



Women's outdoor TRACK & FIELD

2009 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
Kelsey Manecke	13.11	5-8	13.11	Pella	5-8-09
Megan Stoullil	13.12	5-8	13.12	Pella	5-8-09
Ashley Lippincott	13.37	5-8	13.27	Indianola	5-11-07
Angie Latta	13.53	4-4	13.53	Pella	4-4-09
Alicia Dusenbury	14.07	4-18	14.07	Crete, Neb.	4-18-09
Aimee Delpierre	14.13	4-4	14.13	Pella	4-4-09
Tranisha Brunson	14.77	4-4	14.77	Pella	4-4-09

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
Emily Teas	26.04	5-9	25.46	Pella	5-2-08
Jill Ziskovsky	26.71	5-1	26.37	Waverly	5-2-08
Carissa Bentz	27.00	5-1	27.00	Pella	5-1-09
Alicia Dusenbury	28.44	5-8	27.26	Des Moines	4-14-07
Ashley Lippincott	28.06	5-1	27.31	Indianola	5-11-07
Kelsey Manecke	27.41	5-8	27.41	Pella	5-8-09
Caitlin Wilson	27.54	5-13	27.54	Pella	5-13-09
Angie Latta	27.72	4-11	27.72	Des Moines	4-11-09
Amanda Mosinski	27.89	5-13	27.89	Pella	5-13-09
Rachelle Tipton	28.29	4-18	28.29	Crete, Neb.	4-18-09
Felica Shunk	28.54	4-4	28.54	Pella	4-4-09
Ashley Feldman	29.61	4-18	29.61	Crete, Neb.	4-18-09
Liz Hasenmiller	30.06	4-18	30.06	Crete, Neb.	4-18-09

400 meters

School record: 55.79, Nancy Cisar, 1984

NCAA provisional qualifying standard: 57.50

NCAA automatic qualifying standard: 55.90

Name	Season	Date	Career	Site	Date
Emily Teas	58.00	5-9	58.00	Pella	5-9-09
Rachelle Tipton	1:03.44	4-18	1:00.85	Waverly	5-9-08
Eve Reinhold	1:02.21	4-18	1:02.21	Crete, Neb.	4-18-09
Amanda Mosinski	1:02.25	4-11	1:02.25	Des Moines	4-11-09
Cory Bacon	1:03.48	4-11	1:03.48	Des Moines	4-11-09
Alicia Dusenbury	1:06.35	4-24	1:06.35	Simpson	4-24-09

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	2:18.41	4-11	2:18.41	Des Moines	4-11-09
Jessica Clark	2:38.41	4-4	2:20.33	Indianola	5-11-07
Jill Ziskovsky	2:23.28	5-1	2:23.28	Pella	5-1-09
Meghann Burt			2:24.00	Pella	5-13-08
Eve Reinhold	2:26.41	4-11	2:24.77	St. Louis, Mo.	5-9-08
Molly VonHolten	2:30.83	4-4	2:26.24	Pella	5-13-08
Sara Davis	2:27.96	5-13	2:27.96	Pella	5-13-09

Sara Crippen	2:30.58	4-4	2:28.50	Grinnell	4-19-08
Carissa Bentz	2:28.99	5-21	2:28.99	Marietta, Ohio	5-21-09
Caitlin Wilson	2:30.92	5-13	2:30.92	Pella	5-13-09
Amy Ledvina	2:34.44	4-4	2:34.44	Pella	4-4-09
Melanie Louis	2:34.68	4-24	2:34.68	Simpson	4-24-09
Liz Arentsen	2:38.52	4-24	2:38.52	Simpson	4-24-09
Felica Shunk	2:41.08	4-4	2:41.08	Pella	4-4-09
Heather Shives	2:48.48	4-18	2:48.48	Crete, Neb.	4-18-09

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
Jessica Clark	4:55.27	5-1	4:52.48	Indianola	5-12-07
Angie Berry	4:56.72	5-1	4:56.72	Pella	5-1-09
Amy Ledvina	5:00.60	5-13	5:00.60	Pella	5-13-09
Sara Crippen	5:01.70	5-9	5:01.70	Pella	5-9-09
Meghann Burt	5:01.88	4-11	5:01.88	Des Moines	4-11-09
Molly VonHolten	5:03.68	5-9	5:03.68	Pella	5-9-09
Melanie Louis	5:17.55	5-1	5:17.55	Pella	5-1-09
Liz Arentsen	5:17.92	5-9	5:17.92	Pella	5-9-09
Heather Shives	5:20.83	4-11	5:20.83	Des Moines	4-11-09
Kelsey Tompkins	5:29.10	5-13	5:21.05	Pella	5-16-07
Amber Mayer			5:22.57	Pella	5-13-08
Connie Eshelman			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
Amber Mayer	11:02.07	5-1	11:02.07	Pella	5-1-09
Jessica Clark			11:11.50	Indianola	4-16-08
Connie Eshelman	11:23.88	5-1	11:23.88	Pella	5-1-09
Kelsey Tompkins	11:25.68	5-1	11:25.68	Pella	5-1-09
Liz Arentsen	11:31.46	5-1	11:31.46	Pella	5-1-09
Claudia Garcia			12:09.10	Pella	5-2-08
Kate Callan	12:40.87	5-1	12:40.87	Pella	5-1-09

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
Angie Berry	18:30.02	4-24	18:30.02	Simpson	4-24-09
Amber Mayer	18:37.99	4-4	18:37.99	Pella	4-4-09
Jess Clark	19:53.81	4-18	19:24.88	Waverly	5-9-08
Amy Ledvina	19:38.83	5-9	19:38.83	Pella	5-9-09
Connie Eshelman	19:38.99	4-24	19:38.99	Simpson	4-24-09
Kelsey Tompkins	20:14.94	4-18	20:14.94	Crete, Neb.	4-18-09
Claudia Garcia			20:44.73	Grinnell	4-19-08

