



# Women's indoor TRACK & FIELD

## INDOOR SEASON AND CAREER BESTS -- FIELD EVENTS

### High jump

**School record:** 5'7", Sandy Schultz, 1979

**NCAA provisional qualifying standard:** 5'4.75"

**NCAA automatic qualifying standard:** 5'7.75"

Name:	Season	Date	Career	Site	Date
Katie Pederson	5'3"	2-05	5'3"	Storm Lake	2-05-05
Angie Vander Leest	5'3"	2-05	5'3"	Storm Lake	2-05-05
Dana Wilkerson	5'2.5"	2-13	5'2.5"	Lamoni	2-13-05
Alicia Whisner	4'10.5"	1-29	4'10.5"	Monmouth (Ill.)	1-29-05

### Long jump

**School record:** 19'5", Katie Brees, 2001

**NCAA provisional qualifying standard:** 17'8.75"

**NCAA automatic qualifying standard:** 19'0.75 "

Name	Season	Date	Career	Site	Date
Dana Wilkerson	17'3.5"	2-13	17'3.5"	Lamoni	2-13-05
Jenny Owens	15'6.5"	1-29	15'6.5"	Monmouth (Ill.)	1-29-05
Danielle Hutchinson			15'0.5"	Storm Lake	2-07-04

### Triple jump

**School record:** 36'10.5", Kim Wilson, 2004

**NCAA provisional qualifying standard:** 36'7"

**NCAA automatic qualifying standard:** 39'7.75"

Name	Season	Date	Career	Site	Date
Andrea Meyer	33'4"	2-26	33'4"	Decorah	2-26-05

### Shot put

**School record:** 43'2", Jen Hansen, 2003

**NCAA provisional qualifying standard:** 41'8"

**NCAA automatic qualifying standard:** 46'9"

Name	Season	Date	Career	Site	Date
Chelsey Keller	41'9.75"	2-05	41'9.75"	Storm Lake	2-05-05
Alex Costigan	39'25"	2-26	39'25"	Decorah	2-26-05
Molly Hanson	37'0.25"	2-12	37'0.25"	Monmouth (Ill.)	2-12-05
Alicia Whisner	35'8"	2-18	35'8"	Cedar Falls	2-18-05
Nicole Sojka	34'8.5"	2-18	34'8.5"	Cedar Falls	2-18-05
Dana Wilkerson	34'1.5"	2-13	34'1.5"	Lamoni	2-13-05
Shelli Green	31'7.5"	2-12	31'7.5"	Monmouth (Ill.)	2-12-05
Erin Bilsten	30'4.25"	2-05	30'4.25"	Storm Lake	2-05-05

### Weight throw

**School record:** 47'3", Leslie Schmailzl, 2004

**NCAA provisional qualifying standard:** 47'10.75"

**NCAA automatic qualifying standard:** 56'11.5"

Name	Season	Date	Career	Site	Date
Alex Costigan	42'5.25"	2-26	42'5.25"	Decorah	2-26-05
Shelli Green	41'11.5"	2-26	41'11.5"	Decorah	2-26-05
Chelsey Keller	38'4.75"	2-18	38'4.75"	Cedar Falls	2-18-05
Molly Hanson	37'4"	2-05	37'04"	Storm Lake	2-05-05
Erin Bilsten	36'6.75"	2-05	36'6.75"	Storm Lake	2-05-05
Nicole Sojka	35'3.25"	1-21	35'3.25"	Pella	1-21-05

### Pole vault

**School record:** 10-2, Kim Flaherty, 2004

**NCAA provisional qualifying standard:** 12-2

**NCAA automatic qualifying standard:** 10-6.75

Name	Season	Date	Career	Site	Date
Kim Flaherty	10'	2-26	10'2"	Storm Lake	2-07-04
Andrea Meyer	10'	2-26	10'	Mt. Vernon	2-28-04
			10'	Decorah	2-26-05

