



*2007 WOMEN'S TRACK & FIELD*  
***CENTRAL COLLEGE***  
***PRESSBOOK***





Founded —1853

Enrollment — 1,606

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 1,606 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 Bangor, Wales; and at study centers in Granada, Spain; Paris, France; and Vienna, Austria.

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

#### **The A.N. Kuyper Athletics Complex**

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977) and track (2007), the baseball and softball fields (1978), Ryerson Golf Practice Range (2002), tennis courts (1992), soccer field (2005) and the 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	<a href="http://www.central.edu/athletics">www.central.edu/athletics</a>
Ticket information	(641) 628-5226



**ATHLETICS DEPT. STAFF**

Athletics director Al Dorenkamp  
 Special assistant to the athletics director John Edwards  
 Director of intramurals Adam Stevens  
 Events supervisor Charlie Estabrook  
 Athletics office manager Jeffy Schuring  
 Athletics secretary Becky Cook  
 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  
 Strength and conditioning assistant Tim Bates  
 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**  
 Assistant baseball Adam Stevens  
 Assistant baseball John Jaeger  
 Assistant baseball Wade Van Vark  
**Basketball--Men's**  
 Assistant basketball Mike Boschee  
 Assistant basketball Nic Nelson  
 Assistant basketball Joe Steinkamp  
 Assistant basketball Phil Hemming  
**Basketball--Women's**  
 Assistant basketball Natalie Nacic  
 Assistant basketball Jerry Nikkel  
**Cross country--Men's/women's**  
 Assistant cross country Dave Paulsen  
 Assistant cross country Stephen Fyfe  
 Assistant cross country Jay Rhoten  
 Assistant cross country Bryan George  
**Football**  
 Assistant football Jeff McMartin  
 Assistant football Jeff Bollard--tight ends  
 Assistant football Kevin Sanger--receivers/special teams  
 Assistant football Don De Waard--linebackers/defensive coordinator  
 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 Eric Jones--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  
 John Milligan

**Soccer--Women's**  
 Assistant soccer Rick Burns  
 Assistant soccer Kathryn Burns  
 Assistant soccer Russell Goodman

**Softball**  
 Associate softball George Wares  
 Assistant softball Alicia O'Brien  
 Assistant softball Steph Anderson

**Tennis--Men's/women's (interim)**  
 Assistant women's tennis Greg Gilmore  
 Assistant women'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 Dave Paulsen  
 Assistant track and field Jay Rhoten  
 Assistant track and field Stephen Fyfe  
 Assistant track and field Bryan George  
 Assistant track and field Mike Marcinkowski  
 Assistant track and field Eric Pingel  
 Assistant track and field Sean Clark

**Volleyball**  
 Assistant volleyball Kent Clayberg  
 Assistant volleyball Catie Brand  
 Assistant volleyball Sunny Eighmy  
 Assistant volleyball TBA

**Wrestling**  
 Assistant wrestling Eric Reed  
 Assistant wrestling Kevin Azinger  
 Assistant wrestling Tom Carr  
 Assistant wrestling Matt Diehl

## HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

<b>Name</b>	<b>Sport</b>	<b>E-mail</b>	<b>Office phone</b>
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
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
Gilmore, Greg	Interim men's tennis	gilmoreg@central.edu	628-5328
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
Paulsen, Dave	Men's and women's cross country	paulsend@central.edu	628-5178
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
Wares, George	Softball	waresg@central.edu	628-5195
TBA	Women's tennis		

### **Fax numbers**

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

# Women's track and field

## 2007 schedule

### Indoor

Jan. 27	Midwest Invitational	Monmouth, Ill.
Feb. 3	Titan Open	Bloomington, Ill.
Feb. 10	Dennis Young Classic	Storm Lake
Feb. 11	Graceland Pentathlon	Lamoni
Feb. 16	UNI Dome Open	Cedar Falls
Feb. 23-24	Iowa Conference championships	Mt. Vernon
March 4	Iowa State Last Chance	Ames
March 10-11	NCAA Div. III championships	Terra Haute, Ind.

### Outdoor

March 30-31	Washington (Mo.) Inv.	St. Louis, Mo.
April 6	Central Inv.	Pella
April 14	Jim Duncan Invite	Des Moines
April 21	Dick Young Classic	Grinnell
April 27	Simpson Twilight Open	Indianola
April 26-28	Drake Relays	Des Moines
May 4-5	Iowa Conference multievents	Indianola
May 4	Central Open	Pella
May 11-12	Iowa Conference championships	Indianola
May 16	Central Last Chance Open	Pella
May 17-18	North Central Last Chance Open	Naperville, Ill.
May 18	Augustana Twilight Open	Rock Island, Ill.
May 24-26	NCAA Division III championships	Oshkosh, Wis.

## WOMEN'S TRACK AND FIELD QUICK FACTS

**2006 Iowa Conference indoor finish:** 3rd

**2006 Iowa Conference outdoor finish:** 2nd

**2006 NCAA Div. III outdoor finish:** 27th

**2006 NCAA Div. III outdoor qualifiers:** Five athletes in three events

**Returning NCAA outdoor qualifiers:** Three athletes in three events (Steph Hillman, Chelsey Keller, Alicia Whisner; Heptathlon, shot put, javelin)

**Letterwinners lost:** 14

**Letterwinners returning:** 19

**2007 captains:** Shelli Green, Steph Hillman, Kari Hutchinson, Alicia Whisner

## Kevin Sanger

### Head coach

Kevin Sanger is in his 12th season as head men's track and field coach at Central and his seventh year as head of the women's program. For the past 13 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 2006 teams finished 11th in the NCAA Division III men's power ranking and 14th 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 an all-conference performer 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 16th year on the men's and women's track and field staff at Central and his fourth season as associate head coach. He works with the sprints, hurdles, jumps and combined events.

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

## **Dave Paulsen**

### **Assistant coach - 800-10000 meters, steeplechase**

A former Northern Iowa track and field All-America runner, Dave Paulsen will serve as assistant coach for distance events in men's and women's track and field.

Paulsen is also in his first season as head men's and women's cross country coach at Central.

A U.S. Olympic Trials qualifier in the 800 meters in 2004, Paulsen was also a two-time USATF indoor national meet qualifier. Prior to graduating in 2003, Paulsen was a two-time NCAA Division I meet qualifier, earning all-America distinction in 2002. He was an eight-time all-Missouri Valley Conference performer.

For the past three years Paulsen has served as a volunteer coach for Northern Iowa's cross country and track and field programs. He received a master's degree in exercise science at Northern Iowa where he's also been the sport performance coach for the XL Sports Acceleration Program, a joint venture between the university and Cedar Valley Medical Specialists. Among his responsibilities was designing and implementing speed and agility programs for the Panther teams, including the football and men's basketball squads, both of which were NCAA tournament qualifiers last year.

"I'm just excited to become a part of the Central family and the school's rich athletic and academic tradition," said Paulsen. "I'm going to do everything I can to help the runners improve and build on the success the program has had. Our goal is going to be to win the Iowa Conference championship."

A Waverly native, Paulsen followed two older brothers to Central. Matt Paulsen is on the Central staff, having just completed his ninth season as an assistant coach for the football squad. He's a 1997 Central graduate and earned all-America distinction as a defensive back. Andrew Paulsen, a 1998 Central graduate, received all-America honors in both football and track and field.

## **Jay Rhoten**

### **Assistant coach - sprints, jumps**

Two-time Iowa Conference MVP Jay Rhoten, a 1998 Central graduate, is in his second 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 three-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.

## **Stephen Fyfe**

### **Assistant coach - 5000, 10000 meters**

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

## **Bryan George**

### **Assistant coach - 800-10000 meters, steeplechase**

Former all-American middle-distance runner Bryan George is in his first season as a volunteer assistant men's and women's track coach at Central.

A 2006 Central graduate, George earned all-America honors in indoor track and field, was a track and field co-captain and was voted the squad's MVP. He was also an all-conference and all-regional performer in cross country and was named to the ESPN The Magazine Academic All-America track and field team.

## **Mike Marcinkowski**

### **Assistant coach - throws**

Mike Marcinkowski is in his seventh 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 - pole vault**

Eric Pingel is in his seventh 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.

## **Sean Clark**

### **Assistant coach - javelin, hurdles, jumps**

Sean Clark is in his first season as assistant men's and women's track and field coach, working with the javelin, hurdles and jumping events.

Clark, a 2000 Central graduate, was a four-time All-America honoree for the Dutch, placing three times in the NCAA Division III decathlon and once in the indoor high jump, finishing as high as third in both events. He also won two Iowa Conference high jump titles and two league crowns in the pole vault. A former Most Valuable Freshman Award winner at Central, Clark served as a two-year team co-captain.

Clark is information security coordinator at Pella Regional Health Center.

## **2006 season results**

### **Indoor**

Jan. 27-28	ISU Open	Ames	No teams scores
Jan. 28	Midwest Invitational	Monmouth, Ill.	5th of 6 teams
Feb. 4	Titan Open	Bloomington, Ill.	6th of 11 teams
Feb. 11	Dennis Young Classic	Storm Lake	4th of 6 teams
Feb. 12	Graceland Pentathlon	Lamoni	No team scores
Feb. 17	UNI Dome Open	Cedar Falls	No team scores
Feb. 24-25	Iowa Conference championships	Storm Lake	3rd of 9 teams
March 5	Iowa State Last Chance Open	Ames	No team scores
March 10-11	NCAA Div. III championships	Northfield, Minn.	

### **Outdoor**

March 25	Truman State Open	Kirksville, Mo.	No team scores
April 1	Washington (Mo.) Invitational	St. Louis, Mo.	2nd of 14 teams
April 8	Wartburg Select	Waverly	3rd of 10 teams
April 12	Loras Mid-Week Invitational	Dubuque	No team scores

April 22	Dick Young Classic	Grinnell	2nd of 17 teams
April 28	Kip Janvrin Open	Indianola	No team scores
April 27-29	Drake Relays	Des Moines	No team scores
May 5	Simpson Open	Indianola	1st of 8 teams
May 5-6	Iowa Conference multievents	Decorah	No team scores
May 12-13	Iowa Conference championships	Decorah	2nd of 9 teams
May 17	Coe Last Chance Open	Cedar Rapids	No team scores
May 18-19	Gregory Invitational	Naperville, Ill.	No team scores
May 19	Augustana Twilight Open	Rock Island, Ill.	No team scores
May 25-27	NCAA Division III championships	Lisle, Ill.	27th

## 2006 indoor results

### Midwest Invitational

Jan. 28, 2006

Monmouth College

Monmouth, Ill.

