



Women's outdoor TRACK & FIELD

2008 OUTDOOR SEASON AND CAREER BESTS -- RUNNING EVENTS

100 meters

School record: 11.9, Carla Huddle, 1979

NCAA provisional qualifying standard: 12.35

NCAA automatic qualifying standard: 12.00

Name	Season	Date	Career	Site	Date
Jenny Owens	12.84	5-9	12.63	Indianola	5-5-06
Trish Hogrefe	13.07	5-9	13.07	Waverly	5-9-08
Ashley Lippincott	13.71	5-2	13.27	Indianola	5-11-07
Amy Loftus	14.46	3-28	14.46	St. Louis, Mo.	3-29-08

200 meters

School record: 24.78, Nancy Cisar, 1984

NCAA provisional qualifying standard: 25.32

NCAA automatic qualifying standard: 24.57

Name	Season	Date	Career	Site	Date
Kari Hutchinson	25.42	5-9	25.11	Oshkosh, Wis.	5-24-07
Emily Teas	25.46	5-2	25.46	Pella	5-2-08
Jenny Owens	26.24	4-16	26.24	Pella	4-16-08
Jill Ziskovsky	26.37	5-2	26.37	Waverly	5-2-08
Trish Hogrefe	27.28	5-2	27.28	Pella	5-2-08
Ashley Lippincott	28.41	5-2	27.31	Indianola	5-11-07
Alicia Dusenbury	28.60	4-5	27.26	Des Moines	4-14-07
Amy Loftus	29.62	4-5	29.62	Pella	4-5-08

400 meters

School record: 55.79, Nancy Cisar, 1984

NCAA provisional qualifying standard: 57.5

NCAA automatic qualifying standard: 55.9

Name	Season	Date	Career	Site	Date
Kari Hutchinson	+57.47	5-9	57.29	Indianola	5-12-07
Emily Teas	58.26	5-9	58.26	Waverly	5-9-08
Rachelle Tipton	1:00.85	5-9	1:00.85	Waverly	5-9-08
Jenny Owens	1:02.42	5-2	1:02.42	Pella	5-2-08

800 meters

School record: 2:12.9, Becky Muhs, 1975

NCAA provisional qualifying standard: 2:15.0

NCAA automatic qualifying standard: 2:11.5

Name	Season	Date	Career	Site	Date
Rachelle Tipton	2:22.65	3-28	2:19.96	Indianola	5-11-07
Meghann Burt	2:24.00	5-13	2:24.00	Pella	5-13-08
Eve Reinhold	2:24.77	5-9	2:24.77	St. Louis, Mo.	5-9-08
Jill Ziskovsky	2:25.22	5-2	2:25.22	Waverly	5-2-08
Molly VonHolten	2:26.24	5-13	2:26.24	Pella	5-13-08
Kari Hutchinson	2:26.81	4-18	2:22.15	Indianola	5-5-07
Jess Clark	2:28.50	4-25	2:20.33	Indianola	5-11-07
Sara Crippen	2:28.50	4-19	2:28.50	Grinnell	4-19-08
Mandie Barkley	2:28.62	5-2	2:22.58	Indianola	5-11-07

1,500 meters

School record: 4:37.7, Cam Ratering, 1981

NCAA provisional qualifying standard: 4:40.0

NCAA automatic qualifying standard: 4:32.5

Name	Season	Date	Career	Site	Date
Hannah Anderson	4:54.74	4-5	4:54.74	Pella	4-5-08
Jessica Clark	4:56.56	4-25	4:52.48	Indianola	5-12-07
Molly VonHolten	5:05.55	4-19	5:05.55	Grinnell	4-19-08
Sara Crippen	5:10.94	5-9	5:10.94	Waverly	5-9-08
Mandie Barkley	5:11.61	4-25	5:07.01	Indianola	5-12-07
Kelsey Tompkins	5:21.44	5-13	5:21.05	Pella	5-16-07
Amber Mayer	5:22.57	5-13	5:22.57	Pella	5-13-08
Connie Eshelman	5:32.61	5-13	5:29.83	Indianola	4-27-07

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
Hannah Anderson	10:55.60	5-2	10:55.60	Pella	5-2-08
Jessica Clark	11:11.50	4-16	11:11.50	Indianola	4-16-08
Connie Eshelman	11:39.40	5-2	11:39.40	Pella	5-2-08
Amber Mayer	11:41.20	5-2	11:41.20	Pella	5-2-08
Kelsey Tompkins	11:45.10	5-2	11:45.10	Pella	5-2-08
Claudia Garcia	12:09.10	5-2	12:09.10	Pella	5-2-08

5,000 meters

School record: 17:35.99, Beth Cunningham, 2005

NCAA provisional qualifying standard: 17:35.0

NCAA automatic qualifying standard: 16:55.0

Name	Season	Date	Career	Site	Date
Hannah Anderson	18:47.06	5-9	18:47.06	Waverly	5-9-08
Jess Clark	19:24.88	5-9	19:24.88	Waverly	5-9-08
Amber Mayer	19:42.85	4-5	19:42.85	Pella	4-5-08
Connie Eshelman	20:06.38	3-28	19:51.09	Pella	5-4-07
Kelsey Tompkins	20:17.41	4-19	20:17.41	Grinnell	4-19-08
Claudia Garcia	20:44.73	4-19	20:44.73	Grinnell	4-19-08

