



# Women's indoor TRACK & FIELD

## 2009 INDOOR SEASON AND CAREER BESTS – RUNNING EVENTS

### 55 meters

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

**NCAA provisional qualifying standard:** 7.30

**NCAA automatic qualifying standard:** 7.14

Name	Season	Date	Career	Site	Date
Angie Latta	7.55	2-27	7.55	Waverly	2-27-09
Emily Teas	7.56	1-31	7.56	Bloomington, Ill.	1-31-09
Kelsey Manecke	7.74	2-14	7.74	Monmouth, Ill.	2-14-09
Abby Sohn	8.14	1-31	8.14	Bloomington, Ill.	1-31-09
Liz Hasenmiller	8.18	2-14	8.18	Monmouth, Ill.	2-14-09

### 60 meters

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

**NCAA provisional qualifying standard:** 7.82

**NCAA automatic qualifying standard:** 7.66

Name	Season	Date	Career	Site	Date
Angie Latta	8.43	2-20	8.27	Bloomington, Ill.	2-3-07
Kelsey Manecke	8.51	2-20	8.51	Cedar Falls	2-20-09
Liz Hasenmiller	8.70	2-20	8.70	Cedar Falls	2-20-09

### 200 meters

**School record:** 26.11, Kari Hutchinson 2008

**NCAA provisional qualifying standard:** not contested

**NCAA automatic qualifying standard:** not contested

Name	Season	Date	Career	Site	Date
Emily Teas	26.52	2-27	26.52	Waverly	2-27-09
Angie Latta	27.51	2-27	27.51	Waverly	2-27-09
Jill Ziskovsky	28.25	1-31	27.83	Cedar Falls	2-23-08
Carissa Bentz	28.56	2-20	28.56	Cedar Falls	2-20-09
Kelsey Manecke	28.93	2-7	28.93	Mount Vernon	2-7-09
Alicia Dusenbury	29.21	1-31	27.79	Mount Vernon	2-24-07
Caitlin Wilson	29.50	1-31	29.50	Bloomington, Ill.	1-31-09
Ashley Lippincott	29.72	2-20	28.85	Cedar Falls	2-16-07
Abby Sohn	30.50	1-31	30.50	Bloomington, Ill.	1-31-09
Liz Hasenmiller	31.18	2-20	31.18	Cedar Falls	2-20-09
Felicia Shunk	32.27	1-31	32.27	Bloomington, Ill.	1-31-09
Amanda Mosinski			28.91	Mount Vernon	2-2-08

### 400 meters

**School record:** 58.33, Kari Hutchinson, 2008

**NCAA provisional qualifying standard:** 58.70

**NCAA automatic qualifying standard:** 56.75

Name	Season	Date	Career	Site	Date
Emily Teas	58.96	2-27	58.96	Waverly	2-27-09
Amanda Mosinski	1:02.72	2-20	1:02.72	Cedar Falls	2-20-09
Rachelle Tipton	1:03.16	1-31	1:03.16	Bloomington, Ill.	1-31-09
Carissa Bentz	1:03.98	2-7	1:02.60	Mount Vernon	2-24-07
Eve Reinhold	1:06.96	1-31	1:06.96	Bloomington, Ill.	1-31-09
Alicia Dusenbury	1:08.49	1-31	1:05.59	Storm Lake	2-10-07
Felicia Shunk	1:08.67	2-7	1:08.67	Mount Vernon	2-7-09
Jill Ziskovsky			59.99	Cedar Falls	2-23-08

### 600 meters

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

**NCAA provisional qualifying standard:** not contested

**NCAA automatic qualifying standard:** not contested

Name	Season	Date	Career	Site	Date
Rachelle Tipton			1:39.37	Mount Vernon	2-24-07
Molly VonHolten			1:45.95	Monmouth, Ill.	1-26-08
Eve Reinhold			1:46.76	Monmouth, Ill.	1-26-08
Mandie Barkley			1:48.43	Monmouth, Ill.	1-26-08
Meghann Burt			1:48.72	Monmouth, Ill.	1-26-08
Sara Crippen			1:49.43	Monmouth, Ill.	1-26-08
Jessica Clark			1:42.15	Storm Lake	2-25-06