### Team standings

1. Augustana (Ill.) 206; 2. Monmouth (Ill.) 141 ; 3. Wartburg 118; 4. Illinois Wesleyan 113; **5. Central 103**; 6. Knox (Ill.) 13.

### Central's individual results

**55 meters**--6. Justice Weaver, 7.78; 8. Kari Hutchinson, 7.8; 10. Whitney Sayre, 7.84; 12. Jenny Owens, 7.92; 17. Stacy Holthaus, 8.05  
**800 meters**--2. Mackenzie Lauman, 2:27.02; 4. Liz Nosbisch, 2:32.89; 6. Lisa Slater, 2:40.32  
**Mile**--2. Mackenzie Lauman, 5:34.81; 7. Lisa Slater, 5:56.43

**3000 meters**--6. Amanda Wood, 12:30.77

**55 meter hurdles**--8. Jessica Clark, 9.67

**4x200 meter relay**--2. K. Hutchinson/J. Clark/W.

Sayre/J. Owens, 1:51.77; 3. T. Bowling/C. MacVey/S. Holthaus/J. Weaver, 1:52.90

**4x400 meter relay**--2. C. MacVey/T. Bowling/S.

Hillman/J. Clark, 4:19.32

**High jump**--1. Katie Pederson, 5' .5"; 5. Steph Hillman, 4'10.5"

**Pole vault**--6. Kim Flaherty, 9'3"

**Long jump**--7. Jenny Owens, 15'3.75"; 13. Tiffany Bowling, 14'1.25"

**Triple jump**--9. Mallory Rutkey, 31'4.5"

**Shot put**--2. Chelsey Keller, 41'8"; 3. Rachel Boeke, 37'9.5"; 4. Angela Sheridan, 37'7.25"; 9. Alicia Whisner, 35'6"; 10. Alex Costigan, 35'5.25"; 12. Molly Hanson, 34'8.5"; 17. Nicole Sojka, 33'1.25"; 18. Dana Wilkerson, 33'1"; 22. Steph Hillman, 30'; 24. Danielle Francois, 27'.75"; 26. Megan Keller, 25'5.5"

**Weight throw**--1. Chelsey Keller, 43'6.5"; 4. Alicia Whisner, 42'6"; 6. Shelli Green, 40'10.25"; 7. Alex Costigan, 40'7.5"; 8. Angela Sheridan, 40'5.5"; 11. Molly Hanson, 36'; 14. Rachel Boeke, 34'9.75"; 18. Danielle Francois, 32'11"; 21. Megan Keller, 29'8.25"

### Titan Open

Feb. 2, 2006

Illinois Wesleyan University

Bloomington, Ill.

### Team standings

1. Illinois Wesleyan 89; 2. Washington (Mo.) 82; 3. Olivet Nazarene (Ill.) 77.5; 4. McKendree (Ill.) 58; 5. Greenville 46.5; **6. Central 30**; 7. Maryville (Mo.) 26; 8. Wis.-Whitewater 23; 9. Danville 7; 9. Illinois College 7; 11. Millikin (Ill.) 1.

### Central's individual results

**55 meters**--9. Jenny Owens, 7.73; 13. Whitney Sayre, 7.85; 14. Justice Weaver, 7.86; 18. Andrea Meyer, 7.9; 20. Stacy Holthaus, 7.93; 26. Tiffany Bowling, 8.17

**200 meters**--16. Stacy Holthaus, 28.32; 18. Whitney Sayre, 28.49; 19. Tiffany Bowling, 28.68

**400 meters**--16. Chantelle MacVey, 1:04.86

**5000 meters**--11. Amanda Wood, 21:58.50

**55 meter hurdles**--9. Jessica Clark, 9.57

**4x400 meter relay**--8. D. Wilkerson/S. Hillman/C. MacVey/J. Clark, 4:16.95

**Long jump**--11. Steph Hillman, 14'7.25", 15. Tiffany Bowling, 12'6"

**High jump**--4. Katie Pederson, 4'11"

**Triple jump**--3. Jenny Owens, 32'11.75", 12. Mallory Rutkey, 29'1.25"

**Weight throw**--3. Alex Costigan, 44'7"; 5. Chelsey Keller, 42'11.5"; 8. Shelli Green, 41'11.25"; 9. Alicia Whisner, 41'8"; 11. Angela Sheridan, 39'4"; 17. Danielle Francois, 35'4"; 20. Rachel Boeke, 32'5"; 25. Megan Keller, 29'1.75"

**Shot put**--2. Rachel Boeke, 38'10.5"; 4. Chelsey Keller, 38'6"; 11. Angela Sheridan, 36'6.75"; 12. Alex Costigan, 36'2.25"; 16. Dana Wilkerson, 33'5.75"; 17. Alicia Whisner, 32'8.25"; 18. Molly Hanson, 32'5"; 24. Steph Hillman, 30'4.75"; 25. Danielle Francois, 28'8.25"; 27. Megan Keller, 26'

**Dennis Young Invitational****Feb. 11, 2006****Buena Vista University****Storm Lake, Iowa****Team standings**

1. Nebraska Wesleyan 188.5; 2. Buena Vista 130.5; 3. Loras 123.5; **4. Central 87**; 5. Coe 75.5; 6. Grinnell 24.

**Central's individual results**

**55 meters**--6. Jenny Owens, 7.75; 7. Andrea Meyer, 7.84; 8. Justice Weaver, 7.91; 10. Whitney Sayre, 8.01; 11. Stacy Holthaus, 8.10

**200 meters**--6. Whitney Sayre, 28.53

**600 meters**--1. Jessica Clark, 1:44.28; 4. Liz Nosbisch, 1:46.29; 7. Chantelle MacVey, 1:47.31

**800 meters**--10. Amy Morrison, 3:18.25

**1000 meters**--1. Mackenzie Lauman, 3:06.83; 4. Hannah Anderson, 3:31.26

**55 meter hurdles**--6. Jessica Clark, 9.66

**4x200 meter relay**--3. J. Weaver/J. Owens/S. Holthaus/W. Sayre, 1:51.03

**High jump**--3. Katie Pederson, 5'2.25"

**Pole vault**--5. Andrea Meyer, 9'6.25"; 6. Kim Flaherty, 8'11.75"

**Long jump**--8. Jenny Owens, 15'.75"

**Triple jump**--4. Jenny Owens, 32'4.25"; 5. Mallory Rutkey, 30'2.75"

**Shot put**--2. Chelsey Keller, 41'1.75"; 8. Alex Costigan, 37'10.5"; 11. Molly Hanson, 34'4.75"; 13. Angela Sheridan, 32'2"; 17. Danielle Francois, 28'8.25"

**Weight throw**--4. Alicia Whisner, 45'1.25"; 5. Chelsey Keller, 44'4.75"; 7. Angela Sheridan, 43'1"; 8. Shelli Green, 41'9.25"; 9. Alex Costigan, 40'6.75"; 11. Danielle Francois, 36'5"; 16. Molly Hanson, 34'2.25"

**UNI Dome Open****Feb. 17, 2006****University of Northern Iowa****Cedar Falls, Iowa****No team scores****Central's individual results**

**60 meter hurdles**--13. Dana Wilkerson, 9.85; 19. Steph Hillman, 10.14; 20. Jessica Clark, 10.32

**60 meters**--12. Jenny Owens, 8.28; 20. Stacy Holthaus, 8.60; 21. Justice Weaver, 8.60

**Mile**--23. Lisa Slater, 5:56.18

**400 meters**--6. Kari Hutchinson, 1:01.56; 15. Tiffany Bowling, 1:03.93

**600 meters**--5. Steph Hillman, 1:43.69; 6. Dana Wilkerson, 1:43.75; 7. Jessica Clark, 1:44.27

**800 meters**--6. Mackenzie Lauman, 2:19.57; 11. Liz Nosbisch, 2:27.97; 20. Hannah Anderson, 2:33.97; 24. Lisa Slater, 2:40.24

**200 meters**--9. Kari Hutchinson, 27.67; 10. Jenny

Owens, 27.71; 24. Stacy Holthaus, 28.28; 26. Justice Weaver, 28.35

**4x400 meter relay**--7. D. Wilkerson/K. Hutchinson/J. Clark/S. Hillman, 4:12.72

**Long jump**--6. Jenny Owens, 16'3.25"; 7. Steph Hillman, 15'10.5"

**High jump**--3. Katie Pederson, 5'4.5"

**Triple jump**--5. Andrea Meyer, 32'11.75; 9. Mallory Rutkey, 31'3.75"

**Pole vault**--4. Andrea Meyer, 10'2"

**Shot put**--5. Chelsey Keller, 41'1.75"; 9. Alex Costigan, 37'11.25"; 10. Alicia Whisner, 37'7.25"; 11. Angela Sheridan, 36'9.5"; 14. Molly Hanson, 34'5"; 21. Megan Keller, 27'1.25"

**Weight throw**--9. Angela Sheridan, 44'0.5"; 10. Shelli Green, 43'2.5"; 11. Alex Costigan, 42'8.75"; 13. Alicia Whisner, 42'0.5"; 16. Chelsey Keller, 39'4"; 19. Molly Hanson, 36'8.25"; 23. Danielle Francois, 34'2"; 25. Megan Keller, 26'11"

**Iowa Conference Championships****Feb. 24-25, 2006****Buena Vista University****Storm Lake, Iowa****Team standings**

1. Wartburg 241; 2. Loras 114; **3. Central 88.5**; 4. Luther 86.5; 5. Simpson 55; 6. Buena Vista 53; 7. Cornell 45; 8. Coe 35; 9. Dubuque 23

**Central's individual results**

**55 meters**--10. Jenny Owens, 7.63; 13. Justice Weaver, 7.78; 16. Stacy Holthaus, 7.96

**200 meters**--10. Justice Weaver, 27.40; 12. Jenny Owens, 27.50; 16. Stacy Holthaus, 28.21

**400 meters**--8. Kari Hutchinson, 1:02.25; 12. Tiffany Bowling, 1:03.26

**Mile**--13. Nicki Thomas, 6:01.82

**600 meters**--3. Steph Hillman, 1:41.66; 5. Jessica Clark, 1:42.15; 17. Chantelle MacVey, 1:47.41

**800 meters**--6. Liz Nosbisch, 2:26.56; 11. Hannah Anderson, 2:34.34

**1000 meters**--1. Mackenzie Lauman, 3:00.63

**5000 meters**--13. Amanda Wood, 21:36.02

**4x400 meter relay**--1. D. Wilkerson/K. Hutchinson/J. Clark/S. Hillman, 4:07.36

**Distance medley relay**--3. L. Nosbisch/S. Hillman/J. Clark/M. Lauman, 12:46.06

**High jump**--1. Katie Pedersen, 5'4.25"; 7. Dana Wilkerson, 5'0.25"; 9. Steph Hillman, 4'8.25"

**Pole vault**--3. Kim Flaherty, 10'8"; 4. Andrea Meyer, 10'2"; 8. Justice Weaver, 8'8.25"

**Long jump**--4. Dana Wilkerson, 16'10.5"; 15. Jenny Owens, 15'6.75"; 16. Steph Hillman, 15'5"

**Triple jump**--2. Andrea Meyer, 34'2"; 6. Jenny Owens, 33'9.25"; 13. Mallory Rutkey, 31'6"

**Shot put**--4. Chelsey Keller, 41'8"; 8. Alex Costigan,

38'5"; 12. Angela Sheridan, 36'5.75"