+ NCAA Div. III provisional qualifier

\* NCAA Div. III automatic qualifier

\* school record

## SEASON AND CAREER BESTS – RUNNING EVENTS

### 55 meters

**School record:** 7.19, Lisa Broek, 1981

**NCAA provisional qualifying standard:** 7.33

**NCAA automatic qualifying standard:** 7.12

Name	Season best	Date	Career best	Site	Date
Danielle Hutchinson	7.58	2-26	7.58	Decorah	2-26-05
Jenny Owens	7.79	1-21	7.79	Pella	1-21-05
Andrea Meyer	8.08	2-05	8.08	Storm Lake	2-05-05

### 60 meters

**School record:** 8.2, Danielle Hutchinson, 2005

**NCAA provisional qualifying standard:** 7.85

**NCAA automatic qualifying standard:** 7.67

Name	Season	Date	Career	Site	Date
Danielle Hutchinson	8.2	2-18	8.2	Cedar Falls	2-18-05
Andrea Meyers	8.43	2-18	8.43	Cedar Falls	2-18-05
Jenny Owens	8.44	2-18	8.44	Cedar Falls	2-18-05

### 55 meter hurdles

**School record:** 8.38, Abby Gonzales, 2002

**NCAA provisional qualifying standard:** 8.65

**NCAA automatic qualifying standard:** 8.20

Name	Season	Date	Career	Site	Date
Dana Wilkerson	9.10	2-13	9.10	Lamoni	2-13-05
Alicia Whisner	9.46	1-21	9.40	Platteville(Wis.)	2-21-04
Stacy Holthaus	9.47	2-05	9.47	Storm Lake	2-05-05

### 60 meter hurdles

**School record:** 9:21, Abby Gonzales, 2002

**NCAA provisional qualifying standard:** 9.17

**NCAA automatic qualifying standard:** 8.82

Name	Season	Date	Career	Site	Date
Dana Wilkerson	9.73	2-18	9.73	Cedar Falls	2-18-05

### 200 meters

**School record:** 26.53, Katie Button 2002

**NCAA provisional qualifying standard:**

**NCAA automatic qualifying standard:**

Name	Season	Date	Career	Site	Date
Danielle Hutchinson	26.86	2-18	26.86	Cedar Falls	2-18-05
Jenny Owens	27.49	2-18	27.49	Cedar Falls	2-18-05
Kari Hutchinson	27.6	2-18	27.6	Cedar Falls	2-18-05
Dana Wilkerson	28.60	1-29	28.60	Monmouth (Ill.)	1-29-05
Alicia Whisner	29.82	1-29	29.82	Monmouth (Ill.)	1-29-05
Katera O'Rourke	29.78	2-26	29.78	Decorah	2-26-05

### 400 meters

**School record:** 59.5, Nancy Cisar, 1981

**NCAA provisional qualifying standard:** 59.1

**NCAA automatic qualifying standard:** 56.9

Name	Season	Date	Career	Site	Date
Dana Wilkerson	1:01.11	2-18	1:01.11	Cedar Falls	2-18-05
Kari Hutchinson	1:01.89	2-26	1:01.89	Decorah	2-26-05

### 600 meters

**School record:** 1:36.1, Robin Rasmussen, 1979

**NCAA provisional qualifying standard:**

**NCAA automatic qualifying standard:**

Name	Season	Date	Career	Site	Date
Mackenzie Lauman	1:42.66	1-29	1:42.66	Monmouth (Ill.)	1-29-05

### 800 meters

**School record:** 2:16.38, Jill Osenbaugh, 2000

**NCAA provisional qualifying standard:** 2:18.00

**NCAA automatic qualifying standard:** 2:14.00

Name	Season	Date	Career	Site	Date
Mackenzie Lauman	2:23.02	2-11	2:23.02	Lincoln (Neb.)	2-12-05
Kari Hunderdosse	2:26.89	3-5	2:26.89	Ames	3-05-05
Dana Wilkerson	2:33.51	2-13	2:33.51	Lamoni	2-13-05
Lisa Slater	2:38.61	2-18	2:38.61	Cedar Falls	2-18-05
Jana Titus			2:51.29	Platteville(Wis.)	2-21-04

