



2010-11 Women's Cross Country/Track & Field Media Guide

**Augustana**  
**Vikings**

# Augustana College | Rock Island, Illinois

**Founded** 1860

**Enrollment** 2,500

**President** Steven Bahls

**Faculty Athletic Representative** 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. Cell Phone** (309) 737-5306

**S.I.D. Fax Number** (309) 794-752

**Head Athletic Trainer** Rochel Rittgers

**Assistant Athletic Trainers** 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 & Gold

**Home Games** Carver PE Center - 1971 (3,000 capacity)

**Athletic Department Phone** (309) 794-7521

**Admissions Department** (309) 794-7341

**Toll Free Number** 1-800-798-8100

**Website** [www.augustana.edu](http://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 2,500 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 174 total team championships (136 men and 38 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 all sports with 134 as of June, 2010. During the 1990's 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 70 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 offers all Augustana College students an opportunity toward the development of the total person. Working in a cooperative and active learning environment and dedicated to imparting a lifelong awareness of health and wellness our department assists students in the acquisition of dynamic skills knowledge and fitness.**

**We value dignity, respect, diversity, accountability, communication and teamwork: and challenge each participant to achieve a sense of self confidence, pride, team unity, success, and cohesiveness 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](http://www.augustana.edu). Also, you may e-mail Dave Wrath at [davewrath@augustana.edu](mailto:davewrath@augustana.edu). The office phone number for sports information is (309) 794-7265.

The 2010-11 Augustana women's basketball media guide is presented as a service to all news media and friends of Augustana. The media guides are written and edited by Augustana Sports Information Director Dave Wrath. Photos in the media guide were taken by either Steve Woltmann, Brandon Gittelmann, or Robbin Cooley. Additional stories and pictures will be furnished upon request.



# 2010 AUGUSTANA VIKINGS CROSS COUNTRY TEAM



Row 1 - Meg Reaney, Anita Maurer, Hannah Hottle, Brittany Prazak, Emily Byars, Kirstin Sattizahn, Kristen Counter. Row 2 - Danielle Feldhaus, Kristyn Barton, Kristen rempala, Melissa Lehpamer, Sarahbeth Jones, Britton Dallas, Lizzie Lefelstein, Emma Grandgeorge, Lauren Vasicek. Row 3 - Amanda Rodriguez, Kristen Whiteside, Catherine Rinearson, Tara Bistry, Kirsty Pohlman, Kelsey Stockert, Amanda Johnson, Katie Pittman. Row 4 - Corinne Walker, Allison Nagy, Margaux Meyer, Nicole Babini, Lauren Buck, Kelsey Moon, Katie Kornaus, Theresa Coverick, Angela Pisani, Annie Heifner, Lauren Banda. Row 5 - Sara Fitzgerald, Jennifer Prazak, Alexandra Blust, Angela Norton, Hope Shiel, Sara Sievert, Alyssa Tworek, Kalie May, Shelby Womack. Row 6 - assistant coach Julio Garcia, Head Coach Fred Whiteside, Daun Grief.

# 2011 AUGUSTANA VIKINGS TRACK & FIELD TEAM



Row 1 - Megan Garvey, Anita Maurer, Ella Mathieson, Brittany Prazak, Hannah Hottle, Brittney Bennett, Kristin Klouda, Megan Lecander, Katherine Rowland, Meg Reaney, Kirstin Sattizahn. Row 2 - Kelsey Moon, Julia Popp, Theresa Coverick, Devon White, Katie Dinkel, Rachel Latham, Morgan Gale, Kristyn Barton, Kailey Falcon, Nia Rouse. Row 3 - Emma Grandgeorge, Britton Dallas, Nicole Babini, Sarahbeth Jones, Emily Byars, Lizzie Lefelstein, Annie Heifner, Katie Kornaus, Alexandra Blust, Margaux Meyer. Row 4 - Kelsey Stockert, Jordan Mauerman, Sara Fitzgerald, Allison Nagy, Sara Sievert, Kirstillyn Pohlman, Angela Pisani, Amber Gruber, Liana, Beauchamp. Row 5 - Taeler Hillyer, Jane Nagle, Kristen Whiteside, Kierra Smith, Sarah Johnson, Melissa Lehpamer; Bethany Siwek. Row 6 - Katie Pittman, Taylor Tjardes, Lauren Schneiderbauer, Tara Bistry, Kalie May, Samantha Bazely, Johanna Schnitzler, Krista Johnson. Row 7 - Katie Junk, Head Coach Fred Whiteside, Julio Garcia, Chad Thomas, Mike Pet-tis, Dillon Smith.



## 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 22 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 (out)	CCIW (in)	STATE
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
			Ron Standley (co-head coach)		
1992-93	Second	Second	FIRST		Not Held
	Doug Sand (co-head coach)				
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	Not Held
2001-02	Third	Not Held	Third	Second	Not Held
	Solo head coach			Solo head coach	
2002-03	Third	Not Held	Second	Third	Not Held
2003-04	Third	Not Held	Second	Third	Not Held
2004-05	Fifth	Not Held	Fourth	Third	Not Held
2005-06	Fifth	Not Held	Second	Fourth	Not Held
2006-07	Fourth	Not Held	Second	Third	Not Held
2007-08	Third	Not Held	FIRST	Third	Not Held
2008-09	Fifth	Not Held	Fourth	Fourth	Not Held
2009-10	Sixth	Not Held	Fifth	Fifth	Not Held

## 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.



### DILLON SMITH - Sprints

Dillon Smith, a 2007 Augustana graduate, will be in his fourth 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 second 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 second year of coaching the distance runners. While at Augustana, Fenn was a three year letter winner in cross country and track.



## Veterans give Whiteside reason to smile heading into 2010 season

When assessing his team's fortunes for 2010, Augustana women's cross country coach Fred Whiteside points to a veteran group of runners as the key to success. A program that has captured six College Conference of Illinois & Wisconsin titles under his tutelage has had sixth and fifth place finishes in the league each of the last two years. Whiteside thinks his team this year can once again challenge the top tier teams in the CCIW.

"There is no question that we have taken our lumps a bit the last two years," said Whiteside, who will be in his 25th season as the head coach. "This year I think we have the personnel to get back into the mix a little bit. All of our returning runners are set to have their best years ever."

Senior Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**) was the Vikings' MVP a year ago and during the spring track & field season she set an individual school record in the 3000 steeplechase and ran a leg on a new school record in the 3200 relay. She also qualified for the NCAA Division III national meet in the 800. Fellow senior Meaghan Reaney (**Lincoln Way Central HS, New Lenox, Ill.**) is a three time letter winner who has battled through some injuries and was a top seven performer at the end of the 2009 season.



*Sophomore Theresa Coverick was the team's top finisher at last year's CCIW Cross Country Championships. She finished in 15th place.*

Three sophomores are coming off tremendous freshman campaigns and will help provide quality depth at the top of the lineup. Tara Bistry (**Joliet Catholic HS, Shorewood, Ill.**) was the Most Valuable Freshman last year and was a consistent top-five runner. She had the team's best finish in the Brissman-Lundeen Invitational with a 23rd place finish. Theresa Coverick (**Stagg HS, Palos Park, Ill.**) split time last year between the Augustana women's soccer and cross country teams and this year will concentrate solely on running. She was the top finisher in three of the last four meets and took second in the St. Ambrose Invitational and the Luther JV Cup. She was also the team's top finisher in the CCIW when she took 15th. Annie Heifner (**Oregon HS, Oregon, Wis.**) was another consistent top seven runner from a year ago and she was Augustana's third finisher in the CCIW when she took 27th.

Those five runners are all on the Vikings' top 10 list for freshmen over the 6,000 meter distance. They should give Whiteside a solid group to work with.

Seniors Anita Maurer (**Downers Grove North HS, Downers Grove, Ill.**) and Brittany Prazak (**Naperville North HS, Naperville, Ill.**), juniors Angela Pisani (**York HS, Elmhurst, Ill.**) and Sarah Johnson (**Grayslake North HS, Lake Villa, Ill.**) and sophomore Sarahbeth Jones (**Warren Township HS, Wadsworth, Ill.**) have all shown promise in the past. Prazak is a co-captain this year along with Hottle. Johnson was the Most Valuable Freshman in 2008 and Jones ranks in the top 10 of the school's all-time list in the 800 both indoors and outdoors.

Seniors Katie Ries (**Iowa City Regina HS, Iowa City, Iowa**) and Kristin Sattizahn (**Erie HS, Erie, Ill.**) are contenders for top seven spots as well. Sophomores Emily Byars (**Geneva HS, Geneva, Ill.**), Jennifer Prazak (**Naperville North HS, Naperville, Ill.**) and Kirstyllyn Pohlman (**Zion Benton HS, Winthrop Harbor, Ill.**) could be in the hunt also.

Once again the Vikings will run against a very good schedule that will include four home meets. They will host the Augustana Open on September 1 and the Brissman-Lundeen Invitational on September 24 in the regular season. They also will run the CCIW meet and the NCAA Division III Midwest Regional at home. The Augustana home course is at Credit Island in Davenport, Iowa.

Also on the schedule will be invitationals at Western Illinois and Northern Illinois, the Illinois Intercollegiate Championship and the Western Ontario Invitational in London, Ontario.

# 2010 AUGUSTANA WOMEN'S CROSS COUNTRY ROSTER

ATHLETE	YR	HOMETOWN (HIGH SCHOOL)
Nicole Babbini	Soph	Libertyville, Illinois (Libertyville)
Lauren Banda	Soph	Woodridge, Illinois (Downers Grove North)
Kristyn Barton	Freshman	Elmhurst, Illinois (York)
AlliecBierhaus	Soph	Bloomington, Indiana (Bloomington South)
Tara Bistry*	Soph	Shorewood, Illinois (Joliet Catholic)
Alexandra Blust	Freshman	Elmhurst, Illinois (York)
Lauren Buck	Freshman	Rockford, Illinois (Guilford)
Emily Byars*	Soph	Geneva, Illinois (Geneva)
Kristine Counter	Junior	Manhattan, Illinois (Lincoln Way Central)
Theresa Coverick*	Soph	Palos Park, Illinois (Stagg)
Britton Dallas	Freshman	Indianapolis, Indiana (International School of IN)
Kailey Falcon	Freshman	Aurora, Illinois (Oswego East)
Danielle Feldhaus**	Junior	Lynwood, Washington (Meadowdale)
Sara Fitzgerald	Freshman	Libertyville, Illinois (Libertyville)
Cari Geyer	Freshman	Arlington Heights, Illinois (Buffalo Grove)
Emma Grandgeorge	Freshman	Sycamore, Illinois (Sycamore)
Daun Greif ** *(Mgr)	Senior	Sandwich, Illinois (Sandwich)
Annie Heifner*	Soph	Oregon, Wisconsin (Oregon)
Hannah Hottle***(C)	Senior	Monmouth, Illinois (Monmouth-Roseville)
Amanda Johnson*	Soph	Elmhurst, Illinois (York)
Sarah Johnson**	Junior	Lake Villa, Illinois (Grayslake North)
Alexandra Jones	Freshman	Sherrard, Illinois (Sherrard)
Sarabeth Jones*	Soph	Wadsworth, Illinois (Warren Township)
Katie Kornaus	Freshman	Portage, Wisconsin (Portage)
Elizabeth Lefelstein	Soph	St. Charles, Illinois (Rosary)
Anita Maurer***	Senior	Downers Grove, Illinois (Downers Grove North)
Kalie May	Freshman	Zion, Illinois (Zion Benton)
Margaux Meyer	Freshman	Kirkwood, Missouri (Kirkwood)
Kelsey Moon	Freshman	Wauconda, Illinois (Mundelein)
Allison Nagy	Freshman	Naperville, Illinois (Neuqua Valley)
Angela Norton	Freshman	Mundelein, Illinois (Mundelein)
Amanda Pease	Freshman	East Moline, Illinois (United Township)
Angela Pisani**	Junior	Elmhurst, Illinois (York)
Catherine Pittman	Freshman	Mahomet, Illinois (Mahomet-Seymour)
Kirstillyn Pohlman*	Soph	Winthrop Harbor, Illinois (Zion Benton Township)
Julia Popp	Freshman	Belvidere, Illinois (Boylan Catholic)
Jennifer Prazak*	Soph	Naperville, Illinois (Naperville North)
Brittany Prazak***(C)	Senior	Naperville, Illinois (Naperville North)
Kaitlin Profta*	Junior	Elmhurst, Illinois (York)
Meaghan Reaney***	Senior	New Lenox, Illinois (Lincoln Way Central)
Kristen Rempala	Freshman	Villa Park, Illinois (Willowbrook)
Katie Ries***	Senior	Iowa City, Iowa (Iowa City Regina)
Catherine Rinearson	Freshman	Ottawa, Illinois (Marquette)
Amanda Rodriguez	Soph	Mahomet, Illinois (Mahomet-Seymour)
Nia Rouse	Freshman	South Holland, Illinois (Thornwood)
Kristin Sattizahn***	Senior	Erie, Illinois (Erie)
Hope Schiel	Freshman	Prospects Heights, Illinois (John Hersey)
Hannah Schneider***	Senior	Downers Grove, Illinois (Downers Grove North)
Sara Sievert	Freshman	Byron, Illinois (Byron)
Kelsey Stockert	Freshman	Mapleton, Illinois (Peoria Notre Dame)
Alyssa Tworek	Soph	Hawthorn Woods, Illinois (Carmel)
Lauren Vasicek	Junior	Naperville, Illinois (Neuqua Valley)
Corinne Walker	Freshman	Champaign, Ill. (Saint Thomas More)
Kristen Whiteside	Freshman	Winthrop Harbor, Illinois (Zion Benton Township)
Kelsey Winter	Freshman	East Moline, Illinois (United Township)
Madison Wynes	Freshman	Marshalltown, Iowa (Marshalltown)

\* Letters earned  
(C) – Team captains

HEAD COACH: Fred Whiteside  
ASSISTANT COACH: Julio Garcia

# 2009 CCIW Women's Cross Country Championship

October 31, 2009\*Elmhurst, Illinois\*Elmhurst College

Women's 6K Team Scoring			
Place	Team Name	Score	Finishers
1	North Central	48	[4,6,10,11,17] 23,32
2	Wheaton	49	[2,7,8,14,18] 22,28
3	Illinois Wesleyan	69	[1,5,13,20,30] 31,33
4	Elmhurst	84	[3,16,19,21,25] 26,36
5	Carthage	122	[9,12,29,34,38] 39,42
6	AUGUSTANA	138	[15,24,27,35,37] 40,41
7	North Park	238	[43,45,47,49,54] 55,56
8	Millikin	239	[44,46,48,50,51] 52,53

