



Women's outdoor TRACK & FIELD

2007 OUTDOOR SEASON AND CAREER BESTS – RUNNING EVENTS

100 meters

School record: 11.9, Carla Huddle, 1979

NCAA provisional qualifying standard: 12.32

NCAA automatic qualifying standard: 11.97

Name	Season	Date	Career	Site	Date
Jenny Owens	12.81	5-4	12.63	Indianola	5-5-06
Linsey Current	13.08	4-14	13.08	Des Moines	4-14-07
Whitney Sayre	13.23	4-6	13.03	Indianola	5-5-06
Ashley Lippincott	13.27	5-11	13.27	Indianola	5-11-07
Chantelle MacVey	13.29	5-16	13.29	Pella	5-16-07

200 meters

School record: 24.78, Nancy Cisar, 1984

NCAA provisional qualifying standard: 25.29

NCAA automatic qualifying standard: 24.55

Name	Season	Date	Career	Site	Date
Kari Hutchinson	25.11	5-24	25.11	Oshkosh, Wis.	5-24-07
Jenny Owens	26.60	5-4	26.70	Indianola	5-5-06
Steph Hillman	26.9	4-16	26.9	Pella	4-16-07
Linsey Current	27.22	4-14	27.22	Des Moines	4-14-07
Alicia Dusenbury	27.26	4-14	27.26	Des Moines	4-14-07
Amanda Nuese	27.3	4-16	27.3	Pella	4-16-07
Ashley Lippincott	27.31	5-11	27.31	Indianola	5-11-07
Chantelle MacVey	27.34	5-16	27.34	Pella	5-16-07
Whitney Sayre	27.77	4-14	27.76	Waverly	4-8-06
Emily DePenning	27.92	4-14	27.92	Des Moines	4-14-07

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	57.29	5-12	57.29	Indianola	5-12-07
Emily DePenning	1:01.12	4-27	1:01.12	Indianola	4-27-07
Rachelle Tipton	1:01.59	5-4	1:01.59	Pella	5-4-07
Alicia Dusenbury	1:03.21	4-21	1:03.21	Grinnell	4-21-07
Sara Mouw	1:06.72	4-21	1:06.72	Grinnell	4-21-07

800 meters

School record: 2:12.9, Becky Muhs, 1975

NCAA provisional qualifying standard: 2:14.7

NCAA automatic qualifying standard: 2:11.8

Name	Season	Date	Career	Site	Date
Rachelle Tipton	2:19.96	5-11	2:19.96	Indianola	5-11-07
Jess Clark	2:20.33	5-11	2:20.33	Indianola	5-11-07
Kari Hutchinson	2:22.15	5-5	2:22.15	Indianola	5-5-07
Mandie Barkley	2:22.58	5-11	2:22.58	Indianola	5-11-07
Steph Hillman	2:28.59	5-5	2:24.14	Rock Island, Ill.	5-19-06
Amy Ledvina	2:29.14	4-27	2:29.14	Indianola	4-27-07
Angie Berry	2:29.48	4-21	2:29.41	Grinnell	4-21-07
Jenni Hufford	2:29.89	4-27	2:29.89	Indianola	4-27-07
Liz Arentsen	2:36.67	5-4	2:36.67	Pella	5-4-07
Sara Mouw	2:37.35	4-27	2:37.35	Indianola	4-27-07
Amanda Nuese	2:43.9	4-17	2:43.9	Pella	4-17-07

1,500 meters

School record: 4:37.7, Cam Ratering, 1981

NCAA provisional qualifying standard: 4:40.2

NCAA automatic qualifying standard: 4:32.5

Name	Season	Date	Career	Site	Date
Jessica Clark	4:52.48	5-12	4:52.48	Indianola	5-12-07
Angie Berry	4:56.24	4-21	4:56.24	Grinnell	4-21-07
Amy Ledvina	4:58.97	4-27	5:58.97	Indianola	4-27-07
Mandie Barkley	5:07.01	5-12	5:07.01	Indianola	5-12-07
Jenni Hufford	5:13.13	4-27	5:13.13	Indianola	4-27-07
Kelsey Tompkins	5:21.05	5-16	5:21.05	Pella	5-16-07
Liz Arentsen	5:21.46	4-21	5:21.46	Grinnell	4-21-07
Connie Eshelman	5:29.83	4-27	5:29.83	Indianola	4-27-07
Heather Shives	5:55.48	4-14	5:55.48	Des Moines	4-14-07

3,000 meters

School record: 9:57.8, Ingrid Elvebak, 1985

NCAA provisional qualifying standard: not contested

NCAA automatic qualifying standard: not contested

Name	Season	Date	Career	Site	Date
Angie Berry	10:21.76	4-14	10:21.76	Des Moines	4-14-07
Liz Arentsen	11:45.68	4-14	11:45.68	Des Moines	4-14-07
Connie Eshelman	11:48.27	4-14	11:48.27	Des Moines	4-14-07

5,000 meters

School record: 17:35.99, Beth Cunningham, 2005

NCAA provisional qualifying standard: 17:40

NCAA automatic qualifying standard: 17:00

Name	Season	Date	Career	Site	Date
Angie Berry	+§17:16.65	5-17	17:16.65	Naperville, Ill.	5-17-07
Amy Ledvina	19:00.16	3-30	19:00.16	St. Louis, Mo.	3-30-07
Connie Eshelman	19:51.09	5-4	19:51.09	Pella	5-4-07
Kelsey Tompkins	20:25.42	3-30	20:25.42	St. Louis, Mo.	3-30-07
Liz Arentsen	21:20.10	3-30	21:20.10	St. Louis, Mo.	3-30-07

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
Kelsey Tompkins	46:02.37	5-11	46:02.37	Indianola	5-11-07

100 meter hurdles

School record: 14.42, Lori Sears, 1986

NCAA provisional qualifying standard: 15.0

NCAA automatic qualifying standard: 14.4

Name	Season	Date	Career	Site	Date
Kari Hutchinson	15.51	5-16	15.51	Pella	5-16-07
Steph Hillman	16.21	5-4	16.21	Indianola	5-4-07
Amanda Nuese	16.76	5-11	16.76	Indianola	5-11-07

