Grove
***Bryan George	1500-5K, Steeple	Sr.	Pella, Iowa	Pella
Tim Graham	110H, 100-200	Fr.	Hedrick, Iowa	Pekin
*Andy Green	800-5K	So.	Cherokee, Iowa	Washington
*Eric Harris	100-400	So.	Columbus Jct., Iowa	Columbus
Craig Hernandez	200-400	Fr.	San Antonio, Texas	William H. Taft
***Curt Hunt	100-200	Sr.	Guthrie Center, Iowa	Guthrie Center
Joe Jefferson	5K-10K	Jr.	Decorah, Iowa	Decorah
**Brett Jones	5K-10K	Jr.	Knoxville, Iowa	Knoxville
Tyler Keller	1500-5K	Fr.	Anna, Ill.	Anna Jonesboro
Matt Knoop	400, 800	Fr.	Mason City, Iowa	Mason City
***Justin Koeppe	100-400, 400H	Sr.	Storm Lake, Iowa	Storm Lake
Shawn McLarney	LJ, 110H, 100-400	Fr.	Fairfield, Iowa	Fairfield
***Michael McLoughlin	1500-5K	Sr.	Fort Dodge, Iowa	St. Edmond
Seth Meany	200-400	Fr.	Waterloo, Iowa	Waterloo West
*Kyle Messerly	100-200, LJ, TJ	So.	Fort Dodge, Iowa	Fort Dodge
***Nick Miller	110H, 400H, 400	Sr.	Tipton, Iowa	Tipton
Jason Mullen	800	So.	Corning, Iowa	Corning
***Kevin Pitz	100-400	Sr.	New Vienna, Iowa	Beckman
*Brian Respeliers	800-1500	Jr.	Council Bluffs, Iowa	St. Albert
**Jon Robeson	Throws	Jr.	Adel, Iowa	Adel-DeSoto-Minburn
Tyler Schipper	1500-5K	Fr.	Ankeny, Iowa	Ankeny
Ryan Shropshire	100-400	Fr.	Forest City, Iowa	Forest City
*Eric Sink	800-5K	So.	Corning, Iowa	Corning
Andrew Smaldone	400-800	Fr.	Naples, Fla.	Barron Collier
*Josh Stanton	Throws	So.	Newton, Iowa	Newton
Jeremy Swafford	800	Fr.	Oswego, Ill.	Oswego
**Rob Tanzer	PV	Jr.	Orland Park, Ill.	Carl Sandburg
Andrew Taylor	LJ, 100-200	Fr.	Iowa City, Iowa	Iowa City High
***Cory Torkelson	PV	Jr.	San Antonio, Texas	McArthur
**Chase Unga	1500-5K, Steeple	So.	Ames, Iowa	Gilbert
***T.J. Weiler	5K-10K	Sr.	Ankeny, Iowa	Ankeny
*Jered Wells	400-800	So.	Altoona, Iowa	Southeast Polk
Brandon Williams	800	Fr.	Corallville, Iowa	Iowa Mennonite
**Adam Wolf	1500-10K	Jr.	Corning, Iowa	Corning
Zach Zellweger	200-400	Fr.	Eagle Grove, Iowa	Clarion-Goldfield
*letters earned				

Outlook

Not even the graduation of a two-time national champion diminishes the hopes for yet another memorable Central College men's track and field season in 2006.

Seven top-25 NCAA Division III team finishes and five Iowa Conference titles in the past nine years under coach Kevin Sanger will do that. The success has not so much created unreasonable expectations or overconfidence but has instilled in the athletes and coaching staff a fierce determination to excel.

But experience has also taught that Central's accomplishments aren't achieved with effort and training, leading Sanger to again make a simple promise to his athletes.

"If the guys are willing to work, they'll get better," he said. "I have a lot of confidence in our coaching staff."

Indoor and outdoor NCAA Division III high jump champ Cale Van Genderen is among 13 letterwinners lost from last year's squad which placed 18th at the national meet and tied for second in the increasingly competitive Iowa Conference. A pair of league champions is in that group.

"It's hard to replace guys that win a lot of events," Sanger said. "But I like our team's attitude and the work ethic the guys have showed so far. We're young enough that I still don't really know how good we can be. And staying healthy is always an issue. But this is a good group."

Jumping events

No hole is bigger than the one Van Genderen leaves in the high jump. Sanger doesn't have a quick answer. Freshman Greg Foote is being groomed as a decathlete and could help, but Sanger is still searching.

"You don't just go out and find a high jumper after the season starts," he said.

Yet the Dutch are in better shape elsewhere. Junior Cory Torkelson is a returning conference champion in the pole vault (14'7.5). Senior Josh Brown placed third and junior Rob Tanzer should fare better after being new to the event last year. Sanger is especially enthused about Brown's progress.

"Josh worked really hard in the off-season," he said.

Junior decathlete Ben Bollard is the lone returning league placewinner in the triple jump, finishing seventh. He's joined by Foote and sophomore Kyle Messerly. Bollard and Messerly will also long jump, along with junior transfer Zac Bailey and freshmen Shawn McLarney and Andrew Taylor.

"It's a young group but I think it's one that can really develop," Sanger said. "I think Ben Bollard will be a lot better because of experience. Kyle Messerly's been hurt but has a lot of potential and if Shawn McLarney continues to train hard, he could be a real plus for us."