### 800 meters

**School record:** 2:16.45 (2:16.05), Mackenzie Lauman, March 4, 2006

**NCAA provisional qualifying standard:** 2:16.50

**NCAA automatic qualifying standard:** 2:13.50

Name	Season	Date	Career	Site	Date
Rachelle Tipton	2:22.66	2-14	2:22.36	Ames	3-3-07
Eve Reinhold	2:29.82	2-27	2:29.82	Waverly	2-27-09
Jill Ziskovsky	2:30.34	2-27	2:30.34	Waverly	2-27-09
Sara Davis	2:33.23	2-27	2:33.23	Waverly	2-27-09
Sara Crippen	2:33.87	1-31	2:27.98	Decorah	3-1-08
Amy Ledvina	2:35.92	2-7	2:35.92	Mount Vernon	2-7-09
Carissa Bentz	2:36.32	2-14	2:36.32	Monmouth, Ill.	2-14-09
Caitlin Wilson	2:36.41	2-27	2:36.41	Waverly	2-27-09
Angie Berry	2:36.78	1-31	2:29.57	Monmouth, Ill.	1-27-07
Melanie Louis	2:37.11	2-20	2:37.11	Cedar Falls	2-20-09
Molly VonHolten	2:38.70	1-31	2:29.03	Cedar Falls	2-23-08
Meghann Burt	2:38.88	1-31	2:30.75	Cedar Falls	2-23-08
Amber Mayer	2:44.05	1-31	2:44.05	Bloomington, Ill.	1-31-09
Felicia Shunk	2:46.84	2-14	2:46.84	Monmouth, Ill.	2-14-09
Connie Eshelman	2:53.89	1-31	2:53.89	Bloomington, Ill.	1-31-09
Jess Clark			2:22.23	Cedar Falls	2-16-07
Kelsey Tompkins			2:41.99	Storm Lake	2-10-07

### 1000 meters

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

**NCAA provisional qualifying standard:** not contested

**NCAA automatic qualifying standard:** not contested

Name	Season	Date	Career	Site	Date
Jess Clark			3:05.84	Mount Vernon	2-24-07

## 2009 INDOOR SEASON AND CAREER BESTS – RUNNING EVENTS

### Mile

**School record:** 5:07.85, Camilla Ratering, 1980

**NCAA provisional qualifying standard:** 5:05.00

**NCAA automatic qualifying standard:** 4:55.00

Name	Season	Date	Career	Site	Date
Jess Clark	5:27.42	1-31	5:17.11	Cedar Falls	2-23-08
Amy Ledvina	5:27.87	2-7	5:27.87	Mount Vernon	2-7-09
Molly VonHolten	5:37.39	2-7	5:37.39	Mount Vernon	2-7-09
Sara Crippen	5:39.05	2-14	5:39.05	Monmouth, Ill.	2-14-09
Meghann Burt	5:39.51	1-31	5:39.51	Bloomington, Ill.	1-31-09
Melanie Louis	5:48.47	1-31	5:48.47	Bloomington, Ill.	1-31-09
Heather Shives	5:49.13	2-20	5:49.13	Cedar Falls	2-20-09
Liz Arentsen	6:00.38	2-27	6:00.38	Waverly	2-27-09
Angie Berry			5:18.42	Mount Vernon	2-24-07
Kelsey Tompkins			5:54.25	Storm Lake	2-10-07
Connie Eshelman			6:07.56	Bloomington, Ill.	2-9-08

### 3,000 meters

**School record:** 10:14.3, Deb Worden, 1979

**NCAA provisional qualifying standard:** not contested

**NCAA automatic qualifying standard:** not contested

Name	Season	Date	Career	Site	Date
Angie Berry	10:40.04	2-20	10:40.04	Cedar Falls	2-20-09
Jess Clark	10:42.80	2-20	10:42.80	Cedar Falls	2-20-09
Amy Ledvina	10:45.81	2-20	10:45.81	Cedar Falls	2-20-09
Amber Mayer	11:00.99	2-20	11:00.99	Cedar Falls	2-20-09
Connie Eshelman	11:24.50	2-20	11:24.50	Cedar Falls	2-20-09
Meghann Burt	11:32.03	2-7	11:32.03	Mount Vernon	2-7-09
Heather Shives	11:38.40	1-31	11:38.40	Bloomington, Ill.	1-31-09
Kelsey Tompkins	11:50.54	2-20	11:31.25	Cedar Falls	2-23-08
Claudia Garcia	11:56.04	1-31	11:56.04	Bloomington, Ill.	1-31-09

### 5,000 meters

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

**NCAA provisional qualifying standard:** 17:42

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

Name	Season	Date	Career	Site	Date
Angie Berry	18:10.00	2-14	18:02.22	Ames	3-3-07
Amber Mayer	18:40.00	2-27	18:40.00	Waverly	2-27-09
Connie Eshelman	19:10.00	2-27	19:10.00	Waverly	2-27-09
Amy Ledvina	19:19.10	2-14	19:19.10	Monmouth, Ill.	2-14-09
Jess Clark	19:43.30	2-14	19:43.30	Monmouth, Ill.	2-14-09
Claudia Garcia	20:40.80	2-14	20:40.80	Monmouth, Ill.	2-14-09
Kelsey Tompkins	21:12.60	2-14	21:12.60	Monmouth, Ill.	2-14-09
Kate Callan	21:57.50	2-14	21:57.50	Monmouth, Ill.	2-14-09