2007 OUTDOOR SEASON AND CAREER BESTS – RUNNING EVENTS

400 meter hurdles

School record: 1:02.19, Lori Sears, 1984

NCAA provisional qualifying standard: 1:04.14

NCAA automatic qualifying standard: 1:02

Name	Season	Date	Career	Site	Date
Chantelle MacVey	1:05.18	5-11	1:05.18	Indianola	5-11-07

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

3,000 meter steeplechase

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

NCAA provisional qualifying standard: 11:16.5

NCAA automatic qualifying standard: 10:48

Name	Season	Date	Career	Site	Date
Amy Ledvina	11:32.56	5-12	11:32.56	Indianola	5-12-07
Jenni Hufford	12:25.69	5-12	12:25.69	Indianola	5-12-07
Kelsey Tompkins	12:59.17	4-14	12:59.17	Des Moines	4-14-07

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
Current/Owens/Hutchinson/Sayre	49.90	4-27
Current/Owens/Hutchinson/Tipton	50.00	4-21
Current/MacVey/Nuese/Sayre	50.68	5-4
Current/Owens/Nuese/Sayre	51.05	4-14
Current/Owens/Dusenbury/Tipton	51.08	3-31
Current/MacVey/Nuese/Lippincott	51.59	5-12
Nuese/MacVey/Sayre/Lippincott	51.60	4-21
Lippincott/MacVey/DePenning/Weaver	52.18	4-14
DePenning/MacVey/Weaver/Lippincott	52.88	3-31

4x400 meter relay

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

NCAA provisional qualifying standard: 3:56

NCAA automatic qualifying standard: 3:49.6

Names	Season	Date
Hutchinson/Owens/Tipton/Hillman	3:58.27	4-27
Tipton/Lippincott/Clark/MacVey	4:08.37	5-4
Tipton/Hillman/MacVey/Lippincott	4:09.32	5-12
DePenning/Owens/Dusenbury/Tipton	4:09.54	3-31
DePenning/Dusenbury/Clark/MacVey	4:10.21	4-21
DePenning/Lippincott/Tipton/Clark	4:11.10	4-14
Hutchinson/Lippincott/Owens/Hillman	4:15.14	4-6

Distance medley relay

School Record: 12:18.57, Jess Clark, Kari Hutchinson, Rachele Tipton, Angie Berry, 2007

NCAA provisional qualifying standard: not contested

NCAA automatic qualifying standard: not contested

Names	Season	Date
Clark/Hutchinson/Tipton/Berry	\$12:18.57	4-27

4x800 meter relay

School record:

NCAA provisional qualifying standard: not contested

NCAA automatic qualifying standard: not contested

Names	Season	Date
Ledvina/Barkley/Shives/Hufford	10:45.65	4-21

2007 OUTDOOR SEASON AND CAREER BESTS – FIELD EVENTS

Long jump

School record: 19'9.75, Katie Brees, 2000

NCAA provisional qualifying standard: 18' 1.25

NCAA automatic qualifying standard: 19'.25

Name	Season	Date	Career	Site	Date
Jenny Owens	17'6.25	4-21	17'6.25	Grinnell	4-21-07
Carissa Bentz	16'9.75	5-4	16'9.75	Pella	5-4-07
Kari Hutchinson	16'8.5	5-5	16'8.5	Indianola	5-5-07
Steph Hillman	16'7	5-5	16'7	Indianola	5-5-07
Amanda Nuese	15'.75	4-17	15'75	Pella	4-17-07

Triple jump

School record: 37'10, Kim Wilson, 2004

NCAA provisional qualifying standard: 37'3

NCAA automatic qualifying standard: 39'4.25

Name	Season	Date	Career	Site	Date
Jenny Owens	34'2.25	3-30	34'5	Indianola	5-5-06
Alicia Dusenbury	34'2.75	5-12	34'2.75	Indianola	5-12-07
Whitney Sayre	32'11	4-27	32'11	Indianola	4-27-07

High jump

School record: 5'7.25, Sandy Schultz, 1979

NCAA provisional qualifying standard: 5'5

NCAA automatic qualifying standard: 5'7.25

Name:	Season	Date	Career	Site	Date
Kari Hutchinson	5'2.5	5-24	5'2.5	Oshkosh, Wis.	5-24-07
Steph Hillman	4'9.5	5-4	4'10.25	Decorah	5-5-06
Amanda Nuese	4'7.75	4-16	4'7.75	Pella	4-16-07
Sara Mouw	4'4	4-6	4'4	Pella	4-6-07

Pole vault

School record: 11'3.75, Andrea Meyer, 2006

NCAA provisional qualifying standard: 11'5.75

NCAA automatic qualifying standard: 12'5.5

Name	Season	Date	Career	Site	Date
Justice Weaver	10'6	4-27	10'6	Indianola	4-17-07
Emily DePenning	9'	4-27	9'	Indianola	4-17-07
Ashley L. Feldman	8'3	5-4	8'3	Pella	5-4-07
Kristin Brodie	6'4.75	4-6	6'4.75	Pella	4-6-07

Shot put

School record: 45'8, Melissa Ferguson, 1986

NCAA provisional qualifying standard: 42'

NCAA automatic qualifying standard: 46'7.25

Name	Season	Date	Career	Site	Date
Chelsey Keller	+43'7.75	4-14	44'6	Decorah	5-13-06
Alicia Whisner	+43'4.25	5-18	43'4.25	Rock Island, Ill.	5-18-07
Rachel Boeke	41'4	4-14	41'4	Pella	4-14-07
Steph Hillman	34'3.5	4-16	34'3.5	Pella	4-16-07
Nicole Sojka	33'7.25	5-12	34'10.5	Pella	4-2-05
Kari Hutchinson	30'8.25	4-16	30'8.25	Pella	4-16-07
Amanda Nuese	29'1	4-16	29'1	Pella	4-16-07