Throws

Junior co-captain Jon Robeson and sophomore Jason Fisher should be the leaders in the throwing events. Robeson was second in the conference hammer throw last season (169'10) while Fisher finished sixth in the discus. Along with junior Rodger Blum and sophomore Josh Stanton, they'll each compete in the hammer throw, discus and shot put.

"I think Rodger Blum and Josh Stanton will improve," Sanger said. "Jason Fisher is probably the most versatile in throwing all three."

Sanger is less certain about the javelin. Torkelson returns, possibly joined by sophomore Eddie Elkin and freshmen Luke Bolander and Seth Meany. Bollard could also be used.

"We're still searching," Sanger said.

Sprints

What Penn State is to football linebackers, Central arguably is to the men's 400 meters. The Dutch have won three NCAA Division III 4 x 400 meter relay championships and have qualified for the national meet in the event the past eight years. The unit that placed fourth in Division III last spring (3:12.49) returns with seniors D.J. Cobler, Justin Koepppe and Kevin Pitz and sophomore Guy Dierikx. Cobler and Pitz finished 2-3 in the 400 at the conference meet.

"It's probably our deepest event," Sanger said. "We've got a nice group of upperclassmen and we also have a good group of freshmen."

Among the other 400 meter competitors are seniors Bob Blanchard and Nick Miller, sophomore Eric Harris, and freshmen Bolander, Foote, McLarney, Craig Hernandez, Seth Meany, Ryan Shropshire and Zach Zellweger.

While Sanger likes the newcomers' potential, a change in the relay lineup would be a surprise.

"Those top four will be tough to knock out," Sanger said. "They've had a really good start this year. They got a taste of what they've capable of doing last year and have upped their competitiveness level. They will certainly be big leaders for us as far as competing and showing the work ethic we want to have in our program."

Central isn't as deep in the short sprints but should also be productive. Pitz placed fifth in the league 200 meters last year. But Sanger is looking at senior Curt Hunt as a team leader in the 100-200.

"Curt pulled a hamstring last year and he was injured again early this season," Sanger said. "We just need to keep him healthy."

The Dutch also got a boost with the arrival of junior transfer Zac Bailey, who placed fifth in the league 100 meters for Buena Vista last season.

"Zac will be a big plus for us," Sanger said.

Like Hunt, Messerly has battled injuries but should contribute. Other sprinters include freshmen Eric Ellis, Tim Graham and Andrew Taylor, providing Sanger with some options for the 4 x 100 meter relay.

The Dutch have some holes in the hurdles but remain competitive. Koeppe was sixth in the league 400 meter hurdles last season. Graham will run the 100 meter hurdles while Miller and McLarney will run in both hurdles events.

"We're not as deep there as in the past, but it's a talented group," Sanger said. "Nick Miller is the only senior so he will need to provide some leadership. If Shawn (McLarney) and Tim (Graham) continue to progress and keep working hard, they could become very good."

Middle distances

Junior Brian Respeliers is a returning placewinner in the conference 800 meters (sixth) while sophomore Chase Ungs finished eighth in the 1,500 meters. Others in the 800 include sophomores Jason Mullen and Jared Wells and freshmen Matt Knoop and Jeremy Swafford.

Joining Ungs in the 1,500 are seniors Bryan George and Michael McLoughlin, sophomore Andy Green and freshmen Teddy Clark and Tyler Schipper. Sanger expects solid seasons from George and McLoughlin, cross country veterans who have previously focused on distance events. McLoughlin ran the 1,500 last season but was slowed by injury.

Distance events

George, Ungs and Clark will run the 3,000 meter steeplechase and Sanger is enthused about the possibilities there. George, who finished second in the league last season, cracked the indoor 3,000 meter record in the season opener Jan. 28.

"I think Bryan (George) will be a big scorer for us and Chase (Ungs) was really coming on toward the end of last year," Sanger said.

Junior Adam Wolf is the 5,000 and 10,000 meter leader. He was sixth and third, respectively, in the two events at last season's conference meet. Senior T.J. Weiler, juniors Joe Jefferson and Brett Jones, sophomore Brett Dietrich and freshmen Tyler Keller and Jaron Byrum.

"I think they've all helped each other," Sanger said. "It's nice to have a contingent of guys to work and train with. (Assistant) coach (Jeff) Bovee does a nice job with them. I think we'll see continued improvement."

Decathlon

Under the sharp eyes of multievents guru Guy Mosher, a veteran Central assistant, the decathlon has been a Dutch strength and should be this year as well.

In his first year as a decathlete, Bollard was fourth in the league. He'll be joined by Foote this year and possibly others.

"They'll be a good combination," Sanger said. "They're both really focused on learning and want to improve."

Championship hopes

Defending champion Loras College is likely the early favorite in the Iowa Conference.

"Loras will be awfully good," Sanger said. "Wartburg will be tough again and Dubuque brought in a lot of kids. I don't know if there's a clear cut favorite. But we'll be in the thick of things."

Nationally, the 4 x 400 meter relay probably offers the most hope for a lofty finish. Sanger is confident of some breakthroughs to qualify in other events as well, but said it's difficult to predict.

"It just depends on how people develop," he said. "You never know when someone might have a big day."

