



2009-10 Women's Cross Country/Track & Field Media Guide



Augustana College | Rock Island, Illinois

Founded 1860

Enrollment 2,500

President Steven Bahls

Chairman of Athletic Board Dr. Craig VanSandt,
Professor of Business Administration

Athletic Director Mike Zapolski

Head Coach Fred Whiteside, cross country and track & field

Whiteside's Phone (309) 794-7524

Sports Information Director Dave Wrath

S.I.D. Office Phone (309) 794-7265

S.I.D. Home Phone (309) 762-5621

S.I.D. Cell Phone (309) 737-5306

Fax (309) 794-7525

Head Trainer Rochel Rittgers

Assistant Trainer Denise Yoder & Anna Smith

Training Room Phone (309) 794-7518

Conference College Conference of Illinois & Wisconsin

CCIW Teams Augustana; Carthage; Elmhurst; Illinois Wesleyan;
Millikin; North Central; North Park; Wheaton

National Affiliation NCAA Division III

Team Name Vikings

Colors Blue and Gold

Home Cross Country Course Credit Island Park (Davenport, IA)

Home Track (Indoor) Pepsico Recreation Center

Home Track (Outdoor) Ericson Field/Aumni Track

Athletic Department Phone (309) 794-7521

Admissions Office (309) 794-7341

College Toll-free Number (800) 798-8100

Website Address www.augustana.edu

About Augustana College

Known for its balance of liberal arts with focus in a major field, collaborative research opportunities, competitive athletic teams and award-winning student activities programs, Augustana College is a selective independent college of the liberal arts and sciences related to the Evangelical Lutheran Church in America. The college enrolls approximately 2,200 men and women of diverse ethnic, religious and social backgrounds, from across the United States and around the world.

Augustana's athletic teams have won more championships than any other school in the College Conference of Illinois & Wisconsin. The Vikings own a total of 172 total team championships (135 men and 37 women) since the league began in 1946-47. Augustana is currently sixth in the nation in number of CoSIDA (College Sports Information Directors of America) Academic All-Americans produced in sports with 125 as of June, 2008. During the 1990s the Vikings finished third, trailing only Nebraska and M.I.T.

Home to a Phi Beta Kappa academic honor society chapter since 1949, Augustana grants baccalaureate degrees in more than 60 areas of study. Along with a competitive athletic environment, student-athletes can join one or several of the school's 150 student organizations or take advantage of Augustana's wide variety of opportunities for international study. Augustana has a student-faculty ratio of 11:1, and nearly 90 percent of the faculty hold the Ph.D. or the terminal degree in their field.



The following mission statement guides Augustana's liberal arts curriculum and student programs.

Augustana College, rooted in the liberal arts and sciences and a Lutheran expression of the Christian faith, is committed to offering a challenging education that develops qualities of mind, spirit and body necessary for a rewarding life of leadership and service in a diverse and changing world.

These goals and ideals also are reflected in the mission statement of the athletic department:

The department of athletics at Augustana College offers students opportunities to develop the whole person—mind, body and spirit. Working in a cooperative, active learning environment dedicated to imparting lifelong awareness of health and wellness, the athletics department assists students in acquiring dynamic skills, knowledge and fitness.

We value dignity, respect, diversity, accountability, communication and teamwork; we also challenge each participant to achieve self-confidence, pride, team unity and success through competitive sport. Our programs support the mission of Augustana College by cultivating the individual in all facets of life within and without the competitive arena.

Where to Find Augustana Sports News

Information on the Augustana College athletic department is easy to find. Augustana Sports Information Director, Dave Wrath, maintains the schedules and press releases on the college's athletic department web page. It can be accessed at www.augustana.edu. Also, you may email Dave Wrath at davewrath@augustana.edu. The office phone number for sports information is (309) 794-7265 and Wrath's home phone is (309) 762-5621.

The 2008-09 Augustana women's cross country and track & field media guide is presented as a service to all news media and friends of Augustana. The brochure is written and edited by Augustana Sports Information Director, Dave Wrath. The front and back cover photography is done by Steve Woltmann. Additional stories and pictures will be furnished upon request.

2009 AUGUSTANA VIKINGS CROSS COUNTRY TEAM



Row 1 - Krystal Damiano, Samantha Laskowski, Ellen Adams, Dana Wleklinski, Paige Deike, April Calderone, Niki Eckdahl, Sam Pancamo. Row 2 - Lauren Vasicek, Amanda Johnson, Lauren Banda, Emily Byars, Hannah Hottle, Annie Heifner, Lizzie Heifelstein. Row 3 - Kirstillyn Pohlman, Tara Bistry, Nicole Babbini, Brittany Prazak, Anita Maurer, Amy Walsh, Kristin Sattizahn, Katie Ries, Kaitlin Profita. Row 4 - Angela Pisani, Katharina Schwoy, Chassidy Mangers, Meaghan Reaney, Sarabeth Jones, Kristine Counter, Sarah Johnson, Theresa Coverick. Row 5 - Danielle Feldhaus, Ella Mathieson, Allie Bierhaus, Hannah Schneider, Jennifer Prazak, Daun Grief, Melissa McGreer. Row 6 - Head Coach Fred Whiteside, assistant coach Julio Garcia

2010 AUGUSTANA VIKINGS TRACK & FIELD TEAM



Row 1 - Samantha Laskowski, Brooke Sebek, Ainsley Fedler, Valerie Bustle, Ellen Adams, Caitlin Quinn, Kelsey Unseth, Dana Wleklinski, Paige Deike, April Calderone, Niki Eckdahl, Sam Pancamo, Libby Geison. Row 2 - Danielle Feldhaus, Emily Byars, Lizzy Lefelstein, Kirstillyn Pohlman, Hannah Hottle, Amy Walsh. Row 3 - Amanda Johnson, Danielle Feldhaus, Lauren Banda, Tara Bistry, Nicole Babbini, Brittany Prazak, Anita Maurer, Emily Margosian, Kristin Sattizahn, Katie Ries, Kaitlin Profita, Lauren Vasicek, Melissa McGreer. Row 4 - Allison Schaley, Katharina Schwoy, Chassidy Mangers, Elizabeth Hilton, Brittney Bennett, Alyssa Quamme, Jennifer Garrett, Taylor Tjardes, Megan Lecander, Sarah Johnson, Theresa Coverick. Row 5 - Hannah Schneider, Ella Mathieson, Angela Pisani, Amber Gruber, Beth Siwek, Samantha Bazely, Katie Rowland, Kristine Counter, Morgan Gale, Rachel Latham, Sarabeth Jones. Row 6 - Daun Grief, Patricia Stoker, Melanie Battistoni, Meaghan Reaney, Alexander Kramer, Annie Heifner, Jennifer Prazak, Valerie Bach, Katie Dinkel, Catherine Foreman. Row 7 - Head Coach Fred Whiteside, Chad Thomas, Kali Minkler, David Gonzalez, Mike Pettis, Julio Garcia, Dillon Smith, Creston Fenn



FRED WHITESIDE: Head coach for both cross country and track

One of the most successful head coaches in Augustana College history, Fred Whiteside is the head coach for both the women's cross country and track & field teams. He took over the cross country program prior to the 1982-83 school year and assumed control of the track & field program prior to 1987-88. Whiteside got his start in coaching as an assistant for Paul Olsen and the men's track & field team, a position he held for 12 years from 1975 through 1987.

Whiteside, a 1974 graduate of Augustana, earned All-America honors in the very first NCAA Division III cross country

championship in 1973. He also set the Augustana school record in the mile when he placed eighth in the NCAA national meet in track & field as a senior. He still holds a school record as a member of the indoor 3200 relay team.

His enthusiastic leadership has helped both the cross country and track & field teams attain enviable records. His cross-country teams have won six College Conference of Illinois & Wisconsin titles, including four in a span of five years from 1994 through 1998. The Vikings won 15 of the last 17 Illinois Small College state championships before the meet was discontinued following the 1998 season.

In 1997, under Whiteside's direction, Augustana qualified for the NCAA Division III national meet for the first time in school history. In 1998 the Vikings made it two straight trips to the cross-country nationals and wound up with an 11th place finish.

The Vikings success in track & field under Whiteside has been just as impressive. Augustana has captured 12 CCIW team titles in 21 years and won nine straight league titles from 1993 through 2001. Augustana also won the last four Illinois small college state championships before the event was discontinued following the 1991 season. The 2008 team won the CCIW title with an impressive second day comeback and the Augustana coaching staff was named "Coaching Staff of the Year" in the conference.

At Augustana, Whiteside majored in business administration, Spanish, secondary education and physical education. He received an M.S.S. degree in sport coaching from the United States Sports Academy in 1989. Besides coaching, he is an instructor in the physical education department where he teaches lifetime wellness, archery, physical conditioning, badminton and the coaching and officiating of track & field. He has held a variety of administrative posts on campus, including director of off-campus housing, director of janitorial services and building director of the Carver PE Center.

Still competitive on the local road racing circuit, Whiteside is one of the area's best in the over 50 age group. He has won the 50-59 division of the Bix 7 road race and his age group in the Quad Cities Marathon. He has been very active in the community as a volunteer, serving as the co-race director, with his wife Cathie, of the Komen Quad Cities Race for the Cure, which draws over 10,000 participants. As a couple they coordinate the finish line of the Quad City Marathon. He is also instrumental in the Quad City Senior Olympics, hosted by Augustana in the summer and he is the race director of a pair of USATF all-age track meets. An honorary lifetime member of the Cornbelt Running Club, he also helps with several local running events each year. Introduced to Junior Achievement by his wife, he teaches in the Ericsson Elementary School in Moline, Illinois. In the fall of 2006 Fred and Cathie were the first recipients of the Quad City Marathon's "Volunteer of the Year" award.

A native of Reynolds, Illinois where he grew up on a farm, Whiteside attended Rockridge High School. He participated in football, basketball, track & field and baseball. He taught and coached at Westmer High School in Joy, Illinois for one year before coming back to Augustana. Through the years, he has worked in various capacities on Augustana campus, including director of off-campus housing, director of custodial services, director of intramurals and associate athletic director. His wife Cathie, also an Augustana graduate is executive vice-president/corporate strategy and branding of QCR Holdings, Inc. Fred and Cathie have a pair of sons - Michael and Jay and a granddaughter Riley. Michael is an Augustana graduate with a degree in Spanish and music and Jay is a graduate of Drake University with a degree in information technology and insurance. Both reside in the Quad Cities.

Whiteside credits much of the past success at Augustana to a pair of coaches who have been with him for some time. Ron Standley, who began coaching at Augustana in 1988, served as the co-head coach in track & field from 1993 until 2002. All but two of the Augustana school records in track & field have been set with athletes either recruited or coached by Standley. A former civil engineer for the Rock Island County Highway Department, he is currently the head coach of the Vikings' women's golf team. For over 20 years, Doug Sand was an integral part of the cross country program, even serving as the co-head coach from 1993 until 2001.

THE WHITESIDE RECORD AT AUGUSTANA

| YEAR | Cross Country | | Track & Field | |
|---------|---------------|----------|----------------|---------------|
| | CCIW | STATE | CCIW (outdoor) | CCIW (indoor) |
| 1982-83 | | FIRST | | |
| 1983-84 | | FIRST | | |
| 1984-85 | | FIRST | | |
| 1985-86 | | FIRST | | |
| 1986-87 | Third | FIRST | | |
| 1987-88 | Second | FIRST | FIRST | FIRST |
| 1988-89 | Fourth | Second | Second | FIRST |
| 1989-90 | Second | FIRST | Second | FIRST |
| 1990-91 | FIRST | FIRST | FIRST | FIRST |
| 1991-92 | FIRST | FIRST | Second | Not Held |
| 1992-93 | Second | Second | FIRST | Not Held |
| 1993-94 | Second | FIRST | FIRST | Not Held |
| 1994-95 | FIRST | FIRST | FIRST | Not Held |
| 1995-96 | Second | FIRST | FIRST | Not Held |
| 1996-97 | FIRST | FIRST | FIRST | Not Held |
| 1997-98 | FIRST | FIRST | FIRST | Not Held |
| 1998-99 | FIRST | FIRST | FIRST | Not Held |
| 1999-00 | Third | Not Held | FIRST | Not Held |
| 2000-01 | Second | Not Held | FIRST | Second |
| 2001-02 | Third | Not Held | Third | Second |
| 2002-03 | Third | Not Held | Second | Third |
| 2003-04 | Third | Not Held | Second | Third |
| 2004-05 | Fifth | Not Held | Fourth | Third |
| 2005-06 | Fifth | Not Held | Second | Fourth |
| 2006-07 | Fourth | Not Held | Second | Third |
| 2007-08 | Third | Not Held | FIRST | Third |
| 2008-09 | Fifth | Not Held | Fourth | Fourth |

VIKING ASSISTANT COACHES



CHAD THOMAS – Pole Vaulters

Thomas was a five time NCAA Division III national champion in the pole vault while attending Muskingum University during the early 1990's. He is currently a chiropractor in the Quad Cities area and he is the top consultant for high school pole vaulters.



DAVID GONZALEZ - Throws

David Gonzalez is a former school and CCIW record holder who will once again work with the Viking throwers. A 2003 Augustana graduate, Gonzalez held the school record in the hammer throw outdoors and the weight toss indoors. He won three straight indoor conference titles in the 35 pound weight toss and took the shot put title outdoors in 2003, his senior year.



JULIO GARCIA – Distances

Julio Garcia was the first head coach of the Augustana women's track & field program back in 1974. He is a 1973 graduate of Augustana where he received degrees in Spanish and physical education. He completed the United States Executive Post Graduate Program in 1999. Garcia had a 31 year career with the federal government, retiring in 2007 from his post as the Great Lakes Regional Director of FAA Security.



KALI MINKLER - Jumps

Kali Minkler, graduated from Augustana in 2007 will enter her first year of coaching. Minkler was an accomplished track athlete while at Augustana as a CCIW champion, national meet qualifier, 2007 captain, and was named Most Improved in 2007. Minkler now works as a systems analyst in Milan, Illinois.



DILLON SMITH - Sprints

Dillon Smith, a 2007 Augustana graduate, will be in his third year of coaching the sprinters for the Vikings. Smith was a four year letterwinner and team captain as a senior during an outstanding track & field career at Augustana. He was a national meet qualifier in the 1600 relay twice. A math and business major, he is currently a data forecast coordinator at Deere & Company in Moline.



MIKE PETTIS - Hurdles

Mike Pettis, a 2009 Augustana graduate, will begin his first year as an assistant coach and will work with the hurdlers. He graduated with degrees in business administration and speech communication. He was a four year letterwinner as a hurdler.



CRESTON FENN - Distance

Creston Fenn, a 2001 Augustana graduate, will enter his first year of coaching the distance runners. While at Augustana, Fenn was a three year letter winner in cross country and track.

Vikings optimistic heading into 2009 with six of top seven runners returning

Veteran Augustana women's head cross country coach Fred Whiteside is understandably optimistic heading into the 2009 season. The Vikings return six of their top seven runners from 2008, including a pair of MVP's from previous years. There are 20 returning letterwinners on the 2009 roster.

"We really feel good heading into this year," said Whiteside, who is now in his 28th year as the head coach. "We have a good veteran group returning and I think this team has great potential."

Senior Ellen Adams (**Glenbard West HS, Glen Ellyn, Ill.**) was the team's Most Valuable Performer last year after she was the top finisher for the Vikings in all nine meets she competed in. She placed fourth in the College Conference of Illinois & Wisconsin championship. Adams followed up her cross country success with a tremendous track season and she is poised to have an outstanding senior year.

Junior Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**) was the Most Valuable Freshman in the fall of 2007 and she set the school record in the 3000 steeplechase last spring.



Junior Hannah Hottle and senior Ellen Adams are among the top runners for the women's cross country team. Hottle was named Most Valuable Freshman in 2007 and Adams was named Most Valuable Performer in 2008.

While Adams and Hottle will lead the Augustana attack, Whiteside thinks his team's depth will be pretty good. Besides Adams and Hottle the returning top seven performers are seniors Krystal Damiano (**Cary-Grove HS, Cary, Ill.**), Samantha Laskowski (**Reavis HS, Oak Lawn, Ill.**) and Samantha Pancamo (**Wauconda HS, Wauconda, Ill.**) and junior Meaghan Reaney (**Lincoln Way Central HS, New Lenox, Ill.**).

Seniors Dana Wleklinski (**Palatine HS, Palatine, Ill.**), Paige Deike (**Leroy HS, Leroy, Ill.**), Niki Eckdahl (**Downers Grove North HS, Downers Grove, Ill.**) and Kelsey Unseth (**Willowbrook HS, Villa Park, Ill.**) will provide a solid core of experienced leaders for the team.

Junior Kristin Sattizahn (**Erie HS, Erie, Ill.**) struggled in cross country in 2008 but rebounded with a solid track season. Other juniors who will contribute are Anita Maurer (**Downers Grove North HS, Downers Grove, Ill.**), Hannah Schneider (**Downers Grove North HS, Downers Grove, Ill.**), Brittany Prazak (**Naperville North HS, Naperville, Ill.**), Amy Walsh (**Cary-Grove HS, Cary, Ill.**) and Katie Ries (**Iowa City Regina HS, Iowa City, Iowa**).

Sophomores Sarah Johnson (**Grayslake North HS, Lake Villa, Ill.**), Rachael Latham (**Burlington Central HS, Elgin, Ill.**) and Angela Pisani (**York HS, Elmhurst, Ill.**) will be in the mix as well.

Whiteside really likes his incoming recruiting class. "We think that the freshmen are really good and will make a difference," said Whiteside, who has led his Vikings to six CCIW titles during his long and successful tenure. "There are some really good kids from solid high school programs."

Tara Bistry (**Joliet Catholic HS, Shorewood, Ill.**) and Theresa Coverick (**Stagg HS, Palos Hills, Ill.**) both had outstanding high school careers. Sarabeth Jones (**Warren Township HS, Wadsworth, Ill.**), Jennifer Prazak (**Naperville North HS, Naperville, Ill.**), Kirstilyn Pohlman (**Zion-Benton HS, Winthrop Harbor, Ill.**), Emily Byars (**Geneva HS, Geneva, Ill.**), Nicole Babbitt (**Libertyville HS, Libertyville, Ill.**), Annie Heffner (**Oregon HS, Oregon, Wis.**), Amanda Johnson (**York HS, Elmhurst, Ill.**) and Elizabeth Lefelstein (**Rosary HS, St. Charles, Ill.**) are among those freshmen who could make an impact.

"We are looking forward to the season," said Whiteside, who also coaches the track & field team in the spring. "I think we have a good mix of veterans and youngsters and it should add up to an interesting and exciting season."

2009 AUGUSTANA WOMEN'S CROSS COUNTRY ROSTER

| ATHLETE | YR | HOMETOWN (HIGH SCHOOL) |
|----------------------------|----|--|
| Ellen Adams *** (C) | Sr | Glen Ellyn, Illinois (Glenbard West) |
| Nicole Babbini | Fr | Libertyville, Illinois (Libertyville) |
| Lauren Banda | Fr | Woodridge, Illinois (Downers Grove North) |
| Allie Bierhaus | Fr | Bloomington, Indiana (Bloomington South) |
| Tara Bistry | Fr | Shorewood, Illinois (Joliet Catholic) |
| Emily Byars | Fr | Geneva, Illinois (Geneva) |
| April Calderone* | Sr | Matherville, Illinois (Sherrard) |
| Kristine Counter | So | Manhattan, Illinois (Lincoln Way Central) |
| Theresa Coverick | Fr | Palos Park, Illinois (Stagg) |
| Krystal Damiano*** (C) | Sr | Cary, Illinois (Cary-Grove) |
| Paige Deike ** | Sr | Leroy, Illinois (Leroy) |
| Niki Eckdahl | Sr | Downers Grove, Illinois (Downers Grove North) |
| Danielle Feldhaus* | So | Lynwood, Washington (Meadowdale) |
| Daun Greif ** (Mgr) | Jr | Sandwich, Illinois (Sandwich) |
| Annie Heifner | Fr | Oregon, Wisconsin (Oregon) |
| Hannah Hottle** | Jr | Monmouth, Illinois (Monmouth-Roseville) |
| Amanda Johnson | Fr | Elmhurst, Illinois (York) |
| Sarah Johnson* | So | Lake Villa, Illinois (Grayslake North) |
| Sarabeth Jones | Fr | Wadsworth, Illinois (Warren Township) |
| Samantha Laskowski *** (C) | Sr | Oak Lawn, Illinois (Reavis) |
| Rachael Latham | So | Elgin, Illinois (Burlington Central) |
| Elizabeth Lefelstein | Fr | St. Charles, Illinois (Rosary) |
| Chassidy Mangers | Fr | Elburn, Illinois (Kaneland) |
| Ella Mathieson** | Jr | LaGrange, Illinois (Lyons Township) |
| Anita Maurer** | Jr | Downers Grove, Illinois (Downers Grove North) |
| Melissa McGreer | So | Illinois City, Illinois (Rockridge) |
| Samantha Pancamo*** | Sr | Wauconda, Illinois (Wauconda) |
| Angela Pisani* | So | Elmhurst, Illinois (York) |
| Kirstilyn Pohlman | Fr | Winthrop Harbor, Illinois (Zion Benton Township) |
| Jennifer Prazak | Fr | Naperville, Illinois (Naperville North) |
| Brittany Prazak** | Jr | Naperville, Illinois (Naperville North) |
| Kaitlin Profita | So | Elmhurst, Illinois (York) |
| Meaghan Reaney** | Jr | New Lenox, Illinois (Lincoln Way Central) |
| Katie Ries** | Jr | Iowa City, Iowa (Iowa City Regina) |
| Kristin Sattizahn** | Jr | Erie, Illinois (Erie) |
| Hannah Schneider** | Jr | Downers Grove, Illinois (Downers Grove North) |
| Katharina Schwoy | Fr | Nuerenburg, Germany |
| Kelsey Unseth* | Sr | Villa Park, Illinois (Willowbrook) |
| Lauren Vasicek | So | Naperville, Illinois (Neuqua Valley) |
| Amy Walsh** | Jr | Cary, Illinois (Cary Grove) |
| Dana Wleklinski** | Sr | Palatine, Illinois (Palatine) |

* Letters earned
(C) – Team captains

HEAD COACH: Fred Whiteside
ASSISTANT COACH: Julio Garcia



The 2009 women's cross country team led by Coach Fred Whiteside at the Western Illinois University meet in Macomb, Illinois. The women took third place in the meet.

