



Women's indoor TRACK & FIELD

2008 INDOOR SEASON AND CAREER BESTS -- RUNNING EVENTS

55 meters

School record: 7.19, Lisa Broek, 1981

NCAA provisional qualifying standard: 7.32

NCAA automatic qualifying standard: 7.14

Name	Season	Date	Career	Site	Date
Jenny Owens	7.56	3-1	7.56	Decorah	3-1-08
Trish Hogrefe	7.68	2-29	7.68	Decorah	2-29-08
Linsey Current	8.00	2-29	7.82	Mount Vernon	2-23-07
Molli O'Brien	8.14	1-26	8.14	Monmouth, Ill.	1-26-08
Angie Latta			7.67	Storm Lake	2-10-07
Kari Hutchinson			7.80	Monmouth, Ill.	1-28-06

60 meters

School record: 8.2, Danielle Hutchinson, 2005

NCAA provisional qualifying standard: 7.84

NCAA automatic qualifying standard: 7.66

Name	Season	Date	Career	Site	Date
Trish Hogrefe	8.34	2-23	8.34	Cedar Falls	2-23-28
Linsey Current	8.69	2-23	8.55	Bloomington, Ill.	2-3-07
Angie Latta			8.27	Bloomington, Ill.	2-3-07
Jenny Owens			8.28	Cedar Falls	2-17-06

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
Kari Hutchinson	\$26.11	2-23	26.11	Cedar Falls	2-23-08
Emily Teas	26.77	3-1	26.77	Decorah	3-1-08
Jenny Owens	26.83	3-1	26.83	Decorah	3-1-08
Jill Ziskovsky	27.83	2-23	27.83	Cedar Falls	2-23-08
Alicia Dusenbury	28.32	2-23	27.79	Mount Vernon	2-24-07
Trish Hogrefe	28.39	2-23	28.39	Cedar Falls	2-23-08
Kayla Welter	28.45	2-23	28.45	Cedar Falls	2-23-08
Linsey Current	28.56	2-23	28.20	Storm Lake	2-10-07
Carissa Bentz	28.59	2-23	28.59	Cedar Falls	2-23-08
Chantelle MacVey	28.75	2-2	28.75	Mount Vernon	2-2-08
Molli O'Brien	28.80	2-2	28.80	Mount Vernon	2-2-08
Amanda Mosinski	28.91	2-2	28.91	Mount Vernon	2-2-08
Ashley Lippincott	29.73	2-23	28.85	Cedar Falls	2-16-07
Amy Loftus	29.80	2-9	29.80	Bloomington, Ill.	2-9-08
Angie Latta			27.95	Bloomington, Ill.	2-3-07

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
Kari Hutchinson	+\$58.33	2-23	58.33	Cedar Falls	2-23-08
Jill Ziskovsky	59.99	2-23	59.99	Cedar Falls	2-23-08
Emily Teas	1:00.25	2-23	1:00.25	Cedar Falls	2-23-08
Amanda Mosinski	1:03.07	3-1	1:03.07	Decorah	3-1-08
Chantelle MacVey	1:05.76	2-9	1:04.86	Bloomington, Ill.	2-2-06
Carissa Bentz			1:02.60	Mount Vernon	2-24-07
Rachelle Tipton			1:03.43	Bloomington, Ill.	2-3-07
Alicia Dusenbury			1:05.59	Storm Lake	2-10-07

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	1:40.43	1-26	1:39.37	Mount Vernon	2-24-07
Molly VonHolten	1:45.95	1-26	1:45.95	Monmouth, Ill.	1-26-08
Eve Reinhold	1:46.76	1-26	1:46.76	Monmouth, Ill.	1-26-08
Mandie Barkley	1:48.43	1-26	1:48.43	Monmouth, Ill.	1-26-08
Meghann Burt	1:48.72	1-26	1:48.72	Monmouth, Ill.	1-26-08
Sara Crippen	1:49.43	1-26	1:49.43	Monmouth, Ill.	1-26-08
Chantelle MacVey			1:44.09	Mount Vernon	2-24-07
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: 2:16.90

