



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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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

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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Sports information	(641) 628-5340



WOMEN'S TRACK AND FIELD

2004 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	Kirksville, 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 19	Central Last Chance	Pella
May 21	Augustana Twilight	Rock Island, Ill.
May 27-29	NCAA Championships	Moorhead, Minn.

WOMEN'S TRACK AND FIELD QUICK FACTS

2003 Iowa Conference finish: 3rd

2003 NCAA Div. III indoor finish: 17th

2003 NCAA Div. III outdoor finish: tie, 21st

2003 NCAA Div. III outdoor qualifiers: 3 (discus, Jenn Hansen; heptathlon, Raegan Schultz, Lindsay Schultz; 100-meter hurdles, Raegan Schultz)

Letterwinners lost: 12

Letterwinners returning: 26

2004 captains: Beth Cunningham, Jill Foster, Lindsay Schultz, Raegan Schultz

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

Assistant Head coach – sprints, hurdles, jumps, multi-events

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 – 800-10k

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.

Eric Pingel

Assistant coach – sprints, hurdles, jumps, multi-events

Eric Pingel is entering his fifth 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.

Stephen Fyfe

Assistant coach – 5,000-10,000 meters

Stephen Fyfe is entering 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 entering his fourth season as an assistant coach for the Central College men's and women's track and field teams.

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 University and currently serves as the chief of police for the Pella Police Department

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 – sprints, jumps

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 placemaker 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 placemaker. 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 event record.

Button also serves as an elementary school teacher.

2003 season results

Indoor

Jan. 24	Central Invitational	Pella	No team scores
Feb. 1	Dennis Young Inv.	Storm Lake	2nd of 12
Feb. 2	Kip Janvrin Pentathlon	Crete, Neb.	No team scores
Feb. 8	Hilltop Open	Mt. Vernon	1st of 10
Feb. 14	Prairie Wolf Inv.	Lincoln, Neb.	No team scores
Feb. 22	Knox Invitational	Galesburg, Ill.	3rd of 13
Feb. 28-March 1	Iowa Conference indoor championship	Storm Lake	4th of 9
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.	No score

Outdoor

April 5	Central Invitational	Pella	2nd of 13
April 12	Keck Invitational	Bloomington, Ill.	1st of 6
April 19	Dick Young Classic	Grinnell	1st of 11
April 25-26	Drake Relays	Des Moines	No team scores
April 26	Loras Open	Dubuque	No team scores
May 2	Loras dual	Pella	No team scores
May 3-4	Iowa Conference heptathlon	Decorah	1st of 8
May 9-10	Iowa Conference outdoor championships	Mt. Vernon	3rd of 8
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.	17th

2003 team finishes

INDOOR

Dennis Young Indoor Track and Field Classic

Storm Lake, Iowa

1. Wartburg 205; **2. Central 154**; 3. Northwestern 93; 4. Dordt 78; Sioux Falls 72; 6. Dakota State 66; 7. Buena Vista 50; 8. Midland Lutheran 49; 9. Briar Cliff 29; 10. Grinnell 18; 11. Dakota Wesleyan 10; 12. Luther 4.

Hilltop Invitational

Mt. Vernon, Iowa

1. Central 150; 2. Coe 136; 3. Cornell 119; 4. Graceland 56; 5. Iowa Wesleyan 50; 6. St. Francis (Ill.) 44; 7. tie, Simpson, Grinnell 35; 9. Mt. Mercy 18; 10. Dubuque 5.

Knox College Invitational

Galesburg, Ill.

1. Truman State (Mo.) 147; 2. Augustana 98.50; **3. Central, 80.33**; 4. Monmouth (Ill.) 71; 5. Western Illinois 69; 6. Cornell 35; 7. Illinois College 10; 7. Loras 10; 9. St. Francis (Ill.) 8; 10. Iowa Wesleyan 5; 11. Grinnell, 4.33; 12. Mt. Mercy, 3.50; 13. Knox (Ill.) 2.33.

Iowa Conference Indoor Championship

Storm Lake, Iowa

1. Wartburg 217; 2. Loras 172; 3. Luther 104; **4. Central 98**; 5. Coe 48; 6. Buena Vista 47; 7. Cornell 36; 8. Simpson 14; 9. Upper Iowa 5; 10. Dubuque DNC.

