



2003-04 SPRING
CENTRAL COLLEGE
PRESSBOOK





Founded –1853

Enrollment –1,693

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 1,659 students learning opportunities not only on the Pella campus, but international study sites in Hangzhou, China; London and Colchester, England; Paris, France; Eldoret, Kenya; Leiden, the Netherlands; Merida, Mexico; Granada, Spain; Carmarthen, Wales; and Vienne, 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 Athletic Complex

The Kuyper Athletic 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), cross country course (2003), tennis courts (1992), soccer field (1992) 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 (Interim) Abby Gonzales
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Fax (641) 628-5340
E-mail sportsinfo@central.edu
Central web page www.central.edu/athletics



ATHLETIC STAFF

Athletic director	Al Dorenkamp
Special assistant to the athletic director	John Edwards
Director of intramurals and special events	Adam Stevens
Assistant director of intramurals	Dan Mason
Athletic office manager	Jeffy Schuring
Head athletic trainer	Leslie Duinink
Assistant athletic trainer	Greg Gilmore
Assistant athletic trainer	Doug West
Athletic training education program director	John Roslien
Strength and conditioning coordinator/ Ron Schipper Fitness Center coordinator	Jake Anderson
Building and grounds manager	Vince Guillien
Interim sports information director	Abby Gonzales

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Beverly Brand, assistant professor of education
 Dr. Edmond Willis, professor of psychology

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	Dan Mason
Assistant baseball	Wade Van Vark
Basketball--Men's	Mike Boschee
Assistant basketball	Marc Pennington
Assistant basketball	Chris Roberts
Basketball--Women's	Mick Angel
Assistant basketball	Cathy Angel
Assistant basketball	Mark Uitermarkt
Assistant basketball	Josh Harrington
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—offensive line
Assistant football	Dick Bowzer—receivers
Assistant football	Darrell Brand—running backs
Assistant football	Don De Waard—def. 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—quarterbacks
Assistant football	Travis Sterling—strength/conditioning

Assistant football	Emory Stewart—tight ends
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Golf--Men's

Assistant golf	Charlie Estabrook
Assistant golf	Tom Linton
Assistant golf	Jon Hietbrink

Golf--Women's

Assistant golf	Greg Hoekstra
Assistant golf	Dan Mason

Soccer--Men's

Assistant soccer	Garry Laidlaw
Assistant soccer	Takis Apostolopoulos
Assistant soccer	Eric Boeyink

Soccer--Women's

Assistant soccer	Rick Burns
Assistant soccer	Russell Goodman

Softball

Assistant softball	George Wares
Assistant softball	Denise Barnard
Assistant softball	Teresa Thompson

Tennis--Men's/women's

Assistant men's tennis	Doug Stursma
Assistant women's tennis	Marc Hansen
Assistant women's tennis	Rod Braun

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	Chris Button
Assistant track and field	Katie Button
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	Megan Clayberg
Assistant volleyball	Ann Van Hemert
Assistant volleyball	Colleen Evenhouse

Wrestling

Assistant wrestling	Matt Diehl
Assistant wrestling	Ryan Cunningham
Assistant wrestling	Russell Pamulak
Assistant wrestling	Scott Williamson

HEAD COACH DIRECTORY

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Fax numbers

Athletic department	(641) 628-5356
Sports information	(641) 628-5340



MEN'S TRACK AND FIELD

2003 schedule

Indoor

Jan. 24	Central Inv.	Pella
Jan. 31	Monmouth Inv.	Monmouth, Ill.
Feb. 7	Dennis Young Inv.	Storm Lake
Feb. 13	Prairie Wolf Inv.	Lincoln, Neb.
Feb. 14	Monmouth Inv.	Monmouth, Ill.
Feb. 15	Graceland Pentathlon	Lamoni
Feb. 21	Pioneer Open	Platteville, Wis.
Feb. 27-28	IIAC Championships	Mt. Vernon
March 6	ISU Last Chance	Ames
March 12-13	NCAA Div. III National	Whitewater, Wis.