### 1000 meters

**School record:** 2:58.6, Cam Ratering, 1980

**NCAA provisional qualifying standard:**

**NCAA automatic qualifying standard:**

Name	Season	Date	Career	Site	Date
Mackenzie Lauman	3:02.96	2-26	3:02.96	Dechora	2-26-05
Beth Cunningham	3:05.09	1-21	3:05.09	Pella	1-21-05
Kari Hunderdosse	3:26.18	1-21	3:26.18	Pella	1-21-05
Lisa Slater	3:27.83	2-26	3:27.83	Decorah	2-26-05
Jill Rozendaal			3:12.33	Mt. Vernon	2-28-04
Jana Titus			3:42.70	Storm Lake	2-07-04

### 1,500 meters

**School record:** 4:40.6, Cam Ratering, 1980

**NCAA provisional qualifying standard:** 4:45

**NCAA automatic qualifying standard:** 4:34

Name	Season	Date	Career	Site	Date
Jill Rozendaal	5:16.53	1-21	5:16.53	Pella	1-21-05
Lori Risser	5:20.36	1-21	5:20.36	Pella	1-21-05
Beth Cunningham			4:53.12		2-21-04
Andi Baiotto			5:30.05		1-31-04
Lisa Slater			5:33.11		2-27-04
Jana Titus			5:37.10		2-27-04

### Mile run

**School record:**

Name	Season	Date	Career	Site	Date
Jill Rozendaal	5:13.83	3-5	5:13.83	Ames	3-05-05
Mackenzie Lauman	5:27.31	2-18	5:27.31	Cedar Falls	2-18-05
Lori Risser	5:34.34	2-18	5:34.34	Cedar Falls	2-18-05
Kari Hunderdosse	5:42.48	2-05	5:42.48	Storm Lake	2-05-05
Lisa Slater	5:52.1	2-26	5:52.1	Decorah	2-26-05
Amanda Wood	5:58.11	2-26	5:58.11	Decorah	2-26-05
Jana Titus	6:21.68	2-18	6:21.68	Cedar Falls	2-18-05

### 3,000 meters

**School record:** 10:14..3, Deb Worden, 1979

**NCAA provisional qualifying standard:**

**NCAA automatic qualifying standard:**

Name	Season	Date	Career	Site	Date
Beth Cunningham	10:15.62	2-26	10:15.62	Decorah	2-26-05
Jill Rozendaal	10:39.52	2-26	10:39.52	Decorah	2-26-05
Lori Risser	11:17.8	2-26	11:17.8	Decorah	2-26-05
Megan Slater	11:27.18	2-18	11:27.18	Cedar Falls	2-18-05
Kari Hunderdosse	11:29.85	2-12	11:29.85	Monmouth (Ill.)	2-12-05
Lisa Slater	11:45.19	1-29	11:45.19	Monmouth (Ill.)	1-29-05
Jana Titus	12:01.05	1-29	12:01.05	Monmouth (Ill.)	1-29-05
Amanda Wood	12:28.23	1-29	12:28.23	Monmouth (Ill.)	1-29-05

### 5,000 meters

**School record:** 17:48.93 ( 17:44.93), Beth Cunningham, 2005

**NCAA provisional qualifying standard:** 17:55

**NCAA automatic qualifying standard:** 17:10

<b>Name</b>	<b>Season</b>	<b>Date</b>	<b>Career</b>	<b>Site</b>	<b>Date</b>
Beth Cunningham	17:48.93*	3-5	17:44.93	Ames	3-05-05
Jill Rozendaal	18:53.68	2-11	18:53.68	Lincoln (Neb.)	2-11-05
Megan Slater	19:41.61	2-26	19:41.61	Decorah	2-26-05
Jana Titus	21:11.85	2-12	21:11.85	Monmouth (Ill.)	2-12-05
Amanda Wood	21:32.41	2-12	21:32.41	Monmouth (Ill.)	2-12-05