**Weight throw**--7. Alex Costigan, 45'9.75"; 8. Chelsey Keller, 45'4.5"; 9. Alicia Whisner, 43'10"

#### ISU Qualifier

**Mar. 4, 2006**

**Iowa State University**

**Ames, Iowa**

### NCAA Division III championship qualifiers

**March 10-11, Northfield, Minn.**

#### Provisional qualifiers

**High jump**--Katie Pederson

5'4.5" 2/17 Cedar Falls

**800 meters**--Mackenzie Lauman

2:16.05 3/4 Ames

### 2006 outdoor results

**Truman State Open**

**March 25, 2006**

**Truman State**

**Kirkville, Mo.**

#### No team scores

#### Central's individual results

**100 meter hurdles**--7. Dana Wilkerson, 17.26

**Long jump**--5. Dana Wilkerson, 16'4.5"

**Shot put**--2. Chelsey Keller, 41'8"; 7. Rachel Boeke, 37'7.75"; 10. Alex Costigan, 36'2.75"; 12. Angela Sheridan, 34'11.75"; 13. Alicia Whisner, 34'8.5"; 16. Nicole Sojka, 34'.25"; 19. Molly Hanson, 31'4"

**Discus**--6. Rachel Boeke, 122'8"; 8. Alicia Whisner, 115'9"; 10. Alex Costigan, 114'5"; 11. Chelsey Keller, 114'4"; 12. Molly Hanson, 113'7"; 16. Shelli Green, 102'2"; 18. Angela Sheridan, 92'6"; 22. Danielle Francois, 88'5"

**Hammer throw**--5. Chelsey Keller, 141'10"; 7. Shelli Green, 127'3"; 9. Alicia Whisner, 126"; 10. Molly Hanson, 123'7"; 11. Alex Costigan, 121'1"; 14. Angela Sheridan, 118'10"; 20. Danielle Francois, 82'1"

**Javelin throw**--1. Alicia Whisner, 134'4"; 4. Alex Costigan, 120'1"; 11. Dana Wilkerson, 95'4"; 16. Angela Sheridan, 72'11"

#### Washington University Invitational

**March 31- April 1, 2006**

**Washington University**

**St. Louis, Mo.**

#### Team standings

1. Washington (Mo.), 209; **2. Central, 146**; 3. Wis.-Platteville, 106; 4. Greenville, 69; 5. Monmouth (Ill.), 46; 6. Carroll, 36; 7. Siena Heights, 34; 8. Rhodes (Tenn.), 29; 9. Southern Indiana, 23; 10. Southwest Baptist (Mo.), 20; 11. Illinois College, 19; 12. Maryville (Mo.), 13; 13. Concordia, 12; 14. Tenn.-Martin, 5.

#### No team scores

#### Central's individual results

**800 meters**--17. Mackenzie Lauman, 2:16.05\*

**High jump**--11. Katie Pederson, 5'1.25"

**Shot put**--7. Chelsey Keller, 40'8.25"

**Weight throw**--15. Alex Costigan, 43'5"

\*300-meter track

#### Central's individual results

**100 meters**--7. Whitney Sayre, 13.21

**100 meter hurdles**--4. Dana Wilkerson, 16.42; 12.

Steph Hillman, 17.43

**200 meters**--5. Kari Hutchinson, 26.98; 13. Whitney Sayre, 28.38; 16. Emily Conway, 28.93

**800 meters**--2. Mackenzie Lauman, 2:18.38; 24. Nicki Thomas, 2:37.36

**1500 meters**--2. Mackenzie Lauman, 4:43.68; 13. Nicki Thomas, 5:19.31

**5000 meters**--31. Amanda Wood, 21:43.23

**400 meter hurdles**--4. Jessica Clark, 1:07.51; 8. Chantelle MacVey, 1:13.25

**4x100 meter relay**--3. A.Meyers/J.Owens/K.Hutchinson/J.Weaver, 50.24

**4x400 meter relay**--4. D.Wilkerson/K.Hutchinson/J.Clark/S.Hillman, 4:04.5

**High jump**--3. Katie Pederson, 5'2.25"; 4. Dana Wilkerson, 5'2.5"

**Pole vault**--4. Andrea Meyer, 10'6"; 5. Kim Flaherty, 10'6"; 7. Justice Weaver, 9'

**Triple jump**--6. Mallory Rutkey, 33'.25"; 11. Justice Weaver, 31'1"; 12. Jenny Owens, 30'9.75"

**Shot put**--1. Chelsey Keller, 44'2"; 2. Alex Costigan, 40'8.75"; 6. Angela Sheridan, 38'7"; 7. Rachel Boeke, 38'4"; 8. Alicia Whisner, 38'3.25"; 18. Nicole Sojka, 33'3.75"

**Discus**--2. Rachel Boeke, 126'5"; 4. Alex Costigan, 120'5"; 10. Chelsey Keller, 116'3"; 12. Molly Hanson, 114'11"; 15. Angela Sheridan, 111'3"; 18. Alicia Whisner, 108'1"; 29. Shelli Green, 90'4"; 30. Danielle Francois, 89'2"

**Hammer throw**--3. Chelsey Keller, 139'8"; 4. Alicia Whisner, 135'2"; 7. Molly Hanson, 129'5"; 8. Shelli Green, 127"; 12. Alex Costigan, 120"; 16. Danielle Francois, 112'11"; 23. Angela Sheridan, 99'9"

**Javelin throw**--1. Alex Costigan, 128'5"; 2. Alicia Whisner, 125'1"; 3. Steph Hillman, 124'6"; 6. Dana Wilkerson, 103'7"; 9. Rachel Boeke, 97'7"; 15. Angela Sheridan, 81'2"; 21. Kari Hutchinson, 63'9"

**Wartburg Select Invitational**  
**April 7-8, 2006**  
**Wartburg College**  
**Waverly, Iowa**

**Team standings**

1. Wartburg, 180; 2. Wis.-La Crosse, 170.50; **3.**

**Central, 93.50;** 4. Gustavus Adolphus (Minn.), 66.50; 5. Monmouth (Ill.), 58.50; 6. Wis.-Platteville, 57; 7. Loras, 56; 8. St. Olaf (Minn.), 49; 9. Buena Vista, 37; 10. Wis.-Whitewater, 30; 11. Grinnell, 21.

**Central's individual results**

**100 meters**--20. Jenny Owens, 13.17; 23. Whitney Sayre, 13.34

**200 meters**--10. Kari Hutchinson, 26.69; 21. Whitney Sayre, 27.76; 25. Stacy Holthaus, 28.24; 31. Emily Conway, 29.16

**800 meters**--3. Mackenzie Lauman, 2:18.39; 10. Liz Nosbisch, 2:24.22

**10000 meters**--12. Amanda Wood, 44:12.80

**100 meter hurdles**--17. Stacy Holthaus, 17.41

**400 meter hurdles**--6. Jessica Clark, 1:07.48; 14.

Chantelle MacVey, 1:10.98

**4x100 meter relay**--5. A.Meyer/J.Owens/K.Hutchinson/J.Weaver, 50.98

**4x400 meter relay**--6. K.Hutchinson/M.Lauman/

L.Nosbisch/J.Clark, 4:07.70

**High jump**--4. Katie Pederson, 5'1"; 9. Tiffany Bowling, 4'7"

**Pole vault**--7. Kim Flaherty, 10'2"

**Long jump**--7. Andrea Meyer, 16'5.75"

**Triple jump**--19. Mallory Rutkey, 30'10.25"

**Shot put**--1. Chelsey Keller, 42'8"; 8. Rachel Boeke, 37'11.25"; 9. Alex Costigan, 37'.5"; 23. Nicole Sojka, 33'5.25"

**Discus**--1. Rachel Boeke, 132'; 8. Alicia Whisner, 122'; 10. Alex Costigan, 119'; 13. Chelsey Keller, 114'10"; 16. Shelli Green, 113'6"; 22. Molly Hanson, 108'5"; 34. Danielle Francois, 94'5"

**Hammer throw**--3. Chelsey Keller, 138'9"; 4. Alicia Whisner, 135'7"; 8. Shelli Green, 126'3"; 12. Alex Costigan, 119'4"; 19. Danielle Francois, 107'10"

**Javelin throw**--1. Alicia Whisner, 132'7"; 2. Steph Hillman, 129'7"; 3. Alex Costigan, 124'2"; 14. Rachel Boeke, 98'1"; 19. Kari Hutchinson, 88'6"; 20. Emily Conway, 80'1"

**Heptathlon**--1. Dana Wilkerson, 4480 points

100 meter hurdles--2. Dana Wilkerson, 16.02; 712 pts.

High jump--2. Dana Wilkerson, 5'.25"; 655 pts.

Shot put--3. Dana Wilkerson, 31'11.5"; 512 pts.

200 meters--4. Dana Wilkerson, 27.13; 701 pts.

Long jump--1. Dana Wilkerson, 16'8"; 581 pts.

Javelin throw--2. Dana Wilkerson, 122'6"; 616 pts.

800 meters--2. Dana Wilkerson, 2:29.20; 703 pts.