OUTDOOR

Central Invitational Pella

1. Minn.-Duluth 216; **2. Central 157**; 3. Coe 115.5; 4. Monmouth (Ill.) 112; 5. Midland Lutheran (Neb.) 46.5; 6. Knox (Ill.) 35; 7. Northwestern (Minn.) 30; 8. William Penn 25; 9. Mount Mercy 16; 10. Iowa Wesleyan 14; 11. Mount St. Clare 11; 12. Grinnell 9; 13. St. Scholastica (Minn.) 7.

Titan Open Bloomington, Ill.

1. Central 271.5; 2. Illinois Wesleyan 162; 3. Millikan (Ill.) 132.5; 4. Olivet Nazarene (Ill.) 57; 5. St. Francis (Ill.) 48; 6. Trinity Christian (Ill.) 5.

Dick Young Classic Grinnell

1. Central 213, 2. Cornell 144.5, 3. Midland Lutheran (Neb.) 104.5, 4. Grinnell 73.5, 5. Colorado College 61.5, 6. Mount Mercy 45, 7. Graceland 33, 8. William Penn 29, 9. Upper Iowa 23, 10. Buena Vista 8, 11. Luther 4.

Iowa Conference Mt. Vernon

1. Wartburg College, 222.50; 2 Loras College, 158; **3. Central College, 137.50**; 4. Luther College, 121.50; 5. Coe College, 64; 6. Buena Vista, 51.50; 7. Cornell College, 40; 8. Simpson College, 11; 8. Upper Iowa University, 11; 10. University of Dubuque, 2.

NCAA Division III championship Canton, N.Y.

1. Wheaton College (Ma), 72; 2. Lehman College, 52; 3. Wisconsin La Crosse, 52.0; **17. Central College, 16**

Individual conference/national placewinners

Iowa Conference—indoor

Storm Lake, Iowa

200 meters: 4. Raegan Schultz, 26.87; 8. Allison Thompson, 27.38

400 meters: 5. Dana Wilkerson, 1:00.31

600 meters: 7. Liz Nosbisch, 1:43.90

800 meters: 7. MacKenzie Lauman, 2:28.45

3000 meters: 6. Beth Cunningham, 10:57.00

5000 meters: 7. Beth Cunningham, 19:07.32

55 hurdles: 2. Raegan Schultz, 8.50; 3. Lindsay Schultz, 8:59

4x200 meters: 3. Wilkerson, Thompson, Scarrow, R.Schultz, 1:48.01

4x400 meters: 3. Wilkerson, Thompson, Scarrow, L.Schultz, 4:09.07

DMR: 7. Rozendaal, McCord, Nosbisch, Duncalf, 13:22.63

High jump: 5. Angie VanderLeest, 5'0.25; 5. Raegan Schultz, 5'0.25; 8. Jill Foster, 5'0.25

Pole vault: 1. Kim Flaherty, 9'11.25; 4. Andrea Meyer, 9'5.25

Long jump: 1. Lindsay Schultz, 18'03.75; 5. Raegan Schultz, 17'0.5

Triple jump: 6. Andrea Meyer, 33'11.25; 8. Kim Wilson, 33'9.25

Shot put: 1. Jen Hansen, 42'5.25; 8. Alex Costigan, 38'2.25

Iowa Conference heptathlon

Decorah

Overall: 1. Raegan Schultz, 4,717; 2. Lindsay Schultz, 4,530.

100 meter hurdles: Raegan Schultz, 14.93; Lindsay Schultz, 15.74.

Shot put: Lindsay Schultz, 38'4; Raegan Schultz, 35'5.

High jump: Raegan Schultz, 5'2; Lindsay Schultz, 4'9.

200 meters: Raegan Schultz, 26.31; Lindsay Schultz, 26.90.

Long jump: Lindsay Schultz, 17'; Raegan Schultz, 16'7.

Javelin: Raegan Schultz, 111'9; Lindsay Schultz, 111'6.

800 meters: Raegan Schultz, 2:29.78; Lindsay Schultz, 2:31.38.