Discus

School record: 153'6, Jenn Hansen, 2003

NCAA provisional qualifying standard: 136'2

NCAA automatic qualifying standard: 152'2

Name	Season	Date	Career	Site	Date
Rachel Boeke	141'5	5-16	141'5	Pella	5-16-07
Ashley M. Feldman	138'9	5-16	138'9	Pella	5-16-07
Chelsey Keller	127'8	5-12	130'1	Dubuque	4-12-06
Alicia Whisner	121'1	5-4	130'10	Indianola	5-5-06
Carissa Bentz	118'11	4-21	118'11	Grinnell	4-21-07
Danielle Francois	112'2	4-14	112'2	Pella	4-6-07
Nicole Sojka	113'6	4-6	113'6	Pella	4-6-07
Shelli Green	109'7	4-14	127'1	Pella	4-3-04
Sara Mouw	92'9	4-27	92'9	Indianola	4-27-07

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	+152'8	4-14	152'8	Pella	4-14-07
Alicia Whisner	142'11	5-4	142'11	Pella	5-4-07
Shelli Green	137'4	4-14	137'4	Pella	4-14-07
Rachel Boeke	130'1	5-4	130'1	Pella	5-4-07
Danielle Francois	129'9	5-4	129'9	Pella	5-4-07
Nicole Sojka	121'3	4-27	121'3	Indianola	4-27-07
Ashley M. Feldman	100'	4-27	100'	Indianola	4-27-07

Javelin

School record: 158'5, Alicia Whisner, 2007

NCAA provisional qualifying standard: 128'9

NCAA automatic qualifying standard: 145'

Name	Season	Date	Career	Site	Date
Alicia Whisner	\$!158'5	4-27	158'5	Des Moines	4-27-07
Steph Hillman	+136'2	5-16	136'2	Pella	5-16-07
Rachel Boeke	119'3	4-14	122'4	Decorah	5-12-06
Ashley Wiederin	113'2	4-21	113'2	Grinnell	4-21-07
Carissa Bentz	110'11	4-21	110'11	Grinnell	4-21-07
Kari Hutchinson	103'2	4-17	103'2	Pella	4-21-07
Sara Mouw	98'10	5-4	98'10	Pella	5-4-07
Amanda Nuese	95'11	4-6	95'11	Pella	4-6-07
Ashley M. Feldman	72'	4-27	72'	Indianola	4-27-07

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
Kari Hutchinson	+4414	5-5	4414	Indianola	5-17-07
Steph Hillman	+4330	5-5	4330	Indianola	5-19-07
Amanda Nuese	3668	4-17	3668	Pella	4-17-07

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

2007 OUTDOOR SEASON AND CAREER BESTS – RUNNING EVENTS

2007 Central College outdoor team results

Mar. 24	Augustana Early Spring Opener	Rock Island, Ill.	5th of 8 teams
Mar. 30-31	Washington Invitational	St. Louis, Mo.	2nd of 13 teams
Apr. 6	Central Invitational	Pella	3rd of 15 teams
Apr. 14	Jim Duncan Invitational	Des Moines	no team scores
Apr. 21	Dick Young Classic	Grinnell	2nd of 18 teams
Apr. 27	Kip Janvrin Open	Indianola	no team scores
Apr. 26-28	Drake Relays	Des Moines	no team scores
May 4	Central Open	Pella	no team scores
May 4-5	Iowa Conference Heptathlon	Indianola	1st of 9 teams
May 11-12	Iowa Conference Championships	Indianola	4th of 9 teams
May 16	Central Last Chance Open	Pella	no team scores
May 17-18	Gregory Invitational	Naperville, Ill.	no team scores
May 18	Augustana Twilight Open	Rock Island, Ill.	no team scores
May 24-26	NCAA Division III Championships	Oshkosh, Wis.	25th (tie)

NCAA Division III championship qualifiers

May 25-27, Oshkosh, Wis.

Automatic qualifiers

Event	Name	Mark	Date	Site
*Javelin throw	Alicia Whisner	158'5	4-27	Des Moines

Provisional qualifiers

Event	Name	Mark	Date	Site
400 meters	Kari Hutchinson	57.29	5-12	Indianola
*Shot Put	Chelsey Keller	43'7.75	4-14	Pella
*Shot Put	Alicia Whisner	43'4.25	5-18	Pella
Hammer throw	Chelsey Keller	152'8	4-14	Pella
*Javelin throw	Steph Hillman	136'2	5-16	Pella
*Heptathlon	Kari Hutchinson	4,414	5-5	Indianola
Heptathlon	Steph Hillman	4,330	5-5	Indianola

*accepted

Individual honors

Iowa Conference female track athlete of the week
Alicia Whisner (Apr. 1, Apr 29)

Iowa Conference female athlete of the week
Alicia Whisner (Apr. 29)

Team awards

Most Valuable Performer—Kari Hutchinson

Most Valuable Field Event Performer—Alicia Whisner

Most Valuable Freshman—Angie Berry

Most Improved—Chantelle MacVey

Effort Award—Amy Ledvina

2008 Captains—Jessica Clark, Jenny Owens, Kari Hutchinson, Rachel Boeke

New school records

5,000 meter run—17:16.65, Angie Berry, Naperville, Ill., May 17

Javelin throw—158 feet 5 inches, Alicia Whisner, Des Moines, April 27

2007 OUTDOOR SEASON RESULTS

Augustana Early Spring Opener March 24, 2007 Augustana Stadium Augustana College Rock Island, Ill.

Team results

1. Augustana (Ill.), 293; 2. Truman State (Mo.), 251; 3. Beloit (Wis.), 112; 4. St. Ambrose, 43; **5. Central, 29**; 6. Iowa Wesleyan, 18; 7. DuPage (Ill.), 12; 8. Wis. Track Club, 7.