### 55 meter hurdles

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

**NCAA provisional qualifying standard:** 8.53

**NCAA automatic qualifying standard:** 8.25

Name	Season	Date	Career	Site	Date
Caitlin Wilson	8.94	2-14	8.94	Monmouth, Ill.	2-14-09
Jill Ziskovsky	9.46	2-27	9.46	Waverly	2-27-09
Amanda Mosinski	10.04	2-14	10.04	Monmouth, Ill.	2-14-09
Felicia Shunk	10.22	2-14	10.22	Monmouth, Ill.	2-14-09
Carissa Bentz	11.29	2-14	11.29	Monmouth, Ill.	2-14-09

### 60 meter hurdles

**School record:** 9.21, Abby Gonzales, 2002

**NCAA provisional qualifying standard:** 9.11

**NCAA automatic qualifying standard:** 8.83

Name	Season	Date	Career	Site	Date
Caitlin Wilson	9.75	2-20	9.75	Cedar Falls	2-20-09
Jill Ziskovsky	10.32	2-20	10.32	Cedar Falls	2-20-09
Felicia Shunk	11.55	2-20	11.55	Cedar Falls	2-20-09

### 4x200 meter relay

**School record:** 1:45.66, Hutchinson/Owens/Teas/Ziskovsky, 2008

**NCAA provisional qualifying standard:** not contested

**NCAA automatic qualifying standard:** not contested

Names	Season	Date
Teas/Ziskovsky/Latta/Bentz	1:47.84	2-27

### 4x400 meter relay

**School record:** 3:55.68, Teas/Hutchinson/Ziskovsky/Tipton, 2008

**NCAA provisional qualifying standard:** 3:58.00

**NCAA automatic qualifying standard:** 3:53.50

Names	Season	Date
Ziskovsky/Teas/Tipton/Mosinski	3:57.99	3-7
Bentz/Wilson/Manecke/Latta	4:19.86	2-20
Burt/Clark/VonHolten/Louis	4:29.91	2-20
Dusenbury/Lippincott/Shunk/Crippen	4:37.86	2-20

### 4x800 meter relay

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

**NCAA provisional qualifying standard:** not contested

**NCAA automatic qualifying standard:** not contested

Names	Season	Date
VonHolten/Louis/Burt/Crippen	9:58.85	2-27

### Distance medley relay

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

**NCAA provisional qualifying standard:** 12:17.0

**NCAA automatic qualifying standard:** 11:53.60

Names	Season	Date
Ledvina/Mosinski/Tipton/Clark	12:37.83	2-27
Reinhold/Davis/Louis/Burt	13:31.36	2-20

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

\* converted time

## 2009 INDOOR SEASON AND CAREER BESTS – FIELD EVENTS

### High jump

**School record:** 5-7.00, Sandy Schultz, 1979

**NCAA provisional qualifying standard:** 5-5.25

**NCAA automatic qualifying standard:** 5-7.25

Name	Season	Date	Career	Site	Date
Caitlin Wilson	5-2.25	2-20	5-2.25	Cedar Falls	2-20-09
Taylor Shuelke	5-0.25	2-20	5-0.25	Cedar Falls	2-20-09
Carissa Bentz	4-10.25	2-14	4-10.25	Monmouth, Ill.	2-14-09
Felicia Shunk	4-9.00	2-14	4-9.00	Monmouth, Ill.	2-14-09
Jill Ziskovsky	4-8.25	2-27	4-8.25	Waverly	2-27-09

### Long jump

**School record:** 19-5.00, Katie Brees, 2001

**NCAA provisional qualifying standard:** 17-9.75

**NCAA automatic qualifying standard:** 18-8.50

Name	Season	Date	Career	Site	Date
Carrisa Bentz	17-1.25	2-20	17-1.25	Cedar Falls	2-20-09
Jill Ziskovsky	16-5.75	2-27	16-9.25	Decorah	3-1-08
Caitlin Wilson	15-3.50	2-20	15-3.50	Cedar Falls	2-20-09
Liz Hasenmiller	14-7.00	2-20	14-7.00	Cedar Falls	2-20-09
Felicia Shunk	12-6.00	2-14	12-6.00	Monmouth, Ill.	2-14-09