2008 CCIW Women's Cross Country Championship

November 1, 2008 * Kenosha, Wisconsin * UW-Parkside

| women's 6K | | | |
|--------------|------------------------------|-------|------------------------------|
| Team Scoring | | | |
| Place | Team Name | Score | Finishers |
| 1 | Wheaton College | 41 | [1, 8, 9, 11, 12] 14, 18 |
| 2 | North Central | 73 | [5, 10, 15, 19, 24] 25, 29 |
| 3 | Carthage College | 75 | [6, 7, 16, 20, 26] 30, 33 |
| 4 | Illinois Wesleyan University | 82 | [3, 13, 17, 21, 28] 34, 35 |
| 5 | Augustana College | 118 | [4, 22, 23, 31, 38] 40, 41 |
| 6 | Elmhurst College | 134 | [2, 27, 32, 36, 37] 42, 44 |
| 7 | North Park University | 233 | [39, 45, 48, 50, 51] 53 |
| 8 | Millikin University | 237 | [43, 46, 47, 49, 52] |

Individual Results

| Place | Name | Team | Time |
|-------|----------------------|------------------------------|-------|
| 1 | Lisa Baumert | Wheaton College | 22:12 |
| 2 | Kat Bednarski | Elmhurst College | 22:46 |
| 3 | Kerry Devitt | Illinois Wesleyan University | 22:49 |
| 4 | Ellen Adams | Augustana College | 22:50 |
| 5 | Amanda Laesch | North Central | 22:56 |
| 6 | Ashley Johnson | Carthage College | 23:01 |
| 7 | Laura Pearson | Carthage College | 23:02 |
| 8 | Jennifer Parisi | Wheaton College | 23:05 |
| 9 | Brooke Zeller | Wheaton College | 23:07 |
| 10 | Sarah Ahn | North Central | 23:09 |
| 11 | Hannah Page | Wheaton College | 23:16 |
| 12 | Sara Greeley | Wheaton College | 23:18 |
| 13 | Emily Willenbring | Illinois Wesleyan University | 23:24 |
| 14 | Sarah Beasley | Wheaton College | 23:28 |
| 15 | Megan Andracki | North Central | 23:30 |
| 16 | Morgan Wiechmann | Carthage College | 23:35 |
| 17 | Liz Ave Maria | Illinois Wesleyan University | 23:38 |
| 18 | Martha Bentz | Wheaton College | 23:41 |
| 19 | Alicia Zimmerman | North Central | 23:42 |
| 20 | Lauren Sible | Carthage College | 23:44 |
| 21 | Megan Gleason | Illinois Wesleyan University | 23:47 |
| 22 | Jillian Rigert | Augustana College | 23:48 |
| 23 | Hannah Hottle | Augustana College | 23:49 |
| 24 | Lauren Mitchell | North Central | 23:51 |
| 25 | Torie Bard | Wheaton College | 23:52 |
| 26 | Kate Lueders | North Central | 23:53 |
| 27 | Karen Jackson | Carthage College | 23:53 |
| 28 | Michelle Smith | Elmhurst College | 24:01 |
| 29 | Amy Burns | Illinois Wesleyan University | 24:02 |
| 30 | Maria Smith | Wheaton College | 24:02 |
| 31 | Sarah Scanlin | North Central | 24:04 |
| 32 | Megan Johnson | Carthage College | 24:09 |
| 33 | Krystal Damiano | Augustana College | 24:09 |
| 34 | Rebekah Clark | Elmhurst College | 24:14 |
| 35 | Julia Hiett | Carthage College | 24:14 |
| 36 | Kelli Blackmer | North Central | 24:14 |
| 37 | Ashley Heilingoetter | Illinois Wesleyan University | 24:15 |
| 38 | Katelyn Draths | Illinois Wesleyan University | 24:16 |
| 39 | Mackenzie Clemens | Illinois Wesleyan University | 24:27 |
| 40 | Megan Johnson | Elmhurst College | 24:38 |
| 41 | Shauna Potrawski | Elmhurst College | 24:39 |
| 42 | Sammi Laskowski | Augustana College | 24:46 |
| 43 | Laura Papageoriou | North Park University | 24:48 |
| 44 | Amy Schwent | North Central | 24:50 |
| 45 | Molly Lawrence | Carthage College | 24:52 |
| 46 | Liz Lanning | Carthage College | 24:56 |
| 47 | Jenny Dahm | Illinois Wesleyan University | 25:02 |
| 48 | Meaghan Reaney | Augustana College | 25:05 |
| 49 | Lorin Biosca | Illinois Wesleyan University | 25:08 |
| 50 | Sam Pancamo | Augustana College | 25:09 |
| 51 | Kara Wadenstierna | Wheaton College | 25:12 |
| 52 | Laura Grabowski | Elmhurst College | 25:18 |
| 53 | Ashley Thomama | Millikin University | 25:25 |
| 54 | Sarah Johnson | Augustana College | 25:26 |
| 55 | Amanda Andersen | Elmhurst College | 25:30 |
| 56 | Becca Smith | North Central | 25:32 |
| 57 | Sara Dwight | North Park University | 25:48 |
| 58 | Megan Rakers | Millikin University | 25:59 |
| 59 | Katie Garringer | Carthage College | 26:00 |
| 60 | Paige Deike | Augustana College | 26:05 |
| 61 | Quinn Bolander | Elmhurst College | 26:41 |
| 62 | Skyler Sparks | Millikin University | 27:20 |
| 63 | Melissa Lehpamer | Augustana College | 27:36 |
| 64 | Meri Franklin | North Park University | 27:50 |
| 65 | Emily Baldygon | Elmhurst College | 28:26 |
| 66 | Roni Dixon | Millikin University | 28:37 |
| 67 | Erin Hegarty | North Park University | 28:48 |
| 68 | Catherine Demczuk | North Park University | 28:57 |
| 69 | Megan Prokopczyk | Elmhurst College | 29:18 |
| 70 | Dana Kaminski | Millikin University | 29:47 |
| 71 | Christina Pappadis | North Park University | 32:27 |

2008 AUGUSTANA VIKINGS WOMEN'S CROSS COUNTRY TEAM RESULTS

| DATE | MEET | RESULTS | TOP FINISHER |
|---------|---------------------------------------|---|--------------------|
| Aug. 29 | Augustana Open | No Team Scores | Ellen Adams – 1st |
| Sep. 6 | Coe Dual Meet | W (20-35) | Ellen Adams – 1st |
| Sep. 13 | NIU Invitational | 6th of 6 | Ellen Adams – 16th |
| | | TEAM SCORES: 1. Wisconsin-Madison 15; 2. Marquette 56; 3. Wisconsin-Milwaukee 81; 4. Wisconsin Green Bay 124; 5. Northern Illinois 130; 6. AUGUSTANA 152. | |
| Sep. 19 | Illinois Intercollegiate Championship | 10th of 25 | Ellen Adams – 34th |
| | | TEAM SCORES: 1. Illinois 37; 2. Illinois State 70; 3. Loyola 88; 4. Rend Lake 135; 5. St. Xavier 176; 6. Chicago 190; 7. Western Illinois 194; 8. Illinois Wesleyan 203; 9. Northern Illinois 280; 10. AUGUSTANA 298; 11. Illinois-Chicago 306; 12. SIU-Edwardsville 315; 13. Elmhurst 321; 14. Illinois Central 394; 15. North Central 434; 16. Trinity Christian 464; 17. Danville 519; 18. Lincoln 528; 19. Principia 589; 20. Millikin 623; 21. Carl Sandburg 626; 22. Illinois College 682; 23. Moraine Valley 703; 24. Blackburn 730; 25. Eureka 752. | |
| Sep. 27 | Brissman/Lundeen Invitational | 8th of 27 | Ellen Adams – 12th |
| | | TEAM SCORES: 1. Washington 92; 2. Truman State 112; 3. St. Xavier 131; 4. Wisconsin-Parkside 133; 5. Illinois State 143; 6. Carthage 143; 7. Iowa Central 169; 8. AUGUSTANA 202; 9. Elmhurst 234; 10. Cornell 270; 11. Monmouth 287; 12. Simpson 314; 13. Greenville 327; 14. Aurora 347; 15. Illinois Central 390; 16. Mount Mercy 404; 17. Loras 470; 18. Grinnell 562; 19. North Iowa 604; 20. Lincoln 624; 21. Principia 630; 22. Carl Sandburg 708; 23. Webster 743; 24. Eureka 78; 25. Culver Stockton 786; 26. Ashford 829; 27. Spalding | |
| Oct. 11 | UW-Parkside Invitational | 20th of 31 | Ellen Adams – 37th |
| | | TEAM SCORES: 1. Ferris State 98; 2. Indiana Tech 159; 3. Indiana Wesleyan 185; 4. Aquinas 194; 5. UW-Parkside 195; 6. St. Xavier 197; 7. Doane 217; 8. Bethel 233; 9. Chicago 256; 10. Hastings 262; 11. Spring Arbor 304; 12. Taylor 336; 13. Grace 363; 14. Walsh 382; 15. Illinois Tech 420; 16. Indianapolis 421; 17. Shorter 459; 18. Fresno Pacific 531; 19. Elmhurst 544; 20. AUGUSTANA 568; 21. North Central 619; 22. Concordia-St. Paul 619; 23. Trinity Christian 630; 24. Madonna 635; 25. St. Francis (Indiana) 655; 26. St. Joseph 659; 27. St. Francis (Illinois) 738; 28. Lawrence 757; 29. Danville 793; 30. Lindenwood 803; 31. Moraine Valley 965. | |
| Oct. 18 | Tori Neubauer Invitational | 19th of 25 | Ellen Adams – 84 |
| | | TEAM SCORES: 1. South Dakota State 81; 2. Minnesota 82; 3. Wartburg 146; 4. Wisconsin-Eau Claire 154; 5. North Dakota State 154; 6. Wisconsin-LaCrosse 185; 7. Iowa Central 190; 8. Nebraska Wesleyan 228; 9. North Dakota 250; 10. St. Olaf 270; 11. Wisconsin-Platteville 328; 12. Luther 339; 13. Central of Iowa 394; 14. Gustavus Adolphus 422; 15. Hamline 423; 16. Macalester 428; 17. St. Benedict 435; 18. Simpson 472; 19. AUGUSTANA 524; 20. Wisconsin-Stout 558; 21. Aurora 629; 22. St. Catherine 646; 23. Wisconsin-Track Club 670; 24. St. Mary's 695; 25. Dubuque 852. | |
| Nov. 1 | CCIW Championship | 5th of 8 | Ellen Adams – 4th |
| | | TEAM SCORES: 1. Wheaton 41; 2. North Central 73; 3. Carthage 75; 4. Illinois Wesleyan 75; 5. AUGUSTANA 118; 6. Elmhurst 134; 7. North Park 233; 8. Millikin 237 | |
| Nov. 15 | NCAA Division III Midwest Regional | 16th of 43 | Ellen Adams – 19th |
| | | TEAM SCORES: 1. Wisconsin-Eau Claire 108; 2. Wisconsin-LaCrosse 115; 3. Washington 117; 4. Wheaton 130; 5. Wisconsin-Oshkosh 146; 6. Chicago 158; 7. Wisconsin-Stevens Point 219; 8. North Central 233; 9. Illinois Wesleyan 304; 10. Wisconsin-Platteville 305; 11. Wisconsin-Whitewater 354; 12. Carthage 358; 13. Wisconsin-River Falls 367; 14. Elmhurst 390; 15. Monmouth 424; 16. AUGUSTANA 502; 17. Carroll 523; 18. Wisconsin-Stout 529; 19. Greenville 562; 20. Aurora 592; 21. St. Norbert 617; 22. Ripon 672; 23. Concordia – Wisconsin 709; 24. Wisconsin Lutheran 728; 25. Beloit 753; 26. Benedictine 793; 27. Wisconsin-Superior 802; 28. Lawrence 854; 29. Fontbonne 932; 30. Lake Forest 936; 31. Principia 949; 32. Edgewood 953; 33. Knox 958; 34. Dominican 964; 35. North Park 1,025; 36. Milwaukee School of Engineering 1,034; 37. Millikin 1,054; 38. Northland 1,075; 39. Webster 1,145; 40. Maryville 1,157; 41. Concordia-River Forest 1,173; 42. Alverno 1,189; 43. Illinois College 1,215. | |

2008 AUGUSTANA VIKINGS WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

| ATHLETE | HOMETOWN (HIGH SCHOOL) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|--------------------|---|----------|----------|-----------|-----------|-----------|-----------|------------|-----------|-----------|
| Ellen Adams | Glen Ellyn, Illinois (Glenbard West) | 1-15:10 | 1-15:13 | 22-20:18 | 34-19:26 | 12-23:16 | 37-19:32 | 74-23:39 | 4-22:50 | 19-22:39 |
| Kyle Baird | Lake Villa, Illinois (Grant) | 26-19:17 | 34-19:18 | 79-25:23 | | | | | | |
| Jessica Belle | Wheaton, Illinois (Wheaton Warrenville South) | | 17-17:44 | | 76-24:42 | | 193-27:58 | | 401-28:02 | |
| Sarah Blyth | Palatine, Illinois (Palatine) | 22-18:30 | 29-18:25 | 72-24:26 | | 203-28:20 | | 394-27:46 | | |
| Valerie Bustle | Geneseo, Illinois (Geneseo) | | | | | | | | | |
| Kristine Counter | Manhattan, Illinois (Lincolnway Central) | 29-19:56 | 36-19:22 | 80-25:28 | | 226-29:22 | 284-24:33 | 425-29:19 | | |
| Krystal Damiano | Cary, Illinois (Cary-Grove) | 4-15:32 | 5-15:59 | 42-21:34 | 53-19:57 | 30-23:50 | 134-21:01 | 118-24:29 | 33-24:09 | 109-24:31 |
| Paige Deike | Leroy, Illinois (Leroy) | 19-18:00 | 19-17:12 | 133-21:54 | 120-25:52 | | 250-25:29 | 60-26:05 | | |
| Danielle Feldhaus | Lynwood, Washington (Meadowdale) | 20-18:11 | 26-18:06 | 73-24:26 | | 167-27:16 | | 376-27:18 | | |
| Sarah Garthe | Peru, Illinois (LaSalle-Peru) | | | | | | | | | |
| Ashley Gaura | Orland Park, Illinois (Providence Catholic) | 35-21:42 | 41-21:09 | 87-28:54 | | 283-32:36 | | 441-32:13 | | |
| Katharine Hess | Rockford, Illinois (Stillman Valley) | 32-20:54 | 42-21:11 | 86-28:22 | | 265-30:50 | | 437-31:18 | | |
| Hannah Hottle | Monmouth, Illinois (Monmouth-Roseville) | 3-15:30 | 3-15:52 | | 70-20:24 | | | 106-24:14 | 23-23:49 | 132-24:57 |
| Rebecca Johanson | Danvers, Illinois (Olympia) | 11-17:09 | 17:45 | | | | | | | |
| Lauren Johnson | Crystal Lake, Illinois (Crystal Lake Central) | | | | | | | | | |
| Sarah Johnson | Lake Villa, Illinois (Grayslake North) | 7-16:43 | 9-16:43 | 53-22:22 | 123-21:41 | 69-24:44 | 133-21:00 | 263-25:39 | 54-25:26 | |
| Samantha Laskowski | Oak Lawn, Illinois (Reavis) | | | 64-22:58 | 147-22:30 | 109-25:36 | | 140-25:04 | 42-24:46 | 173-25:57 |
| Allison Lee | Caledonia, Illinois (Rockford Christian) | 36-21:54 | | | | | | | | |
| Melissa Lehpamer | Plainfield, Illinois (Plainfield South) | 12-17:19 | 14-17:06 | 55-22:37 | 142-22:21 | 141-26:25 | | 290-25:56 | 63-27:36 | |
| Ella Mathieson | LaGrange, Illinois (Lyons Township) | 27-19:19 | 35-19:21 | 81-25:58 | | 195-28:06 | | | | |
| Anita Maurer | Downers Grove, Illinois (Downers Grove North) | | 6-16:23 | 11-16:56 | 68-23:13 | 148-22:31 | 177-27:36 | 212-22:08 | | |
| Melissa McGreer | Illinois City, Illinois (Rockridge) | 34-21:34 | 40-21:09 | 88-28:54 | | 282-32:35 | | | | |
| Samantha Pancamo | Wauconda, Illinois (Wauconda) | 8-17:03 | 18-17:11 | 57-22:33 | 90-20:52 | 91-25:12 | 188-21:45 | 149-25:26 | 50-25:09 | 134-25:01 |
| Michelle Petry | Villa Park, Illinois (Willowbrook) | 30-20:11 | 39-21:08 | 85-28:20 | | 300-26:38 | | | | |
| Angela Pisani | Elmhurst, Illinois (York) | 10-17:07 | 63-22:58 | 139-22:15 | 163-27:08 | | | | | |
| Brittany Przak | Naperville, Illinois (Naperville North) | 9-17:06 | 16-17:07 | | | | 238-22:45 | | | |
| Kaitlin Profita | Elmhurst, Illinois (York) | 24-18:35 | 33-18:58 | 74-24:28 | | | 387-27:37 | | | |
| Gabriela Rodriguez | | | | 291-36:14 | | 435-30:49 | | | | |
| Meaghan Reaney | New Lenox, Illinois (Lincoln Way Central) | 5-16:21 | | 48-22:15 | 104-21:19 | 126-26:04 | | 148-25:32 | 48-25:05 | 139-25:09 |
| Katie Ries | Iowa City, Iowa (Iowa City Regina) | | 25-18:01 | | | 158-27:04 | 270-23:25 | 371-27:10 | | |
| Jillian Rigert | St Charles, Illinois (St Charles North) | 2-15:27 | 2-15:46 | 39-21:14 | | 20-23:28 | | 86-23:53.8 | 22-23:48 | 108-24:31 |
| Kristin Sattizahn | Erie, Illinois (Erie) | 15-17:25 | 71-24:12 | | 123-25:58 | 195-21:53 | 363-26:54 | | | |
| Hannah Schneider | Downers Grove, Illinois (Downers Grove North) | | 16-17:26 | 17-17:09 | 58-22:39 | 180-23:42 | | 241-22:49 | 349-26:38 | |
| Betsy Simonson | Rockford, Illinois (Rockton Hononegah) | | | | | | | | | |
| Kristina Tranel | East Dubuque, Illinois (Dubuque Wahlert) | 18-17:55 | 28-18:12 | 77-24:58 | 200-25:06 | 175-27:33 | | | | |
| Kelsey Unseth | Villa Park, Illinois (Willowbrook) | 23-18:33 | 32-18:43 | 83-26:32 | | 259-30:31 | | 434-30:37 | | |
| Anna Vandervlugt | Chillicothe, Illinois (Illinois Valley Community) | | 33-21:26 | | | | 289-35:04 | | | |
| Lauren Vasicek | Naperville, Illinois (Neuqua Valley) | 28-19:52 | 31-18:37 | | | 236-29:34 | | | | |
| Amy Walsh | Cary, Illinois (Cary Grove) | 14-17:24 | | 62-22:52 | 115-21:34 | 142-26:25 | | 305-26:04 | | |
| Dana Wleklinski | Palatine, Illinois (Palatine) | 13-17:20 | 20-17:15 | 70-23:26 | 159-22:54 | 137-26:21 | | 325-26:18 | | |

KEY: 1 = 08/29 – Augie Early Opener; 2 = 09/06 – Coe Dual; 3 = 09/13 – Northern Illinois Invitational; 4 = 09/19 – Illinois Intercollegiate; 5 = 09/27 – Brissman/Lundeen Invitational; 6 = 10/11 – UW-Parkside Invitational; 7 = 10/18 – UW-LaCrosse Invitational; 8 = 11/01 – CCIW Championship; 9 = 11/15 – NCAA Midwest Regional