Central's individual results

100 meter hurdles—6. Steph Hillman, 17.17; 7. Amanda Nuese, 17.40; 10. Kari Hutchinson, 18.84

Long jump—3. Kari Hutchinson, 16'6.5

Javelin throw—2. Steph Hillman, 114'6; 6. Amanda Nuese, 92'1; 7. Kari Hutchinson, 89'5

Washington University Invitational March 30-31, 2007 Bushyhead Track Washington University St. Louis, Mo.

Team results

1. Washington-St. Louis (Mo.), 114; **2. Central, 110.5**; 3. Greenville (Ill.), 105; 4. Missouri Baptist, 102; 5. Siena Heights, 81; 6. Rhodes, 62.5; 7. Southwest Baptist, 51; 8. Wis.-Platteville, 50.5; 9. Rend Lake, 36; 10. Florissant Valley, 25.5; 11. St. Norbert (Ill.), 20; 12. Southern Indiana, 19; 13. Principia, 12.

Central's individual results

100 meters—11. Jenny Owens, 13.37; 14. Linsey Current, 13.65

200 meters—18. Linsey Current, 28.28; 19. Ashley Lippincott, 28.30; 28. Alicia Dusenbury, 28.80

400 meters—7. Rachele Tipton, 1:01.67

1500 meters—11. Jessica Clark, 5:02.01; 21. Mandie Barkley, 5:14.26; 22. Jenni Hufford, 5:16.26

5,000 meters—5. Amy Ledvina, 19:00.16; 13. Kelsey Tompkins, 20:25.42; 16. Connie Eshelman, 20:53.51; 17. Liz Arentsen, 21:20.10

400 meter hurdles—6. Chantelle MacVey, 1:09.21

4x100 meter relay—6. Current/Owens/Dusenbury/Tipton, 51.08; 11. DePenning/MacVey/Weaver/Lippincott, 52.88

4x400 meter relay—7. DePenning/Owens/Dusenbury/Tipton, 4:09.54

Triple jump—4. Jenny Owens, 34'2.25; 10. Alicia Dusenbury, 29'10.75

Hammer throw—3. Chelsey Keller, 145'1; 6. Alicia Whisner, 130'11; 9. Shelli Green, 126'10; 13. Danielle Francois, 116'11; 18. Rachel Boeke, 110'6

Javelin throw—1. Alicia Whisner, 143'11; 2. Steph Hillman, 118'11; 3. Rachel Boeke, 108'6; 4. Sara Mouw, 91'5; 6. Ashley Wiederin, 89'

Shot put—2. Chelsey Keller, 41'6; 3. Alicia Whisner, 41'5.25; 4. Rachel Boeke, 40'7.75

Discus throw—1. Rachel Boeke, 135'2; 3. Ashley Feldman, 122'; 7. Alicia Whisner, 114'11; 12. Shelli Green, 101'10; 18. Chelsey Keller, 97'4; 19. Danielle Francois, 92'7

Pole vault—7. Justice Weaver, 9'

Heptathlon—4. Steph Hillman, 4086; 5. Kari Hutchinson, 4046; 9. Amanda Nuese, 3276

Central Invitational April 6, 2007 Ron and Joyce Schipper Stadium Central College Pella, Iowa

Team results

1. Simpson, 183.5; 2. Hastings (Neb.), 177.5; **3. Central, 124**; 4. Gustavus Adolphus (Minn.), 99; 5. Iowa Central, 65; 6. Grand View College, 43; 7. Buena Vista, 20; 8. Knox (Ill.), 15.5; 9. William Penn, 8; 10. Coe, 6; 11. Hope College (Mich.), 5.

Central's individual results

100 meters—4. Whitney Sayre, 13.23;

400 meters—9. Sara Mouw, 1:10.22;

800 meters—2. Rachele Tipton, 2:29.40; 6. Jess Clark, 2:32.47; 11. Mandie Barkey, 2:38.12; 12. Jenni Hufford, 2:39.12; 18. Kari Hutchinson, 2:57.82; 19. Ashley Lippincott, 2:59.71; 22. Steph Hillman, 3:06.23; 23. Amanda Nuese, 3:10.09; 25. Jenny Owens, 3:24.44;

1500 meters—1. Amy Ledvina, 5:07.77; 6. Kelsey Tompkins, 5:28.26; 8. Liz Arentsen, 5:39.23; 10. Connie Eshelman, 5:50.98; 11. Heather Shives, 6:02.12;

400 meter hurdles—1. Chantelle MacVey, 1:10.02;

4x400 meter relay—1. Hutchinson/Lippincott/Owens/Hillman, 4:15.14;

High jump—6. Sara Mouw, 4'4;

Long jump—3. Jenny Owens, 16'3.75;

Triple jump—9. Alicia Dusenbury, 31'6.5

Hammer throw—2. Chelsey Keller, 135'4; 3. Alicia Whisner, 132'8; 5. Shelli Green, 123'8; 6. Danielle Francois, 119'5; 11. Nicole Sojka, 107'4; 20. Ashley M. Feldman, 82'8;

Javelin throw—3. Alicia Whisner, 133'1; 4. Steph Hillman, 115'7; 6. Rachel Boeke, 106'8; 9. Amanda Nuese, 95'11; 11. Ashley Wiederin, 91'11'; 12. Sara Mouw, 91'; 13. Kari Hutchinson, 84'6; 15. Carissa Bentz, 83'; 27. Ashley M Feldman, 71'2;

Shot put—2. Chelsey Keller, 39'8.5; 4. Alicia Whisner, 37'1; 8. Rachel Boeke, 36'; Nicole Sjoka, 30'9.25

Discus throw—3. Rachel Boeke, 134'3; 6. Ashley Feldman, 125'11; 8. Chelsey Keller, 121'11; 11. Alicia Whisner, 120'6; 14. Nicole Sojka, 113'6; 15. Danielle Francois, 112'2; 18. Carissa Bentz, 110'6; 21. Shelli Green, 99'9;

Pole vault—4. Justice Weaver, 9'4.25; 7. Ashley L Feldman, 7'10.5; 7. Emily DePenning, 7'10.5; 9. Kristin Brodie, 6'4.75

