



2006 WOMEN'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 Eighthmy

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



Women's track and field

2005 schedule

Indoor

Jan. 21	Central Invitational	Pella
Jan. 29	Midwest Pentangular	Monmouth, Ill.
Feb. 5	Dennis Young Inv.	Storm Lake
Feb. 11	Prairie Wolf Inv.	Lincoln, Neb.
Feb. 12	Fighting Scot Inv.	Monmouth, Ill.
Feb. 13	Graceland Pentathlon	Lamoni
Feb. 18	UNI Dome Open	Cedar Falls
Feb. 25-26	Iowa Conference	Decorah
March 5	Iowa State Last Chance Open	Ames
March 11-12	NCAA Div. III championships	Bloomington, Ill.

Outdoor

March 25-26	Missouri Southern Mutlievent	Joplin, Mo.
March 26	Truman State Open	Kirksville, Mo.
April 2	Central Invitational	Pella
April 9	Washington Invitational	St. Louis, Mo.
April 16	Jim Duncan Invitational	Des Moines
April 21-23	Kansas Relays	Lawrence, Kan.
April 22-23	Doane Relays	Crete, Neb.
April 29	Simpson Twilight Open	Indianola
April 29-30	Drake Relays	Des Moines
May 6	Simpson Invitational	Indianola
May 6-7	IIAC Heptathlon/Decathlon	Dubuque
May 13-14	Iowa Conference	Dubuque
May 17-18	Central Last Chance Open	Pella
May 20	Augustana Twilight Open	Rock Island, Ill.
May 26-28	NCAA Division III	Waverly

WOMEN'S TRACK AND FIELD QUICK FACTS

2005 Iowa Conference indoor finish: 4th

2005 Iowa Conference outdoor finish: 4th

2005 NCAA Div. III outdoor finish: tie, 52nd

2005 NCAA Div. III outdoor qualifiers: Four in four events (Dana Wilkerson, heptathlon; Alicia Whisner, javelin; Angie Vander Leest, high jump; Beth Cunningham, 5,000 meters)

Letterwinners lost: 9

Letterwinners returning: 20

2006 captains: Katie Pederson, Alex Costigan, Mazkenzie Lauman

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. 24	Central Invitational	No team scores
Jan. 31	Monmouth Invitational	No team scores
Feb. 7	Dennis Young Invitational	3rd of 5
Feb. 13	Prairie Wolf Invitational	No team scores
Feb. 14	Monmouth Invitational	12th of 13
Feb. 15	Graceland Pentathlon	No team scores
Feb. 21	Pioneer Open	No team scores
Feb. 27-28	Iowa Conference championships	3rd
March 6	Iowa State Last Chance Open	No team scores
March 12-13	NCAA Division III championships	tie, 44th

Outdoor

March 27	Truman State Open	No team scores
April 1-2	Central Heptathlon/Decathlon	No team scores
April 3	Central Invitational	3rd of 11
April 10	Wartburg Select	3rd of 8
April 17	Doane Relays	No team scores
April 23	Simpson Twilight Open	No team scores
April 22-24	Drake Relays	No team scores
May 1	Forest Rittgers Invitational	2nd of 17
May 7-8	Iowa Conference heptathlon/decathlon	No team scores
May 14-15	Iowa Conference championships	3rd
May 21	Augustana Twilight Open	2nd of 16
May 27-29	NCAA Division III championships	14th

2004 team finishes

INDOOR

Dennis Young Classic

Storm Lake, Iowa

1. Wartburg 190.50; 2. Nebraska Wesleyan 184; **3. Central 133.50**; 4. Loras College 117.50; 5. Buena Vista 39.50.

Monmouth Invitational

Monmouth, Ill.

1. Illinois Wesleyan 137.83; 2. Coe 109; 3. Monmouth (Ill.) 98.33; 4. Carroll (Wis.) 94; 5. Western Illinois 73; 6. Grinnell 34.50; 9. Mount Mercy 25.33; 10. Iowa Wesleyan; 8 **12. Central 11**; 13. St. Ambrose 6.

Iowa Conference indoor championships

Mt. Vernon, Iowa

1. Wartburg 219; 2. Loras 139.5; **3. Central 105.5**; 4. Luther 89.5; 5. Coe 77; 6. Cornell 65.5; 7. Simpson 22; 8. Buena Vista 19.

NCAA Div. III indoor championships

Whitewater, Wis.

44. Central 3

OUTDOOR

Central Invitational

Pella, Iowa

1. Minn.-Duluth 195; 2. Loras 167.50; **3. Central 127.5**; 4. Northern Iowa 64; 5. Simpson 53.5; 6. Mount Mercy 47; 7. St. Scholastica (Minn.) 33; 8. Grinnell 26.5; 9. Buena Vista 26; 10. Northwestern 23; 11. William Penn 11.

Wartburg Select

Waverly, Iowa

1. Wartburg 239; 2. Wis.-La Crosse 191.50; **3. Central 98**; 4. Wis.-Platteville 57.50; 5. St. Olaf (Minn.) 55; 6. Augustana (Ill.) 49.50; 7. Buena Vista 32.50; 8. Grinnell 15.

Forest Rittgers Invitational

Cedar Rapids, Iowa

1. Luther 147.5; **2. Central 119.5**; 3. Loras 112; 4. Coe 100; 5. Cornell 79.5; 6. Wartburg 67; 7. Monmouth (Ill.) 38; 8. Knox (Ill.) 33.5; 9. Buena Vista 28.5; 10. Simpson 24; 11. Upper Iowa 20.5; 12. St. Ambrose 20; 13. Mount Mercy 18; 14. Grinnell 13; 15. Iowa Wesleyan 6; 16. Franciscan (Ill.) 2; 17. William Penn 1.

Iowa Conference championships

Dubuque, Iowa

1. Wartburg 239; 2. Loras 171; **3. Central 145**; 4. Luther 88; 5. Cornell 68; 6. Coe 49; 7. Buena Vista 16; 8. Simpson 13.

Midwest Championships

Rock Island, Ill.

1. Augustana (Ill.) 207.0; **2. Central 102.5**; 3. Millikin (Ill.) 60.0; 4. Olivet Nazarene (Ill.) 45.0; 5. Coe 39.5; 6. Greenville (Ill.) 36.0; 7. Knox (Ill.) 31.0; 8. Wartburg 28.0; 9. Cornell 24.5; 10. Beloit (Wis.) 21.0; 11. Buena Vista 12.0; 12. Throwfarther Athletic 10.0; 13. Illinois Wesleyan 8.0; 13. Augie Track Club 8.0; 15. Lincoln Track Club 5.5; 16. Simpson 3.0

NCAA Division III championships

Decatur, Ill.

1. Wis.-Oshkosh 57; 2. Calvin (Mich.) 54.3; 3. Wheaton (Mass.) 37.8; 4. Wartburg 35; 5. Coll. of New Jersey 33; 6. tie, Carthage (Wis.), Amherst (Mass.) 32; 8. Williams (Mass.), Bates (Maine) 29; 10. Wis.-La Crosse 27; 11. Illinois Wesleyan 26; 12. Loras 25; 13. St. Thomas (Minn.) 21; **14. Central 20**; 15. Elizabethtown (Pa.) 19; 16. tie, Gustavus Adolphus (Minn.), McMurray (Ill.) 18; 18. Whitworth (Wash.) 16; 19. Nebraska Wesleyan, 15; 20. Wilmington (Del.) 13.8.

