



Augustana Vikings

WOMEN'S CROSS COUNTRY/
TRACK & FIELD MEDIA GUIDE

2012-13

Augustana College | Rock Island, Illinois

Location - Rock Island, Illinois

Founded - 1860

Enrollment - 2,500

President - Steven Bahls

Chairman of Athletic Board - Dr. Craig Van Sandt, Prof. of Business Adm.

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

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 Cross Country Course - Saukie Golf Course in Rock Island, Illinois

Home Track (Indoor) - PepsiCo Recreation Center

Home Track (Outdoor) - Ericson Field/Paul V. Olsen Track

Athletic Department Phone - (309) 794-7521

Admissions Department - (309) 794-7341

Toll Free Number - 1-800-798-8100

FAX Number - (309) 794-7525 in S.I.D.'s office

Website - 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 175 total team championships (137 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 135 as of June, 2011. 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 60 areas of study. Along with a competitive athletic environment, student-athletes can join one or several of the school's 150 student organizations or take advantage of Augustana's wide variety of opportunities for international study. Augustana has a student-faculty ratio of 11:1, and nearly 90 percent of the faculty hold the Ph.D. or the terminal degree in their field.



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

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

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

The Department of Athletics 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. Also, you may e-mail Dave Wrath at davewrath@augustana.edu. The office phone number for sports information is (309) 794-7265.

The 2011 Augustana football 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 or Brandon Gittelman. Additional stories and pictures will be furnished upon request.

2012 AUGUSTANA VIKINGS CROSS COUNTRY TEAM



Row 1 - Tara Bistry, Kirstillyn Pohlman, Theresa Coverick, Jen Prazak, Annie Heifner, Sarahbeth Jones, Amanda Rodriguez. Row 2 - Kristen Whiteside, Amanda Pease, Kristyn Barton, Katie Kornaus, Alicia Hughes, Lydia Boyle, Suzie Brashler. Row 3 - Allison Nagy, Lorraine Stamberger, Kerri McGrail, Kate Bengé, Stephanie Burbidge. Row 4 - Madeline Gannon, Lizzie Lundine, Becca Sund, Jessica Bacon, Taylor Mills, Katie Hoepfer. Row 5 - Callie Peterson, Helen Offerman, Lia O'Connor, Emma Grandgeorge, Kelsey Moon. Row 6 - Hannah Lobsinger, Alexandra Blust, Rachel Kelly, Sara Ruthberg, Britton Dallas, Rachel Rodriguez. Row 7 - Head coach Fred Whiteside, Jeneen Schier, Catherine Pittman, Caroline McPherson, Kris Bowen, assistant coach Josh Sherrod.

2013 AUGUSTANA VIKINGS TRACK & FIELD TEAM



Row 1 - Jen Prazak, Amanda Rodriguez, Katie Dinkel, Sarahbeth Jones, Theresa Coverick, Kirstillyn Pohlman, Annie Heifner, Jordan Mauerman, Taylor Tjardes, Samantha Bazely. Row 2 - Shannon Leyva, Astin Moravek, Katie Kornaus, Allison Nagy, Kristen Whiteside, Kristyn Barton, Elise Davis. Row 3 - Anna Walsh, Veronica Bertoletti, Britton Dallas, Kelsey Stockert, Alicia Hughes, Kris Bowen, Lorraine Stamberger. Row 4 - Catherine Nelson, Laura Polizzi, Lydia Boyle, Callie Peterson, Lia O'Connor, Katie Hoepfer, Jeneen Schier, Becca Sund, Julia Popp, Rachel Akmakjian. Row 5 - Danielle Engel, Emily Lutton, Suzie Brashler, Madeline Gannon, Caroline McPherson, Hannah Lobsinger, Kerri McGrail, Kierra Smith, Stephanie Burbidge. Row 6 - Assistant Coach Brendalyn White Ashley Anderson, Rachel Rodriguez, Sara Ruthberg, Helen Offerman, Johanna Schnitzler, Jessica Bacon, Rachel Kelly. Row 7 - Assistant Coach David Gonzalez, Stephanie Sorrentino, Anna Martinez, Lizzie Lundine, Chanel LaVigne, Kate Bengé, Assistant Coach Josh Sherrod. Row 8 - Head Coach Fred Whiteside, Assistant Coach Bob Sager, Sarah Dau, Anna Urbanczyk, Emma Grandgeorge, Kelsey Moon, Assistant Coach Dillon Smith, Assistant Coach Mike Pettis, Assistant Coach Chad Thomas.



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. Heading into 2012-13, this will be his 31st season as the head coach for cross country and 26th for track & field. 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 24 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 were 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.

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	Not Held
2001-02	Third	Not Held	Third	Not Held
	Solo head coach			
2002-03	Third	Not Held	Second	Third
2003-04	Third	Not Held	Second	Third
2004-05	Fifth	Not Held	Fourth	Third
2005-06	Fifth	Not Held	Second	Fourth
2006-07	Fourth	Not Held	Second	Third
2007-08	Third	Not Held	FIRST	Third
2008-09	Fifth	Not Held	Fourth	Fourth
2009-10	Sixth	Not Held	Fifth	Fifth
2010-11	Fifth	Not Held	Fifth	Fourth
2011-12	Third	Not Held	Sixth	Sixth

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.



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.



JOSHUA SHERROD - Distance

Joshua Sherrod joined the women's cross country and track and field teams in 2011. A 2004 graduate of St. Ambrose University, he was three year team captain and two time NAIA national meet qualifier in cross country. Sherrod graduated with degrees in finance and business administration.



KALLI PETTIT - HURDLES/POLE VAULT

A 2007 graduate of Augustana, Kalli Pettit joined the Vikings coaching staff in 2011. She was a four time letter winner for the Vikings as well as a national meet qualifier in the pole vault. He was team captain her senior year and won the team's Most Improved award.

KATIE JUNK - Jumps

A graduate of Shasta College, Katie Junk joined the Vikings coaching staff in 2011. She was a two time All-American in the javelin and all-conference in high jump and the heptathlon.

THE WHITESIDE RECORD AT AUGUSTANA

2 - AUGUSTANA VIKINGS

Future is bright for Vikings heading into 2012 season

Buoyed by the return of its entire top seven from 2011, the Augustana women's cross country team is understandably optimistic heading into the 2012 campaign. Veteran head coach Fred Whiteside, who is beginning his 31st season as the head coach, thinks there are plenty of reasons for that optimism.

"We are thinking that we could be pretty good," said Whiteside. "We have plenty of people back from a year ago and all have had success of some sort in the past. We have kids who have done a superb job of preparing themselves."

The Vikings also have the luxury of having one of the top runners in both the College Conference of Illinois & Wisconsin and the Midwest Regional to lead the way. That would be senior Sarahbeth Jones (**Warren Township HS, Wadsworth, Ill.**), who is coming off a tremendous junior year. She was the team MVP in three sports (cross country, indoor track & field and outdoor track & field) last year. She won CCIW titles in both the indoor and outdoor conference meets and finished the year with a ninth place finish in the NCAA Division III 5000 last spring. She placed fifth in the CCIW cross country championship last fall.

While Jones figures to be the Vikings' number one runner this fall, there is no shortage of talent behind her. Sophomore Becca Sund (**Palatine HS, Palatine, Ill.**) and junior Kristyn Barton (**York HS, Elmhurst, Ill.**) both finished in the top 15 in the CCIW last year as freshmen. Both runners missed the spring track season due to injuries but are back at full strength now. Sund was Augustana's Most Valuable Freshman last year and Barton shared the Most Improved Runner award.

Another sophomore who made great strides at the end of last year's cross country season and into the track campaign is Jessica Bacon (**Rock Island HS, Rock Island, Ill.**). She was a place winner at the CCIW track & field meet and is a school record holder as a member of the 4x1600 and distance medley relay teams.

Junior Kate Bengé (**Pleasant Valley HS, Bettendorf, Iowa**) is coming off a solid track season and will be running cross country for the first time in college. Senior Tara Bistry (**Joliet Catholic HS, Shorewood, Ill.**) has enjoyed a nice career and was a place winner in the CCIW 10,000 last spring. Senior Theresa Coverick (**Stagg HS, Palos Park, Ill.**) is a former team MVP in cross country who didn't run track last spring but is back out this fall.

Seniors Annie Heifner (**Oregon HS, Oregon, Wis.**) and Jennifer Prazak (**Naperville North HS, Naperville, Ill.**) will serve as team captains along with Jones and Coverick. Two other seniors who could be in the mix are Kirstilyn Pohlman (**Zion-Benton HS, Winthrop Harbor, Ill.**) and Amanda Rodriguez (**Mahomet-Seymour HS, Mahomet, Ill.**). Rodriguez shared the Most Improved Runner award last fall with Barton.

Juniors Kelsey Stockert (**Peoria Notre Dame HS, Mapleton, Ill.**), Kristen Whiteside (**Zion-Benton HS, Winthrop Harbor, Ill.**), Emma Gandgeorge (**Sycamore HS, Sycamore, Ill.**), Kelsey Moon (**Mundelein HS, Wauconda, Ill.**) and Amanda Pease (**United Township HS, East Moline, Ill.**) all have experience and could challenge for top seven spots.

Sophomores Kristina Bowen (**Kaneland HS, Elburn, Ill.**), Stephanie Burbidge (**Palatine HS, Palatine, Ill.**), Lizzie Lundine (**Willowbrook HS, Villa Park, Ill.**), Rachel Kelly (**Downers Grove South HS, Downers Grove, Ill.**), Kerri McGrail (**Plainfield North HS, Plainfield, Ill.**) and Lorraine Stamberger (**LaMoille HS, LaMoille, Ill.**) will be in the mix as well.

A talented group of freshmen could be in the hunt for top seven spots with Hana Lobsinger (**Wheaton-Warrenville South HS, Wheaton, Ill.**), Katie Hoepfer (**Davenport West HS, Blue Grass, Iowa**), Rachel Rodriguez (**Mahomet-Seymour HS, Mahomet, Ill.**) and Jeneen Schier (**Oregon HS, Oregon, Ill.**) appearing to have the best shots at cracking the lineup.

Once again, Whiteside will put his team through a rugged schedule in preparation for the championship meets at the end of the season.

"We have a tough schedule but it is no different than what we usually run," said Whiteside, whose team finished third in the CCIW last fall. "I think we can be a factor in the CCIW this year and that is fun to start the season thinking that way. It all depends on how much progress we make as a team. We know that Sarahbeth could be one of the top runners in the Midwest and we have some others who will be able to make some noise as well. It could be an exciting year."



Senior captain Sarahbeth Jones is the top returner for the Vikings this season. She was the team MVP in 2011.

2012 AUGUSTANA WOMEN'S CROSS COUNTRY ROSTER

ATHLETE	YR	HOMETOWN (HIGH SCHOOL)
Jessica Bacon*	Sophomore	Rock Island, Ill./HS
Kristyn Barton**	Junior	Elmhurst, Ill./York
Kate Benge	Junior	Bettendorf, Iowa (Pleasant Valley)
Tara Bistry***	Senior	Joliet, Ill./Joliet Catholic
Alexandra Blust*	Junior	Elmhurst, Ill./York
Kristina Bowen*	Sophomore	Elburn, Ill./Kaneland
Lydia Boyle	Junior	Grayslake, Ill./Central
Suzie Brashler	Freshman	Downers Grove, Ill./North
Stephanie Burbidge*	Sophomore	Palatine, Ill./HS
Theresa Coverick*** (C)	Senior	Palos Park, Ill./Stagg
Britton Dallas*	Junior	Indianapolis, Ind./International School of Indiana
Madeline Gannon	Freshman	Orland Park, Ill./Marist
Emma Grandgeorge**	Junior	Sycamore, Ill./HS
Annie Heifner*** (C)	Senior	Oregon, Wis./HS
Katie Hooper	Freshman	Blue Grass, Iowa/Davenport West
Alicia Hughes	Sophomore	Oswego, Ill./HS
Sarahbeth Jones*** (C)	Senior	Glen Allen, Va./Warren Township
Rachel Kelly*	Sophomore	Downers Grove, Ill./South
Katie Kornaus**	Junior	Portage, Wis./HS
Hana Lobsinger	Freshman	Wheaton, Ill./Wheaton Warrenville South
Elizabeth Lundine*	Sophomore	Villa Park, Ill./Willowbrook
Kerri McGrail*	Sophomore	Plainfield, Ill./North
Caroline McPherson	Freshman	Sterling, Ill./HS
Taylor Mills	Sophomore	Glen Ellyn, Ill./Glenbard South
Kelsey Moon**	Junior	Wauconda, Ill./Mundelein
Allison Nagy	Junior	Naperville, Ill./Neuqua Valley
Lia O'Connor	Freshman	Naperville, Ill./St. Francis College Prep
Helen Offerman	Freshman	Oswego, Ill./Rosary
Amanda Pease*	Junior	East Moline, Ill./United Township
Callie Peterson	Freshman	Minnetrista, Minn./Mound Westonka
Catherine Pittman*	Junior	Seymour, Ill./Mahomet-Seymour
Kirstilyn Pohlman***	Senior	Winthrop Harbor, Ill./Zion Benton Township
Jennifer Prazak*** (C)	Senior	Naperville, Ill./North
Amanda Rodriguez**	Senior	Mahomet, Ill./Mahomet-Seymour
Rachel Rodriguez	Freshman	Mahomet, Ill./Mahomet-Seymour
Sara Ruthberg	Freshman	Lisle, Ill./HS
Jeneen Schier	Freshman	Oregon, Ill./HS
Lorraine Stamberger*	Sophomore	LaMoille, Ill./HS
Kelsey Stockert**	Junior	Mapleton, Ill./Peoria Notre Dame
Rebecca Sund*	Sophomore	Palatine, Ill./HS
Kristen Whiteside**	Junior	Winthrop Harbor, Ill./Zion Benton Township