Jim Duncan Invitational April 14, 2007 Jim Duncan Track Drake University Des Moines, Iowa

No team scores

Central's individual results

100 meters—16. Jenny Owens, 12.85; 23. Linsey Current, 13.08; 32. Whitney Sayre, 13.45

200 meters—13. Kari Hutchinson, 25.87; 26. Jenny Owens, 26.89; 32. Linsey Current, 27.22; 33. Alicia Dusenbury, 27.26; 44. Whitney Sayre, 27.72; 45. Ashley Lippincott, 27.83; 47. Emily DePenning, 27.92

800 meters—13. Rachele Tipton, 2:22.95; 28. Mandie Barkley, 2:31.58

1,500 meters—16. Jess Clark, 4:59.28; 27. Mandie Barkley, 5:14.37; 41. Heather Shives, 5:55.48

2007 OUTDOOR SEASON RESULTS

3,000 meters—13. Angie Berry, 10:21.76; 38. Liz Arentsen, 11:45.68; 40. Connie Eshelman, 11:48.27
100 meter hurdles—23. Kari Hutchinson, 16.74; 25. Steph Hillman, 16.90; 33. Amanda Nuese 17.57
400 meter hurdles—9. Chantelle MacVey, 68.94
3,000 meter steeplechase—9. Amy Ledvina, 11:58.61; 14. Jenni Hufford, 12:51.69; 15. Kelsey Tompkins, 12:59.17
4x100 meter relay—9. Current/Owens/Nuese/Sayre, 51.05; 12. Lippincott/MacVey/DePenning/Weaver, 52.18
4x400 meter relay—7. DePenning/Lippincott/Tipton/Clark, 4:11.10
Triple jump—10. Jenny Owens, 34'0.75; 16. Alicia Dusenbury, 32'
Shot put—1. Chelsey Keller, 43'7.75; 3. Alicia Whisner, 42'3.25; 4. Rachel Boeke, 41'4.25; 14. Nicole Sojka, 33'4
Discus throw—3. Ashley M. Feldman, 129'11; 6. Rachel Boeke, 125'7; 10. Chelsey Keller, 115'3; 13. Shelli Green, 109'7; 14. Alicia Whisner, 108'
Hammer throw—2. Chelsey Keller, 152'8; 5. Shelli Green, 137'; 6. Alicia Whisner, 137'1; 7. Danielle Francois, 125'9; 9. Nicole Sojka, 117'8; 12. Rachel Boeke, 116'; 17. Ashley M. Feldman, 68'2
Javelin throw—1. Alicia Whisner, 149'4; 4. Rachel Boeke, 114'3; 5. Ashley Wiederin, 104'10; 10. Carissa Bentz, 93'3; 17. Ashley M. Feldman, 57'7

*Throwing events were contested in Pella

Dick Young Classic April 21, 2007 Les Duke Track Grinnell College Grinnell, Iowa

Team results

1. Nebraska Wesleyan, 162.3; **2. Central, 150.5**; 3. Loras, 136; 4. Simpson, 118; 5. Cornell, 55.3; 6. Grinnell, 51.5; 7. William Penn, 29; 8. Iowa State, 19; 9. Coe, 13; 10. Grand View, 11.3; 11. Graceland, 8; 11. Iowa Wesleyan, 8; 13. D4 National Champions, 7; 14. Iowa Central, 6.3; 15. Knox, 5; 16. North Iowa Area CC, 4; 17. Clarke, 3.

Central's individual results

100 meters—2. Jenny Owens, 12.85; Linsey Current, 13.20; Whitney Sayre, 13.42; Ashley Lippincott, 13.44
200 meters—5. Linsey Current, 27.68; 8. Ashley Lippincott, 27.88; 12. Amanda Nuese, 28.39
400 meters—1. Kari Hutchinson, 58.32; 12. Alicia Dusenbury, 1:03.21; 16. Sara Mouw, 1:06.72
800 meters—3. Jessica Clark, 2:22.19; 5. Rachelle Tipton, 2:22.72; 10. Mandie Barkley, 2:26.49; 16. Angie Berry, 2:29.48
1,500 meters—3. Angie Berry, 4:56.24; 6. Amy Ledvina, 5:05.64; 14. Jenni Hufford, 5:15.88; 18. Liz Arentsen, 5:21.46; 30. Heather Shives, 5:57.34
5,000 meters—3. Kelsey Tompkins, 20:05.44; 5. Connie Eshelman, 20:52.00
100 meter hurdles—Steph Hillman, 16.7; Amanda Nuese, 16.95
400 meters hurdles—1. Chantelle MacVey, 1:07.07
4x100 meter relay—3. L.Current/J.Owens/K.Hutchinson/R.Tipton, 50.00; 5. A.Nuese/C.MacVey/W.Sayre/A.Lippincott, 51.60
4x400 meter relay—1. K.Hutchinson/J.Owens/R.Tipton/S.Hillman, 4:03.14; 4. E.DePenning/A.Duesenbury/J.Clark/C.MacVey, 4:10.21
4x800 meter relay—4. A.Ledvina/M.Barkley/H.Shives/J.Hufford, 10:45.65
Long jump—4. Jenny Owens, 17'6.25; 9. Steph Hillman, 16'3.75; 10. Kari Hutchinson, 15'11.75; Amanda Nuese, 14'11.5
Triple jump—9. Alicia Dusenbury, 32'8.5; Whitney Sayre, 29'5.25

Shot put—4. Chelsey Keller, 41'4.25; 5. Rachel Boeke, 39'8.75; 7. Alicia Whisner, 39'6.75; Nicole Sojka, 32'2.5
Discus throw—5. Ashley Feldman, 130'9; 6. Rachel Boeke, 130'1; 10. Alicia Whisner, 124'4; 11. Chelsey Keller, 120; 12. Carissa Bentz, 118'11; 19. Shelli Green, 106'6; 26. Nicole Sojka, 101'9; 32. Danielle Francois, 79'4
Hammer throw—4. Chelsey Keller, 151'2; 8. Shelli Green, 125'1; Alicia Whisner, 119'10; Rachel Boeke, 113'2; Nicole Sojka, 98'3; Danielle Francois, 91'5; Ashley M Feldman, 85'11
Javelin throw—1. Alicia Whisner, 141'6; 3. Steph Hillman, 123'9; 5. Ashley Wiederin, 113'2; 7. Carissa Bentz, 110'11; 8. Rachel Boeke, 110'6; Sara Mouw, 94'1; Ashley M Feldman, 70'5
Pole vault—5. Justice Weaver, 9'6.25; 11. Ashley Feldman, 7'5