Central's Iowa Conference indoor placewinners

55 meters-- 8. Danielle Hutchinson, 7.58

200 meters-- 13. Danielle Hutchinson, 27.26; 18. Jenny Owens, 27.61; 25. Katera O'Rourke, 29.78

400 meters-- 8. Kari Hutchinson, 1:01.89;

800 meters-- 7. 2:27.05

1000 meters-- 1. Mackenzie Lauman, 3:02.96; 14. Lisa Slater, 3:27.83

Mile -- 12. Lisa Slater, 5:52.1; 14. Amanda Wood, 5:58.11; 16. Jana Titus, 6:31.51

3000 meters -- 1. Beth Cunningham, 10:15.62; 5. Jill Rozendaal, 10:39.52; 11. Lori Risser, 11:17.8;

5000 meters -- 2. Beth Cunningham, 18:08.97; 6. Jill Rozendaal, 18:57.46; 11. Megan Slater, 19:41.61

55 meter hurdles-- Dana Wilkerson, 9.13

4x200 meter relay-- 6. Danielle Hutchinson/Kari Hutchinson/Jenny Owens/Andrea Meyer, 1:49.16

4x400 meter relay-- 3. Kari Hutchinson/Danielle Hutchinson/Jenny Owens/Mackenzie Lauman, 4:09.94
Distance medley relay-- 3. Kari Hunderdosse, Dana Wilkerson, Lori Risser, Mackenzie Lauman, 12:44.16
Long jump-- 3. Dana Wilkerson, 17'75"; 16. Jenny Owens, 14'8.5"
Triple jump-- 5. Andrea Meyer, 33'4"
Shot put-- 5. Chelsey Keller, 40'10.5"; 7. Alex Costigan, 37'10" Molly Hanson, 35'3"
Weight throw-- Alex Costigan, 42'5.25"; Shelli Green, 41' 11.5"; Chelsey Keller, 33'11.25"
High jump-- 2. Angie VanderLeest, 5'1.25"; 6. Katie Pederson, 5'1.25"; 9. Dana Wilkerson, 5'1.25"
Pole vault-- 3. Andrea Meyer, 10'; 5. Kim Flaherty, 10'

Central's Iowa Conference outdoor placewinners

Central's individual heptathlon results

2. Dana Wilkerson 4,479; 5. Steph Hillman 4,225
 200 meters-- 4. Dana Wilkerson, 26.93; 11. Steph Hillman, 27.89
 800 meters-- 2. Dana Wilkerson, 2:24.63; 6. Steph Hillman, 2:31.4
 100 meter hurdles-- 5. Dana Wilkerson, 16.12; 6. Steph Hillman, 16.26
 Long jump-- 2. Dana Wilkerson, 16'7 1/4"; 6. Steph Hillman, 15'11 1/2"
 Shot put-- 1. Dana Wilkerson, 35' 1 1/4"; 3. Steph Hillman, 31' 11 1/4"
 Javelin- 1. Steph Hillman, 122' 4"; 5. Dana Wilkerson, 105'4"
 High jump- 4. Dana Wilkerson, 4'11 3/4"; 8. Steph Hillman, 4'9 1/2"

Other outdoor meet placewinners

100 meters--12. Danielle Hutchinson, 12.91; 18. Justice Weaver, 13.41; 22. Katera O'Rourke, 14.57
200 meters--12. Kari Hutchinson, 26.45; 17. Danielle Hutchinson, 26.66; 26. Jenny Owens, 28.0; 30. Stacy Holthaus, 29.23
400 meters--9. Kari Hutchinson, 59.71
1,500 meters--3. Beth Cunningham, 4:44.62; 17. Kari Hunderdosse, 5:19.01; 18. Lisa Slater, 5:20.56; 26. Alex Olsen, 5:45
5,000 meters--3. Beth Cunningham, 17:45.86; 6. Jill Rozendaal, 18:47; 12. Lori Risser, 19:52.17; 19. Megan Slater, 21:22.61
10,000 meters--8. Lori Risser, 41:37.59; 14. Megan Slater, 43:28.46; 16. Amanda Wood, 46:01.72; 17. Andi Baiotto, 46:22.88
110 meter hurdles--7. Dana Wilkerson, 16.54; 9. Steph Hillman, 16.65
400 meter hurdles--11. Dana Wilkerson, 68.01; 13. Steph Hillman, 69.49
3,000 meter steeplechase--3. Jill Rozendaal, 11:28.09
4x100 meter relay--5. Weaver/Wilkerson/D. Hutchinson/K. Hutchinson, 50.13
4x400 meter relay--6. K. Hutchinson/Wilkerson/D. Hutchinson/Hillman, 4:07.34
High jump--1. Angie Vander Leest, 5' 5.75"
Pole vault--4. Kim Flaherty, 10' .5"
Long jump--7. Dana Wilkerson, 16' 6.5"; 8. Jenny Owens, 16' 4.25"; 14. Justice Weaver, 15' 3.25"
Triple jump--8. Jenny Owens, 33' .25"; 12. Justice Weaver, 31' 9.25"
Shot put--4. Chelsey Keller, 41' 8"; 10. Alex Costigan, 38' 8.25"; 15. Molly Hanson, 35' 9.25"; 18. Nicole Sojka, 33' 9.25"
Discus throw--4. Alex Costigan, 129' 9"; 5. Alicia Whisner, 126' 1"; 9. Chelsey Keller, 120' 10"; 15. Erin Bilsten, 108' 6"
Hammer throw--6. Chelsey Keller, 138' 1"; 10. Alex Costigan, 126' 3"; 12. Molly Hanson, 120' 1"; 16. Shelli Green, 114' 8"
Javelin throw--3. Alicia Whisner, 140' 11"; 5. Dana Wilkerson, 126' 4"; 6. Steph Hillman, 121' 11"; 10. Alex Costigan, 112'

Central's individual NCAA Division III results

5,000 meters-18. Beth Cunningham, 18:22.84
High jump-11. Angie Vander Leest, 5'3"
Javelin-5. Alicia Whisner, 139'
Heptathlon--10. Dana Wilkerson
 100 meter hurdles-16.01 713 points
 High jump-4'11" 621 points
 Shot put-34'5 1/2" 562 points
 200 meters-27.65 659 points
 Long jump-16'6 1/2" 570 points
 Javelin-120'10" 607 points
 800 meters-2:27.66 723 points
 Total points- 4,455

All-time top indoor performers, by event

*Denotes a converted time

All hand times have been converted to FAT equivalents

High jump

No.	Year	Athlete	Performance
1	1979	Sandy Schultz	5'7+
2	1980	Jeanette Brown	5'6
3	1994	Angie Putrah	5'4.5
	1997	Angie Van Rooyan	5'4.5
	2006	Katie Pederson	5'4.5
6	1982	Jan Sedlacek	5'4
7	1981	Denise Boll	5'3
	2005	Angie VanderLeest	5'3
	2005	Katie Pederson	5'3
	1978	Lynette Ziskovsky	5'3

Long jump

No.	Year	Athlete	Performance
1	2001	Katie Brees	19'5+
2	2002	Abby Gonzales	18'9 1/4
3	2003	Lindsay Schultz	18'3 3/4
4	2000	Jill Osenbaugh	18'1
5	1990	Steph Schulte	17'11
6	1982	Paula Casey	17'9 1/2
7	2004	Raegan Schultz	17'9
8	1999	Heather Herman	17'8
9	2005	Dana Wilkerson	17'3 1/2
10	2004	Kim Wilson	17'1 1/2

