



# Women's outdoor TRACK & FIELD

## 2006 OUTDOOR SEASON AND CAREER BESTS -- FIELD EVENTS

### High jump

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

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

**NCAA automatic qualifying standard:** 5'7.5"

Name	Season	Date	Career	Site	Date
Katie Pederson	5'4.25"	5-17	5'4.5"	Indianola	4-23-04
Dana Wilkerson	5'1.75"	5-5	5'1.75"	Decorah	5-5-06
Steph Hillman	4'10.25"	5-5	4'10.25"	Decorah	5-5-06
Tiffany Bowling	4'9"	4-22	4'9"	Grinnell	4-22-06

### Long jump

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

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

**NCAA automatic qualifying standard:** 19'5"

Name	Season	Date	Career	Site	Date
Dana Wilkerson	17'7.5"	5-6	17'7.5"	Decorah	5-6-06
Andrea Meyer	16'9.75"	5-12	16'9.75"	Decorah	5-12-06
Steph Hillman	16'5.25"	5-19	16'5.25"	Rock Island, Ill.	5-19-06
Jenny Owens	16'2.25"	4-12	16'4.25"	Dubuque	5-13-05
Justice Weaver	15'5"	4-22	15'5"	Grinnell	4-22-06
Mallory Rutkey	14'10"	4-22	14'10"	Grinnell	4-22-06

### Triple jump

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

**NCAA provisional qualifying standard:** 37'1"

**NCAA automatic qualifying standard:** 39'4.5"

Name	Season	Date	Career	Site	Date
Andrea Meyer	35'8"	5-13	35'8"	Decorah	5-13-06
Jenny Owens	34'5"	5-5	34'5"	Indianola	5-5-06
Mallory Rutkey	33'2.25"	3-31	33'2.25"	St. Louis, Mo.	4-1-06
Justice Weaver	31'6.5"	5-13	31'6.5"	Decorah	5-13-06

### Shot put

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

**NCAA provisional qualifying standard:** 42'2"

**NCAA automatic qualifying standard:** 46'10.25"

Name	Season	Date	Career	Site	Date
Chelsey Keller	+44'6"	5-13	44'6"	Decorah	5-13-06
Alex Costigan	40'8.75"	4-1	42'2.25"	Indianola	5-6-05
Angela Sheridan	40'4.75"	5-13	40'4.75"	Decorah	5-13-06
Rachel Boeke	39'3.25"	4-28	39'3.25"	Indianola	4-28-06
Alicia Whisner	39'1.25"	5-5	39'1.25"	Indianola	5-5-06
Nicole Sojka	34'9.5"	5-5	34'10.5"	Pella	4-2-05
Dana Wilkerson	32'10.25"	5-5	35'1.75"	Dubuque	5-6-05
Molly Hanson	31'4"	3-25	35'9.25"	Dubuque	5-14-05
Steph Hillman	31'2"	5-5	32'10.25"	Rock Island, Ill.	5-20-05

### Pole vault

**School record:** 11'3.75", Andrea Meyer, 2006

**NCAA provisional qualifying standard:** 11'1.75"

**NCAA automatic qualifying standard:** 12'2.75"

Name	Season	Date	Career	Site	Date
Andrea Meyer	+\$11'3.75	5-19	11'3.75"	Rock Island, Ill.	5-19-06
Kim Flaherty	10'10.75"	5-12	11'5"	Pella	5-2-04
Justice Weaver	9'10.75"	5-12	9'10.75"	Decorah	5-12-06
Emily Brown	8'5.25"	5-12	8'5.25"	Decorah	5-12-06

### 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
Rachel Boeke	132'10"	5-5	132'10"	Indianola	5-5-06
Alex Costigan	132'6"	5-5	135'9"	Pella	4-2-05
Alicia Whisner	130'10"	5-5	130'10"	Indianola	5-5-06
Chelsey Keller	130'1"	4-12	130'1"	Dubuque	4-12-06
Angela Sheridan	122'6"	5-5	122'6"	Indianola	5-5-06
Molly Hanson	118'	4-12	118'	Dubuque	4-12-06
Shelli Green	117'7"	5-5	127'1"	Pella	4-3-04
Nicole Sojka	100'1"	4-28	100'1"	Indianola	4-28-06
Danielle Francois	103'6"	5-17	103'6"	Cedar Rapids	5-17-06