Kip Janvrin Open April 27, 2007 Bill Buxton Stadium Simpson College Indianola, Iowa

No team scores

Central's individual results

100 meters—13. Linsey Current, 13.24; 24. Ashely Lippincott, 13.60; 28. Whitney Sayre, 13.79;
200 meters—25. Ashley Lippincott, 27.38; 27. Linsey Current, 27.49; 41. Amanda Nuese, 28.18; 50. Whitney Sayre, 28.72;
400 meters—11. Emily DePenning, 1:01.12;
800 meters—31. Amy Ledvina, 2:29.14; 33. Jenni Hufford, 2:29.89; 47. Sara Mouw, 2:37.35;
1500 meters—20. Amy Ledvina, 4:58.79; 35. Jenni Hufford, 5:13.13; 36. Mandie Barkley, 5:13.49; 45. Liz Arentsen, 5:29.74; 46. Connie Eshelman, 5:29.83;
100 meter hurdles—33. Amanda Nuese, 17.33;
400 meter hurdles—10. Chantelle MacVey, 1:06.28 ;
Pole vault—8. Justice Weaver, 10'6.; 18. Emily DePenning, 9'; 21. Ashley L. Feldman, 7'6;
Long jump—16. Carissa Bentz, 16'7.25; 29. Amanda Nuese, 14'9.25;
Triple jump—13. Whitney Sayre, 32'11;
Shot put—13. Alicia Whisner, 41'2.5; 14. Chelsey Keller, 40'7.5; 20. Rachel Boeke, 38'8.75; 39. Nicole Sjoka, 31'6.5;
Discus throw—18. Rachel Boeke, 125'; 22. Ashley M. Feldman, 122'8; 30. Chelsey Keller, 116'3; 39. Shelli Green, 107'8; 48. Nicole Sojka, 94'5; 49. Sara Mouw, 92'9;
Hammer throw—9. Chelsey Keller, 146'5; 25. Nicole Sojka, 121'3; 20. Ashley M. Feldman, 100';
Javelin throw—5. Steph Hillman, 117'9; 15. Ashley Wiederin, 101'6; 15. Carissa Bentz, 98'; 20. Sara Mouw, 97'2; 42. Ashley M Feldman, 72';

2007 OUTDOOR SEASON RESULTS

Drake Relays April 27, 2007 Drake Stadium Drake University Des Moines, Iowa

No team scores

Central's individual results

Javelin throw—6. Alicia Whisner, 158'5;

Distance medley relay—14. J.Clark/ K.Hutchinson/R.Tipton/

A.Berry, 12:18.57;

4x100 meter relay—20. L.Current/J.Owens/K.Hutchinson/W.Sayre, 49.90;

4x400 meter relay—18. K.Hutchinson/J.Owens/R.Tipton/S.Hillman, 3:58.27;

Central Open May 4, 2007 Ron and Joyce Schipper Stadium Central College Pella, Iowa

No team scores

Central's individual results

100 meters—3. Jenny Owens, 12.81; 5. Linsey Current, 13.34; 8.

Whitney Sayre, 13.58

200 meters—3. Jenny Owens, 26.6; 7. Ashley Lippincott, 27.63; 9.

Linsey Current, 27.89

400 meters—4. Rachele Tipton, 1:00.59

800 meters—4. Mandie Barkley, 2:26.98; 8. Liz Arentsen, 2:36.67; 9.

Sara Mouw, 2:41.49

1,500 meters—5. Jess Clark, 5:02.45

5,000 meters—2. Angie Berry, 17:51.0; 3. Connie Eshelman, 19:51.09

100 meter hurdles—6. Amanda Nuese, 16.95

400 meter hurdles—1. Chantelle MacVey, 1:06.87

3,000 meters steeplechase—2. Amy Ledvina, 11:51.46; 5. Jenni Hufford, 12:36.19; 6. Kelsey Tompkins, 13:01.39

4x100 meter relay—2. Current/MacVey/Nuese/Sayre, 50.68

4x400 meter relay—3. Tipton/Lippincott/Clark/MacVey, 4:08.37

Pole vault—6. Ashley L Feldman, 8'3

Long jump—4. Carissa Bentz, 16'9.75; 5. Jenny Owens, 16'4.5

Triple jump—4. Jenny Owens, 33'10.25; 5. Alicia Dusenbury, 33'7.25; 9. Whitney Sayre, 32'3

Shot put—2. Chelsey Keller, 41'10.5; 4. Rachel Boeke, 39'3.25; 10.

Nicole Sojka, 30'8.5

Discus throw—4. Ashley M Feldman, 127'11; 5. Rachel Boeke, 127'1; 7. Alicia Whisner, 121'1; 8. Chelsey Keller, 121'; 11. Carissa Bentz, 110'11; 13. Nicole Sojka, 103'11; 15. Shelli Green, 101'10; 16. Danielle Francois, 100'4; 18. Sara Mouw, 84'8

Hammer throw—5. Chelsey Keller, 145'2; 6. Alicia Whisner, 142'11; 7. Rachel Boeke, 131'1; 8. Shelli Green, 130'7; 10. Danielle Francois, 129'9; 12. Nicole Sojka, 114'6; 18. Ashley M Feldman, 99'1

Javelin throw—1. Alicia Whisner, 139'6; 4. Carissa Bentz, 101'9; 5. Ashley Wiederin, 99'7; 6. Sara Mouw, 98'10