#### 4x200 meter relay

**School record:** 1:47.12, Button/Gonzales/R. Schultz/Sherman, 2002

<b>Names</b>	<b>Season</b>	<b>Date</b>
D. Hutchinson/K. Hutchinson/Owens/Meyer	1:49.16	2-26-05
D. Hutchinson/K. Hutchinson/Owens/Holthaus	1:51.81	1-29-05

#### 4x400 meter relay

**School record:** 4:05.93, Sherman/R.Schultz/Wauters/Shutwell, 2002

**NCAA provisional qualifying standard:** 4:01.00

**NCAA automatic qualifying standard:** 3:53.80

<b>Names</b>	<b>Season</b>	<b>Date</b>
K. Hutchinson/D. Hutchinson/Owens/Lauman	4:09.94	2-26-05
Wilkerson/Lauman/Holthaus/K. Hutchinson	4:11.00	2-05-05

#### 4x800 meter relay

**School record:** 9:46.74, Rozendaal/Lauman/Risser/Cunningham, 2005

<b>Names</b>	<b>Season</b>	<b>Date</b>
Rozendaal/Lauman/Risser/Cunningham	10:11.31	1-21-05
Rozendaal/Lauman/Risser/Cunningham	9:46.74*	2-05-05

#### Distance medley relay

**School record:** 12:30.99, Haddy/Sedlacek/Simon/Schwerts, 1982

<b>Names</b>	<b>Season</b>	<b>Date</b>
Rozendaal/K. Hutchinson/Lauman/Cunningham	12:36.81	1-29-05
Hunerdosse/Wilkerson/Risser/Lauman	12:44.16	2-26-05

#### Pentathlon

**School record:** 3,560, Sandy Schultz, 1979

**NCAA provisional qualifying standard:** 3,700

**NCAA automatic qualifying standard:** 4,050

<b>Name</b>	<b>Season</b>	<b>Date</b>	<b>Career</b>	<b>Site</b>	<b>Date</b>
Dana Wilkerson	3,335	2-13	3335	Lamoni	2-13-05

+ NCAA Div. III provisional qualifier

\* NCAA Div. III automatic qualifier

\* school record

\* converted time

## 2005 WOMEN'S INDOOR SEASON RESULTS

### 2005 Central College indoor team results

Jan. 21	Central Invitational	Pella	No team scores
Jan. 29	Midwest Pentangular	Monmouth, Ill.	4th of 6 teams
Feb. 5	Dennis Young Invitational	Storm Lake	4th of 4 teams
Feb. 11	Prairie Wolf Invitational	Lincoln, Neb.	No team scores
Feb. 12	Fighting Scot Invitational	Monmouth, Ill.	12th of 15 teams
Feb. 13	Graceland Pentathlon	Lamoni	No team scores
Feb. 18	UNI Dome Open	Cedar Falls	No team scores
Feb. 25-26	Iowa Conference	Decorah	4th of 9 teams
March 5	Iowa State Last Chance Open	Ames	No team scores
March 11-12	NCAA Div. III championships	Bloomington, Ill.	--

### Individual honors

**Iowa Conference female athlete of the week**  
Feb. 14--Beth Cunningham

**Iowa Conference women's track athlete of the week**  
Feb. 14--Beth Cunningham

### NCAA Division III championship qualifiers

March 11-12, Bloomington, Ill.

#### Automatic qualifiers

Event	Name	Mark	Date	Site
none				

#### Provisional qualifiers

Event	Name	Mark	Date	Site
5000 meters	Beth Cunningham	17:44.97	3-5	Ames

Central Invitational  
Jan. 21, 2005  
H.S. Kuyper Fieldhouse  
Central College  
Pella, Iowa

#### No team scores

#### Central's individual results

**55 meters**--1. Danielle Hutchinson, 7.72; 3. Jenny Owens, 7.79; 4. Stacy Holthaus, 7.82

**200 meters**-- 1. Danielle Hutchinson, 28.27; 2. Katera O'Rourke, 30.35.

**400 meters**-- 1. Kari Hutchinson, 1:04.30

**800 meters**-- 1. Kari Hunerdosse, 2:42.63; 2. Lisa Slater, 2:44.73

**1000 meters**-- 1. Beth Cunningham, 3:05.09; 2. Mackenzie Lauman, 3:06.03; 4. Kari Hunerdosse 3:26.88; 5. Lisa Slater, 3:29.18