**Loras Mid-Week Invitational**  
**April 11-12, 2006**  
**Loras College**  
**Dubuque, Iowa**

**No team scores**

**Central's individual results**

**100 meters**--2. Jenny Owens, 12.83; 4. Kari Hutchinson, 13.21; 8. Whitney Sayre, 13.51

**1500 meters**--1. Mackenzie Lauman, 4:54.32; 4. Liz Nosbisch, 5:07.89

**400 meter hurdles**--2. Jessica Clark, 1:06.75; 4. Chantelle MacVey, 1:09.95

**3000 meter steeplechase**--3. Nicki Thomas, 12:42.00

**4x100 meter relay**--2. W.Sayre/J.Owens/K.Hutchinson/J.Weaver, 50.57; 6. T.Bowling/M.Rutkey/J.Clark/C.MacVey, 53.10

**4x400 meter relay**--1. D.Wilkerson/K.Hutchinson/J.Clark/M.Lauman, 4:02.84; 5. C.MacVey/J.Owens/W.Sayre/L.Nosbisch, 4:18.88

**High jump**--7. Tiffany Bowling, 4'7.75"

**Pole vault**--6. Justice Weaver, 9'8"; 9. Emily Brown, 7'2.5"

**Triple jump**--5. Mallory Rutkey, 31'10.75"

**Long jump**--5. Jenny Owens, 16'.25"; 9. Justice Weaver, 15'4.25"; 14. Mallory Rutkey, 13'10.25"

**Shot put**--5. Chelsey Keller, 41'8.75"; 7. Angela Sheridan, 38'6.75"; 9. Alicia Whisner, 38'2.25"; 10. Rachel Boeke, 37'4.5"; 22. Nicole Sojka, 33'1"; 23. Dana Wilkerson, 32'7.5"

**Discus**--3. Chelsey Keller, 130'1"; 8. Rachel Boeke, 124'; 9. Alicia Whisner, 123'1"; 10. Molly Hanson, 118"; 17. Angela Sheridan, 108'8"; 24. Danielle Francois, 99'1"; 26. Nicole Sojka, 88'6"

**Hammer throw**--7. Molly Hanson, 131'3"; 8. Chelsey Keller, 131'1"; 10. Alicia Whisner, 127'; 12. Shelli Green, 123'11"; 16. Danielle Francois, 115'4"; 17. Angela Sheridan, 113'8"

**Javelin throw**--1. Alicia Whisner, 141'4"; 3. Steph Hillman, 120'9"; 4. Dana Wilkerson, 114'5"; 12. Rachel Boeke, 93'; 15. Angela Sheridan, 76'3"

**Heptathlon**--2. Steph Hillman, 4102 points  
100 meter hurdles- 3. Steph Hillman, 17.12; 583 pts.  
High jump- 3. Steph Hillman, 4'9.75"; 588 pts.  
Shot put- 5. Steph Hillman, 28'11.75"; 453 pts.  
200 meters- 6. Steph Hillman, 27.86; 642 pts.  
Long jump- 2. Steph Hillman, 16'1.75"; 538 pts.  
Javelin throw- 1. Steph Hillman, 125'9"; 635 pts.  
800 meters- 4. Steph Hillman, 2:32.43; 663 pts.

**Dick Young Classic**  
**April 22, 2006**  
**Grinnell College**  
**Grinnell, Iowa**

1. Nebraska Wesleyan, 138; **2. Central, 125.5**; 3. Monmouth, 109; 4. Simpson, 80; 5. Buena Vista, 66; 6. Grinnell, 61; 7. Graceland, 54.5; 8. Midland Lutheran, 54; 9. Cornell, 47; 10. Colorado, 36; 11. Coe, 29; 12. St. Ambrose, 15; 13. William Penn, 9; 14. Grand View, 6; 15. D4NC, 4; 15. NIACC, 4; 17. Clarke, 3.

**Central's individual results**

**100 meters**--Whitney Sayre, 13.41  
**200 meters**--8. Jenny Owens, 27.08; 9. Dana Wilkerson, 27.12; 31. Emily Conway, 29.19  
**400 meters**--1. Kari Hutchinson, 59.63  
**800 meters**--1. Mackenzie Lauman, 2:17.95  
**1500 meters**--11. Liz Nosbisch, 5:06.83; 15. Amanda Wood, 5:36.50  
**100 meter hurdles**--Dana Wilkerson, 16.17; Stacy Holthaus, 16.77; Steph Hillman, 17.28  
**400 meter hurdles**--2. Jessica Clark, 1:07.65; 6. Chantelle MacVey, 1:10.37; 9. Steph Hillman, 1:11.28  
**3000 meter steeplechase**- 4. Nicki Thomas, 12:29.13  
**4x100 meter relay**- 6. T.Bowling/J.Owens/S.Holthaus/J.Weaver, 51.30  
**4x400 meter relay**--2. C.MacVey/K.Hutchinson/S.Hillman/J.Weaver, 4:07.45  
**4x800 meter relay**--2. L.Nosbisch/N.Thomas/J.Clark/M.Lauman, 9:57.40  
**Long jump**--9. Steph Hillman, 15'9.75"; Justice Weaver, 15'5"; Mallory Rutkey, 14'10"  
**Triple jump**--9. Jenny Owens, 33'8.75"; Mallory Rutkey, 32'7.75"  
**High jump**--1. Katie Pederson, 5'3"; 8. Tiffany Bowling, 4'9"  
**Pole vault**--3. Kim Flaherty, 10'8"; 4. Andrea Meyer, 10'8"; 11. Justice Weaver, 9'8"; 24. Emily Brown, 7'8.5"  
**Shot put**--3. Chelsey Keller, 42'10.25"; 6. Angela Sheridan, 39'8.5"; 8. Alicia Whisner, 38'11.75"; 9. Alex Costigan, 38'9"; Rachel Boeke, 38'2.25"; Nicole Sojka, 32'3.5"  
**Discus**--2. Alex Costigan, 132'1"; 6. Alicia Whisner, 127'10"; 7. Chelsey Keller, 123'5"; Rachel Boeke, 118'7"; Molly Hanson, 111'6"; Shelli Green, 108'11"; Angela Sheridan, 108'3"; Danielle Francois, 95'10"; Nicole Sojka, 92'6"  
**Hammer throw**--3. Chelsey Keller, 150'9"; 6. Costigan, 125'6"; Angela Sheridan, 125'6"; Nicole Sojka, 114"; Danielle Francois, 94'6"  
**Javelin throw**--2. Alicia Whisner, 128'11"; 6. Steph Hillman, 113'4"; 7. Alex Costigan, 111'10"; Dana Wilkerson, 109'7"; Rachel Boeke, 96'3"; Emily Conway, 87'8"; Angela Sheridan, 77'4"

**Simpson Twilight Open**  
**April 28, 2006**  
**Simpson College**  
**Indianola, Iowa**

**No team scores**

**Central's individual results**

**100 meters**--8. Jenny Owens, 13.28; 14. Whitney Sayre, 13.75; 21. Tiffany Bowling, 13.91  
**200 meters**--22. Justice Weaver, 27.82; 33. Whitney Sayre, 28.59  
**800 meters**--19. Liz Nosbisch, 2:25.42  
**1500 meters**--46. Lisa Slater, 5:33.29  
**5000 meters**--19. Nicki Thomas, 19:24.91; 41. Amanda Wood, 21:15.31  
**100 meter hurdles**--21. Stacy Holthaus, 17.28; 24. Steph Hillman, 17.60  
**400 meter hurdles**--16. Chantelle MacVey, 1:09.59  
**4x100 meter relay**--4. T.Bowling/W.Sayre/S.Holthaus/C.MacVey, 52.65  
**High jump**--9. Katie Pederson, 5'1.75"; 21. Steph Hillman, 4'6"  
**Long jump**--16. Jenny Owens, 15'10.25"; 25. Justice Weaver, 14'9.75"; 27. Mallory Rutkey, 14'4"  
**Triple jump**--8. Andrea Meyer, 33'10.75"; 17. Mallory Rutkey, 30'11.25"  
**Pole vault**--6. Andrea Meyer, 10'; 10. Justice Weaver, 9'25"  
**Discus throw**--11. Rachel Boeke, 123'8"; 13. Chelsey Keller, 121'7"; 17. Alex Costigan, 119'9"; 20. Angela Sheridan, 113'11"; 32. Nicole Sojka, 100'1"  
**Hammer throw**--6. Chelsey Keller, 144'4"; 14. Alex Costigan, 127'7"; 15. Angela Sheridan, 125"; 18. Alicia Whisner, 123'1"; 20. Molly Hanson, 122'5"; 24. Nicole Sojka, 109'8"; 26. Danielle Francois, 103'4"  
**Javelin throw**--1. Alex Costigan, 137'11"; 2. Rachel Boeke, 121"; 13. Emily Conway, 97'6"; 23. Angela Sheridan, 77'3"  
**Shot put**--6. Chelsey Keller, 42'2"; 12. Rachel Boeke, 39'3.25"; 16. Angela Sheridan, 38'3.5"; 17. Alex Costigan, 38'2"; 27. Nicole Sojka, 32'8.5"

**Drake Relays**  
**April 28, 2006**  
**Drake University**  
**Des Moines, Iowa**

**No team scores**

**Central's individual results**  
**Distance medley relay**- 12. L.Nosbisch/S.Hillman/J.Clark/M.Lauman, 12:31.66  
**4x400 meter relay**- 19. D.Wilkerson/K.Hutchinson/J.Clark/M. Lauman, 3:59.90  
**4x100 meter relay**- 2. (prelims) A.Meyer/J.Owens/

K.Hutchinson/J.Weaver, 49.71

**Javelin throw**--12. Alicia Whisner, 144'5"

### **Simpson Open**

**May 5, 2006**

**Simpson College**

**Indianola, Iowa**

### **Team standings**

**1. Central, 209;** 2. Iowa Central, 148; 3. Drake, 74.5; 4. Graceland, 58.5; 5. Simpson, 33; 6. Baker, 28; 7. NIACC, 22; 8. Iowa State, 13.