10,000 meters

School record: 37:10.2, Cam Ratering, 1982

NCAA provisional qualifying standard: 37:40.0

NCAA automatic qualifying standard: 35:48.0

Name	Season	Date	Career	Site	Date
Amber Mayer	40:50.0	5-9	40:50.0	Waverly	5-9-08
Connie Eshelman	41:56.0	5-9	41:56.0	Waverly	5-9-08
Kelsey Tompkins			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	15.84	4-16	15.51	Pella	5-16-07
Jill Ziskovsky	16.66	5-2	16.66	Waverly	5-2-08

2008 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: 1:02.0

Name	Season	Date	Career	Site	Date
Jill Ziskovsky	+1:03.83	5-13	1:03.83	Pella	5-13-08
Amanda Mosinski	1:08.02	5-2	1:08.02	Pella	5-2-08

3,000 meter steeplechase

School record: 11:17.1, Jess Clark, 2008

NCAA provisional qualifying standard: 11:13.0

NCAA automatic qualifying standard: 10:44.0

Name	Season	Date	Career	Site	Date
Jess Clark	11:17.1	5-15	11:17.1	Naperville, Ill.	5-15-08
Kelsey Tompkins	13:01.14	4-25	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: 48.65

NCAA automatic qualifying standard: 47.3

Names	Season	Date
Owens/Hutchinson/Teas/Ziskovsky	49.13	5-13
Hogrefe/Owens/Teas/Ziskovsky	49.42	5-9
Hogrefe/Owens/Teas/Dusenbury	50.52	5-2
Hogrefe/Ziskovsky/Teas/Owens	50.98	4-5
Hogrefe/Owens/Teas/Mosinski	51.32	4-19

4x400 meter relay

School record: 3:51.04, Emily Teas, Jill Ziskovsky, Rachelle Tipton, Kari Hutchinson, 2008

NCAA provisional qualifying standard: 3:56.0

NCAA automatic qualifying standard: 3:49.6

Names	Season	Date
Teas/Ziskovsky/Tipton/Hutchinson	+\$3:51.04	5-15
Teas/Hutchinson/Ziskovsky/Tipton	3:57.15	4-25
Reinhold/Tipton/Crippen/Burt	4:14.85	3-29
Mosinski/Burt/Owens/Crippen	4:15.15	4-19
Crippen/Anderson/Burt/Reinhold	4:16.78	4-5

Distance medley relay

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

NCAA provisional qualifying standard: not contested

NCAA automatic qualifying standard: not contested

Names	Season	Date
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4x800 meter relay

School record: 9:11.0, Robin Rasmussen, Kim Lehman, Cam Ratering, Laurie Haddy, 1981;

NCAA provisional qualifying standard: not contested

NCAA automatic qualifying standard: not contested

Names	Season	Date
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+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

2008 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: 19-0.5

Name	Season	Date	Career	Site	Date
Jenny Owens	17-7.50	5-13	17-7.50	Pella	5-13-08
Jill Ziskovsky	17-6.75	5-9	17-6.75	Waverly	5-9-08
Kari Hutchinson	17-1.5	4-16	14-1.5	Pella	4-16-08
Carissa Bentz	17-0.75	4-5	17-0.75	Pella	4-5-08

Triple jump

School record: 37-10, Kim Wilson, 2004

NCAA provisional qualifying standard: 36-11

NCAA automatic qualifying standard: 39-4.5

Name	Season	Date	Career	Site	Date
Alicia Dusenbury	33-5.25	4-16	34-2.75	Indianola	5-12-07
Jenny Owens	31-8.5	3-28	34-5	Indianola	5-5-06

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	4-11	5-9	5-2.5	Oshkosh, Wis.	5-24-07
Jill Ziskovsky	4-7	4-16	4-7	Pella	4-16-08

Pole vault

School record: 11-3.75, Andrea Meyer, 2006

NCAA provisional qualifying standard: 11-5.75

NCAA automatic qualifying standard: 12-6.25

Name	Season	Date	Career	Site	Date
Ashley L. Feldman	9-0.25	5-2	9-0.25	Pella	5-2-07

Shot put

School record: 45-8, Melissa Ferguson, 1986

NCAA provisional qualifying standard: 42-0

NCAA automatic qualifying standard: 46-7.25

Name	Season	Date	Career	Site	Date
Rachel Boeke	+42-8.25	5-15	42-8.25	Waverly	5-15-08
A. Roggemann	34-4	4-5	34-4	Pella	4-5-08
Nicole Sojka	33-5.25	4-16	34-10.5	Pella	4-2-05
Kari Hutchinson	29-8	4-18	30-8.25	Pella	4-16-07
Jill Ziskovsky	28-0.25	5-2	28-0.25	Waverly	5-2-08

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	+143-2	4-16	143-2	Pella	4-16-08
Ashley M. Feldman	133-11	4-16	138-9	Pella	5-16-07
Carissa Bentz	127-00	5-15	127-00	Rock Island, Ill.	5-15-08
Danielle Francois	114-11	5-13	114-4	Pella	5-14-08
A. Roggemann	100-9	4-5	100-9	Pella	4-5-08
Nicole Sojka	99-2	4-16	113-6	Pella	4-6-07
Sara Mouw	98-9	4-19	98-9	Grinnell	4-19-08

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
Rachel Boeke	130-9	4-5	130-9	Pella	4-5-08
Danielle Francois	130-9	5-9	130-9	Waverly	5-9-08
Nicole Sojka	126-2	4-16	126-2	Pella	4-16-08
Ashley M. Feldman	122-3	5-13	122-03	Pella	5-13-08
A. Roggemann	110-7	5-2	110-7	Pella	5-2-08