### 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	150'9"	4-22	150'9"	Grinnell	4-22-06
Molly Hanson	138'9"	4-22	138'9"	Grinnell	4-22-06
Alicia Whisner	136'5"	5-5	136'5"	Indianola	5-5-06
Alex Costigan	132'1"	5-5	132'10"	Indianola	5-6-05
Shelli Green	131'9"	5-5	131'9"	Indianola	5-5-06
Angela Sheridan	127'2"	5-5	127'2"	Indianola	5-5-06
Danielle Francois	115'4"	4-12	115'4"	Dubuque	4-12-06
Nicole Sojka	114'	4-22	114'	Grinnell	4-22-06

### Javelin

**School record:** 148'3", Alicia Whisner, 2006

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

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

Name	Season	Date	Career	Site	Date
Alicia Whisner	*\$148'3"	5-27	148'3"	Lisle, Ill.	5-27-06
Alex Costigan	*146'6"	5-27	146'6"	Lisle, Ill.	5-27-06
Steph Hillman	+129'10"	5-17	129'10"	Cedar Rapids	5-17-06
Dana Wilkerson	129'8"	5-26	129'8"	Lisle, Ill.	5-13-05
Rachel Boeke	122'4"	5-12	122'4"	Decorah	5-12-06
Emily Conway	97'6"	4-28	97'6"	Indianola	4-28-06
Kari Hutchinson	88'6"	4-8	88'6"	Waverly	4-8-06
Angela Sheridan	81'2"	3-31	81'2"	St. Louis, Mo.	3-31-06

+ 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:** 11.97

Name	Season	Date	Career	Site	Date
Jenny Owens	12.63	5-5	12.63	Indianola	5-5-06
Whitney Sayre	13.03	5-5	13.03	Indianola	5-5-06
Kari Hutchinson	13.21	4-12	13.21	Dubuque	4-12-06
Justice Weaver	13.32	5-5	13.32	Indianola	5-5-06
Tiffany Bowling	13.91	4-28	13.91	Indianola	4-28-06
Emily Conway	13.96	5-5	13.96	Indianola	5-5-06
Stacy Holthaus	14.40	5-12	14.10	Pella	4-2-05

### 100 meter hurdles

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

**NCAA provisional qualifying standard:** 15.03

**NCAA automatic qualifying standard:** 14.43

Name	Season	Date	Career	Site	Date
Dana Wilkerson	15.80	5-27	15.80	Lisle, Ill.	5-25-05
Steph Hillman	16.22	5-18	16.22	Rock Island, Ill.	5-18-06
Stacy Holthaus	16.60	5-5	16.60	Indianola	5-5-06

### 200 meters

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

**NCAA provisional qualifying standard:** 25.36

**NCAA automatic qualifying standard:** 24.5

Name	Season	Date	Career	Site	Date
Kari Hutchinson	26.10	5-5	26.10	Indianola	5-5-06
Jenny Owens	26.70	5-5	26.70	Indianola	5-5-06
Dana Wilkerson	27.12	4-22	26.93	Dubuque	5-6-05
Justice Weaver	27.42	5-5	27.42	Indianola	5-5-06
Stacy Holthaus	27.46	5-5	27.46	Indianola	5-5-06
Steph Hillman	27.56	5-18	27.56	Rock Island, Ill.	5-18-06
Whitney Sayre	27.76	4-8	27.76	Waverly	4-8-06
Emily Conway	28.93	4-1	28.93	St. Louis, Mo.	4-1-06

### 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	59.45	5-13	59.45	Decorah	5-13-06
Steph Hillman	1:01.70	5-12	1:01.70	Decorah	5-12-06
Dana Wilkerson	1:02.70	5-12	1:02.70	Decorah	5-12-06