**1500 meters**-- 1. Jill Rozendaal, 5:16.53; 2. Lori Risser, 5:20.36

**3000 meters**-- 1. Megan Slater, 11:57.61; 3. Jana Titus, 12:25.54; 4. Amanda Wood, 12:39.85

**55 meter hurdles**-- 1. Alicia Whisner, 9.46; 2. Dana Wilkerson, 9.53

**4x800 meter relay**-- 1. Rozendaal/Lauman/Risser/Cunningham 10:11.30

**High jump**-- 1. Dana Wilkerson, 5-01.75; 2. Katie Pederson, 4-11.75; 5. (tie) Alicia Whisner, Angie VanderLeest 4-09.75

**Pole vault**-- 1. Kim Flaherty, 9-0; 2. Andrea Meyer, 9-0

**Long jump**-- 5. Jenny Owens, 14-8.75

**Shot put**-- 2. Chelsey Keller, 39-9.25; 5. Alex Costigan, 34-5.75; 6. Dana Wilkerson, 33-10.75; 7. Alicia Whisner, 33-10; 8. Molly Hanson, 33-9.25; 10. Shelli Green, 30-11; 11. Erin Bilsten, 29-4

**Weight throw**-- 2. Shelli Green, 40-6.75; 4. Chelsey Keller, 36-4; 5. Nicole Sojka, 35-3.25; 6. Molly Hanson, 33-9.50; 7. Alex Costigan, 32-7.75; 9. Erin Bilsten, 28-9.75

Midwest Invitational  
Jan. 29, 2005  
Monmouth College  
Monmouth, Ill.

**Team standings:** 1. Augustana (Ill.) 168; 2. Loras 163 ; 3. Illinois Wesleyan 124; **4. Central 115.5**; 5. Monmouth (Ill.) 104.50; 6. Knox (Ill.) 36.

#### Central's individual results

**55 meters**-- 4. Danielle Hutchinson, 7.64; 12. Jenny Owens, 7.91

**200 meters**-- 4. Dana Wilkerson 28.60; 10. Alicia Whisner 29.82

**600 meters**-- 1. Mackenzie Lauman, 1:42.66

**800 meters**-- 8. Kari Hunerdosse, 2:39.01

**1600 meters**-- 2. Kari Hunerdosse, 5:43.96

**3000 meters**-- 1. Beth Cunningham, 10:35.16; 3. Jill Rozendaal, 11:02.73; 5. Lori Risseser, 11:12.53; 7. Lisa Slater, 11:45.19; 8. Megan Slater, 11:57.76; 9. Jana Titus, 12:01.05; 10. Amanda Wood, 12:28.23

**55 meter hurdles**-- 5. Dana Wilkerson, 9.45; 8. Stacy Holthaus, 9.53; 10. Alicia Whisner, 9.62

**4x200 meter relay**-- 2. 1:51.81

**Distance med relay**-- 1. 12:36.81

**High jump**-- 4. Angie VanderLeest, 5-02.5; 5. Katie Pederson, 5-00.5; 8. Alicia Whisner, 4-10.5 9. Dana Wilkerson, 4-10.5

**Pole vault**-- 11. Andrea Meyer, 8-08.75

**Long jump**-- 8. Jenny Owens, 15-06.5

**Shot put**-- 3. Chelsey Keller, 40-00.75; 4. Alex Costigan, 36-05.75; 7. Alicia Whisner, 34-08.5; 8. Molly Hanson, 34-06.75; 9. Dana Wilkerson, 33-01; 19. Shelli Green, 29-04.5; Erin Bilsten, 29-01