### **Central's individual results**

**100 meters**--2. Jenny Owens, 12.63; 3. Whitney Sayre, 13.03; 7. Justice Weaver, 13.32; 9. Emily Conway, 13.96

**200 meters**--2. Kari Hutchinson, 26.10; 3. Jenny Owens, 26.70; 7. Justice Weaver, 27.43; 8. Stacy Holthaus, 27.46; 10. Whitney Sayre, 27.80

**800 meters**--2. Mackenzie Lauman, 2:15.71

**1500 meters**--4. Liz Nosbisch, 5:00.72; 6. Nicki Thomas, 5:12.67; 9. Lisa Slater, 5:42.93

**100 meter hurdles**--5. Stacy Holthaus, 16.60

**400 meter hurdles**--4. Chantelle MacVey, 1:08.56; 6. Jessica Clark, 1:09.02

**4x100 meter relay**--1. A.Meyer/J.Owens/K.Hutchinson/J.Weaver, 50.26

**4x400 meter relay**--1. K.Hutchinson/J.Clark/

C.MacVey/S.Holthaus, 4:06.17

**High jump**--7. Katie Pederson, 4'11"

**Pole vault**--1. Andrea Meyer, 10'6"; 2. Kim Flaherty, 10'6"; 7. Justice Weaver, 9'6.25"

**Long jump**--7. Mallory Rutkey, 13'1.25"

**Triple jump**--2. Jenny Owens, 34'5"; 4. Mallory Rutkey, 31'10.75"

**Shot put**--2. Chelsey Keller, 42'2"; 4. Angela Sheridan, 39'8"; 5. Alicia Whisner, 39'1.25"; 6. Alex Costigan, 38'5.5"; 7. Rachel Boeke, 37'6"; 12. Nicole Sojka, 34'9.5"

**Discus throw**--3. Rachel Boeke, 132'10"; 4. Alex Costigan, 132'6"; 5. Alicia Whisner, 130'10"; 6. Angela Sheridan, 122'6"; 7. Shelli Green, 117'7"; 8. Chelsey Keller, 115'1"; 10. Molly Hanson, 110'11"; 13. Nicole Sojka, 91'11"; 14. Danielle Francois, 90'8"

**Hammer throw**--2. Chelsey Keller, 144'11"; 4. Alicia Whisner, 136'5"; 5. Molly Hanson, 135'5"; 6. Alex Costigan, 132'1"; 7. Shelli Green, 131'9"; 8. Angela Sheridan, 127'2"; 9. Nicole Sojka, 112"; 12. Danielle Francois, 104'3"

**Javelin throw**--1. Alicia Whisner, 137'9"; 2. Alex Costigan, 127'8"; 4. Rachel Boeke, 114'2"; 7. Emily Conway, 94'5"

### **Iowa Conference Multi-Events**

**May 5-6, 2006**

**Luther College**

**Decorah, Iowa**

### **Heptathlon**

**1. Dana Wilkerson, Central, 4,543;** 2. Emily Pankow, Luther 4,465; **3. Steph Hillman, Central, 4,209;** 4. Abby Erion, Loras, 4,163; 5. April Schuknecht, Buena Vista, 3,604

### **Central's individual heptathlon results**

**100 meter hurdles**--3. Dana Wilkerson, 15.9, 697pts.; 4. Steph Hillman, 16.7, 603 pts.

**High jump**--1. Dana Wilkerson, 5'1.75"; 3. Steph Hillman, 4'10.25"

**Shot put**--1. Dana Wilkerson, 32'10.25", 530 pts.; 3. Steph Hillman, 15'9.75", 511 pts.

**200 meters**--5. Dana Wilkerson, 27.2, 676 pts.; 7. Steph Hillman, 27.4, 659 pts.

**Long jump**--2. Dana Wilkerson, 17'.75", 614 pts.; 4. Steph Hillman, 15'9.75", 511 pts.

**Javelin throw**--1. Steph Hillman, 128'10.25"; 653 pts. 2. Dana Wilkerson, 114'8.25", 571 pts.

**800 meters**--3. Dana Wilkerson, 2:25.20, 754 pts.; 4. Steph Hillman, 2:30.44, 687 pts.

### **Iowa Conference Championships**

**May 12-13, 2006**

**Luther College**

**Decorah, Iowa**

### **Team standings**

**1. Wartburg, 242; 2. Central, 159; 3. Loras, 121; 4. Luther, 102.33; 5. Simpson, 82; 6. Buena Vista, 53.33; 7. Cornell, 26; 8. Dubuque, 18; 9. Coe, 14.33.**

### **Central's individual results**

**100 meters**--11. Jenny Owens, 13.53; 12. Whitney Sayre, 13.56; 22. Stacy Holthaus, 14.40

**200 meters**--6. Kari Hutchinson, 26.66; 16. Justice Weaver, 28.19; 17. Stacy Holthaus, 28.20; 21. Whitney Sayre, 28.51

**400 meters**--4. Kari Hutchinson, 59.45; 12. Steph Hillman, 1:01.70; 17. Dana Wilkerson, 1:02.70

**800 meters**--3. Mackenzie Lauman, 2:19.27; 6. Liz Nosbisch, 2:22.90

**1500 meters**--3. Mackenzie Lauman, 4:48.72; 10. Liz Nosbisch, 4:57.92; 18. Lisa Slater, 5:31.07

**5000 meters**--19. Nicki Thomas, 20:27.74; 22. Amanda Wood, 21:31.66

**400 meter hurdles**--6. Jessica Clark, 1:06.64; 8. Chantelle MacVey, 1:09.40

**3000 meter steppelchase**--8. Nicki Thomas, 12:30.58

**4x100 meter relay**--4. A.Meyer/J.Owens/K.Hutchinson/J.Weaver, 50.10

**4x400 meter relay**--4. D.Wilkerson/K.Hutchinson/J.Clark/S.Hillman, 4:04.53

**High jump**--1. Katie Pederson, 5'3.25"; 2. Dana Wilkerson, 4'11.5"

**Pole vault**--2. Andrea Meyer, 10'10.75"; 2. Kim Flaherty, 10'10.75"; 4. Justice Weaver, 9'10.75"; 8. Emily Brown, 8'5.25"

**Long jump**--3. Dana Wilkerson, 16'10.75"; 4. Andrea Meyer, 16'9.75"; 8. Steph Hillman, 16'4.5"; 14. Jenny Owens, 15'10.5"

**Triple jump**--2. Andrea Meyer, 35'8"; 9. Jenny Owens, 33'1.75"; 13. Justice Weaver, 31'6.5"

**Shot put**--1. Chelsey Keller, 44'6"; 7. Angela Sheridan, 40'4.75"; 8. Rachel Boeke, 39'35"; 9. Alex Costigan, 38'11.75"

**Discus throw**--7. Alicia Whisner, 123'7"; 9. Chelsey Keller, 120'8"; 10. Rachel Boeke, 120'6"; 12. Alex Costigan, 117'5"

**Hammer throw**--5. Chelsey Keller, 148'2"; 8. Molly Hanson, 136'3"; 9. Alicia Whisner, 135'1"; 10. Shelli Green, 129'7"

**Javelin throw**--1. Steph Hillman, 128'1"; 2. Alicia Whisner, 127'5"; 4. Alex Costigan, 125'1"; 4. Rachel Boeke, 122'4"

### **Coe Last Chance Open**

**May 17, 2006**

**Coe College**

**Cedar Rapids, Iowa**

**No team scores**

### **Central's individual results**

**800 meters**--1. Mackenzie Lauman, 2:17.01; 2. Liz Nosbisch, 2:24.30

**400 meter hurdles**--2. Jessica Clark, 1:09.39

**High jump**--1. Katie Pederson, 5'4.25"

**Shot put**--2. Chelsey Keller, 43'7.25"

**Discus throw**--5. Alex Costigan, 123'4"; 6. Alicia Whisner, 120'10"; 8. Chelsey Keller, 113'6"; 10. Danielle Francois, 103'6"

**Hammer throw**--5. Chelsey Keller, 143'6"

**Javelin throw**--1. Alex Costigan, 139'2"; 2. Alicia Whisner, 132"; 3. Steph Hillman, 129'10"

### **Augustana Twilight Open**

**May 18-19, 2006**

**Augustana College**

**Rock Island, Ill.**

**No team scores**

### **Central's individual results**

**400 meter hurdles**--6. Jessica Clark, 1:07.46

**High jump**--4. Katie Pederson, 5'2.25"

**Pole vault**--6. Andrea Meyer, 11'3.75"

**Shot put**--1. Chelsey Keller, 44'.5"

**Discus throw**--7. Alex Costigan, 130'8"; 8. Alicia Whisner, 126'11"; 11. Chelsey Keller, 119'9"

**Hammer throw**--4. Chelsey Keller, 149'9"

**Javelin throw**--1. Alicia Whisner, 139'2"; 3. Alex

Costigan, 130'1"; 6. Steph Hillman, 112'10"

**Heptathlon**--1. Steph Hillman, 4,312 points

100 meter hurdles--4. 16.22, 688

High jump--3. 4'8.25", 544

Shot put--3. 29'6.75", 465

200 meters--3. 27.56, 666

Long jump--1. 16'5.25", 562

Javelin throw--1. 122'11", 619

800 meters--1. 2:24.14, 768

### **North Central Last Chance Open**

**May 16-19, 2006**

**North Central College**

**Naperville, Ill.**

**No team scores**

### **Central's individual results**

**800 meters**--7. Mackenzie Lauman, 2:14.11

### **NCAA Division III championships**

**May 25-27, 2006**

**Benedictine University**

**Lisle, Ill.**

1. Wis.-Oshkosh 52; 2. Williams (Mass.) 42; 3. tie, Oneota State (N.Y.), City College of N.Y. 41; 5. Calvin (Mich.) 40; 6. Lincoln (Pal.) 34; 7. Bates 24; 8. Wis.-La Crosse 23; 9. North Central (Ill.) 21.5; 10. Wis.-Eau Claire 21.

### **27. Central 11**

### **Central's individual results**

**Preliminaries**

**Shot put**--13. Chelsey Keller, 42'5.25" (did not qualify)

**Finals**

**Javelin throw**--4. Alicia Whisner, 148'3"; 5. Alex Costigan, 146'6"

**Heptathlon**--7. Dana Wilkerson, 4,646 points

100 meter hurdles--15. 15.8, 739 points

High jump--3. 5'1.75", 701 points

Shot put--11. 31'2.75", 498 points

200 meters--12. 27.17, 698 points

Javelin--3. 129'8", 658 points

800 meters--3. 2:22.69, 787 points

18. Steph Hillman, 4,087 points

100 meter hurdles--18. 16.26, 683 points

High jump--19. 4'7.75", 534 points

Shot put--13. 30'3", 479 points

200 meters--16. 27.76, 650 points

Long jump--15. 15'8.25", 500 points

Javelin--9. 106'11", 526 points

800--13. 2:28.23, 715 points

**NCAA Division III championship qualifiers  
May 25-27, Benedictine University, Lisle, Ill.**

**Automatic qualifiers**

Javelin--Alicia Whisner  
144'5" April 28 Des Moines

**Provisional qualifiers**

Heptathlon--Dana Wilkerson  
4543 May 5-6 Decorah  
Javelin--Steph Hillman  
129'10" May 17 Cedar Rapids  
Javelin--Alex Costigan  
139'2" May 17 Cedar Rapids  
Shot put--Chelsey Keller  
44'6" May 13 Decorah  
Heptathlon--Steph Hillman  
4312 May 18-19 Rock Island, Ill.  
800 meters--Mackenzie Lauman  
2:14.11 May 19 Naperville, Ill.  
Pole vault--Andrea Meyer  
11'3.75" May 19 Rock Island, Ill.