### 400 meter hurdles

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

**NCAA provisional qualifying standard:** 1:04.14

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

Name	Season	Date	Career	Site	Date
Jessica Clark	1:06.64	5-13	1:06.64	Decorah	5-13-06
Chantelle MacVey	1:08.56	5-5	1:08.56	Indianola	5-5-06
Steph Hillman	1:11.28	4-22	1:09.49	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
Mackenzie Lauman	2:14.11	5-19	2:14.11	Naperville, Ill.	5-19-06
Dana Wilkerson	2:22.69	5-26	2:22.69	Lisle, Ill.	5-26-06
Liz Nosbisch	2:22.90	5-13	2:22.90	Decorah	5-13-06
Steph Hillman	2:24.14	5-19	2:24.14	Rock Island, Ill.	5-19-06
Nikki Thomas	2:37.36	4-1	2:37.36	St. Louis, Mo.	4-1-06

### 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
Mackenzie Lauman	4:43.68	4-1	4:43.68	St. Louis, Mo.	4-1-06
Liz Nosbisch	4:57.92	5-13	4:57.92	Decorah	5-13-06
Nikki Thomas	5:12.67	5-5	5:12.72	Indianola	5-5-06
Lisa Slater	5:31.07	5-13	5:18.53	Indianola	4-29-05
Amanda Wood	5:36.50	4-22	5:19.97	Pella	4-22-03

### 3,000 meter steeplechase

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

**NCAA provisional qualifying standard:** 11:20

**NCAA automatic qualifying standard:** 10:48

Name	Season	Date	Career	Site	Date
Nicki Thomas	12:29.13	4-22	12:29.13	Grinnell	4-22-06

### 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
Nicki Thomas	19:24.91	4-28	19:24.91	Indianola	4-28-06
Amanda Wood	21:15.31	4-28	20:25.64	Pella	4-5-03

+ 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:** 37:40

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

Name	Season	Date	Career	Site	Date
Amanda Wood	44:12.8	4-8	44:12.8	Waverly	4-8-06

### 4x100 meter relay

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

**NCAA provisional qualifying standard:** 48.8

**NCAA automatic qualifying standard:** 47.5

Names	Season	Date
A.Meyer/J.Owens/K.Hutchinson/J.Weaver	49.71	4-28-06
W.Sayre/J.Owens/K.Hutchinson/J.Weaver	50.57	4-12-06
T.Bowling/J.Owens/S.Holthaus/J.Weaver	51.30	4-22-06
T.Bowling/W.Sayre/S.Holthaus/C.MacVey	52.65	4-28-06
T.Bowling/M.Rutkey/J.Clark/C.MacVey	53.10	4-12-06

## SEASON AND CAREER BESTS -- RUNNING EVENTS

### 4x400 meter relay

**School record:** 3:55.1, Lori Sears, Christy Carle, Beth Thurn, Nancy Cisar, 1984

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

**NCAA automatic qualifying standard:** 3:49.6

Names	Season	Date
D.Wilkerson/K.Hutchinson/J.Clark/M.Lauman	3:59.90	4-28-06
D.Wilkerson/K.Hutchinson/J.Clark/S.Hillman	4:04.50	4-1-06
K.Hutchinson/J.Clark/C.MacVey/S.Holthaus	4:06.17	5-5-06
C.MacVey/K.Hutchinson/S.Hillman/J.Owens	4:07.45	4-22-06
K.Hutchinson/M.Lauman/L.Nosbisch/J.Clark	4:07.70	4-8-06
C.MacVey/J.Owens/W.Sayre/L.Nosbisch	4:18.88	4-12-06

### 4x800 meter relay

**School Record:**

Names	Season	Date
L.Nosbisch/N.Thomas/J.Clark/M.Lauman	9:57.40	4-22-06

### Distance medley relay

**School Record:** 12:31.66, Liz Nosbisch, Steph Hillman, Jessica Clark, Mackenzie Lauman, 2006

Names	Season	Date
L.Nosbisch/S.Hillman/J.Clark/M.Lauman	12:31.66	4-28-06

### 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	+4646	5-25/26	4546	Lisle, Ill.	5-26-06
Steph Hillman	+4312	5-18/19	4312	Rock Island, Ill.	5-19-06