NCAA automatic qualifying standard: 2:13.85

Name	Season	Date	Career	Site	Date
Rachelle Tipton	2:23.43	3-1	2:22.36	Ames	3-3-07
Sara Crippen	2:27.98	3-1	2:27.98	Decorah	3-1-08
Jess Clark	2:28.02	1-26	2:22.23	Cedar Falls	2-16-07
Molly VonHolten	2:29.03	2-23	2:29.03	Cedar Falls	2-23-08
Meghan Burt	2:30.75	2-23	2:30.75	Cedar Falls	2-23-08
Mandie Barkley	2:33.73	2-9	2:29.35	Mount Vernon	2-24-07
Eve Reinhold	2:30.77	2-23	2:30.77	Cedar Falls	2-23-08
Kari Hutchinson			2:32.44	Lamoni	2-11-07
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

Mile

School record: 5:07.85, Camilla Ratering, 1980

NCAA provisional qualifying standard: 5:05.0

NCAA automatic qualifying standard: 4:55.0

Name	Season	Date	Career	Site	Date
Jess Clark	5:17.11	2-23	5:17.11	Cedar Falls	2-23-08
Mandie Barkley	5:39.21	2-23	5:39.21	Cedar Falls	2-23-08
Kelsey Tompkins	5:59.24	2-2	5:54.25	Storm Lake	2-10-07
Emily Miller	6:07.43	2-2	6:07.43	Mount Vernon	2-2-08
Connie Eshelman	6:07.56	2-9	6:07.56	Bloomington, Ill.	2-9-08

2008 INDOOR SEASON AND CAREER BESTS -- RUNNING EVENTS

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
Jess Clark	10:53.02	2-16	10:53.02	Platteville, Wis.	2-16-08
Kelsey Tompkins	11:31.25	2-23	11:31.25	Cedar Falls	2-23-08
Connie Eshleman	11:35.43	3-1	11:35.43	Decorah	3-1-08
Amber Mayer	11:46.27	2-9	11:46.27	Bloomington, Ill.	2-9-08

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
Anderson/Bentz/Tipton/Clark	12:57.92	2-29-08
Anderson/Crippen/Reinhold/VonHolten	13:17.59	2-9-08

5,000 meters

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

NCAA provisional qualifying standard: 17:40

NCAA automatic qualifying standard: 17:10

Name	Season	Date	Career	Site	Date
Amber Mayer	19:54.9	3-1	19:54.9	Decorah	3-1-08

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

55 meter hurdles

School record: 8.38, Abby Gonzales, 2002

NCAA provisional qualifying standard: 8.55

NCAA automatic qualifying standard: 8.27

Name	Season	Date	Career	Site	Date
Kari Hutchinson	9.16	2-9	9.16	Bloomington, Ill.	2-9-08
Jill Ziskovsky	9.56	2-9	9.56	Bloomington, Ill.	2-9-08
Chantelle MacVey	9.72	2-9	9.72	Bloomington, Ill.	2-9-08
Amanda Mosinski	10.22	2-9	10.22	Bloomington, Ill.	2-9-08

60 meter hurdles

School record: 9.21, Abby Gonzales, 2002

NCAA provisional qualifying standard: 9.13

NCAA automatic qualifying standard: 8.85

Name	Season	Date	Career	Site	Date
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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
Hutchinson/Owens/Teas/Ziskovsky	1:45.66	3-1-08
Hogrefe/MacVey/Dusenbury/O'Brien	1:52.90	1-26-08