* Letters earned
(C) – Team captains

HEAD COACH: Fred Whiteside

2011 CCIW Women's Cross Country Championship

October 30, 2010*Rock Island, Illinois*Augustana College

Women's 6K

Team Scoring

Place	Team Name	Score	Finishers
1.	NORTH CENTRAL	30	[1, 2, 4, 11, 12] 24, 34
2.	ILLINOIS WESLEYAN	47	[3, 6, 8, 10, 20] 21, 23
3.	AUGUSTANA	80	[5, 13, 15, 18, 29] 30, 31
4.	WHEATON	111	[16, 17, 25, 26, 27] 33, 35
5.	CARTHAGE	119	[7, 14, 28, 32, 38] 40, 43
6.	ELMHURST	126	[9, 19, 22, 37, 39] 42, 45
7.	MILLIKIN	215	[36, 41, 44, 46, 48]
8.	NORTH PARK	249	[47, 49, 50, 51, 52]

Individual Results

Place	Time	Name	Year	School	Time	Pace
1	1	Alicia Zimmerman	SR	North Central College	22:46.72	6:07
2	2	Krista Cota	JR	North Central College	22:48.58	6:08
3	3	Elise Anderson	JR	Illinois Wesleyan	23:05.41	6:12
4	4	Kala Bingham	SR	North Central College	23:17.30	6:15
5	5	Sarahbeth Jones	JR	Augustana	23:21.98	6:17
6	6	Rachael Williams	JR	Illinois Wesleyan	23:29.58	6:19
7	7	Karin Wirth	JR	Carthage College	23:38.78	6:21
8	8	Cassie Anderson	SO	Illinois Wesleyan	23:41.67	6:22
9	9	Lauren Williams	JR	Elmhurst College	23:41.96	6:22
10	10	Carmin Beck	SO	Illinois Wesleyan	23:43.83	6:22
11	11	Marge Lapinski	JR	North Central College	23:49.73	6:24
12	12	Amanda Marek	JR	North Central College	23:52.49	6:25
13	13	Becca Sund	FR	Augustana	23:54.58	6:25
14	14	Katie Kummerer	SO	Carthage College	23:58.50	6:26
15	15	Kristyn Barton	SO	Augustana	23:58.53	6:26
16	16	Annie Shults	JR	Wheaton College	24:03.70	6:28
17	17	Jennifer Anderson	JR	Wheaton College	24:07.35	6:29
18	18	Annie Heifner	JR	Augustana	24:07.53	6:29
19	19	Mariola Grzybowska	JR	Elmhurst College	24:10.19	6:29
20	20	Katherine Fillipo	JR	Illinois Wesleyan	24:15.65	6:31
21	21	Stephanie Modert	FR	Illinois Wesleyan	24:26.51	6:34
22	22	Hannah Williams	JR	Elmhurst College	24:32.24	6:35
23	23	Mandy Kompanowski	JR	Illinois Wesleyan	24:33.25	6:36
24	24	Amy Schwent	SR	North Central College	24:34.58	6:36
25	25	Hillary Topazian	JR	Wheaton College	24:35.43	6:36
26	26	Parker Gary	SR	Wheaton College	24:36.91	6:37
27	27	Britta Eastburg	SR	Wheaton College	24:37.02	6:37
28	28	Morgan Wiechmann	SR	Carthage College	24:40.00	6:37
29	29	Stephanie Burbidge	FR	Augustana	24:45.34	6:39
30	30	Theresa Coverick	JR	Augustana	24:45.43	6:39
31	31	Jessica Bacon	FR	Augustana	24:48.39	6:40
32	32	Lauren Sible	SR	Carthage College	24:51.51	6:41
33	33	Emma Krieter	SO	Wheaton College	24:52.64	6:41
34	34	Jordan Wagner	FR	North Central College	24:54.97	6:41
35		Lizzie Lundine	FR	Augustana	25:00.48	6:43
36		Kris Bowen	FR	Augustana	25:03.35	6:44
37	35	Abby Bullmore	FR	Wheaton College	25:08.13	6:45
38		Meagan Desalvo	FR	Illinois Wesleyan	25:09.09	6:45
39		Tara Bistry	JR	Augustana	25:15.80	6:47
40	36	Amanda Meeker	FR	Millikin University	25:19.10	6:48
41		Alyssa Robinson	FR	Wheaton College	25:19.73	6:48
42	37	Elyse Christofanel	FR	Elmhurst College	25:30.74	6:51
43	38	Katie Schmidt	SR	Carthage College	25:40.95	6:54
44		Marissa Holaway	SO	North Central College	25:43.01	6:54
45	39	Maria Luna	FR	Elmhurst College	25:43.24	6:54
46		Carmen Williams	SO	Wheaton College	25:48.10	6:56
47	40	Ana Martinez	JR	Carthage College	25:53.07	6:57
48	41	Kindra Emberton	FR	Millikin University	26:08.74	7:01
49		Kelsey Burger	FR	Illinois Wesleyan	26:22.28	7:05
50	42	Lauren Baldacci	SO	Elmhurst College	26:25.11	7:06
51		Alexa Reinecke	FR	North Central College	26:31.96	7:07
52	43	Grace Heal	SO	Carthage College	26:33.34	7:08
53		Jacki McKown	SO	North Central College	26:48.96	7:12
54		Bridget Driscoll	JR	Carthage College	27:00.89	7:15
55	44	Liz Wrobel	FR	Millikin University	27:03.74	7:16
56	45	Rachel Gibson	SO	Elmhurst College	27:09.26	7:18
57	46	Kara Anderson	FR	Millikin University	27:38.43	7:25
58	47	Laura Sorg	JR	North Park University	27:43.04	7:27
59		Kelsey Plefka	JR	Elmhurst College	27:48.10	7:28
60		Ellie Anderson	FR	Elmhurst College	27:52.56	7:29
61		Riley Seiler	FR	Elmhurst College	28:01.50	7:32
62	48	Arriana Lawson	JR	Millikin University	28:22.75	7:37
63	49	Mira Kettunen		North Park University	30:43.02	8:15
64	50	Erin Hegarty		North Park University	30:51.66	8:17
65	51	Heather Paton		North Park University	31:14.01	8:23
66	52	Jackie Abraham		North Park University	33:31.68	9:00

2011 Augustana Womens Cross Country Results

DATE	MEET	RESULTS	TOP FINISHER
Sep. 1	Augie Open	No team scores	Sarahbeth Jones – 1st
Sep. 10	Luther All-American Invite	5th of 15	Sarahbeth Jones – 9th
	TEAM SCORES: 1. Iowa Central 53; 2. Luther Alumni 62; 3. Wisconsin-LaCrosse 92; 4. Luther 99; 5. AUGUSTANA 139; 6. Cornell 153; 7. Grand View 189; 8. St. Catherine 229; 9. Wisconsin-River Falls 234; 10. Loras 252; 11. Hamline 267; 12. Clarke 361; 13. Wisconsin-Stout 366; 14. Coe 389; 15. Dubuque 444.		
Sep. 16	Illinois Intercollegiate Championship	9th of 28	Sarahbeth Jones – 24th
	TEAM SCORES: 1. Illinois State 21; 2. Bradley 103; 3. Loyola 106; 4. Eastern Illinois 120; 5. Chicago 139; 6. Olivet Nazarene 140; 7. North Central 206; 8. Illinois Wesleyan 255; 9. AUGUSTANA & St. Francis 279; 11. Illinois-Chicago 293; 12. Judson 306; 13. Trinity Christian 331; 14. Principia 458; 15. Elmhurst 459; 16. Morton 593; 17. Lincoln 596; 18. DuPage 596; 19. Carl Sandburg 601; 20. Danville 611; 21. Kaskaskia 614; 22. Knox 633; 23. Greenville 642; 24. Moraine Valley 681; 25. Robert Morris-Springfield 740; 26. Benedictine-Springfield 816; 27. Eureka 840; 28. Chicago State 892.		
Sep. 23	Brissman/Lundeen Invitational	7th of 27	Sarahbeth Jones – 7th
	TEAM SCORES: 1. Olivet Nazarene 51; 2. Truman State 71; 3. Lewis 135; 4. St. Norbert 135; 5. Grinnell 152; 6. Illinois Wesleyan 156; 7. AUGUSTANA 186; 8. Monmouth 207; 9. Cornell 223; 10. St. Ambrose 297; 11. Carroll 318; 12. Bethel 371; 13. Wisconsin-Stevens Point 389; 14. Maryville 452; 15. Aurora 456; 16. Principia 483; 17. Simpson 491; 18. Webster 520; 19. Southwestern Community 558; 20. Lincoln 582; 21. Carl Sandburg 621; 22. Fontbonne 627; 23. Greenville 666; 24. Sauk Valley 729; 25. Robert Morris-Springfield 741; 26. North Park 800; 27. Eureka 824.		
Sept. 30	Coe Invitational	1st of 4	Becca Sund – 2nd
	TEAM SCORES: 1. AUGUSTANA 31; 2. Mount Mercy 49; 3. Coe 68; 4. Coe Alumni 89		
Oct. 8	St. Ambrose Invite	1st of 6	Sarahbeth Jones – 1st
	TEAM SCORES: 1. AUGUSTANA 35; 2. Judson 36; 3. Mount Mercy 73; 4. St. Ambrose 92; 5. Clarke 137; 6. Sauk Valley 181		
Oct. 14	Loras Bob Tucker Invite	2nd of 5	Sarahbeth Jones – 3rd
	TEAM SCORES: 1. Loras 40; 2. AUGUSTANA 43; 3. Grand View 68; 4. Edgewood 112; 5. North Iowa Area 113		
Oct. 29	CCIW Championship	3rd of 7	Sarahbeth Jones – 5th
	TEAM SCORES: 1. North Central 30; 2. Illinois Wesleyan 47; 3. AUGUSTANA 80; 4. Wheaton 111; 5. Carthage; 6. Elmhurst; 7. Millikin		
Nov. 4	Aurora Dual Meet	W (21-39)	Jessica Bacon – 1st
Nov. 12	NCAA Division III Midwest Regional	13th of 38	Sarahbeth Jones – 27
	TEAM SCORES: 1. Washington 24; 2. Wisconsin-Eau Claire 115; 3. Chicago 146; 4. North Central 150; 5. Wisconsin-Stevens Point 188; 6. Wisconsin-LaCrosse 217; 7. Wisconsin-Oshkosh 239; 8. Illinois Wesleyan 282; 9. Wisconsin-Platteville 286; 10. Wisconsin-Stout 295; 11. Monmouth 301; 12. St. Norbert 338; 13. AUGUSTANA 373; 14. Wheaton 412; 15. Wisconsin-River Falls 416; 16. Wisconsin-Whitewater 427; 17. Carthage 466; 18. Carroll 484; 19. Elmhurst 506; 20. Concordia 614; 21. Aurora 631; 22. Ripon 707; 23. Edgewood 724; 24. Webster 725; 25. Lawrence 797; 26. Benedictine 780; 27. Lawrence 797; 28. Millikin 800; 29. Rockford 838; 30. Wisconsin-Superior 842; 31. Principia 865; 32. Lake Forest 955; 33. Milwaukee School of Engineering 963; 34. Northland 990; 35. Greenville 996; 36. Fontbonne 1009; 37. Knox 1027; 38. Concordia 1151		