AUGUSTANA CROSS COUNTRY HISTORY

| YEAR | COACH | CAPTAIN | STATE | CCIW |
|------|--|---|-----------------|----------|
| 1975 | Diane Fisher | Chris Caldwell/ Andra Olson | | |
| 1976 | Diane Fisher | Trish Pendell | Fourth | |
| 1977 | Diane Fisher | Trish Pendell | Incomplete team | |
| 1978 | Diane Fisher | Kate Polte | Tenth | |
| 1979 | Diane Fisher | Jeanne Kent | FIRST | |
| 1980 | Diane Fisher | Nancy Gesling | FIRST | |
| 1981 | Juli Pealstrom | Nancy Gesling | Second | |
| 1982 | Fred Whiteside | Ellen Jones | FIRST | |
| 1983 | Fred Whiteside | Ellen Jones | FIRST | |
| 1984 | Fred Whiteside | Lynne Robertson | FIRST | |
| 1985 | Fred Whiteside | Lynne Robertson/Nancy Joslin | FIRST | |
| 1986 | Fred Whiteside | Kristin Burke/Beth Quintenz/Sharon Wall | FIRST | Third |
| 1987 | Fred Whiteside | Karen Bruck | FIRST | Second |
| 1988 | Fred Whiteside | Samantha Maron/Connie Manke | Second | Fourth |
| 1989 | Fred Whiteside | Samantha Maron | FIRST | Second |
| 1990 | Fred Whiteside | Lauren Keck/ Susan Wall | FIRST | FIRST |
| 1991 | Fred Whiteside | Lauren Keck/Chris Gogola | FIRST | FIRST |
| 1992 | Fred Whiteside | Mickie Erb/Suzi Gudeman/Laurie Graham/Jennifer Harrington | Second | Second |
| 1993 | Whiteside/Sand | Jennifer Harrington/Mickie Erb | FIRST | Second |
| 1994 | Whiteside/Sand | Rachel Knapp | FIRST | FIRST |
| 1995 | Whiteside/Sand | Joanne Blough | FIRST | Second |
| 1996 | Whiteside/Sand | Katie King | FIRST | FIRST |
| 1997 | Whiteside/Sand | Kristy Windy | FIRST | FIRST |
| | <i>Finished 19th in NCAA Division III National Meet</i> | | | |
| 1998 | Whiteside/Sand | Amy Knapp/Susan Paige/Kelly Roliardi | FIRST | FIRST |
| | <i>Finished 11 in NCAA Division III National Meet</i> | | | |
| 1999 | Whiteside/Sand | Angela Crowley/Maegan Harris/Nicole Pehle | Not Held | Third |
| 2000 | Whiteside/Sand | Lauren Habenicht/Liz Stoppel/Jay Walsh | Not Held | Second |
| 2001 | Whiteside/Sand | Amanda Esarey/Christina Gamzer | Not Held | Third |
| 2002 | Fred Whiteside | Julie Cassata/Erin Fiene | Not Held | Third |
| 2003 | Fred Whiteside | Jennifer Paul | Not Held | Third |
| 2004 | Fred Whiteside | Erin Marciniac | Not Held | Fifth |
| 2005 | Fred Whiteside | Marie Reimers/Angie Morgenthal/Stephanie McHone | Not Held | Fifth |
| 2006 | Fred Whiteside | Jenna McAdam | Not Held | Fourth |
| 2007 | Fred Whiteside | Liz Driscoll/Melissa Engel | Not Held | Not Held |
| 2008 | Fred Whiteside | Ellen Adams/Samantha Laskowski | Not Held | Fifth |

AUGUSTANA SCHOOL RECORDS & ALL TIME LISTS

Varsity Three Mile:

Susan Paige 16:54 1998

Varsity 5000:

Kim Lehman 17:49 1983

Varsity 6000:

Liz Driscoll 21:56 2007

Freshman Three Mile:

Christina Gamzer 17:20 1998

Freshman 5000:

Christina Gamzer 18:07 1998

Freshman 6000:

Stephanie McHone 22:37 2003

VARSIITY 6000 METERS

1. Liz Driscoll 21:56 2007

2. Erin Fiene 22:23 2002

3. Jennifer Smith 22:29 2003

4. Stephanie McHone 22:37 2003

5. Ellen Adams 22:39 2008

6. Erin Marciniac 22:54 2004

7. Melissa Engel 23:04 2005

Annie Livengood 23:04 2002

9. Laura Meyer 23:10 2004

10. Jenna McAdam 23:12 2005

VARSIITY 5000 METERS (1975-04)

1. Kim Lehman 17:49 1983

2. Rachel Knapp 17:58 1994

3. Susan Paige 18:00 1996

4. Christina Gamzer 18:07 1998

5. Devone Smith 18:15 2000

6. Kristy Windy 18:17 1996

7. Lauren Habenicht 18:18 2000

8. Liz Driscoll 18:27 2007

Jay Walsh 18:27 2000

10. Angela Crowley 18:28 1999

VARSIITY THREE MILE (1975-04)

1. Susan Paige 16:54 1998

2. Kelly Roliardi 17:10 1998

3. Kim Lehman 17:18 1983

4. Christina Gamzer 17:20 1998

5. Rachel Knapp 17:31 1992

6. Maegan Harris 17:35 1998

7. Shelley Schaefer 17:43 1998

8. Amy Knapp 17:44 1998

9. Jennifer Walsh 17:58 1998

10. Nancy Koenitzer 17:58 1983

FRESHMAN 6000 METERS

1. Stephanie McHone 22:37 2003

2. Meaghan Reaney 23:18 2007

3. Hanna Hottle 23:32 2007

4. Jilian Rigert 23:41 2006

5. Jessica Corvo 23:54 2002

6. Jenna McAdam 24:04 2003

7. Ashley Knudson 24:05 2002

8. Krystal Damiano 24:11 2006

9. Amie Billstrom 24:14 2002

10. Ellen Adams 24:16 2006

FRESHMAN 5000 METERS (1975-04)

1. Christina Gamzer 18:07 1998

2. Jennifer Smith 18:58 2000

2. Lynne Robertson 18:58 1982

4. Megan Carlson 19:04 2000

5. Rachel Knapp 19:06 1991

6. Erin Marciniac 19:09 2001

7. Julie Cassata 19:11 1999

8. Jennifer Walsh 19:15 1997

9. Devone Smith 19:15 1998

10. Maegan Harris 19:18 1996

FRESHMAN THREE MILE (1975-04)

1. Christina Gamzer 17:20 1998

2. Sarah Cotter 18:19 1998

3. Chris Caldwell 18:19 1975

4. Devone Smith 18:23 1998

5. Lynne Robertson 18:35 1982

6. Samantha Maron 18:48 1986

7. Susan Paige 18:53 1995

8. Keri Kraps 19:03 1996

9. Jennifer Walsh 19:07 1997

10. Maegan Harris 19:08 1996

NCAA DIVISION III ALL-AMERICAN:

1994 - Rachel Knapp (7th); 1998 - Christina Gamzer (30th)

CCIW INDIVIDUAL CHAMPIONS:

1992 - Rachel Knapp; 1993 - Rachel Knapp; 1994 - Rachel Knapp;

1998 - Susan Paige

INDIVIDUAL STATE CHAMPIONS:

1982 - Kim Lehman; 1983 - Kim Lehman; 1984 - Beth Quintenz; 1986 -

Beth Quintenz; 1989 - Samantha Maron; 1990 - Susan Wall; 1993 - Rachel

Knapp; 1994 - Rachel Knapp; 1995 - Kristy Windy; 1996 - Susan Paige

1997 - Kelly Roliardi; 1998 - Susan Paige

COSIDA ACADEMIC ALL-AMERICA:

1984 - Lynne Robertson; 1985 - Lynne Robertson; 1994 - Rachel Knapp

1995 - Rachel Knapp; 1995 - Jacqueline Bowden; 1997 - Kristy Windy

1998 - Susan Paige; 2000 - Lauren Habenicht

SCHOOL RECORD TOP 5 & TOP 7 RACES

THREE MILES

at Hickory Point Golf Course in Decatur, Illinois

Oct. 31, 1998 - CCIW Championship

Susan Paige 16:54

Kelly Roliardi 17:10

Christina Gamzer 17:20

Maegan Harris 17:35

Shelley Schaefer 17:43

TOTAL (5) 1:26:42

Amy Knapp 17:44

Jennifer Walsh 17:58

TOTAL (7) 2:02:24

5000 METERS

Forest Park GC in St. Louis, MO

Oct. 7, 2000 - Washington University Invite

Devone Smith 18:15

Lauren Habenicht 18:18

Jay Walsh 18:27

Christina Gamzer 18:34

Liz Stoppel 18:48

TOTAL (5) 1:32:22

Erin Fiene 18:52

Jennifer Smith 18:58

TOTAL (7) 2:10:12

6000 METERS

Credit Island Park in Davenport, IA

Sept. 26, 2003 - Brissman-Lundeen Augustana Invitational

Jennifer Smith 22:29

Stephanie McHone 22:37

Laurie Morgenthal 23:15

Erin Marciniac 23:35

Melanie Round 23:38

TOTAL (5) 1:55:34

Amber Wickstrom 24:01

Jenna McAdam 24:04

TOTAL (7) 2:43:39

NCAA DIVISION III NATIONAL

QUALIFIERS

1982 - Kim Lehman
1983 - Kim Lehman
1992 - Rachel Knapp
1993 - Rachel Knapp
1994 - Rachel Knapp
1996 - Susan Paige
1997 - TEAM - Susan Paige; Kelly Roliardi; Kristy Windy; Shelley Schaefer; Maegan Harris; Stacey Green & Amy Knapp
1998 - TEAM - Susan Paige; Christina Gamzer, Kelly Roliardi; Maegan Harris; Jennifer Walsh, Shelley Schaefer; Devone Smith
1999 - Angela Crowley
2007 - Liz Driscoll

CCIW TOP 15 FINISHERS

1986 - Beth Quintenz (5), Kris Burke (10), Jennifer Jagers (15)
1987 - Carey Bartz (14)
1988 - Samantha Maron (13)
1989 - Samantha Maron (3), Lauren Keck (6), Susan Wall (10), Jessica Lovely (15)
1990 - Lauren Keck (6), Susan Wall (7), Val Curry (10), Chris Gogola (11), Mickie Erb (12), Kristin Braet (13)
1991 - Lauren Keck (5), Rachel Knapp (6), Suzi Gudeman (7), Chris Gogola (8), Jennifer Harrington (12)
1992 - Rachel Knapp (1), Jennifer Harrington (8), Kristin Braet (15)
1993 - Rachel Knapp (1), Suzi Gudeman (12), Jacqueline Bowden (13), Jennifer Harrington (15)
1994 - Rachel Knapp (1), Katie King (5), Jacqueline Bowden (8), Stacey Green (12), Joanne Blough (13), Shannon Moore (14)
1995 - Katie King (6), Kristy Windy (7), Shannon Moore (10), Pam Anderson (11), Shelly Schaefer (12)
1996 - Susan Paige (2), Kristy Windy (7), Katie King (10), Keri Kraps (12), Pam Anderson (14), Maegan Harris (15)
1997 - Kristy Windy (3), Susan Paige (4), Kelly Roliardi (5), Shelley Schaefer (6), Maegan Harris (12), Stacey Green (14)
1998 - Susan Paige (1), Kelly Roliardi (2), Christina Gamzer (5), Maegan Harris (6), Shelley Schaefer (9), Amy Knapp (10), Jay Walsh (14)
1999 - Christina Gamzer (8), Angela Crowley (9), Erin Fiene (13), Lauren Habenicht (15)
2000 - Lauren Habenicht (6), Devone Smith (7), Liz Stoppel (10), Jay Walsh (13)
2001 - Christina Gamzer (4), Erin Marciniac (6), Jennifer Smith (9)
2002 - Erin Fiene (7), Jennifer Smith (8)
2003 - Stephanie McHone (10), Melanie Round (11), Jennifer Paul (14)
2004 - Erin Marciniac (8)
2006 - Liz Driscoll (7)
2007 - Liz Driscoll (3), Hannah Hottle (11)
2008 - Ellen Adams (4)

NCAA DIVISION III COACHES

ASSOCIATION ACADEMIC HONOR ROLL

1994

TEAM (Jacqueline Bowden - Joanne Blough - Caryn Carstens - Stacey Green - Katie King - Rachel Knapp - Shannon Moore)
INDIVIDUALS - Jacqueline Bowden, Joanne Blough, Stacey Green, Rachel Knapp, Shannon Moore

1995

TEAM (Pam Anderson - Joanne Blough - Katie King - Shannon Moore - Kelly Roliardi - Shelley Schaefer - Kristy Windy)
INDIVIDUALS - Pam Anderson - Joanne Blough - Shannon Moore - Kristy Windy

1996

TEAM (Pam Anderson, Maegan Harris, Katie King, Keri Kraps, Susan Paige, Kelly Roliardi, Kristy Windy)
INDIVIDUALS - Pam Anderson - Kristy Windy - Maegan Harris - Keri Kraps

1997

TEAM (Susan Paige - Kristy Windy - Stacey Green - Kelly Roliardi - Shelley Schaefer - Amy Knapp - Maegan Harris)
INDIVIDUALS - Susan Paige - Kristy Windy - Stacey Green - Amy Knapp

1998

TEAM (Christina Gamzer, Susan Paige, Kelly Roliardi, Shelley Schaefer, Maegan Harris, Jennifer Walsh, Devone Smith)

1999

TEAM (Angela Crowley, Christina Gamzer, Lauren Habenicht, Maegan Harris, Julie Cassata, Erin Fiene, Jennifer Walsh)

2000

TEAM (Lauren Habenicht, Jay Walsh, Liz Stoppel, Christina Gamzer, Megan Wadington, Erin Fiene, Devone Smith)

2001

TEAM (Christina Gamzer, Erin Marciniac, Erin Fiene, Jennifer Smith, Annie Livengood, Melanie Round, Megan Wadington)
INDIVIDUALS - Christina Gamzer, Erin Marciniac, Erin Fiene

2002

TEAM - Complete Team Roster
INDIVIDUAL - Erin Fiene

2003

TEAM - Complete Team Roster
INDIVIDUAL - Stephanie McHone

2004

TEAM - Complete Team Roster
INDIVIDUAL - Erin Marciniac, Laura Meyer

2006

TEAM - Complete Team Roster

2007

TEAM - Complete Team Roster
INDIVIDUAL - Meaghan Reaney

2008

TEAM - Complete Team Roster
INDIVIDUAL - Ellen Adams

NCAA DIVISION III

ALL-MIDWEST TEAM (Top 35)

1982 - Kim Lehman (8), Lynne Robertson (21), Julie Kubala (23), Nancy Koenitzer (25), Kathy Kries (27)
1983 - Kim Lehman (5), Nancy Koenitzer (16), Lynne Robertson (23)
1984 - Beth Quintenz (21), Nancy Joslin (24), Lynne Robertson (35)
1985 - Nancy Joslin (29)
1986 - Kristin Burke (33)
1989 - Samantha Maron (33)
1990 - Susan Wall (22), Lauren Keck (23)
1991 - Chris Gogola (30), Lauren Keck (34)
1992 - Rachel Knapp (10), Kristin Braet (32)
1993 - Rachel Knapp (3)
1994 - Rachel Knapp (1), Katie King (24)
1995 - Katie King (25)
1996 - Susan Paige (3), Kristy Windy (9), Kelly Roliardi (32)
1997 - Susan Paige (16), Kelly Roliardi (21), Kristy Windy (26), Shelly Schaefer (30)
1998 - Christina Gamzer (16), Susan Paige (19), Kelly Roliardi (29)
1999 - Angela Crowley (23), Christina Gamzer (27), Lauren Habenicht (28)
2000 - Lauren Habenicht (29), Jay Walsh (34)
2001 - Christina Gamzer (29)
2002 - Erin Fiene (23)
2007 - Liz Driscoll (13)
2008 - Ellen Adams (19)

CROSS COUNTRY LETTERWINNERS: 1975-2008

A

Adams, Caitlyn - 2001, 02, 03
Adams, Ellen - 2006, 07, 08
Ahlgren, Rebecca - 1996, 97
Altergott, Rachel - 2001, 03
Anderson, Kristen - 1990
Anderson, Becky - 1994, 95, 97
Anderson, Pam - 1994, 95, 96, 97
Armstrong, Amy - 1980

B

Babcock, Heidi - 1992
Bailey, Renee - 1997
Baird, Kyle - 2007
Ballak, Kira - 1995
Bartz, Caryl - 1984, 86, 87
Bastiaans, Tracy - 2005
Batalden, Beth - 1996, 97, 99
Beaty, Sara - 2004
Bechina, Jamie - 1997, 98
Belle, Jessica - 2006
Billstrom, Amie - 2002
Blackburn, Patti - 1993, 94, 95, 96
Blankenbehler, Jeanette - 1987, 88
Blough, Joanne - 1992, 93, 94, 95
Blyth, Sarah - 2007
Bonie, Jenna - 1991, 92
Bordt, Rebecca - 1977
Boudreau, Kerry - 1985, 86, 87
Bowden, Jacqueline - 1992, 93, 94
Braet, Kristin - 1990, 91, 92, 93
Bremer, Sara - 2002
Bruce, Pia - 1990
Bruck, Karen - 1984, 85, 86, 87
Burda, Kristen - 1995, 96, 97, 98
Burke, Kristin - 1983, 85, 86
Butler, Heidi - 1992, 93

C

Caldwell, Chris - 1975
Calkins, Rebecca - 1995
Carlson, Krista - 1997, 99, 00
Carlson, Megan - 2000, 01, 02
Carrizales, Carmen - 2007
Carstens, Caryn - 1992, 94
Cassata, Julie - 1999, 00, 01, 02
Chalmers, Jessica - 2004, 05
Chandler, Ida - 1997
Chapman, Noelle - 1997
Cikauskas, Pam - 1990, 91
Clason, Karen - 2004-06
Conant, Dawn - 1992, 93, 94, 95
Coope, Janet - 1982, 83, 84
Corver, Jessica - 2002, 03
Cotter, Sarah - 1998
Crowley, Angela - 1996, 97, 98, 99
Curry, Val - 1989, 90

D

Dallman, Laura - 1979, 80
Damiano, Krystal - 2006, 07, 08
Davis, Laura - 2003, 04
Deike, Paige - 2007, 08
Delathouwer, Lisa - 1993, 94, 95
Denton, Anna - 2002, 04
DeRaismer, Megan - 1997, 99
Donahue, Beth - 1997
Donath, Hollie - 1996, 97
Driscoll, Liz - 2004, 05, 06, 07
Droegmiller, Tami - 1991
Duder, Michelle - 1995

E

Eaton, Becca - 1997, 98, 99
Eberle, Amanda - 2002
Eckdahl, Nicole - 2006, 07
Eckles, Sue - 1975
Eklund, Jamey - 1997
Engbrecht, Tracy - 1989
Engel, Melissa - 2005, 06, 07
Erb, Mickie - 1990, 91, 92, 93
Esarey, Amanda - 1998, 99, 00, 01
Everett, Shannon - 2000, 01

F

Feldhaus, Danielle - 2008
Fiene, Erin - 1999, 00, 01, 02
Flackne, Robyn - 1984
Flanagan, Katie - 1998, 99
Flesner, Julie - 1988
Fox, Karlene - 2005, 06, 07
Freelund, Brittnay - 1996
Fredericksen, Ellen - 2000
Freidhof, Kelli - 1996, 97
Friesth, Sue - 1979, 80

G

Gamzer, Christina - 1998, 99, 00, 01
Garrett, Allison - 2000
Genin, Doreen - 1983, 84, 85
Gesling, Nancy - 1978, 79, 80, 81
Geye, Jennifer - 1992, 93
Gilbert, Shannon - 2005
Giltner, Joan - 1976
Gogola, Chris - 1988, 89, 90, 91
Goodman, Kathryn - 1996, 97, 99
Graham, Laurie - 1989, 90, 91, 92
Green, Stacey - 1994, 95, 96, 97
Grey, Mary - 1979
Grief, Daun - 2007, 08
Grim, Kerry - 1987, 88, 89
Grosvold, Anne - 1979
Gudeman, Suzi - 1990, 91, 92, 93
Guderyahn, Laura - 2000
Guizar, Lee - 1978
Gullerud, Nina - 1989, 90
Gylis, Vika - 1998, 99, 2000

H

Habenicht, Lauren - 1997, 98, 99, 2000
Haggerty, Linda - 1984, 85
Hammer, Chrissy - 1995, 96, 97, 98
Haney, Liz - 1996, 97, 98
Haronik, Julie - 2000, 03
Harrington, Jennifer - 1990, 91, 92, 93
Harris, Maegan - 1996, 97, 98, 99
Heiple, Laura - 1991, 92, 94
Hernandez, Dawn - 1981
Hileman, Dana - 1995, 96, 97, 98
Hill, Beth - 1987
Hillard, Ashley - 2001
Hills, Kim - 1995, 96
Hinds, Emily - 1999, 00, 01, 02
Hinriches, Becky - 1980, 81, 82
Hippler, Sue - 1983, 84
Hoff, Maribeth - 2003, 05
Hottle, Hannah - 2007, 08
Humpris, Lauryn - 1997, 2000
Huntington, Kim - 1989, 90

I

Ingram, Ella - 1993, 94

J

Jagers, Jennifer - 1984, 85, 86, 87
Jagger, Laura - 2001
Jarrell, Angela - 2005
Jensen, Joan - 1980
Johanson, Becca - 2007
Johnson, Anne - 1997, 98
Johnson, Melissa - 1998, 99
Johnson, Sarah - 2008
Jolas, Jennifer - 1989, 92
Jones, Ashley - 2007
Jones, Ellen - 1980, 81, 82, 83
Joslin, Nancy - 1983, 84, 85

K

Keck, Lauren - 1988, 89, 90, 91
Kent, Jeanne - 1977, 78, 79
Kersemier, Sue - 1986, 87, 88
King, Katie - 1993, 94, 95, 96
Kingdon, Samantha - 1996, 97
Kite, Kristin - 1995, 96, 97
Klein, Jennifer - 1998, 99
Klyczek, Karen - 1976, 79
Knapp, Amy - 1995, 96, 97, 98
Knapp, Rachel - 1991, 92, 93, 94
Knudson, Ashley - 2002
Koenitzer, Nancy - 1980, 81, 82, 83
Kolp, Liesl - 1989
Krap, Keri - 1996, 97, 99
Kries, Cathy - 1980, 81, 82
Krogman, Stephanie - 2001
Kubala, Julie - 1982
Kuchta, Sue - 1980