**Individual honors**

**NCAA Division III All-America honorees**

Alicia Whisner Javelin throw  
Alex Costigan Javelin throw  
Dana Wilkerson Heptathlon

**Iowa Conference Athlete of the Week Award**

Dana Wilkerson April 10  
Dana Wilkerson May 8

**U.S. Track and Field/Cross Country Coaches Association**

**All-Academic Team**

Alex Costigan, (3.58, exercise science)  
Chelsey Keller, (3.43, mathematics/computer science)  
Alicia Whisner, (3.91, exercise science)

## 2006 season bests

### Indoor

**55 meter dash:** Jenny Owens, 7.63 (2/24)  
**200 meter dash:** Justice Weaver, 27.40 (2/25)  
**400 meter dash:** Kari Hutchinson, 1:01.56 (2/17)  
**600 meter dash:** Steph Hillman, 1:41.66 (2/25)  
**800 meter run:** Mackenzie Lauman, 2:16.05\* (3/4)  
**1,000 meter run:** Mackenzie Lauman, 3:00.63 (2/25)  
**Mile run:** Mackenzie Lauman, 5:34.81 (1/28)  
**3,000 meter run:** Amanda Wood, 12:30.77 (1/28)  
**5,000 meter run:** Amanda Wood, 21:36.02 (2/24)  
**4x200 meter relay:** J. Weaver/J. Owens/S. Holthaus/W. Sayre, 1:51.03 (2/11)  
**4x400 meter relay:** D. Wilkerson/K. Hutchinson/J. Clark/ S. Hillman, 4:07.36 (2/25)  
**Distance medley relay:** L. Nobsisch/S. Hillman/ J. Clark/ M. Lauman, 12:46.06, (2-24)  
**55 meter hurdles:** Shawn McLarney, 8.13 (2/24)  
**Long jump:** Dana Wilkerson, 16'10.5" (2/24)  
**Triple jump:** Andrea Meyer, 34'2" (2/25)  
**High jump:** Katie Pederson, 5'4.5" (2/17)  
**Pole vault:** Kim Flaherty, 10'8" (2/24)  
**Shot put:** Chelsey Keller, 41'8" (1/28, 2/24)  
**Weight throw:** Alex Costigan, 45'9.75" (2/25)  
**Pentathlon:** Dana Wilkerson, 3114 pts. (2/12)

### Outdoor

**100 meter dash:** Jenny Owens, 12.63 (5/5)  
**200 meter dash:** Kari Hutchinson, 26.10 (5/5)  
**400 meter dash:** Kari Hutchinson, 59.45 (5/13)  
**800 meter run:** Mackenzie Lauman, 2:14.11 (5/19)  
**1,500 meter run:** Mackenzie Lauman, 4:43.68 (4/1)  
**5,000 meter run:** Nicki Thomas, 19:24.91 (4/28)  
**10,000 meter run:** Amanda Wood, 44:12.8 (4/8)  
**110 meter hurdles:** Dana Wilkerson, 15.80 (5/27)  
**400 meter hurdles:** Jessica Clark, 1:06.64 (5/13)  
**3,000 meter steeplechase:** Nicki Thomas, 12:29.13 (4/22)  
**4x100 meter relay:** Meyer/Owens/Hutchinson/Weaver, 49.71 (4/28)  
**4x400 meter relay:** Wilkerson/Hutchinson/Clark/Lauman, 3:59.90 (4/28)  
**4x800 meter relay:** Nobsisch/Thomas/Clark/Lauman, 9:57.40 (4/22)  
**Distance medley relay:** Nobsisch/Hillman/Clark/Lauman, 12:31.66 (4/28)  
**Long jump:** Dana Wilkerson, 17'.75" (5/6)  
**Triple jump:** Andrea Meyer, 35'8" (5/13)  
**High jump:** Katie Pederson, 5'4.25" (5/17)  
**Pole vault:** Andrea Meyer, 11'3.75" (5/19)  
**Shot put:** Chelsey Keller, 44'6" 5-13  
**Discus throw:** Rachel Boeke, 132'10" (5/5)  
**Hammer throw:** Chelsey Keller, 150'9" (4/22)  
**Javelin throw:** Alicia Whisner, 148'3" (5/27)  
**Pentathlon:** Dana Wilkerson, 4646 pts. (5/25-26)

## All-time records

### Indoor

**55 meter dash:** 7.36\*, Meta Obersteller, 1982  
**200 meter dash:** 26.53, Katie Button, 2002  
**400 meter dash:** 59.5, Nancy Cisar, 1981  
**600 meter dash:** 1:36.1, Robin Rasmussen, 1979  
**800 meter dash:** 2:16.38, Jill Osenbaugh, 2000  
**1,000 meter run:** 2:58.6, Cam Ratering, 1980  
**Mile run:** 5:03.0\*, 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 Schwes), 1982  
**55 meter hurdles:** 8.38, Abby Gonzales, 2002  
**200 meter hurdles:** 29.34, Raegan Schultz, 2002  
**Long jump:** 19'5, Katie Brees, 2001  
**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  
**Shot put:** 43' 2, Jenn Hansen, 2003  
**Weight throw:** 48'8.25, Alicia Whisner, 2006  
**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  
**1,500 meter run:** 4:37.7, Cam Ratering, 1981  
**5,000 meter run:** 17:35.99, Beth Cunningham, 2005  
**10,000 meter run:** 37:10.20, Cam Ratering, 1982  
**100 meter hurdles:** 14.42, Lori Sears, 1986  
**400 meter hurdles:** 1:02.86, Lori Sears, 1984  
**3,000 meter steeplechase:** 11:17.3, Jill Rozendaal, 2005  
**Long jump:** 19'9.75", Katie Brees, 2000  
**Triple jump:** 37'10", Kim Wilson, 2004  
**High jump:** 5'7.25", Sandy Schultz, 1979  
**Pole vault:** 11'1.5", Kim Flaherty, 2003  
**Shot put:** 45'8.5", Melissa Ferguson, 1986  
**Discus throw:** 153'6", Jenn Hansen, 2003  
**Hammer throw:** 156'1", Jenn Hansen, 2003  
**Javelin throw:** 142'10", Alicia Whisner, 2004  
**Heptathlon:** 4,943 points, Raegan Schultz, 2004  
**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), 1997  
**4x400 meter relay:** 3:55.1, (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

### All-time top indoor performers, by event

#### 55 meters

No.	Year	Athlete	Performance
1	1982	Meta Obersteller	7.36*
2	2000	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	1:01.55
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

**Shuttle hurdle relay:** 1:03.54, (Abby Gonzales, Raegan Schultz, Suzanne Van Roekel, Lindsay Schultz), 2001

\*Denotes a converted time

All times converted to FAT equivalents

9	2006	Dana Wilkerson	1:43.75
10	2003	Liz Nosbisch	1:43.90

#### 800 meters

No.	Year	Athlete	Performance
1	2006	Mackenzie Lauman	2:16.45*
2	2000	Jill Osenbaugh	2:16.68*
3	1979	Cam Ratering	2:21.2h*
4	1978	Pam Griffin	2:22.4h*
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	2006	Liz Nosbisch	2:26.56

#### 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 Duncalf	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

#### 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	8.6h*
	1978	Janice Melvin	8.6h*
7	2005	Dana Wilkerson	9.10
8	2002	Katie Button	9.16
9	2000	Suzanne VanRoekel	9.21
10	2004	Alicia Whisner	9.29

#### 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

#### 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. Hunerdosse/D. Wilkerson/ L. Risser/M. Lauman	12:44.16
5	2006	L. Nobsisch/S. Hillman/ J. Clark/M. Lauman	12:46.06
6	2004	H. Rathje/D. Sedlacek/ 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*
10	2002	M. Duncalf/A. Hellenga T. Wauters/A. Olson	13:12.55

#### Long jump

No.	Year	Athlete	Performance
1	2001	Katie Brees	19'5
2	2002	Abby Gonzales	18'9.25
3	2003	Lindsay Schultz	18'3.75
4	2000	Jill Osenbaugh	18'1
5	1990	Steph Schulte	17'11
6	1982	Paula Casey	17'9.5
7	2004	Raegan Schultz	17'9
8	1999	Heather Herman	17'8
9	2005	Dana Wilkerson	17'3.5
10	2004	Kim Wilson	17'1.5

#### Triple jump

No.	Year	Athlete	Performance
1	2004	Kim Wilson	36'10.5
2	2001	Suzanne VanRoekel	34'10
3	1990	Steph Schulte	34'3.5
4	2006	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	32'1.5
10	2006	Mallory Rutkey	31'6

### High jump

No.	Year	Athlete	Performance
1	1979	Sandy Schultz	5'7
2	1980	Jeanette Brown	5'6
3	2006	Katie Pederson	5'4.5
	1994	Angie Putrah	5'4.5
	1997	Angie Van Rooyan	5'4.5
6	1982	Jan Sedlacek	5'4
7	1981	Denise Boll	5'3
	2005	Angie VanderLeest	5'3
	1978	Lynette Ziskovsky	5'3
10	2005	Dana Wilkerson	5'2.5

### 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	43'1.75
3	1986	Melissa Ferguson	42'11.5
4	1977	JoEllen Mitchell	42'1.75
5	2005	Chelsey Keller	41'9.75

### All-time top outdoor performers, by event

#### 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*

6	1983	Sue Enderson	40'.5
7	1991	Tina Gehringer	39'9
8	2005	Alex Costigan	39'.25
9	1999	Shailla Gent	38'11
10	2006	Rachel Boeke	38'10

### Weight throw

No.	Year	Athlete	Performance
1	2007	Alicia Whisner	48'8.25
2	2006	Alex Costigan	45'9.75
3	2006	Chelsey Keller	45'4.5
4	2006	Angela Sherida	44'.5
5	2004	Leslie Schmailzl	43'7
6	2006	Shelli Green	43'2.5
7	2002	Jenn Hansen	42'9.75
8	2003	Jennie Bandstra	40'9
9	2003	Tasha Peterman	39'4
10	2005	Molly Hanson	37'4

### 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

\*Denotes a converted time

All hand times have been converted to FAT equivalents

9	2002	Raegan Schultz	25.85
10	1981	Lisa Broek	25.94*

#### 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	2006	Kari Hutchinson	59.45
8	1991	Carrie Panther	59.54
9	1994	Anita Miller	59.62
10	2001	Raegan Schultz	59.77

#### 800 meters

No.	Year	Athlete	Performance
1	1975	Becky Muhs	2:12.9h
2	2003	Mackenzie Lauman	2:14.11
3	1981	Laurie Haddy	2:14.3
4	1980	Cam Ratering	2:15.9h
5	2003	Teresa Wauters	2:16.52