Pentathlon

No.	Year	Athlete	Performance
1	1979	Sandy Schultz	3560+
2	2004	Raegan Schultz	3458
3	2005	Dana Wilkerson	3335
4	2004	Lindsay Schultz	3229
5	2001	Katie Brees	3107
6	2002	Abby Gonzales	3014
7	2004	Alicia Whisner	2483

Pole vault

No.	Year	Athlete	Performance
1	2006	Kim Flaherty	10'8+
2	2006	Andrea Meyer	10'2
3	2002	Trish Blanchard	10'
4	2006	Justice Weaver	8'8.25
5	2001	Dorice Hankemeier	8'6
6	2000	Jessica Criswell	7'7

Shot put

No.	Year	Athlete	Performance
1	2003	Jenn Hansen	43'2+
2	2004	Leslie Schmailzl	43'1 3/4
3	1986	Melissa Ferguson	42'11 1/2
4	1977	JoEllen Mitchell	42'1 3/4
5	2005	Chelsey Keller	41'9 3/4
6	1983	Sue Enderson	40' 1/2
7	1991	Tina Gehringer	39'9
8	2005	Alex Costigan	39' 1/4
9	1999	Shaila Gent	38'11
10	2006	Rachel Boeke	38'10

Triple jump

No.	Year	Athlete	Performance
1	2004	Kim Wilson	36'10 1/2+
2	2001	Suzanne VanRoekel	34'10
3	1990	Steph Schulte	34'3 1/2
4	2003	Andrea Meyer	34'2
5	1999	Heather Herman	34'1
6	2006	Jenny Owens	33'9.25
7	2003	Leslie Schmailzl	33'1
8	1995	Jenny Jacobs	32'4
9	2002	Jessica Criswell	32'1 1/2
10	2006	Mallory Rutkey	31'6

Weight throw

No.	Year	Athlete	Performance
1	2006	Alex Costigan	45'9.75+
2	2006	Chelsey Keller	45'4.5
3	2006	Alicia Whisner	45'1.5
4	2006	Angela Sherida	44'0.5
5	2004	Leslie Schmailzl	43'7
6	2002	Jenn Hansen	42'9 3/4
7	2005	Shelli Green	41'11 1/2
8	2003	Jennie Bandstra	40'9
9	2003	Tasha Peterman	39'4
10	2005	Molly Hanson	37'4

55 meter hurdles

No.	Year	Athlete	Performance
1	2002	Abby Gonzales	8.38+
2	2004	Regan Schultz	8.39
3	2003	Lindsay Schultz	8.59
4	1998	Daniella Grob	8.75
5	1979	Sandy Schultz	8.87*
	1978	Jan Melvin	8.87*
7	2005	Dana Wilkerson	9.10
8	2002	Katie Button	9.16
9	2000	Suzanne VanRoekel	9.21
10	2004	Alicia Whisner	9.29

55 meters

No.	Year	Athlete	Performance
1	1982	Meta Obersteller	7.36*+
2	1981	Katie Brees	7.41
3	1981	Lisa Broek	7.44*
4	1979	Carla Huddle	7.46*
5	2004	Kim Wilson	7.49
6	2000	Abby Gonzales	7.50
7	1988	Steph Schulte	7.52
8	1980	Tracy McClelland	7.56*
9	2005	Danielle Hutchinson	7.58
10	2004	Tasha Harvey	7.62
	2002	Megan Shutwell	7.62
	1994	Jana Wiersema	7.62

200 meters

No.	Year	Athlete	Performance
1	2002	Katie Button	26.53+
2	2005	Danielle Hutchinson	26.89
3	2003	Raegan Schultz	26.87
4	1979	Julie Halterman	27.08*
5	2002	Tasha Harvey	27.18
6	1978	Carla Huddle	27.28*
7	2003	Allison Thompson	27.38
8	2006	Justice Weaver	27.40
9	1998	Missy Niebes	27.46
10	2005	Jenny Owens	27.49

400 meters

No.	Year	Athlete	Performance
1	1981	Nancy Cisar	59.60*+
2	1977	Julie Halterman	59.69*
3	2003	Dana Wilkerson	60.31
4	1981	LeAnne Thomas	1:01.04*
5	2004	Tasha Harvey	1:1.55
6	2006	Kari Hutchinson	1:01.56
7	2002	Erin Sherman	1:02.12
8	1977	Jo Ellen Muzingo	1:02.14*
9	1977	Kim Feiden	1:02.24*
10	1985	Laura Bowers	1:02.64

600 meters

No.	Year	Athlete	Performance
1	1979	Robin Rasmussen	1:36.1h*+
2	2003	Teresa Wauters	1:40.82
3	2006	Steph Hillman	1:41.66
4	2000	Jill Osenbaugh	1:42.08
5	1980	Laurie Haddy	1:42.1h*
6	2006	Jess Clark	1:42.15
7	2005	Mackenzie Lauman	1:42.66
8	1998	Mindy Graham	1:43.55
9	2003	Liz Nosbisch	1:43.90
10	1977	Kim Feiden	1:44.2h*

800 meters

No.	Year	Athlete	Performance
1	2000	Jill Osenbaugh	2:16.28+
2	2006	Mackenzie Lauman	2:19.57
3	1979	Cam Ratering	2:21.2h*
4	1978	Pam Griffin	2:22.4h*
4	2005	Mackenzie Lauman	2:23.02
5	1982	Jean Sedlacek	2:23.0h
6	2000	Amy Olson	2:23.18
7	1977	Becky Muhs	2:24.5h*
8	1997	Heather Hoekstra	2:25.14
9	1982	Laurie Haddy	2:26.0h
10	2005	Kari Hunerdosse	2:26.89

1000 meters

No.	Year	Athlete	Performance
1	1980	Cam Ratering	2:58.6h*+
2	2006	Mackenzie Lauman	3:00.63
3	2005	Beth Cunningham	3:05.09
4	1978	Pam Griffin	3:06.3h*
5	2000	Amy Olson	3:07.74
6	1998	Sally Shumaker	3:09.38
7	2004	Heidi Rathje	3:11.51
8	2004	Jill Rozendaal	3:12.33
9	2003	Maria Duncaif	3:13.86
10	1988	Niki Green	3:19.49

Mile run

No.	Year	Athlete	Performance
1	1980	Cam Ratering	5:03.1h*+
2	2005	Jill Rozendaal	5:13.83
3	2004	Beth Cunningham	5:16.57*
4	2000	Amy Olson	5:18.24*
5	1978	Deb Worden	5:22.0h
6	1998	Sally Shumaker	5:22.59*
7	1977	Jan Hunerdosse	5:24.0h
8	2005	Mackenzie Lauman	5:27.31
9	2004	Michelle Schmidt	5:27.5h*
10	1997	Heather Hoekstra	5:28.21*

3000 meters

No.	Year	Athlete	Performance
1	1979	Deb Worden	10:10.2h*+
2	2005	Beth Cunningham	10:15.62
3	1982	Jackie Schwes	10:27.5h*
4	1982	Cam Ratering	10:32.9h
5	2005	Jill Rozendaal	10:39.52
6	1982	Kim Lehman	10:42.0h*
7	1981	Robin Rasmussen	10:53.3h*
8	1985	April Webb	11:03.5h*
9	1977	Jan Hunerdosse	11:03.8h*
10	1988	Connie Kemp	11:08.96