Iowa Conference Heptathlon May 4-5, 2007 Bill Buxton Stadium Simpson College Indianola, Iowa

Central's individual results

Heptathlon—2. Kari Hutchinson, 4,414; 4. Steph Hillman, 4,330

100 meter hurdles—5. Kari Hutchinson, 16.01; 6. Steph Hillman, 16.21

High jump—2. Kari Hutchinson, 4'10.5; 3. Steph Hillman, 4'9.5

Shot put—2. Steph Hillman, 32'7; 5. Kari Hutchinson, 28'3.5

200 meters—1. Kari Hutchinson, 25.77; 9. Steph Hillman, 27.74

Long jump—3. Kari Hutchinson, 16'8.5; 5. Steph Hillman, 16'7

Javelin throw—1. Steph Hillman, 120'5; 5. Kari Hutchinson, 94'8

800 meters—1. Kari Hutchinson, 2:22.15; 5. Steph Hillman, 2:28.59

Iowa Conference championships May 11-12, 2007 Bill Buxton Stadium Simpson College Indianola, Iowa

Team results

1. Wartburg, 267; 2. Loras, 149; 3. Luther, 99; **4. Central, 98.5**; 5. Simpson, 70; 6. Buena Vista, 55; 7. Cornell, 50.5; 8. University of Dubuque, 18; Coe, 11.

Central's individual results

Prelims

100 meters—11. Jenny Owens, 12.97; 13. Ashley Lippincott, 13.27;

14. Linsey Current, 13.38

200 meters—5. Kari Hutchinson, 25.31; 15. Ashley Lippincott, 27.31;

18. Linsey Current, 28.03

400 meters—3. Kari Hutchinson, 58.02

800 meters—5. Rachele Tipton, 2:19.96; 6. Jess Clark, 2:20.33; 11. Mandie Barkley, 2:22.58

100 meter hurdles—15. Amanda Nuese, 16.76

400 meter hurdles—5. Chantelle MacVey, 1:05.18

Finals

200 meters—4. Kari Hutchinson, 25.58

400 meters—4. Kari Hutchinson, 57.29

800 meters—6. Rachele Tipton, 2:22.37; 8. Jess Clark, 2:24.20

1,500 meters—8. Jess Clark, 4:52.48; 15. Mandie Barkley, 5:07.01;

20. Liz Arentsen, 5:27.07

5,000 meters—1. Angie Berry, 17:55.70; 15. Connie Eshelman,

20:18.06; 16. Amy Ledvina, 20:31.09

10,000 meters—16. Kelsey Tompkins, 46:02.37

400 meter hurdles—5. Chantelle MacVey, 1:05.76

3,000 meter steeplechase—3. Amy Ledvina, 11:32.56; 10. Jenni Hufford, 12:25.69

4x100 meter relay—Current/MacVey/Nuese/Lippincott, 51.59

4x400 meter relay—Tipton/Hillman/MacVey/Lippincott, 4:09.32

Long jump—8. Kari Hutchinson, 16'7.75; 10. Steph Hillman, 16'4.25

Triple jump—7. Alicia Dusenbury, 34'2.75

High jump—6. Kari Hutchinson, 4'11.75

Hammer throw—6. Chelsey Keller, 149'8; 10. Shelli Green, 131'8;

11. Alicia Whisner, 130'4; 17. Danielle Francois, 117'6

Discus throw—5. Rachel Boeke, 129'6; 7. Chelsey Keller, 127'8; 9.

2007 OUTDOOR SEASON RESULTS

Ashley M Feldman, 125'9; 12. Alicia Whisner, 117'1

Javelin throw—2. Alicia Whisner, 148'9; 3. Steph Hillman, 129'2; 8. Ashley Wiederin, 107'8; 10. Carissa Bentz, 103'6

Shot put—4. Alicia Whisner, 40'8.75; 6. Chelsey Keller, 40'8.25; 9. Rachel Boeke, 39'10; 18. Nicole Sojka, 33'7.25

Pole vault—2. Justice Weaver, 10'; 7. Ashley L. Feldman, 7'6.5

Heptathlon—2. Kari Hutchinson, 4,414; 4. Steph Hillman, 4,330

Central Last Chance Open

May 16, 2007

Ron and Joyce Schipper Stadium

Central College

Pella, Iowa

No team scores

Central's individual results

100 meters—4. Chantelle MacVey, 13.29

200 meters—6. Chantelle MacVey, 27.34

1,500 meters—1. Amy Ledvina, 5:03.54; 2. Mandie Barkley, 5:15.29; 3. Kelsey Tompkins, 5:21.05; 4. Liz Arentsen, 5:24.52; 5. Connie Eshelman, 5:32.72

100 meter hurdles—6. Kari Hutchinson, 15.51; 7. Amanda Nuese, 16.96

High jump—5. Kari Hutchinson, 4'7.75; 6. Amanda Nuese, 4'4

Pole vault—1. Ashley L. Feldman, 7'7

Shot put—2. Chelsey Keller, 42'4.25; 4. Rachel Boeke, 39'10.75; 8. Alicia Whisner, 39'2.25

Discus throw—5. Rachel Boeke, 141'5; 6. Ashley M. Feldman, 138'9

Hammer throw—3. Chelsey Keller, 152'; 5. Alicia Whisner, 131'9; 6. Rachel Boeke, 127'1; 7. Danielle Francois, 122'4

Javelin throw—1. Steph Hillman, 136'2; 2. Kari Hutchinson, 84'4; 3. Amanda Nuese, 82'9

Gregory Invitational

May 17-18, 2007

Benedetti-Wehrli Stadium

North Central College

Naperville, Ill.

No team scores

Central's individual results

800 meters—24. Rachele Tipton, 2:20.66; 32. Jess Clark, 2:24.86

5,000 meters—3. Angie Berry, 17:16.65

Augustana Twilight Open

May 18, 2007

Augustana Stadium

Augustana College

Rock Island, Ill.