+ NCAA Div. III provisional qualifier

\* NCAA Div. III automatic qualifier

\$ school record

## 2006 WOMEN'S OUTDOOR SEASON RESULTS

### 2006 Central College outdoor team results

March 25	Truman State Open	Kirksville, Mo.	No team scores
April 1	Washington (Mo.) Inv.	St. Louis, Mo.	2nd of 14
April 8	Wartburg Select Inv.	Waverly	3rd of 11
April 12	Loras Mid-Week Inv.	Dubuque	No team scores
April 22	Dick Young Classic	Grinnell	2nd of 15
April 28	Simpson Twilight Open	Indianola	No team scores
April 27-29	Drake Relays	Des Moines	No team scores
May 5-6	Iowa Conference multievents	Decorah	
May 5	Simpson Open	Indianola	1st of 8 teams
May 12-13	Iowa Conference	Decorah	2nd of 9 teams
May 17	Coe Last Chance Open	Cedar Rapids	No team scores
May 18-19	North Central Last Chance Open	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

### Individual honors

#### NCAA Division III All-America honorees

Alicia Whisner, javelin  
Alex Costigan, javelin  
Dana Wilkerson, heptathlon

#### Iowa Conference Athlete of the Week Award

Dana Wilkerson April 10  
Dana Wilkerson May 8

#### USTFCCCA All-Academic Team

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

### Team awards

#### Most Valuable Performer Award

Dana Wilkerson

#### Most Improved Performer Award

Liz Nosbisch

#### Most Valuable Field Event Performer Award

Chelsey Keller

#### Effort Award

Kari Hutchinson

#### Most Valuable Freshman Award

Jessica Clark

#### 2006 captains

Katie Pederson, Alex Costigan, Mackenzie Lauman

#### 2007 captains

Alicia Whisner, Steph Hillman, Shelli Green, Kari Hutchinson

### NCAA Division III championship qualifiers

May 25-27, Benedictine University; Lisle, Ill.  
Automatic qualifiers

EventName	Mark	Date	Site
*Javelin	Alicia Whisner	144'5"	April 28 Des Moines

### Provisional qualifiers

Event	Name	Mark	Date	Site
*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.

\*accepted for NCAA meet

### New school records

**Pole vault**--11'3.75", Andrea Meyer, Rock Island, Ill., May 19, 2006

**Distance medley relay**--12:31.66, Liz Nosbisch, Steph Hillman, Jessica Clark, Mackenzie Lauman, Des Moines, April 28, 2006

**Javelin**--148'3", Alicia Whisner, Lisle, Ill., May 27, 2006

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

No.	School	Region	Points
1	Wis.-Oshkosh	Midwest	218.59
2	Wis.-La Crosse	Midwest	208.28
3	Calvin (Mich.)	Great Lakes	203.74
4	Wheaton (Ill.)	Midwest	195.01
5	Williams	New England	193.56
6	Wis.-Eau Claire	Midwest	192.81
7	Ishington Univ.	Midwest	192.39
8	Wartburg	Central	190.55
9	Willamette Univ.	West	189.61
10	Carthage	Midwest	188.68
11	North Central	Midwest	183.64
12	Nebraska Wesleyan	Central	183.10
13	Augustana	Midwest	182.94
<b>14</b>	<b>Central</b>	<b>Central</b>	<b>182.29</b>
15	Ithaca	Atlantic	179.84
16	Tufts Univ.	New England	179.26
17	Concordia (Minn.)	Central	177.88
18	SUNY Brockport	Atlantic	177.70
19	Claremont-Mudd-Scr.	West	176.29
20	Monmouth (Ill.)	Midwest	174.12

## 2006 WOMEN'S OUTDOOR SEASON RESULTS

Truman State Open  
March 25, 2006  
Truman State  
Kirksville, 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, 34'2.5"; 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.

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.

#### 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. Nikki Thomas, 2:37.36

**1500 meters-** 2. Mackenzie Lauman, 4:43.68; 13. Nikki 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'.25"

**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

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

**10,000 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

**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

## 2006 WOMEN'S OUTDOOR SEASON RESULTS

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

**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

## 2006 WOMEN'S OUTDOOR SEASON RESULTS

**4x400 meter relay-** 19. D.Wilkerson/K.Hutchinson/J.Clark/M. Lauman, 3:59.90

**4x100 meter relay-** 2. (Heat)

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

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, 31'2", 497 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

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 steeplechase-** 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"