6	2001	Jill Osenbaugh	2:17.96
7	1982	Jean Sedlacek	2:18.3h
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	2006	Mackenzie Lauman	4:43.68
4	2005	Beth Cunningham	4:44.58
5	1982	Jackie Schwers	4:45.6h
6	2005	Jill Rozendaal	4:47.48
7	1985	Ingrid Elvebak	4:48.7h
8	1995	Heather Hoekstra	4:52.29
9	1980	Becky Wilson	4:52.3h
10	1994	Michelle Schmidt	4:52.69

#### 5000 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

#### 10000 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

#### 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	2006	Dana Wilkerson	15.80

#### 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	2006	Jess Clark	1:06.64
7	1996	Beth Waage	1:06.93
8	2002	Anna Hellenga	1:07.60
9	1980	Wendy Johnson	1:07.6h
10	1983	Darcy Rayner	1:07.8h

#### 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	2006	Nicki Thomas	12:29.13
5	2004	Lisa Slater	12:47.17
6	2004	Steph Turner	13:20.80
7	2002	Becky Threkeld	14:49.68

#### 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	2000	Katie Brees	19'9.75
2	1983	Marcie Thurn	19'0.25
3	2002	Abby Gonzales	18'11
4	2000	Jill Osenbaugh	18'8.5
5	1984	Lori Sears	18'4.5
6	1999	Heather Herman	18'2.5
7	1980	Paula Casey	18'2.25
8	2004	Lindsay Schultz	18'1.5
9	1993	Jayna Blom	17'11
10	1980	Jeanette Brown	17'10

#### Triple jump

No.	Year	Athlete	Performance
1	2004	Kim Wilson	37'10
2	2002	Suzanne VanRoekel	36'5.5
3	2006	Andrea Meyer	35'8
4	1988	Steph Schulte	35'6
5	2000	Stacy Lister	35'3
6	2000	Jessica Criswell	34'10.25
7	1996	Beth Waage	34'5.5
8	2006	Jenny Owens	34'5
9	1994	Angie Putrah	34'5
10	1999	Heather Herman	34'3

#### High jump

No.	Year	Athlete	Performance
1	1979	Sandy Schultz	5'7.25
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	5'4.5
	2000	Jill Osenbaugh	5'4.5
	2004	Katie Pederson	5'4.5
10	1978	Joni Jerome	5'4
	1986	Jan Quick	5'4
	1982	Jan Sedlacek	5'4
	1997	Kristin Van Rooyan	5'4

#### Pole vault

No.	Year	Athlete	Performance
1	2006	Andrea Meyer	11'3.75
2	2003	Kim Flaherty	11'1.5
3	2002	Trish Blanchard	11'.25
4	2006	Justice Weaver	9'10.75
5	2002	Rachel Lenox	9'.25
6	2002	Jessica Criswell	9'
7	2002	Anna Hellenga	8'6.25
8	2001	Dorice Hankermeier	8'6

9	2006	Emily Brown	8'5.25
8	2000	Jen Richard	7'9.75

#### Shot put

No.	Year	Athlete	Performance
1	1986	Melissa Ferguson	45'8.5
2	2006	Chelsey Keller	44'6
3	2003	Jenn Hansen	42'2.75
	1977	JoEllen Mitchell	42'2.75
5	2005	Alex Costigan	42'2.5
6	1991	Tina Gehringer	41'3.5
7	1995	Katie Sinkewjz	41'1
8	1980	Goldie Nicholson	40'11
9	2006	Angie Sheridan	40'4.75
10	2003	Tasha Peterman	39'4.5

#### Discus throw

No.	Year	Athlete	Performance
1	2003	Jenn Hansen	153'6
2	1989	Julie Fortin	142'8.25
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	2006	Rachel Boeke	132'10
8	1984	Melissa Ferguson	131'1
9	2006	Alicia Whisner	130'10
10	2006	Chelsey Keller	130'1

#### Hammer throw

No.	Year	Athlete	Performance
1	2003	Jenn Hansen	156'1
2	2006	Chelsey Keller	150'9
3	2006	Molly Hanson	138'9
4	2006	Alicia Whisner	136'5
5	2006	Alex Costigan	132'10
6	2004	Leslie Schmailzl	131'10
7	2006	Shelli Green	131'9
8	2006	Angela Sheridan	127'2
9	2003	Tasha Peterman	121'4
10	2003	Jennie Bandstra	117'4

#### Javelin throw

No.	Year	Athlete	Performance
1	2006	Alicia Whisner	148'3
2	2006	Alex Costigan	146'6
3	2004	Lindsay Schultz	141'
4	2004	Raegan Schultz	138'
5	1998	Jina Bos	136'5
6	2006	Dana Wilkerson	129'8
7	2006	Steph Hillman	129'7
8	2006	Rachel Boeke	122'4
9	2004	Jill Foster	119'
10	2001	Leslie Schmailzl	118'5

### Heptathlon

No.	Year	Athlete	Performance
1	2004	Raegan Schultz	4943
2	2004	Lindsay Schultz	4835
3	2006	Dana Wilkerson	4646
4	2002	Katie Button	4609
5	2000	Jill Osenbaugh	4546

6	2002	Abby Gonzales	4485
7	2006	Steph Hillman	4312
8	2004	Alicia Whisner	3941

\*Denotes a converted time

All hand times have been converted to FAT equivalents

### Iowa Conference outdoor meet team champions

<b>1983</b>	<b>Central</b>	1991	Simpson	1999	Loras
<b>1984</b>	<b>Central</b>	1992	Simpson	2000	Wartburg
<b>1985</b>	<b>Central</b>	1993	Wartburg	2001	Wartburg
<b>1986</b>	<b>Central</b>	1994	Wartburg	2002	Wartburg
<b>1987</b>	<b>Central</b>	1995	Wartburg	2003	Wartburg
1988	Simpson	1996	Loras	2004	Wartburg
1989	Simpson	1997	Luther	2005	Wartburg
1990	Simpson	1998	Loras	2006	Wartburg

### 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
<b>1983</b>	<b>1st</b>	<b>4th</b>	<b>Jane Kors</b>
<b>1984</b>	<b>1st</b>	<b>2nd</b>	<b>Jane Kors</b>
<b>1985</b>	<b>1st</b>		<b>Pam Richards</b>
<b>1986</b>	<b>1st</b>	<b>23rd</b>	<b>Pam Richards</b>
<b>1987</b>	<b>1st</b>		<b>Pam Richards</b>
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
2006	2nd	27th	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 Iowa Conference MVPs

- 1984 — Nancy Cisar
- 1985 — Ingrid Elvebak
- 1986 — Ingrid Elvebak

## Team MVPs

1974 - None	1982 - Paula Casey	1992 - Jayna Blom	2001 - Katie Brees
1975 - Rose Overberg	1984 - Nancy Cisar	1993 - Jayna Blom	2002 - Raegan Schultz
1976 - Rose Overberg	1985 - Ingrid Elvebak	1994 - Angela Putrah	2003 - Raegan Schultz
1977 - Connie Rhinehart	1986 - Ingrid Elvebak	1995 - Anita Miller	2004 - Lindsay Schultz
1978 - Julie Halterman	1987 - Krista Flory	1996 - Jana Wiersema	2005 - Beth Cunningham
1979 - Carla Huddle	1988 - Jan Quick	1997 - Jana Wiersema	2006 - Dana Wilkerson
1980 - Cam Ratering	1989 - Steph Schulte	1998 - Heather Herrmann	
1981 - Nancy Cisar	1990 - Steph Schulte	1999 - Katie Brees	
1982 - Paula Casey	1991 - Teresa Newcomb	2000 - Katie Brees	

## 2006 team awards

<b>Most Valuable Performer Award</b>	Dana Wilkerson
<b>Most Improved Performer Award</b>	Liz Nosbisch
<b>Most Valuable Field Event Performer Award</b>	Chelsey Keller
<b>Effort Award</b>	Kari Hutchinson
<b>Most Valuable Freshman Award</b>	Jess Clark
<b>2006 captains</b>	Alex Costigan, Mackenzie Lauman, Katie Pederson

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

### Indoor

#### 2001

Katie Brees	Long jump	19-1.25
-------------	-----------	---------

### 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	

#### 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

#### 1984

Nancy Cisar	200 meter dash	
	400 meter dash	
Lori Sears	100 meter hurdles	
	400 meter hurdles	

#### 1986

Lori Sears	100 meter hurdles	
------------	-------------------	--

#### 2004

Raegan Schultz	Heptathlon	4943
----------------	------------	------

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

### 1981

#### Outdoor

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

### 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
	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

Jackie Schwers	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	
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

**1984****Outdoor**

Nancy Cisar	200 meters	1st	
	400 meters	1st	
Lori Sears	Long jump	1st	
	400 meter hurdles	1st	

**1986****Outdoor**

Lori Sears	100 meter hurdles	1st	14.4
------------	-------------------	-----	------

**1990****Outdoor**

Julie Fortin	Discus		
--------------	--------	--	--

**1998****Outdoor**

Jina Bos	Javelin	2nd	136'1
----------	---------	-----	-------

**2000****Indoor**

Katie Brees	Long jump	3rd	18'4.25
-------------	-----------	-----	---------

**Outdoor**

Katie Brees	Long jump	2nd	18'9.25
-------------	-----------	-----	---------

**2001****Indoor**

Katie Brees	Long jump	1st	19'1.25
-------------	-----------	-----	---------

**Outdoor**

Katie Button	Heptathlon	7th	4408
--------------	------------	-----	------

**2006 roster**

Name	Events	Yr.	Hometown/High school
Liz Arentsen	1500-3K	Fr.	Waukee, Iowa/Waukee
Mandie Barkley	800-1500	Fr.	Fort Dodge, Iowa/Fort Dodge
Carissa Bentz	200, 400, LJ, Hep	Fr.	Ute, Iowa/Boyer Valley
Angie Berry	1500-10K	Fr.	Indianola, Iowa/Norwalk
*Rachel Boeke	Throws	So.	Cedar Rapids, Iowa/Thomas Jefferson
Kristin Brodie	Hurdles, 100, 200	Fr.	Roland, Iowa/Roland-Story
*Jessica Clark	400-800, 400H	So.	Port Byron, Ill./Riverdale
Emily Conway	100-200	So.	Grinnell, Iowa/Grinnell
Linsey Current	100-200	Fr.	Forest City, Iowa/Forest City
Emily DePenning	400-800, 400H	Fr.	Johnston, Iowa/Johnston
Alicia Dusenbury	200, 400	Fr.	Oswego, Ill./Oswego
Connie Eshelman	1500-5K	Fr.	Bridgewater, Iowa/Nodaway Valley
Ashley Feldman	Discus	Fr.	West Liberty, Iowa/West Liberty
Ashley Feldman	100, 200	Fr.	Alleman, Iowa/North Polk
Danielle Francois	Throws	So.	Central City, Iowa/Alburnett
**Shelli Green	Throws	Sr.	Lake City, Iowa/Southern Cal.
***Stephanie Hillman	Hep., JT, 400H	Sr.	Grand Junction, Iowa/East Greene
Jordan Hohenboken	800, 1500	Fr.	Hillsdale, Ill./Hillsdale
**Stacy Holthaus	100-400, 100H	Jr.	Urbandale, Iowa/Urbandale
Jenni Hufford	400-1500, 400H	Fr.	Polk City, Iowa/Ankeny