Iowa Conference

Mt. Vernon

Discus: 3. Jenn Hansen, 142'05; 5. Alex Costigan, 130'00

Long jump: 1. Ragean Schultz, 17'9.50"; 3. Lindsay Schultz, 17'4.00

Triple jump: 3. Kim Wilson, 36'2; 8. Andrea Meyer, 34'11

Javelin: 5. Leslie Schmailzl, 113'00

Pole vault: 4. Andrea Meyer 9'04.25; 5. Anna Hellenga, 8'04.25

High jump: 2. Angie VanderLesst, 5' 2.50; 5. Raegan Schultz 5'0.50

Shot put: 2. Jenn Hansen, 42'5.25; 8. Leslie Schmailzl, 39'2.50

100 meter hurdles: 1. Raegan Schultz, 15.07; 3.Lindsay Schultz, 15.66

200 meters: 5. Raegan Schultz, 26.27

400 meter hurdles: 3. Lindsay Schultz, 65.08

800 meters: 2. Teresa Wauters, 2:18.08

5,000 meters: 5. Beth Cunningham, 18:54.36

10,000 meters: 4. Beth Cunningham, 39:10.64; 7. Katie Elsbernd, 40:46.37

NCAA Div. III championship

Canton, N.Y.

Preliminaries

100 meter hurdles – 6. Raegan Schultz, 15.13, (did not qualify for finals)

Finals

Discus – 4. Jenn Hansen, 147'1

Heptathlon – 2. Raegan Schultz, 4,803; 6. Lindsay Schultz, 4,518

R. Schultz: 100 meter hurdles – 2. 15.34; high jump – 4. 5'2; shot put – 7. 35'7; 200 – 4. 26.31; long jump – 1. 17'5; javelin – 3. 111'9; 800 – 13. 2:29.78.

L. Schultz: 100 meter hurdles – 4. 15.50; high jump – 16. 4'9; shot put – 3. 31'1; 200 – 10. 26.90; long jump – 4. 16'8; javelin – 5. 111'6; 800 meters – 19. 2:31.38.

USTFCA Div. III all-Americans

Heptathlon – Raegan Schultz, Lindsay Schultz

Discus – Jenn Hansen

2003 season bests

Indoor

Weight throw: Jen Hansen, 40'9 (2/22, 3/1)

Pole vault: Kim Flaherty, 9'11.25 (3/1)

Long jump: Lindsay Schultz, 18'3.75 (3/1)

Triple jump: Kim Wilson, 34'8.75 (2/22)

High jump: Angie Vander Leest, 5'2.5 (2/8)

Shot put: Jen Hansen, 43'2* (2/22)

55 meters: Kim Wilson, 7.77 (3/1)

55 hurdles: Raegan Schultz, 8.50 (3/1)

60 hurdles: Raegan Schultz, 9.04 (3/8)

200 meters: Raegan Schultz, 26.87 (3/1)

400 meters: Dana Wilkerson, 1:00.31 (3/1)

600 meters: Teresa Wauters, 1:40.82 (2/8)

800 meters: MacKenzie Lauman, 2:28.45 (3/1)

1000 meters: Maria Duncalf, 3:13.86 (2/8)

1500 meters: Maria Duncalf, 5:12.08 (2/22)

1 mile: Maria Duncalf, 5:35.77 (2/1)

3000 meters: Beth Cunningham, 10:57.00 (3/1)

5000 meters: Beth Cunningham, 19:07.32 (3/1)

Distance medley: Rozendaal, McCord, Nosbisch, Duncalf, 13:22.63 (3/1)

4x200 meters: Wilkerson, Thompson, Scarrow, R.Schultz, 1:48.01 (3/1)

4x400 meters: Thompson, Wilkerson, L. Schultz, R. Schultz, 4:03.21 (2/14)

4x800 meters: Duncalf, Rozendaal, Lauman, Olson, 10:18.43 (1/24)

Pentathlon: Raegan Schultz, 3200 (2/2)

*school record

Outdoor

100 meters: Tasha Harvey, 12.91 (5/9)

200 meters: Raegan Schultz, 26.27 (5/9)

400 meters: Tasha Harvey, 1:00.15 (4/22)

800 meters: Teresa Wauters, 2:16.52 (5/2)

1,500 meters: Mackenzie Lauman, 4:57.87 (4/26)

5,000 meters: Beth Cunningham, 18:48.49 (4/26)

10,000 meters: Beth Cunningham, 39:10.64 (5/9)

3000 meter steeplechase: Amy Olson, 12:10.19 (5/9)

100 meter hurdles: (P) Raegan Schultz, 14.93 (5/3)

400 meter hurdles: Lindsay Schultz, 1:05.08 (5/2)

4 x 100 meters: Lindsay Schultz, Raegan Schultz, Alisa Scarrow, Tasha Harvey, 50.26 (4/22)

4 x 400 meters: Lindsay Schultz, Raegan Schultz, Alisa Scarrow, Tasha Harvey, 4:00.61 (4/25)

