



# Women's outdoor TRACK & FIELD

## OUTDOOR SEASON AND CAREER BESTS -- FIELD EVENTS

### High jump

**School record:** 5'7 1/4", Sandy Schultz, 1979

**NCAA provisional qualifying standard:** 5'4.5"

**NCAA automatic qualifying standard:** 5'7 1/4"

Name	Season	Date	Career	Site	Date
Angie Vander Leest	+5'6"	5-18	5'6"	Pella	5-18-05
Katie Pederson	5'1"	3-26	5'4 1/2"	Indianola	4-23-04
Dana Wilkerson	4'11"	4-16	4'11"	Des Moines	4-16-05
Steph Hillman	4'9 3/4"	5-19	4'9 3/4"	Rock Island, Ill.	5-19-05

### Long jump

**School record:** 19'9 3/4", Katie Brees, 2000

**NCAA provisional qualifying standard:** 18' 1/2"

**NCAA automatic qualifying standard:** 19' 1/4"

Name	Season	Date	Career	Site	Date
Danielle Hutchinson	17' 3/4"	5-6	17' 3/4"	Indianola	5-6-05
Dana Wilkerson	16'9 1/4"	4-1	16'9 1/4"	Pella	4-1-05
Jenny Owens	16' 4 1/4"	5-13	16' 4 1/4"	Dubuque	5-13-05
Justice Weaver	16' 1/2"	5-6	16' 1/2"	Indianola	5-6-05
Steph Hillman	15'11 1/2"	5-6	15' 11 1/2"	Dubuque	5-6-05

### Triple jump

**School record:** 37'10", Kim Wilson, 2004

**NCAA provisional qualifying standard:** 36"11"

**NCAA automatic qualifying standard:** 39'4 1/4"

Name	Season	Date	Career	Site	Date
Andrea Meyer	34'6 1/4"	4-2	34'11"	Pella	5-10-05
Jenny Owens	33'3 3/4"	5-6	33' 3 3/4"	Indianola	5-6-05
Justice Weaver	31' 9 1/4"	5-14	31' 9 1/4"	Dubuque	5-13-05

### Shot put

**School record:** 45'8", Melissa Ferguson, 1986

**NCAA provisional qualifying standard:** 42'4"

**NCAA automatic qualifying standard:** 46'10 1/4"

Name	Season	Date	Career	Site	Date
Alex Costigan	42' 2 1/4"	5-6	42' 2 1/4"	Indianola	5-6-05
Chelsey Keller	41'8"	5-14	41'8"	Dubuque	5-14-05
Molly Hanson	35' 9 1/4"	5-14	35' 9 1/4"	Dubuque	5-14-05
Nicole Sojka	34'10 1/2"	4-2	34'10 1/2"	Pella	4-2-05
Alicia Whisner	34'9"	4-2	34'9"	Pella	4-2-05
Dana Wilkerson	35' 1 3/4"	5-6	35' 1 3/4"	Dubuque	5-6-05
Steph Hillman	32'10 1/4"	5-20	32'10 1/4"	Rock Island, Ill.	5-20-05
Shelli Green	30'5"	4-22	31'10"	Crete, Neb.	4-17-04
Erin Bilsten	30'2"	4-2	30'2"	Pella	4-2-05

### Pole vault

**School record:** 11' 1/2", Kim Flaherty, 2003

**NCAA provisional qualifying standard:** 10'11 3/4"

**NCAA automatic qualifying standard:** 12'2"

Name	Season	Date	Career	Site	Date
Andrea Meyer	10'6"	4-9	10'6"	St. Louis, Mo.	4-9-05
Kim Flaherty	10'6"	4-22	11' 1/2"	Pella	5-2-04

### Discus

**School record:** 153'6", Jenn Hansen, 2003

**NCAA provisional qualifying standard:** 136'2"

**NCAA automatic qualifying standard:** 152'7"

Name	Season	Date	Career	Site	Date
Alex Costigan	135'9"	4-2	135'9"	Pella	4-2-05
Alicia Whisner	126'1"	5-13	126'1"	Dubuque	5-13-05
Chelsey Keller	122'2"	4-29	122'2"	Indianola	4-29-05
Molly Hanson	116'1"	4-2	117'7"	Pella	4-3-04
Shelli Green	111'11"	4-2	127'1"	Pella	4-3-04
Erin Bilsten	108'6"	5-13	108'6"	Dubuque	5-13-05
Nicole Sojka	98'5"	4-2	98'5"	Pella	4-2-05

### Hammer throw

**School record:** 156'1", Jenn Hansen, 2003

**NCAA provisional qualifying standard:** 150'11"

**NCAA automatic qualifying standard:** 172'7"

Name	Season	Date	Career	Site	Date
Chelsey Keller	142'6"	5-6	142'6"	Indianola	5-6-05
Molly Hanson	133'10"	4-29	133'10"	Indianola	4-29-05
Alex Costigan	132'10"	5-6	132'10"	Indianola	5-6-05
Shelli Green	119'3"	5-6	119'3"	Indianola	5-6-05
Alicia Whisner	118'7"	5-6	118'7"	Indianola	5-6-05
Erin Bilsten	111'11"	5-6	111'11"	Indianola	5-6-05
Nicole Sojka	110'	4-2	110'	Pella	4-2-05

### Javelin

**School record:** 142'10", Alicia Whisner, 2004

**NCAA provisional qualifying standard:** 127'7"

**NCAA automatic qualifying standard:** 142'5"

Name	Season	Date	Career	Site	Date
Alicia Whisner	+140'11"	5-13	142'10"	Rock Island, Ill.	5-21-04
Steph Hillman	+128'10"	4-16	128'10"	Des Moines	4-16-05
Dana Wilkerson	126'4"	5-13	126'4"	Dubuque	5-13-05
Alex Costigan	115'10"	3-26	115'10"	Kirkville, Mo.	3-26-05
Jenny Owens	59'2"	3-26	59'2"	Kirkville, Mo.	3-26-05