## Individual Results

Place	Name	Team	Time
1	Kerry Devitt	Illinois Wesleyan	23:15.3
2	Jennifer Parisi	Wheaton College	23:51.5
3	Katlyn Bednarski	Elmhurst College	24:01.6
4	Lauren Hooks	North Central College	24:02.4
5	Liz Ave Maria	Illinois Wesleyan	24:04.4
6	Amanda Laesch	North Central College	24:07.8
7	Sara Greeley	Wheaton College	24:10.8
8	Sarah Beasley	Wheaton College	24:14.3
9	Morgan Wiechmann	Carthage College	24:22.8
10	Alicia Zimmerman	North Central College	24:28.6
11	Kate Lueders	North Central College	24:33.8
12	Karen Jackson	Carthage College	24:38.6
13	Katelyn Draths	Illinois Wesleyan	24:40.6
14	Jennifer Bowles	Wheaton College	24:41.6
15	Theresa Coverick	Augustana	24:45.1
16	Shauna Potrawski	Elmhurst College	24:47.9
17	Krista Cota	North Central College	24:54.6
18	Martha Bentz	Wheaton College	24:57.7
19	Mariola Grzybowska	Elmhurst College	24:57.9
20	Elise Anderson	Illinois Wesleyan	24:59.7
21	Hannah Williams	Elmhurst College	25:01.6
22	Jennifer Anderson	Wheaton College	25:02.9
23	Amy Schwent	North Central College	25:03.5
24	Tara Bistry	Augustana	25:04.6
25	Megan Johnson	Elmhurst College	25:05.6
26	Lauren Williams	Elmhurst College	25:11.6
27	Annie Heifner	Augustana	25:14.9
28	Hayley Hunt	Wheaton College	25:17.2
29	Abby Mitchell	Wheaton College	25:22.3
30	Karin Wirth	Carthage College	25:28.2
31	Annie Shults	Wheaton College	25:31.0
32	Lorin Biosca	Illinois Wesleyan	25:32.7
33	Mandy Kompanowski	Illinois Wesleyan	25:35.8
34	Sarah Scanlin	North Central College	25:40.9
35	Katherine Filippo	Illinois Wesleyan	25:51.1
36	Kala Bingham	North Central College	25:52.6
37	Kirsten Pufahl	Illinois Wesleyan	25:57.5
38	Heather Crowe	Carthage College	25:57.6
39	Ellen Adams	Augustana	26:03.3
40	Sarah Ahn	North Central College	26:04.3
41	Maggie Byrne	Illinois Wesleyan	26:05.1
42	Amanda Andersen	Elmhurst College	26:13.2
43	Meaghan Reaney	Augustana	26:15.7
44	Molly Lawrence	Carthage College	26:19.3
45	Lauren Sible	Carthage College	26:20.3
46	Jenny Johnson	Illinois Wesleyan	26:23.8
47	Sarahbeth Jones	Augustana	26:26.4
48	Hannah Hottle	Augustana	26:30.1
49	Julia Hielt	Carthage College	26:30.5
50	Sammie Laskowski	Augustana	26:46.7
51	Maggie Lapinski	North Central College	26:54.4
52	Sara Dwight	North Park	27:00.3
53	Sarah Johnson	Augustana	27:02.0
54	Ashley Thomasma	Millikin University	27:02.6
55	Kristen Miller	Wheaton College	27:10.2
56	Alyssa Poremba	Carthage College	27:30.3
57	Anabel Martinez	Carthage College	27:30.8
58	Laura Sorg	North Park	27:42.4
59	Rebekah Clark	Elmhurst College	27:52.5
60	Kelsey Borchelt	Millikin University	28:20.0
61	Emily Baldyga	Elmhurst College	28:53.7
62	Jacque Fisher	North Park	29:00.1
63	Krystal Damiano	Augustana	29:12.6
64	Arianna Lawson	Millikin University	29:43.7
65	Bree McLuen	North Park	30:10.2
66	Marissa Duffey	Millikin University	30:52.5
67	Roni Dixon	Millikin University	31:25.2
68	Skyler Sparks	Millikin University	31:41.9
69	Dana Kaminski	Millikin University	31:50.6
70	Erin Hegarty	North Park	35:22.2
71	Haileigh Peterson	North Park	36:16.6
72	Christina Pappadis	North Park	36:17.1

## 2009 Augustana Womens Cross Country Results

DATE	MEET	RESULTS	TOP FINISHER
Sep. 1	Augustana Open vs. St. Ambrose	W (21-34)	Hannah Hottle (1st)
Sep. 4	Western Illinois Invitational	3rd of 7	Ellen Adams (6th)
	TEAM SCORES: 1. Bradley 28; 2. Western Illinois 55; 3. AUGUSTANA 73; 4. Illinois Central 77; 5. Northern Illinois 99; 6. Lincoln 185; 7. Knox 208		
Sep. 18	Illinois Intercollegiate Championship	7th of 24	Theresa Coverick (23rd)
	TEAM SCORES: 1. U of Chicago 60; 2. North Central 79; 3. Rend Lake 109; 4. Saint Xavier 117; 5. Illinois Wesleyan 119; 6. ONU 158; 7. AUGUSTANA 177; 8. Elmhurst 186; 9. Greenville 219; 10. Illinois Central 248; 11. Judson 278; 12. Trinity Christian 324; 13. Principia 436; 14. Aurora 441; 15. Millikin 541; 16. Moraine Valley 555; 17. College of DuPage 561; 18. Kaskaskia 580; 19. Illinois College 586; 20. Lincoln 587; 21. Carl Sandburg 590; 22. Harper 596; Knox 607; Robert Morris 627		
Sep. 25	Brissman/Lundeen Invitational	6th of 21	Tara Bistry (23rd)
	TEAM SCORES: 1. Truman State University 36; 2. U of Chicago 105; 3. Central College 110; 4. Olivet Nazarene University 136; 5. UW- Stevens Point 182; 6. AUGUSTANA 208; 7. Iowa Central 229; 8. Carthage College 231; 9. Carroll University 242; 10. Illinois Central College 274; 11. Elmhurst College 278; 12. Monmouth College 278; 13. Grinnell College 299; 14. Mount Mercy College 328; 15. Cornell College 371; 16. Loras College 458; 17. North Iowa Area Community College 481; 18. Aurora University 534; 19. Principia College 535; 20. Carl Sandburg College 645; 21. Webster University 651		
Oct. 3	Loyola Lakefront Invitational	17th of 34	Ellen Adams (58th)
	TEAM SCORES: 1. Wichita State 67; 2. Missouri State 103; 3. McMaster 110; 4. Western Ontario 170; 5. Northwestern 175; 6. Windsor ON 179; 7. Western Michigan 199; 8. Loyola (Ill.) 205; 9. Drake 228; 10. Toledo 293; 11. Aquinas 322; 12. Saginaw Valley 329; 13. Iowa Central CC 363; 14. Wis.-Milwaukee 387; 15. Indianapolis 414; 16. St. Xavier 416; 17. AUGUSTANA 456; 18. Carroll 464; 19. Missouri S & T 550; 20. Dick Pond Saucony Racing 610; 21. St. Ambrose 731; 22. Iowa Western CC 734; 23. Xavier (Ohio) 736; 24. St. Francis (Ill.) 741; 25. Dana College 748; 26. Trinity Christian 759; 27. Pasco-Hernando CC 789; 28. Marian (Ind.) 821; 29. Concordia (Ill.) 888; 30. Cardinal Stritch 975; 31. Mott CC 989; 32. North Park 994; 33. Dupage 1030; 34. Joilet Junior College 1071		
Oct. 10	Wartburg Invitational	7th of 11	Hannah Hottle (21st)
	TEAM SCORES: 1. Wartburg College 39; 2. UW-La Crosse 63; 3. Carleton College 105; 4. University of Northern Iowa 133; 5. Simpson College 143; 6. Loras College 149; 7. AUGUSTANA 158; 8. UW-Platteville 220; 9. Cornell College 251; 10. Grinnell College 252; 11. North Iowa Community College 276		
Oct. 17	Tori Neubauer Invitational	18th of 32	Hannah Hottle (65th)
	TEAM SCORES: 1. UW-Eau Claire 51; 2. Nebraska Wesleyan 108; 3. UW-La Crosse 130; 4. North Dakota State 140; 5. Wartburg College 154; 6. South Dakota State 179; 7. Minnesota 204; 8. Luther College 246; 9. Iowa Central Community College 260; 10. St. Olaf College 267; 11. Central College 308; 12. UW-Platteville 365; 13. Northern Illinois 377; 14. Gustavus Adolphus 402; 15. Hamline University 405; 16. Macalester College 426; 17. College of St. Benedict 436; 18. AUGUSTANA 462; 19. Simpson College 503; 20. UW-River Falls 549; 21. St. Catherine 631; 22. Wisconsin Track Club 669; 23. University Running 711; 24. Saint Mary's University 719; 25. University of Dubuque 749; 26. Augsburg 781; 27. Crown College 857; Bethany Lutheran Inc.; Dana College Inc.; Greater Milwaukee Inc.; Hawkeye Community Inc.; Minnesota Unattached Inc.		
Oct. 24	St. Ambrose Invitational	2nd of 7	Theresa Coverick (2nd)
	TEAM SCORES: 1. Illinois Institute of Technology 28; 2. AUGUSTANA 51; 3. St. Ambrose 63; 4. Sauk Valley Community College 86; 5. BEE Track Club 153; Clarke College Inc.; Iowa Wesleyan Inc.		
Oct. 31	CCIW Championship	6th of 8	Theresa Coverick (15th)
	TEAM SCORES: 1. North Central 48; 2. Wheaton 49; 3. Illinois Wesleyan 69; 4. Elmhurst 84; 5. Carthage 122; 6. AUGUSTANA 138; 7. North Park 238; 8. Millikin 239		
Nov. 6	Luther JV Cup	3rd of 3	Theresa Coverick (2nd)
	TEAM SCORES: 1. Luther 23; 2. UW-Eau Claire 45; 3. AUGUSTANA 72		
Nov. 15	NCAA Division III Midwest Regional	16th of 39	Hannah Hottle (67th)
	TEAM SCORES: 1. UW-Eau Claire 52; 2. Washington University 72; 3. UW-LaCrosse 98; 4. UW-Oshkosh 139; 5. North Central 208; 6. University of Chicago 237; 7. Wheaton 251; 8. Illinois Wesleyan 263; 9. UW-Platteville 272; 10. UW-Stevens Point 278; 11. Elmhurst 298; 12. UW-Whitewater 326; 13. Monmouth 397; 14. St. Norbert 404; 15. Carroll 426; 16. AUGUSTANA 454; 17. Greenville 492; 18. UW-Stout 517; 19. Carthage 567; 20. UW-River Falls 571; 21. Concordia (Wis.) 576; 22. Ripon 640; 23. Beloit 714; 24. Edgewood 746; 25. Lake Forest 791; 26. Wisconsin Lutheran 824; 27. Principia 830; 28. Lawrence 842; 29. Aurora 871; 30. UW-Superior 874; 31. Concordia (Ill.) 924; 32. Fontbonne 929; 33. Benedictine 938; 34. Millikin 1027; 16. Northland 1046; 36. Alverno 1048; 37. Milwaukee School of Engineering 1049; 38. North Park 1095; 39. Knox 1114		

# 2009 AUGUSTANA VIKINGS WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

ATHLETE	HOMETOWN (HIGH SCHOOL)	1	2	3	4	5	6	7	8	9	10	11
Ellen Adams *** (C)	Glen Ellyn, Illinois (Glenbard West)	5-16:04	6-23:38									
Nicole Babbini	Libertyville, Illinois (Libertyville)	49-21:14	75-33:39		300-28:28	370-27:15			58-27:16			
Lauren Banda	Woodridge, Illinois (Downers Grove North)				263-26:27				53-26:36			
Allie Bierhaus	Bloomington, Indiana (Bloomington South)	44-20:01	69-31:13									
Tara Bistry	Shorewood, Illinois (Joliet Catholic)	4-16:02	24-25:03	31-19:35	23-21:04		354-25:20	161-30:57				
Stephanie Brown	Poplar Grove, Illinois (North Boone)						106-19:54	26-24:04	105-23:51			
Emily Byars	Geneva, Illinois (Geneva)	13-17:01	34-26:08	91-20:55	114-22:45				98-26:10			
April Calderone	Matherville, Illinois (Sherrard)	23-17:34	43-26:58							20-24:33		
Kristine Counter	Manhattan, Illinois (Lincoln Way Central)									60-27:53		
Theresa Coverick	Palos Park, Illinois (Stagg)			23-19:24	99-22:27	115-20:05			126-24:06	2-20:30	15-24:45	2-23:41
Krystal Damiano*** (C)	Cary, Illinois (Cary-Grove)			56-20:08	51-21:47	139-20:22					63-29:12	84-23:41
Paige Deike **	Leroy, Illinois (Leroy)		55-28:11		213-24:47	263-22:04						
Niki Eckdahl	Downers Grove, Ill. (Downers Grove North)	42-19:32			257-26:09	326-23:50	153-29:07			27-24:55		
Danielle Feldhaus*	Lynwood, Washington (Meadowdale)	26-18:13	56-28:15		203-24:34	293-22:41	132-27:25			35-25:19		
Annie Heifner	Oregon, Wisconsin (Oregon)	8-16:08	22-24:52	50-20:00	53-21:50	152-20:30	53-24:48					
Hannah Hottle**	Monmouth, Illinois (Monmouth-Roseville)	1-15:54	13-24:22	26-19:31	36-21:30	91-19:42	22-23:57	143-24:16	74-23:36			
Amanda Johnson	Elmhurst, Illinois (York)	27-18:15	54-28:07		205-24:36							
Sarah Johnson*	Lake Villa, Illinois (Grayslake North)	12-17:00	26-25:38	99-21:06	102-22:29	196-21:09	72-25:22	205-25:02			53-27:02	16-25:09
Sarabeth Jones	Wadsworth, Illinois (Warren Township)	3-16:01	12-24:19	54-20:06	61-21:58	146-20:26	47-24:42			14-24:08		
Samantha Laskowski *** (C)	Oak Lawn, Illinois (Reavis)	17-17:23		79-20:32	110-22:39	160-20:41	58-24:57	204-25:01			47-26:26	139-24:57
Rachael Latham	Elgin, Illinois (Burlington Central)									50-26:46		158-25:54
Elizabeth Lefelstein	St. Charles, Illinois (Rosary)	37-19:03	61-29:21		241-25:37	309-23:05	156-29:37				24-24:53	
Hannah MacDonald	Batavia, Illinois (Batavia)											
Chassidy Mangers	Elburn, Illinois (Kaneland)	41-19:30	64-30:02		238-25:32	335-24:10					22-24:39	
Ella Mathieson**	LaGrange, Illinois (Lyons Township)											
Anita Maurer**	Downers Grove, Ill. (Downers Grove North)	21-17:26	45-27:06		177-23:51	277-22:26	124-26:57			33-25:13		
Melissa McGreer	Illinois City, Illinois (Rockridge)	47-20:22	72-32:08		268-26:54	355-25:28	165-31:26					
Samantha Pancamo***	Wauconda, Illinois (Wauconda)	14-17:06	37-26:25	120-21:29	121-22:51	192-21:06	93-25:56	10-23:39		19-26:11		
Angela Pisani*	Elmhurst, Illinois (York)				197-24:14		140-28:03			55-26:51		
Kirstilyn Pohlman	Winthrop Harbor, Ill. (Zion Benton Township)				138-23:08	224-21:35	108-26:28				18-25:59	
Jennifer Prazak	Naperville, Illinois (Naperville North)	11-16:54	35-26:22	128-21:54	148-23:20	242-21:48	104-26:21					
Brittany Prazak**	Naperville, Illinois (Naperville North)	19-17:25	144-22:35		180-23:56		122-26:55				20-26:18	
Kaitlin Profita	Elmhurst, Illinois (York)	33-18:49	59-28:54			360-25:57				50-26:24		
Meaghan Reaney**	New Lenox, Illinois (Lincoln Way Central)				120-22:50	175-20:50	62-25:02	142-24:16			43-26:15	95-23:54
Katie Ries**	Iowa City, Iowa (Iowa City Regina)	16-17:19	46-27:08		159-23:33	255-21:59	97-26:10					
Kristin Sattizahn**	Erie, Illinois (Erie)	22-17:27	29-25:46	103-21:10	125-22:56	181-20:52	99-26:14			13-24:04		17-25:24
Lindsey Schmitt	Wheaton, Illinois (Wheaton St. Francis)											
Hannah Schneider**	Downers Grove, Ill. (Downers Grove North)	18-17:24	38-26:28	108-21:22	155-23:29	221-21:32	106-26:22			26-24:54		21-26:33
Katharina Schwoy	Nuerenberg, Germany	29-18:26				308-23:04	137-27:37			41-25:49		
Kelsey Unseth*	Villa Park, Illinois (Willowbrook)	45-20:01	66-30:17		293-27:46	357-25:32						
Lauren Vasicek	Naperville, Illinois (Neuqua Valley)	46-20:13	77-35:20		287-27:33	353-25:15				54-26:50		
Amy Walsh**	Cary, Illinois (Cary Grove)											
Dana Wlekinski**	Palatine, Illinois (Palatine)	25-17:58	48-27:28		201-24:25	296-22:47	131-27:24					