Javelin

School record: 158-5, Alicia Whisner, 2007

NCAA provisional qualifying standard: 127-0

NCAA automatic qualifying standard: 145-0

Name	Season	Date	Career	Site	Date
Ashley Wiederin	119-3	4-19	119-3	Grinnell	4-19-08
Sara Mouw	118-6	5-9	118-6	Waverly	5-9-08
Kelsey Peterson	107-10	4-5	107-10	Pella	4-5-08
Emily Conway	101-2	4-19	101-2	Grinnell	4-19-08
Carissa Bentz	100-9	3-28	110-11	Grinnell	4-21-07
Kari Hutchinson	98-9	4-16	103-2	Pella	4-21-07
Jill Ziskovsky	94-3	5-2	94-3	Waverly	5-2-08
Emily Teas	50-7	3-28	50-7	St. Louis, Mo.	3-28-08

Heptathlon

School record: 4,943, Raegan Schultz, 2004

NCAA provisional qualifying standard: 4,100

NCAA automatic qualifying standard: 4,600

Name	Season	Date	Career	Site	Date
Kari Hutchinson	+4310	5-2	4414	Indianola	5-17-07
Jill Ziskovsky	4087	5-2	4087	Waverly	5-2-08

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

2008 OUTDOOR SEASON RESULTS

2008 Central College outdoor team results

March 27-29	Washington University Invitational	St. Louis, Mo.	5th of 15 teams
April 5	Central College Invitational	Pella	5th of 17 teams
April 16	Central College Triangular	Pella	no team scores
April 18-19	Augie Women's Invitational	Rock Island, Ill.	no team scores
April 19	Dick Young Classic	Grinnell	4th of 18 teams
April 24-26	Drake Relays	Des Moines	no team scores
April 25	Kip Janvrin Open	Indianola	no team scores
May 2-3	Iowa Conference Heptathlon	Waverly	no team scores
May 2	Central Open	Pella	no team scores
May 9-10	Iowa Conference Championship	Waverly	2nd of 9 teams
May 14	Central Last Chance	Pella	no team scores
May 15-16	Gregory Track and Field Invitational	Naperville, Ill.	no team scores
May 15-16	Augustana Twilight Open	Rock Island, Ill.	no team scores
May 22-24	NCAA Div. III championships	Oshkosh, Wis.	did not score

Individual honors

Iowa Conference women's track athlete of the week
Kari Hutchinson (May 5, May 12)

Iowa Conference female athlete of the week
Kari Hutchinson (May 12)

Iowa Conference women's outdoor MVP
Kari Hutchinson

Academic All-Iowa Conference

Hannah Anderson	3.94	Biology
Jessica Clark	3.75	Chemistry/biology
Danielle Francois	3.79	Elementary education
Rachelle Tipton	3.85	Elementary education

2008 NCAA Division III championship qualifiers

May 22-24, Oshkosh, Wis.

Provisional qualifiers

Event	Name	Mark	Date	Site
Discus	Rachel Boeke	143-2	4-16	Pella
Shot put	Rachel Boeke	42-8.25	5-15	Waverly
Heptathlon	Kari Hutchinson	4310	5-2	Waverly
400 meter dash	Kari Hutchinson	57.47	5-10	Waverly
400 meter hurdles	Jill Ziskovsky	1:03.83	5-14	Pella
*4x400 meter relay	Teas/Ziskovsky/ Tipton/Hutchinson	3:51.04	5-14	Naperville, Ill.

*accepted

Team awards

Most Valuable Performer—Kari Hutchinson

Most Valuable Field Event Performer—Rachel Boeke

Most Valuable Freshman—Jill Ziskovsky

Most Improved Performer—Jess Clark

Effort Award—Emily Teas

2008 captains—Rachel Boeke, Jess Clark, Kari Hutchinson, Jenny Owens

2009 captains—Rachel Boeke, Jess Clark

New school records

4x400-meter relay -- 3:51.04, Emily Teas/Jill Ziskovsky/Rachelle Tipton/Kari Hutchinson, Naperville, Ill., May 14

3,000-meter steeplechase -- 11:17.1, Jess Clark, Naperville, Ill., May 16

Final 2008 USTFCCCA Division III power rankings

Rank	School	Region	Points
1.	Wis.-Oshkosh	Midwest	309.42
2.	Wartburg	Central	304.74
3.	Wis.-La Crosse	Midwest	301.44
4.	Washington (Mo.)	Midwest	299.81
5.	Calvin College	Great Lakes	298.53
6.	St. Thomas (Minn.)	Central	295.60
7.	Chicago	Midwest	295.47
8.	Nebraska Wesleyan	Central	294.63
9.	Wis.-Eau Claire	Midwest	292.55
10.	Willamette (Ore.)	West	289.73
11.	Augustana (Ill.)	Midwest	284.73
12.	Monmouth (Ill.)	Midwest	278.32
13.	North Central (Ill.)	Midwest	275.90
14.	Brockport State (N.Y.)	Atlantic	274.83
15.	Concordia-Moorhead	Central	273.22
16.	Wheaton (Ill.)	Midwest	270.50
17.	Gustavus Adolphus (Minn.)	Central	269.90
18.	Wis.-Whitewater	Midwest	269.26
19.	Central	Central	266.83
20.	Rochester	Atlantic	265.38
21.	Coll. of New Jersey	Atlantic	262.79
22.	Whitworth (Wash.)	West	262.67
23.	Williams (Mass.)	New England	261.29
24.	Illinois Wesleyan	Midwest	257.63
25.	Simpson	Central	257.33

2008 OUTDOOR SEASON RESULTS

Washington University Invitational
March 27-29, 2008
Bushyhead Track
Washington University
St. Louis, Mo.