+ NCAA Div. III provisional qualifier

\* NCAA Div. III automatic qualifier

\$ school record

## SEASON AND CAREER BESTS – RUNNING EVENTS

### 100 meters

**School record:** 11.9, Carla Huddle, 1979

**NCAA provisional qualifying standard:** 12.34

**NCAA automatic qualifying standard:** 12.01

Name	Season	Date	Career	Site	Date
Danielle Hutchinson	12.8	4-2	12.8	Pella	4-2-05
Andrea Meyer	13.11	4-22	13.11	Crete, Neb.	4-22-05
Jenny Owens	13.35	5-6	13.35	Indianola	5-6-05
Justice Weaver	13.37	4-29	13.37	Indianola	4-29-05
Kari Hutchinson	13.79	3-26	13.79	Kirksville, Mo.	3-26-05
Stacy Holthaus	14.10	4-2	14.10	Pella	4-2-05
Katera O'Rourke	14.31	5-6	14.31	Indianola	5-6-05

### 100 meter hurdles

**School record:** 14.42, Lori Sears, 1986

**NCAA provisional qualifying standard:** 15.1

**NCAA automatic qualifying standard:** 14.43

Name	Season	Date	Career	Site	Date
Dana Wilkerson	15.83	4-1	15.83	Pella	4-1-05
Steph Hillman	16.26	5-6	16.26	Dubuque	5-6-05

### 200 meters

**School record:** 24.78, Nancy Cisar, 1984

**NCAA provisional qualifying standard:** 24.5

**NCAA automatic qualifying standard:** 25.4

Name	Season	Date	Career	Site	Date
Kari Hutchinson	26.45	5-13	26.45	Dubuque	5-13-05
Danielle Hutchinson	26.66	5-13	26.66	Dubuque	5-13-05
Dana Wilkerson	26.93	5-6	26.93	Dubuque	5-6-05
Justice Weaver	27.63	4-16	27.63	Des Moines	4-16-05
Jenny Owens	27.39	4-29	27.39	Indianola	4-29-05
Steph Hillman	27.89	5-6	27.89	Dubuque	5-6-05
Stacy Holthaus	28.88	4-29	28.88	Indianola	4-29-05
Katera O'Rourke	29.93	4-16	29.93	Des Moines	4-16-05

### 400 meters

**School record:** 55.79, Nancy Cisar, 1984

**NCAA provisional qualifying standard:** 57.6

**NCAA automatic qualifying standard:** 55.9

Name	Season	Date	Career	Site	Date
Kari Hutchinson	59.71	5-13	59.71	Dubuque	5-13-05

### 400 meter hurdles

**School record:** 1:02.19, Lori Sears, 1984

**NCAA provisional qualifying standard:** 1:04.3

**NCAA automatic qualifying standard:** 1:01.9

Name	Season	Date	Career	Site	Date
Dana Wilkerson	68.01	5-13	68.01	Dubuque	5-13-05
Steph Hillman	69.49	5-13	69.49	Dubuque	5-13-05

### 800 meters

**School record:** 2:12.9, Becky Muhs, 1975

**NCAA provisional qualifying standard:** 2:15.8

**NCAA automatic qualifying standard:** 2:12

Name	Season	Date	Career	Site	Date
Jill Rozendaal	2:19.70	5-18	2:19.7	Pella	5-18-05
Beth Cunningham	2:21.47	4-9	2:21.47	St. Louis, Mo.	4-9-05
Dana Wilkerson	2:25.63	5-6	2:25.63	Dubuque	5-6-05
Kari Hunerdosse	2:26.53	5-6	2:26.53	Indianola	5-6-05
Lisa Slater	2:30.80	5-6	2:30.8	Indianola	4-29-05
Steph Hillman	2:31.93	4-1	2:31.92	Pella	4-1-05
Alex Olson	2:37.16	4-2	2:37.16	Pella	4-2-05
Megan Slater	2:46.80	4-29	2:46.36	Indianola	4-29-05
Amanda Wood	2:48.77	4-29	2:48.77	Indianola	4-29-05
Jana Titus	3:01.08	4-29	2:50.91	Dubuque	4-3-04

### 1,500 meters

**School record:** 4:37.7, Cam Ratering, 1981

**NCAA provisional qualifying standard:** 4:41

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

Name	Season	Date	Career	Site	Date
Beth Cunningham	4:44.58	4-9	4:44.58	St. Louis, Mo.	4-9-05
Jill Rozendaal	4:47.48	4-29	4:47.48	Indianola	4-29-05
Kari Hunerdosse	5:00.68	4-29	5:00.68	Indianola	4-29-05
Lori Risser	5:17.41	4-16	5:17.41	Des Moines	4-16-05
Lisa Slater	5:18.53	4-29	5:18.53	Indianola	4-29-05
Alex Olson	5:22.04	4-29	5:22.04	Indianola	4-29-05
Megan Slater	5:22.47	4-9	5:22.47	St. Louis, Mo.	4-9-05
Amanda Wood	5:37.31	4-29	5:19.97	Pella	4-22-03
Jana Titus	5:43.35	4-29	5:32.98	Indianola	5-7-04

### 3,000 meters

**School record:** 9:57.8, Ingrid Elvebak, 1985

Name	Season	Date	Career	Site	Date
Megan Slater	11:35.35	3-26	11:35.35	Kirksville, Mo.	3-26-05
Lisa Slater	11:59.45	3-26	11:59.45	Kirksville, Mo.	3-26-05
Amanda Wood	12:15.45	3-26	12:15.45	Kirksville, Mo.	3-26-05
Andi Baiotto	12:23.48	5-6	12:23.48	Indianola	5-6-05

### 3,000 meter steeplechase

**School record:** 11:17.3h, Jill Rozendaal, 2005

**NCAA provisional qualifying standard:** 11:21

**NCAA automatic qualifying standard:** 10:44

Name	Season	Date	Career	Site	Date
Jill Rozendaal	+§11:17.3h5-20		11:17.3	Rock Island, Ill.	5-20-05
Lisa Slater	12:51.93	4-29	12:51.93	Indianola	4-29-05