L

Lane, Melissa - 1997, 99
Lardner, Emily - 1978
Laskowski, Samantha - 2006, 07, 08
Lehman, Kim - 1982, 83
Lehpamer, Melissa - 2008
Lindstrom, Amy - 1997, 98, 99, 2000
Livengood, Annie - 2000, 01, 02, 03
Livingston, Jenni - 1995, 96
Lovely, Jessica - 1988, 89, 90, 91

Lowenthal, Elizabeth - 1991, 92, 93
Luloff, Laura - 2007

M

Manke, Connie - 1987, 88
Marciniac, Erin - 2001, 02, 03, 04
Marklevitz, Farah - 1995, 96, 97, 98
Maron, Samantha - 1986, 87, 88, 89
Mathieson, Ella - 2007, 08
Maurer, Anita - 2007, 08
McAdam, Jenna - 2003, 04, 05, 06
McLinden, Kristin - 2007
McHone, Stephanie - 2003, 04, 05
McKeigue, Ashley - 2000
Meier, Kathy - 1975
Meyer, Laura - 2003, 04, 05
Miller, Nicole - 1993, 94, 95, 96
Mokjewski, Brenda - 1984, 86
Moore, Shannon - 1994, 95, 97
Morgenthal, Angela - 2002, 03, 04, 05
Morgenthal, Laurie - 2000, 01, 02, 03
Mulick, Jennifer - 1996
Mullivan, Libby - 1996

N

Naert, Lori - 1993, 94
Nass, Amy - 2007
Nelson, Cindi - 1980
Newson, Nicole - 1996, 97, 98, 99

O

Ohlendorf, Kathie - 1984, 85, 86
Olson, Andra - 1975
O'Meara, Betsie - 1992, 93, 94, 95

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Paige, Susan - 1995, 96, 97, 98
Pancamo, Samantha - 2006, 07, 08
Pehle, Nicole - 1996, 97, 98, 99
Pendell, Trish - 1975, 76, 77
Pennington, Stephanie - 1990, 92, 93
Peterson, Ellen - 1980, 81, 82
Phillips, Karla - 1990
Piasecki, Andrea - 1997, 98
Pisani, Angela - 2008
Polte, Kate - 1976, 77, 78
Prazak, Brittany - 2007, 08

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Quintenz, Beth - 1983, 84, 85, 86

R

Read, Kelly - 2001
Reade, Molly - 1997, 98
Reaney, Meaghan - 2007, 08
Reichert, Bonnie - 1976
Reimers, Marie - 2002, 03, 04, 05
Renneke, Linda - 1985, 86, 87
Ries, Katie - 2007, 08
Rigert, Jillian - 2006, 07, 08
Risley, Ann - 1996, 97, 98, 99
Robertson, Lynne - 1982, 83, 84, 85
Rohner, Nikki - 2005, 06, 07
Roliardi, Kelly - 1995, 96, 97, 98
Round, Melanie - 2000, 01, 02, 03

S

Sattizahn, Kristin - 2007, 08
Schaefer, Shelley - 1995, 96, 97, 98
Schaley, Allison - 2007
Schild, Jane - 1999, 2001, 02
Schmucker, Jamie - 1995
Schneider, Hannah - 2007, 08
Schuler, Stephanie - 1989, 90, 91
Schwartz, Meribeth - 1991, 92
Seaver, Kim - 1983, 84
Sedillo, Anita - 1997, 98
Seyller, Stacy - 1992, 93, 94, 95
Shiels, Ann - 1988, 89, 90
Shima, Jancie - 1978
Shuman, Sandy - 1982
Shutwell, Brenda - 1976
Simons, Stephanie - 1995
Slawter, Amy - 1999
Smith, Carey - 1993
Smith, Devone - 1998, 99, 00
Smith, Jennifer - 2000, 01, 02, 03
Smith, Melissa - 1998
Spielman, Shannon - 1994
Stanis, Beth - 1995
Stenger, Mickey - 1989, 90, 91, 92
Stoppel, Elizabeth - 1997, 98, 99, 00
Sullivan, Amy - 2002

T

Terbell, Tracy - 1990
Tranel, Kristina - 2007

U

Unseth, Kelsey - 2007

V

Van Horn, Laurie - 1981, 82
Van Wetzlinga, Erin - 2000
Venema, Amy - 1988
Vortman, Erica - 1997
Vortman, Jennifer - 2001, 02

W

Wadinton, Megan - 1999, 00, 01, 02
Wall, Sharon - 1985, 86
Wall, Susan - 1987, 88, 89, 90
Wallace, Kim - 1993, 94
Walsh, Amy - 2007, 08
Walsh, Jennifer - 1997, 98, 99, 00
Wasson, Kristi - 1993, 96
Watkins, Heidi - 1979
Weber, Cari - 1988, 89
Whitebread, Sarah - 1995, 96, 97, 98
Whitmer, Aubin - 1993
Wickstrom, Amber - 2000, 01, 02, 03
Wilkes, Jennifer - 1997, 98, 99
Windy, Kristy - 1994, 95, 96, 97
Wisniewski, Kristen - 1995
Wlekliński, Dana - 2007, 08
Wolak, Allison - 1994, 95, 96
Wucki, Dawn - 1983

Y

Yemm, Liz - 2000, 01, 02, 03

Ellen Adams wins MVP honor for women's cross country team

Junior Ellen Adams (**Glenbard West HS, Glen Ellyn, Ill.**) was the unquestioned leader of the 2008 Augustana women's cross country team. She had enjoyed two solid years heading into the 2008 season but she really took her spot at the top this past year. A two year letterwinner and a former Most Valuable Freshman in 2006, Adams was outstanding from start to finish in 2008.

Adams, one of two captains for veteran head coach Fred Whiteside's team this past year, enjoyed a tremendous season.

Augustana ran in nine meets during the 2008 season and Adams was the first Viking across the finish line in all nine of those competitions. She finished fourth in the College Conference of Illinois & Wisconsin championship on November 1 in Kenosha, Wisconsin. She also won the Augustana Open on August 29 and the Coe dual meet on September 6. She placed 12th in the 27 team Brissman/Lundeen Invitational on September 27, was 16th at the Northern Illinois Invitational on September 13 and finished 34th at the Illinois Intercollegiate meet on September 19.

Adams had been the team's Most Valuable Freshman in the 2006 season and she was awarded her third varsity letter this past year.

She finished her fine season with a 19th place individual finish at the NCAA Division III Midwest Regional to lead the Vikings. Adams, who had been Augustana's top runner throughout the 2008 season, came through in a big way once again as she covered the 6,000 meter layout at Saukie Golf Course in Rock Island in 22:39.9.

The Most Improved Runner honor was shared by three athletes: junior Paige Deike (**Leroy HS, Leroy, Ill.**) and sophomores Hannah Schneider (**Downers Grove North HS, Downers Grove, Ill.**) and Amy Walsh (**Cary Grove HS, Cary, Ill.**).

The Viking award went to junior Jillian Rigert (**St. Charles North HS, St. Charles, Ill.**) and the Most Valuable Freshman citation was won by Sarah Johnson (**Grayslake North HS, Lake Villa, Ill.**). Rigert had shared the Most Valuable Freshman honor back in 2006 with Adams.

The team captains for 2009 will be Adams, Krystal Damiano (**Cary Grove HS, Cary, Ill.**) and Samantha Laskowski (**Reavis HS, Oak Lawn, Ill.**). All three will be seniors next year.

Once again the Vikings had an ambitious schedule, running in a total of nine meets. Included in that schedule were two meets (Northern Illinois Invitational and Illinois Intercollegiate Championship) where the competition was mostly of the NCAA Division I variety. The Wisconsin-Parkside Invitational was loaded with NCAA Division II schools and the Tori Neubauer Invitational at Wisconsin-LaCrosse was top heavy with some of the best NCAA Division III teams in the Midwest.

Augustana placed eighth in its own Brissman/Lundeen Invitational and finished fifth in the CCIW. The Vikings finished the year by taking 16th in the 43 team NCAA Division III Midwest Regional.

2008 AUGUSTANA WOMEN'S CROSS COUNTRY SUPERLATIVES

TEAM ACCOMPLISHMENTS

TEAM FINISHES – Won Coe dual meet on 09/06 by score of 20-35) in Cedar Rapids, Iowa...6th (of 6) at NIU Invitational on 09/13 in DeKalb, Illinois...10th (of 25) at Illinois Intercollegiate on 09/19 in Bloomington, Illinois...8th (of 27) at Brissman/Lundeen Invitational on 09/27 in Rock Island, Illinois...20th (of 31) at UW-Parkside Invitational on 10/11 in Kenosha, Wisconsin...19th (of 25) at Tori Neubauer Invitational on 10/18 in LaCrosse, Wisconsin...

NCAA DIVISION III MIDWEST REGIONAL FINISH – 16th (of 43) on 11/15 in Rock Island, Illinois.

INDIVIDUAL CHAMPIONSHIP IN 2008 MEETS

08/29 – AUGUSTANA OPEN: Ellen Adams in 15:10

09/06 – COE DUAL MEET: Ellen Adams in 15:13

CCIW INDIVIDUAL HONORS

TOP TEN INDIVIDUAL FINISH – Ellen Adams, 4th at CCIW Championship on 11/01/08 with time of 22:50

ACADEMIC ALL-CONFERENCE – Ellen Adams, Samantha Laskowski, Jillian Rigert, Ella Mathieson, Meaghan, Reaney, Hannah Schneider, Amy Walsh, Sarah Johnson, Melissa Lehpamer, Kristin Sattizahn.

TEAM AWARDS

MOST VALUABLE RUNNER – Ellen Adams

MOST IMPROVED RUNNER – Paige Deike, Hannah Schneider, Amy Walsh

MOST VALUABLE FRESHMAN – Sarah Johnson

VIKING AWARD – Jillian Rigert

TEAM CAPTAINS 2008 – Ellen Adams, Samantha Laskowski

CAPTAINS-ELECT FOR 2009 – Ellen Adams, Krystal Damiano, Samantha Laskowski



As a junior, Ellen Adams was named the Most Valuable Runner and was named co-captain for the 2009 season.

Vikings optimistic about continuing success

After finishing the 2008-09 season ranked 12th in NCAA Division III, according to the U.S. Track & Field/Cross Country Coaches Association, the Augustana Vikings of veteran head coach Fred Whiteside are optimistic once again as the 2009-10 campaign looms. Augustana is coming off a tremendous year in 2009 as the Vikings won the Early Spring Opener, the Viking Olympics and the Augustana Invitational and finished fourth in the College Conference of Illinois & Wisconsin.

Senior Marissa Banks (**Ames HS, Ames, Iowa**) earned NCAA Division III all-American honors in the discus with a third place finish in the national meet. Augustana counted four individual national qualifiers and one relay team in 2009. A pair of school records also fell last year and one of those school record holders, junior steeplechaser Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**) returns.

"Our team outlook is once again very strong since we have some very talented athletes in every event," said Whiteside, who has guided the Vikings to a total of 12 CCIW team titles in his outstanding coaching career. "We have the largest roster in school history (81 team members) and also have a nice balance between upper class and freshmen athletes."

Whiteside also like the leadership that will be provided by Marissa Banks (**Ames HS, Ames, Iowa**), Valerie Bustle (**Geneseo HS, Geneseo, Ill.**), Ainsley Fedler (**Burlington HS, Burlington, Iowa**), Samantha Laskowski (**Reavis HS, Oak Lawn, Ill.**) and Caitlin Quinn (**Metamora HS, Metamora, Ill.**).

SPRINTS – Seniors Fedler and Kai Frazier (**United Township HS, East Moline, Ill.**) were members of the 400 relay team that hit the NCAA Division III qualifying mark last spring. They will lead the sprint contingent. Seniors Paige Deike (**Leroy HS, Leroy, Ill.**) and Angela Baumgartner (**Princeton HS, Princeton, Ill.**), junior Ella Mathieson (**Lyons Township HS, LaGrange, Ill.**) and sophomores Katie Bedene (**Grayslake North HS, Lake Villa, Ill.**), Rachael Latham (**Burlington Central HS, Elgin, Ill.**) and Morgan Gale (**Oregon HS, Oregon, Ill.**) all showed promise last spring. Latham was voted the team's Most Valuable Freshman in 2009. A freshman contingent of Valerie Bach (**Palatine HS, Palatine, Ill.**), Jennifer Garrett (**Glenbard North HS, Carol Stream, Ill.**), Lexie Kramer (**Peoria Notre Dame HS, Dunlap, Ill.**), Megan Larkin (**Middleton HS, Middleton, Wis.**), Alyssa Quamme (**Northfield HS, Dundas, Minn.**) and Katie Dinkel (**Maharashi HS, Fairfield, Iowa**) will be counted on as well.

HURDLES – Junior Allison Schaley (**Cary-Grove HS, Cary, Ill.**) is the defending CCIW champion in the 400 hurdles. She will be joined by junior Amy Walsh (**Cary-Grove HS, Cary, Ill.**), senior captain Valerie Bustle (**Geneseo HS, Geneseo, Ill.**) and freshman Emily Margosian (**Neuqua Valley HS, Naperville, Ill.**).

MIDDLE DISTANCE – Junior Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**) and Samantha Laskowski (**Reavis HS, Oak Lawn, Ill.**) spearhead the middle distance group. Both were conference placewinners a year ago. Seniors Krystal Damiano (**Cary-Grove HS, Cary, Ill.**), Dana Wleklinski (**Palatine HS, Palatine, Ill.**) and Nicole Eckdahl (**Downers Grove North HS, Downers Grove, Ill.**), junior Hannah Schneider (**Downers Grove North HS, Downers Grove, Ill.**) and Meaghan Reaney (**Lincoln-way Central HS, New Lenox, Ill.**) and sophomore Angela Pisani (**York HS, Elmhurst, Ill.**) provide qualify depth. Freshmen Sarabeth Jones (**Warren Township HS, Wadsworth, Ill.**), Jennifer Prazak (**Naperville North HS, Naperville, Ill.**), Theresa Coverick (**Stagg HS, Palos Park, Ill.**) and Emily Byars (**Geneva HS, Geneva, Ill.**) are poised for big things.

DISTANCE – Senior Ellen Adams (**Glenbard West HS, Glen Ellyn, Ill.**) leads the distance runners. She has been the top cross country runner each of the last two seasons. Seniors Samantha Pancamo (**Wauconda HS, Wauconda, Ill.**), Kelsey Unseth (**Willowbrook HS, Villa Park, Ill.**) and Sara Blyth (**Palatine HS, Palatine, Ill.**), juniors Kristin Satzahn (**Erie HS, Erie, Ill.**) and Katie Ries (**Iowa City Regina HS, Iowa City, Iowa**) and sophomore Kaitlin Profita (**York HS, Elmhurst, Ill.**) all have experience. Freshmen Tara Bistry (**Joliet Catholic HS, Shorewood, Ill.**) and Annie Heifner (**Oregon HS, Oregon, Wis.**) have made great strides during the cross country season. Hottle is the school record holder in the 3000 steeplechase and sophomore Sara Johnson (**Grayslake North HS, Lake Villa, Ill.**), junior Anita Maurer (**Downers Grove North HS, Downers Grove, Ill.**) and junior Brittany Prazak (**Naperville North HS, Naperville, Ill.**) will lend depth in the steeplechase.

THROWS – Banks is clearly the leader in the throwing events. She is the three time defending conference champion in the shot and the discus outdoors and holds the indoor and outdoor shot and discus school record. During her career she has also held the school record in the 20 pound weight throw indoors and the hammer outdoors. Sophomores Amber Gruber (**Rolling Meadows HS, Arlington Heights, Ill.**), Melanie Battistoni (**York HS, Elmhurst, Ill.**), Patricia Stoker (**Niles West HS, Lincolnwood, Ill.**) and freshman Bethany Siwek (**Woodstock HS, Woodstock, Ill.**) will handle the shot, discus and hammer throw. In the javelin it will be seniors April Calderone (**Sherrard HS, Matherville, Ill.**) and Brooke Sebek (**Mother McAuley HS, Oak Lawn, Ill.**), junior Nicole Szulc-Cieplicki (**Libertyville HS, Green Oaks, Ill.**) and Danielle Kilberry (**Kaneland HS, Elburn, Ill.**) and sophomore Catherine Foreman (**St. Joseph-Ogden HS, St. Joseph, Ill.**).

JUMPS – In the jumps juniors Ella Mathieson (**Lyons Township HS, LaGrange, Ill.**) and Megan Lecander (**Sherrard HS, Sherrard, Ill.**) along with freshmen Ceara Campos (**Sterling HS, Sterling, Ill.**) and Samantha Bazely (**Rock Island Alleman HS, Coal Valley, Ill.**) will compete in the long and triple jump events. Senior Megan Timmerman (**Mundelein HS, Mundelein, Ill.**) junior Kristin Klouda (**West Chicago HS, Winfield, Ill.**) will handle the high jump. Seniors Caitlin Quinn (**Metamora HS, Metamora, Ill.**) and Libby Geison (**Bloomington HS, Bloomington, Ill.**) are the top pole vaulters on the squad. Klouda, sophomore Alicia Koepke (**Lake Park HS, Roselle, Ill.**) and freshman Taylor Tjardes (**Gibson City/Melvin/Sibley HS, Gibson City, Ill.**) will also compete here.

HEPTATHLON – Junior Brittany Bennett (**Annawan HS, Annawan, Ill.**) and senior Kyle Baird (**Grant HS, Lake Villa, Ill.**) both handled the heptathlon duties last year. Tjardes (**Gibson City/Melvin/Sibley HS, Gibson City, Ill.**) will also try her talents in this event.



Allison Schaley, junior was College Conference of Illinois and Wisconsin champion in the 400 hurdles champion.