KEY: 1 = 09/01 - Augie Early Opener; 2 = 09/04 - Western Illinois Invitational; 3 = 09/18 - Illinois Intercollegiate; 4 = 09/25 - Brissman/Lundeen Invitational; 5 = 10/03 - Loyola Lakefront Invitational; 6 = 10/10 - Wartburg Invitational; 7 = 10/17 - UW-LaCrosse Invitational; 8 = 10/24 - St. Ambrose Invitational; 9 = 10/31 - CCIW Championship; 10 = 11/06 - Luther JV Cup; 11 = 11/14 - 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 19<sup>th</sup> 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	Third
2008	Fred Whiteside	Ellen Adams/Samantha Laskowski	Not Held	Fifth
2009	Fred Whiteside	Ellen Adams/Krystal Damiano/Samantha Laskowski	Not Held	Sixth



# 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. Liz Driscoll 17:48 2007

10. Jennifer Walsh 17:58 1998

## FRESHMAN 6000 METERS

1. Stephanie McHone 22:37 2003

2. Meaghan Reaney 23:18 2007

3. Hanna Hottle 23:32 2007

4. Therea Coverick 23:40 2009

5. Jilian Rigert 23:41 2006

6. Annie Heifner 23:44 2009

7. Tara Bistry 23:51 2009

8. Jessica Corvo 23:54 2002

9. Jenna McAdam 24:04 2003

10. Ashley Knudson 24:05 2002

## 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. Meaghan Reaney 18:43 2007

7. Samantha Maron 18:48 1986

8. Hannah Hottle 18:50 2007

9. Susan Paige 18:53 1995

10. Keri Kraps 19:03 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)  
2009 - Theresa Coverick (15)

## **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

2009

TEAM - Complete Team Roster

INDIVIDUAL - Hannah Hottle

## **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: 1975-2009

## A

Adams, Caitlyn - 2001, 02, 03  
Adams, Ellen - 2006, 07, 08, 09  
Ahlgren, Rebecca - 1996, 97  
Alteggott, 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  
Bistry, Tara - 2009  
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  
Byars, Emily - 2009

## 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  
Clauson, Karen - 2004-06  
Conant, Dawn - 1992, 93, 94, 95  
Coope, Janet - 1982, 83, 84  
Corver, Jessica - 2002, 03  
Cotter, Sarah - 1998  
Coverick, Theresa - 2009  
Crowley, Angela - 1996, 97, 98, 99  
Curry, Val - 1989, 90

## D

Dallman, Laura - 1979, 80  
Damiano, Krystal - 2006, 07, 08, 09  
Davis, Laura - 2003, 04  
Deike, Paige - 2007, 08, 09  
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; 09  
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, 09  
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, 09  
Grim, Kerry - 1987, 88, 89  
Grosvold, Anne - 1979  
Gudemann, 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  
Heifner, Annie - 2009  
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, 09  
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, Amanda - 2009  
Johnson, Anne - 1997, 98  
Johnson, Melissa - 1998, 99  
Johnson, Sarah - 2008, 09  
Jolas, Jennifer - 1989, 92  
Jones, Ashley - 2007  
Jones, Ellen - 1980, 81, 82, 83  
Jones, Sarabeth - 2009  
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  
Kraps, 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, 09  
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

Mangers, Chassidy - 2009  
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, 09  
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  
Mokijewski, 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

## P

Paige, Susan - 1995, 96, 97, 98  
Pancamo, Samantha - 2006, 07, 08, 09  
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, 09  
Pohlman, Kirstilyn - 2009  
Polte, Kate - 1976, 77, 78  
Prazak, Brittany - 2007, 08, 09  
Jennifer Prazak - 2009  
Profita, Kaitlin - 2009

## Q

Quintenz, Beth - 1983, 84, 85, 86

## R

Read, Kelly - 2001  
Reade, Molly - 1997, 98  
Reaney, Meaghan - 2007, 08, 09  
Reichelt, Bonnie - 1976  
Reimers, Marie - 2002, 03, 04, 05  
Renneke, Linda - 1985, 86, 87  
Ries, Katie - 2007, 08, 09  
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, 09  
Schaefer, Shelley - 1995, 96, 97, 98  
Schaley, Allison - 2007  
Schild, Jane - 1999, 2001, 02  
Schmucker, Jamie - 1995  
Schneider, Hannah - 2007, 08, 09  
Schuler, Stephanie - 1989, 90, 91  
Schwartz, Meribeth - 1991, 92  
Schwoy, Katharina - 2009  
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; 09

## 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  
Wicks, Jennifer - 1997, 98, 99  
Windy, Kristy - 1994, 95, 96, 97  
Wisniewski, Kristen - 1995  
Wlekinski, Dana - 2007, 08, 09  
Wolak, Allison - 1994, 95, 96  
Wucki, Dawn - 1983

## Y

Yemm, Liz - 2000, 01, 02, 03

## Hannah Hottle grabs MVP honors in women's cross country

During a season that saw a total of four different runners handle the top sport for the Augustana women's cross country team, it was junior Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.) who was selected as the Most Valuable Performer. Hottle was the Vikings' number one runner in four of the 11 meets during the 2009 campaign.

She started the season by winning the dual meet against St. Ambrose on Tuesday, September 1 at Credit Island Park in Davenport, Iowa in a time of 15:54 over 5,000 meters. She was also the top finisher for Augustana at the Wartburg Invitational (21st in 23:57), Tori Neubauer Invitational (65th in 23:36) and the NCAA Midwest Regional (67th in 23:36). She also finished 13th at the Western Illinois Invitational in Macomb, Illinois on September 4 when she clocked a time of 24:22. She was 26th at the Illinois Intercollegiate meet in Normal, Illinois on September 18 and placed 36th at the Bissman-Lundeen Invitational in Davenport, Iowa on September 25.

While Hottle was the top finisher four times, freshman Theresa Coverick (Stagg HS, Palos Park, Ill.) matched that, including leading the team in three of the last four meets of the year. Coverick had an interesting fall as she split time with both the Augustana soccer team and the cross country program. She was the top finisher at the Illinois Intercollegiate meet early in the season when she placed 23rd with a time of 19:24. At the end of the year she really came on, starting with the St. Ambrose Invitational on October 24 in Bettendorf, Iowa where she finished second with a time of 20:30. She followed that with a 15th place finish in the College Conference of Illinois & Wisconsin meet on October 31 with a time of 24:45. In the Luther JV Cup on November 6 she was second in 23:41. At the NCAA Division III Midwest Regional she was the Vikings' second finisher with a time of 23:41 that garnered her 84th place.

Senior Ellen Adams (Glenbard West HS, Glen Ellyn, Ill.), the team MVP last year, struggled through a variety of ailments in her final season. She was impressive with a sixth place finish at the Western Illinois Invitational on September 4 in a time of 23:38. That performance earned her CCIW "Runner of the Week" honors. She was also the top Augustana finisher at the Loyola Lakefront Invitational when she took 58th in 19:22. Adams was only able to compete in five of the 11 meets and missed the CCIW meet and the Midwest Regional.

The other runner to lead the team was freshman Tara Bistry (Joliet Catholic HS, Shorewood, Ill.). Bistry placed 23rd at the Brissman-Lundeen Invitational on September 25 with a time of 21:04.

Augustana won a dual meet with St. Ambrose by a score of 21-34 to start the season on September 1 at Credit Island in Davenport, Iowa. The Vikings also placed second at the St. Ambrose Invitational in Bettendorf, Iowa on October 24 and were third at the Western Illinois Invitational in Macomb, Illinois on September 4. They were sixth at the Brissman-Lundeen Invitational in Davenport, Iowa on September 25 and recorded a seventh place at the Wartburg Invitational in Waverly, Iowa on October 10. They were also seventh at the Illinois Intercollegiate meet in Normal, Illinois on September 18.

While Hottle claimed the Most Valuable Performer award, Bistry and Coverick shared the Most Valuable Freshman honor. The Most Improved Runner award also had co-winners: junior Brittany Prazak (Naperville North HS, Naperville, Ill.) and junior Kristin Sattizahn (Erie HS, Erie, Ill.). Prazak competed in six meets and had a best finish of 20th at the Luther JV Cup in Decorah, Iowa on November 6 while Sattizahn ran in eight meets with a best place of 13th at the St. Ambrose Invitational in Bettendorf, Iowa on October 24.

The Erica Vortman Viking Spirit Award was shared by senior Krystal Damiano (Cary-Grove HS, Cary, Ill.) and the Prazak (Naperville North HS, Naperville, Ill.) sisters. Brittany is a junior while her younger sister Jennifer is a freshman.

Adams, Damiano and senior Samantha Laskowski (Reavis HS, Oak Lawn, Ill.) served as team captains for 2009 and the captains-elect for 2010 are Hottle and Brittany Prazak.

### 12 - AUGUSTANA VIKINGS

Head coach Fred Whiteside finished his 28th season as the head coach of the Augustana women's cross country program. During that time frame he has guided the Vikings to six CCIW team titles (1990-91-94-96-97-98) and two trips to the NCAA Division III national meet (1997 & 1998). He is also the head coach for the Vikings' women's track & field team and has been at the helm for 12 conference championship seasons (1988-91-93-94-95-96-97-98-99-00-01-08).

### 2009 AUGUSTANA WOMEN'S CROSS COUNTRY SUPERLATIVES TEAM ACCOMPLISHMENTS

TEAM FINISHES – Won St. Ambrose dual meet on 09/01 by score of 21-34 at Credit Island in Davenport, Iowa...Placed second at St. Ambrose Invitational in Bettendorf, Iowa on 10/24...Finished third at Western Illinois Invitational in Macomb, Illinois on 09/04...3rd at Luther JV Cup in Decorah, Iowa on 11/06...6th at Brissman/Lundeen Invitational at Credit Island in Davenport, Iowa on 09/25...7th at Illinois Intercollegiate in Normal, Illinois on 09/18...7th at Wartburg Invitational in Waverly, Iowa on 10/10...17th at Loyola Lakefront Invitational in Chicago, Illinois on 10/03...18th at Tori Neubauer Invitational in LaCrosse, Wisconsin on 10/17.

NCAA DIVISION III MIDWEST REGIONAL FINISH – 16th (of 39) on 11/14 in Oshkosh, Wisconsin

### INDIVIDUAL CHAMPIONSHIP IN 2009 MEETS

09/01 – ST. AMBROSE DUAL MEET: Hannah Hottle in 15:54 (5000 meters)

### CCIW INDIVIDUAL HONORS

TOP 15 INDIVIDUAL FINISH – Theresa Coverick, 15th at CCIW Championship on 10/31/09 with time of 24:45

ACADEMIC ALL-CONFERENCE – Ellen Adams, Samantha Laskowski, Meaghan, Reaney, Hannah Schneider, Sarah Johnson, Kristin Sattizahn, Kelsey Unseth, Hannah Hottle, Emily Byars, Theresa Coverick, Annie Heifner, Sarahbeth Jones, Jennifer Prazak, Katharina Schwoy, Chassidy Mangers

CCIW "RUNNER OF THE WEEK" – Ellen Adams on 09/07 after placing sixth at WIU Invitational on 09/04 in Macomb, Ill.

### TEAM AWARDS

MOST VALUABLE RUNNER – Hannah Hottle

MOST IMPROVED RUNNER – Brittany Prazak & Kristin Sattizahn

MOST VALUABLE FRESHMAN – Tara Bistry

ERICA VORTMAN VIKING SPIRIT AWARD – Krystal Damiano, Brittany Prazak & Jennifer Prazak

TEAM CAPTAINS 2009 – Ellen Adams, Krystal Damiano & Samantha Laskowski

CAPTAINS-ELECT FOR 2010 – Hannah Hottle & Brittany Prazak



As a junior, Hannah Hottle was named the Most Valuable Runner and was named co-captain for the 2010 season.



## Whiteside once again looks forward to opening season

There is no real surprise in finding out that Augustana women's track & field head coach Fred Whiteside is looking forward to the opening of another season. Whiteside, who will be entering his 24th year as the Vikings' head coach, is always optimistic and enthusiastic.

"We think that, generally speaking, our team is well balanced with good people in every event," said Whiteside. "We have lots of really good athletes who are willing to work hard and put in the time and effort that it takes to be successful. An offshoot of that is that our team has always done a nice job in the classroom as well and that makes this bunch very easy to coach."

Whiteside has enjoyed tremendous success during his tenure with the Vikings, leading the team to 12 College Conference of Illinois & Wisconsin outdoor team titles and seven runner-up finishes. Just two years ago Augustana finished the season ranked 12th in NCAA Division III, according to the U.S. Track & Field/Cross Country Coaches Association.

A year ago the Vikings placed fifth in both the indoor and outdoor CCIW meets. A roster that numbers 91 athletes, including 41 letterwinners is part of the reason for Whiteside's optimism. He is also excited about the leadership provided by captains Brittney Bennett (**Annawan HS, Annawan, Ill.**), Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**), Ella Mathieson (**Lyons Township HS, LaGrange, Ill.**), Anita Maurer (**Downers Grove North HS, Downers Grove, Ill.**), Brittany Prazak (**Naperville North HS, Naperville, Ill.**), Meghan Reaney (**Lincoln-Way Central HS, New Lenox, Ill.**) and Amy Walsh (**Cary-Grove HS, Cary, Ill.**).

Hottle and Walsh were co-MVPs during both the indoor and outdoor seasons as voted on by their teammates.