Team results

1. Washington University (Mo.), 163; 2. Florissant Valley, 98;
3. Greenville (Ill.), 94; 4. Wis.-Stout, 81; **5. Central, 76**; 6. St. Louis
University (Mo.), 60; 7. Wis.-Platteville, 53; 8. Anderson (Ind.), 49; 9.
Southern Illinois, 31; 10. Concordia (Wis.), 28; 11. Southern Indiana, 21;
12. Illinois College, 12; 14. Vincennes (Ind.), 6; 14. Franklin (Ind.), 6;

Central's individual results

100 meters—14. Jenny Owens, 13.42; 14. Trish Hogrefe, 13.42; 26.
Amy Loftus, 14.46;

200 meters—3. Emily Teas, 26.60; 23. Trish Hogrefe, 28.88; 30.
Amy Loftus, 30.47;

800 meters—5. Rachele Tipton, 2:22.65; 10. Eve Reinhold,
2:28.26; 11. Sara Crippen, 2:29.74; 13. Megan Burt, 2:30.99;

1500 meters—5. Jess Clark, 4:57.60; 8. Hannah Anderson,
5:03.84; 11. Molly VonHolten, 5:10.77; 14. Mandie Barkley, 5:14.58;

5,000 meters—31. Connie Eshelman, 20:06.38; Kelsey Tompkins,
20:25.60;

400 meter hurdles—5. Amanda Mosinski, 1:08.75;

4x100 meter relay—3. Hogrefe/Owens/Teas/Ziskovsky, 50.31;

4x400 meter relay—5. Reinhold/Tipton/Crippen/Burt, 4:14.85;

Triple jump—4. Jenny Owens, 31-8.5;

Long jump—4. Jill Ziskovsky, 16-8;

Hammer throw—8. Danielle Francois, 116-1; 10. Ashley M.

Feldman, 110-5; 22. Nicole Sojka, 84-8;

Javelin throw—2. Ashley Wiederin, 108-10; 5. Carissa Bentz,
100-9; 7. Sara Mouw, 97-2; 8. Kelsey Peterson, 83-0; 9. Jill Ziskovsky,
80-5; 12. Emily Teas, 50-7;

Shot put—2. Rachel Boeke, 39-10.75; 19. Nicole Sojka, 33-2.5;

Discus throw—2. Rachel Boeke, 131-5; 4. Ashley M. Feldman,
120-6; 16. Danielle Francois, 90-2; 18. Nicole Sojka, 88-3;

Pole vault—9. Ashley L. Feldman, **8-0.5**;

Central Invitational

April 5, 2008

Ron and Joyce Schipper Stadium

Central College

Pella, Iowa

Team results

1. Drake, 131; 2. Minn.-Duluth, 103.83; 3. Augustana (Ill.), 97.5;
4. Gustavus Adolphus (Minn.), 85.33; 1; **5. Central, 50.5**; 6. Hastings
(Neb.), 46.33; 7. Northern Iowa, 44; 8. Luther, 28; 8. Mount Mercy, 28;
10. Loras, 15; 11. Buena Vista, 13; 12. North Iowa Community College,
11; 13. Iowa Central, 9; 14. Grand View, 8; 15. Clarke, 7; 16. Coe, 5; 17.
Iowa Wesleyan, 2;

Central's individual results

100 meters—12. Jenny Owens, 13.02; 14. Trish Hogrefe, 13.11; 32.
Ashley Lippincott, 13.90;

200 meters—3. Emily Teas, 25.94; 18. Trish Hogrefe, 27.32; 48.
Alicia Dusenbury, 28.60; 49. Ashley Lippincott, 28.66; 57. Amy Loftus,
29.62;

800 meters—10. Rachele Tipton, 2:25.24; 20. Eve Reinhold,

2:28.89; 28. Sara Crippen, 2:30.78; 31. Mandie Barkley, 2:30..98; 35.

Molly VonHolten, 2:33.24; 36. Megan Burt, 2:33.72;

1500 meters—12. Hannah Anderson, 4:54.74; 20. Molly VonHolten,
5:14.79; 14. Mandie Barkley, 5:15.57;

3000 meter steeplechase—1. Jess Clark, 11:41.99; 7. Kelsey
Tompkins, 13:20.35;

5,000 meters—15. Amber Mayer, 19:42.85; 19. Connie Eshelman,
20:21.21;

100 meter hurdles—22. Kari Hutchinson, 17.95; 25. Jill Ziskovsky,
18.14;

400 meter hurdles—5. Jill Ziskovsky, 1:07.64

4x100 meter relay—3. Hogrefe/Ziskovsky/Teas/Owens, 50.98;

4x400 meter relay—3. Teas/Hutchinson/Ziskovsky/Tipton, 4:00.87;
12. Reinhold/Crippen/Burt/Anderson, 4:16.78;

High jump—9. Kari Hutchinson, 4-9;

Triple jump—17. Alicia Dusenbury, 30-10.25;

Long jump—5. Carissa Bentz, 17-0.75; 15. Jill Ziskovsky, 16-1.75;

Hammer throw—15. Rachel Boeke, 130-9; 19. Nicole Sojka, 122-0;
26. Danielle Francois, 114-4; 31. Ashley M. Feldman, 105-1;

Javelin throw—3. Ashley Wiederin, 109-4; 4. Kelsey Peterson, 107-
10; 9. Sara Mouw, 101-5; 10. Emily Conway, 100-9; 14. Kari Hutchinson,
96-7; 17. Jill Ziskovsky, 91-2;

Shot put—6. Rachel Boeke, 39-10; 20. Amanda Roggemann, 34-4;
26. Nicole Sojka, 33-3