2009 AUGUSTANA VIKINGS WOMEN'S TRACK & FIELD ROSTER

| NAME | YR | EVENT | HOMETOWN (HIGH SCHOOL) |
|----------------------------|----|---------------------------|---|
| Ellen Adams *** | Sr | Distance | Glen Ellyn, Ill. (Glenbard West) |
| Nicole Babbini | Fr | Mid Distance | Libertyville, Ill. (Libertyville) |
| Valerie Bach | Fr | Sprints | Palatine, Ill. (Palatine) |
| Kyle Baird *** | Sr | Heptathlon | Lake Villa, Ill. (Grant) |
| Lauren Banda | Fr | Mid Distance | Woodridge, Ill. (Downers Grove North) |
| Marissa Banks *** (C) | Sr | Throws | Ames, Iowa (Ames) |
| Melanie Battistoni* | So | Discus | Elmhurst, Ill. (York) |
| Angela Baumgartner** | Sr | Sprints | Princeton, Ill. (Princeton) |
| Samantha Bazely | Fr | Long/Triple Jump | Coal Valley, Ill. (Alleman) |
| Katie Bedene* | So | Sprints | Lake Villa, Ill. (Grayslake North) |
| Brittney Bennett** | Jr | Heptathlon - Sprints | Annawan, Ill. (Annawan) |
| Allie Bierhaus | Fr | Mid Distance | Bloomington, Ind. (Bloomington South) |
| Tara Bistry | Fr | Distance | Shorewood, Ill. (Joliet Catholic) |
| Sarah Blyth ** | Sr | Distance | Palatine, Ill. (Palatine) |
| Valerie Bustle *** (C) | Sr | Hurdles | Geneseo, Ill. (Geneseo) |
| Emily Byars | Fr | Mid Distance | Geneva, Ill. (Geneva) |
| April Calderone *** | Sr | Javelin - Distance | Matherville, Ill. (Sherrard) |
| Ceara Campos | Fr | Long/Triple Jump | Sterling, Ill. (Sterling) |
| Kristine Counter* | So | Mid Distance | Manhattan, Ill. (Lincolnway Central) |
| Theresa Coverick | Fr | Mid Distance | Palos Park, Ill. (Amos Alonzo Stagg) |
| Krystal Damiano *** | Sr | Mid Distance - Pole Vault | Cary, Ill. (Cary-Grove) |
| Paige Deike *** | Sr | Mid Distance | Leroy, Ill. (Leroy) |
| Danielle Detelich* | Sr | Sprints | St. Charles, Ill. |
| Katie Dinkel | Fr | Sprints | Fairfield, Iowa (Maharashi) |
| Nicole Eckdahl ** | Sr | Mid Distance | Downers Grove, Ill. (Downers Grove North) |
| Ainsley Fedler *** (C) | Sr | Sprints | Burlington, Iowa (Burlington) |
| Elizabeth Fisher | Fr | Throws | Lynchburg, Va. (EC Glass) |
| Catherine Foreman* | So | Sprints | Saint Joseph, Ill. (St Joseph-Ogden) |
| Kai Frazier ** | Sr | Sprints | East Moline, Ill. (United Township) |
| Morgan Gale* | So | Sprints - Long Jump | Oregon, Ill. (Oregon) |
| Jennifer Garrett | Fr | Sprints | Carol Stream, Ill. (Glenbard North) |
| Megan Garvey ** | Jr | High Jump | Naperville, Ill. (Naperville North) |
| Libby Geison *** | Sr | Pole Vault | Bloomington, Ill. (Bloomington) |
| Daun Greif** | Jr | Manager | Sandwich, Ill. (Sandwich) |
| Amber Gruber* | So | Throws | Arlington Heights, Ill. (Rolling Meadows) |
| Annie Heifner | Fr | Distance | Oregon, Wis. (Oregon) |
| Hannah Hottle ** | Jr | Mid Distance | Monmouth, Ill. (Monmouth-Roseville) |
| Sarah Johnson* | So | Distance | Lake Villa, Ill. (Grayslake North) |
| Amanda Johnson | Fr | Javelin | Elmhurst, Ill. (York) |
| Sarabeth Jones | Fr | Mid Distance | Wadsworth, Ill. (Warren Township) |
| Danielle Kilberry ** | Jr | Throws | Elburn, Ill. (Kaneland) |
| Kristin Klouda ** | Jr | Pole Vault - High Jump | Winfield, Ill. (West Chicago) |
| Alicia Koepke | So | Jumps | Roselle, Ill. (Lake Park) |
| Alexandria Kramer | Fr | Sprints | Dunlap, Ill. (Peoria Notre Dame) |
| Megan Larkin | Fr | Sprints | Middleton, Wis. (Middleton) |
| Samantha Laskowski *** (C) | Sr | Mid Distance | Oak Lawn, Ill. (Reavis) |
| Rachael Latham* | So | Mid Distance | Elgin, Ill. (Burlington Central) |
| Megan Lecander* | Jr | Long Jump - Triple Jump | Sherrard, Ill. (Sherrard) |
| Allison Lee * | Jr | Hurdles | Caledonia, Ill. (Rockford Christian) |
| Melissa Lehpamer* | So | Distance | Plainfield, Ill. (Plainfield South) |
| Hannah MacDonald | Fr | Mid Distance | Batavia, Ill. (Batavia) |
| Chassidy Mangers | Fr | Mid Distance | Elburn, Ill. (Kaneland) |
| Emily Margosian | Fr | Hurdles | Naperville, Ill. (Neuqua Valley) |
| Ella Mathieson ** | Jr | Long Jump - Triple Jump | LaGrange, Ill. (Lyons Township) |
| Anita Maurer ** | Jr | Steeplechase | Downers Grove, Ill. (Downers Grove North) |
| Melissa McGreer* | So | Mid Distance | Illinois City, Ill. (Rockridge) |
| Samantha Pancamo *** | Sr | Distance | Wauconda, Ill. (Wauconda) |
| Angela Pisani* | So | Distance | Elmhurst, Ill. (York) |
| Brittany Prazak ** | Jr | Steeplechase | Naperville, Ill. (Naperville North) |
| Jennifer Prazak | Fr | Mid Distance | Naperville, Ill. (Naperville North) |
| Kaitlin Profita* | So | Mid Distance | Elmhurst, Ill. (York) |
| Alyssa Quamme | Fr | Sprints | Dundas, Minn. (Northfield) |
| Caitlin Quinn *** (C) | Sr | Pole Vault | Metamora, Ill. (Metamora) |
| Meaghan Reaney ** | Jr | Mid Distance | New Lenox, Ill. (Lincoln-way Central) |
| Katie Ries | Jr | Mid Distance | Iowa City, Iowa (Iowa City Regina) |
| Gabriela Rodriguez* | So | Mid Distance | Romeoville, Ill. (Romeoville) |
| Katherine Rowland* | Jr | Sprints - Long Jump | Libertyville, Ill. |
| Kristin Sattizahn* | Jr | Distance | Erie, Ill. (Erie) |
| Allison Schaley ** | Jr | Hurdles | Cary, Ill. (Cary Grove) |
| Jessica Scheckel | Fr | Long/Triple Jump | Taylor Ridge, Ill. (Alleman) |
| Hannah Schneider ** | Jr | Mid Distance | Downers Grove, Ill. (Downers Grove North) |
| Brooke Sebek* | Sr | Sprints - Javelin | Oak Lawn, Ill. (Mother McAuley) |
| Bethany Siwek | Fr | Throws | Woodstock, Ill. (Woodstock) |
| Brianna Skeens | Fr | Discus | Libertyville, Ill. (Vernon Hills) |
| Patricia Stoker* | So | Throws | Lincolnwood, Ill. (Niles West) |
| Nicole Szulc-Cieplicki ** | Jr | Sprints | Green Oaks, Ill. (Libertyville) |
| Megan Timmerman ** | Sr | High Jump | Mundelein, Ill. (Mundelein) |
| Taylor Tjardes | Fr | Heptathlon | Gibson City, Ill. (Gibson City/Melvin-Sibley) |
| Kelsey Unseth *** | Sr | Distance | Villa Park, Ill. (Willowbrook) |
| Amy Walsh ** | Jr | Hurdles | Cary, Ill. (Cary Grove) |
| Dana Wlekinski ** | Sr | Distance | Palatine, Ill. (Palatine) |

HEAD COACH: Fred Whiteside

ASSISTANT COACHES: Chad Thomas, David Gonzalez, Julio Garcia, Dillon Smith, Creston Fenn, Katie Minkler, Mike Pettis

MANAGER: Daun Greif

2009 AUGUSTANA WOMEN'S TRACK & FIELD INDOOR RESULTS

| DATE | MEET | SITE | RESULT |
|----------|---|-----------------------|------------------|
| 01/17/09 | Chicago Invitational TEAM SCORES: 1. Chicago 212; 2. AUGUSTANA 147; 3. Olivet Nazarene 55; 4. St. Xavier 54; 5. Aurora 12 | Chicago, Illinois | 2nd of 5 |
| 01/24/09 | Midwest Invitational TEAM SCORES: 1. Illinois Wesleyan 240; 2. AUGUSTANA 185.5; 3. Monmouth 161.5; 4. Wartburg 80; 5. Knox 15 | Monmouth, Illinois | 2nd of 5 |
| 01/31/09 | Wartburg | Waverly, Iowa | L (65-131) |
| 02/07/09 | Warhawk Invitational TEAM SCORES: 1. North Central 151.5; 2. Wisconsin-Oshkosh 149.5; 3. Chicago 117.5; 4. Wisconsin-Whitewater 95; 5. AUGUSTANA 79; 6. Loras 59; 7. Wisconsin-Parkside 18.5 | Whitewater, Wisconsin | 5th of 7 |
| 02/14/09 | St. Ambrose | HOME | W (117-80) |
| 02/14/09 | Fighting Scot Invitational | Monmouth, Illinois | Individuals only |
| 02/20/09 | Wisconsin-LaCrosse & Winona State TEAM SCORES: 1. Wisconsin-LaCrosse 169; 2. Winona State 92; 3. AUGUSTANA 81 | LaCrosse, Wisconsin | 3rd of 3 |
| 02/27/09 | CCIW Championship TEAM SCORES: 1. Illinois Wesleyan 202; 2. North Central 176; 3. Carthage 103; 4. AUGUSTANA 86; 5. Wheaton 49; 6. Millikin 23; 7. Elmhurst 13; 8. North Park 11 | Bloomington, Illinois | 4th of 8 |
| 03/06/09 | Carthage Open | Kenosha, Wisconsin | No Team Scores |
| 03/07/09 | UW-Stevens Point Qualifier | Stevens Point, Wis. | Individuals only |
| 03/07/09 | Iowa State Open | Ames, Iowa | Individuals only |

2009 AUGUSTANA WOMEN'S TRACK & FIELD OUTDOOR RESULTS

| DATE | MEET | SITE | RESULT |
|------------|--|----------------------|----------------|
| Mar. 21 | Early Spring Opener TEAM SCORES: 1. AUGUSTANA 341; 2. St. Ambrose 197; 3. Mount Mercy 100; 4. Ashford 99.5; 5. William Penn 59.5; 6. Wisconsin-Parkside 18 | HOME | 1st of 6 |
| Mar. 30 | Viking Olympics TEAM SCORES: 1. AUGUSTANA 403; 2. St. Ambrose 191; 3. Lincoln 110; 4. Clarke 70; 5. Dubuque 16 | HOME | 1st of 5 |
| Apr. 4 | Central of Iowa Invitational TEAM SCORES: 1. Minnesota-Duluth 166.5; 2. Northern Iowa 149; 3. Drake 94; 4. AUGUSTANA 84.50; 5. Gustavus Adolphus 83.25; 6. Central of Iowa 49; 7. Luther 45.5; 8. Grand View 45; 9. Coe 41; 10. Bethel 37; 11. Iowa Central 27; 12. Clarke 26; 13. William Penn 6; 14. North Iowa Area College 3; 15. Ashford & Knox 2.5; 17. Grinnell 0 1/4" | Pella, Iowa | 4th of 17 |
| Apr. 10-11 | Lee Calhoun Memorial Relays TEAM SCORES: 1. Eastern Illinois 200.50; 2. Western Illinois 181; 3. AUGUSTANA 160; 4. Illinois State 104.5; 5. Iowa 68.5; 6. Bradley 55.5; 7. Ashford & Chicago State 18; 9. St. Ambrose 4; 10. Lincoln 1 | Macomb, Illinois | 3rd of 10 |
| Apr. 17 | Augustana Invitational TEAM SCORES: 1. AUGUSTANA 222.5; 2. Monmouth 184.5; 3. Luther 150; 4. Wisconsin-Stevens Point 141; 5. Wisconsin-Platteville 121; 6. St. Ambrose 99; 7. Illinois College | HOME | 1st of 7 |
| Apr. 24-25 | Drake Relays | Des Moines, Iowa | No Team Scores |
| Apr. 25 | Loras Open | Dubuque, Iowa | No Team Scores |
| May 1-2 | CCIW Championship TEAM SCORES: 1. Illinois Wesleyan 227; 2. North Central 149; 3. Wheaton 135; 4. AUGUSTANA 121; 5. Carthage 117; 6. Millikin 33; 7. Elmhurst 19; 8. North Park 16 | Kenosha, Wis. | 4th of 8 |
| May 7-8 | Dr. Keeler Invitational | Naperville, Illinois | No Team Scores |
| May 9 | NIU Open | DeKalb, Illinois | No Team Scores |
| May 15 | Augustana Twilight Qualifier | HOME | No Team Scores |
| May 21-23 | NCAA Division III National Championship | Marietta, Ohio | 41st in nation |

2009 AUGUSTANA TRACK & FIELD EVENT BESTS

INDOOR SEASON

| EVENT | ATHLETE | DATE | SITE | MARK |
|-----------------|---|-------|---------------------|------------|
| 55 | Keli Coleman (Carmel HS, Grayslake, Ill.) | 02/20 | LaCrosse, Wis. | :07.15 |
| 60 | | | | |
| 55 Hurdles | Lindsey Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) | 02/14 | HOME | :8.95 |
| 60 Hurdles | | | | |
| 200 | Keli Coleman (Carmel HS, Grayslake, Ill.) | 02/28 | Bloomington, Ill. | :26.19 |
| 300 | Lindsey Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) | 01/24 | Monmouth, Ill. | :44.47 |
| 400 | Allison Schaley (Cary Grove HS, Cary, Ill.) | 02/28 | Bloomington, Ill. | 1:02.18 |
| 600 | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) | 02/14 | HOME | 1:41.23 |
| 800 | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) | 02/28 | Bloomington, Ill. | 2:21.90 |
| 1000 | Samantha Laskowski (Reavis HS, Oak Lawn, Ill.) | 02/14 | HOME | 3:13.74 |
| 1500 | | | | |
| 2000 | | | | |
| Mile | Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.) | 02/28 | Bloomington, Ill. | 5:16.19 |
| 3000 | Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.) | 02/28 | Bloomington, Ill. | 10:34.76 |
| 5000 | William Rigert (St. Charles North HS, St. Charles, Ill.) | 02/27 | Bloomington, Ill. | 18:39.17 |
| 20 # Wt | Paula Neiwem (Warren Township HS, Gurnee, Ill.) | 03/07 | Stevens Point, Wis. | 52' 2 1/2" |
| High Jump | Kristin Klouda (West Chicago HS, Winfield, Ill.) | 02/20 | LaCrosse, Wis. | 4' 11 1/2" |
| Long Jump | Kelsey Duhai (Woodstock HS, Woodstock, Ill.) | 03/06 | Kenosha, Wis. | 18' 3" |
| Triple Jump | Kelsey Duhai (Woodstock HS, Woodstock, Ill.) | 03/06 | Kenosha, Wis. | 38' 1 1/2" |
| Shot | Marissa Banks (Ames HS, Ames, Iowa) | 02/28 | Bloomington, Ill. | 43' 3 1/4" |
| Pole Vault | Caitlin Quinn (Metamora HS, Metamora, Ill.) | 02/14 | HOME | 10' 5 1/4" |
| Pentathlon | Brittney Bennett (Annawan HS, Annawan, Ill.) | 02/27 | Bloomington, Ill. | 2,440 |
| 800 Relay | Ainsley Fedler (Burlington HS, Burlington, Iowa) Kai Frazier (United Township HS, East Moline, Ill.) Brittney Bennett (Annawan HS, Annawan, Ill.) Katie Bedene (Grayslake North HS, Lake Villa, Ill.) | 02/20 | LaCrosse, Wis. | 1:53.15 |
| 1600 Relay | Allison Schaley (Cary Grove HS, Cary, Ill.) Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) Amy Walsh (Cary Grove HS, Cary, Ill.) | 02/28 | Bloomington, Ill. | 4:07.57 |
| 3200 Relay | Krista Dayton (Grinnell HS, Grinnell, Iowa) Samantha Laskowski (Reavis HS, Oak Lawn, Ill.) Rachael Latham (Burlington Central HS, Elgin, Ill.) Susan Thompson (Glenbard South HS, Glen Ellyn, Ill.) | 02/14 | HOME | 10:24.32 |
| Distance Medley | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) Amy Walsh (Cary Grove HS, Cary, Ill.) Samantha Laskowski (Reavis HS, Oak Lawn, Ill.) Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.) | 02/27 | Bloomington, Ill. | 12:33.98 |

OUTDOOR SEASON

| EVENT | ATHLETE | DATE | SITE | MARK |
|----------------------|---|----------|------------------|------------|
| 100 | Keli Coleman (Carmel HS, Grayslake, Ill.) | 05/02 | Kenosha, Wis. | :12.56 |
| 200 | Kai Frazier (United Township HS, East Moline, Ill.) | 05/02 | Kenosha, Wis. | :25.82 |
| 400 | Krista Dayton (Grinnell HS, Grinnell, Iowa) | 05/15 | HOME | 1:00.69 |
| 800 | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) | 05/02 | Kenosha, Wis. | 2:17.29 |
| 1500 | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) | 05/02 | Kenosha, Wis. | 4:51.21 |
| 3000 | Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.) | 04/11 | Macomb, Ill. | 10:42.49 |
| 5000 | Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.) | 05/02 | Kenosha, Wis. | 18:17.51 |
| 10,000 | Jillian Rigert (St. Charles North HS, St. Charles, Ill.) | 05/01 | Kenosha, Wis. | 38:30.43 |
| 100 Hurdles | Lindsey Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) | 05/15 | HOME | 1:15.38 |
| 400 Hurdles | Allison Schaley (Cary-Grove HS, Cary, Ill.) | 04/25 | Dubuque, Iowa | 1:04.95 |
| 3000 Steeplechase | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) | 05/15 | HOME | 11:36.80 |
| High Jump | Megan Timmerman (Mundelein HS, Mundelein, Ill.) | 03/30 | HOME | 5' 0 1/2" |
| Long Jump | Kelsey Duhai (Woodstock HS, Woodstock, Ill.) | 05/09 | DeKalb, Ill. | 18' 1 3/4" |
| Triple Jump | Kelsey Duhai (Woodstock HS, Woodstock, Ill.) | 05/02 | Kenosha, Wis. | 36' 4 3/4" |
| Shot Put | Marissa Banks (Ames HS, Ames, Iowa) | 04/17 | HOME | 43' 5" |
| Discus | Marissa Banks (Ames HS, Ames, Iowa) | 05/22 | Marietta, Ohio | 151' 0" |
| Pole Vault | Caitlin Quinn (Metamora HS, Metamora, Ill.) | 05/01 | Kenosha, Wis. | 10' 10" |
| Hammer | Paula Neiwem (Warren HS, Gurnee, Ill.) | 05/01 | Kenosha, Wis. | 154' 9" |
| Javelin | Maggie Furlong (Davenport Assumption HS, Davenport, Iowa) | 04/17 | HOME | 111' 1" |
| Heptathlon | Lindsey Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) | 05/14-15 | HOME | 3,683 |
| 4x100 Relay | Ainsley Fedler (Burlington HS, Burlington, Iowa) Kai Frazier (United Township HS, East Moline, Ill.) Krista Dayton (Grinnell HS, Grinnell, Iowa) | 05/15 | HOME | :48.33 |
| 4x200 Relay | Keli Coleman (Carmel HS, Grayslake, Iowa) Ainsley Fedler (Burlington HS, Burlington, Iowa) Kai Frazier (United Township HS, East Moline, Ill.) Keli Coleman (Carmel HS, Grayslake, Ill.) | 04/25 | Des Moines, Iowa | 1:46.56 |
| 800 Medley Relay | Brittney Bennett (Annawan HS, Annawan, Ill.) Katie Bedene (Grayslake North HS, Lake Villa, Ill.) Kai Frazier (United Township HS, East Moline, Ill.) Brittney Bennett (Annawan HS, Annawan, Ill.) | 04/17 | HOME | 1:54.00 |
| Sprint Medley Relay | Ella Mathieson (Lyons Township HS, LaGrange, Ill.) Ainsley Fedler (Burlington HS, Burlington, Iowa) Lindsay Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) Krista Dayton (Grinnell HS, Grinnell, Iowa) | 04/25 | Des Moines, Iowa | 4:11.24 |
| 4x400 Relay | Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) Allison Schaley (Cary-Grove HS, Cary, Ill.) Krista Dayton (Grinnell HS, Grinnell, Iowa) | 04/17 | HOME | 4:00.20 |
| 4x800 Relay | Lindsey Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) Samantha Laskowski (Reavis HS, Oak Lawn, Ill.) Meaghan Reaney (Lincoln Way Central HS, New Lenox, Ill.) Krystal Damiano (Cary-Grove HS, Cary, Ill.) | 04/24 | Des Moines, Iowa | 9:32.06 |
| Hurdle Shuttle Relay | Rachael Latham (Burlington Central HS, Elgin, Ill.) Lindsey Homfeldt (Ottawa Marquette HS, Ottawa, Ill.) Allison Schaley (Cary-Grove HS, Cary, Ill.) Brittany Bennett (Annawan HS, Annawan, Ill.) | 04/10 | Macomb, Ill. | 1:14.78 |
| Distance Medley | Valerie Bustle (Geneseo HS, Geneseo, Ill.) Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) Ella Mathieson (Lyons Township HS, LaGrange, Ill.) Samantha Laskowski (Reavis HS, Oak Lawn, Ill.) Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.) | 04/25 | Des Moines, Iowa | 12:38.78 |

Augustana women end season ranked 12th in the NCAA Division III poll; Marissa Banks receives All-American honors in the discus

Junior Marissa Banks (**Ames HS, Ames, Iowa**) won two events to help the women's track & field team finish fourth at the College Conference of Illinois & Wisconsin outdoor meet on May 1-2 in Kenosha, Wisconsin. Banks was joined in the winner's circle by Allison Schaley (**Cary-Grove HS, Cary, Ill.**) who took first in the 400 hurdles and Paula Neiweem (**Warren Township HS, Gurnee, Ill.**) who won the hammer throw. Banks was the lone competitor for the women's team at the NCAA Division III national meet. Banks brought home All-American honors in the discus by virtue of her third place finish. Coach Fred Whiteside's Vikings ended up in 41st as a team at nationals and also finished the season ranked 12th in the nation in the United States Track & Field and Cross Country Coaches Association power rankings.

The season got off to a great start as Augustana won its own Early Spring Opener on March 21. The Vikings won 13 events, including the hammer, discus, and shot put by Banks. Caitlin Quinn (**Metamora HS, Metamora, Ill.**) and Kelsey Duhai (**Woodstock HS, Woodstock, Ill.**) each picked up two of Augustana's eighteen wins the following week as the team took the championship at the Viking Olympics.

Whiteside's charges had another strong showing at the Central Invitational on April 4, finishing fourth in a 17-team field and behind only Division II Minnesota-Duluth, Division I schools Northern Iowa, and Drake. Individually, Banks took first in the discus with a throw of 150' 2". The following week, the team headed to Macomb, Illinois to compete in Western Illinois' Lee Calhoun Memorial. Augustana, the sole Division III school, ended with a third place finish behind Eastern Illinois University and Western Illinois University, both of which are Division I teams. Banks broke the school record in the hammer throw with a toss of 151' 5" breaking her previous record of 150' 7" set in 2008. Banks also took second in the shot put and third in discus. The Vikings came out on top in the 3200 relay and the shuttle hurdle relay. The 3200 relay included, Rachel Latham (**Burlington Central HS, Elgin, Ill.**), Sam Laskowski (**Reavis HS, Oak Lawn, Ill.**), Allison Schaley, and Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**) with a time of 9:48.67. The shuttle hurdle relay composed of Lindsey Homfeldt (**Ottawa Marquette HS, Ottawa, Ill.**), Schaley, Brittany Bennett (**Annawan HS, Annawan, Ill.**), and Valerie Bustle (**Geneseo HS, Geneseo, Ill**) won with a time of 1:14.78.

On April 17, the Vikings came out on top of a seven-team field at the Augustana Invitational. Augustana finished with 222.5 points, 38 points ahead of second place Monmouth College.