**SPRINTS** – Junior Katie Bedene (**Grayslake North HS, Lake Villa, Ill.**) has the best time of the returning sprinters in the 100 and she will be pushed by junior Morgan Gale (**Oregon HS, Oregon, Ill.**). Bennett had the best time on the team a year ago in the 200. Freshman Julia Popp (**Rockford Boylan Catholic HS, Belvidere, Ill.**) shows promise of making quite a splash. Sophomores Katie Dinkel (**Maharashi HS, Fairfield, Iowa**), Jennifer Garrett (**Glenbard North HS, Carol Stream, Ill.**) and Valerie Bach (**Palatine HS, Palatine, Ill.**) are all coming off good freshman seasons. Juniors Allie Scaggs (**Petersburg Porta HS, Petersburg, Ill.**) and Rachel Latham (**Burlington Central HS, Elgin, Ill.**) will handle the 400 along with Bennett, who had the second fastest time in the event last spring.

**HURDLES** – Senior Amy Walsh (**Cary-Grove HS, Cary, Ill.**) was the top hurdler on the team last year in both the 100 and 400 hurdles. She was a conference placewinner in both events. The versatile Bennett will be used here as well. Sophomore Emily Margosian (**Neuqua Valley HS, Naperville, Ill.**) had the second best time on the team in the 100 hurdles and third best in the 400 hurdles last year.

**MIDDLE DISTANCE** – Hottle has been a very consistent performer in the middle distances throughout her career and last year she was an NCAA Division III national meet qualifier in the 800. She was second in the CCIW in the 800 during the outdoor meet and placed third indoors. Sophomore Sarahbeth Jones (**Warren Township HS, Wadsworth, Ill.**) placed eighth in the conference outdoors in the 800 and had the fastest time on the team in the 1500 in 2010. Sophomore Annie Heifner (**Oregon HS, Oregon, Wis.**) had a fine freshman year and she combined with Hottle, Jones and the graduated Samantha Laskowski to set a new school record in the 3200 relay. Juniors Angela Pisani (**York HS, Elmhurst, Ill.**) and Melissa Lehpamer (**Plainfield South HS, Plainfield, Ill.**) and sophomore Kirstilyn Pohlman (**Zion-Benton HS, Winthrop Harbor, Ill.**) will provide solid depth in the middle distances.

**DISTANCE** – Sophomore Theresa Coverick (**Stagg HS, Palos Park, Ill.**) was the top Augustana performer in both the 5,000 and 10,000 last year and she leads the distance crew. Maurer, junior Sarah Johnson (**Grayslake North HS, Lake Villa, Ill.**) and sophomore Tara Bistry (**Joliet Catholic HS, Shorewood, Ill.**) are all capable distance runners. Bistry had the second fastest time on the team in the 5,000. Seniors Katie Ries (**Iowa City Regina HS, Iowa City, Iowa**), Kristin Sattizhan (**Erie HS, Erie, Ill.**) and Hannah Schneider (**Downers Grove North HS, Downers Grove, Ill.**) are all poised for good seasons. In the steeplechase, Hottle set a new school record last year while Heifner placed fourth in the CCIW.

**THROWS** – Junior Amber Gruber (**Rolling Meadows HS, Arlington Heights, Ill.**) was a conference placewinner in the hammer last spring and she is the leader in the throws. She recorded the best throw on the team in discus and the hammer in 2010. Junior Catherine Foreman (**St. Joseph-Ogden HS, St. Joseph, Ill.**) was the top javelin thrower. Sophomore Bethany Siwek (**Woodstock HS, Woodstock, Ill.**) had the best throw in the shot put so the Vikings will have the top throwers back in all four events. Sophomores Devon White (**Indian Creek HS, DeKalb, Ill.**) and Jordan Mauerman (**Albany HS, Albany, Wis.**) will support Foreman in the javelin. Juniors Melanie Battistoni (**York HS, Elmhurst, Ill.**) and Patricia Stoker (**Niles West HS, Lincolnwood, Ill.**) will compete in the disc, hammer and shot.

**JUMPS** – In the jumps senior Ella Mathieson (**Lyons Township HS, LaGrange, Ill.**) was a double placewinner in the long and triple jump in the CCIW meet. She will be joined by sophomore Samantha Bazely (**Rock Island Alleman HS, Coal Valley, Ill.**), junior Allie Scaggs (**Petersburg-Porta HS, Petersburg, Ill.**) and senior Katherine Rowland (**Libertyville HS, Libertyville, Ill.**). Senior Kristin Klouda (**West Chicago HS, Winfield, Ill.**) and senior Megan Lecander (**Sherrard HS, Sherrard, Ill.**) are the top high jumpers on the team. Lecander and Klouda will be joined in the pole vault by junior Morgan Gale (**Oregon HS, Oregon, Ill.**) and sophomore Taylor Tjardes (**Gibson City/Melvin/Sibley HS, Gibson City, Ill.**).

**HEPTATHLON** – Tjardes and sophomore Jennifer Prazak (**Naperville North HS, Naperville, Ill.**) will handle the heptathlon.



Senior Amy Walsh was the runner-up in the 400 meter hurdles at last year's CCIW Outdoor Championships. She also placed fifth in the 100 meter hurdles.

# 2011 AUGUSTANA VIKINGS WOMEN'S TRACK & FIELD ROSTER

NAME	YR	EVENT	HOMETOWN (HIGH SCHOOL)
Nicole Babbini	So	Mid Distance	Libertyville, Ill./HS
Valerie Bach*	So	Sprints	Palatine, Ill./HS
Lauren Banda	So	Mid Distance	Woodridge, Ill./Downers Grove North
Kristyn Barton	Fr	Mid-Distance	Elmhurst, Ill./York
Melanie Battistoni**	Jr	Throws	Elmhurst, Ill./York
Samantha Bazely	So	Long/Triple Jump	Coal Valley, Ill./Rock Island Alleman
Liana Beauchamp	Fr	Thrower	Kingston, Ill./Genoa-Kingston
Katie Bedene**	Jr	Sprints	Lake Villa, Ill./Grayslake North
Brittney Bennett*** (C)	Sr	Hurdles/Sprints	Annawan, Ill./HS
Allie Bierhaus	So	Mid Distance	Bloomington, Ind./South
Tara Bistry*	So	Distance	Shorewood, Ill./Joliet Catholic
Alexandra Blust	Fr	Mid Distance	Elmhurst, Ill./York
Lauren Buck	Fr	Distance	Rockford, Ill./Guilford
Emily Byars	So	Mid Distance	Geneva, Ill./HS
Ceara Campos	So	Long/Triple Jump	Sterling, Ill./HS
Kristine Counter	Jr	Mid Distance	Manhattan, Ill./Lincoln Way Central
Theresa Coverick*	So	Distance	Palos Park, Ill./Amos Alonzo Stagg
Britton Dallas	Fr	Mid Distance	Indianapolis, Ind./International School of Indiana
Katie Dinkel	So	Sprints/Pole Vault	Fairfield, Iowa/Maharashi
Kailey Falcon	Fr	Mid Distance	Aurora, Ill./Oswego East
Sara Fitzgerald	Fr	Mid Distance	Green River, Ill./Libertyville
Catherine Foreman**	Jr	Javelin	Saint Joseph, Ill./St Joseph-Ogden
Morgan Gale**	Jr	Sprints/Pole Vault	Oregon, Ill./HS
Jennifer Garrett	So	Sprints	Carol Stream, Ill./Glenbard North
Megan Garvey ***	Sr	High Jump	Naperville, Ill./North
Emma Grandgeorge	Fr	Mid Distance	Sycamore, Ill./HS
Daun Greif***	Sr	Manager	Sandwich, Ill./HS
Amber Gruber**	Jr	Throws	Arlington Heights, Ill./Rolling Meadows
Annie Heifner*	So	Distance	Oregon, Wis./HS
Jessica Hilbert	Fr	Hurdles	Fort Dodge, Iowa/Fort Dodge
Taeler Hillyer	Fr	Pole Vault	Bettendorf, Iowa/Rock Island Alleman
Hannah Hottle *** (C)	Sr	Mid Distance	Monmouth, Ill./Monmouth-Roseville
Krista Johnson	Jr	Sprinter	Downers Grove, Ill.
Sarah Johnson**	Jr	Distance	Lake Villa, Ill./Grayslake North
Sarahbeth Jones*	So	Mid Distance	Wadsworth, Ill./Warren Township
Danielle Kilberry	Sr	Javelin	Elburn, Ill./Kaneland
Kristin Klouda***	Sr	Pole Vault – High Jump	Winfield, Ill./West Chicago
Katie Kornaus	Fr	Mid Distance	Portage, Wis./HS
Alexandria Kramer	So	Sprints	Dunlap, Ill./Peoria Notre Dame
Rachael Latham*	Jr	Mid Distance	Elgin, Ill./Burlington Central
Megan Lecander**	Sr	Jumps	Sherrard, Ill./HS
Elizabeth Lefelstein	So	Distance	St. Charles, Ill./Rosary
Melissa Lehpamer*	Jr	Mid Distance	Plainfield, Ill./South
Chassidy Mangers	So	Javelin	Elburn, Ill./Kaneland
Emily Margosian*	So	Hurdles	Naperville, Ill./Neuqua Valley
Ella Mathieson *** (C)	Sr	Long Jump/Triple Jump	LaGrange, Ill./Lyons Township
Jordan Mauerman*	So	Jumps/Sprints	Albany, Wis./HS
Anita Maurer ** (C)	Sr	Steeplechase Downers	Grove, Ill./North
Kalie May	Fr	Distance	Zion, Ill./Zion Benton
Breeanna McCaw	Fr	Sprints	East Moline, Ill./United Township
Margaux Meyer	Fr	Mid Distance	Kirkwood, Mo./HS
Kelsey Moon	Fr	Mid Distance	Wauconda, Ill./Mundelein
Jane Nagle	So	Sprints	Davenport, Iowa/Assumption
Allison Nagy	Fr	Distance	Naperville, Ill./Neuqua Valley
Angela Norton	Fr	Distance	Mundelein, Ill./HS
Amanda Pease	Fr	Mid Distance	East Moline, Ill./United Township
Angela Pisani**	Jr	Mid Distance	Elmhurst, Ill./York
Catherine Pittman	Fr	Mid Distance	Mahomet, Ill./Mahomet-Seymour
Kirstilyn Pohlman*	So	Mid Distance	Winthrop Harbor, Ill./Zion-Benton
Julia Popp	Fr	Sprints	Belvidere, Ill./Rockford Boylan Catholic
Brittany Prazak *** (C)	Sr	Steeplechase	Naperville, Ill./North
Jennifer Prazak*	So	Mid Distance	Naperville, Ill./North
Alyssa Quamme	So	Sprints	Dundas, Minn./Northfield
Meaghan Reaney (C)	Sr	Mid Distance	New Lenox, Ill./Lincoln Way Central
Kirsten Rempala	Fr	Distance	Villa Park, Ill./Willowbrook
Katie Ries*	Sr	Distance	Iowa City, Iowa/Regina
Catherine Rinearson	Fr	Mid Distance	Ottawa, Ill./Marquette
Amanda Rodriguez	So	Distance	Mahomet, Ill./Mahomet-Seymour
Nia Rouse	Fr	Mid Distance	South Holland, Ill./Thornwood
Katherine Rowland	Sr	Sprints/Long Jump	Libertyville, Ill./HS
Kristin Sattizahn*	Sr	Distance	Erie, Ill./HS
Allie Scaggs	Jr	Sprints	Petersburg, Ill./Porta
Allison Schaley **	Sr	Hurdles	Cary, Ill./Cary Grove
Hannah Schneider **	Sr	Mid Distance	Downers Grove, Ill./North
Lauren Schneiderbauer	Fr	Pentathlon	Sterling, Ill./HS
Johanna Schnitzler	Fr	Hurdles	Woodridge, Ill./Downers Grove South
Hope Shiel	Fr	Distance	Prospect Heights, Ill./Hersey
Sara Sievert	Fr	Distance	Byron, Ill./HS
Bethany Siwek*	So	Throws	Woodstock, Ill./HS
Kierra Smith	Fr	Hurdles	Creston, Iowa/HS
Kelsey Stockert	Fr	Mid Distance	Mapleton, Ill./Peoria Notre Dame
Patricia Stoker**	Jr	Throws	Lincolnwood, Ill./Niles West
Emelia Strnad	Fr	Throws	Oconto, Wis./Oconto Falls
Taylor Tjardes*	So	Pole Vault	Gibson City, Ill./Gibson City/Melvin-Sibley
Alyssa Tworek	So	Distance	Hawthorn Woods, Ill./Carmel Catholic
Corinne Walker	Fr	Mid Distance	Champaign, Ill./Saint Thomas More
Amy Walsh *** (C)	Sr	Hurdles	Cary, Ill./Cary Grove
Beth Weiner	Fr	Sprinter	Naperville, Ill./North
Devon White	So	Javelin	DeKalb, Ill./Indian Creek
Kristen Whiteside	Fr	Mid Distance	Winthrop Harbor, Ill./Zion Benton
Shelby Wornack	Fr	Mid-Distance	Bettendorf, Iowa/HS
Madison Wynes	Fr	Mid Distance	Marshalltown, Iowa/HS

**HEAD COACH:** Fred Whiteside

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

**MANAGER:** Daun Greif

## 2009 AUGUSTANA WOMEN'S TRACK & FIELD INDOOR RESULTS

DATE	MEET	SITE	RESULT
01/09/10	Wisconsin-Oshkosh Triangular TEAM SCORES: 1. UW-Oshkosh 95.5, 2. Chicago 83, 3. AUGUSTANA 63	Oshkosh, Wisconsin	3rd of 3
01/16/10	Sol Butler Classic TEAM SCORES: 1. AUGUSTANA 124, 2. UW-Platteville 122, 3. Mt. Mercy 82, 4. Coe 77, 5. Loras 76, 6. Clarke 74.5, 7. Ashford 68, 8. Dubuque 48.5, 9. Edgewood 10	Dubuque, Iowa	1st of 9
01/23/10	Midwest Invitational	Monmouth, Illinois	No team scores
01/30/10	Lutheran Triangular TEAM SCORES: 1. Wartburg 147, 2. Grand View 108, 3. AUGUSTANA 91	Waverly, Iowa	3rd of 3
02/06/10	Warhawk Invitational 1. Winona State 134.5, 2. Chicago 114.5, 3. UW-Oshkosh 102, 4. North Central 97, 5. UW-Whitewater 70, 6. Loras 46.5, 7. AUGUSTANA 34, 8. UW-Parkside 29.5, 9. Judson 13	Whitewater, Wisconsin	7th of 9
02/13/10	Augustana Invitational	HOME	No team scores
02/19/10	Vs. UW-LaCrosse and Winona State TEAM SCORES: 1. Wisconsin-LaCrosse 144; 2. Winona State 123; 3. Augustana 58	LaCrosse, Wisconsin	3rd of 3
02/26-27/10	CCIW Championships TEAM SCORES: 1. Illinois Wesleyan 252; 2. North Central 198.5; 3. Carthage 87; 4. Millikin 54; 5. AUGUSTANA 35; 6. Elmhurst 14; 7. North Park 11; 8. Wheaton 10.5	Naperville, Illinois	5th of 8
03/05/10	Karl Schlender Last Chance Meet	Whitewater, Wisconsin	No Team Scores