2009 OUTDOOR SEASON AND CAREER BESTS – RUNNING EVENTS

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	38:11.95	4-10	38:11.95	Des Moines	4-10-09
Angie Berry	38:25.49	4-10	38:25.49	Des Moines	4-10-09
Connie Eshelman	41:34.65	5-8	41:34.65	Pella	5-8-09
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
Megan Stoullil	15.93	5-13	15.93	Pella	5-13-09
Caitlin Wilson	16.13	4-18	16.13	Crete, Neb.	4-18-09
Jill Ziskovsky	16.34	5-13	16.34	Pella	5-13-09
Carissa Bentz	16.74	5-1	16.74	Pella	5-1-09
Felica Shunk	17.77	4-18	17.77	Crete, Neb.	4-18-09

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	1:04.25	5-9	1:03.83	Pella	5-13-08
Amanda Mosinski	1:06.83	5-1	1:06.83	Pella	5-1-09
Taylor Shuelke	1:09.83	4-18	1:09.83	Crete, Neb.	4-18-09
Cory Bacon	1:10.76	4-24	1:10.76	Simpson	4-24-09

3,000 meter steeplechase

School record: 11:14.27, Jess Clark, 2009

NCAA provisional qualifying standard: 11:13.0

NCAA automatic qualifying standard: 10:44.0

Name	Season	Date	Career	Site	Date
Jessica Clark	11:14.27	5-14	11:14.27	Naperville, Ill.	5-14-09
Amy Ledvina	11:29.64	5-9	11:29.64	Pella	5-9-09
Meghann Burt	12:43.95	5-9	12:43.95	Pella	5-9-09
Kelsey Tompkins	12:52.64	4-24	12:52.64	Simpson	4-24-09

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
Wilson/Manecke/Teas/Ziskovsky	50.16	5-9
Manecke/Latta/Teas/Ziskovsky	51.05	4-11
Manecke/Tipton/Teas/Mosinski	51.72	4-18
Manecke/Latta/Teas/Mosinski	51.83	4-4
Stoullil/Lippincott/Bacon/Manecke	52.60	4-24
Bacon/Lippincott/Dusenbury/Stoullil	53.45	4-4

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
Ziskovsky/Teas/Tipton/Mosinski	+3:55.93	4-23
Teas/Tipton/Mosinski/Ziskovsky	3:59.05	4-18
Teas/Tipton/Ziskovsky/Mosinski	3:59.13	5-9
Teas/Mosinski/Bentz/Tipton	4:03.72	4-11
Manecke/Mosinski/Tipton/Latta	4:16.54	4-4
Bacon/Wilson/Shunk/Latta	4:19.16	4-11
Louis/Crippen/VonHolten/Reinhold	4:21.08	4-11
Reinhold/Bacon/Dusenbury/Lippincott	4:21.14	4-4

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

2009 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: 19-0.50

Name	Season	Date	Career	Site	Date
Carissa Bentz	17-9.00	5-9	17-9.00	Pella	5-9-09
Jill Ziskovsky	17-4.75	5-13	17-4.75	Pella	5-13-09
Caitlin Wilson	16-8.00	5-1	16-8.00	Pella	5-1-09
Felica Shunk	16-1.00	5-9	16-1.00	Pella	5-9-09
Aimee Delpierre	14-0.25	4-4	14-0.25	Pella	4-4-09

Triple jump

School record: 37-10, Kim Wilson, 2004

NCAA provisional qualifying standard: 36-11.00

NCAA automatic qualifying standard: 39-4.50

Name	Season	Date	Career	Site	Date
Alicia Dusenbury	33-5.25	4-16	34-2.75	Indianola	5-12-07

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
Caitlin Wilson	5-3.25	5-1	5-3.25	Pella	5-1-09
Jill Ziskovsky	5-2.50	4-4	5-2.50	Pella	4-4-09
Taylor Schuelke	5-2.25	4-18	5-2.25	Crete, Neb.	4-18-09
Carissa Bentz	5-1.00	5-21	5-1.00	Marietta, Ohio	5-21-09
Felica Shunk	4-10.25	4-18	4-10.25	Crete, Neb.	4-18-09

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	8-11.75	5-8	9-0.25	Pella	5-2-07
Liz Hasenmiller	8-8.25	5-1	8-8.25	Pella	5-1-09

Shot put

School record: 45-8, Melissa Ferguson, 1986

NCAA provisional qualifying standard: 42-0.00

NCAA automatic qualifying standard: 46-7.25

Name	Season	Date	Career	Site	Date
Rachel Boeke	+43-11.75	5-8	43-11.75	Pella	5-8-09
Megan Kittleson	40-0.50	5-1	40-0.50	Pella	5-1-09
Carissa Bentz	39-1.00	5-21	39-1.00	Marietta, Ohio	5-21-09
Judy James	33-2.50	4-11	33-2.50	Des Moines	4-11-09
Caitlin Wilson	30-8.25	5-13	30-8.25	Pella	5-13-09
Jill Ziskovsky	30-9.75	5-21	30-9.75	Marietta, Ohio	5-21-09
Felica Shunk	24-6.50	4-4	24-6.50	Pella	4-4-09

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	+152-2	5-9	152-2	Pella	5-9-09
Ashley M. Feldman	134-0	5-1	138-9	Pella	5-16-07
Carissa Bentz			127-00	Rock Island, Ill.	5-15-08
Danielle Francois	108-2	5-9	114-4	Pella	5-14-08

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	130-2	4-4	130-9	Pella	4-5-08
Danielle Francois	118-1	4-18	130-9	Waverly	5-9-08
Ashley M. Feldman	120-4	4-4	122-03	Pella	5-13-08
Judy James	95-7	4-11	95-7	Des Moines	4-11-09