4x400 meter relay

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

NCAA provisional qualifying standard: 4:00.0

NCAA automatic qualifying standard: 3:53.5

Names	Season	Date
Teas/Hutchinson/Ziskovsky/Tipton	+\$3:55.68*	3-8-08
Teas/Ziskovsky/Bentz/Tipton	4:02.58	3-1-08
Teas/Ziskovsky/Owens/Tipton	4:04.48	2-9-08
Teas/Owens/Ziskovsky/Tipton	4:08.08	2-23-08
Teas/Owens/Tipton/Ziskovsky	4:12.57	2-2-08
Hutchinson/Teas/Owens/Tipton	4:15.28	1-26-08
Bentz/Mosinski/VonHolten/Reinhold	4:16.48	2-9-08
Ziskovsky/MacVey/Reinholdy/Mosinski	4:18.58	1-26-08
Reinhold/VonHolten/Clark/Bentz	4:19.35	2-23-08
Mosinski/MacVey/Bentz/Clark	4:22.85	2-2-08
Barkley/Burt/VonHolten/Crippen	4:22.98	1-26-08

*300 meter track

2008 INDOOR SEASON AND CAREER BESTS -- FIELD EVENTS

High jump

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

NCAA provisional qualifying standard: 5'5"

NCAA automatic qualifying standard: 5'7.25"

Name:	Season	Date	Career	Site	Date
Kari Hutchinson	4'11"	3-1	4'11"	Decorah	3-1-08
Carissa Bentz	4'7"	3-1	4'7"	Decorah	3-1-08
Jill Ziakovsky	4'7"	3-1	4'7"	Decorah	3-1-08

Long jump

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

NCAA provisional qualifying standard: 17'9.75"

NCAA automatic qualifying standard: 18'8.5"

Name	Season	Date	Career	Site	Date
Jill Ziskovsky	16'9.25"	3-1	16'9.25"	Decorah	3-1-08
Jenny Owens	16'7.75"	2-23	16'7.75"	Cedar Falls	2-23-08
Carrisa Bentz	16'6"	3-1	16'8"	Mount Vernon	2-24-07
Kari Hutchinson	15'9"	3-1	16'6"	Lamoni	2-11-07

Triple jump

School record: 36'10.5, Kim Wilson, 2004

NCAA provisional qualifying standard: 36'8.25"

NCAA automatic qualifying standard: 38'7.75"

Name	Season	Date	Career	Site	Date
Alicia Dusenbury	33'7.5"	3-1	33'7.5"	Decorah	3-1-08
Jenny Owens	33'0.25"	2-2	33'9.5"	Monmouth, Ill.	1-27-07

Shot put

School record: 44'6.75", Chelsey Keller, 2007

NCAA provisional qualifying standard: 42'

NCAA automatic qualifying standard: 45'9.25"

Name	Season	Date	Career	Site	Date
Rachel Boeke	+42'1.5"	3-1	42'1.5"	Decorah	3-1-08
A. Roggemann	35'11.25"	2-23	35'11.25"	Cedar Falls	2-23-08
Nicole Sojka	34'3.5"	3-1	34'8.5"	Cedar Falls	2-18-05
Danielle Francois			29'1.75"	Monmouth, Ill.	1-27-07
Kari Hutchinson			27'8"	Lamoni	2-11-07

Weight throw

School record: 48'8.25", Alicia Whisner, Feb. 10, 2007

NCAA provisional qualifying standard: 49'4.5"

NCAA automatic qualifying standard: 55'9.25"

Name	Season	Date	Career	Site	Date
Danielle Francois	43'7.25"	2-23	43'7.25"	Cedar Falls	2-23-08
Rachel Boeke	40'4.25"	2-9	40'4.25"	Bloomington, Ill.	2-9-08
A. Roggeman	39'7"	2-9	39'7"	Bloomington, Ill.	2-9-08
Nicole Sojka	37'11.5"	2-23	37'11.5"	Cedar Falls	2-23-08
Ashley M Feldman	37'3.25"	2-23	37'3.25"	Cedar Falls	2-23-08

Pole vault

School record: 10'8", Kim Flaherty, Feb. 24, 2006

NCAA provisional qualifying standard: 11'3.75"

NCAA automatic qualifying standard: 12'3.5"