## 2010 AUGUSTANA WOMEN'S TRACK & FIELD OUTDOOR RESULTS

DATE	MEET	SITE	RESULT
Mar. 19	Early Spring Opener TEAM SCORES: 1. St. Ambrose 302.5; 2. AUGUSTANA 213.5; Ashford 65	HOME	2nd of 3
Mar. 26-27	Viking Olympics TEAM SCORES: 1. Winona State 294; 2. AUGUSTANA 154; 3. St. Ambrose 152; 4. Monmouth 107; 5. Clarke 99.5; 6. Central 80; 7. Ashford 51.5; 8. D4 National Champion 14; 9. College of DuPage 12	HOME	2nd of 9
Apr. 5	Loras Easter Invitational	Dubuque, Iowa	No team scores
Apr. 9-10	Lee Calhoun Memorial Relays TEAM SCORES: 1. Eastern Illinois 194; 2. Marquette 130.33; 3. IPFW 75; 4. AUGUSTANA 72; 5. St. Ambrose 67; 6. Iowa 64.5; 7. Western Illinois 54.5; 8. Monmouth 44.83; 9. Millikin 41.5; 10. Florissant Valley CC 28; 11. Ashford 26.5; 12. Illinois College 21; 13. Lincoln College 17; 14. Bradley 5.83; 15. Principia 3; 16. Knox 1	Macomb, Illinois	4th of 16
Apr. 16-17	Augustana Invitational TEAM SCORES: 1. UW-Oshkosh 204.5; 2. UW-Stevens Point 134; 3. Monmouth 133.5; 4. Luther 99; 5. Loras 89; 6. AUGUSTANA 88; 7. St. Ambrose 87.5; 8. UW-Platteville 66; 9. Dubuque 46; 10. UW-Whitewater 14	HOME	6th of 10
Apr. 23-24	Drake Relays	Des Moines, Iowa	No team scores
Apr. 24	Loras Open	Dubuque, Iowa	No team scores
May 1	Fighting Scot Invitational TEAM SCORES: 1. Monmouth 132; 2. Illinois Wesleyan 115.5; 3. Truman State 102.5; 4. AUGUSTANA 78.5; 5. Loras 78; 6. Washington (Mo.) 63.5; 7. Mt. Mercy 62; 8. Millikin 49; 9. St. Ambrose 47; 10. North Park 14; 11. Knox 8	Monmouth, Illinois	4th of 11
May 7-8	CCIW Championship TEAM SCORES: 1. Illinois Wesleyan 245; 2. North Central 214.5; 3. Carthage 113.5; 4. Wheaton 78; 5. AUGUSTANA 71; 6. Millikin 68; 7. Elmhurst 18; 8. North Park 8	Wheaton, Illinois	5th of 8
May 14	Dr. Keeler Invitational	Naperville, Illinois	No team scores
May 15	Chicago Penultimate Qualifier	Chicago, Illinois	No team scores
May 21	Augustana Twilight Qualifier	HOME	No team scores
May 27-29	NCAA Division III National Championship	Berea, Ohio	

# 2010 AUGUSTANA TRACK & FIELD EVENT BESTS

## INDOOR SEASON

EVENT	ATHLETE	DATE	SITE	MARK
55	Ainsley Fedler (Burlington HS, Burlington, Iowa)	02/27/10	Naperville, Ill.	:07.44
55 Hurdles	Amy Walsh (Cary-Grove HS, Cary, Ill.)	02/27/10	Naperville, Ill.	:09.27
200	Valerie Bach (Palatine HS, Palatine, Ill.)	02/27/10	Naperville, Ill.	:27.53
300	Amy Walsh (Cary-Grove HS, Cary, Ill.)	02/13/10	HOME	:44.48
400	Brittney Bennett (Annawan HS, Annawan, Ill.)	02/27/10	Naperville, Ill.	1:02.10
500	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	02/13/10	HOME	1:20.33
600	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	01/23/10	Monmouth, Illinois	1:40.54
800	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	02/06/10	Whitewater, Wis.	2:18.73
1000	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	01/16/10	Dubuque, Iowa	3:10.94
2000	Brittany Prazak (Naperville North HS, Naperville, Ill.)	02/13/10	HOME	7:34.41
1 Mile	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	02/19/10	LaCrosse, Wis.	5:18.20
3000	Theresa Coverick (Stagg HS, Palos Park, Ill.)	02/19/10	LaCrosse, Wis.	10:54.07
5000	Theresa Coverick (Stagg HS, Palos Park, Ill.)	02/06/10	Whitewater, Wis.	19:30.45
20 # Wt	Amber Gruber (Rolling Meadows HS, Arlington Heights, Ill.)	02/13/10	HOME	39' 11 1/2"
High Jump	Kristen Klouda (West Chicago HS, Winfield, Ill.)	01/30/10	Waverly, Iowa	4' 9 1/2"
Long Jump	Ella Mathieson (Lyons Township HS, LaGrange, Ill.)	02/13/10	HOME	16' 5 1/2"
Triple Jump	Ella Mathieson (Lyons Township HS, LaGrange, Ill.)	02/13/10	HOME	35' 0 1/2"
Shot	Melanie Battistoni (York HS, Elmhurst, Ill.)	02/13/10	HOME	32' 5"
Pole Vault	Caitlin Quinn (Metamora HS, Metamora, Ill.)	01/16/10	Dubuque, Iowa	10' 6"
Pentathlon	Jennifer Prazak (Naperville North HS, Naperville, Ill.)	02/26/10	Naperville, Ill.	2,254
800 Relay	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)	02/06/10	Whitewater, Wis.	1:49.72
	Ainsley Fedler (Burlington HS, Burlington, Iowa)			
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Valerie Bach (Palatine HS, Palatine, Ill.)			
1600 Relay	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	02/27/10	Naperville, Ill.	4:06.22
	Amy Walsh (Cary-Grove HS, Cary, Ill.)			
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)			
3200 Relay	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)	02/13/10	HOME	10:04.85
	Emily Margosian (Neuqua Valley HS, Naperville, Ill.)			
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Valerie Bach (Palatine HS, Palatine, Ill.)			
Distance Medley	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	02/26/10	Naperville, Ill.	12:36.90
	Amy Walsh (Cary-Grove HS, Cary, Ill.)			
	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)			
	Annie Heifner (Oregon HS, Oregon, Wis.)			

## OUTDOOR SEASON

EVENT	ATHLETE	DATE	SITE	MARK
100	Ainsley Fedler (Burlington HS, Burlington, Iowa)	5/8/10	Wheaton, Ill.	:12.58
200	Brittney Bennett (Annawan HS, Annawan, Ill.)	5/21/10	Rock Island, Ill.	:26.40
400	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	4/17/10	Rock Island, Ill.	:59.09
800	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	5/14/10	Naperville, Ill.	2:13.82
1500	Angela Pisani (York HS, Elmhurst, Ill.)	5/21/10	Rock Island, Ill.	4:56.59
3000	Tara Bistry (Joliet Catholic HS, Shorewood, Ill.)	3/19/10	Rock Island, Ill.	11:12.55
5000	Theresa Coverick (Stagg HS, Palos Park, Ill.)	3/27/10	Rock Island, Ill.	18:45.72
10,000	Theresa Coverick (Stagg HS, Palos Park, Ill.)	4/17/10	Rock Island, Ill.	40:18.93
100 Hurdles	Amy Walsh (Cary-Grove HS, Cary, Ill.)	5/8/10	Wheaton, Ill.	:15.65
	Amy Walsh (Cary-Grove HS, Cary, Ill.)	5/21/10	Rock Island, Ill.	:15.65
400 Hurdles	Amy Walsh (Cary-Grove HS, Cary, Ill.)	5/21/10	Rock Island, Ill.	1:04.74
3000 Steeplechase	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	5/1/10	Monmouth, Ill.	11:30.95
High Jump	Megan Timmerman (Mundelein HS, Mundelein, Ill.)	5/8/10	Wheaton, Ill.	5' 1/4"
Long Jump	Ella Mathieson (Lyons Township HS, LaGrange, Ill.)	5/7/10	Wheaton, Ill.	17' 1 1/4"
Triple Jump	Ella Mathieson (Lyons Township HS, LaGrange, Ill.)	5/8/10	Wheaton, Ill.	35' 9 1/4"
Shot Put	Bethany Siwek (Woodstock HS, Woodstock, Ill.)	5/8/10	Wheaton, Ill.	32' 8 1/4"
Discus	Amber Gruber (Rolling Meadows HS, Arlington Heights, Ill.)	3/27/10	Rock Island, Ill.	107' 8"
Pole Vault	Caitlin Quinn (Metamora HS, Metamora, Ill.)	4/10/10	Macomb, Ill.	10' 5 1/2"
Hammer	Amber Gruber (Rolling Meadows HS, Arlington Heights, Ill.)	5/7/10	Wheaton, Ill.	131' 7"
Javelin	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)	4/17/10	Rock Island, Ill.	112' 3"
Heptathlon	Jennifer Prazak (Naperville North HS, Naperville, Ill.)	5/8/10	Wheaton, Ill.	3,066
4x100 Relay	Morgan Gale (Oregon HS, Oregon, Ill.)	5/21/10	Rock Island, Ill.	:49.98
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Valerie Bach (Palatine HS, Palatine, Ill.)			
	Ainsley Fedler (Burlington HS, Burlington, Iowa)			
4x200 Relay	Ainsley Fedler (Burlington HS, Burlington, Iowa)	4/23/10	Des Moines, Iowa	1:46.79
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Morgan Gale (Oregon HS, Oregon, Ill.)			
	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)			
Sprint Medley Relay	Ainsley Fedler (Burlington HS, Burlington, Iowa)	4/24/10	Des Moines, Iowa	4:21.84
	Morgan Gale (Oregon HS, Oregon, Ill.)			
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Angela Pisani (York HS, Elmhurst, Ill.)			
4x400 Relay	Brittany Bennett (Annawan HS, Annawan, Ill.)	5/8/10	Wheaton, Ill.	4:00.75
	Amy Walsh (Cary-Grove HS, Cary, Ill.)			
	Sarahbeth Jones (Warren HS, Wadsworth, Ill.)			
	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)			
4x800 Relay	Sarahbeth Jones (Warren HS, Wadsworth, Ill.)	4/24/10	Des Moines, Iowa	9:21.93
	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)			
	Annie Heifner (Oregon HS, Oregon, Wis.)			
	Sammie Laskowski (Reavis HS, Oak Lawn, Ill.)			
Hurdle Shuttle Relay	Amy Walsh (Cary-Grove HS, Cary, Ill.)	3/26/10	Rock Island, Ill.	1:12.01
	Emily Margosian (Neuqua Valley HS, Naperville, Ill.)			
	Brittney Bennett (Annawan HS, Annawan, Ill.)			
	Valerie Bustle (Geneseo HS, Geneseo, Ill.)			
Distance Medley	Hannah Hottle (Monmouth-Roseville HS, Monmouth, Ill.)	4/23/10	Des Moines, Iowa	12:31.99
	Amy Walsh (Cary-Grove HS, Cary, Ill.)			
	Sarahbeth Jones (Warren HS, Wadsworth, Ill.)			
	Annie Heifner (Oregon HS, Oregon, Wis.)			



## Hannah Hottle and Amy Walsh share MVP honors for Vikings in 2010; Augustana finishes season ranked 28th in NCAA Division III poll; Two new school records set during the year

A pair of juniors: hurdler Amy Walsh (**Cary-Grove HS, Cary, Ill.**) and distance runner Hannah Hottle (**Monmouth-Roseville HS, Monmouth, Ill.**) shared the Most Valuable Performer honor for the 2010 Augustana women's track & field team. The Vikings of veteran head coach Fred Whiteside ended the season ranked 28th in NCAA Division III in the final dual meet rankings.

Walsh and Hottle showed incredible versatility throughout the year as they led the team to a fifth place finish in the College Conference of Illinois & Wisconsin championship and second place finishes in the Early Spring Opener and Viking Olympics. The Vikings were also fourth in the Fighting Scot Invitational, fourth in the Lee Calhoun Memorial Invitational and sixth in the Augustana Invitational.

Hottle set a new school record in the 3000 steeplechase when she ran 11:30.95 on May 1 at the Fighting Scot Invitational on May 1 in Monmouth, Illinois. She also met the qualifying time for the NCAA Division III national meet in the 800 when she clocked a time of 2:13.82 on May 14 at the Dr. Keeler Invitational in Naperville, Illinois. During the year she also had the fastest time in the 400 at :59.09. She was a regular on the 1600, 3200 and distance medley relay teams as well. She ran a leg on the school record 3200 relay team that turned in a time of 9:21.93 at the Drake Relays on April 24, breaking the old mark by nearly seven seconds. At the College Conference of Illinois & Wisconsin meet on May 8 in Wheaton, Illinois she was second in the 800 with a time of 2:16.43.

Walsh had the best time for the Vikings in the 100 hurdles and the 400 hurdles. She ran :15.65 at the CCIW meet in Wheaton on May 8 in the 100 hurdles and her best clocking in the 400 hurdles was 1:04.74 at the Augie Twilight Qualifier at home on May 21. She placed second in the CCIW in the 400 hurdles with a time of 1:05.47 and was fifth in the 100 hurdles. She was also a regular on the 1600 relay team.

Joining Hottle on that school record 3200 relay team were Sarahbeth Jones (**Warren HS, Wadsworth, Ill.**), Annie Heifner (**Oregon HS, Oregon, Wis.**) and Samantha Laskowski (**Reavis HS, Oak Lawn, Ill.**).

Jones was named the Most Valuable Freshman. She ran the 800 and was sixth in the CCIW meet.

The Most Improved Performer award was shared by five athletes. Junior heptathlete Brittney Bennett (**Annawan HS, Annawan, Ill.**), sophomore distance runner Angela Pisani (**York HS, Elmhurst, Ill.**), sophomore thrower Amber Gruber (**Rolling Meadows HS, Arlington Heights, Ill.**), junior distance runner Anita Maurer (**Downers Grove North HS, Downers Grove, Ill.**) and senior javelin thrower Brooke Sebek (**Mother McAuley HS, Chicago, Ill.**) were the winners.

The "Erica Vortman Viking" honor went to senior Valerie Bustle (**Geneseo HS, Geneseo, Ill.**) and freshman Jennifer Prazak (**Naperville North HS, Naperville, Ill.**). Bustle was a team captain this past season and she won the same award in the indoor campaign. She was also a winner of the "Erica Vortman Viking" award during both the indoor and outdoor seasons as a sophomore.

The team elected seven captains for the 2011 season and those are: Bennett, Hottle, Maurer, Ella Mathieson (**Lyons Township HS, LaGrange, Ill.**), Brittany Prazak (**Naperville North HS, Naperville, Ill.**), Meaghan Reaney (**Lincoln-Way Central HS, New Lenox, Ill.**) and Walsh.