Discus throw—9. Rachel Boeke, 129-0; 11. Ashley M. Feldman,
127-5; 20. Carissa Bentz, 110-1; 28. Amanda Roggemann, 100-9; 30.
Nicole Sojka, 92-4; 32. Danielle Francois, 87-1;

Central Triangular

April 16, 2008

Ron and Joyce Schipper Stadium

Central College

Pella, Iowa

no team scores

Central's individual results (all times are hand timed)

100 meters—6. Ashley Lippincott, 13.70;

200 meters—1. Emily Teas, 25.8; 2. Jenny Owens, 26.0; 5. Ashley
Lippincott, 28.4;

800 meters—4. Meghann Burt, 2:26.7; 6. Molly VonHolten, 2:28.5;
7. Mandie Barkley, 2:28.9; 8. Eve Reinhold, 2:29.4;

100 meter hurdles—4. Kari Hutchinson, 15.6; 5. Jill Ziskovsky,
17.1;

400 meter hurdles—5. Amanda Mosinski, 1:12.2;

4x100 meter relay—1. Hogrefe/Owens/Teas/Ziskovsky, 50.1;

4x400 meter relay—2. Teas/Burt/Crippen/Owens, 4:11.3; 5.
Barkley/VonHolten/Mosinski/Reinhold, 4:25.0;

High jump—1. Kari Hutchinson, 4-9.5; 2. Jill Ziskovsky, 4-7;

Triple jump—3. Alicia Dusenbury, 33-5.25;

Long jump—2. Jill Ziskovsky, 17-4; 3. Kari Hutchinson, 17-1.5; 5.
Jenny Owens, 15-9.75; 6. Carissa Bentz, 14-6.5;

Hammer throw—3. Nicole Sojka, 126-2; 5. Rachel Boeke, 119-6;
6. Danielle Francois, 117-2; 7. Ashley M. Feldman, 108-1; 8. Amanda
Roggemann, 95-5;

Javelin throw—3. Ashley Wiederin, 107-11; 4. Sara Mouw, 107; 6.
Kelsey Peterson, 101; 7. Emily Conway, 98-9; 8. Kari Hutchinson, 94-6;
9. Jill Ziskovsky, 93-1;

Shot put—1. Rachel Boeke, 41-2.5; 4. Amanda Roggemann,
34-3.5; 5. Nicole Sojka, 33-5.25

Discus throw—1. Rachel Boeke, 143-2; 2. Ashley M. Feldman,
133-11; 8. Danielle Francois, 104-6; 9. Amanda Roggemann, 99-6; 10.
Nicole Sojka, 99-2; 11. Sara Mouw, 88-8;

Pole Vault—4. Ashley L. Feldman, 6-11.75;

Augustana Women's Invitational
April 18-19, 2008
Augustana Stadium
Augustana College
Rock Island, Ill.

Central's individual results

Heptathlon—1. Kari Hutchinson, 4122; 3. Jill Ziskovsky, 3629;

100 meter hurdles— 1. Kari Hutchinson, 16.44; 6. Jill Ziskovsky, 16.98;

High jump— 3. Kari Hutchinson, 4-9; 7. Jill Ziskovsky, 4-6.75;

Shot put— 4. Kari Hutchinson, 29-8; 6. Jill Ziskovsky, 27-10.25;

200 meters— 1. Kari Hutchinson, 25.92; 2. Jill Ziskovsky, 27.10;

Long jump— 3. Jill Ziskovsky, 15-11.75; 5. Kari Hutchinson, 15-2.25;

Javelin throw—5. Jill Ziskovsky, 91-9; 6. Kari Hutchinson, 90-4;

800 meters— 1. Kari Hutchinson, 2:26.81; 2. Jill Ziskovsky, 2:26.98;

Dick Young Classic
April 19, 2008
Les Duke Track
Grinnell College
Grinnell, Iowa

Team results

1. Nebraska Wesleyan, 176.5; 2. Simpson, 156.3; 3. Loras, 90.5; **4. Central, 87**; 5. Colorado College, 54; 6. North Iowa Area CC, 38; 7. Coe, 32; 8. Iowa Western CC, 30; 9. Clarke, 26; 9. Mount Mercy, 26; 11. Grand View, 22.5; 12. Graceland, 19; 13. Cornell, 16; 15. Iowa Wesleyan, 11; 16. Iowa Central CC, 10, 17. Knox (Ill.), 7.8;

Central's individual results

100 meters—5. Jenny Owens, 13.08; Trish Hogrefe, 13.28;

200 meters— 3. Emily Teas, 26.54; 37. Amy Loftus, 29.72;

400 meters— 1. Emily Teas, 59.64;

800 meters— 8. Meghann Burt, 2:27.43; 9. Sara Crippen, 2:28.5; 14. Eve Reinhold, 2:32.27;

1500 meters— 10. Molly VonHolten, 5:05.55; 17. Mandie Barkley, 5:19.74;

3000 meter steeplechase— 2. Jess Clark, 11:32.29;

5,000 meters— 6. Hannah Anderson, 18:49.73; 12. Kelsey Tompkins, 20:17.41; 18. Claudia Garcia, 20:44.73

10,000 meters— 3. Amber Mayer, 41:51.2; 7. Connie Eshelman, 42:50.06;

400 meter hurdles— 5. Amanda Mosinski, 1:09.44;

4x100 meter relay— 4. Hogrefe/Owens/Teas/Mosinski, 51.32;

4x400 meter relay— 5. Mosinski/Burt/Owens/Crippen, 4:15.15;

Triple jump— 9. Alicia Dusenbury, 31-5.75;

Long jump— 7. Jenny Owens, 16-0.25;

Hammer throw— Nicole Sojka, 118-5; Danielle Francois, 117-5; Ashley M. Feldman, 115-7; Rachel Boeke, 99-9; Aamanda Roggemann, 94-10;