**Weight throw**-- 2. Alex Costigan, 40-10.25; 4. Shelli Green, 39-01.75; 6. Chelsey Keller, 37-10.5; 9. Molly Hanson, 36-02.25; 10. Erin Bilsten, 33-00.25; 14. Nicole Sojka, 32-01.75

Dennis Young Classic  
Feb. 5, 2005  
Buena Vista University  
Storm Lake, Iowa

**Team standings:** 1. Nebraska Wesleyan 179; 2. Loras 156; 3. Buena Vista 127; **4. Central 123**.

#### Central's individual results

## 2005 WOMEN'S INDOOR SEASON RESULTS

**55 meters-** 5. Danielle Hutchinson, 7.67; 9. Jenny Owens, 7.94; 10. Andrea Meyer, 8.08  
**200 meters-** 6. Danielle Hutchinson, 27.35; 9. Jenny Owens, 28.46; 13. Katera O'Rourke, 30.24  
**400 meters-** 5. Kari Hutchinson, 1:02.8  
**1 mile run-** 1. Kari Hunderdosse, 5:42.48; 3. Lisa Slater, 5:53.59  
**5000 meters-** 3. Megan Slater, 20:16.93  
**55 meter hurdles-** 5. Dana Wilkerson, 9.26; 6. Stacy Holthaus, 9.47  
**4x400 meter relay-** 2. Wilkerson/Lauman/Holthaus/K. Hutchinson, 4:11  
**4x800 meter relay-** 1. Rozendaal/Lauman/Risser/Cunningham, 9:46.74!

Prairie Wolf Invitational  
 Feb. 11, 2005  
 Devaney Sports Center Track\*  
 Nebraska Wesleyan University  
 Lincoln, Neb.

### No team scores

#### Central's individual results

**60 meters-** 16. Danielle Hutchinson, 8.27  
**200 meters-** 21. Danielle Hutchinson, 27.09  
**800 meters-** 12. Mackenzie Lauman, 2:23.02  
**5000 meters-** 1. Beth Cunningham, 17:58.17; Jill Rozendaal, 18:53.68  
**Pole vault-** 19. Kim Flaherty, 9-06; 23. Andrea Meyer, 9'  
**High jump-** 15. Katie Pederson, 5-01; 16. Angie Vanderleest, 4-10  
 \* 200 meter banked track

Fighting Scot Invitational  
 Feb. 12, 2005  
 Monmouth College  
 Monmouth, Ill.

**Team standings:** 1. Augustana (Ill.), 151; 2. Loras, 117.50; 3. Western Illinois, 79.50; 4. Monmouth (Ill.), 72; 5. Coe, 56; 6. Carroll (Wis.), 46; 7. Simpson, 31; 7. St. Ambrose, 31; 9. Grinnell, 29; 10. Millikin (Ill.), 22; 11. Beloit (Wis.), 15; **12. Central, 14.5**; 13. Mount Mercy, 14; 14. Dubuque, 7; 15. Franciscan (Ill.) 4.5.

#### Central's individual results

**3000 meters-** 5. Kari Hunderdosse, 11:29.85  
**5000 meters-** 11. Jana Titus, 21:11.85; 13. Amanda Wood, 21:32.41  
**Shot put-** 3. Chelsey Keller, 40-6.75; 6. Alex Costigan, 37-7.25; 7. Molly Hanson, 37-0.25; 20. Nicole Sojka, 33-9.5; 27. Shelli Green, 31-7.5; 35. Erin Bilsten, 29-3.75  
**Weight throw-** 11. Shelli Green, 38-4.25; 15. Molly Hanson, 36-6.25; 19. Erin Bilsten, 35-1.75; 20. Alex Costigan, 35-1.75; 24. Chelsey Keller, 30-11; 25. Nicole Sojka, 30-8.25

UNI Dome Open  
 Feb. 18, 2005  
 University of Northern Iowa  
 Cedar Falls, Iowa

### No team scores

#### Central's individual results

**60 meters-** 9. Danielle Hutchinson, 8.2; 18. Andrea Meyer, 8.43; 19. Jenny Owens, 8.44  
**60 meter hurdles-** 11. Dana Wilkerson, 9.77  
**200 meters-** 8. Danielle Hutchinson, 26.86; 16. Jenny Owens,