The captains for 2010 were Bustle, Ainsley Fedler (**Burlington HS, Burlington, Iowa**), Samantha Laskowski (**Reavis HS, Oak Lawn, Ill.**) and Caitlin Quinn (**Metamora HS, Metamora, Ill.**).

Fedler was the top sprinter on the team this year, recording the best times in the 100 (:12.58) and 200 (:26.40). Hottle had the best time in

the 400 (:59.09), 800 (2:13.82) and 3000 steeplechase (11:30.95). Walsh was tops in both hurdles events with a clocking of :15.65 in the 100 and 1:04.74 in the 400. Freshman Theresa Coverick (**Stagg HS, Palos Park, Ill.**) had the best time in the 5000 (18:45.72) and 10,000 (40:18.93).

In the field events, junior Ella Mathieson (**Lyons Township HS, LaGrange, Ill.**) had the best mark in the long jump (17' 1 1/4") and triple jump (35' 9 1/4"). Senior Caitlin Quinn (**Metamora HS, Metamora, Ill.**) put the finishing touches on a fine career as a pole vaulter by having the best clearance at 10' 5 1/2". Senior Libby Geison (**Bloomington HS, Bloomington, Ill.**) was also a consistent place winner in the pole vault and she was the winner of the Knut Erickson Award as the senior blanket award winner with the highest overall grade point average.

Whiteside finished his 23rd season at the helm of the Augustana women's track & field fortunes. During that time frame he has guided the Vikings to 12 CCIW titles, including a stretch of nine in a row from 1992-93 through 2000-01.

## 2010 AUGUSTANA SUPERLATIVES

AUGUSTANA SCHOOL RECORDS: 3000 Steeplechase – Hannah Hottle, 11:30.95 on May 1 at Fighting Scot Invitational in Monmouth – breaks old record of Hottle's (11:36.80) set in 2009...3200 Relay – 9:21.93 (Sarahbeth Jones, Hannah Hottle, Annie Heifner, Samantha Laskowski) set on April 24 at Drake Relays – breaks old record of 9:28.60 set in 1998 by Maegan Harris, Jennifer Walsh, Amy Knapp, Kristy Windy. CCIW INDIVIDUAL PLACEWINNERS: 100 – Ainsley Fedler 6th (:12.58)...800 – Hannah Hottle 2nd (2:16.43) & Sarahbeth Jones 8th (2:22.66)...100 hurdles – Amy Walsh 5th (:15.65)...400 hurdles – Amy Walsh 2nd (1:05.47)...3000 steeplechase – Annie Heifner 4th (11:46.54)...400 relay 4th (Ainsley Fedler, Katie Bedene, Valerie Bach, Brittney Bennett) :50.43...1600 relay 3rd (Brittney Bennett, Amy Walsh, Sarahbeth Jones, Hannah Hottle) 4:00.75...High Jump – Megan Timmerman 4th (5' 0 1/4")...Pole Vault – Caitlin Quinn 3rd (10' 4") & Libby Geison 3rd (10' 4")...Long Jump – Ella Mathieson 5th (17' 1 1/4")...Triple Jump – Ella Mathieson 3rd (35' 8 1/4")...Hammer – Amber Gruber 4th (131' 7").  
USTFCCA ALL-ACADEMIC TEAM:  
CCIW ACADEMIC ALL-CONFERENCE: Sarah Blythe, Valerie Bustle, Krystal Damiano, Danielle Detelich, Ainsley Fedler, Libby Geison, Samantha Laskowski, Caitlin Quinn, Megan Timmerman, Kelsey Unseth, Hannah Hottle, Ella Mathieson, Katherine Rowland, Hannah Schneider, Amy Walsh, Melanie Battistoni, Morgan Gale, Sarah Johnson, Patricia Stoker, Theresa Coverick, Katherine Dinkel, Jennifer Garrett, Annie Heifner, Sarahbeth Jones, Emily Margosian.  
CCIW ATHLETE OF THE WEEK – Caitlin Quinn on March 19 at Early Spring Opener... Hannah Hottle on March 27 at Viking Olympics.

### NCAA DIVISION III NATIONAL QUALIFIERS

800 – Hannah Hottle, 2:13.82 on 05/14/10 at the Dr. Keeler Invitational in Naperville, Illinois.

### AUGUSTANA TEAM AWARDS

MVP: Hannah Hottle & Amy Walsh; Most Valuable Freshman: Sarahbeth Jones; Most Improved: Brittney Bennett, Angela Pisani, Amber Gruber, Anita Maurer, Brooke Sebek. 2010 Team Captains: Valerie Bustle, Ainsley Fedler, Samantha Laskowski, Caitlin Quinn, Erica Vortman Viking Spirit Award: Valerie Bustle & Jennifer Prazak. 2011 Captains-elect: Brittney Bennett, Hannah Hottle, Anita Maurer, Ella Mathieson, Brittany Prazak, Meghan Reaney, Amy Walsh.

### AUGUSTANA TEAM FINISHES

USTFCCA POWER RANKING: 28th  
CCIW CHAMPIONSHIPS: 5th place, 71 points  
INVITATIONALS: Early Spring Opener, 03/19/10 – 2nd of 3...Viking Olympics, 03/27/10 – 2nd of 9...Lee Calhoun Memorial Invitational, 04/09/10 – 4th of 16...Fighting Scot Invitational, 05/01/10 – 4th of 11...Augustana Invitational, 04/17/10 – 6th of 10...Also competed in the Loras Easter Invitational on 04/05/10 in Dubuque, Iowa, Drake Relays on 04/23-24/10 in Des Moines, Iowa, Loras Open on 04/24/10 in Dubuque, Iowa, Dr. Keeler Invitational on 05/14/10 in Naperville, Illinois, Chicago Penultimate Qualifier on 05/15/10 in Chicago, Illinois and Augustana Twilight Qualifier on 05/21/10 at home – no team scores were kept in those meets.

## 2010 COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN INDOOR WOMEN'S TRACK & FIELD CHAMPIONSHIP

February 26-27, 2010  
North Central College  
Naperville, Illinois

PLACE	SCHOOL	POINTS
1.	Illinois Wesleyan	252
2.	North Central	198
3.	Carthage	87
4.	Millikin	54
5.	AUGUSTANA	35
6.	Elmhurst	14
7.	North Park	11
8.	Wheaton	11

EVENT	ATHLETE	SCHOOL	MARK
55	Amanda LaRocca	Ill. Wesleyan	:07.16
200	Shavantay Thomas	Ill. Wesleyan	:25.02
400	Ali McCoy	Ill. Wesleyan	:57.24
800	Mackenzie Clemens	Ill. Wesleyan	2:19:27
Mile	Kerry Devitt	Ill. Wesleyan	5:16.73
3000	Amanda Laesch	North Central	10:27.04
5000	Kerry Devitt	Ill. Wesleyan	17:58.90
55 Hurdles	Amanda LaRocca	Ill. Wesleyan	:08.89
1600 Relay		Ill. Wesleyan	4:00.1
Distance Medley		Ill. Wesleyan	12:08.98
High Jump	Michelle Criscione	North Central	5' 5 1/4"
Pole Vault	Rachel Secrest	North Central	12'01 1/2"
Long Jump	Lauren Alpert	Ill. Wesleyan	18'01"
Triple Jump	Chinny Ekwulugo	Ill. Wesleyan	37' 9 1/4"
Shot Put	Leann Spesards	Millikin	41'10 3/4"
Weight Throw	Allison May	Millikin	51' 9 1/4"
Pentathlon	Sarah Thompson	Carthage	3230.00

### 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
2010	Illinois Wesleyan	5th - Augustana

### AUGUSTANA EARNS USTFCCCA ACADEMIC HONORS AGAIN

For the 18th 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.

## 2010 COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN OUTDOOR WOMEN'S TRACK & FIELD CHAMPIONSHIPS

May 7-8, 2010  
Wheaton College  
Wheaton, Illinois

PLACE	TEAM	POINTS
1.	Illinois Wesleyan	245
2.	North Central	214.5
3.	Carthage	113.5
4.	Wheaton	78
5.	AUGUSTANA	71
6.	Millikin	68
7.	Elmhurst	18
8.	North Park	8

EVENT	WINNER	SCHOOL	MARK
100	Amanda LaRocca	Ill. Wesleyan	:11.98
200	Amanda LaRocca	Ill. Wesleyan	:25.23
400	Ali McCoy	Ill. Wesleyan	:56.83
800	Mackenzie Clemens	Ill. Wesleyan	2:16.40
1500	Mackenzie Clemens	Ill. Wesleyan	4:47.02
5000	Amanda Laesch	North Central	17:49.86
10,000	Amanda Laesch	North Central	37:13.87
100 hurdles	Amanda LaRocca	Ill. Wesleyan	:14.55
400 hurdles	Bridgette Starwalt	Millikin	1:04.15
3000 Steeple	Sarah Beasley	Wheaton	11:29.49
4x100 relay		Ill. Wesleyan	:48.92
4x400 Relay		North Central	3:57.40
High jump	Michelle Criscione	North Central	5' 5"
Pole vault	Rachel Secrest	North Central	12' 10 1/4"
Long Jump	Amanda LaRocca	Ill. Wesleyan	18' 8 1/2"
Triple Jump	Chinny Ekwulugo	Ill. Wesleyan	36' 5 1/2"
Shot Put	Mindy Harrington	Carthage	43' 4 1/2"
Discus	Brittany Sherron	Millikin	136' 2"
Hammer	Ahvie Greene	Carthage	155' 5"
Javelin	Kristine Zizis	North Central	119' 9"
Heptathlon	Christine Nelson	Carthage	4,422.

### CCIW OUTDOOR TEAM CHAMPIONS

2010	Illinois Wesleyan	5th - Augustana
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	11:30.95	Hannah Hottle	2010
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	9:21.93	Sarabeth Jones, Hannah Hottle, Annie Heifner, Samantha Laskowski	2010
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 the indoor CCIW championships 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 VIKINGS TOP 10 OUTDOOR PERFORMERS

<b>100</b>			<b>5000</b>			<b>SHOT</b>		
:11.96	Keli Coleman	2008	17:28.53	Kim Lehman	1983	44-5 1/2	Marissa Banks	2008
:12.16	Maria Philip	1993	17:39.83	Susan Paige	1997	43-10 1/2	Jodi Stanton	2005
:12.28	Theresa Suwannapal	2006	18:11.01	Christina Gamzer	2001	40-10	Becca Parker	2002
:12.31	Kai Frazier	2008	18:17.51	Ellen Adams	2009	40-9 1/2	Sara Freberg	2000
:12.33	Kristi Boesen	1999	18:24.04	Lauren Habenicht	2001	40-7	Kristin Pittman	1993
:12.51	Devon Morrison	2003	18:25.84	Susan Wall	1991	40-0 1/4	Julie Peterson	1982
:12.52	Ainsley Fedler	2008	18:28.94	Kelly Roliardi	1999	39-8	Kami Hamacher	1992
:12.59	Rita Jett	1987	18:32.78	Rachel Knapp	1995	39-3	Sue Peterson	1984
:12.64	Curline West	1976	18:36.97	Liz Stoppel	2000	39-0 1/2	Paula Neiweem	2007
:12.64	Kim Baier	1999	18:38.04	Kris Burke	1987	39-0 1/4	Julie Braun	2000
<b>200</b>			<b>10,000</b>			<b>HIGH JUMP</b>		
:25.05	Theresa Suwannapal	2006	36:21.85	Susan Paige	1999	5-7 3/4	Julie Weber	1991
:25.07	Keli Coleman	2008	37:34.90	Lauren Habenicht	2001	5-7 1/4	Allison Wolak	1997
:25.14	Kristi Boesen	1999	38:10.44	Kim Lehman	1984	5-6	Kim Wallace	1994
:25.26	Maria Philip	1993	38:13.51	Laurie Morgenthal	2002	5-6	Kathy Johnson	1986
:25.36	Meribeth Schwartz	1993	38:30.43	Jilian Rigert	2009	5-5	Shelli Smith	1981
:25.82	Kai Frazier	2009	39:07.43	Liz Stoppel	2000	5-4 1/2	Jill Patronagio	1998
:25.84	Andra Olson	1975	39:14.62	Nicky Pehle	1999	5-4	Suzanne Billings	1997
:25.90	Devon Morrison	2000	39:17.84	Shelley Schaefer	1998	5-4	Andra Olson	1975
:26.04	Jeanette Hodgkinson	1982	39:25.37	Erin Marciniac	2002	5-3 3/4	Erin Blecha	2007
:26.08	Manda Geerts	2004	39:31.24	Susan Wall	1991	5-3 3/4	Lisa Johnson	2002
<b>400</b>			<b>1500 STEEPLECHASE</b>			<b>LONG JUMP</b>		
:56.01	Meribeth Schwartz	1992	5:24.80	Shannon Moore	1995	18-5	Cynthia Coordes	1984
:57.61	Rita Jett	1987	5:49.53	Wendy Mileham	1998	18-3 1/4	Sheila Schwoob	1991
:57.83	Jacquelyn Olsen	2005	5:52.57	Lisa Johnson	1999	18-2 1/2	Rita Jett	1986
:57.97	Chrissy Hammer	1998	5:54.24	Liz Stoppel	1999	18-1 3/4	Kelsey Duhai	2009
:58.05	Jacqueline Bowden	1995	5:58.04	Jennifer Harrington	1993	18-1 1/4	Kim Wallace	1994
:58.59	Kim Nelson	2004	6:00.18	Jennifer Livingston	1998	18-1	Tammie Beasley	2000
:59.06	Amy Tirmenstein	2000	6:02.88	Dana Hileman	1999	18-0 3/4	Amy Tirmenstein	2000
:59.09	Hannah Hottle	2010	6:04.64	Lori Naert	1996	18-0 1/2	Kim Baier	1999
:59.16	Jessica Corvo	2006	6:05.33	Liz Stoppel	1998	18-0	Meghan Voiland	2007
:59.34	Holly O'Donnell	1984	6:06.63	Keri Kraps	1998	18-0	Erika Meyers	1990
<b>800</b>			<b>HEPTATHLON</b>			17-9 3/4	Manda Geerts	2004
2:11.70	Rachel Knapp	1995	4715	Kim Wallace	1994	<b>TRIPLE JUMP</b>		
2:11.74	Chris Caldwell	1975	4661	Suzanne Billings	1997	39-8	Meghan Voiland	2007
2:13.61	Hannah Hottle	2010	4321	Amy Calderone	2001	38-6 3/4	Tammie Beasley	2001
2:13.76	Maegan Harris	2000	4255	Allison Wolak	1996	37-10 1/4	Patti Wenig	1990
2:14.08	Jennifer Paul	2004	4253	Shelli Smith	1983	37-6 3/4	Darci Hudders	1998
2:14.09	Meribeth Schwartz	1992	4186	Lisa Johnson	2002	37-4	Kelsey Duhai	2008
2:15.98	Jay Walsh	1999	4165	Michelle Yocherer	1996	37-3 1/4	Amy Tirmenstein	2000
2:16.04	Andra Olson	1975	4135	Val Boyd	1984	37-1 1/4	Suzanne Udhen	2006
2:16.81	Liz Driscoll	2007	4017	Juli Weber	1990	37-0 1/4	Julie Weber	1991
2:17.68	Sarabeth Jones	2010	3920	Shawna Nelsen	1992	36-11	Bekki Cheatham	2006
<b>1500</b>			<b>100 HURDLES</b>			36-1 3/4	Ella Mathieson	2008
4:35.01	Kristy Windy	1998	:14.30	Theresa Suwannapal	2006	<b>HAMMER THROW</b>		
4:35.76	Liz Driscoll	2008	:14.74	Kim Wallace	1994	154-9	Paula Neiweem	2009
4:37.02	Rachel Knapp	1995	:14.75	Meghan Voiland	2007	151-5	Marissa Banks	2009
4:39.30	Jennifer Walsh	2000	:14.89	Lindsey Homfeldt	2006	148-5	Kristin Pittman	1996
4:40.09	Jennifer Paul	2004	:14.95	Allison Wolak	1998	146-5	Desiree Butcher	2005
4:40.48	Susan Paige	1999	:15.02	Tracy Skibitzki	2003	138-3	Becca Parker	2002
4:42.44	Samantha Maron	1990	:15.12	Kali Minkler	2007	131-7	Amber Gruber	2010
4:43.74	Cathy Kries	1983	:15.30	Michelle Yocherer	1996	125-6	Julie Braun	2000
4:44.84	Janice Rees	1988	:15.35	Shelli Smith	1982	123-5	Tara Lozowski	1998
4:46.04	Chris Caldwell	1976	:15.65	Amy Walsh	2010	122-10	Theresa Kelly	2007
<b>3000</b>			<b>400 HURDLES</b>			118-2	Karin Broten	1999
10:02.85	Susan Paige	1998	1:03.85	Manda Geerts	2004	<b>POLE VAULT</b>		
10:03.94	Rachel Knapp	1995	1:03.87	Patti Wenig	1990	12-10 1/4	Meghan Voiland	2007
10:11.84	Kim Lehman	1983	1:04.52	Tracy Skibitzki	2003	11-11 3/4	Kali Minkler	2007
10:13.31	Kelly Roliardi	1999	1:04.54	Carey Bartz	1988	11-8 1/2	Kim Baier	2001
10:22.54	Samantha Maron	1990	1:04.74	Amy Walsh	2010	11-4 1/4	Manda Geerts	2003
10:23.29	Kristy Windy	1998	1:04.95	Allison Schaley	2009	11-1	Lindsey Mathias	2003
10:24.17	Janice Rees	1988	1:05.67	Lindsey Homfeldt	2006	10-10	Caitlin Quinn	2009
10:32.14	Nicky Pehle	1999	1:06.08	Tammy Vesey	1999	10-8 3/4	Libby Geison	2009
10:33.91	Christina Gamzer	1999	1:06.29	Julia Goode	1994	10-6	Beth Untz	2004
10:34.54	Susan Wall	1990	1:07.13	Val Curry	1991	10-6	Tara Franck	2005
<b>2000 STEEPLECHASE</b>			<b>DISCUS</b>			9-10	Kristin Klouda	2009
7:44.02	Megan Carlson	2001	158-9	Marissa Banks	2008			
7:52.82	Jennifer Vortman	2003	144-5	Kristin Pittman	1996			
7:53.79	Julie Cassata	2003	132-5	Lynn Schenk	1985			
8:14.74	Laurie Morgenthal	2001	131-5	Becca Parker	2001			
8:21.04	Liz Yemm	2004	130-5	Julie Nelson	1982			
8:31.53	Lisa Johnson	2000	129-0	Julie Braun	2000			
8:35.09	Jane Schild	2000	128-4	Alaina Inskeep	2000			
8:43.44	Brittney Boerma	2002	128-0	Julie Peterson	1982			
8:59.07	Emily Hinds	2000	126-11	Suzanne Wonser	1992			
9:22.74	Rachel Altergott	2002	125-0	Tina Williams	1990			
<b>3000 STEEPLECHASE</b>			<b>JAVELIN</b>					
11:30.95	Hanna Hottle	2010	142-1	Amy Calderone	2001			
11:46.54	Annie Heifner	2010	137-3	Carol Reif	2003			
11:48.71	Jenna McAdam	2006	130-10	Annette Kuhel	1991			
11:50.94	Erin Marciniac	2005	128-7	Kim Wallace	1993			
11:54.74	Jennifer Vortman	2003	128-7	Lori Cushman	1986			
11:54.94	Julie Casatta	2003	125-4	Suzanne Billings	1997			
12:09.64	Megan Carlson	2002	124-1	Peggy Lawler	1993			
12:24.44	Katie Ries	2010	121-7	Val Boyd	1985			
12:27.14	Theresa Coverick	2010	119-8	Kim Feige	1977			
12:27.86	Sarah Johnson	2010	117-6	Alexes Faulkner	2007			