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
Kelsey Peterson	125-8	4-24	125-8	Simpson	4-24-09
Carissa Bentz	122-7	5-9	122-7	Pella	5-9-09
Jill Ziskovsky	102-5	4-18	102-5	Crete, Neb.	4-18-09
Caitlin Wilson	94-3	5-13	94-3	Pella	5-13-09
Felica Shunk	61-5	4-4	61-5	Pella	4-4-09
Emily Teas			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
Carissa Bentz	+4419	5-1	4419	Pella	5-1-09
Jill Ziskovsky	+4389	5-13	4389	Pella	5-13-09
Caitlin Wilson	+4273	5-13	4273	Pella	5-13-09
Felica Shunk	3055	4-4	3055	Pella	4-4-09

+ NCAA Div. III provisional qualifier

! NCAA Div. III automatic qualifier

\$ school record

* converted time

2009 OUTDOOR SEASON RESULTS

2009 Central College outdoor team results

April 4	Central College Invitational	Pella	6th of 17 teams
April 10-11	Jim Duncan Invitational	Des Moines	no team scores
April 17-18	Doane Relays	Crete, Neb.	no team scores
April 23-25	Drake Relays	Des Moines	no team scores
April 25	Kip Janvrin Open	Indianola	no team scores
May 1	Central Open	Pella	no team scores
May 1-2	Iowa Conf. Multi-Event Champ.	Pella	
May 8-9	Iowa Conference Championship	Pella	2nd of 9 teams
May 13	Central Last Chance Open	Pella	no team scores
May 14-15	North Central Last Chance Open	Naperville, Ill.	no team scores
May 15	Augustana Last Chance Open	Rock Island, Ill.	no team scores
May 21-23	NCAA Div. III championships	Marietta, Ohio	58th of 73 teams

2009 NCAA Division III championship qualifiers

May 21-23, Marietta, Ohio

Provisional qualifiers

Event	Name	Mark	Date	Site
4x400 meter relay	Ziskovsky/Teas/ Tipton/Mosinski	3:55.93	4-23-09	Des Moines
Shot Put	*Rachel Boeke	43-11.75	5-9-09	Pella
Discus	*Rachel Boeke	152-2	5-8-09	Pella
Heptathlon	*Carissa Bentz	4419	5-1-09	Pella
Heptathlon	*Jill Ziskovsky	4389	5-13-09	Pella

*accepted

2009 USTFCCA Division III power rankings

Rank	School	Region	Points
1.	Wis.-Eau Claire	Midwest	201.43
2.	Wis.-La Crosse	Midwest	201.29
3.	Wartburg	Central	201.21
4.	Wis.-Oshkosh	Midwest	200.62
5.	Washington (Mo.)	Midwest	197.81
6.	St. Thomas (Minn.)	Central	197.40
7.	Tufts (Mass.)	New England	192.60
8.	Gustavus Adolphus (Minn.)	Central	190.72
9.	North Central (Ill.)	Midwest	187.92
10.	Chicago (Ill.)	Midwest	186.13
25.	Central	Central	165.65

Individual honors

Academic All-Iowa Conference

Angie Berry	3.62	History/ secondary education
Rachael Boeke	3.58	Exercise science- athletic training
Meghann Burt	3.56	Pre-medicine/psychology
Jess Clark	3.78	Chemistry/biology
Sara Crippen	3.82	Spanish/political science
Danielle Francois	3.85	Elementary education
Jenni Hufford	3.77	Elementary education
Eve Reinhold	3.81	Elementary education
Heather Shives	3.53	Elementary education
Emily Teas	3.68	Elementary education
Rachelle Tipton	3.84	Elementary education
Jill Ziskovsky	3.98	Communication/Spanish

Team awards

Most Valuable Performer– Jill Ziskovsky

Most Valuable Field Event Performer– Rachel Boeke

Most Valuable Freshman– Caitlin Wilson

Most Improved Performer– Carissa Bentz

Dutch Award– Emily Teas

2009 captains– Rachel Boeke, Jess Clark

New school records

3000 meter steeplechase- Jess Clark, 11:14.27

2009 OUTDOOR SEASON RESULTS

Central Invitational April 4, 2009 Ron and Joyce Schipper Stadium Central College Pella, Iowa

Team results

1. Minn.-Duluth 166.50; 2. Northern Iowa 149; 3. Drake 94; 4. Augustana (Ill.) 84.50; 5. Gustavus Adolphus (Minn.) 83.25; **6. Central 49**; 7. Luther 45.50; 8. Grand View 45; 9. Coe 41; 10. Bethel (Minn.) 37; 11. Iowa Central CC 27; 12. Clarke 26; 13. William Penn 6; 14. North Iowa Area CC 3; 15. Ashford 2.50; 15. Knox (Ill.) 2.50; 17. Grinnell 0.25.

Central individual results

100 meters- 13. Angie Latta, 13.53; 25. Kelsey Manecke, 13.79; 37. Aimee Delpierre, 14.13; 44. Tranesha Brunson, 14.77.

200 meters- 3. Emily Teas, 27.75; 15. Kelsey Manecke, 28.86.

400 meters- 6. Emily Teas, 1:00.08.

800 meters- 5. Rachelle Tipton, 2:20.65; 18. Sara Crippen, 2:30.58; 20. Molly VonHolten, 2:30.83; 25. Eve Reinhold, 2:31.79; 36. Amy Ledvina, 2:34.44; 39. Sara Davis, 2:34.88; 42. Melanie Louis, 2:35.86; 48. Jess Clark, 2:38.41; 49. Liz Arentsen, 2:40.66.