At the Drake Relays on April 24-25, Augustana had three top ten finishes. The 4x200 team of Keli Coleman (**Carmel HS, Grayslake, Ill.**), Kai Frazier (**United Township HS, Moline, Ill.**), Ainsley Fedler (**Burlington HS, Burlington, Iowa**), and Bennett took sixth place with 1.46.56. The sprint medley squad of Homfeldt, Dayton, Hottle and Fedler finished seventh with 4.11.24. The 4x800 team of Krystal Damiano (**Cary-Grove HS, Cary, Ill.**), Laskowski, Meaghan Reaney (**Lincoln-Way Central, New Lenox, Ill.**) and Latham placed tenth with a finish of 9:32.06. Meanwhile, Viking teammates Duhai and Schaley were first place finishers at Loras. Duhai took both the long jump and the triple jump, Schaley in the 400 hurdles.

Carthage College was the host of the CCIW Championships on May 1-2. The Vikings ended with a fourth place finish as they compiled a total of 121 points, behind Illinois Wesleyan (227), North Central (149), and Wheaton (135). Individual champions included Banks in the shot, where she took first place by over a foot with a throw of 42' 11" and in the discus where she won by over six feet with her throw of 141' 3". Schaley, who remained consistent through the season with four other first place finishes, added another first place finish in the 400 hurdles with her time of 1:05.62, and senior Paula Neiweem in the hammer throw with a throw of 154' 9".

The Viking athletes finished their regular season with two twilight meets.

On May 9 the Vikings headed to Northern Illinois University to their new track facility for the first track meet the Huskies have hosted since 1982. Augustana won three individual events, Quinn in the pole vault, Reaney in the 800 and Schaley in the 400 hurdles. At the Augustana Twilight meet on May 15 the 400 relay team, Fedler, Frazier, Dayton, and Coleman qualified for the national meet provisionally. Hottle won the 3000 meter steeplechase in a time of 11:36.80, breaking her own school record of 11:46.14 set in 2008.

Banks competed in the shot put and discus at the NCAA Division III national meet. She was named an All-American with her discus throw of 151' 0" that earned her third place and her fifth All-American award. She won two as a freshman in 2007 and 1 indoor award and 1 outdoor award as a sophomore. The Vikings finished 41st as a team.

Duhai and Banks were chosen as the team's 2009 Most Valuable Performer. Latham and Sarah Johnson (**Grayslake North HS, Lake Villa, Ill.**) were named the Most Valuable Freshman, while four athletes, Schaley, Quinn, Hannah Schneider (**Downers Grove North HS, Downers Grove, Ill.**), and Jillian Rigert (**St. Charles North HS, St. Charles, Ill.**) shared Most Improved. 2009 captains were Coleman, Duhai, Neiweem, Homfeldt, Karlene Fox (**DeKalb HS, DeKalb, Ill.**) who competed in the steeplechase and sprinter Susan Thompson (**Glenbard South HS, Glen Ellyn, Ill.**). The Erica Vortman Viking Spirit Award went Thompson.

2009 AUGUSTANA SUPERLATIVES

NCAA DIVISION III ALL-AMERICA: Discus – Marissa Banks, 3rd place 154' 10".

AUGUSTANA SCHOOL RECORDS: Hammer Throw – Marissa Banks, 151' 5"...breaks her old mark set in 2008 of 150' 7"; 3000 Steeple Chase – Hannah Hottle, 11:36.80...breaks her old record set in 2008 of 11:46.14.

CCIW INDIVIDUAL CHAMPIONS: Shot Put – Marissa Banks, 42' 11"; Discus – Marissa Banks, 141' 3"; Hammer Throw – Paula Neiweem, 154' 9"; 400 Hurdles – Allison Schaley, 1:05.62.

COSIDA ACADEMIC ALL-AMERICA: Keli Coleman

USTFCCCA ALL-ACADEMIC TEAM: Keli Coleman, Kelsey Duhai, Paula Neiweem & Ainsley Fedler

NCAA DIVISION III NATIONAL QUALIFIERS

Discus – Marissa Banks, 150' 2" on 04/04/09 at the Central of Iowa Invitational; Shot Put – Marissa Banks, 43' 5" on 04/17/09 at the Augustana Invitational.

(Provisional qualifiers who did not make the final national meet field)

4x100 Relay – Ainsley Fedler, Kai Frazier, Krista Dayton, Keli Coleman, :48.33, Twilight Meet on 05/15/09; Long Jump – Kelsey Duhai, 18' 1 3/4", Hammer Throw – Paula Neiweem, 154' 9".

AUGUSTANA TEAM AWARDS

MVP: Kelsey Duhai & Marissa Banks; Most Valuable Freshman: Rachel Latham & Sarah Johnson; Most Improved: Hannah Schneider, Caitlin Quinn, Jillian Rigert, Allison Schaley; 2008 Team Captains: Keli Coleman, Kelsey Duhai, Karlene Fox, Lindsey Homfeldt, Paula Neiweem, and Susan Thompson; Erica Vortman Viking Spirit Award: Susan Thompson.

AUGUSTANA TEAM FINISHES

USTFCCCA POWER RANKING: 12th in nation

NCAA DIVISION III NATIONAL MEET: 41st in the nation

CCIW CHAMPIONSHIPS: 4th place, 121 points

TEAM CHAMPIONSHIPS: Early Spring Opener, 03/21/09; Viking Olympics, 03/30/09; Augustana Invitational, 04/17/09.

2009 COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN INDOOR WOMEN'S TRACK & FIELD CHAMPIONSHIP

February 27-28, 2009
Illinois Wesleyan University
Bloomington, Illinois

| PLACE | SCHOOL | POINTS |
|-------|-------------------|--------|
| 1 | Illinois Wesleyan | 202 |
| 2 | North Central | 176 |
| 3 | Carthage | 103 |
| 4 | AUGUSTANA | 86 |
| 5 | Wheaton | 49 |
| 6 | Millikin | 23 |
| 7 | Elmhurst | 13 |
| 8 | North Park | 11 |

| EVENT | ATHLETE | SCHOOL | MARK |
|-----------------|--------------------|---------------|------------|
| 55 | Amanda LaRocca | Ill. Wesleyan | :07.11 |
| 200 | Ali McCoy | Ill. Wesleyan | :25.31 |
| 400 | Ali McCoy | Ill. Wesleyan | :57.88 |
| 800 | Mackenzie Clemens | Ill. Wesleyan | 2:17.05 |
| Mile | Lisa Baumert | Wheaton | 5:02.90 |
| 3000 | Kerry Devitt | Ill. Wesleyan | 10:26.16 |
| 5000 | Megan Andracki | North Central | 18:04.30 |
| 55 Hurdles | Amanda LaRocca | Ill. Wesleyan | :08.21 |
| 1600 Relay | | Ill. Wesleyan | 4:01.23 |
| Distance Medley | | Ill. Wesleyan | 11:56.35 |
| High Jump | Michelle Criscione | North Central | 5' 6" |
| Pole Vault | Rachel Secrest | North Central | 12' 7 1/4" |
| Long Jump | Amanda LaRocca | Ill. Wesleyan | 18' 1/2" |
| Triple Jump | Kelsey Duhai | Augustana | 37' 8 3/4" |
| Shot Put | Marissa Banks | Augustana | 43' 3 1/4" |
| Weight Throw | Allison May | Millikin | 51' 9 1/4" |
| Pentathlon | Missy Savino | North Central | 3,146 pts |

CCIW INDOOR TEAM CHAMPIONS

| | | |
|------|-------------------|-----------------|
| 2001 | Carthage | 2nd - Augustana |
| 2002 | Carthage | 2nd - Augustana |
| 2003 | Carthage | 3rd - Augustana |
| 2004 | Carthage | 3rd - Augustana |
| 2005 | Carthage | 3rd - Augustana |
| 2006 | North Central | 4th - Augustana |
| 2007 | North Central | 3rd - Augustana |
| 2008 | Illinois Wesleyan | 3rd - Augustana |
| 2009 | Illinois Wesleyan | 4th - Augustana |

AUGUSTANA EARNS USTFCCCA ACADEMIC HONORS AGAIN

For the 17th consecutive year the Augustana Vikings were named to the United States Track & Field/Cross Country Coaches Association Academic Honor Roll...The USTFCCCA started the program in the 1994-95 season and since that time Augustana has been represented every year.

16 - AUGUSTANA VIKINGS

2009 COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN OUTDOOR WOMEN'S TRACK & FIELD CHAMPIONSHIPS

May 1-2, 2009
Carthage College
Kenosha, Wisconsin

| PLACE | TEAM | POINTS |
|-------|-------------------|--------|
| 1 | Illinois Wesleyan | 227 |
| 2 | North Central | 149 |
| 3 | Wheaton | 135 |
| 4 | AUGUSTANA | 121 |
| 5 | Carthage | 117 |
| 6 | Millikin | 33 |
| 7 | Elmhurst | 19 |
| 8 | North Park | 16 |

| EVENT | WINNER | SCHOOL | MARK |
|--------------|--------------------|-------------------|------------|
| 100 | Amanda LaRocca | Illinois Wesleyan | :12.12 |
| 200 | Amanda LaRocca | Illinois Wesleyan | :24.94 |
| 400 | Ali McCoy | Illinois Wesleyan | :56.24 |
| 800 | Mackenzie Clemens | Illinois Wesleyan | 2:15.70 |
| 1500 | Kerry Devitt | Illinois Wesleyan | 4:44.28 |
| 5000 | Katlyn Bednarski | Elmhurst | 18:06.17 |
| 10,000 | Lisa Baumert | Wheaton | 37:53.06 |
| 100 Hurdles | Heather Gilmore | Carthage | :14.45 |
| 400 Hurdles | Allison Schaley | Augustana | 1:05.62 |
| 3000 Steeple | Jennifer Parisi | Wheaton | 11:25.70 |
| 4x100 Relay | | Illinois Wesleyan | :48.24 |
| 4x400 Relay | | North Central | 3:58.39 |
| High Jump | Michelle Criscione | North Central | 5' 5 1/4" |
| Pole Vault | Rachel Secrest | North Central | 12' 9 1/2" |
| Long Jump | Lauren Alpert | Illinois Wesleyan | 18' 3" |
| Triple Jump | Chinny Ekwulugo | Illinois Wesleyan | 39' 1.2" |
| Shot Put | Marissa Banks | Augustana | 42' 11" |
| Discus | Marissa Banks | Augustana | 141' 3" |
| Hammer | Paula Neiveem | Augustana | 154' 9" |
| Javelin | Brandi Mcneil | Wheaton | 138' 11" |
| Heptathlon | Christine Nelson | Carthage | 3,958 |

CCIW OUTDOOR TEAM CHAMPIONS

| | | |
|------|-------------------|-----------------|
| 2009 | Illinois Wesleyan | 4th - Augustana |
| 2008 | AUGUSTANA | |
| 2007 | North Central | 2nd - Augustana |
| 2006 | Wheaton | 2nd - Augustana |
| 2005 | Carthage | 4th - Augustana |
| 2004 | Carthage | 2nd - Augustana |
| 2003 | Carthage | 2nd - Augustana |
| 2002 | North Central | 3rd - Augustana |
| 2001 | AUGUSTANA | |
| 2000 | AUGUSTANA | |
| 1999 | AUGUSTANA | |
| 1998 | AUGUSTANA | |
| 1997 | AUGUSTANA | |
| 1996 | AUGUSTANA | |
| 1995 | AUGUSTANA | |
| 1994 | AUGUSTANA | |
| 1993 | AUGUSTANA | |
| 1992 | North Central | 2nd - Augustana |
| 1991 | AUGUSTANA | |
| 1990 | North Central | 2nd - Augustana |
| 1989 | North Central | |
| 1988 | AUGUSTANA | |
| 1987 | North Central | 2nd - Augustana |

AUGUSTANA OUTDOOR SCHOOL RECORDS

| EVENT | RECORD | RECORD HOLDER | YEAR |
|---------------|-------------|---|------|
| 100 | :11.96 | Keli Coleman | 2008 |
| 200 | :25.05 | Theresa Suwannapal | 2006 |
| 400 | :56.01 | Meribeth Schwartz | 1992 |
| 800 | 2:11.70 | Rachel Knapp | 1995 |
| | 2:11.70 | Chris Caldwell | 1975 |
| 1500 | 4:35.01 | Kristy Windy | 1998 |
| 1500 St (wet) | 5:49.53 | Wendy Mileham | 1998 |
| 1500 St (dry) | 5:24.80 | Shannon Moore | 1995 |
| 3000 Steeple | 11:36.80 | Hannah Hottle | 2009 |
| 3000 | 10:02.85 | Susan Paige | 1998 |
| 5000 | 17:28.53 | Kim Lehman | 1983 |
| 10,000 | 36:21.85 | Susan Paige | 1999 |
| 100 H | :14.30 | Theresa Suwannapal | 2006 |
| 400 H | 1:03.85 | Manda Geerts | 2004 |
| Discus | 158' 9" | Marissa Banks | 2008 |
| Javelin | 142' 1" | Amy Calderone | 2001 |
| Shot Put | 44' 5 1/2" | Marissa Banks | 2008 |
| High Jump | 5' 7 3/4" | Juli Weber | 1991 |
| Long Jump | 18' 5" | Cyntha Coordes | 1984 |
| Triple Jump | 39' 8" | Meghan Voiland | 2007 |
| Pole Vault | 12' 10 1/4" | Meghan Voiland | 2007 |
| Heptathlon | 4,715 | Kim Wallace | 1994 |
| Pentathlon | 3,060 | Allison Wolak | 1996 |
| Hammer | 154' 9" | Paula Neiweem | 2009 |
| 400 Relay | :47.89 | Theresa Suwannapal, Kali Minkler Ainsley Fedler, Keli Coleman | 2007 |
| 400 H Shuttle | 1:02.41 | Theresa Suwannapal, Meghan Voiland Lindsey Homfeldt, Laura Kendall | 2006 |
| 800 Relay | 1:43.79 | Theresa Suwannapal, Keli Coleman Kali Minkler, Jessica Corvo | 2006 |
| 800 Medley | 1:49.67 | Kim Baier, Kathy Schmitt, Kristi Boesen, Chrissy Hammer | 1999 |
| 1600 Relay | 3:53.96 | Amy Tirmenstein, Amy Knapp, Maegan Harris, Chrissy Hammer | 1999 |
| Sprint Medley | 4:05.25 | Devon Morrison, Kim Baier, Amy Tirmenstein, Maegan Harris | 2000 |
| 3200 Relay | 9:28.60 | Maegan Harris, Jennifer Walsh, Amy Knapp, Kristy Windy | 1998 |
| Dist Medley | 12:18.47 | Jennifer Paul, Manda Geerts, Karina Carson, Melanie Round | 2004 |
| 4x1600 Relay | 21:16.07 | Christina Gamzer, Jennifer Smith, Annie Livengood Melanie Round | 2002 |

THE AUGUSTANA OUTDOOR PHILOSOPHY

After a week of final examinations and a week of spring break, the student athletes return to campus. This is the beginning of the spring academic term and the outdoor track & field season. The team shifts practice sites from the Carver PE Center and the PepsiCo Recreation Center and moves outside to newly renovated Ericson Stadium, Paul V. Olsen Track.

Augustana trains and competes on one of the finest outdoor facilities in the Midwest. The 1993 season was the inaugural season of the nine lane, bright blue polyurethane Alumni Track. The facilities include four long jump pits, two shot put rings, two discus rings with cages, one synthetic javelin runway, one hammer cage, two pole vault runways, a high jump area and fully automatic timing. In 2008, a new \$500,000 tartan track was installed and renamed in honor of long time men's head coach Paul Olsen.

The season focuses on being at peak performance in the conference championship which Augustana has won 11 times since 1988. The philosophy of competing in meets which allows the maximum number of athletes to perform continues. The Vikings rely on great team spirit and enthusiasm which is generated by fine senior leadership. The track and field tradition at Augustana continues to be strong and the season ends at the NCAA Division III outdoor track & field championship.

AUGUSTANA INDOOR SCHOOL RECORDS

| EVENT | RECORD | RECORD HOLDER | YEAR |
|---------------|---------------|---|-------------|
| 55 meters | :07.08 | Keli Coleman | 2008 |
| 60 meters | :07.81 | Keli Coleman | 2006 |
| 200 meters | :25.68 | Keli Coleman | 2008 |
| 300 meters | :42.47 | Kristi Boesen | 1999 |
| 400 meters | :58.25 | Meribeth Schwartz | 1993 |
| 600 meters | 1:39.87 | Kristy Windy | 1998 |
| 800 meters | 2:11.63 | Rachel Knapp | 1995 |
| 1000 meters | 3:01.27 | Liz Driscoll | 2007 |
| 1500 meters | 4:40.84 | Susan Paige | 1999 |
| 2000 meters | 6:52.04 | Jennifer Smith | 2004 |
| Mile | 5:00.34 | Rachel Knapp | 1995 |
| 3000 meters | 10:15.27 | Susan Paige | 1999 |
| Two mile | 11:48.94 | Kelly Roliardi | 1998 |
| 5000 meters | 17:40.21 | Susan Paige | 1998 |
| 55 meter H | :08.20 | Theresa Suwannapal | 2007 |
| 60 meter H | :09.06 | Theresa Suwannapal | 2006 |
| 200 meter H | :29.82 | Tracy Skibitzki | 2002 |
| Triple Jump | 38' 6 3/4" | Meghan Voiland | 2007 |
| Long Jump | 18' 3" | Kelsey Duhai | 2009 |
| Shot Put | 44' 11 1/2" | Marissa Banks | 2005 |
| 20 Pound Wt. | 52' 2 1/2" | Paula Neiweem | 2009 |
| High Jump | 5'7 1/4" | Kim Wallace | 1995 |
| Pole Vault | 12' 11 1/2" | Meghan Voiland | 2007 |
| Pentathlon | 2,632 | Juli Weber | 1991 |
| 800 Relay | 1:44.71 | Theresa Suwannapal, Keli Coleman Jacquelyn Olsen, Lindsey Homfeldt | 2007 |
| 1600 Relay | 3:58.13 | Sara Bremer, Lindsey Homfeldt, Jacquelyn Olsen, Jessica Corvo | 2006 |
| Sprint Medley | 4:20.38 | Jeanne Ranson, Emily Roling Manda Geerts, Jennifer Smith | 2002 |
| 3200 Relay | 9:38.13 | Maegan Harris, Pam Anderson, Stacey Green, Jennifer Walsh | 1998 |
| Dist. Medley | 12:15.63 | Nicky Pehle, Amy Tirmenstein, Maegan Harris, Jennifer Walsh | 2000 |

THE AUGUSTANA INDOOR PHILOSOPHY

The Augustana women's track and field team starts its preparation with a strength and conditioning program in the fall. Each athlete works at her own pace in developing a weight lifting and running program. This part of the season is entirely voluntary. It is designed to help each athlete break into her own workouts slowly and gradually.

With the start of Augustana's winter academic term in November, there begins a more organized aspect of the training. These workouts continue the individual programs started in the fall and at the same time begin to build strong team unity. After the three week Christmas vacation, practices begin the third week of January. Indoor season goes for ten weeks and ends with the completion of our winter term. During this time there is organized practice five days a week and meets on Saturdays. Practices take about two hours and are mandatory; of course, athletes are excused to attend classes.

The Roy J. Carver Physical Education Center houses our new weight room and jumping facilities. The team also uses the state-of-the-art equipment and facilities of the PepsiCo recreation center during the indoor season and makes good use of the many hills which surround the Augustana campus in the Mississippi River valley.

During the indoor season the team goes to a total of seven indoor meets, including the CCIW indoor championships. These meets are used to sharpen racing skills and improve personal bests and school records. The Vikings participate in meets which allow all of the athletes on the team to perform along with finding great competition for our best athletes. The season comes to its conclusion with the NCAA Division III indoor championship in mid-March.