## AUGUSTANA INDOOR SCHOOL RECORDS

<b>EVENT</b>	<b>RECORD</b>	<b>RECORD HOLDER</b>	<b>YEAR</b>
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	2003
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	2008
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	3:58.18	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, Stacey Green, Pam Anderson, 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 team will travel to San Juan, Puerto Rico in the 1st week of January 2011 for a week of practice and competition.

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 and bike trails 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 VIKINGS TOP 10 INDOOR PERFORMERS

<b>55</b>							
:07.08	Keli Coleman	2008	<b>1500</b>			<b>200 HURDLES</b>	
:07.31	Maria Philip	1994	4:40.84	Susan Paige	1999	:29.82	Tracy Skibitzki
:07.42	Devon Morrison	2003	4:41.22	Kristy Windy	1998	:30.23	Manda Geerts
:07.44	Kai Frazier	2008	4:42.80	Rachel Knapp	1995	:30.89	Julia Goode
:07.44	Kristi Boesen	1999	4:43.74	Jay Walsh	1999	:31.10	Elyce Kluz
:07.44	Ainsley Fedler	2010	4:44.92	Maegan Harris	2000	:31.44	Kristen Wisniewski
:07.50	Manda Geerts	2004	4:47.54	Jennifer Paul	2004	:31.47	Laura Kendall
:07.51	Kim Baier	1998	4:48.31	Christina Gamzer	2002	:32.04	Michelle Yocherer
:07.54	Felicia Carrell	1995	4:48.84	Kelly Roliardi	1999	:32.06	Jordana Taylor
:07.55	Theresa Suwannapal	2007	4:53.55	Katie King	1995	:32.07	Vicki Monti
			4:53.74	Samantha Maron	1990	:32.13	Tammie Vesey
<b>60</b>							
:07.81	Keli Coleman	2006	<b>MILE</b>			<b>SHOT</b>	
:08.01	Kai Frazier	2008	5:00.34	Rachel Knapp	1995	44-11 1/2	Marissa Banks
:08.13	Theresa Suwannapal	2007	5:02.93	Liz Driscoll	2008	43-6 1/4	Jodi Stanton
:08.19	Manda Geerts	2004	5:12.75	Susan Paige	1999	40-11 1/2	Becca Parker
:08.25	Devon Morrison	2000	5:14.96	Kelly Roliardi	1998	40-1	Sara Freeburg
:08.28	Ainsley Fedler	2008	5:15.41	Jennifer Smith	2003	39-11 1/2	Kristin Pittman
:08.36	Krista Dayton	2007	5:16.19	Ellen Adams	2009	38-7 1/2	Lisa Freberg
:08.43	Kim Baier	2000	5:17.69	Maegan Harris	1999	38-6	Paula Neiweem
:08.47	Kathy Schmidt	1999	5:17.78	Jennifer Paul	2004	38-1 3/4	Desiree Butcher
:08.48	Laura Wittland	2008	5:18.04	Kim Lehman	1983	37-10	Sue Peterson
			5:18.20	Hannah Hottle	2010	37-1	Teisha Tuftee
<b>200</b>							
:25.68	Keli Coleman	2008	<b>2000</b>			<b>HIGH JUMP</b>	
:26.29	Kristine Boesen	1999	6:52.04	Jennifer Smith	2003	5-7 1/4	Kim Wallace
:26.59	Kai Frazier	2008	7:01.24	Erin Fiene	2003	5-6	Allison Wolak
:26.70	Theresa Suwannapal	2007	7:04.24	Ellen Adams	2009	5-5	Jill Patronagio
:26.74	Jacquelyn Olsen	2006	7:04.74	Stephanie McHone	2004	5-5	Shelli Smith
:27.03	Kimberly Baier	2001	7:05.68	Lauren Habenicht	2001	5-4 1/2	Erin Blecha
:27.05	Lindsey Homfeldt	2007	7:11.18	Nicky Pehle	2000	5-4	Rachel Walschleger
:27.06	Meribeth Schwartz	1993	7:15.42	Megan Wadington	2001	5-4	Juli Weber
:27.09	Manda Geerts	2004	7:26.07	Ali Garrett	2001	5-2 1/2	Casey Jacobs
:27.10	Devon Morrison	2003	7:31.31	Jessica Chalmers	2005	5-2	Lisa Johnson
			7:33.80	Anna Denton	2005	5-1 3/4	Janine Morris
						5-1 3/4	Katie Reif
<b>300</b>							
:42.47	Kristine Boesen	1999	<b>3000</b>			<b>LONG JUMP</b>	
:42.68	Manda Geerts	2004	10:15.27	Susan Paige	1999	18-3	Kelsey Duhai
:42.90	Jacquelyn Olsen	2006	10:26.24	Christina Gamzer	1999	17-11 3/4	Tammie Beasley
:43.51	Kim Baier	2000	10:33.04	Rachel Knapp	1995	17-11 1/2	Kim Wallace
:43.55	Devon Morrison	2003	10:34.76	Ellen Adams	2009	17-11 1/2	Maria Philip
:43.94	Amy Timmerstein	2000	10:37.73	Nicky Pehle	1999	17-11 1/2	Amy Timmerstein
:43.96	Jessica Corvo	2006	10:40.84	Kelly Roliardi	1998	17-10	Kim Baier
:44.09	Kim Nelson	2003	10:42.59	Liz Driscoll	2007	17-6	Suzanne Udehn
:44.22	Lindsey Homfeldt	2008	10:43.30	Katie King	1995	17-5 1/4	Manda Geerts
:44.30	Tracy Skibitzki	2003	10:45.90	Erin Marciniac	2002	17-2 1/2	Darci Hudders
			10:47.18	Melissa Engel	2007	17-1 1/2	Sheila Schwoob
						17-0 3/4	Megan Voiland
<b>400</b>							
:58.25	Meribeth Schwartz	1993	<b>5000</b>			<b>TRIPLE JUMP</b>	
:59.16	Chrissy Hammer	1998	17:40.21	Susan Paige	1998	38-6 3/4	Meghan Voiland
:59.97	Sarah Bremer	2006	18:27.01	Christina Gamzer	1999	38-1 1/4	Patti Wenig
1:00.12	Jacquelyn Olsen	2007	18:29.21	Kelly Roliardi	1999	37-8 3/4	Kelsey Duhai
1:00.14	Carey Bartz	1988	18:38.03	Ellen Adams	2008	37-5	Tammie Beasley
1:00.32	Amy Timmerstein	2001	18:39.17	Jilian Rigert	2009	36-9 1/4	Suzanne Udehn
1:00.61	Manda Geerts	2004	18:45.30	Lauren Habenicht	2001	36-2	Juli Weber
1:00.63	Jacqueline Bowden	1995	18:46.76	Melissa Engel	2007	35-10	Amy Timmerstein
1:00.77	Amy Knapp	1999	18:47.00	Megan Wadington	2001	35-8 3/4	Tracy Skibitzki
1:00.78	Jessica Corvo	2005	18:47.94	Liz Stoppel	2001	35-7	Casey Jacobs
			18:53.64	Erin Fiene	2003	35-5 1/2	Bekki Cheatham
<b>600</b>							
1:38.87	Kristy Windy	1998	<b>PENTATHLON</b>			<b>20 POUND WEIGHT THROW</b>	
1:40.33	Liz Driscoll	2008	2,632	Juli Weber	1991	52-2 1/2	Paula Neiweem
1:40.54	Hannah Hottle	2010	2,622	Val Boyd	1985	49-8 1/2	Marissa Banks
1:40.65	Sara Bremer	2006	2,440	Brittney Bennett	2009	46-9 1/2	Tara Lozowski
1:40.70	Meribeth Schwartz	1998	2,352	Kristen Wisniewski	1995	45-8 1/2	Becca Parker
1:40.73	Amy Knapp	1992	2,254	Jennifer Prazak	2010	44-5 1/4	Julie Braun
1:41.59	Jay Walsh	2000	2,177	Kyle Baird	2009	44-4 3/4	Kristin Pittman
1:41.81	Karina Carson	2006	2,053	Peggy Lawfer	1992	43-9	Desiree Butcher
1:42.04	Marni Wahlert	1988	2,017	Michelle Yocherer	1993	39-11 1/2	Amber Gruber
1:42.15	Jennifer Smith	2003	1,846	Julie Ross	1996	39-8 1/4	Sheila Nolan
			1,827	Stephanie Simons	1996	39-7 3/4	Chelsea Rowan
<b>800</b>							
2:11.63	Rachel Knapp	1995	<b>55 HURDLES</b>			<b>POLE VALUT</b>	
2:14.53	Maegan Harris	2000	:08.20	Theresa Suwannapal	2007	12-11 1/2	Meghan Voiland
2:17.84	Jay Walsh	1999	:08.48	Kim Wallace	1995	11-6 1/4	Kali Minkler
2:17.93	Liz Driscoll	2008	:08.51	Meghan Voiland	2007	11-4 1/2	Kim Baier
2:18.40	Kristy Windy	1996	:08.57	Tracy Skibitzki	2003	10-9	Lindsey Mathias
2:18.73	Jennifer Smith	2003	:08.65	Elyce Kluz	2003	10-6 3/4	Manda Geerts
2:18.73	Hannah Hottle	2010	:08.73	Allison Wolak	1998	10-6	Elizabeth Untz
2:18.84	Meribeth Schwartz	1993	:08.74	Lindsey Homfeldt	2008	10-6	Caitlin Quinn
2:20.03	Lauren Keck	1991	:08.80	Michelle Yocherer	1995	10-4	Tara Franck
2:21.76	Sarabeth Jones	2010	:08.81	Tammie Beasley	1999	10-2	Libby Geison
			:08.94	Laura Kendall	2004	9-7	Kristy Klouda
<b>1000</b>							
3:01.27	Liz Driscoll	2007	<b>60 HURDLES</b>				
3:02.69	Maegan Harris	1999	:09.06	Theresa Suwannapal	2006		
3:03.74	Rachel Knapp	1995	:09.30	Meghan Voiland	2006		
3:05.69	Susan Paige	1997	:09.40	Allison Wolak	1996		
3:06.04	Lauren Keck	1991	:09.45	Lindsey Homfeldt	2008		
3:06.34	Devone Smith	1999	:09.80	Tracy Skibitzki	2002		
3:06.65	Jennifer Walsh	2000	:09.94	Laura Kendall	2004		
3:06.99	Pam Anderson	1997	:10.11	Elyce Kluz	2001		
3:07.64	Kristy Windy	1998	:10.15	Alison Schaley	2008		
3:07.83	Shannon Moore	1995	:10.16	Jordana Taylor	2000		
			:10.30	Vicki Monti	1999		