### Triple jump

**School record:** 36-10.50, Kim Wilson, 2004

**NCAA provisional qualifying standard:** 36-8.25

**NCAA automatic qualifying standard:** 38-6.75

Name	Season	Date	Career	Site	Date
Alicia Dusenbury			33-7.50	Decorah	3-1-08

### Shot put

**School record:** 44-6.75, Chelsey Keller, 2007

**NCAA provisional qualifying standard:** 42-4.00

**NCAA automatic qualifying standard:** 45-11.25

Name	Season	Date	Career	Site	Date
Rachel Boeke	+43-0.25	2-27	43-0.25	Waverly	2-27-09
Megan Kittleson	39-8.50	2-20	39-8.50	Cedar Falls	2-20-09
Carissa Bentz	35-8.50	2-20	35-8.50	Cedar Falls	2-20-09
Caitlin Wilson	32-9.50	2-7	32-9.25	Mount Vernon	2-7-09
Judy James	32-2.75	2-14	32-2.75	Monmouth, Ill.	2-14-09
Jill Ziskovsky	29-7.25	2-14	29-7.25	Monmouth, Ill.	2-14-09
Felicia Shunk	25-3.50	2-14	25-3.50	Monmouth, Ill.	2-14-09
Danielle Francois			29-1.75	Monmouth, Ill.	1-27-07

### Weight throw

**School record:** 48-8.25, Alicia Whisner, Feb. 10, 2007

**NCAA provisional qualifying standard:** 49-4.50

**NCAA automatic qualifying standard:** 55-9.25

Name	Season	Date	Career	Site	Date
Danielle Francois	42-5.25	2-20	43-7.25	Cedar Falls	2-23-08
Ashley M Feldman	37-10.00	2-14	37-10.00	Monmouth, Ill.	2-14-09
Judy James	37-0.25	2-27	37-0.25	Waverly	2-27-09
Rachel Boeke	35-6.75	1-31	40-4.25	Bloomington, Ill.	2-9-08

### Pole vault

**School record:** 10-8.00, Kim Flaherty, Feb. 24, 2006

**NCAA provisional qualifying standard:** 11-3.75

**NCAA automatic qualifying standard:** 12-3.50

Name	Season	Date	Career	Site	Date
Liz Hasenmiller	7-6.50	2-27	7-6.50	Waverly	2-27-09
Ashley L Feldman			7-0.50	Decorah	3-1-08

### Pentathlon

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

**NCAA provisional qualifying standard:** 3,000 points

Name	Season	Date	Career	Site	Date
Caitlin Wilson	2,965	2-27	2,965	Waverly	2-27-09
Jill Ziskovsky	2,949	2-27	2,949	Waverly	2-27-09
Carissa Bentz	2,723	2-14	2,723	Mount Vernon	2-14-09
Felicia Shunk	2,247	2-14	2,247	Mount Vernon	2-14-09

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

\* converted time

## 2009 WOMEN'S INDOOR SEASON RESULTS

### 2008 Central College indoor team results

Jan. 31	Titan Open	Bloomington, Ill.	7th of 12 teams
Feb. 7	Hilltop Invitational	Mount Vernon	no team scores
Feb. 14	Monmouth Invitational	Monmouth, Ill.	6th of 8 teams
Feb. 20	UNI-Dome Open	Cedar Falls	no team scores
Feb. 27-28	Iowa Conference Championships	Waverly	4th of 9 teams
March 7	Iowa State Last Chance Open	Ames	
March 13-14	NCAA Division III Championships	Terre Haute, Ind.	

### Individual honors

#### New school records

### NCAA Division III championship qualifiers March 13-14, Terre Haute, Ind.

#### Automatic qualifiers

Event	Name	Mark	Date	Site
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#### Provisional qualifiers

Event	Name	Mark	Date	Site
Shot put	Rachel Boeke	43-0.25	2-27	Waverly
4x400 meter relay	Ziskovsky/Teas/Tipton/ Mosinski	3:57.99	3-7	Ames

#### Titan Open

Jan. 31, 2009

#### Shirk Center

Illinois Wesleyan University  
Bloomington, Ill.

#### Team results

1. Illinois Wesleyan 150.33; 2. Lindenwood 84.33; 3. Lewis (Ill.) 62; 4. Missouri Baptist 36.33; 5. Greenville (Ill.) 34; 6. William Woods (Mo.) 26; **7. Central 24.5**; 8. Olivet Nazarene (Ill.) 23; 9. St. Ambrose 17.5; 10. Illinois College 8; 11. Aurora (Ill.) 4; 12. Iowa Wesleyan 2; 12. Ashford 2; 12. Fontbonne (Mo.) 2.

#### Central's individual results

**55 meters-** 9. Emily Teas, 7.62; 13. Angie Latta, 7.82; 15. Kelsey Manecke, 7.83; 30. Abby Sohn, 8.14; 32. Liz Hasenmiller, 8.23.