5000 meters

No.	Year	Athlete	Performance
1	2005	Beth Cunningham	17:48.93*+
2	1982	Kim Lehman	18:25.3h*
3	1979	Deb Worden	18:42.6h*
4	2005	Jill Rozendaal	18:53.68
5	2005	Megan Slater	19:41.61
6	2001	Sally Shumaker	19:53.25
7	2003	Kristen Stefl	20:25.05
8	2001	Angie Kneeland	20:37.15
9	1997	Heather Sandholm	20:53.13
10	2005	Jana Titus	21:11.85

Distance medley relay

No.	Year	Athletes	Performance
1	1981	L. Haddy/L. Thomas/ K. Lehman/C. Ratering	12:29.6h+
2	1982	L. Haddy/J. Sedlacek/ K. Simon/ J. Schwes	12:30.99
3	2005	J. Rozendaal/K. Hutchinson/ M. Lauman/B. Cunningham	12:36.81
4	2005	K. Hunderdosse/D. Wilkerson/ L. Risser/M. Lauman	12:44.16
5	2006	L. Nosbisch/S. Hillman/ J. Clark/M. Lauman	12:46.06
6	2004	H. Rathje/D. Wilkerson/ M. Lauman/J. Rozendaal	12:49.50
7	2000	A. Olson/S. Lister/ J. Osenbaugh/S. VanWyngarden	12:49.62
8	2004	J. Rozendaal/M. Lauman/ H. Rathje/B. Cunningham	13:01.69
9	2004	H. Rathje/T. Harvey/ M. Lauman/J. Rozendaal	13:07.21*

4x200 meter relay

No.	Year	Athletes	Performance
1	1979	C. Huddle/P. Casey/ R. Thompson/ J. Halterman	1:46.9h+
2	2002	K. Button/A. Gonzales/ R. Schultz/ E. Sherman	1:47.12
3	2003	D. Wilkerson/ A. Thompson/ A. Scarrow/R. Schultz	1:48.01
4	2001	K. Brees/ A. Gonzales/ T. Harvey/W. Leinen	1:48.34
5	2002	K. Button/A. Gonzales/ T. Harvey/ E. Sherman	1:48.54
6	2000	W. Leinen/D. Gaskill/ A. Gonzales/K. Brees	1:48.94
7	2003	D. Wilkerson/A. Thompson/ A. Scarrow/L. Schultz	1:48.98
8	2005	D. Hutchinson/K. Hutchinson/ J. Owens/A. Meyer	1:49.16

4x400 meter relay

No.	Year	Athletes	Performance
1	2002	E. Sherman/R. Schultz/ T. Wauters/M. Shutwell	4:03.40*+
2	2003	D. Wilkerson/A. Thompson/ L. Schultz/R. Schultz	4:04.01
3	2006	D. Wilkerson/K. Hutchinson/ J. Clark/S. Hillman	4:07.36
4	2004	D. Wilkerson/ R. Schultz/ T. Harvey/ L. Schultz	4:07.51
5	2002	E. Sherman/R. Schultz/ L. Schultz/T. Wauters	4:07.89
6	1977	J. Halterman/J. Muzingo/ B. Bolt/B. Muhs	4:07.9h
7	2001	E. Sherman/S. Lister/ R. Schultz/J. Osenbaugh	4:09.03
8	2003	D. Wilkerson/ A. Thompson/ A. Scarrow/L. Schultz	4:09.07

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

No.	Year	Athlete	Performance
1	2003	Jenn Hansen	153'6+
2	1989	Julie Fortin	142'8 1/4
3	1981	Goldie Nicholson	141'9
4	2004	Leslie Schmailzl	137'7
5	2005	Alex Costigan	135'9
6	2000	April Hanson	135'3
7	1984	Melissa Ferguson	131'1
8	2001	Kristy Meyers	127'8
9	2004	Shelli Green	127'1
10	2005	Alicia Whisner	126'1

Hammer throw

No.	Year	Athlete	Performance
1	2003	Jenn Hansen	156'1+
2	2005	Chelsey Keller	142'6
3	2005	Molly Hanson	133'10
4	2005	Alex Costigan	132'10
5	2004	Leslie Schmailzl	131'10
6	2003	Tasha Peterman	121'4
7	2004	Shelli Green	120'2
8	2005	Alicia Whisner	118'7
9	2003	Jennie Bandstra	117'4

High jump

No.	Year	Athlete	Performance
1	1979	Sandy Schultz	5'7 1/4+
2	1980	Jeanette Brown	5'6
	2005	Angie VanderLeest	5'6
4	1981	Denise Boll	5'5
	2001	Dorice Hankenmeier	5'5
	1994	Angie Putrah	5'5
7	2002	Jill Foster	5'4 1/2
	2000	Jill Osenbaugh	5'4 1/2
	2004	Katie Pederson	5'4 1/2
10	1986	Jan Quick	5'4
	1982	Jan Sedlacek	5'4
	1997	Kristin Van Rooyan	5'4
	1978	Joni Jerome	5'4

Javelin

No.	Year	Athlete	Performance
1	2004	Alicia Whisner	142'10+
2	2004	Lindsay Schultz	141'
3	2004	Raegan Schultz	138'
4	1998	Jina Bos	136'5
5	2005	Steph Hillman	128'10
6	2005	Dana Wilkerson	126'4
7	2004	Jill Foster	119'
8	2001	Leslie Schmailzl	118'5
9	1992	Tina Gehringer	118'4
10	2005	Alex Costigan	115'10

Long jump

No.	Year	Athlete	Performance
1	2000	Katie Brees	19'9 3/4+
2	1983	Marcie Thurn	19' 1/4
3	2002	Abby Gonzales	18'11
4	2000	Jill Osenbaugh	18'8 1/2
5	1984	Lori Sears	18'4 1/2
6	1999	Heather Herman	18'2 1/2
7	1980	Paula Casey	18'2 1/4
8	2004	Lindsay Schultz	18'1 1/2
9	1993	Jayna Blom	17'11
10	1980	Jeanette Brown	17'10

Pole vault

No.	Year	Athlete	Performance
1	2003	Kim Flaherty	11'1 1/2+
2	2002	Trish Blanchard	11' 1/4
3	2004	Andrea Meyer	10'6
4	2002	Rachel Lenox	9' 1/4
5	2002	Jessica Criswell	9'
6	2002	Anna Hellenga	8'6 1/4
7	2001	Dorice Hankermeier	8'6
8	2000	Jen Richard	7'9 3/4
9	2001	Sasha DeShaw	7'6

Shot put

No.	Year	Athlete	Performance
1	1986	Melissa Ferguson	45'8 1/2+
2	2003	Jenn Hansen	42'2 3/4
3	1977	JoEllen Mitchell	42'2 3/4
4	2005	Alex Costigan	42'2 1/2
5	2005	Chelsey Keller	41'8
6	1991	Tina Gehringer	41'3 1/2
7	1995	Katie Sinkewjz	41'1
8	1980	Goldie Nicholson	40'11
9	2003	Tasha Peterman	39'4 1/2
10	2004	Leslie Schmailzl	39'3

Triple jump

No.	Year	Athlete	Performance
1	2004	Kim Wilson	37'10+
2	2002	Suzanne VanRoekel	36'5 1/2
3	1988	Steph Schulte	35'6
4	2004	Andrea Meyer	35'5 1/4
5	2000	Stacy Lister	35'3
6	2000	Jessica Criswell	34'10 1/4
7	1996	Beth Waage	34'5 1/2
8	1994	Angie Putrah	34'5
9	1999	Heather Herman	34'3
10	1997	Kristin Van Rooyan	34'1 1/4