# AUGUSTANA ALL TIME TRACK LETTERWINNERS

## A

Ellen Adams - 2007-08-09  
Mary Betsay 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  
Valerie Bach - 2010  
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 - 2009-10  
Angela Baumgartner - 2007; 09  
Samantha Bazely - 2010  
Jennifer Beal - 2003-04  
Tammie Beasley - 1999-00-01-02  
Jamie Bechina - 1998-99-00-01  
Katie Bedene - 2009-10  
Jessica Belle - 2006-07-08  
Brittney Bennett - 2008-09-10  
Barbara Benson - 1983-84-85-86  
Nancy Bertram - 1978  
Suzanne Billings - 1994-95-96-97  
Linda Binder - 1980  
Tara Bistry - 2010  
Erin Blecha - 2004-05  
Sarah Blyth - 2007-08; 10  
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 - 2007-08-09-10  
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 - 1998-99-00-01  
Cynthia Coordes - 1983-84

**23 - AUGUSTANA VIKINGS**

Jessica Corvo - 2003-04-05-06  
Kristine Counter - 2009  
Theresa Coverick - 2010  
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 - 2007-08-09-10  
Krista Dayton - 2006-07-08-09  
Paige Deike - 2007-08-09-10  
Julie Denning - 1997  
Anna Denton - 2003-04-05  
Megan deRaimes - 1999-00-01  
Danielle Detelich - 2009-10  
Katherine Dinkel - 2010  
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; 10  
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 - 2007-08-09-10  
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 - 2009-10  
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 - 2009-10  
Sally Gambacorta - 1986  
Christina Gamzer - 1999-00-01-02  
Jennifer Garrett - 2010  
Megan Garvey - 2008-09-10  
Manda Geerts - 2001-02-03-04  
Libby Geison - 2007-08-09-10  
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 Gwavraakmo - 1992  
Stacey Green - 1995-96-97-98  
Daun Greif - 2008-09-10  
Kerry Grim - 1988-90-91  
Amber Gruber - 2009-10  
Suzi Gudeman - 1991-92-93-94  
Leonor Guizar - 1978-79  
Valerie Gullard - 1992-93-94-95  
Nina Gullerud - 1989-90-91  
Cindi Gunther - 1979  
Vika Gyllys - 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  
Annie Heifner - 2010  
Laura Heiple - 1992, 94  
Debra Hennessey - 1975  
Judy Hennig - 1992-93  
Dana Hileman - 1996-97-98-99  
Ashley Higgerson - 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 - 2008-09-10  
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 Inskip - 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 Johnsen - 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 - 2009-10  
Ellen Jones - 1982  
Sarabeth Jones - 2010  
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 - 2008-09-10  
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  
Martha Knox - 1977  
Nancy Koenitzer - 1981-82-83-84  
Mary Kolassa - 1989-90-91  
Lesli 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 Kulasikl - 1987-88  
Katy Kummer - 2002-03  
Laura Kuzel - 1982  
Sara Kwasiagroch - 2003-04-05-06

# AUGUSTANA ALL TIME TRACK LETTERWINNERS

## L

Emily Lardner - 1978-79  
Samantha Laskowski - 2007-08-09-10  
Rachael Latham - 2009-10  
Peggy Lawfer - 1991-92-93  
Cassandra Lawlor - 2005  
Megan Lecander - 2009-10  
Melissa Lehpmeyer - 2009-10  
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  
Emily Margosian - 2010  
Farah Marklevits - 1996-97-98-99  
Samantha Maron - 1987-88-89-90  
Kirby Massey - 2008  
Lindsey Mathias - 2003-04  
Ella Mathieson - 2008-09-10  
Anita Mauer - 2008-09-10  
Jordan Mauerman - 2019  
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 Neiveem - 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 Ogonski - 1994-95  
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 - 2007-08-09-10  
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

## 24 - AUGUSTANA VIKINGS

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 - 2009-10  
Kristin Pittman - 1993-94-95-96  
Kirstilyn Pohlman - 2010  
Kathlene Polte - 1977-78-79  
Rachel Potempa - 1994-95-96  
Brittany Prazak - 2008-09-10  
Jennifer Prazak - 2010  
Kaitlin Profita - 2009

## Q

Caitlin Quinn - 2007-08-09-10  
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  
Katie Ries - 2010  
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  
Katherine Rowland - 2009-10  
Kathy Royer - 1993

## S

Jill Salsman - 1997-98-99  
Tabitha Sanders  
Kristin Sattizahn - 2009  
Allison Scaggs - 2010  
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 - 2008-09-10  
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  
Katharina Schwoy - 2010  
Jessica Scobell - 1996-97-98  
Cindy Seabloom - 1980-81  
Kim Seaver - 1984-85-86  
Brooke Sebek - 2009-10  
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  
Bethany Siwek - 2010  
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 - 2009-10  
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 - 2008-09-10  
Amy Tirnenstein - 1998-99-00-01  
Tayor Tjardes - 2010  
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 - 2007-08-09-10  
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 Wahlerl - 1987-88  
Sharon Wall - 1986-87  
Susan Wall - 1989-90-91  
Kim Wallace - 1993-94-95  
Rachel Walschleger - 1993  
Amy Walsh - 2008-09-10  
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  
Devon White - 2010  
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 Wleklinski - 2007-08; 10  
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 Wetzlinga, 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)

## 25 - AUGUSTANA VIKINGS

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 <u>Indoor</u> Meribeth Schwartz Rachel Knapp Jennifer Schmucker Jacqueline Bowden Maria Philip	Susan Paige Allison Wolak Kristy Boesen Amy Tirmenstein Kim Baier Krissy Hammer Amy Knapp	2003 <u>Indoor</u> Tracy Skibitzki Manda Geerts	Kali Minkler Keli Coleman
1994 <u>Outdoor</u> Meribeth Schwartz Rachel Knapp Jennifer Schmucker Jacqueline Bowden	1999 <u>Indoor</u> Susan Paige Jennifer Walsh	2003 <u>Outdoor</u> Tracy Skibitzki Manda Geerts Carol Reif	2007 <u>Indoor</u> Erin Blecha Kali Minkler Keli Coleman Meghan Voiland Theresa Suwannapal
1995 <u>Indoor</u> Rachel Knapp	1999 <u>Outdoor</u> Maegan Harris Susan Paige Amy Tirmenstein Kristy Boesen Krissy Hammer Amy Knapp	2004 <u>Indoor</u> TEAM	2007 <u>Outdoor</u> Theresa Suwannapal Lindsey Homfeldt Ainsley Fedler Keli Coleman Meghan Voiland Kali Minkler
1995 <u>Outdoor</u> Rachel Knapp Jacqueline Bowden Kristy Windy Michelle Yocherer Allison Wolak	2000 <u>Indoor</u> Maegan Harris Tammie Beasley	2004 <u>Outdoor</u> TEAM INDIVIDUALS- Carol Reif Jennifer Paul Manda Geerts Kim Nelson Laura Kendall Meghan Voiland	2008 <u>Outdoor</u> Kelii Coleman Kelsey Duhai Ainsley Fedler Lindsey Homfeldt Paula Neiweem
1996 <u>Outdoor</u> Michelle Yocherer Allison Wolak Jennifer Schmucker	2000 <u>Outdoor</u> Jennifer Walsh Maegan Harris Kim Baier Tammie Beasley	2005 <u>Indoor</u> Meghan Voiland Theresa Suwannapal	2009 <u>Outdoor</u> Keli Coleman Kelsey Duhai Ainsley Fedler Paula Neiweem
1997 <u>Indoor</u> Susan Paige Allison Wolak	2001 <u>Indoor</u> Kim Baier	2005 <u>Outdoor</u> Meghan Voiland Theresa Suwannapal Bekki Cheatham Sara Bremer Kristen Ufheil	2010 Hannah Hottle
1997 <u>Outdoor</u> Susan Paige Suzanne Belling Allison Wolak	2001 <u>Outdoor</u> Tammie Beasley Kim Baier Jennifer Walsh	2006 <u>Indoor</u> Meghan Voiland Theresa Suwannapal Sara Bremer	
1998 <u>Indoor</u> Kristy Windy Susan Paige Allison Wolak	2002 <u>Indoor</u> Tracy Skibitzki Manda Geerts Christina Gamzer	2006 <u>Outdoor</u> Meghan Voiland Theresa Suwannapal Sara Bremer	
1998 <u>Outdoor</u> Darci Hudders Jennifer Walsh Maegan Harris Kristy Windy	2002 <u>Outdoor</u> Tracy Skibitzki Lisa Johnson Tammie Beasley		

# AUGUSTANA WOMEN'S TRACK HISTORY

<b>YEAR</b>	<b>VIKING</b>	<b>STATE</b>	<b>OUTDOOR INDOOR</b>		<b>COACH</b>	<b>CAPTAINS</b>
	<b>OLYMPICS</b>		<b>CCIW</b>	<b>CCIW</b>		
1974		FIRST			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 John Hammermeister	Mary Hurst, Michelle Harris
1987	Not held	Second	Second		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 Kerous, Kim Huntington, Leslie Warren
1993	FIRST	N/A	FIRST		Fred Whiteside	Shawna Nelson, Karla Phillips, Sara Yendro
1994	FIRST	N/A	FIRST		Ron Standley Fred Whiteside Ron Standley	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	Michelle Yocherer, Kristin Pittman
1997	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Stephanie Esparza, Katie King, Kristen Wisniewski
1998	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Stacey Green, Wendy Mileham, Kristy Windy, Allison Wolak
1999	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Chrissy Hammer, Amy Knapp, Susan Paige, Kelly Roliardi
2000	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Kelli Estes, Sara Freberg, Maegan Harris, Nicole Pehle
2001	FIRST	N/A	FIRST	Second	Fred Whiteside	Amy Calderone, Jay Walsh, Amy Tirmerstein
2002	FIRST	N/A	Third	Second	Ron Standley 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
2010	Second	N/A	Fifth	Fifth	Fred Whiteside	Valerie Bustle, Ainsley Fedler, Samantha Laskowski, Caitlin Quinn

# The College Conference of Illinois and Wisconsin

Now in its 65<sup>th</sup> 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 will welcome its 11th women’s varsity sport, lacrosse, for the 2010-11 season. Augustana will also be welcoming men’s lacrosse as its 12th men’s varsity sport for the 2011-12 season. Neither women’s nor men’s lacrosse is not currently a CCIW sport.

Augustana owns more CCIW team championships than any other school in the league with 174 total. Of those 174, the men have won 136 and 38 belong to the women.

The CCIW began to award championships in wrestling in 1957 and since that time Augustana has dominated with a total of 36 out of a possible 51 titles. The Vikings had a streak of 10 straight from 1963 through 1972 and 15 consecutive from 1982 through 1996.

## Augustana’s All-Time Team CCIW Champions

### MEN (136)

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: 1964-65-67-68-69-70-72-73-74-80-81-82-83-84-08-10

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 (38)

BASKETBALL: 1987-89-90-91-93

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

SOCCER: 2009

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 2010-11 Cross Country & Track & Field Schedule

## CROSS COUNTRY

DATE	MEET	SITE	TIME
<b>September 1</b>	<b>Augie Open (4K)</b>	<b>HOME (Credit Island)</b>	<b>6:00 p.m.</b>
September 3	Western Illinois Invite (6K)	Macomb, Illinois (Spring Hill Park)	4:00 p.m.
September 11	Northern Illinois Invite (5K)	DeKalb, Illinois (Northern Illinois Campus)	11:00 a.m.
September 17	Illinois Intercollegiate Championships (5K)	Normal, Illinois (Illinois State Golf Course)	4:00 p.m.
September 24	Brissman-Lundeen Invitational (6K)	Davenport, Iowa (Credit Island Park)	5:00 p.m.
October 7	Western Ontario University Invite (4K)	London, Ontario (Gibbons Park)	5:00 p.m.
October 16	Loras Bob Tucker Invite (6K)	Dubuque, Iowa (Soccer Complex)	11:00 a.m.
October 23	St. Ambrose Invitational (5K)	Bettendorf, Iowa (Crow Creek Park)	11:00 a.m.
<b>October 30</b>	<b>CCIW Championships (6K)</b>	<b>HOME (Credit Island)</b>	<b>12:00 p.m.</b>
November 5	Luther College JV Cup (6K)	Decorah, Iowa (Luther Campus)	3:00 p.m.
November 13	NCAA III Midwest Regional (6K)	Davenport, Iowa (Credit Island Park)	11:00 a.m.
November 20	NCAA III Championships (6K)	Waverly, Iowa (Wartburg College)	11:00 a.m.

## INDOOR TRACK & FIELD

DATE	EVENT	SITE	TIME
January 6	Puerto Rico International University	Fajardo, Puerto Rico	10:00 a.m.
January 15	University of Dubuque	Dubuque, Iowa	10:00 a.m.
January 22	Midwest Invitational	Monmouth, Illinois	10:45 a.m.
January 29	Wartburg vs Augustana vs Grand View	Waverly, Iowa	10:30 a.m.
February 5	UW Whitewater Warhawk Invitational	Whitewater, Wisconsin	Noon
February 12	Augustana Open	Rock Island, Illinois	Noon
February 17	Augustana vs St. Ambrose	Rock Island, Illinois	5:00 p.m.
February 25	CCIW Championship	Bloomington, Illinois	Noon
February 26	CCIW Championship	Bloomington, Illinois	10:30 a.m.
March 4	Whitewater Karl Schlender Last Chance Qualifier	Whitewater, Wisconsin	3:00 p.m.
March 11-12	NCAA Indoor National Championship	Columbus, Ohio	9:00 a.m.

## OUTDOOR TRACK & FIELD

DATE	EVENT	SITE	TIME
March 19	Early Spring Opener	Rock Island, Illinois	11:00 a.m.
March 26	Viking Olympics	Rock Island, Illinois	10:00 a.m.
April 2	Wartburg Select	Waverly, Iowa	11:00 a.m.
April 8	Lee Calhoun Invitational	Macomb, Illinois	3:00 p.m.
April 9	Lee Calhoun Invitational	Macomb, Illinois	9:00 a.m.
April 15	Augustana Invitational	Rock Island, Illinois	4:00 p.m.
April 23	Northern Illinois Invitational	DeKalb, Illinois	10:00 a.m.
April 29-30	Drake Relays	Des Moines, Iowa	8:00 a.m.
April 30	Loras Open	Dubuque, Iowa	10:00 a.m.
<b>May 6-7</b>	<b>CCIW Championships</b>	<b>HOME</b>	<b>Noon/ 10:00 a.m.</b>
May 13	Ashford Open	Clinton, Iowa	5:00 p.m.
May 13	Dr. Keeler Invitational	Naperville, Illinois	10:00 a.m.
May 20	Augustana Midwest Twilight Qualifier	Rock Island, Illinois	Noon
May 26-28	NCAA Championships	Delaware, Ohio	9:00 a.m.

**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)