**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
----------------	------------------	-----	------

**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
----------------	---------	-----	-------

**2006****Outdoor**

Alicia Whisner	Javelin	4th	148'3
Alex Costigan	Javelin	5th	146'6
Dana Wilkerson	Heptathlon	7th	4646

**Kari Hutchinson	100-400	Jr.	Charles City, Iowa/Charles City
***Chelsey Keller	Throws	Sr.	Fairfield, Iowa/Fairfield
Angie Latta	100-200	Fr.	Madrid, Iowa/Madrid
Amy Ledvina	1500-5K	Fr.	Toledo, Iowa/South Tama
Ashley Lippincott	200, 400	Fr.	Huxley, Iowa/Ballard
*Chantelle MacVey	200-400, 400H	So.	Newton, Iowa/Newton
Amber Mayer	1500-5K	Fr.	Essex, Iowa/Shenandoah
Sara Mouw	800	Fr.	Greene, Iowa/North Butler
Amanda Nuese	100-200, 100H	Fr.	Dillion, Iowa/East Marshall
**Jenny Owens	100-400, LJ, TJ	Jr.	Treynor, Iowa/Treynor
Hannah Pickett	800-1500	Fr.	Winterset, Iowa/Winterset
*Whitney Sayre	100-400	So.	Panora, Iowa/Panorama
Heather Shives	1500-5K	Fr.	Knoxville, Iowa/Knoxville
*Nicole Sojka	Throws	Jr.	Winnebago, Ill./Winnebago
Rachelle Tipton	400-1500	Fr.	Newton, Iowa/Newton
Kelsey Tompkins	800-3K	Fr.	Webster City, Iowa/Webster City
**Justice Weaver	100-400, LJ, TJ	Jr.	Moulton, Iowa/Schuyler R-1
***Alicia Whisner	Throws	Sr.	Adel, Iowa/ADM
Ashley Wiederin	400-1500, JT	Fr.	Bedford, Iowa/Bedford

\*letters earned

## Outlook

It's more than the record 40-person roster that has coach Kevin Sanger excited about his Central College women's track and field squad.

It's the talent in those numbers, giving him lofty expectations for his youthful Dutch in 2007 despite some heavy graduation losses.

Central racked up 159 points to capture second place in the Iowa Conference outdoor championships last spring, followed by a 27th-place finish at the NCAA Division III meet.

Three national meet qualifiers are among the 19 returning letterwinners. Senior Alicia Whisner is a two-time All-America honoree in the javelin and senior Steph Hillman was an NCAA qualifier in the event while senior Chelsea Keller qualified in the shot put.

"They each have some real potential to do great things this year," he said.

Getting the roster of this size has been a long-time goal for Sanger and he likes the team's commitment level as well.

"The encouraging thing is that these kids are really working hard," he said. "Working hard and competing are what we've talked a lot about and that's what they're doing."

Sanger also expects a big boost from the debut of the new Balsam 1000 polyurethane track at Ron and Joyce Schipper Stadium, completed just in time to handle the influx of talent. The Dutch had to spend 2006 without a home facility, but will make up for it with three home meets this spring.

"I think we forgot how important having a track is for training," Sanger said. "This will be a great resource for us."

## Jumping events

Hillman is Central's only returning league placewinner in the long jump but there are several other candidates, including juniors Jenny Owens and Justice Weaver, and freshmen Carissa Bentz of Ute and Rachelle Titon of Newton.

"I expect Steph Hillman will finish her senior year strong," Sanger said. "She had a good fall. Jenny Owens had a good fall as well and Carissa Bentz has pretty good high school credentials."

Only Owens and Weaver are listed in the triple jump. Neither cracked the top eight in the league last year.

"Justice could do pretty well if she can stay healthy," Sanger said. "We hope to find some more depth. We may have some of the other long jumpers experiment with the triple jump."

Hillman, a strong heptathlete, is also Central's lone high jumper in the preseason.

Likewise Weaver is the only pole vault competitor in the early going after finishing fourth in the league at 9 feet, 10.75 inches.

"Justice has the potential to break the school record (11-3.75)," Sanger said. "She's made a lot of improvement and has good speed, which makes a big difference in that event."

## **Throws**

The Dutch are deep in the throwing events. Keller is a returning NCAA qualifier in the shot put and won the conference title at 44-6 while sophomore Rachel Boeke is also back after finishing eighth. They're joined by Whisner, senior Shelli Green, junior Nicole Sojka and sophomore Danielle Francois.

"Rachel Boeke is looking good already," Sanger said. "And Alicia Whisner has already thrown her (personal best)."

That same group will throw the discus as well, along with freshman Ashley M. Feldman of West Liberty, who was a state high school placewinner.

"It's a good group," Sanger said. "We've got some nice options."

The same crew will compete in the weight throw in indoor season and the hammer throw outdoors. Whisner blew past the school weight throw mark in a January intrasquad competition.

"It should be a good area for us," Sanger said.

Whisner and Hillman lead a powerful group of javelin throwers that also includes Boeke, Conway and freshman Ashley Wiederin of Bedford. The Dutch swept the top four spots at the conference outdoor meet last year, with Hillman winning at 128-1, Whisner second at 127-5 and Boeke fourth at 122-4. Whisner then smashed the school mark in taking fourth at the NCAA meet at 148-3.

"Alicia is capable of big things this year," Sanger said. "She's made improvement every year and that's what you like to see."

## **Sprints**

Central is thin in the 100 meters but could make a little noise in the 200 with junior Kari Hutchinson, Weaver, Owens, sophomore Whitney Sayre and freshmen Linsey Current of Forest City, Angie Latta of Madrid and Ashley L. Feldman of Alleman—not to be confused with freshman thrower Ashley M. Feldman, although she surely will be. Hutchinson finished sixth in the conference 200 meters (26.66 seconds).

"Jenny Owens has looked good so far, too" Sanger said. "The others have some potential. We have some options."

Hutchinson was fourth in the conference 400 meters last year (59.45 seconds) and Hillman is also back, joined by junior Stacy Holthaus, sophomores Jess Clark, Sayre and Chantelle MacVey and freshmen Bentz, Tipton, Kristin Brodie of Roland, Alicia Dusenbury of Oswego, Ill., Ashley Lippincott of Huxley and Amanda Nuese of Marshalltown.

"Kari Hutchinson is in the best shape she's ever been in and we've got a host of freshmen," Sanger said. "Steph (Hillman) has done a nice job with this group in fall training and is showing great leadership."

Hillman and Holthaus head the returnees in the 100 meter hurdles. Also competing will be Brodie, Clark, MacVey and Nuese.

"We don't have a lot of experience but we have some individuals working hard and getting better," Sanger said.

"Amanda Nuese is showing some promise."

Clark and MacVey placed sixth and eighth, respectively, at the conference meet last year, finishing in 1:06.64 and 1:09.40. Other options are Hillman, Holthaus, MacVey, Nuese and freshmen Emily De Penning of Johnston and Jenny Hufford of Polk City.

"We have more depth this year," Sanger said.

Hutchinson, Weaver and Owens return from a 4x100 meter relay unit that captured fourth in the league (50.10 seconds) last year while Wilkerson, Hutchinson, Clark and Hillman took fourth in the 4x400 (4:04.53).

## **Middle distances**

Central doesn't have any returning placewinners in the 800 meters but several potential contributors headed by Clark, who will move up from the 400 this year, along with De Penning, Hufford and freshmen Jordan Hohenboken of Hillsdale, Ill. and Sara Mouw of Greene.

"Jess Clark is going to train more as an 800 runner this year," Sanger said. "She's got the potential to rival what (graduated league placewinner) Mackenzie Lauman did last year. Jenni Hufford should also do well. It will be interesting to see how they do. They had a nice fall in cross country."

There will be new faces in the 1,500 meters as well but plenty of them. Possibilities include freshmen Liz Arentsen of Waukee, Mandie Barkley of Fort Dodge, Connie Eshelman of Bridgewater, Amy Ledvina of Toledo, Amber Mayer of Essex and Heather Shives of Knoxville.

"It's a very young group," Sanger said. "It's a nice situation. We're seeing continuous improvement and that's exciting."

## **Distance events**

Sanger has identified Hufford, Ledvina and freshman Kelsey Tompkins of Webster City as candidates in the 3,000-meter steeplechase.

"They're new but they've been doing some hurdle work with coach (Stephen) Fyfe," he said. "It's just a matter of getting some experience in knowing how to run the race."

There are no veterans in the 5,000 or 10,000 meters, either, but a potential big name. Freshman Angie Berry of Norwalk was the top freshman at the NCAA Division III cross country meet in November, narrowly missing All-America distinction. Tompkins will run as well.

"Angie has put herself in position to have a stellar career," Sanger said. "What she did in cross country was amazing and I think she'll continue getting better."

### **Heptathlon**

Central should build on its notable tradition in the multievents. Hillman finished third in the league heptathlon last year with 4,209 points, behind graduated All-America honoree Dana Wilkerson, the meet winner who went on to take seventh at the NCAA meet. Other possible competitors this year are Hutchinson, Bentz and Sayre.

Hillman's logged plenty of off-season training hours pointing for a return trip to the national meet.

"She's excited about the year," Sanger said. "It was good for her to get to nationals last year and get a taste of that."

### **Championship hopes**

Sanger doesn't see anyone unseating Wartburg as league champ. The Dutch, even with their improved depth, graduated a lot of points but Sanger thinks they can stay in the top three.

Whisner, Keller and Hillman are obvious candidates for NCAA Division III berths. Sanger thinks Clark might become a threat in the 800 and Berry's cross country success makes her a potential contender in the distance events.

"We'll also look at the relays and see what we can put together," Sanger said. "We've challenged ourselves to get a relay to the national meet. It would be good for the program to do that."

With 30 freshmen and sophomores on the 40-athlete roster, Sanger knows his athletes have much to learn. Yet he's enthusiastic about the possibilities.

"I think we'll surprise some people if we continue to work hard," he said. "We're getting better. It's been a fun group to work with so far."