Heptathlon

No.	Year	Athlete	Performance
1	2004	Raegan Schultz	4943+
2	2004	Lindsay Schultz	4835
3	2002	Katie Button	4609
4	2000	Jill Osenbaugh	4546
5	2002	Abby Gonzales	4485
6	2005	Dana Wilkerson	4479
7	2005	Steph Hillman	4225
8	2004	Alicia Whisner	3941

100 meter hurdles

No.	Year	Athlete	Performance
1	1986	Lori Sears	14.42+
2	2003	Raegan Schultz	14.60
3	2002	Abby Gonzales	14.67
4	2004	Lindsay Schultz	14.99
5	2002	Katie Button	15.09
6	2000	Suzanne Van Roekel	15.39
7	1979	Sandy Schultz	15.44*
	1980	Jeanette Brown	15.44*
9	1978	Joni Jerome	15.54*
10	2005	Dana Wilkerson	15.83

100 meters

No.	Year	Athlete	Performance
1	1979	Carla Huddle	12.14+
2	1982	Marcie Thurn	12.19
3	1984	Nancy Cisar	12.22
4	1981	Lisa Broek	12.24*
5	2001	Katie Brees	12.39
6	2004	Tasha Harvey	12.43
7	1988	Steph Schulte	12.44
8	1997	Jana Wiersema	12.46
9	2002	Abby Gonzales	12.53
10	1993	Jayna Blom	12.61

200 meters

No.	Year	Athlete	Performance
1	1984	Nancy Cisar	24.78+
2	1982	Paula Casey	24.90
3	1982	Marcie Thurn	25.06
4	1979	Carla Huddle	25.14*
5	2004	Tasha Harvey	25.26
6	2002	Abby Gonzales	25.37
7	2000	Katie Brees	25.41
8	1988	Jan Quick	25.84*
9	2002	Raegan Schultz	25.85
10	1981	Lisa Broek	25.94*

400 meters hurdles

No.	Year	Athlete	Performance
1	1984	Lori Sears	1:02.19+
2	2004	Lindsay Schultz	1:02.86
3	1979	Robin Rasmussen	1:04.94*
4	1984	Beth Thurn	1:05.84*
5	2002	Kristin McCord	1:06.44
6	1996	Beth Waage	1:06.93
7	2002	Anna Hellenga	1:07.60
8	1980	Wendy Johnson	1:07.6h
9	1983	Darcy Rayner	1:07.8h
10	2005	Dana Wilkerson	1:08.01

400 meters

No.	Year	Athlete	Performance
1	1984	Nancy Cisar	55.79+
2	1979	Julie Halterman	55.94*
3	1983	Marcie Thurn	58.58
4	1981	LeAnn Thomas	59.04*
5	2004	Tasha Harvey	59.23
6	1986	Jan Quick	59.24*
7	1991	Carrie Panther	59.54
8	1994	Anita Miller	59.62
9	2005	Kari Hutchinson	59.71
10	2001	Raegan Schultz	59.77

800 meters

No.	Year	Athlete	Performance
1	1975	Becky Muhs	2:12.9h+
2	1981	Laurie Haddy	2:14.3
3	1980	Cam Ratering	2:15.9h
4	2003	Teresa Wauters	2:16.52
5	2001	Jill Osenbaugh	2:17.96
6	1982	Jean Sedlacek	2:18.3h
7	2003	Mackenzie Lauman	2:18.35
8	1982	Kathy Simon	2:18.9h
9	2005	Jill Rozendaal	2:19.70
10	1996	Heather Hoekstra	2:20.36

1500 meters

No.	Year	Athlete	Performance
1	1981	Cam Ratering	4:37.7h+
2	1977	Jan Hunerdosse	4:43.0h*
3	2005	Beth Cunningham	4:44.58
4	1982	Jackie Schwers	4:45.6h
5	2005	Jill Rozendaal	4:47.48
6	1985	Ingrid Elvebak	4:48.7h
7	1995	Heather Hoekstra	4:52.29
8	1980	Becky Wilson	4:52.3h
9	1994	Michelle Schmidt	4:52.69
10	1986	Connie Kemp	4:54.7h

3,000 meter steeplechase

No.	Year	Athlete	Performance
1	2005	Jill Rozendaal	11:17.3h+
2	2002	Amy Olson	11:35.28
3	2002	Ari Anne Kleckner	12:10.00
4	2004	Lisa Slater	12:47.17
5	2004	Steph Turner	13:20.80
6	2002	Becky Threkeld	14:49.68

5,000 meters

No.	Year	Athlete	Performance
1	2005	Beth Cunningham	17:35.99+
2	1982	Jackie Schwers	17:36.41
3	1982	Cam Ratering	17:43.13
4	1981	Deb Worden	17:59.3h
5	1982	Kim Lehman	18:06.4h
6	2005	Jill Rozendaal	18:22.74
7	1991	Teresa Newcomb	18:23.0h
8	1979	Lori Nolte	18:23.4h
9	1980	Julie Nowlan	18:25.6h
10	2000	Amy Olson	18:33.08

10,000 meters

No.	Year	Athlete	Performance
1	1982	Cam Ratering	37:20.3h+
2	2005	Beth Cunningham	37:17.67
3	1991	Teresa Newcomb	38:42.0h
4	1981	Deb Worden	38:43.7h
5	1980	Julie Nowlan	39:04.08
6	1986	Ingrid Elvebak	39:37.3h
7	1997	Anne Elsbernd	39:56.98
8	2003	Katie Elsbernd	40:10.68
9	2001	Sara Koehler	40:41.24
10	2005	Megan Slater	40:58.39

4x100 relay

No.	Year	Athletes	Performance
1	1982	L. Broek/N. Cisar/ P. Casey/M. Thurn	47.43+
2	1983	L. Broek/N. Cisar/ M. Haan/M. Thurn	47.71
3	1981	L. Broek/N. Cisar/ C. Huddle/M. Thurn	47.88
4	2001	Erin Sherman/K. Brees/ A. Gonzales/ T. Harvey	48.45
5	1979	C. Huddle/R. Thompson/ P. Casey/J. Halterman	48.74*
6	2004	D. Hutchinson/K. Pederson/ T. Harvey/R. Schultz	49.24
7	2002	R. Schultz/K. Button/ A. Gonzales/T. Harvey	49.26
8	2000	W. Leinen/A. Gonzales/ E. Sherman/K. Brees	49.38

4x400 relay

No.	Year	Athletes	Performance
1	1984	L. Sears/C. Carle/ B. Thurn/N. Cisar	3:55.10+
2	2004	T. Harvey/R. Schultz/ M. Lauman/L. Schultz	3:55.78
3	2002	E. Sherman/T. Harvey/ T. Wauters/R. Schultz	3:56.13
4	1980	L. Thomas/P. Casey/ R. Thompson/J. Halterman	3:56.8h
5	1981	D. Delzell/D. Boll/ R. Rasmussen/N. Cisar	3:57.0h
6	1979	J. Halterman/S. Schultz/ R. Thompson/P. Casey	3:58.5h
7	1981	D. Boll/L. Thomas/ D. Delzell/N. Cisar	3:59.6h
8	2001	E. Sherman/R. Schultz/ J. Osenbaugh/T. Wauters	3:59.76