Outdoor

March 27	Truman State Open	Kirkville, Mo.
April 1-2	Central Heptathlon/Decathlon	Pella
April 3	Central Invite	Pella
April 10	Wartburg Select	Waverly
April 17	Doane Relays	Crete, Neb.
April 19-20	Central Heptathlon/Decathlon	Pella
April 23	Simpson Twilight	Indianola
April 22-24	Drake Relays	Des Moines
May 1	Forest Rittgers Inv.	Cedar Rapids
May 7-8	IIAC Heptathlon/Decathlon	Pella
May 14-15	IIAC Championships	Dubuque
May 21	Augustana Twilight	Rock Island, Ill.
May 27-29	NCAA Championships	Moorhead, Minn.

MEN'S TRACK AND FIELD QUICK FACTS

2003 Iowa Conference finish: 2nd (11th top-two finish in 13 years)

2003 NCAA Div. III indoor finish: 55th

2003 NCAA Div. III outdoor finish: 27th

2003 NCAA Div. III champions: 1 (decathlon, Peter Wagner, 6825 pts.)

2003 NCAA Div. III outdoor qualifiers: 4 (high jump, Cale VanGenderen; 400m-hurdles, decathlon, Peter Wagner; 4x400m relay, Tanner Whipple, Kevin Pitz, Justin Koeppel, Peter Wagner)

Letterwinners lost: 14

Letterwinners returning: 36

2004 captains: Clint Larson, Matt McCombs, Matt Jens

Kevin Sanger

Head coach

Kevin Sanger is entering his ninth season as head men's track and field coach at Central and his fifth year as head of the women's program. He also serves as an assistant football coach.

A Britt native, Sanger was named the Iowa Conference men's track and field coach of the year in 1997, 1998, 2000, 2001, and 2003 after leading the Dutch to league crowns in '97, '98, '00 and '01. He piloted Central to a third-place men's team finish at the 2000 NCAA Div. III championships and a sixth-place men's team finish at the 2001 NCAA Div. III championships.

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.

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

Guy Mosher

Associate coach – jumps, sprint, hurdles

Nationally recognized coach Guy Mosher is entering his 13th season on Central's coaching staff after previously holding a similar position at Simpson College. This is his first year serving as associated head coach. He specializes in the sprints, hurdles, and the heptathlon/decathlon.

Mosher served as coach for decathlete Kip Janvrin in the 2000 Olympics in Australia and coached two U.S. decathlon finalists at the 1996 U.S. Olympic trials in Atlanta. 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, Tex. In 1997, he coached the U.S. junior decathlon team in a meet against Canada.

Jeff Bovee

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

Jeff Bovee is in his first 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.

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.

Chris Button

Assistant coach – 400, 800 meters

Chris Button is entering his fourth season as assistant men's and women's track and field coach at Central. A 1999 Central graduate, Button was a three-time letterwinner in football and a four-time track and field letterwinner.

Katie Button

Assistant coach – jumps, sprints

Katie Button is in her second season as assistant track and field coach.

A 2002 Central graduate, Button earned all-American honors five times. A four-time indoor and outdoor qualifier in the long jump, she won the NCAA Div. III indoor crown in 2001. She was a three-time NCAA placewinner in the indoor long jump, and a four-time national qualifier. In the outdoor long jump, Button was a four-time NCAA qualifier and two-time placewinner. She was also a two-time qualifier in the heptathlon, placing seventh in 2001.

Button, a three-time team MVP and two-time team cocaptain, won the Iowa Conference long jump title four times and set the league record in the event.

Button is an elementary school teacher.

Stephen Fyfe

Assistant coach – 5,000, 10,000 meters

Stephen Fyfe is in his fifth 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 fourth 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 fourth 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 a NAIA all-American for Northwestern in 1993.