4 x 800 meters: Duncalf, Lauman, Hunerdosse, Rozendaal, 10:13.68 (4/5)

High jump: Raegan Schultz (4/26), Angie Vander Leest (5/2), Jill Foster (5/2), 5'3

Pole vault: Kim Flaherty, 11'1.5* (5/2)

Long jump: Lindsay Schultz, 17'9 (5/9)

Triple jump: Kim Wilson, 37'0.25* (4/26)

Shot put: Jenn Hansen, 42'5.25 (5/9)

Discus: Jenn Hansen, 153'7* (4/26)

Hammer throw: Jenn Hansen, 156'1* (4/22)

Javelin: Lindsay Schultz, 126'5 (4/22)

Heptathlon: Raegan Schultz, 4,803* (5/22-24)

*school record

P-provisional qualifier

Iowa Conference team champions

1983 Central

1984 Central

1985 Central

1986 Central

1987 Central

1988 Simpson

1989 Simpson

1990 Simpson

1991 Simpson

1992 Simpson

1993 Wartburg

1994 Wartburg

1995 Wartburg

1996 Loras

1997 Luther

1998 Loras

1999 Loras

2000 Wartburg

2001 Wartburg

2002 Wartburg

2003 Wartburg

All-time records

INDOOR

Shot put – 43' 2", Jen Hansen, 2003

20lb. weight throw – 42'9.75", Jenn Hansen, 2002

Triple jump – 34' 10", Suzanne Van Roekel, 2001

High jump – 5'7", Sandy Schultz, 1979

Pole vault – 10', Trish Blanchard, 2001

Long jump – 19' 5", Katie Brees, 2001

55 meter dash – 7.19, Lisa Broek, 1981
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 Schwers), 1982
Pentathlon – 3,560 points, Sandy Schultz, 1979

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 Schwers, 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	1989 – Steph Schulte
1975 – Rose Overberg	1990 – Steph Schulte
1976 – Rose Overberg	1991 – Teresa Newcomb
1977 – Connie Rhinehart	1992 – Jayna Blom
1978 – Julie Halterman	1993 – Jayna Blom
1979 – Carla Huddle	1994 – Angela Putrah
1980 – Cam Ratering	1995 – Anita Miller
1981 – Nancy Cisar	1996 – Jana Wiersema
1982 – Paula Casey	1997 – Jana Wiersema
1982 – Paula Casey	1998 – Heather Hermann
1984 – Nancy Cisar	1999 – Katie Brees
1985 – Ingrid Elvebak	2000 – Katie Brees
1986 – Ingrid Elvebak	2001 – Katie Brees

1987 – Krista Flory
1988 – Jan Quick

2002 – Raegan Schultz
2003 – Raegan Schultz

2003 team awards

Most Valuable Performer—Raegan Schultz

Most Valuable Field Event Performer—Jenn Hansen

Most Valuable Freshman—Mackenzie Lauman

Effort Award—Lindsay Schultz

Most Improved Performer—Beth Cunningham

2003 captains—Amy Olson, Teresa Wauters

2004 captains—Raegan Schultz, Lindsay Shultz, Jill Foster, Beth Cunningham

Central's NCAA Div. III individual champions

Indoor

2001 – Katie Brees, long jump

Outdoor

1982 – Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thurn, 4 x 100 meter relay
Marcie Thurn, long jump

1983 – Lisa Broek, Nancy Cisar, Marti Haan, Marcie Thurn, 4 x 100 meter relay

1984 – Nancy Cisar, 200 meter dash, 400 meter dash
Lori Sears, 100 meter hurdles, 400 meter hurdles

1986 – Lori Sears, 100 meter hurdles

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	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

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.