Long jump

No.	Year	Athlete	Performance
1	2001	Katie Brees	19'5+
2	2002	Abby Gonzales	18'9 1/4
3	2003	Lindsay Schultz	18'3 3/4
4	2000	Jill Osenbaugh	18'1
5	1990	Steph Schulte	17'11
6	1982	Paula Casey	17'9 1/2
7	2004	Raegan Schultz	17'9
8	1999	Heather Herman	17'8
9	2005	Dana Wilkerson	17'3 1/2
10	2004	Kim Wilson	17'1 1/2

Pentathlon

No.	Year	Athlete	Performance
1	1979	Sandy Schultz	3560+
2	2004	Raegan Schultz	3458
3	2005	Dana Wilkerson	3335
4	2004	Lindsay Schultz	3229
5	2001	Katie Brees	3107
6	2002	Abby Gonzales	3014
7	2004	Alicia Whisner	2483

Iowa Conference team champions

1983	Central	1991	Simpson	1999	Loras
1984	Central	1992	Simpson	2000	Wartburg
1985	Central	1993	Wartburg	2001	Wartburg
1986	Central	1994	Wartburg	2002	Wartburg
1987	Central	1995	Wartburg	2003	Wartburg
1988	Simpson	1996	Loras	2004	Wartburg
1989	Simpson	1997	Luther	2005	Wartburg
1990	Simpson	1998	Loras		

All-time records

INDOOR

Shot put: 43' 2", Jenn Hansen, 2003
Weight throw: 45'1.5", Alicia Whisner, Feb. 11, 2006
Triple jump: 34' 10", Suzanne Van Roekel, 2001
High jump: 5'7", Sandy Schultz, 1979
Pole vault: 10'2, tie, Kim Flaherty, Feb. 7, 2004; Andrea Meyer, Feb. 17, 2006
Long jump: 19' 5", Katie Brees, 2001
55 meter dash: 7.36, Meta Obersteller, 1982+
55 meter hurdles: 8.38, Abby Gonzales, 2002
200 meter dash: 26.53, Katie Button, 2002
200 meter hurdles: 29.34, Raegan Schultz, 2002
400 meter dash: 59.5, Nancy Cisar, 1981
600 meter run: 1:36.1, Robin Rasmussen, 1979
800 meter run: 2:16.38, Jill Osenbaugh, 2000
1000 meter run: 2:58.6, Cam Ratering, 1980
1500 meter run: 4:40.6, Cam Ratering, 1980
3,000 meter run: 10:14.3, Deb Worden, 1979
5,000 meter run: 18:25.3, Kim Lehman, 1982
4x200 meter relay: 1:47.12, Katie Button, Abby Gonzales, Raegan Schultz, Erin Sherman, 2002
4x400 meter relay: 4:05.93, Erin Sherman, Raegan Schultz, Teresa Wauters, Megan Shutwell, 2002
4x800 meter relay: 9:51.5, (Sandy Schultz, Robin Rasmussen, Mary Troja, Cam Ratering), 1979
Distance medley relay: 12:30.99, (Laurie Haddy, Jean Sedlacek, Kathy Simon, Jackie Schwerts), 1982
Pentathlon: 3,560 points, Sandy Schultz, 1979
+converted hand time

OUTDOOR

100 meter dash: 11.9, Carla Huddle, 1979
200 meter dash: 24.78, Nancy Cisar, 1984
400 meter dash: 55.79, Nancy Cisar, 1984
800 meter run: 2:12.9, Becky Muhs, 1975
1500 meter run: 4:37.7, Cam Ratering, 1981
3,000 meter run: 9:57.4, Ingrid Elvebak, 1985
5,000 meter run: 17:36.41, Jackie Schwerts, 1982
10,000 meter run: 37:10.20, Cam Ratering, 1982
100 meter hurdles: 14.42, Lori Sears, 1986
400 meter hurdles: 1:02.19, Lori Sears, 1984
3,000 meter steeplechase: Amy Olson, 11:35.28, 2002
Discus: 153' 7", Jenn Hansen, 2003
Shot put: 45'8", Melissa Ferguson, 1986
Javelin: 136'5", Jina Bos, 1998
High jump: 5'7", Sandy Schultz, 1979
Pole vault: 11-1.5, Kim Flaherty, 2003
Long jump: 19'9.75", Katie Brees, 2000
Hammer throw: 156'1, Jenn Hansen, 2003
Triple jump: 37'.25, Kim Wilson, 2003
Heptathlon: 4,803, Raegan Schultz, 2003
4x100 meter relay: 47.43, (Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thurn), 1982
4x200 meter relay: 1:44.9, (Connis Rhinehart, Judy Streepy, Julie Halterman, Donna Guthrie), 1977
4x400 meter relay: 3:55.10, (Lori Sears, Christy Carle, Beth Thurn, Nancy Cisar), 1985
Sprint medley relay: 4:11.5, (Carla Huddle, Rhonda Thompson, Julie Halterman, Wendy Johnson), 1979
4x800 meter relay: 9:11.0, (Robin Rasmussen, Kim Lehman, Cam Ratering, Laurie Haddy), 1981
Distance medley relay: 12:29.6, (Laurie Haddy, LeAnn Thomas, Kim Lehman, Cam Ratering), 1981
Shuttle hurdle relay: 1:03.54, (Abby Gonzales, Raegan Schultz, Suzanne Van Roekel, Lindsay Schultz), 2001

Team MVPs

1974 – None	1990 – Steph Schulte
1975 – Rose Overberg	1991 – Teresa Newcomb
1976 – Rose Overberg	1992 – Jayna Blom
1977 – Connie Rhinehart	1993 – Jayna Blom
1978 – Julie Halterman	1994 – Angela Putrah
1979 – Carla Huddle	1995 – Anita Miller
1980 – Cam Ratering	1996 – Jana Wiersema
1981 – Nancy Cisar	1997 – Jana Wiersema
1982 – Paula Casey	1998 – Heather Hermann
1982 – Paula Casey	1999 – Katie Brees
1984 – Nancy Cisar	2000 – Katie Brees
1985 – Ingrid Elvebak	2001 – Katie Brees
1986 – Ingrid Elvebak	2002 – Raegan Schultz
1987 – Krista Flory	2003 – Raegan Schultz
1988 – Jan Quick	2004 – Lindsay Schultz
1989 – Steph Schulte	2005-- Beth Cunningham

2005 team awards

Most Valuable Performer Award	Beth Cunningham
Most Improved Performer Award	Jill Rozendaal
Most Valuable Field Event Performer Award	Chelsey Keller
Effort Award	Beth Cunningham
Most Valuable Freshman Award	Jenny Owens
2005 captains	Katie Pederson, Beth Cunningham, Angie VanderLeest
2006 captains	Katie Pederson, Alex Costigan, Mazkenzie Lauman

Central's Iowa Conference championships

1983	1985	1987
1984	1986	

Central's Iowa Conference MVPs

1984 – Nancy Cisar	1986 – Ingrid Elvebak
1985 – Ingrid Elvebak	

Year-by-year results

Year	State/Conf.	NCAA/AIAW finish	Coach
1979	1st		Bill Herzog
1980	1st		Bob Sackett
1981	1st	5th	Jane Kors
1982	No meet	1st	Jane Kors
1983	1st	4th	Jane Kors
1984	1st	2nd	Jane Kors
1985	1st		Pam Richards
1986	1st	23rd	Pam Richards
1987	1st		Pam Richards
1988	2nd		Pam Richards
1989	2nd		Pam Richards
1990	2nd	50th	Pam Richards
1991	4th		Mark Heid
1992	4th		Bob Sackett
1993	4th		Bob Sackett
1994	4th		Bob Sackett
1994	6th		Bob Sackett
1995	6th		Bob Sackett
1996	6th		Bob Sackett
1997	6th		Bob Sackett

1998	6th	29th	Bob Sackett
1999	4th		Bob Sackett
2000	4th	37th	Kevin Sanger
2001	4th	tie, 61st	Kevin Sanger
2002	3rd	tie, 21st	Kevin Sanger
2003	2nd	17th	Kevin Sanger
2004	3rd	14th	Kevin Sanger
2005	4th	tie, 52nd	Kevin Sanger

Note – The state meet was held until 1982, when the Iowa Conference was established. The first NCAA Div. III meet was held in 1982, replacing the AIAW national meet, which was held in 1981.