**55 meter hurdles-** 8. Caitlin Wilson, 9.31; 10. Jill Ziskovsky, 9.76; 20. Amanda Mosinski, 10.32.

**200 meters-** 6. Emily Teas, 27.16; 16. Jill Ziskovsky, 28.25; 30. Alicia Dunesbury, 29.21; 33. Caitlin Wilson, 29.50; 35. Angie Latta, 29.69; 36. Carissa Bentz, 29.74; 43. Kelsey Manecke, 30.41; 45. Abby Sohn, 30.50; 51. Felicia Shunk, 32.27.

**400 meters-** 10. Rachele Tipton, 1:03.16; 13. Amanda Mosinski, 1:03.81; 19. Eve Reinhold, 1:06.96; 20. Alicia Dunesbury, 1:08.49; 23. Felicia Shunk, 1:09.79.

**800 meters-** 6. Rachele Tipton, 2:27.89; 13. Angie Berry, 2:36.78; 16. Melanie Louis, 2:38.67; 17. Molly VonHoltten, 2:38.70; 18. Meghann Burt, 2:38.88; 22. Sara Davis, 2:42.52; 24. Sara Crippen, 2:43.37; 26. Amber Mayer, 2:44.05; 28. Eve Reinhold, 2:44.66; 38. Connie Eshelman, 2:53.89.

**Mile-** 4. Jess Clark, 5:27.42; 7. Amy Ledvina, 5:31.97; 9. Meghann Burt, 5:39.51; 10. Molly VonHoltten, 5:39.61; 13. Sara Crippen, 5:46.58; 15. Melanie Louis, 5:48.47.

**3000 meters-** 8. Jess Clark, 11:11.43; 9. Amy Ledvina, 11:14.85; 10. Heather Shives, 11:38.40; 16. Claudia Garcia, 11:56.04.

**5000 meters-** 4. Angie Berry, 18:55.40; 7. Amber Mayer, 19:20.70; 8. Connie Eshelman, 19:38.70.

**4x400 meter relay-** 3. Teas/Ziskovsky/Mosinski/Tipton, 4:11.36; 9. Bentz/Latta/Wilson/Manecke, 4:29.03; 15. Central D, 4:37.92; 16. Shunk/

Dusenbury/Reinhold/Burt, 4:39.64.

**4x800 meter relay -** 2. Crippen/Reinhold/Burt/Lewis, 11:31.43

**High jump-** 5. Caitlin Wilson, 4-11.75.

**Long jump-** 6. Jill Ziskovsky, 16-1.00; 11. Carissa Bentz, 15-2.25; 23. Liz Hasenmiller, 13-4.75.

**Shot put-** 3. Rachel Boeke, 41-6.50; 22. Judy James, 30-3.75.

**Weight throw-** 15. Danielle Francois, 37-6.50; 17. Ashley Feldman, 35-6.75; 20. Judy James, 31-8.75.

#### Hilltop Invitational

Feb. 7, 2009

#### Small MultiSport Center

#### Cornell College

Mount Vernon, Iowa

#### No team results

#### Central's individual results

**55 meters-** 4. Angie Latta, 7.77; 15. Kelsey Manecke, 7.87; 32. Liz Hasenmiller, 8.32.

**55 meter hurdles-** Caitlin Wilson, 9.28; Jill Ziskovsky, 9.94; Amanda Mosinski, 10.17.

**200 meters-** 12. Emily Teas, 28.59; 19. Kelsey Manecke, 28.93; 33. Ashley Lippincott, 30.14.

**400 meters-** 1. Emily Teas, 1:00.00; 8. Amanda Mosinski, 1:03.75; 9. Carissa Bentz, 1:03.98; 32. Felicia Shunk, 1:08.67.

**800 meters-** 3. Rachele Tipton, 2:25.97; 6. Sara Crippen, 2:33.87; 9. Amy Ledvina, 2:35.92; 10. Eve Reinhold, 2:36.43; 13. Sara Davis, 2:41.99.

**Mile-** 3. Amy Ledvina, 5:27.87; 7. Molly VonHoltten, 5:37.39; 16. Liz Arentsen, 6:08.85.

**3000 meters-** 3. Jess Clark, 10:51.90; 8. Meghann Burt, 11:32.03; 21. Kelsey Tompkins, 12:19.14.

**4x400 meter relay-** 1. Teas/Ziskovsky/Mosinski/Tipton, 4:05.99; 8. Ledvina/Clark/Mayer/Berry, 4:27.23; 9. Wilson/Latta/Manecke/Bentz, 4:28.44 13. Central D, 4:34.65.

**High jump-** 5. Caitlin Wilson, 4-11.00; Felicia Shunk, 4-7.00.

**Long jump-** 4. Jill Ziskovsky, 16-2.25; 7. Carissa Bentz, 16-0.25.

**Shot put-** 5. Rachel Boeke, 40-6.25; Caitlin Wilson, 32-9.50; Jill

## 2009 WOMEN'S INDOOR SEASON RESULTS

Ziskovsky, 28-1.00.