Javelin throw—1. Ashley Wiederin, 119-3; 2. Sara Mouw, 117-6; 6. Emily Conway, 101-2; Kelsey Peterson, 91-7;

Shot put— 5. Rachel Boeke, 40-4.25; Amanda Roggemann, 32-7.5; Nicole Sojka, 32-1;

Discus throw— 8. Rachel Boeke, 129-2; Ashley M. Feldman, 122-1; Carissa Bentz, 109-1; Sara Mouw, 98-9; Nicole Sojka, 96-3; Danielle Francois, 93-4; Aamanda Roggemann, 90-9;

Pole vault— 13. Ashley L. Feldman, 6-6.75;

Drake Relays
April 24-26, 2008
Drake Stadium
Drake University
Des Moines, Iowa

no team scores

Central's individual results

4x200 meter relay— 8. Owens/Hutchinson/Ziskovsky/Teas, 1:45.17;

4x400 meter relay— 11. Teas/Hutchinson/Ziskovsky/Tipton, 3:57.15;

Kip Janvrin Open
April 25, 2008
Bill Buxton Stadium
Simpson College
Indianola, Iowa

no team scores

Central's individual results

100 meters—24. Trish Hogrefe, 13.55; 36. Ashley Lippincott, 14.32;

800 meters— 15. Jess Clark, 2:28.50; 18. Sara Crippen, 2:29.50; 19. Eve Reinhold, 2:30.07;

1500 meters— 9. Jess Clark, 4:56.56; 33. Molly VonHolten, 5:11.16; 34. Mandie Barkley, 5:11.61; 49. Amber Mayer, 5:30.76; 52. Connie Eshelman, 5:38.76;

3000 meter steeplechase— 21. Kelsey Tompkins, 13:01.14; **Hammer throw**— 45. Danielle Francios, 110-2; 46. Nicole Sojka, 109-9; 47. Amanda Roggemann, 106-0; 53. Ashley M. Feldman, 102-5; 54. Rachel Boeke, 102-0;

Javelin throw— 8. Sara Mouw, 109-4; 9. Ashley Wiederin, 101-5; 18. Kelsey Peterson, 84-10; 19. Emily Conway, 79-3.75;

Discus throw— 12. Rachel Boeke, 126-8; 18. Ashley M. Feldman, 118-7; 38. Danielle Francios, 100-11; 41. Sara Mouw, 96-5; 48. Carissa Bentz, 92-6; 51. Amanda Roggemann, 85-5;

Iowa Conference Heptathlon
May 2-3, 2008
Walston-Hoover Stadium
Wartburg College
Waverly, Iowa

Central's individual results

Heptathlon—1. Kari Hutchinson, 4310; 3. Jill Ziskovsky, 4087;

100 meter hurdles— 1. Kari Hutchinson, 16.05; 3. Jill Ziskovsky, 16.66;

High jump— 3. Kari Hutchinson, 4-10.5; 6. Jill Ziskovsky, 4-4.75;

Shot put— 3. Kari Hutchinson, 29-2; 4. Jill Ziskovsky, 28-0.25;

200 meters— 1. Kari Hutchinson, 25.59; 3. Jill Ziskovsky, 26.37;

Long jump— 2. Jill Ziskovsky, 16-10.5; 5. Kari Hutchinson, 16-4.5;

Javelin throw—2. Jill Ziskovsky, 94-3; 4. Kari Hutchinson, 88-0;

800 meters— 1. Jill Ziskovsky, 2:25.22; 2. Kari Hutchinson, 2:27.23;

Central Open
May 2, 2008
Ron and Joyce Schipper Stadium
Central College
Pella, Iowa

no team scores

Central's individual results

100 meters–5. Trish Hogrefe, 13.12; 12. Ashley Lippincott, 13.71;
200 meters– 1. Emily Teas, 25.46; 5. Jenny Owens, 26.71; 9. Trish Hogrefe, 27.28; 20. Ashley Lippincott, 28.41;
400 meters– 3. Jenny Owens, 1:02.42;
800 meters– 5. Rachelle Tipton, 2:24.18; 8. Meghann Burt, 2:27.49; 9. Molly VonHolten, 2:28.06; 10. Mandie Barkley, 2:28.62; 15. Eve Reinhold, 2:34.58;
1500 meters– 3. Jess Clark, 4:57.10; 11. Sara Crippen, 5:22.31;
400 meter hurdles– 2. Amanda Mosinkski, 1:08.02;
4x100 meter relay– 1.Hogrefe/Owens/Teas/Dusenbury, 50.52
Triple jump– 4. Alicia Dusenbury, 32-2.75;
Hammer throw– 10. Ashley M. Feldman, 113-9; 11. Danielle Francios, 113-4; 11. Nicole Sojka, 113-4; 14. Rachel Boeke, 111-5; 15. Amanda Roggemann, 110-7;
Javelin throw– 1. Sara Mouw, 113-10; 2. Ashley Wiederin, 108-7; 4. Kelsey Peterson, 99-8; 7. Emily Conway, 87-6;
Shot put– 2. Rachel Boeke, 41-1; 9. Amanda Roggemann, 33-1.75; 10. Nicole Sojka, 30-0.75
Discus throw– 4. Rachel Boeke, 134-10; 6. Ashley M. Feldman, 132-0; 23. Carissa Bentz, 99-0; 24. Nicole Sojka, 98-7; 25. Danielle Francios, 97-7; 27. Amanda Roggemann, 86-10; 28. Sara Mouw, 80-10;
Pole Vault– 3. Ashley L. Feldman, 9-0.25;