AUGUSTANA ALL TIME TRACK LETTERWINNERS

A

Ellen Adams - 2007-08-09
Mary Betsy Allison - 1988
Rachel Altergott - 2001-02-04
Jayne Amundsen - 1982
Alicia Anderson - 1982
Nicole Anderson - 1984
Pam Anderson - 1995-96-97
Pam Andresen - 1989
Jenny Antons - 1996
Julie Atkinson - 1997-78-79-80

B

Heidi Babcock - 1993
Kim Baier - 1998-99-00-01
Kyle Baird - 2007-08-09
Marissa Banks - 2007-08-09
Angie Bardoel - 1994
Carey Bartz - 1985-86-87-88
Joan Bassing - 1978-79-80-81
Tracey Bastianns - 2005-06
Beth Batalden - 1997
Melanie Battistoni - 2009
Angela Baumgartner - 2007;09
Jennifer Beal - 2003-04
Tammie Beasley - 1999-00-01-02
Jamie Bechina - 1998-99-00-01
Katie Bedene - 2009
Jessica Belle - 2006-07-08
Brittney Bennett - 2008-09
Barbara Benson - 1983-84-85-86
Nancy Bertram - 1978
Suzanne Billings - 1994-95-96-97
Linda Binder - 1980
Erin Blecha - 2004-05
Sarah Blyth - 2007-08
Jane Brich - 1982-83-84
Cathy Bjork-Koenig - 1979-80,82
Pattie Blackburn - 1994-95-96-97
Jeanette Blankenbehler - 1988-89
Erin Blecha - 2004-05-06-07
Joanne Blough - 1993-94-95-96
Britney Boerma - 2002-04
Kristine Boesen - 1998-99-00-01
Sue Boland - 1977
Erica Bolton - 1991-92
Jenna Bonie - 1992
Kerry Boudreau - 1986
Laurie Bounds - 1990
Jacqueline Bowden - 1992-93-94-95
Val Boyd - 1982-83-84-85
Beth Bradley - 1991-92
Kris Braet - 1991-92-93-94
Jenna Braun - 1999-00
Julie Braun - 1997-98-99
Sara Bremer - 2003-04-05-06
Magdalena Brenning - 1990
Chris Brezinski - 1978-79-80-81
Jenny Britt - 1991
Barb Brooks - 1978-79
Rachel Brooks - 1992-93-94-95
Karin Broten - 1997-98-99-00
Amber Brown - 1985
Eular Brown - 1977-78-79
Michele Brown - 1985-86-87-88
Karen Bruck - 1985-86-87-88
Elizabeth Burchfield - 2007-08-09
Kristen Burda - 1966-97-98
Kris Burke - 1985-86-87
Maura Burns - 2007
Valarie Bustle - 2007-08-09
Desiree Butcher - 2003-04-05
Heidi Butler - 1993

C

Amy Calderone - 1998-99-00-01
April Calderone - 2007-08-09
Chris Caldwell - 1975,77
Cristy Carlson - 1998-99
Krista Carlson - 1998-99-00
Megan Carlson - 2001-02
Felicia Carrell - 1995-96
Carmen Carrizales - 2007-08
Karina Carson - 2003-04-05-06
Caryn Carsten - 1992-93-94-95
Julie Cassata - 2000-01-02-03
Jessica Chalmers - 2005
Bekki Cheatham - 2003-04-05-06
Pammy Cikauskas - 1991
Katie Clancy - 2004
Karen Clausen - 2004
Keli Coleman - 2006-07-08-09
Dawn Conant - 1993-94-95

Kami Condon - 1997-98-00
Jenny Condro - 1991
Janet Coppe - 19982-83-84
Cyntha Coordes - 1983-84
Jessica Corvo - 2003-04-05-06
Kristine Counter - 2009
Angela Crowley - 1997-98
Susan Crumbaugh - 2005
Val Curry - 1990-91
Lori Cushman - 1983-84-85-86

D

Jeanna Dalton - 2003-04-05-06
Kallie Daly - 1999-00
Sara Daly - 2004
Krystal Damiano - 2007-08-09
Krista Dayton - 2006-07-08-09
Paige Deike - 2007-08-09
Julie Denning - 1997
Anna Denton - 2003-04-05
Megan deRaismes - 1999-00-01
Danielle Detelich - 2009
Callyn Dittmer - 2003-04
Marian Dozier - 1989-90-91-92
Liz Driscoll - 2005-06-07-08
Michelle Duder - 1996
Kelsey Duhai - 2006-07-08-09
Catherine Dunkerley - 1994
Dee Dyer - 1994-95-96-97

E

Rebecca Eaton - 1998-99-00-01
Nicole Eckdahl - 2007-08
Ashley Ecklund - 2004
Susan Eckles - 1975
Diane Ellis - 1985
Melissa Engle - 2005-06-07-08
Mickie Erb - 1991-92-93-94
Cathy Errion - 1981
Amanda Esarey - 1999-00-01-02
Stephanie Esparza - 1994-95-96-97
Kelli Estes - 1997-98-99-00
Joelle Evans - 1989
Lesli Evenson - 1994
Shannon Everett - 2002

F

Mary Fairchild - 1989-90
Alexes Faulkner - 2004-05-06-07
Nicki Fecht - 1992
Ainsley Fedler - 2007-08-09
Kim Feige - 1975,77
Erin Fiene - 2000-01-02-03
Kelsey Feiza - 2007
Kathy Fink - 1977
Robyn Flakne - 1983-84-85
Katie Flanagan - 2001
Julie Flesner - 1988-89
Catherine Foreman - 2009
Lori Fowler - 1984
Karlene Fox - 2006-07-08-09
Tara Franck - 2002-03-04-05
Kai Frazier - 2008-09
Lisa Freberg - 1999-00-01-02
Sara Freberg - 1997-98-99-00
Ellen Fredericksen - 2001
Sue Friesth - 1979-80
Maggie Furlong - 2006-07-08-09

G

Jessica Gagliardi - 1993-94-95-96
Morgan Gale - 2009
Sally Gambacorta - 1986
Christina Gamzer - 1999-00-01-02
Megan Garvey - 2008-09
Manda Geerts - 2001-02-03-04
Libby Geison - 2007-08-09
Doreen Genin - 1986
Nancy Gesling - 1979-80-81-82
Shannon Gilbert - 2006
Tanya Gisolfi - 1987, 89-90
Chris Gogola - 1989-90-91-92
Julia Goode - 1991-92-93-94
Kathryn Goodman - 1997-98
Laurie Graham - 1990
Sissel Gravraakmo - 1992
Stacey Green - 1995-96-97-98
Daun Greif - 2008
Kerry Grim - 1988-90-91
Amber Gruber - 2009

Suzi Gudeman - 1991-92-93-94
Leonor Guizar - 1978-79
Valerie Gullang - 1992-93-94-95
Nina Gullerud - 1989-90-91
Cindi Gunther - 1979
Vika Gylys - 1999

H

Lauren Habenicht - 1998-99-00-01
Kami Hamacher - 1991-92
Chrissy Hammer - 1996-97-98-99
Mary Jo Harmon - 1980
Liz Haney - 1997
Joy Harper - 1977
Tiffany Harper - 2001
Jennifer Harrington - 1991-92-93-94
Kim Harrington - 1989-90-91-92
Maegan Harris - 1997-98-99-00
Michelle Harris - 1983-84-85-86
Elizabeth Haser - 1979
Laura Heiple - 1992, 94
Debra Hennessey - 1975
Judy Hennig - 1992-93
Dana Hileman - 1996-97-98-99
Ashley Higginson - 2002-03-04-05
Ashley Hillard - 2002-03-04
Kim Hills - 1996
Emily Hinds - 2000
Laura Hineman - 2007-08
Sue Hippler - 1985
Jeanna Hocking - 1989-90-91
Jeanette Hodgkinson - 1981-82-83-84
Lindsey Homfeldt - 2006-07-08-09
Nicole Horsley - 2001
Hannah Hottle - 2008-09
Holly Houtakker - 1992-93-94
Darci Hudders - 1996-97-98-99
Andrea Huey - 1992-93
Mary Hurst - 1983-84-85-86

I

Rebecca Ince - 2001
Amber Inch - 1989
Ella Ingram - 1994-95
Alaina Inskeep - 2000-01-02-03

J

Casey Jacobs - 2003-04-05-06
Tracey Jacobson - 1979
Jennifer Jagers - 1985-86-87-88
Laura Jagger - 2000-01-02
Angela Jarrell - 2006;09
Amanda Jenicek - 2002-03-04-05
Rita Jett - 1984-85-86-87
Kelley Johnson - 1995-96-97
Tracey Johnsen - 1991, 93-94
Amy Johnson - 1984-85-86
Jenni Johnson - 2001
Karen Johnson - 1980-81-82-83
Kathleen Johnson - 1986
Laura Johnson - 1980-81-82
Lisa Johnson - 1999-00-01-02
Sarah Johnson - 2009
Ellen Jones - 1982
Jessica Jordan - 1995
Nancy Joslin - 1983-84-85-86
Carrie Joyce - 1995

K

Trina Kainz - 2004
Tara Kallal - 1994-95-96
Kerri Katsalis - 1978
Lauren Keck - 1989-90-91-92
Linda Keck - 1993
Tricia Keefe - 1996-97
Kari Keim - 1991, 94
Theresa Kelly - 2005-06-07
Abigail Kendall - 2000-01-02-03
Laura Kendall - 2003-04-05-06
Jeanne Kent - 1977-78-79-80
Karen Kerous - 1989-90-91-92
Susie Kersemeier - 1988
Danielle Kilberry - 2008-09
Katie King - 1994-95-96-97
Kristin Kite - 1996-97-98
Carrie Klehm - 2005
Kristin Klouda - 2008-09
Elyce Kluz - 2000-01;03
Karen Klyczek - 1977-78, 80
Amy Knapp - 1996-97-98-99
Rachel Knapp - 1992-93-94-95
Millicent Knight - 1980

AUGUSTANA ALL TIME TRACK LETTERWINNERS

Martha Knox - 1977
Nancy Koenitzer - 1981-82-83-84
Mary Kolassa - 1989-90-91
Lesil Kolp - 1978-88-89-90
Karen Konior - 1981
Julie Kramer - 1985-86-87
Keri Kraps - 1997-98-99
Cathy Kries - 1980-81-82-83
Stephanie Krogman - 2000-01-02
Julie Kubala - 1980-81-82-83
Annette Kuhel - 1988, 91-92
Karen Kuhlman - 1981
Mary Ann Kulasiki - 1987-88
Katy Kummer - 2002-03
Laura Kuzel - 1982
Sara Kwasigroch - 2003-04-05-06

L

Emily Lardner - 1978-79
Samantha Laskowski - 2007-08-09
Rachael Latham - 2009
Peggy Lawfer - 1991-92-93
Cassandra Lawlor - 2005
Megan Lecander - 2009
Melissa Lehpaer - 2009
Kim Lehman - 1983-84
Allison Lee - 2008
Beth Leopold - 1997-98
Suzanne Linton - 1986
Annie Livengood - 2001-02-03-04
Jenni Livingston - 1997
Debbie Loos - 1977, 79-80
Stephanie Loria - 2008
Jessica Lovely - 1989-90-91
Elizabeth Lowenthal - 1992-93-95
Tara Lozowski - 1996-97-98-99
Katie Lukowicz - 2005-06-07-08
Laura Luloff - 2005-06-07-08
Sara Lundberg - 2001-02-03

M

Nikki Maeltzer - 1993-94-95
Emily Malinsky - 2001-02-03-04
Connie Manke - 1986,88-89
Sarah Manwaring - 2000-01-02-03
Erin Marciniac - 2002-03-04-05
Farah Marklevits - 1996-97-98-99
Samantha Maron - 1987-88-89-90
Kirby Massey - 2008
Lindsey Mathias - 2003-04
Ella Mathieson - 2008-09
Anita Mauer - 2008-09
Jenna McAdam - 2004-05-06-07
Melissa McGreer - 2009
Stephanie McHone - 2004
Pam McIntyre - 1986-87-88-89
Michelle McMurray - 1995-97
Pennie Menadue - 1989-90
Rose Mendivil - 1994
Julie Messman - 1984
Laura Meyer - 2004-05-06
Erika Meyers - 1990
Wendy Mileham - 1995-96-97-98
Cathy Miller - 1997
Lori Miller - 1981
Megan Miller - 1998
Nicole Miller - 1994-95-96
Allison Minehan - 2007
Kali Minkler - 2004-05-06-07
Brenda Mokijewski - 1987
Karen Momon - 1985
Vicki Monti - 1999-00-01-02
Shannon Moore - 1995-96-97
Angie Morgenthal - 2003-04
Laura Morgenthal - 2001-02-03-04
Janine Morris - 2000-01-02
Katie Morris - 2005-06-07-08
Devon Morrison - 2000-01-02-03

N

Amy Nass - 2008
Lori Naert - 1994-95-96-97
Paula Neiweem - 2006-07-08-09
Kristina Nelsen - 1997-98-99-00
Erika Nelson - 2001
Cyndi Nelson - 1979-80-81
Julie Nelson - 1982
Kim Nelson - 2001-02-03-04
Shawna Nelson - 1990-91-92-93
Nicole Nesbit - 1995-96-97
Wynette Newman - 1979
Nichole Newson - 1997-98-99-00
Sheila Nolan - 1997-98
Renee Norgle - 1987-88-89

O

Holly O'Donnell - 1983-84-85-86
Betsie O'Meara - 1994-95-96
Misty O'Meara - 1996-97-98-99
Karie Ogoniski - 1994-95

22 - AUGUSTANA VIKINGS

Kathie Ohlendorf - 1985-86-87-88
Jacquelyn Olsen - 2004-05-06-07
Andra Olson - 1975
Ingrid Olson - 1998-99
Carrie Osborn - 1996-97-98-99

P

Susan Paige - 1996-97-98-99
Samantha Pancamo - 2007-08-09
Becca Parker - 2000-01-02-03
Jill Patronagio - 1995-96-97-98
Jill Pearson - 2002
Nicole Pehle - 1977-98-99-00
Patricia Pendell - 1975,77
Stephanine Pennington - 1991-93-94
Ellen Peterson - 1981
Julie Petersson - 1979-80-81-82
Lois Peterson - 1983-84,86
Suzanne Peterson - 1982-83-84
Brandi Phernetton - 1997
Maria Philip - 1992-93-94
Karla Phillips - 1990-91-92-93
Karen Pipal - 1980-81-82-83
Angela Pisani - 2009
Kristin Pittman - 1993-94-95-96
Kathlene Polte - 1977-78-79
Rachel Potempa - 1994-95-96
Brittany Prazak - 2008-09
Kaitiin Profita - 2009

Q

Caitlin Quinn - 2007-08-09
Beth Quintenz - 1985-86

R

Jeanne Ranson - 1999-00-01-02
Rebecca Ray - 1989
Molly Reade - 1998
Whitney Reade - 1995
Meaghan Reaney - 2008-09
Janice Rees - 1986-87-88
Polly Reese - 1981-82
Kelly Regan - 1995
Kari Rhberger - 1995
Bonnie Reichelt - 1978,80
Carol Reif - 2001-02-03-04
Katie Reif - 1999-00-01-02
Marie Reimers - 2003-04-05
Linda Renneke - 1986-87-88
Shirley Richardson - 1977,79
Susan Ridihalgh - 1994
Jillian Rigert - 2007-09
Ann Risely - 1997-98-99
Lynn Robertson - 1983-84-85-86
Megan Robinson - 2004
Tricia Roche - 1999
Gabriela Rodriguez - 2009
Nikki Rohner - 2005-06-07-08
Kelly Roliardi - 1996-97-98-99
Emily Roling - 2002-03
Julie Ross - 1995-96-94-98
Karen Roseen - 1979
Kim Rostello - 1978-79
Melanie Round - 2001-02-03-04
Chelsea Rowan - 2006
Kathy Royer - 1993

S

Jill Salsman - 1997-98-99
Tabitha Sanders
Kristin Sattizahn - 2009
Shelley Schaefer - 1996-97-98-99
Allison Schaley - 2008-09
Lynn Schenk - 1985-86-87-88
Jane Schild - 2000-01-02-03
Kathryn Schmitt - 1999
Jamie Schmacker - 1996
Jennifer Schmucker - 1993-94-95-96
Hannah Schneider - 2008-09
Kaylee Schultz - 2005
Carly Jo Schmidt
Stephanie Schuler - 1989-90-91-92
Meribeth Schwartz - 1991-92-93-94
Barb Schwarzwaldner - 1980
Sheila Schwoob - 1988-98-90-91
Jessica Scobell - 1996-97-98
Cindy Seabloom - 1980-81
Kim Seaver - 1984-85-86
Brooke Sebek - 2009
Liz Sebestyne - 1979
Randi Sedam - 2002
Anita Sedillo - 1998
Jennifer Seyler - 1997-98-99-00
Stacy Seyller - 1993-94-95-96
Ann Shiels - 1989-90-91-92
Sandy Shurman - 1981-82-83
Stephaine Simons - 1996
Tracy Skibitzki - 2000-01-02-03
Lynette Skow - 1985
Devone Smith - 1999-00-01

Jennifer Smith - 2001-02-03-04
Margie Smith - 1975
Rayla Smith - 2008
Shawn Smith - 1982-83-84-85
Shellie Smith - 1981-82-83-84
Stacey Smith - 1991-92-93-94
Cindi Sparkman - 1982
Carol Sponholtz - 2002-03
Martha Squires - 1975
Angela Stanley - 1987
Beth Stanis - 1996
Jodi Stanton - 2003-05
Mickey Stenger - 1990-91-92-93
Patricia Stoker - 2009
Elizabeth Stoppel - 1998-99-00-01
Jennifer Stinson - 1991
Kris Sundelius - 1981-82
Theresa Suwannapal - 2004-05-06-07
Jaclyn Swan - 2001-02-03-04
Deborah Swanson - 1975
Nicole Szulc-Cieplicki - 2008-09

T

Amber Taylor - 1991-92-93-94
Jordana Taylor - 2000-01-02-03
Susan Thompson - 2006-07-08-09
Christine Thul - 1978
Megan Timmerman - 2008-09
Amy Timmerstein - 1998-99-00-01
Tiffany Tobler - 1999; 01-02
Sania Tong - 1997
Katie Tracey - 2003-04
Kristina Tranel - 2008
Karen Truckmiller - 1983
Tiesha Tuftee - 1996
Grace Turner - 1977

U

Suzanne Udehn - 2006-08
Kristen Ufheil - 2004-05-06
Kelsey Unseth - 2007-08-09
Elizabeth Untz - 2003-04-05-06

V

Kim Vaitonis - 1999
Laurie Van Horn - 1982
Erin Van Wetzlinga - 2000-01-02-03
Tammy Vesey - 1999
Cheryl Vinson - 1977-78-79-80
Meghan Voland - 2004-05-06-07
Johanna Voorhees - 2005-06-07-08
Erica Vortman - 1997-98
Jennifer Vortman - 2000-01-02-03

W

Megan Wadington - 2000-01-02-03
Marni Wahler - 1987-88
Sharon Wall - 1986-87
Susan Wall - 1989-90-91
Kim Wallace - 1993-94-95
Rachel Walschleger - 1993
Amy Walsh - 2008-09
Jennifer Walsh - 1998-99-00-01
Leslie Warren - 1990-91-91
Kristi Wasson - 1994-96-97
Karma Webber - 1990
Cari Weber - 1988-89-90
Juli Weber - 1988-89-90-91
Patti Wenig - 1988-89-90-91
Nancy Werner - 1994-95
Jamie White - 1995
Sarah Whitebread - 1996
Aubin Whitmer - 1994, 96
Amber Wickstrom - 2001-02-03
Jennifer Wilkes - 1998
Kristy Windy - 1995-96-97-98
Kristin Wisniewski - 1994-95-96-97
Laura Wittland - 2005-06-07-08
Dana Wlekinski - 2007-08
Allison Wolak - 1995-96-97-98
Suzanne Wonser - 1990-91-92-93
Christine Wrath - 1976
Tina Williams - 1989-90

Y

Elizabeth Yemm - 2001-02-03-04
Denise Yoder - 1987-88-89
Sara Yendro - 1991-92-93
Michelle Yocherer - 1993-94-95-96

Z

Catherine Ziegler - 2007
Kristen Zukley - 1990-91

AUGUSTANA INDIVIDUAL CCIW CHAMPIONS

2009 (Outdoor) Allison Schaley (400H); Marissa Banks (Shot, Disc); Paula Neiweem (Hammer)

2009 (Indoor) Kelsey Duhai (TJ); Marissa Banks (Shot)

2008 (Outdoor) Keli Coleman (100); Liz Driscoll (800 & 1500); Lindsey Homfeldt (400H); Kelsey Duhai (TJ); Marissa Banks (Shot & Discus)

2008 (Indoor) Keli Coleman (55); Liz Driscoll (Mile); Kelsey Duhai (TJ); Marissa Banks (Shot); Paula Neiweem (WT)

2007 (Outdoor) Keli Coleman (100 & 400R); Theresa Suwannapal (100H & 400R); Lindsey Homfeldt (400H); Kali Minkler (400R); Ainsley Fedler (400R); Meghan Voiland (PV & TJ); Marissa Banks (Shot & Discus)

2007 (Indoor) Keli Coleman (55); Theresa Suwannapal (55H) Meghan Voiland (TJ)

2006 (Outdoor) Keli Coleman (100); Meghan Voiland (PV); 400 Relay Theresa Suwannapal, Jacquelyn Olsen, Jessica Corvo, and Keli Coleman

2006 (Indoor) Keli Coleman (55); Meghan Voiland (TJ)

2005 (Outdoor) Meghan Voiland (PV); Desiree Butcher (Hammer); Jodi Stanton (Shot)

2005 (Indoor) Jodi Stanton (Shot)

2004 (Outdoor) Carol Reif (Javelin); Meghan Voiland (PV)

2004 (Indoor) Jennifer Paul (800 & 1500); Jodi Stanton (Shot)

2003 (Outdoor) Carol Reif (Javelin); Casey Jacobs (High Jump)

2002 (Outdoor) Carol Reif (Javelin)

2002 (Indoor) Tammie Beasley (TJ & LJ); Becca Parker (Shot); Jennifer Smith (800); Christina Gamzer (1500); Distance Medley Relay - Christina Gamzer, Erin Van Wetzinga, Melanie Round, Jennifer Smith

2001(Outdoor) Tracy Skibitzki (100 HH); Kim Baier (PV); Tammie Beasley (TJ); Amy Calderone (Heptathlon & Javelin)

2001(Indoor) Janine Morris (HJ); Kim Baier (PV); Tammie Beasley (TJ)

2000 Maegan Harris (800); Jay Walsh (1500); Kim Baier (PV); Amy Calderone (Javelin); Tammie Beasley (LJ & TJ)

1999 Susan Paige (5000 & 10,000); Maegan Harris (1500)

1998 Susan Paige (5000 & 10,000); Allison Wolak (HJ & 100 H); 1600 Relay - Amy Knapp, Maegan Harris, Jennifer Walsh, Chrissy Hammer

1997 Susan Paige (10,000)

1996 Susan Paige (10,000); Michelle Yocherer (Heptathlon); Kristin Pittman (Discus)

1995 Felicia Carrell (100); Jacqueline Bowden (400); Rachel Knapp (800, 1500 & 3000); Kristin Pittman (Discus); Allison Wolak (HJ); Michelle Yocherer (Heptathlon)

1994 Kim Wallace (100 H, Heptathlon, Javelin & HJ); Rachel Knapp (800, 1500 & 3000); Kristin Pittman (Discus); 1600 Relay - Jacqueline Bowden, Jennifer Schmucker, Nikki Maeltzer, Meribeth Schwartz

1993 Maria Philip (Long Jump, 100 & 200); Meribeth Schwartz (400); Rachel Knapp (800 & 3000); Kim Wallace (100 H & Heptathlon); Kristin Pittman (Shot); Shawna Nelsen (HJ); Suzanne Wonsler (Discus); 400 Relay - Maria Philip, Amber Taylor, Holly Houtakker, Meribeth Schwartz

1992 Meribeth Schwartz (200 & 400); Mile Relay - Jennifer Harrington, Kim Huntington, Kris Braet, Meribeth Schwartz; Kami Hamacher (Shot); Shawna Nelsen (Heptathlon)

1991 Juli Weber (100 H & High Jump); Meribeth Schwartz (400); Patti Wenig (400 IH); Annette Kuhel (Javelin); 1600 Relay - Kim Huntington, Lauren Keck, Val Curry, Patti Wenig.