2004 roster

Name	Year	Events	Hometown	High school
Lindy Ahrens	Fr.	400-800	5'7	Iowa City, Iowa/Regina
*Andi Baiotto	So.	800-5K	5'5	Kirksville, Mo./Kirksville
Kate Callahan	Fr.	400-800	5'9	Knoxville, Iowa/Knoxville
**Beth Cunningham	Jr.	1500-10K	5'6	Davenport, Iowa/Central
*Kim Flaherty	So.	PV, 800	5'3	Holdrege, Neb./Holdrege
**Jill Foster	Sr.	HJ, JT, TJ	5'8	Traer, Iowa/North Tama
*Molly Hanson	So.	SP, DT	5'5	Elgin, Iowa/Valley
***Tasha Harvey	Sr.	100-400	5'6	Storm Lake, Iowa/Storm Lake
***Anna Hellenga	Sr.	400, 400H, JT, PV	5'9	Kanawha, Iowa/West Hancock
Danielle Hutchinson	Fr.	100-200, LJ	5'2	New London, Iowa/Mt. Pleasant
Shelli Green	Fr.	HT, SP, DT	5'6	Lake City, Iowa/Southern Cal
Chelsey Keller	Fr.	SP, DT, HT	5'11	Fairfield, Iowa/Fairfield
*Mackenzie Lauman	So.	400-1500	5'7	Shenandoah, Iowa/Shenandoah
**Rachel Lenox	Jr.	PV	5'7	Oskaloosa, Iowa/Oskaloosa
Alyssa Jones	Fr.	200-800	5'4	Ogden, Iowa/Ogden
***Kristin McCord	Sr.	400H, 400	5'9	Centerville, Iowa/Centerville
*Andrea Meyer	So.	PV, TJ, 100-200	5'7	Syracuse, Neb./Syracuse
Laura Nanninga	Fr.	100H, 200-400	5'10	Minden, Iowa/Tri-Center
*Liz Nosbisch	So.	400,800	5'6	Dyersville, Iowa/Beckman
*Katie Pederson	Fr.	HJ	6'1	Lake Mills, Iowa/Lake Mills
*Heidi Rathje	So.	800-5K	5'7	Atkins, Iowa/Benton
**Lori Risser	Jr.	1500-5K	5'5	Murray, Iowa/Murray
Rachel Revell	So.	PV	5'4	Newton, Iowa/Newton
**Jill Rozendaal	Jr.	800-1500	5'10	Grinnell, Iowa/Lynnville-Sully
***Leslie Schmailzl	Sr.	SP, DT, JT, TJ	5'8	Glenwood, Iowa/Glenwood
***Lindsay Schultz	Sr.	Heptathlon	5'8	Barnum, Iowa/Manson Northwest Webster
***Raegan Schultz	Sr.	Heptathlon	5'8	Barnum, Iowa/Manson Northwest Webster
Megan Shields	Fr.	800	5'5	Randall, Iowa/Roland-Story
*Lisa Slater	So.	800-1500	5'3	Essex, Iowa/Essex
*Megan Slater	Jr.	1500-5K	5'1	Essex, Iowa/Essex
**Allison Thompson	Jr.	100,200,400	5'5	Story City, Iowa/Roland-Story
Jana Titus	Fr.	800-1500	5'3	Collins, Iowa/Collins-Maxwell
Steph Turner	Fr.	800-1500	5'5	Eldora, Iowa/Eldora-New Providence
**Angie Vander Leest	Jr.	HJ, TJ	5'8	Sully, Iowa/Lynnville-Sully
Alicia Whisner	Fr.	100H, DT, 400H, Hep	5'9	Adel, Iowa/Adel-DeSoto-Minburn
*Dana Wilkerson	So.	200-800	6'1	North English, Iowa/English Valleys
*Kim Wilson	So.	100-200, LJ	5'10	Tampa, Fla./Hillsborough
*Amanda Wood	So.	800-1500	5'7	Pocahontas, Iowa/Pocahontas
*letters earned				

Outlook

This could be the breakthrough year for the Dutch.

When coach Kevin Sanger took over the women's program four years ago, the team was hurting for numbers. This year, there's close to 50 women on the roster.

"There's still not as many out as I'd like," Sanger said. "But we are getting more and more and that's progress. We'll be contenders this year. We have a lot of talent. I'm confident we will improve from last year."

Last season, Central had three national qualifiers and three all-Americans. Jenn Hansen earned all-America honors after qualifying for the national meet four years. Heptathletes Lindsay and Raegan Schultz received all-America honors for the second straight year.

"With the caliber of returners and the talented underclassmen, this could be a turning point for us," said Sanger.

Sprints

Although the Dutch didn't score many points at the conference meet last season in this category, Central has experience in national meet qualifiers Lindsay and Raegan Schultz and senior Tasha Harvey.

Sophomores Kim Wilson and Katie Pederson along with freshmen Danielle Hutchinson, Lindy Ahrens and Callie

Collins will run 100 and 200-meters. Sophomore Andrea Meyer will range from 100 to 400-meters.

The core group of 200 to 400-meter sprinters will be seniors Lindsay and Raegan Schultz, Harvey, Kristin McCord, Anna Hellinga, junior Allison Thompson, sophomore Dana Wilkerson, and freshmen Laura Nanninga and Alicia Whisner.