Name	Season	Date	Career	Site	Date
Ashley L Feldman	7'0.5"	3-1	7'0.5"	Decorah	3-1-08

Pentathlon

School record: 3,560, Sandy Schultz, 1979

Name	Season	Date	Career	Site	Date
Kari Hutchinson			2,787	Lamoni	2-11-07

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

2008 WOMEN'S INDOOR SEASON RESULTS

2008 Central College indoor team results

Jan. 26	Midwest Invitational	Monmouth, Ill.	6th of 7 teams
Feb. 2	Hilltop Invitational	Mount Vernon	no team scores
Feb. 9	Bob Keck Invitational	Bloomington, Ill.	4th of 10 teams
Feb. 16	Wisconsin-Platteville Invitational	Platteville, Wis.	no team scores
Feb. 23	UNI-Dome Open	Cedar Falls	no team scores
Feb.29-Mar. 1	IIAC Indoor Championship	Decorah	4th of 9 teams
Mar. 8	Iowa State Last Chance Open	Ames	no team scores
Mar. 14-15	NCAA Division III Championship	Ada, Ohio	64th

NCAA Division III championship qualifiers
March 14-15, Ada, Ohio

Automatic qualifiers

Event	Name	Mark	Date	Site
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Provisional qualifiers

Event	Name	Mark	Date	Site
400 meters	Kari Hutchinson	58.33	2-23	Cedar Falls
Shot Put	Rachel Boeke	42'1.5"	3-1	Decorah
4X400 meter relay	Teas/Hutchinson/ Ziskovsky/Tipton	3:55.68	3-8	Ames

Individual honors

All Americans

4x400 meter relay

Emily Teas, Kari Hutchinson, Jill Ziskkovsky, Rachele Tipton

New school records

**4x400 meter relay- 3:55.68, Teas/Hutchinson/
Ziskovsky/Tipton, Ames, Mar. 8**

**4x200 meter relay- 1:45.66, Hutchinson/Owens/Teas/
Ziskovsky, Mar. 1**

400 meters- 58.33, Kari Hutchinson, Feb. 23

200 meters- 26.11, Kari Hutchinson, Feb. 23s

Midwest Invitational
Jan. 26, 2008
Huff Athletic Center
Monmouth College
Monmouth, Ill.

Team results

1. Augustana, 168; Illinois Wesleyan, 138.5; 3. Wartburg, 133; 4. Monmouth (Ill.), 101.5; 5. Ohio Northern, 96; 6. Central, 49; 7. Knox, 13;

Central's individual results

55 meters- 14. Trish Hogrefe, 7.88; 15. Jenny Owens, 7.93; 25. Linsey Current, 8.13; 26. Mollie O'Brien, 8.14;
200 meters- 11. Amy Loftus, 30.57;
300 meters- 6. Amanda Mosinski, 45.83;
600 meters- 5. Rachele Tipton, 1:40.43; 11. Molly VonHolten, 1:45.95; 12. Eve Reinhold, 1:46.76; 16. Mandie Barkley, 1:48.43; 17. Meghann Burt, 1:48.72; 18. Sara Crippen, 1:49.43;
800 meters- 4. Jess Clark, 2:28.02;
Mile- 3. Jess Clark, 5:26.89; 13. Emily Miller, 6:07.77
3000 meters- 5. Kelsey Tompkins, 11:59.53; 9. Connie Eshelman, 12:35.50;
4x200 meter relay- 1. Hutchinson/Owens/Teas/Ziskovsky, 1:50.11; 4. Hogrefe/ MacVey/Dusenbury/O'Brien, 1:52.90;
4x400 meter relay- Hutchinson/Teas/Owens/Tipton, 4:15.28;
9. Ziskovsky/MacVey/Reinhold/Mosinski, 4:18.58; 11. Barkley/Burt/VonHolten/Crippen, 4:22.98;
Long Jump- 6. Jenny Owens, 16'4"; 13. Kari Hutchinson, 15'6.5"; 14. Jill Ziskovsky, 15'5.5";
Triple Jump- 12. Alicia Dusenbury, 31'5.75";
Shot Put- 5. Rachel Boeke, 39'3.75"; 13. Amanda Roggeman, 33'0.25"; 15. Nicole Sojka, 31'10.75";
Weight Throw- 7. Danielle Francois, 40'4.25"; 8. Amanda Roggeman, 37'3.75"; 12. Ashley Feldman, 33'9.5"; 14. Nicole Sojka, 31'11.5";