Iowa Conference Championships
May 9-10, 2008
Walston-Hoover Stadium
Wartburg College
Waverly, Iowa

Team results

1.Wartburg, 279.25; **2. Central, 125**; 3.Luther, 114.25; 4. Loras, 108; 5. Simpson, 71.5; 6. Coe, 48; 7. Cornell, 25.5; 8. University of Dubuque, 24; 9. Buena Vista, 21.5;

Central's individual results

100 meters–6. Jenny Owens, 13.0;
200 meters– 3. Kari Hutchinson, 25.42; 6. Emily Teas, 26.13;
400 meters– 3. Kari Hutchinson, 57.47; 4. Emily Teas, 59.08; 8. Rachelle Tipton, 1:01.20;
1500 meters– 12. Molly VonHolten, 5:09.07; 14. Sara Crippen, 5:10.95; 16. Mandie Barkley, 5:13.82;
3000 meter steeplechase– 2. Jess Clark, 11:26.25;
5,000 meters– 7. Hannah Anderson, 18:47.06; 12. Jess Clark, 19:24.88; 15. Kelsey Tompkins, 20:20.54;
10,000 meters– 9. Amber Mayer, 40:50.0; 12. Connie Eshelman, 41:56.0;
400 meter hurdles– 4. Jill Ziskovsky, 1:05.13;
4x100 meter relay– 2.Hogrefe/Owens/Teas/Ziskovsky, 49.42;
4x400 meter relay– 1.Teas/Ziskovsky/Tipton/Hutchinson, 3:55.57;
High jump– 4. Kari Hutchinson, 4-11;
Triple jump– 7. Alicia Dusenbury, 32-11;
Long jump– 1. Jill Ziskovsky, 17-6.75; 4. Jenny Owens, 17-1.25; 6. Kari Hutchinson, 16-10.5; 13. Carissa Bentz, 15-10.5;

Hammer throw–9. Danielle Francios, 130-9; 10. Rachel Boeke, 122-11; 11. Ashley M. Feldman, 118-2; 15. Nicole Sojka, 113-7;
Javelin throw– 3. Sara Mouw, 118-6; 4. Ashley Wiederin, 118-6; 11. Emily Conway, 95-8; 12. Kelsey Peterson, 94-1;
Shot put– 5. Rachel Boeke, 41-4; 14. Amanda Roggemann, 33-10.25; 15. Nicole Sojka, 32-5.5
Discus throw– 5. Rachel Boeke, 138-7; 8. Ashley M. Feldman, 132-3; 21. Danielle Francios, 10101; 22. Amanda Roggemann, 89-7;
Pole Vault– 2. Ashley L. Feldman, 8-6.25;

Central Last Chance
May 14, 2008
Ron and Joyce Schipper Stadium
Central College
Pella, Iowa

no team scores

Central's individual results

100 meters– 3. Jenny Owens, 13.12;
200 meters– 2. Kari Hutchinson, 25.58; 3. Emily Teas, 25.97;
800 meters– 5. Meghann Burt, 2:24.00; 6. Molly VonHolten, 2:26.24;
1500 meters– 2. Kelsey Tompkins, 5:21.44; 3. Amber Mayer, 5:22.57; 4. Connie Eshelman, 5:32.61
400 meter hurdles– 2. Jill Ziskovsky, 1:03.83;
4x100 meter relay– 2. Owens/Hutchinson/Teas/Ziskovsky, 49.13;
Long jump– 2. Jenny Owens, 17-7.50;
Hammer throw– 13. Danielle Francios, 128-06; 14. Ashley M. Feldman, 122-03;
Javelin throw– 2. Ashley Wiederin, 119-02; 3. Sara Mouw, 113-08;
Shot put– 7. Rachel Boeke, 40-00;
Discus throw– 8. Ashley M. Feldman, 133-05; 9. Rachel Boeke 130-00; 12. Carissa Bentz, 116-09; 13. Danielle Francios, 114-11;
Pole Vault– 3. Ashley L. Feldman, 8-04.25;

Gregory Track and Field Invitational
May 15-16, 2008
Jay and Dot Buikema Stadium
North Central College
Naperville, Illinois

no team scores

Central's individual results

100 meters– 13. Jenny Owens, 13.33;
200 meters– 14. Jenny Owens, 26.61;
800 meters– 5. Meghann Burt, 2:24.00; 6. Molly VonHolten, 2:26.24;
3000 meter steeplechase– 15. Jessica Clark, 11:17.1;
4x400 meter relay– 2. Teas/Ziskovsky/Tipton/Hutchinson, 3:51.04;
Long jump– 10. Jenny Owens, 16-10.50;

Augustana Twilight Open
May 15-16, 2008
Ericson Field
Augustana College
Rock Island, Illinois

no team scores

Central's individual results

Discus throw– 16. Rachel Boeke, 129-05; 17. Ashley L. Feldman,

129-02; 18. Carissa Bentz, 127-00;

Hammer throw-- 12. Ashley M. Feldman, 113-07;

Javelin throw-- 5. Sara Mouw, 107-06;

Shot put-- 6. Rachel Boeke, 42-08.25;

Discus throw-- 5. Sara Mouw, 107-06;

NCAA Division III Outdoor Championships

May 22-24, 2008

J.J. Keller Field at Titan Stadium

Univ. of Wis.-Oshkosh

Oshkosh, Wis.