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

2003 season results

Indoor

Jan. 24	Central Invitational	Pella	No team scores
Jan. 24	Central Invitational	Pella	No team scores
Feb. 1	Dennis Young Inv.	Storm Lake	2nd of 13
Feb. 2	Kip Janvrin Pentathlon	Crete, Neb.	No team scores
Feb. 8	Hilltop Open	Mt. Vernon	1st of 9
Feb. 14	Prairie Wolf Inv.	Lincoln, Neb.	No team scores
Feb. 22	Knox Invitational	Galesburg, Ill.	2nd of 10
March 1	IIAC indoor championship	Storm Lake	3rd of 10
March 7	Buena Vista Last Chance Meet	Storm Lake	No team scores
March 8	Iowa State Last Chance Meet	Ames	No team scores
March 14-15	NCAA Div. III indoor championship	Greencastle, Ind.	55th

Outdoor

March 29	Monmouth Invitational	Monmouth, Ill.	cancelled
April 5	Central Invitational	Pella	1st of 11
April 12	Titan Open	Bloomington, Ill.	1st of 6
April 19	Dick Young Classic	Grinnell	1st of 11
April 26	Loras Open	Dubuque	No team scores
May 2	Loras dual	Pella	No team scores
May 9-10	Iowa Conference	Mt. Vernon	2nd of 10
May 14	Central Last Chance Open	Pella	No team scores
May 16	Twilight Last Chance Open	Rock Island, Ill.	No team scores
May 22-24	NCAA Div. III championship	Canton, N.Y.	27th

2003 team finishes

INDOOR

Dennis Young Indoor Track and Field Classic

Storm Lake, Iowa

1. Wartburg 160; 2. **Central 129**; 3. Dakota State 100; 4. Northwestern 93; 5. Sioux Falls 88; 6. Dordt 83; 7. Grinnell 63; 8. Buena Vista 62; 9. Midland Lutheran 36; 10. Dakota Wesleyan 32; 11. Briar Cliff 23; 12. Luther 4; 13. Morningside 1.

Hilltop Invitational

Mt. Vernon, Iowa

1. **Central 174**; 2. Coe 102; 3. Simpson 83; 4. Dubuque 70.5; 5. Graceland 66.5; 6. Grinnell 59.5; 7. Cornell 47; 8. Mt. Mercy 22.5; 9. Iowa Wesleyan 6.

Knox College Invitational

Galesburg, Ill.

1. Monmouth (Ill.) 179.50; 2. **Central 117**; 3. Western Ill. 53.50; 4. Cornell 43; 5. Grinnell 41; 6. Knox (Ill.) 32; 7. Mt. Mercy, 30; 8. Illinois College 6; 9. Mt.St.Clare, 4; 10. Bradley (Ill.) 1.

Iowa Conference Indoor Championship

Storm Lake, Iowa

1. Wartburg, 197; 2. Loras, 174; 3. **Central, 122**; 4. Luther, 57; 5. Dubuque, 44; 6. Coe, 42; 7. Buena Vista, 39; 8. Simpson, 35; 9. Cornell, 26; 10. Upper Iowa, 4.

NCAA Div. III Indoor Championships

Greencastle, Ind.

Team finished 55th, scoring 1.0 point in the 4 x 400 meter relay

OUTDOOR

Central Invitational

Pella, Iowa

1. **Central 204**; 2. Minn.-Duluth 196.5; 3. Monmouth (Ill.) 91; 4. William Penn 87; 5. Midland Lutheran (Neb.), 59.5; 6. Coe 51; 7. Grinnell 19; 8. Mount Mercy 17.5; 9. Knox (Ill.) 15.5; 10. Northwestern (Minn.) 8; 11. Iowa Wesleyan 1.

Keck Invitational

Bloomington, Ill.

1. **Central 292**; 2. Olivet Nazarene (Ill.) 129; 3. Millikan (Ill.) 127; 4. Illinois Wesleyan 88; 5. Trinity Christian (Ill.) 12; 6. Eureka (Ill.) 6.

Dick Young Classic

Grinnell, Iowa

1. **Central 247.5**, 2. Grinnell 93.5, 3. Cornell 78, 4. Colorado College 64, 5. William Penn 54.5, 6. Midland Lutheran (Neb.) 53, 7. Mount Mercy 47, 8. Graceland 45, 9. Loras 44, 10. Upper Iowa 19, 11. Simpson 17.5.