Hilltop Invitational
Feb. 2, 2008
Small MultiSport Center
Cornell College
Mount Vernon, Iowa

No team results

Central's individual results

55 meters- 4. Jenny Owens, 7.70; 5. Trish Hogrefe, 7.77; 17. Linsey Current, 8.10;
200 meters- 2. Kari Hutchinson, 26.67; 4. Emily Teas, 27.57; 7. Jill Ziskovsky, 27.93; 14. Jenny Owens, 28.38; 22. Alicia Dusenberry, 28.71; 23. Chantelle MacVey, 28.75; 24. Trish Hogrefe, 28.79; 25. Mollie O'Brien, 28.80; 29. Amanda Mosinski, 28.91; 38. Carissa Bentz, 29.16; 51. Linsey Current, 30.08; 54. Amy Loftus, 30.26; 67. Ashley Lippincott, 31.26;
800 meters- 6. Rachele Tipton, 2:28.96; 7. Molly VonHolten, 2:29.66; 8. Sara Crippen, 2:32.80; 11. Meghan Burt, 2:34.48; 17. Eve Reinhold, 2:37.83;
Mile- 4. Jess Clark, 5:25.53; 14. Mandie Barkley, 5:55.78; 16. Kelsey Tompkins, 5:59.24; 24. Emily Miller, 6:07.43;
3000 meters- 27. Connie Eshelman, 12:20.23;
4x400 meter relay- 4. Teas/Tipton/Owens/Ziskovsky, 4:12.57;
10. Mosinski/MacVey/Bentz/Clark, 4:22.85;
Long Jump- 3. Carissa Bentz, 16'3.75"; 5. Jill Ziskovsky, 15'11.5";
Triple Jump- 5. Jenny Owens, 33'0.25"; 7. Alicia Dusenbury, 32'7.75";
Shot Put- 7. Rachel Boeke, 39'5.25"; 16. Amanda Roggeman, 34'0.25"; 17. Nicole Sojka, 33'2";
Weight Throw- 14. Danielle Francois, 41'10.75"; 17. Rachel Boeke, 39'6.5"; 25. Amanda Roggeman, 36'0.25"; 27. Nicole Sojka 34'7.75"; 28. Ashley M. Feldman, 33'7.25";

2008 WOMEN'S INDOOR SEASON RESULTS

Bob Keck Invitational
Feb. 9, 2008
Shirk Athletic Center
Illinois Wesleyan University
Bloomington, Ill.

Team results

1. Illinois Wesleyan, 138.5; 2. University of Chicago, 97; 3. Washington University (Mo.), 76; 4. Central, 58; 5. Monmouth College (Ill.), 55.5; 6. Augustana, 48.5; 7. Rhodes, 44; 8. Carthage, 38; 9. Illinois State, 36.5; 10. Milikin (Ill.), 21;