2011 AUGUSTANA VIKINGS WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

ATHLETE	HOMETOWN (HIGH SCHOOL)	1	2	3	4	5	6	7	8	9	10	11
Jessica Bacon	Rock Island, Illinois (Rock Island)	13-16:22	76-21:09	99-19:58	72-24:10	12-20:57	20-21:14	22-25:29	31-24:48		1-15:53	82-24:08
Kristyn Barton*	Elmhurst, Illinois (York)		48-20:42	111-20:07	61-24:00	6-20:23	6-20:26	16-25:01	15-23:58			104-24:30
Tara Bistry**	Shorewood, Illinois (Joliet Catholic)	8-16:07	46-20:40	77-19:26		10-20:42			39-25:15		5-16:31	
Kristina Bowen	Elburn, Illinois (Kaneland)	23-17:05	103-21:36	120-20:15	93-24:36	17-21:18	38-22:07	24-25:33	36-25:03		2-16:11	
Stephanie Burbidge	Palatine, Illinois (Palatine)	9-16:09	40-20:34	82-19:32	62-24:02	5-20:07	7-20:29	10-24:31	29-24:45			158-25:29
Theresa Coverick**	Palos Park, Illinois (Stagg)	15-16:42	32-20:23	90-19:46	51-23:49	8-20:37	16-21:02	11-24:36	30-24:45			152-25:22
Britton Dallas*	Indianapolis, Indiana (International School of Ind.)		185-24:08		226-27:04	51-24:34	76-25:42					
Danielle Feldhaus***	Lynwood, Washington (Meadowdale)	48-18:54	163-23:02		196-26:21		52-22:53	41-27:19				
Emma Grandgeorge*	Sycamore, Illinois (Sycamore)	35-17:54	148-22:39		199-26:23	31-22:18	54-23:16	51-27:58			22-18:02	
Annie Heifner**	Oregon, Wisconsin (Oregon)	11-16:14	59-20:51	96-19:56	60-24:00		13-20:55	15-24:57	18-24:07			115-24:41
Alicia Hughes	Oswego, Illinois (Oswego)	55-20:32	208-25:55		296-30:23	54-26:27	79-26:45	66-31:35			31-20:14	
Hailey Jacobs	Woodstock, Illinois (Woodstock)	27-17:29	150-22:43		168-25:46	35-22:39	63-23:50	48-27:45			27-18:18	
Sarahbeth Jones**	Wadsworth, Illinois (Warren Township)	1-15:30	10-19:23	24-18:33	7-22:32		1-19:41	3-23:24	5-23:21		27-22:51	
Rachel Kelly	Downers Grove, Illinois (Downers Grove South)	28-17:32	105-21:39	136-20:33	88-24:30	18-21:18	22-21:24	30-26:07			25-18:15	
Katie Kornaus*	Portage, Wisconsin (Portage)	26-17:27						39-27:14			23-18:11	
Melissa Lehpamer** (C)	Plainfield, Illinois (Plainfield South)	20-17:01		163 - 20:59	133-25:15	45-24:11		37-27:04			7-16:33	
Elizabeth Lundine	Villa Park, Illinois (Willowbrook)	21-17:03	96-21:31	104-20:04	81-24:21	34-22:03	19-25:19	35-25:00			6-16:33	
Krista McCurrie	Palos Park, Illinois (Stagg)	29-17:33										
Kerri McGrail	Plainfield, Illinois (Plainfield North)	22-17:04	113-21:49	155-20:50	146-25:27	23-21:41	28-21:41	32-26:21			11-17:03	
Taylor MillsGlen	Ellyn, Illinois (Glenbard South)		200-25:06		267-28:26	44-24:09		61-29:20			28-18:24	
Kelsey Moon*	Wauconda, Illinois (Mundelein)		170-23:22		145-25:27	21-21:29	56-23:35	35-26:37			20-17:50	
Allison Nagy	Naperville, Illinois (Neuqua Valley)	52-19:57			269-28:27	48-24:20		60-29:19			26-18:16	
Angela Norton	Mundelein, Illinois (Mundelein)	33-17:40	192-24:32		219-26:48	47-24:19	57-23:39	53-28:11				
Amanda Pease	East Moline, Illinois (United Township)	39-18:04	154-22:48		180-26:05	37-22:50		34-26:31				
Angela Pisani*** (C)	Elmhurst, Illinois (York)	24-17:07										
Catherine Pittman	Mahomet, Illinois (Mahomet-Seymour)	43-18:12	169-23:21								12-17:11	
Kirstilyn Pohlman**	Winthrop Harbor, Illinois (Zion Benton Township)				148-25:28	16-21:05	39-22:07	29-26:06			21-17:54	
Jennifer Prazak**	Naperville, Illinois (Naperville North)	44-18:27	147-22:39		234-27:25	50-22:41					13-17:15	
Amanda Rodriguez*	Mahomet, Illinois (Mahomet-Seymour)	32-17:38	106-21:40	151-20:46	153-25:32	26-21:58	29-21:41	25-25:34			8-16:37	
Nikita Rohr	St. Charles, Illinois (St. Charles East)	40-18:05	159-22:53		179-26:05	36-22:44	45-27:32				29-18:24	
Lorraine Stamberger	LaMoille, Illinois (LaMoille)	19-17:00	132-22:12		32-22:27		42-22:16	40-27:17			10-16:51	
Kelsey Stockert*	Mapleton, Illinois (Peoria Notre Dame)				206-26:30	30-22:17						
Rebecca Sund	Palatine, Illinois (Palatine)	6-16:01	21-19:56	42-18:47	18-22:53	2-19:41	8-20:30	5-23:34	13-23:54			52-23:30
Olivia Turner	Springfield, Illinois (Springfield Southeast)	56-24:03			311-34:15		91-32:15	67-34:23				
Kristen Whiteside	Winthrop Harbor, Illinois (Zion Benton Township)		165-23:05		160-25:34	34-22:36	41-22:12	33-26:30			19-17:26	

KEY: 1 = 09/01 - Augie vs. St. Ambrose; 2 = 09/10 - Luther All-American Invite; 3 = 09/16 - Illinois Intercollegiate Championships; 4 = 09/23 - Brissman-Lundeen Invite; 5 = 09/30 - Coe Invitational; 6 = 10/08 - St. Ambrose Invitational; 7 = 10/14 - Loras Bob Tucker Invite; 8 = 10/29 - CCIW Championship; 9 = 10/29 - CCIW Open; 10 = 11/04 - Aurora Open; 11 = 11/12 - 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
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
2010	Fred Whiteside	Hannah Hottle/Brittany Prazak	Not Held	Fifth
2011	Fred Whiteside	Melissa Lehpamer/Angela Pisani	Not Held	Third

AUGUSTANA SCHOOL RECORDS & ALL TIME LISTS

Varsity Three Mile:

Susan Paige	16:54	1998
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Varsity 5000:

Kim Lehman	17:49	1983
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Varsity 6000:

Liz Driscoll	21:56	2007
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Freshman Three Mile:

Christina Gamzer	17:20	1998
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Freshman 5000:

Christina Gamzer	18:07	1998
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Freshman 6000:

Stephanie McHone	22:37	2003
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VARSITY 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
8. Annie Livengood	23:04	2002
9. Laura Meyer	23:10	2004
10. Jenna McAdam	23:12	2005

VARSITY 5000 METERS (1975-09)

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
9. Jay Walsh	18:27	2000
10. Angela Crowley	18:28	1999

VARSITY THREE MILE (1975-09)

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. Becca Sund	22:53	2011
3. Meaghan Reaney	23:18	2007
4. Hanna Hottle	23:32	2007
5. Therea Coverick	23:40	2009
6. Jilian Rigert	23:41	2006
7. Annie Heifner	23:44	2009
8. Tara Bistry	23:51	2009
9. Jessica Corvo	23:54	2002
10. Stephanie Burbidge	24:02	2011

FRESHMAN 5000 METERS (1975-09)

1. Christina Gamzer	18:07	1998
2. Becca Sund	18:47	2011
3. Jennifer Smith	18:58	2000
4. Lynne Robertson	18:58	1982
5. Megan Carlson	19:04	2000
6. Rachel Knapp	19:06	1991
7. Erin Marciniac	19:09	2001
8. Julie Cassata	19:11	1999
9. Jennifer Walsh	19:15	1997
10. Devone Smith	19:15	1998

FRESHMAN THREE MILE (1975-09)

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)
2011 - Sarahbeth Jones (5), Becca Sund (13), Kristyn Barton (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)
2011 - Sarahbeth Jones (27)

CROSS COUNTRY LETTERWINNERS: 1975-2011

A

Adams, Caitlyn - 2001-02-03
Adams, Ellen - 2006-07-08-09
Ahlgren, Rebecca - 1996-97
Altergott, Rachel - 2001; 03
Anderson, Kristen - 1990
Anderson, Becky - 1994-95; 97
Anderson, Pam - 1994-95-96-97
Armstrong, Amy - 1980

B

Babcock, Heidi - 1992
Bacon, Jessica - 2011
Bailey, Renee - 1997
Baird, Kyle - 2007
Ballak, Kira - 1995
Barton, Kristyn - 2010-11
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 - 2009-10-11
Blackburn, Patti - 1993-94-95-96
Blankenbeler, Jeanette - 1987-88
Blough, Joanne - 1992-93-94-95
Blust, Alexandra - 2010
Blyth, Sarah - 2007
Bonie, Jenna - 1991-92
Bordt, Rebecca - 1977
Boudreau, Kerry - 1985-86-87
Bowden, Jacqueline - 1992-93-94
Bowen, Kristina - 2011
Braet, Kristin - 1990-91-92-93
Bremer, Sara - 2002
Bruce, Pia - 1990
Bruck, Karen - 1984-85-86-87
Burbidge, Stephanie - 2011
Burda, Kristen - 1995-96-97-98
Burke, Kristin - 1983; 85-86
Butler, Heidi - 1992-93
Byars, Emily - 2009-10

C

Caldwell, Chris - 1975
Calkins, Rebecca - 1995
Carlson, Krista - 1997; 99-00
Carlson, Megan - 2000-01-02
Carrizales, Carmen - 2007
Carstens, Caryn - 1992; 94
Cassata, Julie - 1999-00-01-02
Chalmers, Jessica - 2004-05
Chandler, Ida - 1997
Chapman, Noelle - 1997
Cikauskas, Pam - 1990-91
Clason, Karen - 2004; 06
Conant, Dawn - 1992-93-94-95
Coope, Janet - 1982-83-84
Corver, Jessica - 2002-03
Cotter, Sarah - 1998
Coverick, Theresa - 2009-10-11
Crowley, Angela - 1996-97-98-99
Curry, Val - 1989-90

D

Dallas, Britton - 2010
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 - 2008-09-10-11
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
Grandgeorge, Emma - 2010-11
Green, Stacey - 1994-95-96-97
Grey, Mary - 1979
Grief, Daun - 2007-08-09-10
Grim, Kerry - 1987-88-89
Grosvold, Anne - 1979
Gudeman, Suzi - 1990-91-92-93
Guderyahn, Laura - 2000
Guizar, Lee - 1978
Gullerud, Nina - 1989-90
Gylis, Vika - 1998-99-00

H

Habenicht, Lauren - 1997-98-99-00
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 - 2009-10-11
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 - 2007-08-09-10
Humpris, Lauryn - 1997; 00
Huntington, Kim - 1989-90

I

Ingram, Ella - 1993-94

J

Jacobs, Hailey - 2011
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 - 2008-09-10
Jolas, Jennifer - 1989; 92
Jones, Ashley - 2007
Jones, Ellen - 1980-81-82-83
Jones, Sarabeth - 2009-10-11
Joslin, Nancy - 1983-84-85

K

Keck, Lauren - 1988-89-90-91
Kelly, Rachel - 2011
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
Kornaus, Katie - 2010-11
Krap, Keri - 1996-97; 99
Kries, Cathy - 1980-81-82
Krogman, Stephanie - 2001
Kubala, Julie - 1982
Kuchta, Sue - 1980

L

Lane, Melissa - 1997; 99
Lardner, Emily - 1978
Laskowski, Samantha - 2006-07-08-09
Lehman, Kim - 1982-83
Lehpamer, Melissa - 2008; 10-11
Lindstrom, Amy - 1997-98-99-00
Livengood, Annie - 2000-01-02-03
Livingston, Jenni - 1995-96
Lovely, Jessica - 1988-89-90-91
Lowenthal, Elizabeth - 1991-92-93
Luloff, Laura - 2007
Lundine, Lizzie - 2011

M

Mangers, Chassidy - 2009
Manke, Connie - 1987-88
Marciniec, Erin - 2001-02-03-04
Marklevitz, Farah - 1995-96-97-98
Maron, Samantha - 1986-87-88-89
Mathieson, Ella - 2007-08
Maurer, Anita - 2007-08-09-10
McAdam, Jenna - 2003-04-05-06
McGrail, Kerri - 2011
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
Moon, Kelsey - 2010-11
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
Pease, Amanda - 2011
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 - 2008-09-10
Pittman, Catherine - 2010
Pohlman, Kirstilyn - 2009-10-11
Polte, Kate - 1976-77-78
Prazak, Brittany - 2007-08-09-10
Jennifer Prazak - 2009-10-11
Profita, Kaitlin - 2009