Iowa Conference

Mount Vernon, Iowa

1. Wartburg College, 205; 2. **Central College, 195**; 3. Loras College, ; 4. Luther College, 73.50; 5. University of Dubuque, 59; 6. Simpson College, 47; 7. Coe College, 39 ; 8. Buena Vista University, 36; 9. Cornell College, 31.50; 10. Upper Iowa University, 3;

NCAA Div. III National Outdoor Championship

Pella, Iowa

Team finished 27th, scoring 11 points

Team Results: 1. Wisconsin La Crosse, 88; 2. Lincoln University, 64; 3. Wisconsin Oshkosh, 44; 4. Nebraska Wesleyan, 37; 5. Wisconsin Platteville, 25; ... 11. Wartburg, 17; **27. Central College, 11**

2003 individual conference/national placewinners

NCAA Div. III Indoor Championship

Greencastle, Ind.

Long jump: Cale Van Genderen, NH.

4 x 400 meter relay: 8. Matt McCombs, D.J. Cobler, Tanner Whipple, Peter Wagner, 3:21.15.

Iowa Conference Indoor Championship

Storm Lake, Iowa

55 meters: 4. D.J. Cobler, 6.60

200 meters: 8. DJ Cobler, 22.95

400 meters: 7. Matt McCombs, 51.57; 8. Kevin Pitz, 51.74

600 meters: Tanner Whipple, 1:22.29; 8. Dan Deines, 1:24.79

1000 meters: 5. Joey Felton, 2:40.79

55 hurdles: 2. Peter Wagner, 7.78; 6. Brad Rose, 8.07; 7. Tanner Whipple, 8.19.

4x400: 4. Deines, Koeppel, Whipple, Miller, 3:25.94.

DMR: 4. Preuninger, Hunt, Eggers, George, 10:51.74.

High jump: 1. Cale Van Genderen, 6'9.5; 3. Peter Wagner, 6'7.5; 5. Clint Larson, 6'5.5.

Pole vault: 2. Peter Wagner, 14'0; 5. Pete Kelloway, 12'6; 7. Tanner Whipple, 12'6.

Long jump: 2. Peter Wagner, 22'4.25; 3. Jeff Peek, 21'10; 6. Matt Jens, 21'7.5.

Triple jump: 2. Cale Van Genderen, 44'2.5; 4. Peter Wagner, 43'1.5; 5. Matt Jens, 43'0.5.

Shot put: 4. Mark Sanger, 49'1.5

Weight throw: 3. Mark Sanger, 48'9.5

NCAA Div. III Outdoor Championship

Pella, Iowa

Preliminaries:

4x400 meters: 5. Tanner Whipple, Justin Koeppel, Nick Miller, Kevin Pitz, 3:16.26 (did not qualify for finals)

Decathlon Overall: 1. Peter Wagner, 6,825; 100 meters - 11.96; Long jump - 21'1; Shot put - 34'7; High jump - 6'5; 400 meters - 50.73; 110 meter hurdles - 15.22; Discus - 111'10; Pole vault - 14'7; Javelin - 158'1; 1,500 meters - 4:38.25

High jump: 8. Cale Van Genderen, 6'9

Iowa Conference Outdoor Championship

Mount Vernon, Iowa

100 meter: 5. Matt Jens, 11.41; 7. DJ Cobler, 15.56

200 meter: 6. Matt Jens, 22.70

400 meter: 5. Justin Koeppel, 48.77; 7. Kevin Pitz, 49.28

800 meter: 1. Matt Weih, 1:56.02; 8. Charlie Preuninger, 2:01.22

1500 meters: 6. Charlie Preuninger, 4:08.84

5000 meters: 7. Seth Comfort, 16:05.28

10000 meters: 6. Seth Comfort, 33:26.69

110 meter hurdles: 1. Peter Wagner, 14.59; 3. Brad Rose, 15.15; 5. Tanner Whipple, 15.28

400 meter hurdles: 1. Peter Wagner, 53.86; 4. Brad Rose, 54.90; 5. Nick Miller, 55.46

3000 meter steeplechase: 4. Bryan George, 9:50.22

4x100 meter relay: 5. Central College, 42:37

4x400 meter relay: 2. Central College, 3:15.80

High jump: 1. Cale Van Genderen, 6'9"; 5. Peter Wagner, 6'5"