Central's individual results

55 meters- 18. Jenny Owens, 7.88; 21. Linsey Current, 8.06;
55 meter hurdles- 8. Kari Hutchinson, 9.16; 17. Jill Ziskovsky, 9.56; 20. Chantelle MacVey, 9.72; 23. Amanda Mosinski, 10.22;
200 meters- 4. Kari Hutchinson, 26.58; 27. Trish Hogrefe, 28.56; 33. Linsey Current, 28.98; 41. Amy Loftus, 30.22; 43. Ashley Lippincott, 30.45;
400 meters- 3. Kari Hutchinson, 59.81; 7. Emily Teas, 1:00.57; 17. Amanda Mosinski, 1:03.72; 25. Chantelle MacVey, 1:05.76;
800 meters- 8. Rachele Tipton, 2:24.63; 18. Meghann Burt, 2:33.00; 19. Mandie Barkley, 2:33.73
Mile- 20. Connie Eshelman, 6:07.56; 21. Emily Miller, 6:12.21;
3000 meters- 2. Jess Clark, 10:56.57; 7. Kelsey Tompkins, 11:32.85; 8. Amber Mayer, 11:46.27;
4x400 meter relay- 2. Teas/Ziskovsky/Owens/Tipton, 4:04.48; 9. Bentz/Mosinski/VonHolten/Reinhold, 4:16.48
Distance Medley- 3. Anderson/Crippen/Reinhold/VonHolten, 13:17.59
High Jump- 12. Kari Hutchinson, 4'9";
Long Jump- 1. Jill Ziskovsky, 16'8.75"; 6. Carissa Bentz, 15'11.5"; 10. Jenny Owens, 15'3.25";
Triple Jump- 15. Alicia Dusenbury, 31'5.75;
Shot Put- 6. Rachel Boeke, 39'9.75; 15. Amanda Roggeman, 34'4.75; 19. Nicole Sojka, 32'0.75;
Weight Throw- 9. Danielle Francois, 43'6.5; 15. Rachel Boeke, 40'4.25"; 16. Amanda Roggeman, 39'7"; 19. Nicole Sojka, 35'6"; 22. Ashley Feldman, 33'3";

Wisconsin-Platteville Invitational
Feb. 16, 2008
Williams Fieldhouse
University of Wisconsin-Platteville
Platteville, Wis.

No team results

Central's individual results

3000 meters- 2. Jess Clark, 10:53.02;
Weight Throw- 29. Rachel Boeke, 34'5.75";
Shot Put- 5. Rachel Boeke, 40'11";

UNI-Dome Open

Feb. 23, 2008
UNI-Dome
University of Northern Iowa
Cedar Falls, Iowa

No team results

Central's individual results

60 meters- 12. Trish Hogrefe, 8.34. 24. Linsey Current, 8.69;
200 meters- 4. Kari Hutchinson, 26.11; 12. Jenny Owens, 27.27; 13. Emily Teas, 27.29; 19. Jill Ziskovsky, 27.83; 26. Alicia Dusenbury, 28.32; 29. Trish Hogrefe, 28.39; 30. Kayla Welter, 28.45; 31. Linsey Current, 28.56; 32. Carissa Bentz, 28.59; 42. Ashley Lippincott, 29.73; 43. Amy Loftus, 29.94;
400 meters- 1. Kari Hutchinson, 58.33; 4. Jill Ziskovsky, 59.99; 6. Emily Teas, 1:00.25;
800 meters- 7. Rachele Tipton, 2:23.73; 14. Molly VonHolten, 2:29.03; 15. Meghann Burt, 2:30.75; 16. Eve Reinhold, 2:30.77; 8. Sara Crippen, 2:35.38;
Mile- 3. Jess Clark, 5:17.11; 19. Mandie Barkley, 5:39.21;
3000 meters- 9. Kelsey Tompkins, 11:31.25; 20. Amber Mayer, 11:54.48; 21. Connie Eshelman, 11:55.64;
4x400 meter relay- 5. Teas/Owens/Ziskovsky/Tipton, 4:08.08; 9.