"We'll be pulling some who focused more on field events last year and get them to run some races this season," said Sanger. "Mainly, we just want everyone to remain healthy."

Middle-distances

Although the Dutch will be without some key cross country performers, as several will study abroad this semester, those competing are a capable group coming off a successful cross country season.

Last year's most valuable freshman Mackenzie Lauman will be a contender at the conference meet in the 800 and 1500. Lauman will also run quarters again this season.

Also in the mix will be Jill Rozendaal, Liz Nosbisch, Kate Callahan, Jamie Michels, Megan Shields, and Alyssa Jones.

"I'm excited about this group," said Sanger. "They all had very good cross country seasons and I look for their success to continue on the track this spring."

Distances

Among the distance crew is cross country all-region performer Beth Cunningham. Cunningham was voted the team's most improved runner in 2003 placing in the 5K and 10K at the conference meet and showed more improvement this fall during the cross country season.

"I think Beth has the potential to qualify for the national meet," commented Sanger.

Along with Cunningham will be Lisa Slater, Andi Baiotto, Jana Titus, Steph Turner and Amanda Wood.

Jumps

All of Central's top jumpers return this season including a conference champion and two school record holders.

Raegan Schultz won the long jump at last year's outdoor conference championships. Sister Lindsay was third. Also jumping will be Wilson, Wilkerson and Hutchinson.

Wilson was third in the triple jump at the conference meet while Meyer picked up a point for eighth. Leslie Schmailzl is Central's only other triple jumper.

The Dutch will have strong contenders in the high jump with 2002 conference champion Jill Foster leading the way. Raegan Schultz was runner-up in 2002 and fifth last year while Angie Vander Leest took second last season. Pederson should also produce points in this event.

Kim Flaherty set a new school mark in the pole vault last year (11'1.5). Meyer and Hellinga were fourth and fifth at the league meet last season. Also vaulting will be Rachel Lenox and Rachael Revell.

Hurdles

For the first time in a long time, Central will have several hurdlers.

The Schultz twins will lead the way in the 100m-hurdles. Raegan was a 2003 national qualifier. Both were conference placewinners last year. Also competing in the 100m-hurdles will be freshmen Whisner, Nanninga, Collins and Ahrens.

In the 400m-hurdles, the Dutch return Lindsay Schultz who placed third at the conference meet. Seniors Hellinga and McCord will also run the 400 lows as well as Whisner.

Throwing events

The Dutch will be without all-American Jenn Hansen this year. Hansen earned all-America honors last season as a senior in the discus after qualifying for the national meet each year.

Central does return conference placewinners Alex Costigan (discus) and Leslie Schmailzl (shot, javelin). Schmailzl just missed placing at conference in the discus.

Costigan and Schmailzl along with Whisner, Shelli Green, Molly Hanson and Chelsey Keller will throw discus for the Dutch.

Jennie Bandstra, Costigan, Green, Hanson, Keller and Schmailzl will look to score points in the shot put and hammer throw.

Central has had good javelin throwers in the past and that should continue this season. Raegan and Lindsay Schultz along with Schmailzl, Foster, and Whisner will all be competitive.

Heptathlon

With two-time heptathlon all-Americans Lindsay and Raegan Schultz returning, the season looks promising as both continue to improve in all events each season.

"Lindsay and Raegan are tremendous competitors," said Sanger. "As strong a finish as they had last year, I'm pretty sure they'll finish on a high note this year. It's going to be a big year for them. I'm excited to see what they will be able to do this year at the conference and national levels."

Joining the Schutzes will be Whisner and Wilkerson, both in their first year as heptathletes.

The Iowa Conference

The Iowa Conference will have tough competition again this year as the past several years the league has been represented well at the national meet.

Sanger thinks the Dutch will be in the top three finishers at the IAC outdoor championships.

"I feel that we'll be able to break into the top three," said Sanger. "Wartburg and Loras will be tough."

The Dutch finished a solid third last year at the league outdoor championships behind Wartburg and Loras. Luther was fourth.

National Potential

Sanger believes several athletes should be able to qualify for the national meet and he's looking for several different events to be represented.

The heptathlon, 100-meter hurdles, triple jump, javelin, and pole vault are some events Sanger would like to see at the national meet. Also possibilities are the 10K, 4x400, 4x100, high jump and long jump.

"I think this year's team has a lot of talent and tons of potential," Sanger said. "It'll be interesting to see what these young ladies will do."