1500 meters- 9. Jess Clark, 4:59.00; 11. Amy Ledvina, 5:01.88; 29. Heather Shives, 5:28.83.

5000 meters- 5. Angie Berry, 18:35.08; 6. Amber Mayer, 18:37.99; 21. Connie Eshelman, 20:27.17; 26. Kelsey Tompkins, 20:47.10.

100 meter hurdles- 10. Megan Stoullil, 17.02.

4x100 meter relay- 6. Manecke/Latta/Teas/Mosinski, 51.83; 12. Bacon/Lippincott/Dusenbury/Stoullil, 53.45.

4x400 meter relay- 9. Manecke/Mosinski/Tipton/Latta, 4:16.54; 13. Reinhold/Bacon/Dusenbury/Lippincott, 4:21.14.

High jump- 4. Taylor Shuelke, 5-1.00.

Pole vault- 13. Liz Hasenmiller, 8-6.25.

Long jump- 23. Aimee Delpierre, 14-0.25.

Shot put- 6. Rachel Boeke, 41-6.50; 13. Megan Kittleson, 38-6.75; 30. Judy James, 32-9.00.

Discus throw- 6. Rachel Boeke, 134-8; 16. Ashley M. Feldman, 112-2; 35. Danielle Francois, 96-5.

Hammer throw- 17. Rachel Boeke, 130-2; 21. Ashley M. Feldman, 120-4; 24. Danielle Francois, 111-11; 30. Judy James, 92-7.

Javelin throw- 10. Kelsey Peterson, 98-0.

Heptathlon-

3. Jill Ziskovsky

200 meters -	27.14	700 points
800 meters -	2:29.55	699 points
100 meter hurdles -	17.24	570 points
High jump -	5-2.50	724 points
Long jump -	16-5.75	565 points
Shot put -	30-0.00	473 points
Javelin throw -	90-10	433 points
Total points		4164 points

5. Caitlin Wilson

200 meters -	27.74	651 points
800 meters -	2:39.59	578 points
100 meter hurdles -	16.14	697 points
High jump -	5-2.50	724 points
Long jump -	16-2.25	540 points
Shot put -	30-7.50	486 points
Javelin throw -	89-2	423 points
Total points -		4099 points

6. Carissa Bentz		
200 meters -	28.34	604 points
800 meters -	2:36.26	616 points
100 meter hurdles -	18.04	484 points
High jump -	4-9.75	588 points
Long jump -	16-8.50	584 points
Shot put -	36-9.00	608 points
Javelin throw -	112-2	556 points
Total points		4040 points

13. Felica Shunk

200 meters -	28.54	589 points
800 meters -	2:41.08	561 points
100 meter hurdles -	18.54	434 points
High jump -	4-7.50	523 points
Long jump -	13-3.25	317 points
Shot put -	24-6.50	366 points
Javelin throw -	61-5	265 points
Total points		3055 points

Jim Duncan Invitational April 10-11, 2009 Drake Stadium Drake University Des Moines, Iowa no team scores

Central's individual results

100 meters- 17. Angie Latta, 13.73; 23. Kelsey Manecke, 13.83; 30. Ashley Lippincott, 14.25.

200 meters- 7. Emily Teas, 26.25; 17. Caitlin Wilson, 27.62; 19. Carissa Bentz, 27.66; 20. Kelsey Manecke, 27.72; 22. Angie Latta, 27.84; 33. Ashley Lippincott, 28.61; 34. Felica Shunk, 28.77.

400 meters- 16. Amanda Mosinski, 1:02.25; 20. Cory Bacon, 1:03.48.

800 meters- 5. Rachelle Tipton, 2:18.41; 19. Eve Reinhold, 2:26.41; 26. Sara Davis, 2:29.97.

1500 meters- 16. Meghann Burt, 5:01.88; 19. Molly VonHolten, 5:06.15; 20. Sara Crippen, 5:09.87; 22. Liz Arentsen, 5:19.95; 23. Heather Shives, 5:20.83; 24. Melanie Louis, 5:21.99.

10000 meters- 3. Amber Mayer, 38:11.95; 4. Angie Berry, 38:25.49; 12. Connie Eshelman, 42:01.12.

100 meter hurdles- 14. Caitlin Wilson, 16.29; 17. Jill Ziskovsky, 16.85; 22. Megan Stoullil, 17.88; 23. Felica Shunk, 17.90; 30. Carissa Bentz, 20.44.

400 meter hurdles- 6. Jill Ziskovsky, 1:04.94.

3000 meter steeplechase- 3. Jessica Clark, 11:24.04; 4. Amy Ledvina, 11:31.63; 6. Kelsey Tompkins, 12:53.94.

4x100 meter relay- 7. Manecke/Latta/Teas/Ziskovsky, 51.05.

4x400 meter relay- 6. Teas/Mosinski/Bentz/Tipton, 4:03.72; 8. Bacon/Wilson/Shunk/Latta, 4:19.16; 9. Louis/Crippen/VonHolten/Reinhold, 4:21.08.

High jump- 3. Caitlin Wilson, 5-3.00; 8. Taylor Shuelke, 5-1.00; 11. Felica Shunk, 4-9.00.

Pole vault- 7. Ashley Feldman, 8-6.25.

Long jump- 8. Jill Ziskovsky, 16-7.00; 9. Carissa Bentz, 16-6.00.

Shot put- 12. Rachel Boeke, 39-7.00; 14. Megan Kittleson, 39-1.25; 25. Judy James, 33-2.50.

Discus throw- 11. Rachel Boeke, 128-3; 16. Ashley M. Feldman, 121-1; 22. Danielle Francois, 95-8.

Hammer throw- 17. Danielle Francois, 114-0; 24. Ashley M. Feldman, 102-8; 25. Rachel Boeke, 101-0; 30. Judy James, 95-7.