Reinhold/VonHolten/Clark/Bentz, 4:19.35;

Long Jump- 8. Jenny Owens, 16'7.75"; 9. Cariss Bentz, 16'6.5"

Shot Put- 5. Rachel Boeke, 41'5"; 14. Amanda Roggemann, 35'11.75"; 17. Nicole Sojka, 33'3.75";

Weight Throw- 13. Danielle Francois, 43'7.25"; 18. Nicole Sojka 37'11.5"; 19. Amanda Roggemann, 37'4"; 20. Ashley M. Feldman, 37'3.25";

IIAC Indoor Championship
Feb. 29, 2008- Mar. 1, 2008
Sports and Recreation Center
Luther College
Decorah, Iowa

Team results

1. Wartburg, 259; 2. Simpson, 110.33; 3. Luther, 83; 4. Central, 72.83; 5. Loras, 70.33; 6. Coe, 37; 7. Cornell, 33; 8. University of Dubuque, 25; 9. Buena Vista, 10.5

Central's individual results

55 meters- 7. Jenny Owens, 7.56; 9. Trish Hogrefe, 7.68; 15. Linsey Current, 8.00;
200 meters- 4. Emily Teas, 26.77; 5. Jenny Owens, 26.83;
400 meters- 3. Emily Teas, 1:00.57; 5. Jill Ziskovsky, 1:00.91; 16. Amanda Mosinski, 1:03.07;
800 meters- 8. Rachele Tipton, 2:23.43; 11. Sara Crippen, 2:27.98;
Mile- 6. Jess Clark, 5:17.20; 12. Emily Miller, 6:20.53;
3000 meters- 13. Connie Eshelman, 11:35.43; 14. Kelsey Tompkins, 11:35.95;
5000 meters- 12. Amber Mayer, 19:54.9;
4x200 meter relay- 2. Hutchinson/Owens/Teas/Ziskovsky, 1:45.66;
4x400 meter relay- 1. Teas/Ziskovsky/Bentz/Tipton, 4:02.58;
4x800 meter relay- 4. Barkley/VonHolten/Burt/Reinhold, 9:49.08;
Distance Medley- 6. Anderson/Bentz/Tipton/Clark, 12:57.92;
High Jump- 3. Kari Hutchinson, 4'11"; 10. Carissa Bentz, 4'7"; 11. Jill Ziskovsky, 4'7";
Pole Vault- 8. Ashley L Feldman, 7'0.5";
Long Jump- 5. Jill Ziskovsky, 19'9.25"; 6. Carissa Bentz, 16'6"; 10. Kari Hutchinson, 15'9"; 11. Jenny Owens, 5'18.75";
Triple Jump- 6. Alicia Dusenbury, 33'7.5; 9. Jenny Owens, 32'11.75"
Shot Put- 3. Rachel Boeke, 42'1.5; 11. Amanda Roggeman, 35'5"; 12. Nicole Sojka, 34'3.5";
Weight Throw- 15. Danielle Francois, 41'7.25; 19. Nicole Sojka, 35'8"; 20. Amanda Roggeman, 35'2";

Iowa State Last Chance Open
Mar. 8, 2008
Lied Athletic Facility
Iowa State University
Ames, Iowa

No team results

Central's individual results

200 meters- 6. Jenny Owens, 27.06;
4x400 meter relay- 8. Teas/Hutchinson/Ziskovsky/Tipton, 3:53.68;
Long Jump - 7. Cariss Bentz, 16'2.25"; 8. Jenny Owens, 16'1";
Shot Put - 10. Rachel Boeke, 41'5.75";

NCAA Division III Indoor Championships
Mar. 14-15, 2008
Lied Athletic Facility
Ohio Northern University
Ada, Ohio

Team results

1. Illinois Wesleyan, 30; 2. Wartburg, 127; 3. Washington (Mo.) 23; 4. Wisconsin LaCrosse, 21; 4. Keene State, 21; 64. Central, 1;

Central's individual results

4x400 meter relay- 8. Teas/Hutchinson/Ziskovsky/Tipton, 3:59.93;
400 meters- 12. Kari Hutchinson, 58.78 (did not advance)