### 5,000 meters

**School record:** 17:35.99, Beth Cunningham, 2005

**NCAA provisional qualifying standard:** 17:46

**NCAA automatic qualifying standard:** 17:00

Name	Season	Date	Career	Site	Date
Beth Cunningham	+§17:35.99	5-19	17:35.99	Naperville, Ill.	5-19-05
Jill Rozendaal	18:22.74	4-29	18:22.74	Indianola	4-29-05
Megan Slater	19:31.80	4-2	19:31.8	Pella	4-2-05
Lori Risser	19:44.66	4-29	19:44.66	Indianola	4-29-05
Lisa Slater	20:41.73	4-22	20:41.73	Crete, Neb.	4-22-05
Jana Titus	20:35.12	5-6	20:34.16	Indianola	4-23-04
Amanda Wood	21:31.04	4-2	20:25.64	Pella	4-5-03
Andi Baiotto	21:31.08	4-29	20:27.67	Indianola	4-23-04

+ NCAA Div. III provisional qualifier

\* NCAA Div. III automatic qualifier

§ school record

## 10,000 meters

**School record:** 37:10.2, Cam Ratering, 1982

**NCAA provisional qualifying standard:** 37:50

**NCAA automatic qualifying standard:** 36:00

Name	Season	Date	Career	Site	Date
Beth Cunningham	+37:17.67	4-27	37:17.67	Des Moines	4-27-05
Megan Slater	40:58.39	4-22	40:58.39	Crete, Neb.	4-22-05
Lori Risser	41:37.59	5-13	41:37.59	Dubuque	5-13-05
Amanda Wood	45:07.94	4-22	45:07.94	Crete, Neb.	4-22-05
Andi Baiotto	46:22.88	5-13	46:22.88	Dubuque	5-13-05

## 4x100 meter relay

**School record:** 47.43, Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thum, 1982

**NCAA provisional qualifying standard:** 49

**NCAA automatic qualifying standard:** 47.5

Names	Season	Date
Meyer/Owens/D. Hutchinson/K. Hutchinson	49.94	4-9
Meyer/Owens/D. Hutchinson/ K. Hutchinson	50.07	4-16
Weaver/Wilkerson/D. Hutchinson/K. Hutchinson	50.13	5-14
Meyer/Owens/D. Hutchinson/K. Hutchinson	50.15	5-6
Owens/Weaver/D. Hutchinson/ K. Hutchinson	50.44	4-2
Owens/Weaver/D. Hutchinson/ K. Hutchinson	50.9	3-26
Meyer/Owens/D. Hutchinson/K. Hutchinson	56.31	4-27

## 4x400 meter relay

**School record:**3:55.1, Lori Sears, Christy Carle, Beth Thum, Nancy Cisar, 1985

**NCAA provisional qualifying standard:** 3:58

**NCAA automatic qualifying standard:** 3:49.2

Names	Season	Date
Wilkerson/D. Hutchinson/Hillman/K. Hutchinson	4:07.34	5-14
Wilkerson/D. Hutchinson/Hillman/K. Hutchinson	4:09	4-27
K. Hutchinson/D. Hutchinson/Hillman/Wilkerson	4:11.98	4-9
Owens/D. Hutchinson/ Hunderdosse/Weaver	4:17.75	4-2
Cunningham/M. Slater/Wood/Olson	4:37.37	4-9

## Heptathlon

**School record:** 4,943, Raegan Schultz, 2004

**NCAA provisional qualifying standard:** 4,100

**NCAA automatic qualifying standard:** 4,560

Name	Season	Date	Career	Site	Date
Dana Wilkerson	4,479	5-6/7	4,479	Dubuque	5-6-05
Steph Hillman	4,225	5-6/7	4,225	Dubuque	5-6-05

+ NCAA Div. III provisional qualifier

\* NCAA Div. III automatic qualifier

\$ school record

## 2005 WOMEN'S OUTDOOR SEASON RESULTS

### 2005 Central College outdoor team results

March 26	Truman State Open	Kirksville, Mo.	no team scores
April 2	Central Invitational	Pella	1st of 13 teams
April 9	Washington Invitational	St. Louis, Mo.	1st of 9 teams
April 16	Jim Duncan Invitational	Des Moines	no team scores
April 21-23	Kansas Relays	Lawrence, Kan.	no team scores
April 22-23	Doane Relays	Crete, Neb.	no team scores
April 29	Simpson Twilight Open	Indianola	no team scores
April 29-30	Drake Relays	Des Moines	no team scores
April 30	Loras Open	Des Moines	no team scores
May 6	Simpson Invitational	Indianola	2nd of 7 teams
May 6-7	Iowa Conference Heptathlon	Dubuque	1st of 5 teams
May 13-14	Iowa Conference	Dubuque	4th of 9 teams
May 18	Central Last Chance Open	Pella	no team scores
May 19	North Central Invitational	Naperville, Ill.	no team scores
May 20	Augustana Twilight Open	Rock Island, Ill.	no team scores
May 26-28	NCAA Division III championships	Waverly	tie, 52nd

### NCAA Division III championship qualifiers

May 26-28, Waverly  
Automatic qualifiers

Event	Name	Mark	Date	Site
none				

### Provisional qualifiers--selected

Event	Name	Mark	Date	Site
Javelin	Alicia Whisner	140'11"	5-13-05	Dubuque
High jump	Angie Vander Leest	5'6"	5-18-05	Pella
5,000 meters	Beth Cunningham	17:35.99	5-19-05	Naperville, Ill.
Heptathlon	Dana Wilkerson	4,479	5-6,7-05	Dubuque

### Provisional qualifiers--not selected

Javelin	Steph Hillman	128'10"	4-16-05	Des Moines
10,000 meters	Beth Cunningham	37:17.67	4-28-05	Des Moines
3,000 meter steeplechase	Jill Rozendaal	11:17.3h	4-20-05	Rock Island, Ill.
Heptathlon	Steph Hillman	4,225	5-6,7-05	Dubuque