## 2006 WOMEN'S OUTDOOR SEASON RESULTS

**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--15'8.25", 500 points

Javelin--106'11", 526 points

## 2005 WOMEN'S TRACK AND FIELD OUTDOOR SEASON ROSTER

<b>Name</b>	<b>Events</b>	<b>Year</b>	<b>Hometown</b>	<b>High school</b>	<b>Award</b>
Andi Baiotto	800,1500,5K	Sr.	Kirksville, Mo.	Kirksville	Fourth letter
Rachel Boeke	Throws	Fr.	Cedar Rapids, Iowa	Thomas Jefferson	First letter
Amy Boesenberg	1500,5K,10K	Fr.	Cedar Rapids, Iowa	Alburnett	Freshman award
Tiffany Bowling	100H, 400H, 400	Fr.	Bussey, Iowa	Twin Cedars	First letter
Emily Brown	PV	Fr.	Ankeny, Iowa	Ankeny	First letter
Jessica Clark	400, 400H, 800, 100H	Fr.	Port Byron, Ill.	Riverdale	First letter
Emily Conway	100H, Hep, Throws	Fr.	Grinnell, Iowa	Grinnell	First letter
Alex Costigan	Throws	Sr.	White Bear Lake, Minn.	White Bear Lake	Third letter
Kim Flaherty	PV	Sr.	Holdrege, Neb.	Holdrege	Fourth letter
Danielle Francois	Throws	Fr.	Central City, Iowa	Alburnett	First letter
Shelli Green	Throws	Jr.	Lake City, Iowa	Southern Cal	Second letter
Molly Hanson	Throws	Jr.	Elgin, Iowa	Valley	Third letter
Stephanie Hillman	Hep, JT, 800,400H	Jr.	Grand Junction, Iowa	East Greene	Second letter
Stacy Holthaus	100-400, 100H	So.	Urbandale, Iowa	Urbandale	Second letter
Kari Hutchinson	100-400	So.	Charles City, Iowa	Charles City	Second letter
Chelsey Keller	Throws	Jr.	Fairfield, Iowa	Fairfield	Third letter
Mackenzie Lauman	400-1500	Sr.	Coin, Iowa	Shenandoah	Fourth letter
Chantelle MacVey	200, 400, 400H, 800	Fr.	Newton, Iowa	Newton	First letter
Andrea Meyer	PV,TJ,100-200	Sr.	Avoca, Neb.	Syracuse	Fourth letter
Amy Morrison	1500	Jr.	Middle Amana, Iowa	Iowa Valley	Reserve award
Liz Nosbisch	400-800	Sr.	Dyersville, Iowa	Beckman	First letter
Jenny Owens	100-400, LJ, TJ	So.	Treynor, Iowa	Treynor	Second letter
Katie Pederson	HJ	Sr.	Lake Mills, Iowa	Lake Mills	Fourth letter
Mallory Rutkey	TJ	So.	Leadville, Colo.	Lake County	First letter
Whitney Sayre	100-400	Fr.	Panora, Iowa	Panorama	First letter
Angela Sheridan	Throws	Fr.	Dubuque, Iowa	Wahlert	First letter
Lisa Slater	800-1500	Sr.	Essex, Iowa	Essex	Fourth letter
Nicole Sojka	Throws	So.	Winnebago, Ill.	Winnebago	Second letter
Nicki Thomas	Distance	Fr.	Omaha, Neb.	Millard North	First letter
Justice Weaver	100-400,LJ,TJ	So.	Moulton, Iowa	Schuyler R-1	Second letter
Alicia Whisner	100H,400H,JT,Hep	Jr.	Adel , Iowa	ADM	Third letter
Dana Wilkerson	200-800, Hep	Sr.	North English, Iowa	English Valleys	Fourth letter
Amanda Wood	1500-5k	Sr.	Pocahontas, Iowa	Pocahontas	Fourth letter

Coach: Kevin Sanger

Assistants: Guy Mosher (sprints, hurdles, jumps, multi-events)

Eric Pingel (pole vault, jumps, sprints, hurdles)

Jeff Bovee (800, 1500, 5k, 10k, steeple)

Stephen Fyfe (5k-10k)

Mike Marcinkowski (shot put, discus, weight/hammer)

Jay Rhoten (sprints)