Pole vault: 1. Peter Wagner, 14'2.5"; 2. Cory Torkelson, 13'8.5"; 5. Tanner Whipple, 12'8.75

Long jump: 1. Peter Wagner, 22'6.5"; 4. Matt Jens, 22' 3.5"; 6. Pete Kelloway, 21'11.75

Triple jump: 3. Cale Van Genderen, 43'8"; 4. Matt Jens, 42'4.25"; 6. Peter Wagner, 41'11.5"

Discus: 5. Mark Sanger, 145'1"

Hammer throw: 2. Mark Sanger, 161'06"; 7. Lucas Nims 136'05"

Javelin: 3. Matt Johnston 177'05"; 4. Lucas Nims, 174'03"

USTFCA All-Americans

Decathlon – Peter Wagner

High Jump – Cale Van Genderen

2003 season bests

Indoor

Weight throw: Mark Sanger, 48'9.5 (3/1)

Pole vault: Peter Wagner, 14'0 (3/1)

Long jump: Peter Wagner, 22'4.25 (3/1)

High jump: Cale Van Genderen, 6'9.5 (3/1)

Shot put: Mark Sanger, 49'1.5 (3/1)

Triple jump: Cale Van Genderen, 44'2.5 (3/1)

55 meters: D.J. Cobler, 6.55 (2/1)

55 meter hurdles: Peter Wagner, 7.78 (3/1)

60 meter hurdles: Peter Wagner, 8.62 (2/14)

200 meters: Matt McCombs, 22.91 (2/14)

400 meters: Matt Jens, 50.92 (3/8)

600 meters: Tanner Whipple, 1:22.29 (3/1)

600 yards: Tanner Whipple, 1:14.06* (2/14)

800 meters: Gary Pothoven, 1:59.33 (3/8)

1000 meters: Charlie Preuninger, 2:40.67 (2/8)

1500 meters: Bret Schuring, 4:18.21 (3/7)

1 mile: Michael McLoughlin, 4:46.41 (2/1)

3000 meters: Seth Comfort, 9:23.73 (2/22)

5000 meters: Seth Comfort 16:01.90 (2/14)

Sprint medley: Van Wyk, Johnston, Blanchard, Kitchen, 3:39.12 (2/22)

Distance medley: Preuninger, Hunt, Eggert, George, 10:47.02 (2/14)

4x200 meters: Cobler, McCombs, Wallerich, Jens, 1:31.19 (2/22)

4x400 meters: McCombs, Cobler, Whipple, Wagner, 3:16.84 (3/8)

4x800 meters: Pothoven, Preuninger, Miller, Hoffman, 8:15.8 (1/24)

Pentathlon: Peter Wagner, 3736 (2/2)

*school record

Outdoor

100 meters: Matt Jens, 11.24 seconds (4/19)

200 meters: Matt Jens, 22.38 seconds (4/22)

400 meters: Tanner Whipple, 49.03 seconds (5/2)

1957	Luther	1998	Central
1958	Luther	1999	Wartburg
1959	Dubuque	2000	Central
1960	Luther	2001	Central
1961	Dubuque	2002	Wartburg
1962	Parsons	2003	Wartburg

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 – 9:01.81, Andy Goodman, 1995
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 – 6'10", Craig Cantrall, 1993
Shot put – 51'11", Reid Evans, 1999
Pole vault – 14'8", Sean Clark, 2000
Triple jump – 47'6", Flinard Grisby, 1970
35lb weight throw – 48' 9.5", Mark Sanger, 2003
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 – 161'6, Mark Sanger, 2003
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

Central's Iowa Conference championships

1979	1993	1997	2001
1991	1994	1998	
1992	1995	2000	

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

Year-by-year results

Year	Iowa Conf.	NCAA	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

Team MVPs

1974 – Terry Youngblood	1988 – Mark Heid
1975 – Lester Wilson	1989 – Paul Lovell
1976 – Tim Schipper	1990 – David Ellingson
1977 – Chris Samsen	1991 – Darren Dirksen
1978 – Don Keller	1992 – Eric Pingel
1979 – Don Keller,	1993 – Les McCracken
Jerry Fitzsimmons	1994 – Les McCracken
1980 – Jerry Fitzsimmons	1995 – Nate Smith
1981 – Brad Depke	1996 – Jay Rhoten
1982 – Mark Muyskens	1997 – Jay Rhoten
1983 – Paul Van Farowe	1998 – Jay Rhoten