### New school records

**5,000 meters**--Beth Cunningham, 17:35.99, May 19, at Naperville, Ill.

**3,000 meter steeplechase**--Jill Rozendaal, 11:17.3h, May 20, at Rock Island, Ill.

### Final NCAA Division III women's track and field power rankings

No.	School	Region	Points	No.	School	Region	Points
1	Wis. - Oshkosh	Midwest	210.16	14	St. Thomas (Minn.)	Central	179.78
2	Calvin (Mich.)	Great Lakes	207.03	15	St. Benedict (Minn.)	Central	179.54
3	Wartburg	Central	205.12	16	Augustana (Ill.)	Midwest	178.59
4	Wis. - La Crosse	Midwest	203.63	17	St. Lawrence (N.Y.)	Atlantic	173.18
5	Williams (Mass.)	New England	201.09	18	Wheaton (Ill.)	Midwest	172.70
6	Wis. - Stevens Point	Midwest	192.95	19	Nebraska Wesleyan	Central	172.31
7	Willamette (Ore.)	West	192.75	20	Loras	Central	170.59
8	Baldwin-Wall. (Ohio)	Great Lakes	185.53	21	SUNY Brockport	Atlantic	169.85
9	Carthage (Wis.)	Midwest	184.87	22	Muhlenburg (Pa.)	Mideast	168.71
<b>10</b>	<b>Central</b>	<b>Central</b>	<b>184.83</b>	23	Chicago (Ill.)	Midwest	168.35
11	Concordia (Minn.)	Central	181.94	24	Allegheny (Pa.)	Mideast	167.64
12	Wis. - Stout	Midwest	181.59	25	Whitworth (Wash.)	West	166.81
13	Washington (Mo.)	Midwest	180.25				

### Individual honors

**NCAA Division III All-America honoree**  
Alicia Whisner, javelin throw, 5th, 139'

### Team awards

**Most Valuable Performer Award**  
Beth Cunningham

**Most Improved Performer Award**  
Jill Rozendaal

**Most Valuable Field Event Performer Award**  
Chelsey Keller

**Effort Award**  
Beth Cunningham

**Most Valuable Freshman Award**  
Jenny Owens

### 2006 captains

Katie Pederson, Alex Costigan, Mazkenzie Lauman

### 2005 captains

Katie Pederson, Beth Cunningham, Angie VanderLeest

## 2005 WOMEN'S OUTDOOR SEASON RESULTS

Truman State Open  
March 26, 2005  
Truman State  
Kirksville, Mo.

### No team scores

#### Central's individual results

**100 meters**— 7. Danielle Hutchinson, 13.44; 11. Justice Weaver, 13.71; 12. Kari Hutchinson, 13.79; 15. Jenny Owens, 13.92; 22. Katera O'Rourke, 14.58  
**100 meter hurdles**- 4. Steph Hillman, 17.52; Dana Wilkerson, 16.41  
**200 meters**— 6. Dana Wilkerson, 26.5; 11. Steph Hillman, 28.9; 13. Stacy Holthaus, 29.5; 16. Katera O' Rourke, 30.5  
**1500 meters**— 5. Kari Hunerdosse, 5:15.85  
**3000 meters**— 6. Megan Slater, 11:35.35; 8. Lisa Slater, 11:59.45; 10. Amanda Wood, 12:15.45  
**5000 meters**— 2. Jill Rozendaal, 18:38.06  
**4x100 meter relay**- 5. 50.9  
**High jump**- 1. Angie Vander Leest, 5'3"; 2. Katie Pederson, 5'1"; 4. Dana Wilkerson, 4'9"  
**Long jump**- 7. Justice Weaver, 14'7"  
**Triple jump**- 6. Jenny Owens, 30'9"  
**Shot put**- 5. Chelsey Keller, 39'10.75"; 8. Alex Costigan, 34'9"; 10. Alicia Whisner, 33'3.25"; 11. Nicole Sojka, 32'10.5"; 13. Molly Hanson, 30'7.5"; 15. Shelli Green, 29'01.25; 16. Erin Bilsten, 28'11.25"  
**Discus**- 5. Chelsey Keller, 117'7"; 6. Alicia Whisner, 114'; 8. Alex Costigan, 110'1'9. Shelli Green, 104'7"; 12. Molly Hanson, 101'; 15. Erin Bilsten, 93'9"; 17. Nicole Sojka, 90'5"  
**Hammer throw**- 4. Chelsey Keller, 137'; 10. Shelli Green, 114'6"; 11. Molly Hanson, 112'7"; 12. Alex Costigan, 110'10"; 13. Nicole Sojka, 106'2"; 14. Erin Bilsten, 100'8"  
**Javelin throw**- 2. Steph Hillman, 127'5"; 3. Alex Costigan, 115'10"; 4. Alicia Whisner, 114'; 5. Dana Wilkerson, 109'4"; 9. Jenny Owens, 59'2"

Central Invitational  
April 2, 2005  
Central College  
Pella, Iowa

**1. Central 129**; 2. Minn.-Duluth, 119.5; 3. Loras 116.5; 4. Simpson 105; 5. Buena Vista, 72; 6. Gustavus Adolphus (Minn.) 48; 6. Cornell 48; 8. William Penn 37.5; 9. St. Scholastica (Minn.) 36.5 10. Iowa Central 34; 11. Western Illinois 10; 12. Augustana (Ill.) 8; 13. Iowa Wesleyan 3.

#### Central's individual results

**100 meters**— 3. Danielle Hutchinson, 12.8; 7. Andrea Meyer, 13.52; 19. Stacy Holthaus, 14.1  
**200 meters**— 6. Kari Hutchinson, 27.1  
**800 meters**— 1. Jill Rozendaal, 2:24.34; 9. Kari Hunerdosse, 2:31.81; 16. Alex Olson, 2:37.16; 17. Lisa Slater, 2:39.34  
**1,500 meters**— 1. Jill Rozendaal, 4:52.73; 6. Kari Hunerdosse, 5:06.18; 15. Lisa Slater, 5:23.43;  
**5,000 meters**— 2. Megan Slater, 19:31.8; 12. Amanda Wood, 21:31.04  
**4x100 meter relay**- 1. Owens/Weaver/D. Hutchinson/ K. Hutchinson 50.9  
**4x400 meter relay**— 6. Owens/D. Hutchinson/ Hunderdosse/Weaver 4:17.75  
**High jump**- 2. Angie Vander Leest, 5'2 1/2"; 6. Katie Pederson, 5' 1/2"  
**Pole vault**— 4. Kim Flaherty, 10'; 4. Andrea Meyer, 10'  
**Long jump**- 8. Jenny Owens, 15' 8 1/4"  
**Triple jump**- 4. Andrea Meyer, 34'6 1/4"  
**Shot put**- 2. Chelsey Keller, 41'3"; 5. Alex Costigan, 38'8 3/4"; 8. Nicole Sojka, 34'10 1/2"; 9. Alicia Whisner, 34'9"; 15. Molly Hanson, 32'8 1/2"; 19. Erin Bilsten, 30'2"; 19. Shelli Green, 29'8"