1990 Susan Wall (3000); Samantha Maron (1500); Patti Wenig (Triple Jump); Juli Weber (Heptathlon); Tina Williams (Discus).

1989 Patti Wenig (400 IH)

1987 Rita Jett (100); Carey Bartz (400 IH).

ALL-AMERICA SELECTIONS

2009 Marissa Banks (Discus)

2008 Keli Coleman (55*); Marissa Banks (Shot*; Discus)

2007 Meghan Voiland (PV#;PV*;TJ); Theresa Suwannapal (55H*); Marissa Banks (Discus; Shot)

2006 Meghan Voiland (PV;PV*); Keli Coleman (55*)

2005 Meghan Voiland (PV;PV*); Theresa Suwannapal (55 H*)

2004 Meghan Voiland (PV; PV*)

2001 Kim Baier (PV*); Tammie Beasley (TJ)

2000 Maegan Harris (800); Amy Calderone (Javelin)

1999 Susan Paige (10,000)

1998 Kristy Windy (1500)

1997 Susan Paige (10,000); Susan Paige (5,000); Allison Wolak (HJ); Suzanne Billings (Heptathlon)

1996 Kristin Pittman (Discus)

1995 Rachel Knapp (800); Rachel Knapp (1500); Rachel Knapp (800*#); Kim Wallace (LJ*); Kim Wallace (HJ*); Kim Wallace (50 H*)

1994 Rachel Knapp (800); Kim Wallace (Heptathlon#); Jacqueline Bowden (1600R); Jennifer Schmucker (1600R); Nikki Maeltzer (1600R); Meribeth Schwartz (1600R); Rachel Knapp (800*)

1993 Meribeth Schwartz (400); Meribeth Schwartz (800); Holly Houtakker (400R); Maria Philip (400R); Tracey Johnsen (400R) Meribeth Schwartz (400R); Meribeth Schwartz (1600R); Maria Philip (1600R); Jenny Schmucker (1600R); Jacqueline Bowden (1600R); Kim Wallace (Heptathlon); Meribeth Schwartz (400*) Meribeth Schwartz (400); Meribeth Schwartz (400*)

1992 Juli Weber (HJ)

1991 Juli Weber (HJ); Patti Wenig (TJ); Patti Wenig (TJ*)

1990 Val Boyd (Heptathlon)

1985 Cynthia Cordes (LJ)

1984 (AIAW) Julie Nelson (Discus); Shelli Smith (100 H); Jeanette Hodgkinson (1600R); Cathy Koenig (1600R); Cyndi Sparkman (1600R); Jayne Amundsen (1600R)

* - NCAA Indoor Championship; # - Individual national champion.

COSIDA ACADEMIC ALL-AMERICA SELECTIONS

2009 Keli Coleman

2008 Keli Coleman

2007 Meghan Voiland

2006 Meghan Voiland

2004 Manda Geerts

2003 Manda Geerts

2002 Lauren Habenicht

2001 Kim Baier & Amy Tirmenstein

2000 Kim Baier

1999 Susan Paige

1998 Jill Patronagio & Kristy Windy

1997 Jill Patronagio

1996 Michelle Yocherer

1995 Rachel Knapp & Jacqueline Bowden

1994 Meribeth Schwartz & Rachel Knapp

1993 Shawna Nelsen & Meribeth Schwartz

1985 Lynne Robertson

1984 Lynne Robertson

*Award known as GTE/CoSIDA Academic All-American Award up to 2000

USCCTFA COACHES ACADEMIC HONOREES

| | | | |
|---|---|--|--|
| 1994 Indoor Meribeth Schwartz Rachel Knapp Jennifer Schmucker Jacqueline Bowden Maria Philip | Jennifer Walsh Maegan Harris Kristy Windy Susan Paige Allison Wolak Amy Tirmenstein Kim Baier Krissy Hammer Amy Knapp | 2002 Outdoor Tracy Skibitzki Lisa Johnson Tammie Beasley | 2006 Indoor Meghan Voiland Theresa Suwannapal Sara Bremer |
| 1994 Outdoor Meribeth Schwartz Rachel Knapp Jennifer Schmucker Jacqueline Bowden | 1999 Indoor Susan Paige Jennifer Walsh | 2003 Indoor Tracy Skibitzki Manda Geerts | 2006 Outdoor Meghan Voiland Theresa Suwannapal Sara Bremer Kali Minkler Keli Coleman |
| 1995 Indoor Rachel Knapp | 1999 Outdoor Maegan Harris Susan Paige Amy Tirmenstein Kristy Boesen Krissy Hammer Amy Knapp | 2003 Outdoor Tracy Skibitzki Manda Geerts Carol Reif | 2004 Indoor TEAM |
| 1995 Outdoor Rachel Knapp Jacqueline Bowden Kristy Windy Michelle Yocherer Allison Wolak | 2000 Indoor Maegan Harris Tammie Beasley | 2004 Outdoor TEAM INDIVIDUALS- Carol Reif Jennifer Paul Manda Geerts Kim Nelson Laura Kendall Meghan Voiland | 2007 Indoor Erin Blecha Kali Minkler Keli Coleman Meghan Voiland Theresa Suwannapal |
| 1996 Outdoor Michelle Yocherer Allison Wolak Jennifer Schmucker | 2000 Outdoor Jennifer Walsh Maegan Harris Kim Baier Tammie Beasley | 2005 Indoor Meghan Voiland Theresa Suwannapal | 2007 Outdoor Theresa Suwannapal Lindsey Homfeldt Ainsley Fedler Keli Coleman Meghan Voiland Kali Minkler |
| 1997 Indoor Susan Paige Allison Wolak | 1997 Outdoor Susan Paige Suzanne Belling Allison Wolak | 2005 Outdoor Meghan Voiland Theresa Suwannapal Bekki Cheatham Sara Bremer Kristen Ufheil | 2008 Outdoor Keli Coleman Kelsey Duhai Ainsley Fedler Lindsey Homfeldt Paula Neiweem |
| 1998 Indoor Kristy Windy Susan Paige Allison Wolak | 2001 Indoor Kim Baier | 2001 Outdoor Tammie Beasley Kim Baier Jennifer Walsh | 2009 Outdoor Keli Coleman Kelsey Duhai Ainsley Fedler Paula Neiweem |
| 1998 Outdoor Darci Hudders | 2002 Indoor Tracy Skibitzki Manda Geerts Christina Gamzer | | |

AUGUSTANA WOMEN'S TRACK HISTORY

| YEAR | VIKING | STATE | OUTDOOR INDOOR | | COACH | CAPTAINS |
|-------------|-----------------|--------------|-----------------------|-------------|---|--|
| | OLYMPICS | | CCIW | CCIW | | |
| 1974 | | | | | Julio Garcia | Jan Brewer |
| 1975 | | FIRST | | | LeRoy Brissman | Andra Olson, Chris Caldwell |
| 1976 | FIRST | FIRST | | | Diane Fisher | Andra Olson, Chris Caldwell |
| 1977 | FIRST | | | | Diane Fisher | Trish Pendell |
| 1978 | Second | Third | | | Diane Fisher | Trish Pendell |
| 1979 | FIRST | FIRST | | | Diane Fisher | Kate Polte |
| 1980 | FIRST | Third | | | Diane Fisher | Julie Atkinson, Karen Klyczek |
| 1981 | Second | Second | | | Diane Fisher | Cindy Seabloom, Kathy Brzezinski |
| 1982 | FIRST | FIRST | | | Dan Copper | Karen Pipal, Cindi Nelson |
| 1983 | Second | FIRST | | | Greg Haynie | Karen Pipal, Julie Kubala, Cathy Kries |
| 1984 | FIRST | FIRST | | | Greg Haynie | Shelli Smith, Jeanette Hodgkinson |
| 1985 | FIRST | FIRST | | | Greg Haynie | Shawn Smith, Val Boyd |
| 1986 | FIRST | FIRST | | | Greg Haynie | Mary Hurst, Michelle Harris |
| 1987 | Not held | Second | Second | | John Hammermeister Greg Haynie John Hammermeister | Kris Burke |
| 1988 | Fourth | FIRST | FIRST | | Fred Whiteside | Carey Bartz, Michele Brown |
| 1989 | Second | FIRST | Second | | Fred Whiteside | Pam McIntyre, Connie Manke |
| 1990 | FIRST | FIRST | Second | | Fred Whiteside | Cari Weber, Liesl Kolp, Samantha Maron |
| 1991 | FIRST | FIRST | FIRST | | Fred Whiteside | Kerry Grim, Lauren Keck, Sheila Schwoob, Susan Wall, Juli Weber |
| 1992 | FIRST | N/A | Second | | Fred Whiteside | Chris Gogola, Karen Keros, Kim Huntington, Leslie Warren |
| 1993 | FIRST | N/A | FIRST | | Fred Whiteside | Shawna Nelson, Karla Phillips, |
| 1994 | FIRST | N/A | FIRST | | Ron Standley Fred Whiteside Ron Standley | Sara Yendro Jennifer Harrington, Kim Wallace, Amber Taylor, Meribeth Schwartz, Mickie Erb |
| 1995 | FIRST | N/A | FIRST | | Fred Whiteside | Jacqueline Bowden, Rachel Knapp |
| 1996 | FIRST | N/A | FIRST | | Ron Standley Fred Whiteside Ron Standley | Michelle Yocherer, Kristin Pittman |
| 1997 | FIRST | N/A | FIRST | | Fred Whiteside Ron Standley | Stephanie Esparza, Katie King, Kristen Wisniewski |
| 1998 | FIRST | N/A | FIRST | | Fred Whiteside | Stacey Green, Wendy Mileham, Kristy Windy, Allison Wolak |
| 1999 | FIRST | N/A | FIRST | | Ron Standley Fred Whiteside Ron Standley | Chrissy Hammer, Amy Knapp, Susan Paige, Kelly Roliardi |
| 2000 | FIRST | N/A | FIRST | | Fred Whiteside | Kelli Estes, Sara Freberg, Maegan Harris, Nicole Pehle |
| 2001 | FIRST | N/A | FIRST | Second | Ron Standley Fred Whiteside Ron Standley | Amy Calderone, Jay Walsh, Amy Tirmenstein |
| 2002 | FIRST | N/A | Third | Second | Fred Whiteside Ron Standley | Lisa Freberg, Christina Gamzer, Lisa Johnson, Jeanne Ranson, Katie Reif |
| 2003 | FIRST | N/A | Second | Third | Fred Whiteside | Devon Morrison, Becca Parker, Tracy Skibitzki, Jordana Taylor, Erin Van Wetzlinga |
| 2004 | FIRST | N/A | Second | Third | Fred Whiteside | Manda Geerts, Kim Nelson, Carol Reif, Jennifer Smith |
| 2005 | FIRST | N/A | Fourth | Third | Fred Whiteside | Desiree Butcher, Tara Franck, Erin Marciniac |
| 2006 | Second | N/A | Second | Fourth | Fred Whiteside | Sara Bremer, Karina Carson, Jeanna Dalton, Laura Kendall, Sarah Kwasigroch |
| 2007 | FIRST | N/A | Second | Third | Fred Whiteside | Jenna McAdam, Kali Minkler, Jacquelyn Olsen, Meghan Voiland |
| 2008 | FIRST | N/A | FIRST | Third | Fred Whiteside | Liz Driscoll, Melissa Engel, Katie Morris, Johanna Voorhees, Laura Wittland |
| 2009 | FIRST | N/A | Fourth | Fourth | Fred Whiteside | Keli Coleman, Kelsey Duhai, Karlene Fox, Lindsey Homfeldt, Paula Nei weem, Susan Thompson |

The College Conference of Illinois and Wisconsin

Now in its 64th year, the College Conference of Illinois & Wisconsin (CCIW) enjoys a reputation as the "Best Small-College Conference in the Nation." The league was formed with nine charter members (Augustana, Carthage, Elmhurst, Illinois College, Illinois Wesleyan, Lake Forest, Millikin, North Central and Wheaton) on April 26, 1946 in Jacksonville, Illinois. Competition opened in the 1946-47 academic year as the College Conference of Illinois.

Carthage left the conference in 1952 but returned in 1961. In 1967 the name was changed to the College Conference of Illinois & Wisconsin to recognize Carthage, which had moved to Kenosha, Wisconsin from Carthage, Illinois in 1962, and Carroll, which entered the league in 1955.

As is often the case with athletic conferences, CCIW membership has experienced some changes since the league's inception. After Carthage left in 1952, Illinois College withdrew the following year. Elmhurst and Wheaton left following the 1959-60 academic year. Wheaton rejoined for all sports but football in 1967 and then for football in 1970. Elmhurst rejoined in the fall of 1967 for all sports but football and for football in the 1968 season. Carroll joined officially with the 1955 spring sports seasons. Carthage returned in 1961 and North Park entered the following fall. Lake Forest dropped out at the end of the 1962-63 year. The last change in CCIW membership came following the 1991-92 season when Carroll withdrew.

Now eight members strong, the CCIW continues its tradition of athletic and academic excellence. The league sanctioned women's sports for the first time in the 1986-87 school year and Augustana participated in the first ever women's competition. That was on September 14, 1986 when the Vikings met North Central in a volleyball match that was held at Elmhurst College.

The College Conference of Illinois & Wisconsin sanctions 21 sports: baseball, men's and women's basketball, men's and women's cross country, football, men's and women's golf, men's and women's soccer, softball, men's and women's swimming, men's and women's tennis, men's and women's indoor track & field, men's and women's outdoor track & field, volleyball and wrestling.

Augustana owns more CCIW team championships than any other school in the league with 172 total. Of those 172, the men have won 135 and 37 belong to the women.

Women's cross country became a league sport in 1986 and Augustana has been among the league leaders from the

start. The Vikings own six CCIW titles in women's cross country (1990-91-94-96-97-98) and finished second six times.

In track & field the Vikings have been the dominant force since the league hosted its first championship in the 1986-87 school year. Augustana owns 12 CCIW women's track & field titles including a stretch from 1993-2008 when it won nine in a row.

AUGUSTANA'S ALL-TIME TEAM CCIW CHAMPIONS

MEN (135)

BASEBALL: 1952-65-68-74 (Division Champs in 1989-96)

BASKETBALL: 1963-71-72-73-74-81-82-93-03-06-07-08

CROSS COUNTRY: 1969-70

FOOTBALL: 1949-66-68-75-81-82-83-84-85-86-87-88-90-91-93-94-97-99-01-05-06

GOLF: 1955-64-65-66-69-72-73-75-76-78-79-80-81-82-97-99

SOCCER: 2002

SWIMMING & DIVING: 1947-48-49-67-69-70-71-82

TENNIS: 1947-48-55-56-60-65-66-67-68-70-72-74-75-77-78-81-82-83-84-85

TRACK & FIELD: 1964-65-67-68-69-70-72-73-74-80-81-82-83-84-08

WRESTLING: 1963-64-65-66-67-68-69-70-71-72-74-75-79-80-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-98-99-00-01-02-03-04

WOMEN (37)

BASKETBALL: 1987-89-90-91-93

CROSS COUNTRY: 1990-91-94-96-97-98

SOFTBALL: 2004-06

SWIMMING & DIVING: 1988-89-90-93-95-97

TENNIS: 1993-94-96-97

TRACK & FIELD: 1988-91-93-94-95-96-97-98-99-00-01-08

VOLLEYBALL: 1996-01





Augustana Vikings 2009-10 Women's Cross Country/Track & Field Schedule

CROSS COUNTRY

| DATE | MEET | SITE | TIME |
|---------------------|---|---|------------------|
| September 1 | Augustana Open | Davenport, Iowa (Credit Island) | 6 p.m. |
| September 4 | Western Illinois Invitational | Macomb, Illinois (WIU Campus) | 5 p.m. |
| September 18 | Illinois Intercollegiate Championship | Normal, Illinois (ISU Golf Course) | 5 p.m. |
| September 25 | Brissman-Lundeen Invitational | HOME (Credit Island) | 5:45 p.m. |
| October 3 | Loyola Lakefront Invitational | Chicago, Illinois (Montrose Harbor) | 11 a.m. |
| October 10 | Wartburg Invitational | Waverly, Iowa (Wartburg Campus) | 10:45 a.m. |
| October 17 | Wisconsin-LaCrosse Invitational | West Salem, Wisconsin (Maple Grove Golf Course) | 11 a.m. |
| October 31 | CCIW Championship | Elmhurst, Illinois (Eldridge Park) | noon |
| November 14 | NCAA Division III Midwest Regional | Oshkosh, Wisconsin (Lake Breeze Golf Course) | 11 a.m. |
| November 21 | NCAA Division III National Championship | Cleveland, Ohio (Baldwin-Wallace College) | 11 a.m. |

INDOOR TRACK & FIELD

| EVENT | SITE | TIME | DATE |
|--------------------|--|-----------------------|---------------|
| January 9 | Wisconsin-Oshkosh Triangular | Oshkosh, Wisconsin | 11 a.m. |
| January 15 | Augustana Open | HOME (PepsiCo) | 5 p.m. |
| January 23 | Midwest Invitational | Monmouth, Illinois | 11 a.m. |
| January 30 | Wartburg Dual Meet | Waverly, Iowa | 11 a.m. |
| February 6 | Warhawk Invitational | Whitewater, Wisconsin | Noon |
| February 13 | Leif Ericson Open | HOME (PepsiCo) | Noon |
| February 19 | Wisconsin-LaCrosse/Winona State | LaCrosse, Wisconsin | 4 p.m. |
| February 26-27 | CCIW Championship | Kenosha, Wisconsin | Noon |
| March 5 | Carthage Last Chance Qualifier | Kenosha, Wisconsin | 3 p.m. |
| March 12-13 | NCAA Division III Indoor National Championship | Greencastle, Indiana | 9 a.m. |

OUTDOOR TRACK & FIELD

| DATE | EVENT | SITE | TIME |
|--------------------|---|--------------------|---------------|
| March 20 | Early Spring Opener | HOME | Noon |
| March 26-27 | Viking Olympics | HOME | Noon |
| March 30 | Loras Easter Invitational | Dubuque, Iowa | 4 p.m. |
| April 9-10 | Lee Calhoun Memorial Relays | Macomb, Illinois | 3 p.m. |
| April 17 | Augustana Invitational | HOME | 4 p.m. |
| April 23-24 | Drake Relays | Des Moines, Iowa | 8 a.m. |
| April 24 | Loras Open | Dubuque, Iowa | 11 a.m. |
| May 1 | Monmouth Fighting Scot Invitational | Monmouth, Illinois | 11 a.m. |
| May 7-8 | CCIW Championship | Wheaton, Illinois | Noon |
| May 15 | Northern Illinois Open | DeKalb, Illinois | 11 a.m. |
| May 21 | Augustana Twilight Qualifier | HOME | 4 p.m. |
| May 27-29 | NCAA Division III Outdoor National Championship | Berea, Ohio | All Day |

COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN CROSS COUNTRY CHAMPIONS: 1990 - 1991 - 1994 - 1996 - 1997 - 1998

ILLINOIS SMALL COLLEGE STATE CROSS COUNTRY CHAMPIONS: 1979 - 1980 - 1982 - 1983 - 1984 - 1985 - 1986 - 1987 - 1989 - 1990 - 1991 - 1993 - 1994 - 1995 - 1996 - 1997 - 1998 (meet discontinued after 1998)

NCAA DIVISION III NATIONAL CROSS COUNTRY APPEARANCES: 1997 (17th) - 1998 (11th)

COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN TRACK & FIELD: 1988 - 1991 - 1993 - 1994 - 1995 - 1996 - 1997 - 1998 - 1999 - 2000 - 2001 - 2008

ILLINOIS SMALL COLLEGE STATE TRACK & FIELD CHAMPIONS: 1975 - 1976 - 1979 - 1982 - 1983 - 1984 - 1985 - 1986 - 1988 - 1989 - 1990 - 1991 (meet discontinued after 1991)

NCAA DIVISION III TOP TEN FINISHES: 1995 - 6th (indoor); 1997 - 10th (outdoor); 2007 - 9th (outdoor); 2008 - 10th (indoor)