1984 – Jerry Quick
 1985 – Rod Klein
 1986 – Todd Bohlen
 1987 – Mark Heid

1999 – Jon Lindaman
 2000 – Chris McCullough
 2001 – Tommy Tavegia
 2002 – Tony Brownlee
 2003 – Peter Wagner

2004 roster

Name	Yr.	Events	Ht.	Wt.	Hometown/High school
***Eric Baker	Sr.	HT, DT, SP	6'	250	Atalissa, Iowa/West Liberty
*Bob Blanchard	So.	100-400	6'2	185	Storm Lake, Iowa/Storm Lake
Ben Bollard	Fr.	400-800, 400H	6'2	175	Pella, Iowa/Pella
*Josh Brown	So.	PV	5'9	160	Gays Mills, Wis./Boscobel
*David Calease	So.	400, 400H	5'11	185	Clarksville, Iowa/Clarksville
*D.J. Cobler	So.	100-400, LJ	5'11	150	Ottumwa, Iowa/Ottumwa
Jim Cruickshank	Fr.	100-200	6'	150	Donnellson, Iowa/Central Lee
*Dan Deines	So.	200- 800	6'1	161	Erie, Ill./Riverdale
*Aaron Eggers	Jr.	800-5K	5'9	145	Des Moines, Iowa/Ankeny
*Kyle Fleener	So.	400-800	6'1	161	Lisbon, Iowa/Lisbon
*Bryan George	So.	5K, 10K	5'10	150	Pella, Iowa/Pella
Johnny Good	So.	200-400, LJ	6'1	175	Montrose, Iowa/Central Lee
Matt Hanawalt	Fr.	5K-10K	5'9	140	Waverly, Iowa/Waverly-Shell Rock
Jon Hoffman	Fr.	110H	6'5	190	Story City, Iowa/Roland-Story
**Michael Hotze	Sr.	DT	6'4	230	Carson, Iowa/Oakland-Riverside
*Curt Hunt	So.	100-400	6'2	195	Guthrie Center, Iowa/Guthrie Center
Joe Jefferson	Fr.	1500-10K	5'8	140	Decorah, Iowa/Decorah
Phil Jeneary	Fr.	100-200	6'1	160	LeMars, Iowa/LeMars
***Matt Jens	Sr.	200, 400, LJ, TJ	6'	170	Glenwood, Iowa/Glenwood
**Matt Johnston	Jr.	100-200	6'2	170	Mitchellville, Iowa/Prairie City-Monroe
Brett Jones	Fr.	5K-10K	5'8	122	Knoxville, Iowa/Knoxville
*Pete Kelloway	Sr.	Decathlon	6'	175	Panora, Iowa/Panorama
*Adam Klein	Sr.	110H, 400H, 400	6'2	173	Britt, Iowa/West Hancock
*Justin Koeppe	So.	100-400, 400H	5'8	149	Storm Lake, Iowa/Storm Lake
***Clint Larson	Sr.	HJ, PV	6'1	160	Oakville, Iowa/Mediapolis
***Matt McCombs	Sr.	200-400	6'1	175	Agency, Iowa/Cardinal
*Michael McLoughlin	So.	5K, 10K	6'3	150	Fort Dodge, Iowa/St. Edmond
*Nick Miller	So.	110H, 400H, Dec.	6'2	160	Tipton, Iowa/Tipton
Brad Munos	So.	100-200	5'6	150	Bettendorf, Iowa/Bettendorf
***Lucas Nims	Sr.	HT, SP, DT, JT	6'3	225	Clermont, Iowa/Valley
*Jeff Peek	Sr.	100-200, LJ	5'10	170	Marshalltown, Iowa/Marshalltown
*Kevin Pitz	So.	100-400	6'	166	New Vienna, Iowa/Dyersville-Beckman
**Gary Pothoven	Jr.	800, 1500	5'10	143	Pella, Iowa/Pella
Spencer Power	Fr.	SP, DT	6'3	235	Montgomery, Minn./Montgomery- Lansdale
Brian Respeliers	Fr.	1500-5K	6'3	175	Council Bluffs, Iowa/St. Albert
Jon Robeson	Fr.	SP, DT, HT	6'	270	Adel, Iowa/Adel-DeSoto-Minburn
**Brad Rose	Jr.	110H, 400H, 400	6'4	170	Monona, Iowa/MFL MarMac
**Mark Sanger	Jr.	HT, DT, SP	6'	225	Britt, Iowa/West Hancock
Jason Sheffler	Fr.	JT	6'2	195	La Porte City, Iowa/Union
*Scott Shumaker	Jr.	1500-10K	6'5	190	Danville, Iowa/Danville
*Dane Sulentic	So.	110H, 400H	6'2	185	Truro, Iowa/I-35
Rob Tanzer	Fr.	PV	6'	175	Orland Park, Ill./Carl Sandburg
*Cory Torkelson	So.	PV	5'10	160	San Antonio, Texas/McArthur
Chase Ungs	Fr.	1500-10K	5'10	135	Ames, Iowa/Gilbert
**Cale Van Genderen	Jr.	HJ, TJ	6'4	185	Lynnville, Iowa/Lynnville-Sully
*David Van Wyk	So.	100, 200	5'10	185	Pella, Iowa/Pella
**Jonathan Wallerich	Sr.	100, 200	5'8	160	Sigourney, Iowa/Sigourney
**Matt Weih	Jr.	400-800	6'6	185	Tipton, Iowa/Tipton
*TJ Weiler	So.	5K, 10K	5'10	145	Ankeny, Iowa/Ankeny
*Scott Westphal	So.	400-800	6'4	180	LeMars, Iowa/LeMars
*Tanner Whipple	So.	400H, 400, Dec.	6'	160	Roland, Iowa/Roland-Story
Adam Wolf	Fr.	5K-10K	6'1	150	Corning, Iowa/Corning
Keith Wrich	Fr.	200-400	6'2	182	Aplington, Iowa/AGWSR