**Discus**— 2. Alex Costigan, 135'9"; 7. Alicia Whisner, 124'2"; 10. Molly Hanson, 116'1"; 13. Chelsey Keller, 112'11"; 14. Shelli Green, 111'11"; 20. Nicole Sojka, 98'5"

**Hammer throw**- 3. Chelsey Keller, 136'10"; 7. Molly Hanson, 123'1"; 9. Shelli Green, 118'11"; 10. Alex Costigan, 116'6"; 14. Nicole Sojka, 110"; 15. Erin Bilsten, 100'9"

**Javelin throw**- 2. Alicia Whisner, 130'2"; 4. Steph Hillman, 115'10"; 5. Alex Costigan, 114'2"; 9. Dana Wilkerson, 109'11"

#### Heptathlon-

1. Dana Wilkerson		
<b>100 meter hurdles-</b>	15.83	735 points
<b>High jump-</b>	4'10 1/2"	610 points
<b>Shot put-</b>	31'2"	497 points
<b>200 meters-</b>	26.98	713 points
<b>Long jump-</b>	16'9 1/4"	589 points
<b>Javelin-</b>	105'4"	517 points
<b>800 meters-</b>	2:26.66	735 points
<b>Total points</b>		<b>4,396</b>
3. Steph Hillman		
<b>100 meter hurdles-</b>	17.41	551 points
<b>High jump-</b>	4'8 1/4"	544 points
<b>Shot put-</b>	29' 4 1/2"	461 points
<b>200 meters-</b>	28.28	609 points
<b>Long jump-</b>	15'6 1/4"	487 points
<b>Javelin-</b>	128'6"	651 points
<b>800 meters-</b>	2:31.93	669 points
<b>Total points-</b>		<b>3,972</b>

Washington University Select Meet  
April 9, 2005  
Washington University  
St. Louis, Mo.

**1. Central 145**; 2. Gustavus Adolphus (Minn.), 144; 3. Washington (Mo.) 138; 4. Greenville (Ill.) 97.5; 5. Ohio Northern 93.5; 6. Mo.-Rolla 84; 7. Principia (Ill.) 10; 8. Illinois College 9.

#### Central's individual results

**100 meters**-- 8. Jenny Owens, 13.37  
**100 meter hurdles**- 4. Dana Wilkerson, 16.05; 8. Steph Hillman, 17.39  
**200 meters**-- 5. Danielle Hutchinson, 26.71; 8. Kari Hutchinson, 27.33; 9. Jenny Owens, 27.72;  
**800 meters**-- 1. Beth Cunningham, 2:21.47; 14. Kari Hunerdosse, 2:31.15  
**1500 meters**-- 1. Beth Cunningham, 4:44.58; 12. Megan Slater, 5:22.47; 14. Alex Olson, 5:37.85; 15. Amanda Wood, 5:43.1  
**3000 meter steeplechase**- 1. Jill Rozendaal, 11:44.79; 4. Lisa Slater, 12:52.62  
**5000 meters**-- 15. Jana Titus, 22:12.3  
**4x100 meter relay**- 4. Meyer/Owens/D. Hutchinson/K. Hutchinson, 49.94  
**4x400 meter relay**-- 3. K. Hutchinson/D. Hutchinson/Hillman/Wilkerson, 4:11.98; 9. Cunningham/M. Slater/Wood/Olson, 4:37.37  
**High jump**- 3. Angie Vander Leest, 5'3"  
**Pole vault**-- 3. Andrea Meyer, 10'6"; 5. Kim Flaherty, 10'  
**Long jump**- 8. Steph Hillman, 15' 1/2"  
**Triple jump**- 6. Jenny Owens, 32'3"  
**Shot put**- 1. Chelsey Keller, 40'11 3/4"; 3. Alex Costigan, 40'1 1/4"; 12. Nicole Sojka, 34'7 1/2"; 16. Molly Hanson, 33' 9 1/4"; 17. Dana Wilkerson, 32'5 3/4"; 18. Shelli Green, 27'8 3/4"  
**Discus**- 1. Costigan, Alex, 120'6"; 6. Chelsey Keller, 110'7"; 7. Shelli Green, 109'11"; 13. Nicole Sojka, 92'1"; 14. Molly Hanson, 91'7"  
**Hammer throw**- 4. Chelsey Keller, 134'3"; 7. Alex Costigan, 123'11"; 8. Molly Hanson, 121'9"; 13. Shelli Green, 110'1"; 17. Nicole Sojka, 97'

## 2005 WOMEN'S OUTDOOR SEASON RESULTS

**Javelin-** 1. Alicia Whisner, 139'2"; 2. Steph Hillman, 125'6" 3. Dana Wilkerson, 111'4"; 4. Alex Costigan, 106'2"

Jim Duncan Invitational  
April 16, 2005  
Drake Stadium  
Des Moines, Iowa

### No team scores

### Central's individual results

**100 meters**— 11. Jenny Owens, 13.44; 15. Danielle Hutchinson, 13.54; 19. Justice Weaver, 13.64; 26. Stacy Holthaus, 14.38; 27. Katera O'Rourke, 14.51

**100 meter hurdles**- 8. Dana Wilkerson, 16.07; 16. Steph Hillman, 17.33

**200 meters**— 16. Dana Wilkerson, 27.33; 18. Justice Weaver, 27.63; 19. Kari Hutchinson, 27.67; 25. Steph Hillman, 28.57; 30. Katera O'Rourke, 29.93

**400 meters**— 12. Kari Hutchinson, 1:03.21

**1,500 meters**— 4. Jill Rozendaal, 4:49.49; 20. Lori Risser, 5:17.41; 25. Lisa Slater, 5:27.20; 28. Alex Olson, 5:33.21; 33. Jana Titus, 5:56.61