27.49; 18. Kari Hutchinson, 27.6; 27. Katera O'Rourke, 29.9  
**400 meters -** 9. Dana Wilkerson, 1:01.11; 11. Kari Hutchinson, 1:02.35;  
**800 meters-** 9. Kari Hunderdosse, 2:28.2; 15. Lisa Slater, 2:38.61  
**1 mile run -** 6. Jill Rozendaal, 5:25; 8. Mackenzie Lauman, 5:27.43; 10. Lori Risser, 5:34.34; 23. Amanda Wood, 6:01.58; 26. Jana Titus, 6:21.68  
**3000 meters-** 4. Megan Slater, 11:27.18

Iowa Conference Women's Indoor  
 Championships  
 Feb. 26, 2005  
 Luther College  
 Decorah, Iowa

**Team standings:** 1. Wartburg, 191.5; 2. Loras, 143; 3. Luther, 121.5; **4. Central, 90.3**; 5. Cornell, 63; 6. Simpson, 46.3; 7. Coe, 44.3; 8. Buena Vista, 37; 9. Dubuque 4

#### Central's individual results

**55 meters-** 8. Danielle Hutchinson, 7.58  
**200 meters-** 13. Danielle Hutchinson, 27.26; 18. Jenny Owens, 27.61; 25. Katera O'Rourke, 29.78  
**400 meters-** 8. Kari Hutchinson, 1:01.89;  
**800 meters-** 7. 2:27.05  
**1000 meters-** 1. Mackenzie Lauman, 3:02.96; 14. Lisa Slater, 3:27.83  
**Mile -** 12. Lisa Slater, 5:52.1; 14. Amanda Wood, 5:58.11; 16. Jana Titus, 6:31.51  
**3000 meters -** 1. Beth Cunningham, 10:15.62; 5. Jill Rozendaal, 10:39.52; 11. Lori Risser, 11.17.8;  
**5000 meters -** 2. Beth Cunningham, 18:08.97; 6. Jill Rozendaal, 18:57.46; 11. Megan Slater, 19:41.61  
**55 meter hurdles-** Dana Wilkerson, 9.13  
**4x200 meter relay-** 6. Danielle Hutchinson/Kari Hutchinson/Jenny Owens/Andrea Meyer, 1:49. 16  
**4x400 meter relay-** 3. Kari Hutchinson/Danielle Hutchinson/Jenny Owens/Mackenzie Lauman, 4:09.94  
**Distance medley relay-** 3. Kari Hunderdosse, Dana Wilkerson, Lori Risser, Mackenzie Lauman, 12:44.16  
**Long jump-** 3. Dana Wilkerson, 17'7.5"; 16. Jenny Owens, 14'8.5"  
**Triple jump-** 5. Andrea Meyer, 33'4"  
**Shot put-** 5. Chelsey Keller, 40'10.5"; 7. Alex Costigan, 37'10" Molly Hanson, 35'3"  
**Weight throw-** Alex Costigan, 42'5.25"; Shelli Green, 41' 11.5"; Chelsey Keller, 33'11.25"  
**High jump-** 2. Angie VanderLeest, 5'1.25"; 6. Katie Pederson, 5'1.25"; 9. Dana Wilkerson, 5'1.25"  
**Pole vault-** 3. Andrea Meyer, 10'; 5. Kim Flaherty, 10'

ISU Last Chance  
 March 5, 2005  
 Iowa State University  
 Ames, Iowa

### No team scores

**High jump-** 16. Katie Pederson, 5'1.25"  
**Shot put-** 8. Chelsey Keller, 41'1.75"  
**1 mile run-** 7. Jill Rozendaal, 5:13.83  
**800 meters-** 27. Kari Hunderdosse, 2:26.89  
**5000 meters-** 7. Beth Cunningham, 17:44.93

2005 WOMEN'S INDOOR SEASON RESULTS



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