No team scores

Central's individual results

400 meter hurdles—6. Chantelle MacVey, 67.85

Shot put—3. Alicia Whisner, 43' 4.25; 5. Chelsey Keller, 42' 4.75; Rachel Boeke, 39' 7.75

Discus throw—8. Rachel Boeke, 137'7

Hammer throw—3. Chelsey Keller, 149'5

Javelin throw—1. Alicia Whisner, 138'3; 3. Steph Hillman, 119'10

NCAA Division III Championships

May 24-26, 2007

J.J. Keller Stadium

University of Wis.-Oshkosh

Oshkosh, Wis.

Team scores

1. Wis.-Oshkosh 57; 2. Calvin (Mich.) 44.5; 3. City College of New York 43; 4. Amherst (Mass.) 41 5. (tie) Loras, Lincoln (Penn.) 32; 7. Wartburg 31; 8. SUNY Cortland 30; 9. (tie) Wis.-River Falls, Williams (Mass.), Augustana (Ill.) 25.

25. (tie) Central 10.

Central's individual results

5000 meter run—15. Angie Berry, 17:38.05

Shot put—11. Chelsey Keller, 41'2.5; 13. Alicia Whisner, 40'6.75

Javelin throw—1. Alicia Whisner, 153'9; 18. Steph Hillman, 116'10

Heptathlon—18. Kari Hutchinson, 3760

100 meter hurdles—12. Kari Hutchinson, 15.52

High jump—8. Kari Hutchinson, 5'2.5

Shot put—15. Kari Hutchinson, 29'1.75

200 meters—3. Kari Hutchinson, 25.11

Long jump—11. Kari Hutchinson, 16'1

Javelin throw—17. Kari Hutchinson, 84'5

800 meters—DNF

2007 WOMEN'S TRACK AND FIELD OUTDOOR SEASON ROSTER

Name	Year	Events	Hometown/High school	Award
Liz Arentsen	Fresh	1500-3K	Waukee, Iowa/Waukee	First letter
Mandie Barkley	Fresh	800-1500	Fort Dodge, Iowa/Fort Dodge	First letter
Carissa Bentz	Fresh	200, 400, LJ, Hep	Ute, Iowa/Boyer Valley	First letter
Angie Berry	Fresh	1500, 5K, 10K	Indianola, Iowa/Norwalk	First letter
Rachel Boeke	Soph	Throws	Cedar Rapids, Iowa/Thomas Jefferson	Second letter
Kristin Brodie	Fresh	Hurdles	Roland, Iowa/Roland-Story	First letter
Jessica Clark	Soph	400, 400H, 800, 100H	Port Byron, Ill./Riverdale	Second letter
Linsey Current	Fresh	100, 200	Forest City, Iowa/Forest City	First letter
Emily DePenning	Fresh	400H, 400, 800	Johnston, Iowa/Johnston	First letter
Alicia Dusenbury	Fresh	200, 400	Oswego, Ill./Oswego	First letter
Connie Eshelman	Fresh	1500-5K	Bridgewater, Iowa/Nodaway Valley	First letter
Ashley Feldman	Fresh	Discus	West Liberty, Iowa/West Liberty	First letter
Ashley Feldman	Fresh	100, 200	Alleman, Iowa/North Polk	First letter
Danielle Francois	Soph	Throws	Central City, Iowa/Alburnett	Second letter
Shelli Green	Senior	Throws	Lake City, Iowa/Southern Cal	Fourth letter
Stephanie Hillman	Senior	Hep, JT, 800,400H	Grand Junction, Iowa/East Greene	Third letter
Jordan Hohenboken	Fresh	800-1500	Hillsdale, Ill./Hillsdale	First letter
Jenni Hufford	Fresh	800-1500, steeplechase	Polk City, Iowa/Ankeny	First letter
Kari Hutchinson	Junior	100-400	Charles City, Iowa/Charles City	Third letter
Chelsey Keller	Senior	SP,DT,HT	Fairfield, Iowa/Fairfield	Fourth letter
Angie Latta	Fresh	100, 200	Madrid, Iowa/Madrid	First letter
Amy Ledvina	Fresh	1500-5K	Toledo, Iowa/South Tama	First letter
Ashley Lippincott	Fresh	200, 400	Huxley, Iowa/Ballard	First letter
Chantelle MacVey	Soph	200, 400, 400H, 800	Newton, Iowa/Newton	Second letter
Sara Mouw	Fresh	800	Greene, Iowa/North Butler	First letter
Amanda Nuese	Fresh	100, 200, 100H, 400H	Dillon, Iowa/East Marshall	First letter
Jenny Owens	Junior	100-400, LJ, TJ	Treynor, Iowa/Treynor	Third letter
Whitney Sayre	Soph	100-400	Panora, Iowa/Panorama	Second letter
Heather Shives	Fresh	1500-5K	Knoxville, Iowa/Knoxville	First letter
Nicole Sojka	Junior	Throws	Winnebago, Ill./Winnebago	Third letter
Rachelle Tipton	Fresh	400-800	Newton, Iowa/Newton	First letter
Kelsey Tompkins	Fresh	800-3K	Webster City, Iowa/Webster City	First letter
Justice Weaver	Junior	PV	Moulton, Iowa/Schuyler R-1 (Mo.)	Third letter
Alicia Whisner	Senior	Throws	Adel, Iowa/ADM	Fourth letter
Ashley Wiederin	Fresh	JT	Bedford, Iowa/Bedford	First letter
Head Coach	Kevin Sanger			
Assistant Coach	Guy Mosher	Sprints, Hurdles, Jumps, Multi-events		
Assistant Coach	Dave Paulsen	800, 1500, 5k, 10k, Steeple		
Assistant Coach	Stephen Fyfe	800, 1500, 5k, 10k, Steeple		
Assistant Coach	Bryan George	800, 1500, 5K, 10K, Steeple		
Assistant Coach	Mike Marcinkowski	Shot Put, Discus, Weight, Hammer		
Assistant Coach	Jay Rhoten	Jumps, sprints		
Assistant Coach	Eric Pingel	Pole vault		
Assistant Coach	Sean Clark	Jumps, Pole vault		