**4x100 meter relay**— 3. Meyer/Owens/K. Hutchinson/D. Hutchinson

**High jump**- 2. Angie Vander Leest, 5'5"; 9. Dana Wilkerson, 4'11"; 15. Steph Hillman, 4'7"

**Pole vault**-- 7. Kim Flaherty, 9'8"; 8. Andrea Meyer, 9'8"

**Long jump**- 15. Danielle Hutchinson, 15'4 1/4"; 18. Justice Weaver, 15' 1/2"; 20. Jenny Owens, 14' 6 1/2"

**Triple jump**- 6. Andrea Meyer, 34'2"

**Shot put**- 2. Chelsey Keller, 39'9 1/4"; 5. Alex Costigan, 37'11 1/4"; 13. Molly Hanson, 33' 1/4"; 14. Nicole Sojka, 32' 7 1/2"; 16. Shelli Green, 29' 4"

**Discus**- 3. Alex Costigan, 115'1"; 4. Chelsey Keller, 114'5"; 9. Molly Hanson, 103'4"; 12. Shelli Green, 101'5"; 15. Erin Bilsten, 94'7"; 16. Nicole Sojka, 86'

**Hammer throw**- 9. Chelsey Keller, 125'; 12. Alex Costigan, 120'11"; 14. Shelli Green, 116'1"; 18. Erin Bilsten, 101'; 19. Nicole Sojka, 100'; 20. Alicia Whisner, 96'7"

**Javelin**- 3. Steph Hillman, 128'10"; 4. Alicia Whisner, 125'8"; 8. Dana Wilkerson, 109'8"; 10. Alex Costigan, 104'11"

Doane Relays  
April 22, 2005  
Doane College  
Crete, Neb.

### No team scores

### Central's individual results

**100 meters**— 6. Andrea Meyer, 13.16; 10. Katera O'Rourke, 14.59

**100 meter hurdles**- 14. Steph Hillman, 17.48

**200 meters**— 10. Kari Hutchinson, 27.79

**1,500 meters**— 20. Lori Risser, 5:29.71; 21. Lisa Slater, 5:30.1; 23. Alex Olson, 5:32.75; 27. Jana Titus, 6:00.38

**5,000 meters**— 6. Lori Risser, 20:24.94; 8. Lisa Slater, 20:41.73; 13. Jana Titus, 21:23.88

**10,000 meters**— 4. Megan Slater, 40:58.39; 7. Amanda Wood, 45:07.94

**4x100 meter relay**— 50.76

**Sprint medley**— 4:45.8

**High jump**— 5. Angie Vander Leest, 5' 4 1/4"

**Pole vault**— 8. Kim Flaherty, 10'6"; 10. Andrea Meyer, 10'6"

**Long jump**— 10. Steph Hillman, 15'7 1/4"; 11. Justice Weaver, 15'4"

**Triple jump**— 15. Jenny Owens, 31'9"

**Discus**— 9. Alex Costigan, 132'5"; 19. Chelsey Keller, 114'7"; 23. Shelli Green, 111'2"; 25. Molly Hanson, 107'6"; 30. Nicole Sojka, 88'10"

**Hammer throw**— 19. Chelsey Keller, 129'5"

**Javelin**- 4. Steph Hillman, 125'9"; 5. Alicia Whisner, 119'11"; 10. Alex Costigan, 109'4";

**Shot put**— 10. Chelsey Keller, 41'; 14. Alex Costigan, 39'8"; 23. Nicole Sojka, 34'9"; 25. Molly Hanson, 33'6"; 28. Shelli Green, 30'5"

Kansas Relays  
April 21-23, 2005  
Lawrence, Kan.

### No team scores

### Central's individual results

**3000 meter steeplechase** — 5. Jill Rozendaal, 11:34.01

**100 meter**- 26. Danielle Hutchinson, 12.82

**5,000 meters**— 6. Beth Cunningham, 18:06.35

**Distance medley relay**— 3. D.Hutchinson/Cunningham/Hunerdosse/Rozendaal, 12:38.69

Simpson College Twilight Open  
April 29, 2005  
Simpson College  
Indianola, Iowa

### No team scores

### Central's individual results

**100 meters**— 13. Justice Weaver, 13.37

**200 meters**— 8. Jenny Owens, 27.39; 14. Justice Weaver, 27.81; 18. Stacy Holthaus, 28.88; 24. Katera O'Rourke, 30.28

**800 meters**— 19. Kari Hunerdosse, 2:34.14; 23. Lisa Slater, 2:37.36; 31. Alex Olson, 2:42.93; 32. Megan Slater, 2:46.8; 34. Amanda Wood, 2:48.77; 35. Jana Titus, 3:01.08

**1500 meters**— 1. Jill Rozendaal, 4:47.48; 15. Kari Hunerdosse, 5:00.68; 30. Megan Slater, 5:18.53; 33. Alex Olson, 5:22.04; 45. Amanda Wood, 5:37.31; 47. Jana Titus, 5:43.35

**5000 meters**— 4. Jill Rozendaal, 18:22.74; 13. Lori Risser, 19:44.66; 29. Andi Baiotto, 21:31.08

**3000 meter steeplechase**— 11. Lisa Slater, 12:51.93

**Pole vault**— 3. Kim Flaherty, 10'6"; 7. Andrea Meyer, 10'

**Triple jump**— 4. Andrea Meyer, 34'5 3/4"

**Javelin**— 3. Alicia Whisner, 120'; 6. Alex Costigan, 105'2"

**Shot put**— 3. Chelsey Keller, 40' 2 3/4"; 3. Alex Costigan, 40'2 3/4"; 9. Nicole Sojka, 34'1 1/2"; 12. Molly Hanson, 30'8 1/2"; 14. Shelli Green, 29'7 1/4"

**Discus**— 4. Alex Costigan, 131'7"; 9. Chelsey Keller, 122'2"; 10. Alicia Whisner, 121'7"; 11. Molly Hanson, 110'8"; 12. Shelli Green, 109'6"; 17. Nicole Sojka, 96'8"