Central's NCAA Div. III women's track and field individual champions

Indoor

2001

Katie Brees Long jump 19-1.25

1984

Nancy Cisar 200 meter dash 24.78
400 meter dash 55.79
Lori Sears Long jump 18'4.25
400 meter hurdles 1:02.19

Outdoor

1982

Lisa Broek 4x100 meter relay 47.43
Nancy Cisar 4x100 meter relay 47.43
Paula Casey 4x100 meter relay 47.43
Marcie Thurn 4x100 meter relay 47.43
Long jump 18'1

1986

Lori Sears 100 meter hurdles 14.4

1983

Lisa Broek 4x100 meter relay 47.71
Nancy Cisar 4x100 meter relay 47.71
Marti Haan 4x100 meter relay 47.71
Marcie Thurn 4x100 meter relay 47.71

2004

Raegan Schultz Heptathlon 4943

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

1981

Indoor

Lisa Broek 4 x 100 2nd 47.88
800 medley relay 2nd 1:44.96
Nancy Cisar 4 x 100 meter relay 2nd 47.88
800 medley relay 2nd 1:44.96
400 meters 5th 56.3
Laurie Haddy 4 x 800 meter relay 6th 9:26.7
Carla Huddle 4 x 100 meter relay 2nd 47.88
800 medley relay 2nd 1:44.96
Kim Lehman 4x800 meter relay 6th 9:26.7
Goldie Nicholson Discus 6th 135-0
Robin Rasmussen 4x800 meter relay 6th 9:26.7
Cam Ratering 1500 meters 6th 4:37.9
4x800 meter relay 6th 9:26.7
Marcie Thurn 4x100 meter relay 2nd 47.88
800 medley relay 2nd 1:44.96

400 meters 4th 57.37
200 meters 6th 25.12
Laurie Haddy 800 meters 4th 2:16.32
Cam Ratering 5000 meters 6th 17:43.13
10,000 meters 4th 37:10
Jackie Schwerts 3000 meters 2nd 10:02.31
5000 meters 5th 17:36.41
Marcie Thurn 4x100 meter relay 1st 47.43
200 meters 5th 25.06
Long jump 1st 18-4
5th 12.68
Rose Van Egmond Javelin 5th 127-11

1983

Outdoor

Lisa Broek 4 x 100 meter relay 1st 47.71
Nancy Cisar 100 meters 5th 12:33
4 x 100 meter relay 1st 47.71
Marti Haan 4 x 100 meter relay 1st 47.71
Marcie Thurn 4 x 100 meter relay 1st 47.71

1982

Outdoor

Lisa Broek 100 meters 3rd 12.60
4 x 100 meter relay 1st 47.43
Paula Casey 4x100 meter relay 1st 47.43
200 meters 3rd 24.90
Nancy Cisar 4x100 meter relay 1st 47.43

1984

Outdoor

Nancy Cisar 200 meters 1st 24.78
400 meters 1st 55.79

Lori Sears	Long jump	1st	18-4.25
	400 meter hurdles	1st	1:02.19
	100 meter hurdles	2nd	14.88

1986

Outdoor

Lori Sears	100 meter hurdles	1st	14.4
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1990

Outdoor

Julie Fortin	Discus	4th	131-3.25
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1998

Outdoor

Jina Bos	Javelin	2nd	136-1
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2000

Indoor

Katie Brees	Long jump	3rd	18-4.25
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Outdoor

Katie Brees	Long jump	2nd	18-9.25
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2001

Indoor

Katie Brees	Long jump	1st	19-1.25
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Outdoor

Katie Button	Heptathlon	7th	4408
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2002

Indoor

Katie Button	Long jump	4th	18-6.5
Abby Gonzales	Long jump	6th	18-0.25
	55 meter hurdles	6th	8.41

Outdoor

Lindsay Schultz	Heptathlon	8th	4338
Raegan Schultz	Heptathlon	3rd	4697
	Javelin	6th	130-8
Abby Gonzales	Heptathlon	7th	4404

2003

Outdoor

Jenn Hansen	Discus	4th	147-1
Lindsay Schultz	Heptathlon	6th	4518
Raegan Schultz	Heptathlon	2nd	4803

2004

Indoor

Raegan Schultz	55 meter hurdles	6th	8.39
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Outdoor

Alicia Whisner	Javelin	7th	140-9
Raegan Schultz	Heptathlon	1st	4943
Lindsay Schultz	Heptathlon	2nd	4835

2005

Outdoor

Alicia Whisner	Javelin	5th	139-0
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2006 roster

Name	Events	Year	Hometown	High school
Hannah Anderson	800-1500	Fr.	Goodell, Iowa	Garner-Hayfield
***Andi Baiotto	800,1500,5K	Sr.	Kirksville, Mo.	Kirksville
Rachel Boeke	Throws	Fr.	Cedar Rapids, Iowa	Thomas Jefferson
Amy Boesenberg	1500,5K,10K	Fr.	Cedar Rapids, Iowa	Alburnett
Tiffany Bowling	100H, 400H, 400	Fr.	Bussey, Iowa	Twin Cedars
Emily Brown	PV	Fr.	Ankeny, Iowa	Ankeny
Jessica Clark	400, 400H, 800, 100H	Fr.	Port Byron, Ill.	Riverdale
Emily Conway	100H, Hep, Throws	Fr.	Grinnell, Iowa	Grinnell
**Alex Costigan	Throws	Sr.	White Bear Lake, Minn.	White Bear Lake
***Kim Flaherty	PV	Sr.	Holdrege, Neb.	Holdrege
Danielle Francois	Throws	Fr.	Central City, Iowa	Alburnett
*Shelli Green	Throws	Jr.	Lake City, Iowa	Southern Cal.
**Molly Hanson	Throws	Jr.	Elgin, Iowa	Valley
*Steph Hillman	Hep, JT, 800,400H	Jr.	Grand Junction, Iowa	East Greene
*Stacy Holthaus	100-400, 100H	So.	Urbandale, Iowa	Urbandale
**Danielle Hutchinson	100-200, LJ	Jr.	New London, Iowa	Mount Pleasant
*Kari Hutchinson	100-400	So.	Charles City, Iowa	Charles City
**Chelsey Keller	Throws	Jr.	Fairfield, Iowa	Fairfield
***Mackenzie Lauman	400-1500	Sr.	Shenandoah, Iowa	Shenandoah
Chantelle MacVey	200, 400, 400H, 800	Fr.	Newton, Iowa	Newton
***Andrea Meyer	PV,TJ,100-200	Sr.	Avoca, Neb.	Syracuse
Amy Morrison	1500	Jr.	Middle Amana, Iowa	Iowa Valley
Liz Nosbisch	400-800	Sr.	Dyersville, Iowa	Beckman
*Jenny Owens	100-400, LJ, TJ	So.	Treynor, Iowa	Treynor
***Katie Pederson	HJ	Sr.	Lake Mills, Iowa	Lake Mills