Javelin throw- 3. Kelsey Peterson, 119-8.

Doane Relays
April 17-18, 2009
Doane College
Crete, Neb.

no team scores

Central's individual results

100 meters- 6. Kelsey Manecke, 13.39; 8. Megan Stoullil, 13.40; 12. Ashley Lippincott, 13.92; 13. Alicia Dusenbury, 14.07.

200 meters- 2. Emily Teas, 26.32; 5. Jill Ziskovsky, 26.90; 7. Carissa Bentz, 27.56; 9. Caitlin Wilson, 27.70; 14. Kelsey Manecke, 28.07; 16. Rachelle Tipton, 28.29; 20. Ashley Lippincott, 28.98; 34. Felica Shunk, 29.10; 24. Alicia Dusenbury, 29.50; 25. Ashley Feldman, 29.61; 27. Liz Hasenmiller, 30.06.

400 meters- 8. Eve Reinhold, 1:02.21; 11. Rachelle Tipton, 1:03.44.

800 meters- 10. Sara Davis, 2:29.17; 18. Melanie Louis, 2:40.03; 20. Heather Shives, 2:48.48.

1500 meters- 6. Molly VonHolten, 5:07.72; 7. Sara Crippen, 5:09.51; 8. Liz Arentsen, 5:18.21; 11. Melanie Louis, 5:23.74; 12. Heather Shives, 5:24.80.

5000 meters- 7. Jess Clark, 19:53.81; 11. Kelsey Tompkins, 20:14.94.

100 meter hurdles- 6. Caitlin Wilson, 16.13; 8. Megan Stoullil, 17.64; 10. Jill Ziskovsky, 16.80; 12. Carissa Bentz, 17.59; 13. Felica Shunk, 17.77.

400 meter hurdles- 3. Amanda Mosinski, 1:07.99; 6. Taylor Shuelke, 1:09.83; 10. Cory Bacon, 1:11.46.

4x100 meter relay- 6. Manecke/Tipton/Teas/Mosinski, 51.72; 7. Central 'B', 52.61.

4x400 meter relay- 2. Teas/Tipton/Mosinski/Ziskovsky, 3:59.05; 7. Central 'B', 4:26.06.

High jump- 5. Caitlin Wilson, 5-2.25; 7. Taylor Shuelke, 5-2.25; 13. Carissa Bentz, 4-10.25; 15. Felica Shunk, 4-10.25.

Long jump- 6. Jill Ziskovsky, 16-6.00; 6. Carissa Bentz, 16-6.00; 11. Caitlin Wilson, 15-11.50; 20. Felica Shunk, 14-5.75.

Shot put- 5. Rachel Boeke, 40-7.75; 8. Megan Kittleson, 38-4.00.

Discus throw- 2. Rachel Boeke, 137-9; 8. Ashley M. Feldman, 121-4; 18. Danielle Francois, 95-8.

Hammer throw- 11. Rachel Boeke, 127-7; 16. Danielle Francois, 118-1.

Javelin throw- 2. Kelsey Peterson, 123-5; 3. Carissa Bentz, 121-11; 8. Jill Ziskovsky, 102-5; 13. Caitlin Wilson, 85-8.

Drake Relays
April 23-25, 2009
Drake Stadium
Drake University
Des Moines, Iowa

no team scores

Central's individual results

4x100 meter relay- Wilson/Manecke/Teas/Ziskovsky, 50.21.

4x400 meter relay- Ziskovsky/Teas/Tipton/Mosinski, 3:55.93.

Kip Janvrin Invitational
April 25, 2009
Bill Buxton Stadium
Simpson College
Indianola, Iowa

no team scores

Central's individual results

100 meters- 9. Megan Stoullil, 13.52; 14. Angie Latta, 13.70; 24. Ashley Lippincott, 14.05.

200 meters- 8. Carissa Bentz, 27.47; 24. Ashley Lippincott, 28.60; 26. Angie Latta, 28.65; 34. Felica Shunk, 29.34.

400 meters- 20. Alicia Dusenbury, 1:06.35.

800 meters- 22. Sara Davis, 2:30.94; 31. Melanie Louis, 2:34.68; 36. Liz Arentsen, 2:38.52.

1500 meters- 18. Molly VonHolten, 5:09.28; 30. Liz Arentsen, 5:21.59; 11. Melanie Louis, 5:23.74; 12. Heather Shives, 5:24.80.

5000 meters- 9. Angie Berry, 18:30.02; 12. Amber Mayer, 19:01.05; 18. Connie Eshelman, 19:38.89.

400 meter hurdles- 7. Amanda Mosinski, 1:07.28; 13. Taylor Shuelke, 1:10.25; 14. Cory Bacon, 1:10.76

3000 meter steeplechase- 6. Amy Ledvina, 11:56.23; 10. Jess Clark, 12:17.70; 13. Kelsey Tompkins, 12:52.64, 14. Meghann Burt, 13:18.23.

4x100 meter relay- 5. Stoullil/Lippincott/Bacon/Manecke, 52.60.

High jump- 7. Caitlin Wilson, 5-1.00; 13. Taylor Shuelke, 4-11.00.

Pole vault- 17. Liz Hasenmiller, 7-6.50.

Long jump- 9. Carissa Bentz, 16-11.50; 14. Caitlin Wilson, 15-3.50; 22. Felica Shunk, 13-9.75.

Shot put- 2. Rachel Boeke, 42-8.25; 7. Megan Kittleson, 38-1.50.

Discus throw- 5. Rachel Boeke, 130-11; 10. Ashley M. Feldman, 120-11.

Hammer throw- 24. Ashley M. Feldman, 114-11.

Javelin throw- 2. Kelsey Peterson, 125-8.