Q

Quintenz, Beth - 1983-84-85-86

R

Read, Kelly - 2001
Reade, Molly - 1997-98
Reaney, Meaghan - 2007-08-09-10
Reichelt, Bonnie - 1976
Reimers, Marie - 2002-03-04-05
Renneke, Linda - 1985-86-87
Ries, Katie - 2007-08-09-10
Rigert, Jillian - 2006-07-08
Risley, Ann - 1996-97-98-99
Robertson, Lynne - 1982-83-84-85
Rodriguez, Amanda - 2010-11
Rohner, Nikki - 2005-06-07
Rohr, Nikita - 2011
Roliardi, Kelly - 1995-96-97-98
Round, Melanie - 2000-01-02-03

S

Sattizahn, Kristin - 2007-08-09-10
Schaefer, Shelley - 1995-96-97-98
Schaley, Allison - 2007
Schild, Jane - 1999; 01-02
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
Stamberger, Lorraine - 2011
Stanis, Beth - 1995
Stenger, Mickey - 1989-90-91-92
Stockert, Kelsey - 2010-11
Stoppel, Elizabeth - 1997-98-99-00
Sullivan, Amy - 2002
Sund, Becca - 2011

T

Terbell, Tracy - 1990
Tranel, Kristina - 2007
Tworek, Alyssa - 2010

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
Walker, Corinne - 2010
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
Whiteside, Kristen - 2010-11
Whitmer, Aubin - 1993
Wickstrom, Amber - 2000-01-02-03
Wilkes, 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

Sarahbeth Jones named MVP of women's cross country team for the 2011 season

Junior Sarahbeth Jones (**Warren Township HS, Wadsworth, Ill.**) was named the Most Valuable Performer for the 2011 Augustana women's cross country team. She was the lead runner for the Vikings of veteran head coach Fred Whiteside in every race she ran throughout the campaign. She was a top ten individual finisher in six of the eight meets she participated in (Augie Open, Luther All-American Invite, Brissman/Lundeen Invitational, St. Ambrose Invite, Loras Bob Tucker Invite, and CCIW Championship). In the two meets where she didn't crack the individual top ten (Illinois Intercollegiate and NCAA Division III Midwest Regional), she still managed to place in the top 30 despite facing the largest and most competitive fields of the season.

Head coach Fred Whiteside recently finished his 30th season at the helm of the Vikings' cross country program. Augustana opened the season on September 1 by hosting the Augie Open on Sylvan Island in Rock Island, Illinois. No team scores were kept but Jones was the overall individual winner completing the four kilometer course in 15:30 despite sweltering temperatures. For her performance, she was named the CCIW "Runner of the Week" on September 7.

On September 10, Augustana traveled to Decorah, Iowa and finished fifth in the Luther All-American Invite, led by Jones' ninth place finish. The Illinois Intercollegiate meet was next on September 16 in Normal, Illinois and the Vikings were ninth out of 28 teams with Jones leading the way with an 24th place finish in a field that included NCAA Division I teams.

At the Brissman/Lundeen Invitational on September 23 at Saukie Golf Course in Rock Island, Jones once again was the team's top finisher. She placed seventh and the Vikings were seventh in the 27 team field. A trip to Cedar Rapids, Iowa to run at the Coe Invitational was next on the schedule for the Vikings. Augustana tallied 31 points to take the team title in the four team meet. Freshman Becca Sund (**Palatine HS, Palatine, Ill.**) was the top finisher with a second place performance, and all five scoring runners placed in the top 10.

After taking a week off from racing, Jones returned in style by taking the individual title and leading the Vikings to the team title at the St. Ambrose Invite on October 8, in Bettendorf, Iowa. Again Augustana ran up front as all five scoring runners were in the top fifteen. On October 15 the Vikings travelled to Dubuque, Iowa to participate in the Loras Bob Tucker Invite. Augustana placed finished second in the team scoring by a mere three points to the hosts. Jones again led the way with a third place finish.

The Vikings had two weeks of rest before they head to Chicago, Illinois to participate in the CCIW Championship meet at Montrose Harbor on October 29. Augustana placed third overall as a team and had three runners earn all-conference honors. Jones led the way placing fifth overall. She was joined on the all-conference team by Sund and sophomore Kristyn Barton (**York HS, Elmhurst, Ill.**) who placed thirteenth and fifteenth respectively. The following week, the Vikings travelled to Aurora, Illinois to participate in the Aurora Dual meet. Augustana won the meet with 21 points by placing all of their top seven runners in the top ten overall individuals. Freshman Jessica Bacon (**Rock Island HS, Rock Island, Ill.**) led the way for the Vikings with her first place finish.

The season ended with a 13th place in the 38 team NCAA Division III Midwest Regional, which was held at Saukie Golf Course in Rock Island, Illinois. At the regional meet, Jones finished 27th overall, narrowly missing out on qualifying for the NCAA Division III national meet.

While Jones won the MVP award, Sund was voted the team's Most Valuable Freshman. She was a consistent top seven runner, finishing in the top seven in every meet she competed in. Her best finish was at the Coe Invitational when she finished second. She also had top ten finishes at the Loras Invitational (5th), Augie Open (6th), and St. Ambrose Invitational (8th).

Two Vikings split the Susan Wall Most Improved Runner award: Barton and

junior Amanda Rodriguez (**Mahomet-Seymour HS, Mahomet, Ill.**). Barton was a consistent top seven runner with her best finish being sixth place at both Coe Invitational and St. Ambrose Invitational. Rodriguez enjoyed a solid junior year of competition with her best finish being eighth at the Aurora Dual meet. Senior Melissa Lehpamer (**Plainfield South HS, Plainfield, Ill.**), junior Jennifer Prazak (**Naperville North HS, Naperville, Ill.**), and sophomore Kristen Whiteside (**Zion-Benton HS, Winthrop Harbor, Ill.**) shared the Erica Vortman Viking Spirit Award.

Lehpamer served as team captain in 2011 and the captains-elect for 2011 are Jones, Prazak, Theresa Coverick (**Stagg HS, Palos, Ill.**) and Annie Heifner (**Oregon HS, Oregon, Wis.**).

2011 AUGUSTANA WOMEN'S CROSS COUNTRY SUPERLATIVES

TEAM ACCOMPLISHMENTS

TEAM FINISHES – 1st at Coe Invitational on 09/30/11 in Cedar Rapids, Iowa with 31 points...1st at St. Ambrose Invite on 10/08/11 in Bettendorf, Iowa with 35 points...1st at Aurora Dual Meet on 11/04/11 in Aurora, Illinois with 21 points...2nd at Loras Bob Tucker Invite on 10/14/11 in Dubuque, Iowa with 43 points...3rd at CCIW Championship on 10/29/11 in Chicago, Illinois with 80 points...5th at Luther All-American Invite on 09/10/11 in Decorah, Iowa with 139 points...7th at Brissman/Lundeen Invitational on 09/23/11 at home (Saukie Golf Course in Rock Island, Illinois) with 186 points...9th at Illinois Intercollegiate Championship on 09/16/11 in Normal, Illinois with 279 points...13th at NCAA Division III Midwest Regional on 11/12/11 at home (Saukie Golf Course in Rock Island, Illinois) with 373 points.

TOP 10 INDIVIDUAL FINISHES

Augie Open on 09/01/11 in Rock Island, Illinois: 1st, Sarahbeth Jones in 15:30...6th, Becca Sund in 16:01...8th, Tara Bistry in 16:07...9th, Stephanie Burbidge in 16:09.
Luther All-American Invite on 09/10/11 in Decorah, Iowa: 10th, Sarahbeth Jones in 19:23.
Brissman/Lundeen Invitational on 09/23/11 in Rock Island, Illinois: 7th, Sarahbeth Jones in 22:32.
Coe Invitational on 09/30/11 in Cedar Rapids, Iowa: 2nd, Becca Sund in 19:41...5th, Stephanie Burbidge in 20:07...6th, Kristyn Barton in 20:23...8th, Theresa Coverick in 20:37...10th, Tara Bistry in 20:42.
St. Ambrose Invite on 10/08/11 in Bettendorf, Iowa: 1st, Sarahbeth Jones in 19:41...6th, Kristyn Barton in 20:26...7th, Stephanie Burbidge in 20:29...8th, Becca Sund in 20:30.
Loras Bob Tucker Invite on 10/14/11 in Dubuque, Iowa: 3rd, Sarahbeth Jones in 23:34...5th, Becca Sund in 23:34...10th, Stephanie Burbidge in 24:31.
CCIW Championship on 10/29/11 in Chicago, Illinois: 5th, Sarahbeth Jones in 23:31.
Aurora Open on 11/04/11 in Aurora, Illinois: 1st, Jessica Bacon in 15:53...2nd, Kristina Bowen in 16:11...5th, Tara Bistry in 16:31...6th, Lizzie Lundine in 16:33...7th, Melissa Lehpamer in 16:33...8th, Amanda Rodriguez in 16:37...10th, Lorraine Stamberger in 16:51.

ACADEMIC ALL-CONFERENCE – Jessica Bacon, Kristina Bowen, Stephanie Burbidge, Theresa Coverick, Danielle Feldhaus, Emma Grandgeorge, Annie Heifner, Sarahbeth Jones, Rachel Kelly, Katie Kornaus, Melissa Lehpamer, Lizzie Lundine, Kerri McGrail, Kelsey Moon, Jennifer Prazak, Amanda Rodriguez, Lorraine Stamberger, Kelsey Stockert, Rebecca Sund.

CCIW "RUNNER OF THE WEEK" – Sarahbeth Jones on 09/07/11 after placing 1st at Augie Open in Rock Island, Illinois on 09/01/11.

TEAM AWARDS

MOST VALUABLE RUNNER – Sarahbeth Jones
MOST IMPROVED RUNNER – Kristyn Barton & Amanda Rodriguez
MOST VALUABLE FRESHMAN – Becca Sund
ERICA VORTMAN VIKING SPIRIT AWARD – Melissa Lehpamer, Jennifer Prazak, & Kristen Whiteside
TEAM CAPTAINS 2011 – Melissa Lehpamer
CAPTAINS-ELECT FOR 2012 – Theresa Coverick, Annie Heifner, Sarahbeth Jones, & Jennifer Prazak

Women's track looking to build after successful 2011-12 season

Coming off a season that saw a total of eight school records broken during the 2011 indoor and outdoor campaigns, it is understandable that veteran head coach Fred Whiteside is optimistic. Whiteside, who is entering his 26th year as the Vikings' head coach after a standout career of his own as an Augustana runner, is excited about the potential and depth of a team that combines veteran leadership, as well as an influx young talent.

"Our upperclassmen contributed greatly to our success last year, and we also have a very impressive group of underclassmen, many of who performed well last year, and many more who are expected to step up this year," Whiteside said. Whiteside believes the leadership provided by new captains Samantha Bazely (**Alleman HS, Coal Valley, Ill.**), Annie Heifner (**Oregon HS, Oregon, Wis.**), Sarahbeth Jones (**Warren Township, Wadsworth, Ill.**), Jen Prazak (**Naperville North HS, Naperville, Ill.**), and Taylor Tjardes (**Gibson City-Melvin-Sibley HS, Gibson City, Ill.**) will be instrumental for the Vikings this season.

Whiteside has enjoyed tremendous success during his tenure with the Augustana, leading the team to 12 College Conference of Illinois & Wisconsin (CCIW) titles and seven runner-up finishes. In 2007, the Vikings finished the season ranked 10th in NCAA Division III, according to the U.S. Track & Field/ Cross Country Coaches Association. A year ago, the Vikings finished 21st in the Association's rankings.

Last year, Whiteside's team placed sixth in both the indoor and outdoor CCIW conference meets. This year's roster is made up of 72 athletes, 39 of which are returning letter winners. That, coupled with the return of every one of the record setting performers from last season, is the reason for the high hopes heading into the 2012-13 season.

SPRINTS – Sophomores Astin Moravek (**Riverside-Brookfield HS, Riverside, Ill.**) and Elise Davis (**Columbine HS, Centennial, Colo.**) are the top two returners in the 100. Senior Katie Dinkel (**Maharishi HS, Fairfield, Iowa**) will also compete in the 100. Sophomore Krista McCurrie (**Amos Alonzo Stagg HS, Palos Park, Ill.**) will handle the 200 as she has fastest returning time. Senior captain Jen Prazak (**Naperville North HS, Naperville, Ill.**) and McCurrie will lead the 400 runners. The return of sophomore Emily Lutton (**Elkhorn HS, Omaha, Neb.**) from injury will be a welcome addition to the 400 meter group. A strong group of freshmen including Rachel Akmakjian (**Poudre HS, Fort Collins, Colo.**), Somer Druszkowski (**Lincoln Way Central HS, Manhattan, Ill.**), Madeline Gannon (**Marist HS, Orland Park, Ill.**), Chanel LaVigne (**Rauner College Prep, Chicago, Ill.**), Brittany Mays (**Northwest Secondary HS, Milwaukee, Wis.**), Stephanie Sorrentino (**York HS, Elmhurst, Ill.**), and Antwanette Ysaguirre (**Joliet Catholic HS, Bolingbrook, Ill.**) are expected to be competitive right away.