**Weight throw-** Danielle Francois, 42-0.25; Ashley Feldman, 36-4.00.

**Monmouth Invitational  
Feb. 14, 2009  
Huff Athletic Center  
Monmouth College  
Monmouth, Ill.**

**Team scores**

1. Illinois Wesleyan 170; 2. Washington (Mo.) 101.5; 3. Monmouth (Ill.) 88.5; 4. Carroll (Wis.) 81; 5. Wis.-Whitewater 66; **6. Central 58**; 7. Greenville (Ill.) 43; 8. Augustana (Ill.) 10.

**Central's individual results**

**55 meters-** 8. Emily Teas, 7.72; 10. Kelsey Manecke, 7.77; 11. Angie Latta, 7.80; 24. Liz Hasenmiller, 8.18.

**55 meter hurdles-** 12. Amanda Mosinski, 10.13.

**800 meters-** 3. Rachele Tipton, 2:22.66; 18. Sara Davis, 2:36.80.

**Mile-** 13. Sara Crippen, 5:39.05; 18. Melanie Louis, 5:56.60.

**3000 meters-** 7. Heather Shives, 11:56.29.

**5000 meters-** 1. Angie Berry, 18:15.60; 3. Amy Ledvina, 19:19.10; 4. Amber Mayer, 19:19.50; 7. Connie Eshelman, 19:39.30; 8. Jess Clark, 19:43.30; 9. Claudia Garcia, 20:40.80; 10. Kelsey Tompkins, 21:12.60; 11. Kate Callan, 21:57.50.

**4x200 meter relay-** 2. Teas/Latta/Manecke/Mosinski, 1:50.16; 5. Dusenbury/Lippincott/Stoullil/Hasenmiller, 1:59.95.

**4x400 meter relay-** 3. Teas/Tipton/Mosinski/Crippen, 4:10.64; 10. Central C, 4:25.80; 13. Dusenbury/Lippincott/Manecke/Burt, 4:44.98.

**Long jump-** 14. Liz Hasenmiller, 14-5.75.

**Shot put-** 4. Rachel Boeke, 39-10.75; 7. Megan Kittleson, 39-3.00; 20. Judy James, 32-2.75.

**Weight throw-** 15. Danielle Francois, 39-3.25; 17. Ashley Feldman, 37-10.00; 23. Judy James, 32-11.25.

**Pentathlon-**

1. Caitlin Wilson

<b>55 meter hurdles</b>	8.94	787 points
<b>High jump</b>	4-11.50	632 points
<b>Shot put</b>	26-3.75	401 points
<b>Long jump</b>	15-2.25	461 points
<b>800 meters</b>	2:40.18	571 points
<b>Total points</b>		2,852 points

2. Jill Ziskovsky

<b>55 meter hurdles</b>	9.50	672 points
<b>High jump</b>	4-5.50	470 points
<b>Shot put</b>	29-7.25	465 points
<b>Long jump</b>	16-3.25	548 points
<b>800 meters</b>	2:32.67	660 points
<b>Total points</b>		2,815 points

3. Carissa Bentz

<b>55 meter hurdles</b>	11.29	364 points
<b>High jump</b>	4-10.25	599 points
<b>Shot put</b>	35-2.50	577 points
<b>Long jump</b>	16-6.00	567 points
<b>800 meters</b>	2:36.32	616 points
<b>Total points</b>		2,723 points

4. Felicia Shunk

<b>55 meter hurdles</b>	10.22	538 points
<b>High jump</b>	4-9.00	566 points
<b>Shot put</b>	25-3.50	381 points

<b>Long jump</b>	12-6.00	265 points
<b>800 meters</b>	2:46.84	497 points
<b>Total points</b>		2,247 points

**UNI-Dome Open  
Feb. 20, 2009  
UNI-Dome  
Univ. of Northern Iowa  
Cedar Rapids**

**No team scores**

**Central's individual results**

**60 meters-** 17. Angie Latta, 8.43; 21. Kelsey Manecke, 8.51; 30. Liz Hasenmiller, 8.70.

**60 meter hurdles-** 13. Caitlin Wilson, 9.75; 21. Jill Ziskovsky, 10.32; 27. Felicia Shunk, 11.55.

**200 meters-** 6. Emily Teas, 26.94; 12. Angie Latta, 27.90; 15. Carissa Bentz, 28.56; 21. Alicia Dunesbury, 29.54; 22. Ashley Lippincott, 29.72; 25. Liz Hasenmiller, 31.18.