Central Open
May 1, 2009
Ron and Joyce Schipper Stadium
Central College
Pella, Iowa

no team scores

Central's individual results

100 meters- 4. Kelsey Manecke, 13.32; 5. Megan Stoullil, 13.39.

200 meters- 2. Emily Teas, 26.25; 9. Kelsey Manecke, 27.62; 12. Ashley Lippincott, 28.06; 13. Alicia Dusenbury, 28.48; 15. Felica Shunk, 29.02.

400 meters- 1. Emily Teas, 59.16.

800 meters- 7. Eve Reinhold, 2:31.12; 8. Sara Davis, 2:31.85; 12. Rachelle Tipton, 2:34.51.

1500 meters- 2. Jess Clark, 4:55.27; 3. Angie Berry, 4:56.72; 6. Molly VonHolten, 5:06.20; 7. Amy Ledvina, 5:08.67; 8. Sara Crippen, 5:13.38; 10. Melanie Louis, 5:17.55; 12. Meghann Burt, 5:24.36.

3000 meters- 1. Amber Mayer, 11:02.07; 2. Connie Eshelman, 11:23.88; 12. Kelsey Tompkins, 11:25.68; 13. Liz Arentsen, 11:31.46; 17. Kate Callan, 12:40.87.

100 meter hurdles- 5. Caitlin Wilson, 26.32; 6. Megan Stoullil, 26.83.

400 meter hurdles- 3. Amanda Mosinski, 1:06.83.

4x100 meter relay- 3. Central 'A', 50.32.

4x400 meter relay- 3. Central 'A', 4:17.06.

High jump- 1. Caitlin Wilson, 5-3.25; 2. Taylor Shuelke, 5-1.25.
Pole vault- 1. Ashley Feldman, 8-8.25; 1. Liz Hasenmiller, 8-8.25.
Long jump- 1. Caitlin Wilson, 16-8.00; 3. Felica Shunk, 15-10.25.
Shot put- 2. Rachel Boeke, 41-7.75; 4. Megan Kittleson, 40-0.50.
Discus throw- 4. Rachel Boeke, 140-3; 5. Ashley M. Feldman, 134-0.
Hammer throw- 6. Rachel Boeke, 118-10.
Javelin throw- 3. Kelsey Peterson, 110-4.

1:07.70; 13. Taylor Shuelke, 1:11.88.
3000 meter steeplechase- 2. Jess Clark, 11:26.21; 3. Amy Ledvina, 11:29.64; 9. Meghann Burt, 12:43.95.
4x100 meter relay- 6. Wilson/Manecke/Teas/Ziskovsky, 50.16.
4x400 meter relay- 2. Ziskovsky/Teas/Tipton/Mosinski, 3:59.13.
High jump- 4. Caitlin Wilson, 5-1.25; 5. Taylor Shuelke, 4-11.50; 5. Jill Ziskovsky, 4-11.50; 10. Felica Shunk, 4-9.50.
Pole vault- 2. Ashley Feldman, 8-11.75; 5. Liz Hasenmiller, 8-6.00.
Long jump- 2. Carissa Bentz, 17-9.00; 4. Jill Ziskovsky, 17-3.50; 9. Caitlin Wilson, 16-4.50; 10. Felica Shunk, 16-1.00.
Triple jump- 10. Alicia Dusenbury, 28-9.25.
Shot put- 1. Rachel Boeke, 43-11.75; 9. Megan Kittleson, 39-6.00; 14. Carissa Bentz, 35-8.50.
Discus throw- 1. Rachel Boeke, 152-2; 9. Ashley M. Feldman, 133-11; 18. Danielle Francois, 108-2.
Hammer throw- 11. Rachel Boeke, 127-3; 14. Ashley Feldman, 119-3; 17. Danielle Francois, 113-11.
Javelin throw- 3. Carissa Bentz, 122-7; 5. Kelsey Peterson, 110-3.

**Iowa Conference Multi-Event Championships
 May 1-2, 2009
 Ron and Joyce Schipper Stadium
 Central College
 Pella, Iowa**

Central's individual heptathlon results

1. Carissa Bentz		
200 meters-	27.00	712 points
800 meters-	2:34.45	638 points
100 meter hurdles-	16.74	626 points
High jump-	4-10.50	610 points
Long jump-	17-5.50	648 points
Shot put-	35-11.25	592 points
Javelin throw-	118-7	593 points
Total points		4419 points

2. Jill Ziskovsky		
200 meters-	26.71	736 points
800 meters-	2:23.28	779 points
100 meter hurdles-	16.22	688 points
High jump-	4-10.50	610 points
Long jump-	16-7.25	576 points
Shot put-	29-6	464 points
Javelin throw-	102-1	498 points
Total points		4351 points

**Iowa Conference Championships
 May 8-9, 2009
 Ron and Joyce Schipper Stadium
 Central College
 Pella, Iowa**

Team results

1. Wartburg 243; **2. Central 138.5**; 3. Luther 107; 4. Loras 100; 5. Simpson 98.5; 6. Coe 74; 7. Cornell 36; 8. Buena Vista 22; 9. Dubuque 0.