HURDLES – Junior Kierra Smith (**Creston HS, Creston, Ill.**), an all-conference performer in both the 100 and 400 meter hurdles, will lead the team in these events. She holds the Augustana school record in the 400 meter hurdles and was a member of the record setting distance medley relays. Freshmen Rachel Auton (**Arrowhead Union HS, Hartland, Wis.**), Ashley Jensen-Anderson (**Rock Island HS, Rock Island, Ill.**), and Annie Martinez (**St. Charles East HS, St. Charles, Ill.**) will step in to help provide depth to the hurdle events.

MIDDLE DISTANCE – Sophomore Jessica Bacon (**Rock Island HS, Rock Island, Ill.**), an all-conference performer in the 1,500 and 800, and junior Kate Bengel (**Pleasant Valley HS, Bettendorf, Iowa**), an all-conference performer in the 800, will be expected to lead the middle distance group. Both were members of the school record setting distance medley relay teams, in addition to the record setting 4x1600 meter relay team. They will be joined by seniors Kirstillyn Pohlman (**Zion Benton HS, Winthrop Harbor, Ill.**) and Prazak. Junior Kelsey Moon (**Mundelein HS, Wauconda, Ill.**) will provide depth in the events, along with sophomore Lorraine Stamberger (**La Moille HS, La Moille, Ill.**). Whiteside also thinks that freshmen Katie Hoepfer (**Davenport West HS, Blue Grass, Iowa**), Lia O'Connor (**St. Francis College Prep, Naperville, Ill.**), Helen Offerman (**Rosary HS, Oswego, Ill.**), Callie Peterson (**Mound Westonka HS, Minnetrista, Minn.**), Jeneen Schier (**Oregon HS, Oregon, Ill.**), and Anna Walsh (**Mahtomedi HS, Mahtomedi, Minn.**) might be key contributors in the middle distance events.

DISTANCE – Senior captain Sarahbeth Jones (**Warren Township HS, Wadsworth, Ill.**) is coming off one of the best seasons ever by an Augustana runner. She finished ninth in the 5,000 at the NCAA Division III Outdoor National Championships last spring. She had a hand in five of the school records set last year, including the 5,000 which was the longest standing school record. In addition, she was a two-time conference champion (3,000 meter indoors and 5,000 meter outdoors). She was the top Augustana performer in both the 1500, 3,000, and 5,000 last year and she will be expected to lead the distance crew. Senior Tara Bistry (**Joliet Catholic HS, Joliet, Ill.**) was an all-conference performer in the 10,000 a year ago and will be looked upon to provide leadership in this group as well. The distance squad will receive a boost with the return of junior Kristyn Barton (**York HS, Elmhurst, Ill.**) and sophomore Becca Sund (**Palatine HS, Palatine, Ill.**). Both Barton and Sund missed last season due to injury, but both have shown the capability to be key contributors, as seen by their all-conference performances in cross country in 2011. Sophomore Lizzie Lundine (**Willowbrook HS, Villa Park, Ill.**), who had the top time in the 10,000 a year ago, is expected to add depth to the distance group as are Amanda Rodriguez (**Mahomet-Seymour HS, Mahomet, Ill.**), Stephanie Burbidge (**Palatine HS, Palatine, Ill.**), Rachel Kelly (**Downers Grove South HS, Downers Grove, Ill.**), Kerri McGrail (**Plainfield North HS, Plainfield, Ill.**), Emma Grandgeorge (**Sycamore HS, Sycamore, Ill.**), Britton Dallas (**International School of Indiana, Indianapolis, Ind.**), and Alicia Hughes (**Oswego HS, Oswego, Ill.**). Whiteside expects freshmen Micahela Bogdanske (**Lodi HS, Lodi, Wis.**), Suzie Brashler (**Downers Grove North HS, Downers Grove, Ill.**), Hana Lobsinger (**Wheaton-Warrenville South HS, Wheaton, Ill.**), Caroline McPherson (**Sterling HS, Sterling, Ill.**), Rachel Rodriguez (**Mahomet-Seymour HS, Mahomet, Ill.**), and Sara Ruthberg (**Lisle HS, Lisle, Ill.**) to add depth to this group.

STEEPLECHASE – The steeplechase will return a strong group from last year's squad including senior captain, and school record holder in the 2,000 meter steeplechase, Annie Heifner (**Oregon HS, Oregon, Wis.**). Heifner, who was a member of the school record setting 4x1600 relay team a year ago, has the fastest returning time from last year, but she was followed closely by juniors Amanda Pease (**United Township HS, East Moline, Ill.**) and Kristen Whiteside (**Zion Benton HS, Winthrop Harbor, Ill.**). Fellow junior Kelsey Stockert (**Peoria Notre Dame HS, Mapleton, Ill.**) and sophomore Kris Bowen (**Kaneland HS, Elburn, Ill.**) will also be key contributors in this event.

THROWS – The return of a few all-conference caliber throwers have the Vikings looking for big things from their throwers. Junior school record holder Liana Beauchamp (**Genoa-Kingston HS, Kingston, Ill.**) was the conference champion in the hammer throw a year ago and she is expected to lead the throwing crew. In addition to throwing the hammer, she also contributes in the shot where she was all-conference. Also returning is senior Bethany Siwek (**Woodstock HS, Woodstock, Ill.**) who would have been competing for an all-conference spot last year if not for a broken finger. Siwek and sophomore Sarah Dau (**Glenbard West HS, Glen Ellyn, Ill.**) will throw the hammer, discus, and shot put. Senior Jordan Mauerman (**Albany HS, Albany, Wis.**) returns as the top javelin thrower, and she has the ability to be an all-conference performer this year. She will be joined in the event by freshman Lindsey Tripp (**Shelbyville HS, Shelbyville, Ill.**).

JUMPS – The jumps look like they could be one of the deepest areas for Augustana this season. Senior captain Samantha Bazely (**Alleman HS, Coal Valley, Ill.**) will be the leader of the long and triple jumpers. She will be joined in both events by returning all-conference performer Astin Moravek. They will be joined by a host of talented returners including Laura Polizzi (**Crystal Lake South HS, Crystal Lake, Ill.**), Veronica Bertillotti (**Prospect HS, Mount Prospect, Ill.**), Shannon Leyva (**Carl Sandburg HS, Orland Park, Ill.**), and Taylor Mills (**Glenbard South HS, Glenbard, Ill.**). Freshmen Kayla Bushey (**Luther North HS, Chicago, Ill.**) and Anna Urbanczyk (**Glenbrook North HS, Northbrook, Ill.**) will be expected to contribute in both the long and triple jump. The vertical jumps will be led by pole vaulters Taylor Tjardes (**Gibson City-Melvin-Sibley HS, Gibson City, Ill.**) and Taelar Hillyer (**Alleman HS, Bettendorf, Iowa**). Both have been all-conference performers in past seasons. Katie Dinkel and Elise Davis will be asked to split time between sprints and pole vaulting. Freshman trio Danielle Engel (**Saint Charles North HS, Saint Charles, Ill.**), Emalee Leigh (**United Township HS, Hampton, Ill.**), and Catie Nelson (**Geneseo HS, Annawan, Ill.**) will also pole vault. Freshman Kendra Rakers (**Belleville Township West HS, Millstadt, Ill.**) will be asked to handle most of the high jumping responsibility.

HEPTATHLON – The heptathlon will be in good hands this year. Juniors Johanna Schnitzler (**Downers Grove South HS, Woodridge, Ill.**) and Julia Popp (**Boylan Catholic HS, Belvidere, Ill.**) will be the main contributors. Both were all-conference performers a year ago and Schnitzler holds the school record in the indoor pentathlon.

2013 AUGUSTANA VIKINGS WOMEN'S TRACK & FIELD ROSTER

NAME	YR	EVENT	HOMETOWN (HIGH SCHOOL)
Rachel Akmakjian	Fr	Sprints	Fort Collins, Col./Poudre
Rachel Auton	Fr	Hurdles	Hartland, Wis./Arrowhead Union
Jessica Bacon*	So	Mid Distance	Rock Island, Ill./HS
Kristyn Barton **	Jr	Mid Distance	Elmhurst, Ill./York
Samantha Bazely *** (C)	Sr	Long Jump – Triple Jump	Coal Valley, Ill./Alleman
Liana Beauchamp **	Jr	Hammer – Shot	Kingston, Ill./Genoa-Kingston
Kate Bengé*	Jr	Sprints – Mid Distance	Bettendorf, Iowa/Pleasant Valley
Veronica Bertellotti*	So	Triple Jump – Sprints	Mount Prospect, Ill./Prospect
Tara Bistry***	Sr	Distance	Joliet, Ill./Joliet Catholic
Michaela Bogdanske	Fr	Distance	Lodi, Wis./HS
Kris Bowen*	So	Mid Distance	Elburn, Ill./Kaneland
Suzie Brashler	Fr	Distance	Downers Grove, Ill./North
Stephanie Burbidge*	So	Mid Distance	Palatine, Ill./HS
Kayla Bushey	Fr	Long Jump – Triple Jump	Chicago, Ill./Luther North
Britton Dallas**	Jr	Mid Distance	Indianapolis, Ind./International School of IN
Sarah Dau	So	Throws	Glen Ellyn, Ill./Glenbard West
Elise Davis*	So	Pole Vault	Centennial, Col./Columbine
Katie Dinkel ***	Sr	Sprints – Pole Vault	Fairfield, Iowa/Maharishi
Somer Druszkowski	Fr	Sprints	Manhattan, Ill./Lincoln-Way Central
Danielle Engel	Fr	Pole Vault	Saint Charles, Ill./North
Madeline Gannon	Fr	Sprints	Orland Park, Ill./Marist
Emma Grandgeorge **	Jr	Distance	Sycamore, Ill./HS
Annie Heifner *** (C)	Sr	Mid Distance – Steeple	Oregon, Wis./HS
Taelar Hillyer**	Jr	Pole Vault	Bettendorf, Iowa/Alleman
Katherine Hoeper	Fr	Mid Distance	Blue Grass, Iowa/Davenport West
Alicia Hughes	So	Distance	Oswego, Ill./HS
Ashley Jensen-Anderson	Fr	Hurdles	Rock Island, Ill./HS
Sarahbeth Jones*** (C)	Sr	Mid Distance	Wadsworth, Ill./Warren Township
Rachel Kelly*	So	Distance	Downers Grove, Ill./South
Katie Kornaus	Jr	Mid Distance	Portage, Wis./HS
Chanel LaVigne	Fr	Sprints	Chicago, Ill./Rauner College Prep
Lizzie Lefelstein	Sr	Distance	St. Charles, Ill./Rosary
Emalee Leigh	Fr	Pole Vault	Hampton, Ill./United Township
Shannon Leyva*	So	Triple Jump – High Jump	Orland Park, Ill./Carl Sandburg
Hana Lobsinger	Fr	Distance	Wheaton, Ill./Wheaton-Warrenville South
Lizzie Lundine*	So	Distance	Villa Park, Ill./Willowbrook
Emily Lutton	So	Sprints – Hurdles	Omaha, Neb./Elkhorn
Annie Martines	Fr	Hurdles	Saint Charles, Ill./East
Jordan Mauerman ***	Sr	Javelin	Albany, Wis./HS
Brittany Mays	Fr	Sprints – Hurdles	Milwaukee, Wis./Northwest Secondary
Krista McCurrie*	So	Sprints – Mid Distance	Palos Park, Ill./Amos Alonso Stag
Kerri McGrail*	So	Distance	Plainfield, Ill./North
Caroline McPherson	Fr	Distance	Sterling, Ill./HS
Taylor Mills*	So	Sprints – Long Jump	Glen Ellyn, Ill./Glenbard South
Kelsey Moon **	Jr	Mid Distance	Wauconda, Ill./Mundelein
Astin Moravek*	So	Triple Jump	Riverside, Ill./Riverside – Brookfield
Allison Nagy*	Jr	Sprints	Naperville, Ill./Neuqua Valley
Catie Nelson	Fr	Pole Vault	Annawan, Ill./Geneseo
Lia O'Connor	Fr	Mid Distance	Naperville, Ill./St. Francis College Prep
Helen Offerman	Fr	Mid Distance	Oswego, Ill./Rosary
Amanda Pease **	Jr	Steeplechase	East Moline, Ill./United Township
Callie Peterson	Fr	Mid Distance	Minnerista, Minn./Mound Westonka
Katie Pittman	Jr	Mid Distance	Mahomet, Ill./Mahomet-Seymour
Kirstilyn Pohlman ***	Sr	Mid Distance	Winthrop Harbor, Ill./Zion Benton
Laura Polizzi*	So	Triple Jump	Crystal Lake, Ill./South
Julia Popp **	Jr	Heptathlon	Belvidere, Ill./Boylan Catholic
Jennifer Prazak *** (C)	Sr	Mid Distance	Naperville, Ill./North
Kendra Rakers	Fr	High Jump	Millstadt, Ill./Belleville Township West
Amanda Rodriguez **	Sr	Distance	Mahomet, Ill./Mahomet-Seymour
Rachel Rodriguez	Fr	Distance	Mahomet, Ill./Mahomet-Seymour
Sara Ruthberg	Fr	Distance	Lisle, Ill./HS
Jeneen Schier	Fr	Mid Distance	Oregon, Ill./HS
Johanna Schnitzler **	Jr	Heptathlon	Woodridge, Ill./Downers Grove South
Bethany Siwek ***	Sr	Hammer – Discus – Shot	Woodstock, Ill./HS
Kierra Smith **	Jr	Hurdles	Creston, Iowa/HS
Stephanie Sorrentino	Fr	Sprints	Elmhurst, Ill./York
Lorraine Stamberger*	So	Mid Distance	La Moille, Ill./HS
Kelsey Stockert **	Jr	Mid Distance - Steeple	Mapleton, Ill./Peoria Notre Dame
Becca Sund*	So	Mid Distance	Palatine, Ill./HS
Taylor Tjardes *** (C)	Sr	Pole Vault – Javelin	Gibson City, Ill./Gibson City-Melvin-Sibley
Lindsey Tripp	Fr	Javelin	Shelbyville, Ill./HS
Anna Urbanczyk	Fr	Long Jump – Triple Jump	Northbrook, Ill./Glenbrook North
Anna Walsh	Fr	Mid Distance	Mahtomedi, Minn./HS
Kristen Whiteside **	Jr	Mid Distance	Winthrop Harbor, Ill./Zion Benton
Antwanette Ysaguirre	Fr	Sprints	Bolingbrook, Ill./Joliet Catholic