**High jump**— 3. Angie Vander Leest, 5'4 1/4"

**Long jump**— 8. Justice Weaver, 15'8 1/4"; 14. Jenny Owens, 14'8"

**Hammer throw**— 4. Chelsey Keller, 138'10"; 5. Molly Hanson, 133'10"; 7. Shelli Green, 116'5"; 9. Alex Costigan, 108'4"; 10. Erin Bilsten, 104'; 11. Alicia Whisner, 101'1"

Drake Relays  
April 28-30, 2005  
Drake University  
Des Moines, Iowa

### No team scores

**4x100 meter relay**— 28. Meyer/Owens/D. Hutchinson/K. Hutchinson, 56.31

**4x400 meter relay**— 31. Wilkerson/D. Hutchinson/Hillman/K. Hutchinson, 4:09

**10,000 meters**— 11. Beth Cunningham, 37:17.67

## 2005 WOMEN'S OUTDOOR SEASON RESULTS

Loras Open  
April 30, 2005  
Loras College  
Dubuque, Iowa

### No team scores

**Javelin**– 5. Steph Hillman, 111'9"; 10. Alex Costigan, 97'6"  
**High jump**– 11. Steph Hillman, 4'8 1/4"  
**Shot put**– 8. Alex Costigan, 38'8 3/4"; 10. Chelsey Keller, 38'1 1/4";  
19. Nicole Sojka, 33'8"; 24. Shelli Green, 29'  
**Discus**– 6. Alex Costigan, 127'7"; 11. Shelli Green, 109'4"; 13. Molly  
Hanson, 107'2"; 18. Chelsey Keller, 94'5"; 19. Nicole Sojka, 90'2"  
**Hammer throw**– 13. Chelsey Keller, 136'2"; 13. Chelsey Keller,  
136'2"; 16. Alex Costigan, 126' 7"; 19. Molly Hanson, 123'7"; 22. Shelli  
Green, 113'10"; 26. Nicole Sojka, 99'4"

Simpson Invitational  
May 6, 2005  
Simpson College  
Indianola, Iowa

1. Concordia-Moorhead (Minn.) 212.50; **2. Central 180**; 3.  
Simpson 136.33; 4. Illinois College 59; 5. Grinnell 46; 6. Iowa  
Central 36; 7. Augustana (S.D.) 10

### Central's individual results

**3000 meter run**– 4. Megan Slater, 11:49.18; 5. Andi Baiotto,  
12:23.48; 6. Amanda Wood, 12:34.10  
**4x100 meter relay**– 1. Meyer/Owens/D. Hutchinson/K. Hutchinson,  
50.15  
**1500 meters**– 2. Beth Cunningham, 4:48.52; 3. Jill Rozendaal,  
4:50.69; 10. Lori Risser, 5:19.82  
**400 meters**– 2. Kari Hutchinson, 1:00.35  
**100 meters**– 2. Danielle Hutchinson, 13.05; 5. Jenny Owens, 13.35;  
9. Katera O'Rourke, 14.31  
**800 meters**– 6. Kari Hunderdosse, 2:26.53; 15. Alex Olson, 2:37.6;  
16. Lisa Slater, 2:39.9  
**200 meters**– 2. Kari Hutchinson, 26.75; 12. Stacy Holthaus, 29.1;  
16. Katera O'Rourke, 29.97  
**5,000 meters**– 3. Jana Titus, 20:35.12  
**Hammer throw**– 2. Chelsey Keller, 142'6"; 4. Alex Costigan, 132'10";  
5. Molly Hanson, 127'1"; 8. Shelli Green, 119'3"; 9. Alicia Whisner, 118'7";  
10. Erin Bilsten, 111'11"; 11. Nicole Sojka, 105'4"  
**Pole vault**– 2. Kim Flaherty, 9'5 3/4"  
**Triple jump**– 1. Jenny Owens, 33' 3 3/4"  
**Javelin**– 3. Alex Costigan, 114'4"  
**Shot put**– 1. Alex Costigan, 42'2 1/4"; 2. Chelsey Keller, 40' 4 3/4"; 5.  
Molly Hanson, 34'9"; 6. Nicole Sojka, 33' 9 1/2"  
**Discus**– 1. Alex Costigan, 121'9"; 3. Alicia Whisner, 112'7"; 4.  
Chelsey Keller, 110'10"; 6. Shelli Green, 102'10"; 7. Molly Hanson, 100'5";  
9. Nicole Sojka, 90'6"; 10. Erin Bilsten, 88'10"  
**High jump**– 1. Angie Vander Leest, 5'5"  
**Long jump**– 1. Danielle Hutchinson, 17' 3/4"; 6. Jenny Owens,  
16'1"; 7. Justice Weaver, 16' 1/2"

Iowa Conference outdoor championships  
Heptathlon  
May 6-7, 2005  
Loras College  
Dubuque, Iowa

### Central's individual results

2. Dana Wilkerson 4,479; 5. Steph Hillman 4,225  
**200 meters**– 4. Dana Wilkerson, 26.93; 11. Steph Hillman, 27.89  
**800 meters**– 2. Dana Wilkerson, 2:24.63; 6. Steph Hillman, 2:31.4  
**100 meter hurdles**– 5. Dana Wilkerson, 16.12; 6. Steph Hillman,

16.26

**Long jump**– 2. Dana Wilkerson, 16'7 1/4"; 6. Steph Hillman, 15'11  
1/2"  
**Shot put**– 1. Dana Wilkerson, 35' 1 1/4"; 3. Steph Hillman, 31' 11  
1/4"  
**Javelin**– 1. Steph Hillman, 122' 4"; 5. Dana Wilkerson, 105'4"  
**High jump**– 4. Dana Wilkerson, 4'11 3/4"; 8. Steph Hillman, 4'9 1/2"

Iowa Conference championships  
May 13-14, 2005  
Loras College  
Dubuque, Iowa

1. Wartburg 224; 2. Loras 168; 3. Luther 141.5; **4. Central 92**; 5.  
Cornell 63; 6. Simpson 57.5; 7. Coe 39.5; 8. Buena Vista 22; 9. Dubuque  
12

### Central's individual results

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

Central Last Chance Open  
May 18, 2005  
Central College  
Pella, Iowa

### No team scores

### Central's individual results

**800 meters**–1. Jill Rozendaal, 2:19.7  
**High jump**–1. Angie Vander Leest, 5' 6"  
**Shot put**–5. Chelsey Keller, 40' 8.25"; 6. Alex Costigan, 39' 1.75"; 8.  
Dana Wilkerson, 35' 2"; 9. Molly Hanson, 33' 3.75"  
**Discus throw**–3. Alex Costigan, 131' 7"; 8. Molly Hanson, 112' 3"; 9.