Central's individual results

100 meters- 16. Kelsey Manecke, 13.11; 17. Megan Stoullil, 13.12; 21. Ashley Lippincott, 13.37.
200 meters- 6. Emily Teas, 26.04; 12. Kelsey Manecke, 27.41; 21. Ashley Lippincott, 28.44; 21. Alicia Dusenbury, 28.44.
400 meters- 6. Emily Teas, 58.00.
800 meters- 7. Rachelle Tipton, 2:19.96; 13. Eve Reinhold, 2:27.03; 17. Sara Davis, 2:29.00.
1500 meters- 10. Sara Crippen, 5:01.70; 14. Molly VonHolten, 5:03.68; 17. Liz Arentsen, 5:17.92; 18. Melanie Louis, 5:21.35.
5000 meters- 6. Angie Berry, 18:41.08; 8. Amber Mayer, 18:57.80; 12. Amy Ledvina, 19:38.83; 13. Connie Eshelman, 19:39.76.
10,000 meters- 4. Angie Berry, 39:35.17; 5. Amber Mayer, 39:41.51; 10. Connie Eshelman, 41:34.65.
100 meter hurdles- 10. Megan Stoullil, 16.05.
400 meter hurdles- 3. Jill Ziskovsky, 1:04.25; 9. Amanda Mosinski,

**Central Last Chance Open
 May 13, 2009
 Ron and Joyce Schipper Stadium
 Central College
 Pella, Iowa**

no team scores

Central's individual results

200 meters- 1. Emily Teas, 26.22; 2. Amanda Mosinski, 27.89.
800 meters- 5. Sara Davis, 2:27.96; 8. Eve Reinhold, 2:33.52.
1500 meters- 1. Amy Ledvina, 5:00.60; 2. Sara Crippen, 5:12.53; 3. Kelsey Tompkins, 5:29.10.
100 meter hurdles- 3. Megan Stoullil, 15.93.
4 x 100 meter relay- 2. Central 'A', 56.66; 3. Central 'B', 60.14.
High jump- 3. Taylor Schuelke, 5-1.25.
Shot put- 6. Rachel Boeke, 39-10.75.
Discus throw- 4. Rachel Boeke, 140-10; 9. Ashley M. Feldman, 131-3.

Heptathlon-

1. Jill Ziskovsky		
100 meter hurdles-	16.34	673 points
High jump-	5-1.25	689 points
Shot put-	30-1.50	476 points
200 meters-	26.94	717 points
Long jump-	17-4.75	643 points
Javelin throw-	99-9	484 points
800 meters-	2:28.85	707 points
Total points		4389 points

2. Caitlin Wilson		
100 meter hurdles-	15.74	746 points
High jump-	5-2.50	724 points
Shot put-	30-8.25	487 points
200 meters-	27.54	668 points
Long jump-	15-10.25	514 points
Javelin throw-	94-3	453 points
800 meters-	2:30.92	681 points
Total points		4273 points

**North Central Last Chance Open
May 14-15, 2009
Benedetti-Wehrli Stadium
North Central College
Naperville, Ill.**

no team scores

Central's individual results

5,000 meters- 18. Angie Berry, 18:45.87.
3,000 meter steeplechase- 12. Jess Clark, 11:14. 27.
4 x 400 meter relay- 8. Central 'A', 4:00.75.
High jump- 11. Taylor Schuelke, 4-11.75.
Hammer throw- 19. Ashley M. Feldman, 115-5.
Discus throw- 9. Rachel Boeke, 125-0; 16. Ashley M. Feldman, 115-0.
Shot put- 8. Rachel Boeke, 40-2.25.

Javelin throw-	79-5	368 points
Total points		4244 points
16. Carissa Bentz		
200 meters-	27.40	679 points
800 meters-	2:28.99	706 points
100 meter hurdles-	17.17	577 points
High jump-	5-1.00	678 points
Long jump-	14-7.25	418 points
Shot put-	39-1.00	655 points
Javelin throw-	107-7	530 points
Total points		4243 points

**NCAA Div. III Championships
May 21-23, 2009
Don Drumm Stadium
Marietta College
Marietta, Ohio**

Team results

1. Wartburg 52; 2. Wis.-Oshkosh 50; 3. Wis.-La Crosse 48; 4. Wis.- Eau Claire 34.5; 5. Washington (Mo.) 28; 6. Gustavus Adolphus (Minn.) 27; 7. Illinois Wesleyan 24; 8. Hardin-Simmons (Texas) 22; 9. Frostburg State (Md.) 21.5; 10. St. Norbert (Wis.) 20; 10. New Jersey 20; 10. Massachusetts Institute of Technology 20; 13. Hope (Mich.) 18; 13. Calvin (Mich.) 18; 15. Williams (Mass.) 16; 16. Wis.-Whitewater 14; 16. Tufts (Mass.) 14; 18. North Central (Ill.) 13; 18. Bethel (Minn.) 13; 20. Carroll (Wis.) 12.5; 21. Roanoke (Va.) 12; 21. Messiah (Pa.) 12; 23. Wheaton (Ma.) 11.5; 24. St. Lawrence (Minn.) 11; 24. Simpson 11; 24. Moravian (Pa.) 11; 24. Chicago (Ill.) 11; 28. St. Thomas (Minn.) 10; 28. Montclair State (N.J.) 10; 30. Haverford (Pa.) 9.5; 31. Monmouth (Ill.) 9; 31. Carleton (Minn.); 33. Wis.-Platteville 8; 33. Wilmington (Ohio) 8; 33. Williamette (Ore.) 8; 33. Wheaton (Ill.) 8; 33. Emory (Ga.) 8; 38. Denison (Ohio) 7; 38. Capital (Ohio) 7; 38. Bates (Maine) 7; 41. Westfield State (Ma.) 6; 41. Texas Lutheran 6; 41. Ripon (Wis.) 6; 41. Redlands (Calif.) 6; 41. Methodist (N.C.) 6; 41. Linfield (Ore.) 6; 41. Ithaca (N.Y.) 6; Fredonia (N.Y.) 6; 41. Coe 6; 41. Augustana (Ill.) 6; 51. Richard Stockton (N.J.) 5.5; 51. Cortland (N.Y.) 5.5; 53. Wis.-Stevens Point 5; 53. Washington & Lee (Va.) 5; 53. Springfield (N.Y.) 5; 53. Pacific Lutheran (Wash.) 5; 53. George Fox (Ore.) 5; **58. Central 4**; 58. Whitworth (Wash.) 4; 58. Mount Union (Ohio) 4; 61. Case Western Reserve (Ohio) 3.5; 62. Thiel (Pa.) 3; 62. Minn.-Morris 3; 62. DePauw (Ind.) 3; 62. Bridgewater (Va.) 3; 62. Allegheny (Pa.) 3; 67. Oberlin (Ohio) 2; 67. Muhlenberg (Pa.) 2; 67. Illinois 2; 67. Heidelberg (Ohio) 2; 67. Claremont-Mudd-Scripps (Calif.) 2; 67. Cabrini (Pa.) 2; 73. Trinity (Texas) 1; 73. Smith (Mass.) 1; 73. Middlebury (Vt.) 1; 73. McMurry (Texas) 1; 73. Loras 1; 73. Concordia Moorhead (Minn.) 1; 73. Centre (Ky.) 1.