Head Coach: Frederic Whiteside

Assistant Coaches: Chad Thomas, David Gonzalez, Dillon Smith, Kali Pettit, Mike Pettis, Katie Junk, Creston Fenn, Joshua Sherrod

2012 AUGUSTANA WOMEN'S TRACK & FIELD INDOOR RESULTS

DATE	MEET	SITE	RESULT
01/14/12	Dubuque Invitational TEAM SCORES: 1. Monmouth 154; 2. AUGUSTANA 114; 3. Mount Mercy 103; 4. Clarke 71; 5. Coe 60; 6. Loras 54; 7. Dubuque 37; 8. William Penn 29; 9. Edgewood 12.	Dubuque, Iowa	2nd of 9
01/21/12	Midwest Indoor Invitational	Monmouth, Illinois	No Team Scores
01/28/12	Wartburg Lutheran Triangular TEAM SCORES: 1. Wartburg 341; 2. AUGUSTANA 178; 3. Grand View 136	Waverly, Iowa	2nd of 3
02/04/12	Illinois College Jim Green Invitational TEAM SCORES: 1. Monmouth 105; 2. Truman State 104; 3. AUGUSTANA 69; 4. Central Methodist 68; 5. Ashford 56; 6. St. Ambrose 49; 7. Missouri Baptist 47; 8. Illinois College 42; 9. Greenville 34; 10. Lincoln 30; 11. McKendree 21; 12. Maryville 13; 13. Principia 11; 14. Hannibal LaGrange 8; 14. Knox 8; 16. Westminster 6; Fontbonne 6; 18. Webster 5; 19. Culver-Stockton 2.	Jacksonville, Illinois	3rd of 19
02/11/12	Augustana Invitational	Rock Island, Illinois	No Team Scores
02/16/12	Augustana Triangular 1. St. Ambrose 87; 2. AUGUSTANA 72.5; 3. Ashford 45.5.	Rock Island, Illinois	2nd of 3
02/24–25/12	CCIW Championship 1. Illinois Wesleyan 163; 2. North Central 161; 3. Carthage 105.5; 4. Millikin 96.5; 5. Wheaton 72; 6. AUGUSTANA 54; 7. Elmhurst 7; 8. North Park 3	Naperville, Illinois	6th of 8
03/03	North Central Qualifier	Naperville, Illinois	No Team Scores

2012 AUGUSTANA WOMEN'S TRACK & FIELD OUTDOOR RESULTS

DATE	MEET	SITE	RESULT
March 24	Viking Open TEAM SCORES: 1. AUGUSTANA 200.5; 2. UW-Whitewater 167.5; 3. St. Ambrose 143.5; 4. Central 127; 5. Ashford 112; 6. College of DuPage 44; 7. Aurora 41; 8. Judson 36; 9. Beloit 30.5	Rock Island, Ill.	1st of 9
March 31	Viking Olympics TEAM SCORES: 1. Wartburg 326.5; 2. AUGUSTANA 198; 3. St. Ambrose 178; 4. Loras 155; 5. Ashford 66.5; 6. Dubuque 43; 7. Iowa Wesleyan 6	Rock Island, Ill.	2nd of 7
April 6	Wartburg Select TEAM SCORES: 1. Wartburg 289.7; 2. UW-La Crosse 137; 3. UW-Eau Claire 132.2; 4. St. Olaf 70.2; 5. AUGUSTANA 64; 6. UW-Platteville 61.4; 7. Grand View 54; 8. Dubuque 24.5; 9. NIACC 18	Waverly, Iowa	5th of 9
April 14	Norseman Relays TEAM SCORES: 1. AUGUSTANA 213.5; 2. Luther 173.5; 3. Hamline 167; 4. Concordia-St. Paul 80; 5. St. Mary's (Minn.) 39; 6. Luther Alumni 9; 7. Augsburg 6	Decorah, Iowa	1st of 7
April 20	Augustana Invitational TEAM SCORES: 1. Monmouth 180.5; 2. North Central 154; 3. UW-Whitewater 122; 4. AUGUSTANA 99; 5. Loras 89.5; 6. Carthage 85; 7. UW-Platteville 72.5; 8. Luther 67; 9. St. Ambrose 62.5	Rock Island, Ill.	4th of 9
April 27-28	Drake Relays	Des Moines, Iowa	No Team Scores
April 28	Western Illinois Twilight	Macomb, Ill.	
May 4-5	CCIW TEAM SCORES: 1. Illinois Wesleyan 204; 2. North Central 185; 3. Carthage 113; 4. Wheaton 106; 5. Millikin 100; 6. AUGUSTANA 81; 7. Elmhurst 16; North Park 13	Bloomington, Ill.	6th of 8
May 10-11	Dr. Keeler Invitational	Naperville, Ill.	No Team Scores
May 11	Ashford Open	Clinton, Iowa	
May 12	Chicago Penultimate	Chicago, Illinois	
May 18	Midwest Twilight Qualifier	Rock Island, Ill.	No Team Scores
May 24-25	NCAA National Championships	Los Angeles, Cal.	

2012 AUGUSTANA TRACK & FIELD EVENT BESTS

INDOOR SEASON

EVENT	ATHLETE	DATE	SITE	MARK
55	Morgan Gale (Oregon HS, Oregon, Ill.)	02/11/12	Rock Island, Illinois	:07.79
60	Morgan Gale (Oregon HS, Oregon, Ill.)	01/28/12	Waverly, Iowa	:08.41
55 Hurdles	Kierra Smith (Creston HS, Creston, Iowa)	02/11/12	Rock Island, Illinois	:08.90
60 Hurdles	Kierra Smith (Creston HS, Creston, Iowa)	02/25/12	Naperville, Illinois	:09.53
200	Morgan Gale (Oregon HS, Oregon, Ill.)	02/25/12	Naperville, Illinois	:27.27
300	Kierra Smith (Creston HS, Creston, Iowa)	02/11/12	Rock Island, Illinois	:43.64
400	Kierra Smith (Creston HS, Creston, Iowa)	02/16/12	Rock Island, Illinois	1:01.30
500	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)	02/11/12	Rock Island, Illinois	1:21.49
600	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)	01/28/12	Waverly, Iowa	1:40.20
800	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)	02/25/12	Naperville, Illinois	2:19.35
1000	Jessica Bacon (Rock Island HS, Rock Island, Ill.)	02/11/12	Rock Island, Illinois	3:03.42
2000	Lizzie Lundine (Willowbrook HS, Villa Park, Ill.)	02/16/12	Rock Island, Illinois	7:08.63
1 Mile	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)	02/25/12	Naperville, Illinois	5:01.91
3000	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)	01/21/12	Monmouth, Illinois	10:16.73
5000	Stephanie Burbidge (Palatine HS, Palatine, Ill.)	02/24/12	Naperville, Illinois	19:20.71
20# Wt	Liana Beauchamp (Genoa-Kingston HS, Kingston, Ill.)	01/28/12	Waverly, Iowa	49' 10"
High Jump	Johanna Schnitzler (Downers Grove South HS, Woodridge, Ill.)	02/25/12	Naperville, Illinois	5' ¼"
Long Jump	Astin Moravek (Riverside-Brookfield HS, Riverside, Ill.)	02/16/12	Rock Island, Illinois	16' 1"
Triple Jump	Samantha Bazely (Alleman HS, Coal Valley, Ill.)	02/25/12	Naperville, Illinois	34' 3½"
Shot	Liana Beauchamp (Genoa-Kingston HS, Kingston, Ill.)	01/14/12	Dubuque, Iowa	39' 8 ¾"
Pole Vault	Taelar Hillyer (Alleman HS, Bettendorf, Iowa)	02/16/12	Rock Island, Illinois	11' 7 ¾"
Pentathlon	Johanna Schnitzler (Downers Grove South HS, Woodridge, Ill.)	02/25/12	Naperville, Illinois	2,855
800 Relay	Morgan Gale (Oregon HS, Oregon, Ill.)	02/16/12	Rock Island, Illinois	1:53.47
	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)			
	Kate Dinkel (Maharishi HS, Fairfield, Iowa)			
	Kelsey Moon (Mundelein HS, Wauconda, Ill.)			
1600 Relay	Kierra Smith (Creston HS, Creston, Iowa)	02/25/12	Naperville, Illinois	4:09.20
	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)			
	Jennifer Prazak (Naperville North HS, Naperville, Ill.)			
3200 Relay	Johanna Schnitzler (Downers Grove South HS, Woodridge, Ill.)	02/16/12	Rock Island, Illinois	9:38.75
	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)			
	Lorraine Stamberger (LaMoille HS, LaMoille, Ill.)			
	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)			
1600 Sprint Medley	Jessica Bacon (Rock Island HS, Rock Island, Ill.)	02/04/12	Jacksonville, Illinois	4:27.92
	Morgan Gale (Oregon HS, Oregon, Ill.)			
	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)			
	Jennifer Prazak (Naperville North HS, Naperville, Ill.)			
Distance Medley	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)	02/24/12	Naperville, Illinois	12:13.73
	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)			
	Kierra Smith (Creston HS, Creston, Iowa)			
	Lorraine Stamberger (LaMoille HS, LaMoille, Ill.)			
	Sarahbeth Jones (Warren Township HS, Wadsworth, Ill.)			