Heidi Rathje	800-1500	Sr.	Atkins, Iowa	Benton
Mallory Rutkey	TJ	So.	Leadville, Colo.	Lake County
Whitney Sayre	100-400	Fr.	Panora, Iowa	Panorama
Angela Sheridan	Throws	Fr.	Dubuque, Iowa	Wahlert
***Lisa Slater	800-1500	Sr.	Essex, Iowa	Essex
*Nicole Sojka	Throws	So.	Winnebago, Ill.	Winnebago
Nicki Thomas	Distance	Fr.	Omaha, Neb.	Millard North
*Justice Weaver	100-400,LJ,TJ	So.	Moulton, Iowa	Schuyler R-1
**Alicia Whisner	100H,400H,JT,Hep	Jr.	Adel , Iowa	ADM
***Dana Wilkerson	200-800, Hep	Sr.	North English, Iowa	English Valleys
***Amanda Wood	1500-5k	Sr.	Pocahontas, Iowa	Pocahontas Area

*letters earned

Outlook

Continuing its steady climb, the Central College women's track and field squad may be coach Kevin Sanger's deepest yet.

With just under 40 athletes, including 20 returning letterwinners from last season's fourth-place Iowa Conference finishers, the Dutch should get point production from all areas.

"We'll be a better team," Sanger said. "We've got a good group of seniors and I really like our younger athletes. They have a lot of upside. They enjoy the sport and they want to get better. And as coaches, that's the biggest thing we look for."

Jumping events

Central returns some strong individual performers in the jumps. Heptathlete Dana Wilkerson, a senior, was seventh in the conference long jump last season and is joined by sophomores Justice Weaver and Jenny Owens.

"All three are capable of jumping over 17 feet," Sanger said.

Owens and Weaver will also triple jump, along with senior Andrea Meyer and sophomore Mallory Rutkey. Owens placed eighth in the league.

"It's a nice group," Sanger said. "Jenny Owens has improved a lot already and Andrea Meyer has jumped over 35 feet. Mallory Rutkey is a newcomer who is a good addition for us."

Senior Katie Pederson was slowed by injury last season but is a conference highjump title threat and potential NCAA participant. She cleared 5-4.5 in 2004. Sanger said the Dutch will take precautions to keep her healthy.

"It's obviously great to have Katie back," Sanger said. "We'll try to be smart and limit her jumping. We need her healthy at the end of the year."

Wilkerson will also compete.

Senior Kim Flaherty was fourth in the league pole vault last season and holds the school record of 11-0.5 while senior Andrea Meyer is competitive as well.

"Kim and Andrea have both cleared 11 feet," Sanger said. "They just need to keep working and finish their careers like we all hope they do."

Throws

There are a host of competitors in the shot put, discus and hammer throw.

Senior Alex Costigan was fourth in the league in the discus with junior Alicia Whisner fifth while junior Chelsey Keller placed fourth in the shot put and sixth in the hammer. Junior Molly Hanson is expected to be a leader in the three events as well. Others include junior Shelli Green, sophomore Nicole Sojka and freshmen Rachel Boeke, Danielle Francois, Angela Sheridan. Freshman Emily Conway may also throw the discus.

"Alex (Costigan) and Molly (Hanson) have really worked hard," Sanger said. "We're anxious to see them accomplish what they're capable of doing."

"Chelsey (Keller) has a great shot at becoming a national qualifier. She's done nothing but improve all three years she's been here."

Sanger said Green might concentrate on the hammer throw and others might specialize as well.

"With the depth we have, that allows the athletes to focus on a single event and that will help them become better," he said. "We've got a good group of newcomers and by having some competition in practice each day, that will make us better. It's a fun group to be around."

Whisner is a returning All-American in the javelin, placing fifth nationally at 139-0, and junior Steph Hillman was a provisional qualifier. Costigan and Wilkerson should also do well.

"All four are potential conference point-scorers," Sanger said.

Sprints

Central is a bit thin in the short sprints. Meyer, Owens and Weaver are the only early candidates in the 100 and 200 meters.

"Andrea (Meyer) also vaults and triple jumps, but we need her as a sprinter, too," Sanger said, noting that Owens and Weaver are versatile as well.

The Dutch have more options in the 400, where sophomore Kari Hutchinson narrowly missed becoming a conference placewinner last year.

"Kari Hutchinson is very talented," Sanger said. "She's really worked hard. She went out for cross country in the fall and I think it will pay off for her."

Wilkinson is the other veteran, but there are plenty of younger runners in sophomore Stacy Holthaus and freshmen Conway, Tiffany Bowling, Jessica Clark, Chantelle MacVey and Whitney Sayre.

"I think all these kids will help us with our depth and filling out relays," Sanger said.

Wilkerson placed seventh in the league 100 meter hurdles and Hillman was close behind. Bowling, Clark, Conway, Holthaus and MacVey may compete as well.

"It's not a real deep event at the conference meet and we have some individuals who will improve," Sanger said. Hillman, Bowling, Clark and MacVey are being counted on in the 400 meter hurdles.

"We haven't had four 400-meter hurdlers in quite a while," Sanger said. "They're all excited to compete and they're making the progress you'd like to see."

Weaver, Wilkerson and Hutchinson return from last year's return from last year's fifth-place 4 x 100 meter relay unit. Wilkerson, Hutchinson and Hillman ran on the sixth-place 4 x 400 meter relay team.

Middle distance/distance events

Senior MacKenzie Lauman appears poised for a banner year in the 800 and 1,500 meters. She set a league record (3:02.96) in winning the indoor 1,000 meters last year, then was sidelined by injury.

"MacKenzie's excited about the season and finishing off her career on a high note," Sanger said. "She's got aspirations of becoming a national qualifier and that's something she's capable of doing."

Senior Heidi Rathje, who enjoyed a strong cross country season along with Lauman, wants to close strong as well.

"She's really worked at it," Sanger said. "Some of the younger kids have got a good idea of the time and work needed to compete at the college level by watching her."

Senior Liz Nosbisch will compete in the 800 meters while two other cross country runners, senior Lisa Slater and freshman Nicki Thomas, will go in the 1,500.

"(Cross country/distance) Coach (Jeff) Bovee has done a really good job with that group," Sanger said.

Central lacks numbers in the longer races. Slater will try the 3,000-meter steeplechase while Sanger will call on seniors Andi Baiotto and Amanda Wood and freshman Amy Boesenberg in the 5,000 and 10,000 meters.

Heptathlon

Two league placewinners in the heptathlon return, both eyeing bigger things. Wilkerson was second in the conference meet while Hillman was fifth despite joining the team late because of basketball. Hillman is focusing on track and field this season.

"They're both working hard," Sanger said. "Dana (Wilkerson) certainly has a shot at becoming an All-American. And Steph (Hillman) really made remarkable improvement last year. I think that will continue. Having her for a full season will help."

Championship hopes

Wartburg won the league crown by a wide margin last season and Sanger doesn't see that changing this year. The Dutch were fourth but Sanger thinks the squad will take some steps forward even if that's not reflected in the standings.

"I think we'll make progress," he said.

Nationally Sanger likes the chances of Whisner in the javelin and Wilkerson in the heptathlon. Other top contenders for NCAA berths include Hillman in the javelin and heptathlon, Costigan in the discus, Keller in the shot put and Lauman in the 800 meters.