Outlook

A young, yet experienced Dutch team should have one of its best showings this season. Not that the men's team has not had great showings the past few years. They have. Including three straight NCAA 4x400-meter relay titles and three consecutive top-10 national finishes in the overall team standings, not to mention two decathlon championship titles.

It may be hard to put up those kind of impressive numbers as the Dutch will be without two-time national decathlon champion and nine-time all-American Peter Wagner who graduated in the spring. Wagner helped the Dutch record top-10 national team finishes and was on one of the three consecutive 4x400-meter relays.

Sanger isn't overly concerned as Central has several quality athletes back.

"We'll actually have more depth," said coach Kevin Sanger. "We were relatively young last year but the underclassmen improved immensely last season and are progressing nicely."

The Dutch will be strong where they have been traditionally, in the sprints and jumps, along with marked improvement in the distance events.

Sprints

With a core group of upperclassmen and underclassmen that gained experience at the national level last year, the Dutch will be tough once again ranging from the 100-800 meters.

"We have a good group returning," said Sanger. "We're going to be pretty tough from 800 meters down."

Seniors returning with national experience include Matt McCombs who ran on the 2002 4x400-meter national champion relay team and Matt Jens, who also ran on that same qualifying unit. McCombs is a three-time all-American in the 4x400. Also leading the sprints crew is Jonathan Wallerich, a national qualifier in the 4x100 meter relay in 2002.

Last year's group of freshmen are now sophomores and have experienced competition at the collegiate level. DJ Cobler and Tanner Whipple ran on the all-America indoor 4x400 relay. Whipple, Justin Koeppel, Nick Miller, and Kevin Pitz ran on the 4x400 at the NCAA outdoor championships but did not qualify for the finals.

"To have four freshmen run at the national meet in the 4x400 is pretty respectable," said Sanger.

Senior Jeff Peek will also help the Dutch in the short sprints as well as sophomore Curt Hunt, junior Matt Johnson and sophomore David Van Wyk.