OUTDOOR SEASON

EVENT	ATHLETE	DATE	SITE	MARK
100	Morgan Gale (Oregon HS, Oregon, Ill.)	05/05/12	Bloomington, Ill.	:12.99
200	Morgan Gale (Oregon HS, Oregon, Ill.)	05/11/12	Naperville, Ill.	:26.83
400	Krista McCurrie (Stagg HS, Palos Park, Ill.)	05/11/12	Naperville, Ill.	1:00.60
800	Jessica Bacon (Rock Island HS, Rock Island, Ill.)	05/05/12	Bloomington, Ill.	2:16.45
1500	Sarahbeth Jones (Warren Twp. HS, Wadsworth, Ill.)	05/05/12	Bloomington, Ill.	4:35.26
3000	Sarahbeth Jones (Warren Twp. HS, Wadsworth, Ill.)	03/24/12	Rock Island, Ill.	9:58.95
5000	Sarahbeth Jones (Warren Twp. HS, Wadsworth, Ill.)	05/10/12	Naperville, Ill.	16:53.57
10,000	Lizzie Lundine (Willowbrook HS, Villa Park, Ill.)	04/20/12	Rock Island, Ill.	40:01.93
100 Hurdles	Kierra Smith (Creston HS, Creston, Iowa)	05/11/12	Naperville, Ill.	:15.22
400 Hurdles	Kierra Smith (Creston HS, Creston, Iowa)	05/05/12	Bloomington, Ill.	1:02.69
3000 Steeplechase	Sarah Johnson (Grayslake North HS, Lake Villa, Ill.)	04/20/12	Rock Island, Ill.	12:02.23
High Jump	Johanna Schnitzler (Downers Grove South HS, Woodridge, Ill.)	03/30/12	Rock Island, Ill.	5' ¼"
Long Jump	Astin Moravek (Riverside-Brookfield HS, Riverside, Ill.)	05/18/12	Rock Island, Ill.	17' 1¼"
Triple Jump	Astin Moravek (Riverside-Brookfield HS, Riverside, Ill.)	05/18/12	Rock Island, Ill.	35' 8"
Shot Put	Liana Beauchamp (Genoa-Kingston HS, Kingston, Ill.)	04/14/12	Decorah, Iowa	39' 8¾"
Discus	Bethany Siwek (Woodstock HS, Woodstock, Ill.)	03/31/12	Rock Island, Ill.	116' 7"
Pole Vault	Taelar Hillyer (Alleman HS, Bettendorf, Iowa)	04/28/12	Dubuque, Iowa	11' 9 ¾"
Hammer	Liana Beauchamp (Genoa-Kingston HS, Kingston, Ill.)	05/18/12	Rock Island, Ill.	156' 11"
Javelin	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)	04/14/12	Decorah, Iowa	115' 3"
Heptathlon	Johanna Schnitzler (Downers Grove South HS, Woodridge, Ill.)	03/31/12	Rock Island, Ill.	3,615
4x100 Relay	Astin Moravek (Riverside-Brookfield HS, Riverside, Ill.)	05/05/12	Bloomington, Ill.	:51.63
	Krista McCurrie (Stagg HS, Palos Park, Ill.)			
	Morgan Gale (Oregon HS, Oregon, Ill.)			
4x200 Relay	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)	04/14/12	Decorah, Iowa	1:51.82
	Morgan Gale (Oregon HS, Oregon, Ill.)			
	Astin Moravek (Riverside-Brookfield HS, Riverside, Ill.)			
	Krista McCurrie (Stagg HS, Palos Park, Ill.)			
Sprint Medley Relay	Catherine Foreman (St. Joseph-Ogden HS, St. Joseph, Ill.)	04/14/12	Decorah, Iowa	4:26.86
	Morgan Gale (Oregon HS, Oregon, Ill.)			
	Rachel Latham (Burlington Cnetral HS, Elgin, Ill.)			
	Krista McCurrie (Stagg HS, Palos Park, Ill.)			
4x400 Relay	Lorraine Stamberger (La Moille HS, La Moille, Ill.)	05/05/12	Bloomington, Ill.	4:04.25
	Kierra Smith (Creston HS, Creston, Iowa)			
	Krista McCurrie (Stagg HS, Palos Park, Ill.)			
	Jessica Bacon (Rock Island HS, Rock Island, Ill.)			
4x800 Relay	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)	03/24/12	Rock Island, Ill.	9:44.06
	Jennifer Prazak (Naperville North HS, Naperville, Ill.)			
	Lorraine Stamberger (La Moille HS, La Moille, Ill.)			
	Jessica Bacon (Rock Island HS, Rock Island, Ill.)			
4x1600 Relay	Annie Heifner (Oregon HS, Oregon, Wis.)	04/14/12	Decorah, Iowa	21:07.93
	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)			
	Annie Heifner (Oregon HS, Oregon, Wis.)			
	Sarahbeth Jones (Warren Twp. HS, Wadsworth, Ill.)			
	Jessica Bacon (Rock Island HS, Rock Island, Ill.)			
Distance Medley	Jessica Bacon (Rock Island HS, Rock Island, Ill.)	04/27/12	Des Moines, Iowa	12:15.79
	Kierra Smith (Creston HS, Creston, Iowa)			
	Kate Benge (Pleasant Valley HS, Bettendorf, Iowa)			
	Sarahbeth Jones (Warren Twp. HS, Wadsworth, Ill.)			

Sarahbeth Jones' ninth-place national finish at 5000 meters highlights 2012 season

Augustana's Sarahbeth Jones (**Warren Township HS, Wadsworth, Ill.**) capped and outstanding junior season with a ninth-place finish in the 5000 at the 2012 NCAA Division III championships in Los Angeles, California. Jones, who shared this year's Most Valuable Performer honors with sophomore hurdler Kierra Smith (Creston HS, Creston, Iowa), finished in 17:18.50, missing All-America status by less than two seconds. As a team, the Vikings finished the season sixth in the USTFCCA Midwest Region rankings.

Just two weeks prior to nationals, Jones had set a 5000-meter school record, running 16:53.57—a time that would have won at the national meet—at North Central's Dr. Keeler Invitational. She also set a new school standard at 3000 meters with a 9:58.95 at the Viking Open and ran on a pair of record-setting relay teams. She anchored the Viking distance medley relay which posted a time of 12:15.79 at the Drake Relays and ran the third leg of the 4x1600 unit that finished in 21:07.93 at the Norse Relays. Freshman Jessica Bacon (**Rock Island HS, Rock Island, Ill.**), Smith and sophomore Kate Bengé (**Pleasant Valley HS, Bettendorf, Iowa**) preceded Jones on the DMR quartet, while Bengé and junior Annie Heifner (**Oregon HS, Oregon, Wis.**) ran the first two legs of the 6400 relay, with Bacon anchoring.

Smith and sophomore thrower Liana Beauchamp (**Genoa-Kingston HS, Kingston, Ill.**) also set school marks this year. Smith's 1:02.69 at the CCIW meet is a new Augustana best. Beauchamp actually broke the previous school record in the hammer throw three times, with her 156' 11" heave at the Midwest Twilight Qualifier being the current standard.

Jones and Beauchamp were individual CCIW champions as the Vikings finished sixth at the conference meet. Jones won with a 17:31.04 in the 5000 and Beauchamp with a 152' 11" in the hammer.

The Vikings opened the 2012 outdoor season by besting eight other teams at the Viking Open on March 24. Augustana won six events. In addition to Jones' school-record performance in the 3000, sophomore Taelar Hillyer (**Alleman HS, Bettendorf, Iowa**) set a season-best with an 11' 3 3/4" in the pole vault. The 4x800 relay team of junior Jennifer Prazak (**Naperville North HS, Naperville, Ill.**), freshman Lorraine Stamberger (**La Moille HS, La Moille, Ill.**), Bacon and Heifner also recorded a season best at 9:44.06.

A week later, Augustana won three events and finished second at the Viking Olympics and on April 6, the Vikings were fifth of nine teams at the Wartburg select, hosted by the eventual national champion Knights. Jones was named CCIW Track Athlete of the Week after winning the 5000 at Wartburg. Hillyer was also a winner in the pole vault.

Smith was a triple winner (100H, 400H and 4x400 relay) on April 14 at the Norse Relays to lead Augustana to the team title. In addition to the 4x1600 school-record, Beauchamp won the shot put with a season-best 39' 8 3/4" and senior Cat Foreman (**St. Joseph-Ogden HS, St. Joseph, Ill.**) threw the javelin a season-best 115' 3" to win that event. Freshman Astin Moravek (**Riverside-Brookfield HS, Riverside, Ill.**) won the triple jump as well.

In their last team competition team competition prior to the CCIW meet, the Vikings won two events to finish fourth at the nine-team Augustana Invitational.

Award winners for this year's squad, in addition to Jones and Smith, included sophomore heptathlete Julia Popp (**Boylan Catholic HS, Belvidere, Ill.**) and Prazak, who were co-winners of the Susan Wall Most Improved Award. Prazak also shared the Erica Vortman Viking Spirit Award with middle-distance runner Melissa Lehpamer (**Plainfield South HS, Plainfield, Ill.**). Captains-elect for the 2013 season are Jones, Prazak, junior jumper Samantha Bazely (**Alleman HS, Coal Valley, Ill.**), Heifner and junior Taylor Tjardes (**Gibson City-Melvin-Sibley HS, Gibson City, Ill.**), who competes in the pole vault and javelin.

2012 CCIW CHAMPIONSHIP MEET

May 4-5, 2012 @ Illinois Wesleyan University – Bloomington, Illinois

TEAM SCORES: 1. Illinois Wesleyan 204; 2. North Central 185; 3. Carthage 113; 4. Wheaton 106; 5. Millikin 100; 6. AUGUSTANA 81; 7. Elmhurst 16; North Park 13.

INDIVIDUAL EVENT WINNERS

100 – Ariel Robinson, Millikin :12.11; 200 – Ariel Robinson, Millikin :24.96; 400 – Lauren Alpert, Illinois Wesleyan :55.89; 800 – Tara Clemens, Illinois Wesleyan 2:12.08; 1500 – Tara Clemens, Illinois Wesleyan 4:30.52; 5000 – Sarahbeth Jones, AUGUSTANA 17:31.04; 10,000 – Rachel Williams, Illinois Wesleyan 38:47.2; 100 Hurdles – Rosalie Dillon, Wheaton :15.29; 400 Hurdles – Amanda Coglianese 1:02.31; 3000 Steeplechase – Jamie Orewiler, Wheaton 11:21.42; 4x100 Relay – Illinois Wesleyan :47.54; 4x400 Relay – Illinois Wesleyan 3:53.24; High jump – Shannon McNeil, Wheaton 5' 3 3/4"; Pole vault – Elizabeth Composto, North Central 12' 1 1/2"; Long Jump – Lauren Alpert, Illinois Wesleyan 18' 1/2"; Triple Jump – Lauren Alpert, Illinois Wesleyan 37' 1 3/4"; Shot Put – LeAnn Spesard, Millikin 44' 2"; Discus – Brittany Sherron, Millikin 141' 1"; Hammer Throw – Liana Beauchamp, AUGUSTANA 152' 11"; Javelin – Bri Tolliver, North Central 131' 4"; Heptathlon – Sarah Thompson, Carthage 4,428.

2011 AUGUSTANA SUPERLATIVES

AUGUSTANA SCHOOL RECORDS: 3000 – Sarahbeth Jones, 9:58.95 on 03/24/12 at Viking Open in Rock Island, Illinois – breaks previous record of 10:02.85 set by Susan Paige in 1998... 5000 – Sarahbeth Jones, 16:53.57 on 05/10/12 at Dr. Keeler Invitational in Naperville, Illinois – breaks her own previous record of 17:24.27 set in 2012... 400H – Kierra Smith, 1:02.69 on 05/05/12 at the CCIW Championships in Bloomington, Illinois – breaks previous record of 1:03.85 set by Manda Geerts in 2004... Hammer Throw – Liana Beauchamp, 156' 11" on 05/18/12 at Midwest Twilight Qualifier in Rock Island, Illinois – breaks her own previous record of 156' 1" set in 2012... Distance Medley Relay – Jessica Bacon, Kierra Smith, Kate Bengé and Sarahbeth Jones, 12:15.79 on 04/25/12 at Drake Relays in Des Moines, Iowa – breaks previous record of 12:18.47 set by Jennifer Paul, Manda Geerts, Karina Carson and Melanie Round in 2004... 4x1600 Relay – Kate Bengé, Annie Heifner, Sarahbeth Jones and Jessica Bacon, 21:07.93 on 04/14/14 at Norse Relays in Decorah, Iowa – breaks previous record of 21:16.07 set by Christina Gamzer, Jennifer Smith, Annie Livengood and Melanie Round in 2002.

CCIW INDIVIDUAL CHAMPIONS: 5000 – Sarahbeth Jones, 17:31.04; Hammer Throw – Liana Beauchamp, 152' 11".

CCIW ACADEMIC ALL-CONFERENCE: Jessica Bacon, Melanie Battistoni, Samantha Bazely, Liana Beauchamp, Katelyn Bengé, Veronica Bertelotti, Kristina Bowen, Stephanie Burbidge, Elise Davis, Katherine Dinkel, Morgan Gale, Emma Grandedgeorge, Annie Heifner, Sarah Johnson, Sarahbeth Jones, Rachel Kelly, Melissa Lehpamer, Shannon Leyva, Elizabeth Lundine, Kerri McGrail, Kelsey Moon, Astin Moravek, Angela Pisani, Julia Popp, Jennifer Prazak, Amanda Rodriguez, Johanna Schnitzler, Kierra Smith, Lorraine Stamberger, Kelsey Stockert, Rebecca Sund, Taylor Tjardes

CCIW ATHLETE OF THE WEEK – Sarahbeth Jones, 4/10/12.

NCAA DIVISION III NATIONAL QUALIFIERS

5000 – Sarahbeth Jones, 16:53.57 on 05/10/12 at Dr. Keeler Invitational in Naperville, Illinois.