Team scores

1. (tie) Wis.-River Falls 35.0; Ill. Wesleyan 35.0; 3. Wartburg 34.0; 4. Keene State (N.H.) 29.0; 5. Roanoke (Va.) 27.0; 6. McMurry University (Texas) 25.0; 7. (tie) Wis. Platteville 24.0; Wis. Oshkosh 24.0; 9. Univ. of Redlands (Calif.) 23.0; 10. (tie) Texas Lutheran 21.0; Messiah (Penn.) 21.0; Univ. of Chicago (Ill.) 21.0; 13. (tie) Coll. of N.J. 19.0; Calvin (Mich.) 19.0; 15. (tie) Gustavus Adolphus (Minn.) 18.0; Frostburg State (Md.) 18.0; 17. Tufts (Mass.) 17.0; 18. (tie) Wis.-La Crosse 16.0; Wis.-Eau Claire 16.0; 20. (tie) Hope (Mich.) 13.0; City College of N.Y. 13.0; Case Western Reserve (Ohio) 13.0; 23. (tie) Wis.-Whitewater 12.0; 23. Colby (Maine) 12.0; 25. (tie) Widener (Penn.) 10.0; Washington & Lee (Va.) 10.0; Monmouth (Ill.) 10.0; Dickinson (Penn.) 10.0; Cabrini (Penn.) 10.0.

Central individual results

4x400-meter relay -- 11. Teas/Ziskovsky/Tipton/Hutchinson, 3:52.74 (did not make finals)

2008 WOMEN'S TRACK AND FIELD OUTDOOR SEASON ROSTER

Name	Year	Events	Hometown/High school	Award
Hannah Anderson	So.	1500-5K	Goodell, Iowa/Garner-Hayfield	First letter
Mandie Barkley	So.	800-1500	Fort Dodge, Iowa/Fort Dodge	Second letter
Carissa Bentz	So.	200, 400, LJ, Hep.	Ute, Iowa/Boyer Valley	Second letter
Angie Berry	So.	5K	Indianola, Iowa/Indianola	Reserve
Rachel Boeke	Jr.	Throws	Cedar Rapids, Iowa/Thomas-Jefferson	Third letter
Meghann Burt	Fr.	400-800	Slater, Iowa/Ankeny Christian Academy	First letter
Jessica Clark	Jr.	400, 400H, 800, 100H	Port Byron, Ill./Riverdale	Third letter
Emily Conway	Jr.	Throws	Grinnell, Iowa/Grinnell	Reserve
Sara Crippen	Fr.	800-1500	Williamsburg, Iowa/Williamsburg	Reserve
Linsey Current	So.	100, 200	Forest City, Iowa/Forest City	Reserve
Alicia Dusenbury	So.	200, 400	Oswego, Ill./Oswego	Second letter
Connie Eshelman	So.	1500-5K	Bridgewater, Iowa/Nodaway Valley	Second letter
Ashley M. Feldman	So.	Throws	West Liberty, Iowa/West Liberty	Second letter
Ashley L. Feldman	So.	PV	Alleman, Iowa/North Polk	Second letter
Danielle Francios	Jr.	Throws	Central City, Iowa/Albumett	Third letter
Alex Fuller	Fr.	100, 200	Des Moines, Iowa/Carlisle	Reserve
Claudia Garcia	Fr.	1500-5K	Iowa City, Iowa/City	Reserve
Trish Hogrefe	Fr.	100-200	Albert City, Iowa/Sioux Central	First letter
Kari Hutchinson	Sr.	100-400	Charles City, Iowa/Charles City	Fourth letter
Ashley Lippincott	So.	100-400	Huxley, Iowa/Ballard	Reserve
Amy Loftus	Fr.	100-400	Elk Grove Village, Ill./Elk Grove	Reserve
Kelsey Manecke	Fr.	100, 200	Pella, Iowa/Pella	Reserve
Ambery Mayer	So.	1500-5K	Essex, Iowa/Shenandoah	First letter
Amanda Mosinski	Fr.	100H, 400H, 400	Packwood, Iowa/Pekin	Reserve
Sara Mouw	So.	JT, Discus	Greene, Iowa/North Butler	Second letter
Molli O'Brien	Fr.	200-400	Clarion, Iowa/Clarion-Goldfield	Reserve
Jenny Owens	Sr.	100-400, LJ, TJ	Treynor, Iowa/Treynor	Fourth letter
Kelsey Peterson	Fr.	JT	Shell Rock, Iowa/Waverly-Shell Rock	Reserve
Eve Reinhold	Fr.	400-800	Collins, Iowa/Collins-Maxwell	First letter
Amanda Roggemann	Fr.	Throws	Waverly, Iowa/Waverly-Shell Rock	Reserve
Nicole Sojka	Sr.	Throws	Winnebago, Ill./Winnebago	Fourth letter
Emily Teas	Fr.	Hep., 400	Indianola, Iowa/Indianola	First letter
Rachelle Tipton	So.	200, 400, LJ	Newton, Iowa/Newton	Second letter
Kelsey Tompkins	So.	1500-5K	Webster City, Iowa/Webster City	Second letter
Molly VonHolten	Fr.	800,1500	Walnut, Ill./Bureau Valley	First letter
Ashley Wiederin	So.	JT	Bedford, Iowa/Bedford	Second letter
Jill Ziskovsky	Fr.	LJ, 400H, 100J	Dallas Center, Iowa/Dallas Center-Grimes	First letter
Head coach	Kevin Sanger			
Associate head coach	Guy Mosher	Sprints, Hurdles, Jumps, Multi-events		
Assistants:	Dave Paulsen	800, 1500, 5k, 10k, steeple		
	Stephen Fyfe	800, 1500, 5k, 10k, steeple		
	Mike Marcinkowski	Shot put, discus, weight, hammer		
	Eric Pingel	Pole vault		
	Jay Rhoten	Jumps, sprints		