2008 WOMEN'S INDOOR ROSTER

Name	Yr.	Events	Hometown/High school
Hannah Anderson	So.	1500-5K	Goodell, Iowa/Garner-Hayfield
Mandie Barkley	So.	800-1500	Fort Dodge, Iowa/Fort Dodge
Carissa Bentz	So.	200, 400, LJ, Hep	Ute, Iowa/Boyer Valley
Rachel Boeke	Jr.	Throws	Cedar Rapids, Iowa/Thomas Jefferson
Meghann Burt	Fr.	400-800	Slater, Iowa/Ankeny Christian Academy
Jessica Clark	Jr.	400, 400H, 800, 100H	Port Byron, Ill./Riverdale
Sara Crippen	Fr.	800-1500	Williamsburg, Iowa/Williamsburg
Linsey Current	So.	100, 200	Forest City, Iowa/Forest City
Alicia Dusenbury	So.	200,400	Oswego, Ill./Oswego
Connie Eshelman	So.	1500-5K	Bridgewater, Iowa/Nodaway Valley
Ashley Feldman	So.	Discus	West Liberty, Iowa/West Liberty
Danielle Francois	Jr.	Throws	Central City, Iowa/Alburnett
Alex Fuller	Fr.	100-200	Des Moines, Iowa/Carlisle
Claudia Garcia	Fr.	1500-5K	Iowa City, Iowa/City
Trish Hogrefe	Fr.	100-200	Albert City, Iowa/Sioux Central
Kari Hutchinson	Sr.	100-400	Charles City, Iowa/Charles City
Angie Latta	So.	100, 200	Madrid, Iowa/Madrid
Ashley Lippincott	So.	200, 400	Huxley, Iowa/Ballard
Amy Lofus	Fr.	200, 400	Elk Grove Village, Ill./Elk Grove
Chantelle MacVey	Jr.	200, 400, 400H, 800	Newton, Iowa/Newton
Kelsey Manecke	Fr.	100-200	Pella, Iowa/Pella
Amber Mayer	So.	1500-5K	Essex, Iowa/Shenandoah
Emily Miller	Fr.	1500-5K	Wever, Iowa/Fort Madison
Amanda Mosinski	Fr.	100H, 400H, 400	Packwood, Iowa/Pekin
Sara Mouw	So.	JT, Discus	Greene, Iowa/North Butler
Molli O'Brien	Fr.	200-400	Clarion, Iowa/Clarion-Goldfield
Jenny Owens	Sr.	100-400, LJ, TJ	Treynor, Iowa/Treynor
Kelsey Peterson	Fr.	JT	Shell Rock, Iowa/Waverly-Shell Rock
Eve Reinhold	Fr.	400-800	Collins, Iowa/Collins-Maxwell
Amanda Roggemann	Fr.	Throws	Waverly, Iowa/Waverly-Shell Rock
Nicole Sojka	Sr.	Throws	Winnebago, Ill./Winnebago
Emily Teas	Fr.	Hep., 400	Indianola, Iowa/Indianola
Rachelle Tipton	So.	200, 400, LJ	Newton, Iowa/Newton
Kelsey Tompkins	So.	1500-5K	Webster City, Iowa/Webster City
Molly VonHolten	Fr.	Distance	Walnut, Ill./Bureau Valley
Justice Weaver	Sr.	100-400, LJ, TJ	Moulton, Iowa/Schuyler R-1
Kayla Welter	So.	100-200	Nashua, Iowa/Nashua-Plainfield
Ashley Wiederin	So.	400, 800, 1500, JT	Bedford, Iowa/Bedford
Jill Ziskovrsky	Fr.	LJ, 400H, 100H	Dallas Center, Iowa/Dallas Center-Grimes

Head coach: Kevin Sanger

Assistants:	Guy Mosher	Sprints, hurdles, jumps, multi-events
	Eric Pingel	Pole vault
	Dave Paulsen	800, 1500, 5K, 10K, steeple
	Stephen Fyfe	800, 1500, 5K, 10K, Steeple
	Mike Marcinkowski	Throws
	Jay Rhoten	Jumps
	Sean Clark	Jumps, Pole vault