**400 meters-** 3. Emily Teas, 59.74; 7. Amanda Mosinski, 1:02.72.

**800 meters-** 3. Rachele Tipton, 2:23.95; 11. Melanie Louis, 2:37.11; 13. Sarah Davis, 2:38.10; 16. Eve Reinhold, 2:42.88.

**Mile-** 8. Molly VonHolten, 5:39.39; 9. Sara Crippen, 5:47.89; 10. Heather Shives, 5:49.13; 11. Meghann Burt, 5:59.34; 13. Liz Arentsen, 6:03.78.

**3000 meters-** 1. Angie Berry, 10:40.04; 3. Jess Clark, 10:42.80; 4. Amy Ledvina, 10:45.81; 6. Amber Mayer, 11:00.99; 10. Connie Eshelman, 11:24.50.

**4x400 meter relay-** 2. Ziskovsky/Teas/Tipton/Mosinski, 4:06.87; 6. Bentz/Wilson/Manecke/Latta, 4:19.86; 8. Burt/Clark/VonHolten/Louis, 4:29.91; 9. Dusenbury/Lippincott/Shunk/Crippen, 4:37.86.

**Distance medley relay-** 4. Reinhold/Davis/Louis/Burt, 13:31.36.

**High jump-** 6. Caitlin Wilson, 5-2.25; 9. Taylor Shuelke, 5-0.25; 10. Felicia Shunk, 4-8.25.

**Long jump-** 6. Carissa Bentz, 17-1.25; 12. Jill Ziskovsky, 15-9.50; 13. Caitlin Wilson, 15-3.50; 16. Liz Hasenmiller, 14-7.00.

**Shot put-** 7. Rachel Boeke, 39-11.50; 8. Megan Kittleson, 39-8.50; 15. Carissa Bentz, 35-8.50; 21. Judy James, 30-7.75.

**Weight throw-** 6. Danielle Francois, 42-5.25; 10. Ashley Feldman, 36-9.00; 11. Judy James, 36-1.50.

**Iowa Conference Championships**

**Feb. 27-28, 2009  
Hoover Fieldhouse  
Wartburg College  
Waverly**

**Team scores**

1. Wartburg 276; 2. Loras 112; 3. Simpson 84; **4. Central 82**; 5. Luther 63; 6. Coe 41; 7. Cornell 40; 8. Buena Vista 38; 9. Dubuque 4.

**Central's individual results**

**55 meters-** 5. Angie Latta, 7.55.

**200 meters-** 5. Emily Teas, 26.52; 10. Angie Latta, 27.51.

**400 meters-** 6. Emily Teas, 58.96.

**800 meters-** 11. Rachele Tipton, 2:24.25; 14. Eve Reinhold, 2:29.82; 17. Sara Davis, 2:33.23.

**Mile-** 12. Heather Shives, 5:51.51; 13. Liz Arentsen, 6:00.38.

**3000 meters-** 6. Amy Ledvina, 10:50.82; 8. Angie Berry, 10:54.79; 11. Jessica Clark, 11:02.97.

**5000 meters-** 2. Angie Berry, 18:22.09; 7. Amber Mayer, 18:40.00; 10. Connie Eshelman, 19:10.00.

**4x200 meter relay-** 3. Teas/Ziskovsky/Latta/Bentz, 1:47.84.

## 2009 WOMEN'S INDOOR SEASON RESULTS

**4x400 meter relay-** 3. Ziskovsky/Teas/Tipton/Mosinski, 4:04.23.

**4x800 meter relay-** 6. VonHolten/Louis/Burt/Crippen, 9:58.85.

**Distance medley-** 6. Ledvina/Mosinski/Tipton/Clark, 12:37.83.

**High jump-** 4. Caitlin Wilson, 4-11.50; 5. Taylor Schuelke, 4-11.50;

9. Felicia Shunk, 4-7.50; 11. Carissa Bentz, 4-7.50.

**Pole vault-** 6. Liz Hasenmiller, 7-6.50.

**Long jump-** 4. Carissa Bentz, 16-10.50; 6. Jill Ziskovsky, 16-5.75.

**Shot put-** 2. Rachel Boeke, 43-0.25; 13. Megan Kittleson, 36-5.75;

16. Judy James, 31-7.25.

**Weight throw-** 11. Danielle Francois, 40-4.75; 15. Judy James,

37-0.25; 17. Ashley Feldman, 36-7.00.