## 2005 WOMEN'S OUTDOOR SEASON RESULTS

Chelsey Keller, 110' 4"; 10. Alicia Whisner, 110' 3"

**Hammer throw**—10. Chelsey Keller, 137' 9"; 11. Molly Hanson, 129'

7"

**Javelin throw**—1. Steph Hillman, 104' 9"

North Central Invitational

May 19, 2005

North Central College

Naperville, Ill.

No team scores

Central's individual results

**5,000 meters**—1. Beth Cunningham, 17:35.99

Augustana Twilight Open

May 20, 2005

Augustana College

Rock Island, Ill.

No team scores

Central's individual results

**3,000 meter steeplechase**—3. Jill Rozendaal, 11:17.3

**Discus throw**—4. Alex Costigan, 130' 4"

**Javelin throw**—2. Alicia Whisner, 127' 4"; 5. Steph Hillman, 123'; 7.

Dana Wilkerson, 115' 7"

**Shot put**—5. Chelsey Keller, 40' 10.25"; 6. Alex Costigan, 40' .75"

**Hammer throw**—6. Chelsey Keller, 135' 8"

**High jump**—1. Angie Vander Leest, 5' 4.25"

**Heptathlon**— Steph Hillman DNF

**100 meter hurdles**- 17.45 547 points

**High jump**- 4' 9.75" 588 points

**Shot put**- 32' 10.5" 531 points

**200 meters**- 28.35 604 points

**Long jump**- 15' 6" 485 points

**Javelin**- 125'9" 635 points

**800 meters**- DNS

NCAA Division III championships

May 26-28, 2005

Walston-Hoover Stadium

Wartburg College

Waverly, Iowa

1. Wartburg 43; 2. tie, Wis.-Oshkosh, Calvin 42; 4. College of New Jersey 41; 5. tie, Amherst, St. Thomas 32; **52. tie, Central 4.**

Central's individual results

**5,000 meters**-18. Beth Cunningham, 18:22.84

**High Jump**-11. Angie Vander Leest, 5'3"

**Javelin**-5. Alicia Whisner, 139'

**Heptathlon**—10. Dana Wilkerson

**100 meter hurdles**- 16.01 713 points

**High jump**- 4'11" 621 points

**Shot put**- 34'5 1/2" 562 points

**200 meters**- 27.65 659 points

**Long jump**- 16'6 1/2" 570 points

**Javelin**- 120'10" 607 points

**800 meters**- 2:27.66 723 points

**Total points**- **4,455**

## 2005 WOMEN'S TRACK AND FIELD LETTERWINNERS

Name	Yr.	Events	Hometown	High school
***Andi Baiotto	Jr.	5k-10k	Kirksville, Mo.	Kirksville
**Alex Costigan	Jr.	SP,DT,HT, JT	White Bear Lake, Minn.	White Bear Lake
****Beth Cunningham	Sr.	1500-10K	Davenport, Iowa	Davenport Central
***Kim Flaherty	Jr.	PV	Holdrege, Neb.	Holdrege
***Molly Hanson	Jr.	SP,DT,HT	Elgin, Iowa	Valley
*Stephanie Hillman	So.	Hep, JT	Grand Junction, Iowa	East Greene
*Stacy Holthaus	Fr.	100-200	Urbandale, Iowa	Urbandale
*Kari Hunerdosse	Sr.	800-1500	Fairfield, Iowa	Fairfield
**Danielle Hutchinson	So.	100-200, LJ	New London, Iowa	Mount Pleasant
*Kari Hutchinson	Fr.	100-400	Charles City, Iowa	Charles City
*Shelli Green	So.	SP,DT,HT	Lake City, Iowa	Southern Calhoun
**Chelsey Keller	So.	SP,DT,HT	Fairfield, Iowa	Fairfield
***Mackenzie Lauman	Jr.	400-1500	Coin, Iowa	Shenandoah
***Andrea Meyer	Jr.	100-200,PV,TJ	Avoca, Neb.	Syracuse
*Alex Olson	Fr.	800-1500	Ames, Iowa	Gilbert
*Jenny Owens	Fr.	100-400, LJ	Council Bluffs, Iowa	Treynor
*Katera O'Rourke	Fr.	100-200	Earlham, Iowa	Earlham
***Katie Pederson	Jr.	HJ	Lake Mills, Iowa	Lake Mills
****Lori Risser	Sr.	1500-10K	Murray, Iowa	Murray
****Jill Rozendaal	Sr.	800-5K, Steeple	Grinnell, Iowa	Lynnville-Sully
***Lisa Slater	Jr.	800-1500, Steeple	Essex, Iowa	Essex
***Megan Slater	Sr.	1500-10K	Essex, Iowa	Essex
*Nicole Sojka	Fr.	SP,DT,HT	Winnebago, Ill.	Winnebago
**Jana Titus	So.	1500-10k	Collins, Iowa	Collins-Maxwell
****Angie Vander Leest	Sr.	HJ	Sully, Iowa	Lynnville-Sully
*Justice Weaver	Fr.	100-200,LJ,TJ	Moulton, Iowa	Schuyler R-1
**Alicia Whisner	So.	100H,400H,JT,Hep	Adel , Iowa	Adel-DeSoto-Minburn
***Dana Wilkerson	Jr.	200-400,100H, Hep	North English, Iowa	English Valleys
***Amanda Wood	Jr.	1500-10k	Pocahontas, Iowa	Pocahontas

\*letters earned

Head coach:	Kevin Sanger	
Assistants:	Guy Mosher	Sprints, Hurdles, Jumps, Multi-events
	Jeff Bovee	800-10 K, Steeplechas
	Eric Pingel	Pole vault
	Mike Marcinkowski	Throws
	Stephen Fyfe	5 K-10 K
	Katie Button	Jumps