Central's individual results

Discus throw- 8. Rachel Boeke, 137-3.
Shot put- 6. Rachel Boeke, 43-6.50.

Heptathlon-

15. Jill Ziskovsky		
200 meters-	26.96	715 points
800 meters-	2:24.42	764 points
100 meter hurdles-	16.92	606 points
High jump-	5-2.25	712 points
Long jump-	16-9.25	589 points
Shot put-	30-9.75	490 points

2009 WOMEN'S TRACK AND FIELD OUTDOOR SEASON ROSTER

Name	Year	Events	Hometown/High school	Award
Liz Arentsen	Jr.	1500-3K	Bondurant, Iowa/Waukee	Reserve
Cory Bacon	Fr.	Hurdles, 100-200	Garwin, Iowa/GMG	Freshman
Carissa Bentz	Jr.	Multi-events	Ute, Iowa/Boyer Valley	Third letter
Angie Berry	Jr.	Distance	Norwalk, Iowa/Norwalk	Second letter
Rachel Boeke	Sr.	Throws	Cedar Rapids, Iowa/Thomas Jefferson	Fourth letter
Meghann Burt	So.	800-1500	Slater, Iowa/Ankeny Christian	Second letter
Kate Callan	Fr.	Distance	Clinton, Iowa/Clinton	Freshman
Jessica Clark	Sr.	Distance	Port Byron, Ill./Riverdale	Fourth letter
Sara Crippen	So.	800-1500	Williamsburg, Iowa/Williamsburg	First letter
Sara Davis	Fr.	800-1500	Melbourne, Iowa/West Marshall	Freshman
Aimee Delpierre	Fr.	100-200, jumps	Chariton, Iowa/Chariton	Freshman
Alicia Dusenbury	Jr.	200,400, TJ	Oswego, Ill./Oswego	Reserve
Connie Eshelman	Jr.	1500-5K	Bridgewater, Iowa/Nodaway Valley	Third letter
Ashley L. Feldman	Jr.	PV	Alleman, Iowa/North Polk	Third letter
Ashley M. Feldman	Jr.	Throws	West Liberty, Iowa/West Liberty	Third letter
Danielle Francois	Sr.	Throws	Alburnett, Iowa/Alburnett	Fourth letter
Claudia Garcia	So.	1500-5K	Iowa City, Iowa/City	Reserve
Liz Hasenmiller	Fr.	100-400, PV	Bettendorf, Iowa/Davenport Assumption	First letter
Jenni Hufford	Jr.	Distance	Polk City, Iowa/Ankeny Christian	Reserve
Megan Kittleson	Fr.	Throws	Osage, Iowa/Osage	First letter
Ashley Lippincott	Jr.	200-400	Huxley, Iowa/Ballard	Reserve
Amy Ledvina	Jr.	Distance	Toledo, Iowa/South Tama	Second letter
Melanie Louis	Fr.	800-1500	Davenport, Iowa/Central	First letter
Kelsey Manecke	So.	PV	Pella, Iowa/Pella	First letter
Amber Mayer	Jr.	1500-5K	Essex, Iowa/Shenandoah	Second letter
Amanda Mosinski	Jr.	Hurdles, 100-400	Packwood, Iowa/Pekin	First letter
Kelsey Peterson	So.	JT	Waverly, Iowa/Waverly-Shell Rock	First letter
Eve Reinhold	So.	800-1500	Collins, Iowa/Collins-Maxwell	Reserve
Taylor Schuelke	Fr.	Hurdles	Rosemount, Minn./Rosemount	First letter
Heather Shives	Jr.	Distance	Knoxville, Iowa/Knoxville	Reserve
Felicia Shunk	Fr.	400, hurdles	Bloomfield, Iowa/Davis County	Freshman
Megan Stoullil	Fr.	Hurdles	Pocahontas, Iowa/Pocahontas	First letter
Emily Teas	So.	Hep, 400	Indianola, Iowa/Indianola	Second letter
Rachelle Tipton	Jr.	200-800	Newton, Iowa/Newton	Third letter
Kelsey Tompkins	Jr.	1500-5K	Webster City, Iowa/Webster City	Reserve
Molly VonHolten	So.	Distance	Walnut, Ill./Bureau Valley	Second letter
Maggie Wehde	Fr.	Distance	Tipton, Iowa/Tipton	Freshman
Caitlin Wilson	Fr.	Multi-events	Oakland, Iowa/Riverside	First letter
Jill Ziskovsky	So.	Multi-events, 400	Dallas Center, Iowa/Dallas Center-Grimes	Second letter

Head coach	Joe Dunham	
Associate head coach	Guy Mosher	Sprints, hurdles, jumps, multi-events
Assistants:	Stephen Fyfe	Distance events
	Mike Marcinkowski	Shot put, discus, weight, hammer
	Eric Pingel	Pole vault
	Scott Tjeerdsma	Sprints, hurdles, jumps
	Allan Walz	Throwing events