Central is stacked in the 200-400 range with Bob Blanchard, Dan Deines, Johnny Good, Ben Bollard, David Calease, Dane Sulentic, James Cruickshank, Travis Gibbons, Phil Jeneary and Keith Wrich.

"We've had a good fall," Sanger said. "The kids have developed and have been working hard."

Middle-distance events

Junior Matt Weih, returning Iowa Conference champion in the 800 meters, will head the middle-distance group this year. Also returning are Bret Schuring, Scott Shumaker, Scott Westpahl and Aaron Eggers. Senior Gary Pothoven will join the group after a semester overseas.

"This is the best group we've had in a while," said Sanger. "I'm pretty sure our school record in the 4x800 will go down this year."

Distance events

Returners Mike McLoughlin and Bryan George could be pushed by freshmen TJ Weiler and Adam Wolf who were the top runners during the cross country season. Also in the mix will be senior Matt Hanawalt, freshmen Joe Jefferson, Brett Jones and Chase Unga.

As of right now, George looks to be Central's lone steeplechaser.

Not on this year's roster is conference placewinner Seth Comfort who graduated last May.

"We'll miss Seth and the points he earned in the 5K and 10K at conference, but these guys all had very encouraging cross country seasons and I'm looking forward to seeing what they'll be able to do on the track," Sanger said.

Jumping events

The Dutch will be especially strong in the jumps this year with returning all-American Cale VanGenderen in the high jump.

VanGenderen surpassed the 7-foot mark last year clearing 7'0.25 and automatically qualified for the national meet. He placed eighth to earn all-America status.

Another possible national contender this year in the high jump is senior Clint Larson. Larson has struggled with injury but comes into the season healthy.

Central is deep in the long jump with senior jumpers showing lots of promise. Peek, Jens and Pete Kelloway are the veterans with Jens and Kelloway placing at the conference meet last year.

Joining the three seniors will be VanGenderen, Cobler and Good.

Sanger is excited about this group and the potential they've shown early in the season.

"There's potential there for several to jump over 23-feet," he said.

League placewinners in the triple jump last season were VanGenderen and Jens who placed third and fourth. Also in the mix for this year is Peek.

"This will be one of the strongest years ever for pole vault," said Sanger.

Several have taken up the event and the Dutch will likely pick up a few points with the talented numbers.

Multi-eventers Whipple and Kelloway along with sophomores Cory Torkelson and Josh Brown and freshmen Heid and Rob Tanzer, should provide a solid group of vaulters.

Hurdles

Central has a slew of hurdlers including nine in the 400-meter hurdles. Five will compete in the 110-highs.

Brad Rose finished third in the 110s and fourth in the 400s at last year's conference meet. Whipple was fifth in the 110-highs and Miller took fifth in the 400s. Also potential point earners will be Adam Klein and Sulentic in both the highs and the lows and Koeppel, Bollard and Calease in the lows.

Throws

Senior Lucas Nims is the league's returning javelin champ. He also placed in the shot put, discus and hammer throw at last year's championships. Junior Mark Sanger was a placewinner in the latter three events.

Johnston, VanGenderen and Kelloway also picked up conference points in the javelin and the Dutch could score more points with Rose and Jason Sheffler helping out.

Senior Michael Hotze was sixth in the shot put. Central will also get contributions from senior Eric Baker, Rodger Blum, Jon Robeson, Spencer Power, Jason Sheffler and Rose.

Decathlon

Without two-time national champion Wagner, Central will look to three decathletes to score for the Dutch not only at the conference meet, but also at the national level.

Whipple, Kelloway and Miller are the three veterans returning.

"This is a younger group," said Sanger. "These guys will have some areas they'll need to develop but things have been going well this fall and I think we could place all four at conference."

National potential

The Dutch have the talent, the experience and the potential to have several national qualifiers as well as all-Americans this season.

Among the events where Central could possibly have a good showing at the national meet are the 4x100, 4x400, 400-meter hurdles, high jump, long jump and the decathlon.

A lot will factor into the season including more experience for the younger athletes.

"Some of these younger guys just need to get a few more meets in and just go out and get some competition," said Sanger. "It'll be a fun year. The guys have been working hard and are anxious to see payoffs."