### **Pentathlon-**

1. Caitlin Wilson

<b>55 meter hurdles</b>	9.13	746 points
<b>High jump</b>	5-2.25	712 points
<b>Shot put</b>	27-5.50	423 points
<b>Long jump</b>	15-3.50	469 points
<b>800 meters</b>	2:36.41	615 points
<b>Total points</b>		2,965 points

2. Jill Ziskovsky

<b>55 meter hurdles</b>	9.46	681 points
<b>High jump</b>	4-8.25	544 points
<b>Shot put</b>	31-5.75	503 points
<b>Long jump</b>	16-1.00	532 points
<b>800 meters</b>	2:30.34	689 points
<b>Total points</b>		2,949 points

### **Iowa State Last Chance Open**

**March 7, 2009**

**Lied Athletic Facility**

**Iowa State University**

**Ames**

### **No team scores**

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

**400 meters-** 13. Emily Teas, 59.15.

**4x400 meter relay-** 12. Ziskovsky/Teas/Tipton/Mosinski, 3:57.99.

**Shot put-** 14. Rachel Boeke, 41-1.75.

## 2009 WOMEN'S INDOOR ROSTER

Name	Yr.	Events	Hometown/High school
Liz Arentsen	Jr.	1500-3000	Bondurant, Iowa/Waukee
Cory Bacon	Fr.	Hurdles, 100-200	Garwin, Iowa/GMG
Carissa Bentz	Jr.	Multievents	Ute, Iowa/Boyer Valley
Rachel Boeke	Sr.	Throws	Cedar Rapids, Iowa/Thomas Jefferson
Angie Berry	Jr.	Distance	Norwalk, Iowa/Norwalk
Meghann Burt	So.	800-1500	Slater, Iowa/Ankeny Christian
Kate Callan	Fr.	Distance	Clinton, Iowa/Clinton
Jessica Clark	Sr.	Distance	Port Byron, Ill./Riverdale
Sara Crippen	So.	800-1500	Williamsburg, Iowa/Williamsburg
Sara Davis	Fr.	800-1500	Melbourne, Iowa/West Marshall
Alicia Dusenbury	Jr.	200-400, TJ	Oswego, Ill./Oswego
Connie Eshelman	Jr.	1500-5000	Bridgewater, Iowa/Nodaway Valley
Ashley L. Feldman	Jr.	PV	Alleman, Iowa/North Polk
Ashley M. Feldman	Jr.	Throws	West Liberty, Iowa/West Liberty
Danielle Francois	Sr.	Throws	Albumett, Iowa/Albumett
Claudia Garcia	So.	1500-5000	Iowa City, Iowa/City
Liz Hasenmiller	Fr.	100-400, PV	Bettendorf, Iowa/Assumption
Judy James	Fr.	Throws	Clive, Iowa/Dowling Catholic
Jenni Hufford	Jr.	Distance	Polk City, Iowa/Ankeny Christian
Megan Kittleson	Fr.	Throws	Osage, Iowa/Osage
Angie Latta	Jr.	100-200	Madrid, Iowa/Madrid
Ashley Lippincott	Jr.	200-400	Huxley, Iowa/Ballard
Amy Ledvina	Jr.	Distance	Toledo, Iowa/South Tama
Melanie Louis	Fr.	800-1500	Davenport, Iowa/Central
Kelsey Manecke	So.	PV	Pella, Iowa/Pella
Amber Mayer	Jr.	1500-5000	Essex, Iowa/Shenandoah
Amanda Mosinski	So.	Hurdles, 100-400	Packwood, Iowa/Pekin
Kelsey Peterson	So.	JT	Waverly, Iowa/Waverly-Shell Rock
Eve Reinhold	So.	800-1500	Collins, Iowa/Collins-Maxwell
Taylor Schuelke	Fr.	Hurdles	Rosemount, Minn./Rosemount
Heather Shives	Jr.	Distance	Knoxville, Iowa/Knoxville
Felicia Shunk	Fr.	400, hurdles	Bloomfield, Iowa/Davis County
Abby Sohn	Fr.	100-400	Perry, Iowa/Perry
Megan Stoullil	Fr.	Hurdles	Pocahontas, Iowa/Pocahontas
Emily Teas	So.	Multievents	Indianola, Iowa/Indianola
Rachelle Tipton	Jr.	200-800, LJ	Newton, Iowa/Newton
Kelsey Tompkins	Jr.	1500-5000	Webster City, Iowa/Webster City
Molly VanHolten	So.	Distance	Walnut, Ill./Bureau Valley
Maggie Wehde	Fr.	800-1500	Tipton, Iowa/Tipton
Caitlin Wilson	Fr.	Multievents	Oakland, Iowa/Riverside
Jill Ziskovskoy	So.	Multievents	Dallas Center, Iowa/Dallas Center-Grimes

**Head coach:** Joe Dunham (middle distance)

**Associate head coach:** Guy Mosher (sprints, hurdles, jumps, multi-events)

**Assistants:** Stephen Fyfe (5K-10K); Mike Marcinkowski (shot put, discus, weight/hammer); Eric Pingel (pole vault); Scott Tjeerdsma (sprints, hurdles, jumps)