AUGUSTANA TEAM AWARDS

MVP: Sarahbeth Jones and Kierra Smith; Most Valuable Freshman: Jessica Bacon and Astin Moravek; Susan Wall Most Improved: Julia Popp and Jennifer Prazak; Erica Vortman Viking Spirit Award: Jennifer Prazak and Melissa Lehpamer; 2012 Team Captains: Morgan Gale, Amber Gruber, Melissa Lehpamer; 2013 Captains-elect: Sarahbeth Jones, Jennifer Prazak, Samantha Bazely, Annie Heifner and Taylor Tjardes.

INDIVIDUAL & RELAY CHAMPIONS IN INVITATIONALS

Viking Open, 03/24/12 in Rock Island, Illinois: 4x800 Relay – Jennifer Prazak, Lorraine Stamberger, Jessica Bacon & Annie Heifner, 9:44.06; 1500 – Sarahbeth Jones, 4:41.42; 800 – Kate Bengé, 2:21.29; 400H – Kierra Smith, 1:05.67; 3000 – Sarahbeth Jones, 9:58.95; Pole Vault – Taelar Hillyer, 11' 3 3/4". Viking Olympics, 03/31/12 in Rock Island, Illinois: 100H – Kierra Smith, :15.48; Long Jump – Astin Moravek, 16' 10"; Pole Vault – Taelar Hillyer, 11' 2 1/4". Wartburg Select, 04/06/12 in Waverly, Iowa: 5000 – Sarahbeth Jones, 17:24.27; Pole Vault – Taelar Hillyer, 10' 8". Norse Relays, 04/14/12 in Decorah, Iowa: 100H – Kierra Smith, :15.50; 400H – Kierra Smith, 1:04.30; 4x400 Relay – Kate Bengé, Kierra Smith, Johanna Schnitzler & Krista McCurrie, 4:06.70; 4x1600 Relay – Kate Bengé, Annie Heifner, Sarahbeth Jones & Jessica Bacon, 21:07.93; Triple Jump – Astin Moravek, 34' 8 1/4"; Javelin – Cat Foreman, 115' 3". Augustana Invitational, 04/20/12 in Rock Island, Illinois: 400H – Kierra Smith, 1:04.21; 4x800 Relay, 10:03.60. Midwest Twilight Qualifier, 05/18/12 in Rock Island, Illinois: 800 – Kate Bengé, 2:18.12; 400H – Kierra Smith, 1:03.11; 3000 Steeplechase – Sarah Johnson, 12:04.1; 5000 – Jessica Bacon, 18:36.13; Triple Jump – Astin Moravek, 35' 8"; Pole Vault – Taelar Hillyer, 11' 3 1/2".

AUGUSTANA TEAM FINISHES

USTFCCA POWER RANKING: 21st in nation and 6th in Midwest Region

CCIW CHAMPIONSHIPS: 6th place, 81 points

INVITATIONALS: Viking Open, 03/24/12 – 1st of 9... Norse Relays, 04/14/12 – 1st of 7... Viking Olympics, 03/31/12 – 2nd of 7... Augustana Invitational, 04/20/12 – 4th of 9... Wartburg Select, 04/06/12 – 5th of 9.

2012 COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN INDOOR WOMEN'S TRACK & FIELD CHAMPIONSHIP

February 24-25, 2012
North Central College
Naperville, Illinois

PLACE	SCHOOL	POINTS
1.	Illinois Wesleyan	163
2.	North Central	161
3.	Carthage	105.50
4.	Millikin	96.50
5.	Wheaton	72
6.	Augustana	54
7.	Elmhurst	7
8.	North Park	3

EVENT	ATHLETE	SCHOOL	MARK
60	Ariel Robinson	Millikin	:07.76
200	Lauren Alpert	Ill. Wesleyan	:25.26
400	Lauren Alpert	Ill. Wesleyan	:56.88
800	Tara Clemens	Ill. Wesleyan	2:14.00
Mile	Krista Cota	North Central	4:56.86
3000	Sarahbeth Jones	Augustana	10:21.38
5000	Sarah Daly	Wheaton	18:13.04
60 Hurdles	Jocelyn Redlinski	North Central	:09.31
1600 Relay		Ill. Wesleyan	3:53.54
Distance Medley		Augustana	12:13.73
High Jump	Shannon McNeil	Wheaton	5' 3 $\frac{3}{4}$ "
Pole Vault	Elizabeth Composto	North Central	12' 4 $\frac{1}{2}$ "
Long Jump	Lauren Alpert	Ill. Wesleyan	18' 10 $\frac{3}{4}$ "
Triple Jump	Basheeba Mays	North Central	37' 1 $\frac{3}{4}$ "
Shot Put	LeAnn Spesard	Millikin	44' 8"
Weight Throw	Brittany Sherron	Millikin	51' 6 $\frac{1}{4}$ "
Pentathlon	Sarah Thompson	Carthage	3,346

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
2011	North Central	4th - Augustana
2012	Illinois Wesleyan	6th - Augustana

AUGUSTANA EARNS USTFCCCA ACADEMIC HONORS AGAIN

For the 20th 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.

2012 COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN OUTDOOR WOMEN'S TRACK & FIELD CHAMPIONSHIPS

May 4-5, 2012
Illinois Wesleyan University
Bloomington, Illinois

PLACE	TEAM	POINTS
1.	Illinois Wesleyan	204
2.	North Central	185
3.	Carthage	113
4.	Wheaton	106
5.	Millikin	100
6.	AUGUSTANA	81
7.	Elmhurst	16
8.	North Park	13

EVENT	WINNER	SCHOOL	MARK
100	Ariel Robinson	Millikin	:12.11
200	Ariel Robinson	Millikin	:24.96
400	Lauren Alpert	Illinois Wesleyan	:55.89
800	Tara Clemens	Illinois Wesleyan	2:12.08
1500	Tara Clemens	Illinois Wesleyan	4:30.52
5000	Sarahbeth Jones	Augustana	17:31.04
10,000	Rachel Williams	Illinois Wesleyan	38:47.2
100 Hurdles	Rosalie Dillon	Wheaton	:15.29
400 Hurdles	Amanda Coglianese	North Central	1:02.31
3000 Steeple	Jamie Orewiler	Wheaton	11:21.42
4x100 Relay		Illinois Wesleyan	:47.54
4x400 Relay		Illinois Wesleyan	3:53.24
High jump	Shannon McNeil	Wheaton	5' 3 $\frac{3}{4}$ "
Pole vault	Elizabeth Composto	North Central	12' 1 $\frac{1}{2}$ "
Long Jump	Lauren Alpert	Illinois Wesleyan	18' $\frac{1}{2}$ "
Triple Jump	Lauren Alpert	Illinois Wesleyan	37' 1 $\frac{3}{4}$ "
Shot Put	LeAnn Spesard	Millikin	44' 2"
Discus	Brittany Sherron	Millikin	141' 1"
Hammer	Liana Beauchamp	Augustana	152' 11"
Javelin	Bri Tolliver	North Central	131' 4"
Heptathlon	Sarah Thompson	Carthage	4,428.

CCIW OUTDOOR TEAM CHAMPIONS

2012	Illinois Wesleyan	6th - Augustana
2011	North Central	5th - Augustana
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	11:20.97	Katie Ries	2011
3000	9:58.95	Sarahbeth Jones	2012
5000	16:53.57	Sarahbeth Jones	2012
10,000	36:21.85	Susan Paige	1999
100 H	:14.30	Theresa Suwannapal	2006
400 H	1:02.69	Kierra Smith	2012
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' 6"	Ella Mathieson	2011
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	156' 1"	Liana Beauchamp	2012
400 Relay	:47.89	Theresa Suwannapal, Kali Minkler	2007
		Ainsley Fedler, Keli Coleman	
400 H Shuttle	1:02.41	Theresa Suwannapal, Meghan Voiland	2006
		Lindsey Homfeldt, Laura Kendall	
800 Relay	1:43.79	Theresa Suwannapal, Keli Coleman	2006
		Kali Minkler, Jessica Corvo	
800 Medley	1:49.67	Kim Baier, Kathy Schmitt, Kristi Boesen,	1999
		Chrissy Hammer	
1600 Relay	3:51.04	Brittney Bennett, Amy Walsh, Kierra Smith,	2011
		Hannah Hottle	
Sprint Medley	4:05.25	Devon Morrison, Kim Baier, Amy Tirmenstein,	2000
		Maegan Harris	
3200 Relay	9:21.93	Sarahbeth Jones, Hannah Hottle, Annie Heifner,	2010
		Samantha Laskowski	
Dist Medley	12:15.79	Jessica Bacon, Kierra Smith, Kate Benge,	2012
		Sarahbeth Jones	
4x1600 Relay	21:07.93	Kate Benge, Annie Heifner, Sarahbeth Jones,	2012
		Jessica Bacon	

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

100			500			SHOT		
:11.96	Keli Coleman	2008	16:53.57	Sarahbeth Jones	2012	44-5 1/2	Marissa Banks	2008
:12.16	Maria Philip	1993	17:28.53	Kim Lehman	1983	43-10 1/2	Jodi Stanton	2005
:12.28	Theresa Suwannapal	2006	17:39.83	Susan Paige	1997	40-10	Becca Parker	2002
:12.31	Kai Frazier	2008	18:11.01	Christina Gamzer	2001	40-9 1/2	Sara Freberg	2000
:12.33	Kristi Boesen	1999	18:17.51	Ellen Adams	2009	40-7	Kristin Pittman	1993
:12.51	Devon Morrison	2003	18:24.04	Lauren Habenicht	2001	40-0 1/4	Julie Peterson	1982
:12.52	Ainsley Fedler	2008	18:25.84	Susan Wall	1991	39-8 3/4	Liana Beauchamp	2012
:12.59	Rita Jett	1987	18:28.94	Kelly Roliardi	1999	39-8	Kami Hamacher	1992
:12.64	Curline West	1976	18:32.78	Rachel Knapp	1995	39-3	Sue Peterson	1984
:12.64	Kim Baier	1999	18:36.13	Jessica Bacon	2012	39-0 1/2	Paula Neiweem	2007
200			10,000			HIGH JUMP		
:25.05	Theresa Suwannapal	2006	36:21.85	Susan Paige	1999	5-7 3/4	Juli 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
:25.64	Brittney Bennett	2011	38:54.88	Theresa Coverick	2011	5-4 1/2	Jill Patronagio	1998
:25.82	Kai Frazier	2009	39:07.43	Liz Stoppel	2000	5-4	Suzanne Billings	1997
:25.84	Andra Olson	1975	39:14.62	Nicky Pehle	1999	5-4	Andra Olson	1975
:25.90	Devon Morrison	2000	39:17.84	Shelley Schaefer	1998	5-3 3/4	Erin Blecha	2007
:26.04	Jeanette Hodgkinson	1982	39:25.37	Erin Marciniac	2002	5-3 3/4	Lisa Johnson	2002
400			1500 STEEPLECHASE			LONG JUMP		
:56.01	Meribeth Schwartz	1992	5:24.80	Shannon Moore	1995	18-6	Ella Mathieson	2011
:56.65	Brittney Bennett	2011	5:49.53	Wendy Mileham	1998	18-5	Cynthia Coordes	1984
:57.61	Rita Jett	1987	5:52.57	Lisa Johnson	1999	18-3 1/4	Sheila Schwoob	1991
:57.83	Jacquelyn Olsen	2005	5:54.24	Liz Stoppel	1999	18-2 1/2	Rita Jett	1986
:57.97	Chrissy Hammer	1998	5:58.04	Jennifer Harrington	1993	18-1 3/4	Kelsey Duhai	2009
:58.05	Jacqueline Bowden	1995	6:00.18	Jennifer Livingston	1998	18-1 1/4	Kim Wallace	1994
:58.59	Kim Nelson	2004	6:02.88	Dana Hileman	1999	18-1	Tammie Beasley	2000
:59.06	Amy Tirmenstein	2000	6:04.64	Lori Naert	1996	18-0 3/4	Amy Tirmenstein	2000
:59.09	Hannah Hottle	2010	6:05.33	Liz Stoppel	1998	18-0 1/2	Kim Baier	1999
:59.16	Jessica Corvo	2006	6:06.63	Keri Krapf	1998	18-0	Meghan Voiland	2007
800			HEPTATHLON			18-0	Erika Meyers	1990
2:11.70	Rachel Knapp	1995	4715	Kim Wallace	1994	TRIPLE JUMP		
2:11.74	Chris Caldwell	1975	4661	Suzanne Billings	1997	39-8	Meghan Voiland	2007
2:12.07	Hannah Hottle	2011	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	37-6	Ella Mathieson	2011
2:15.98	Jay Walsh	1999	4165	Michelle Yocherer	1996	37-4	Kelsey Duhai	2008
2:16.04	Andra Olson	1975	4135	Val Boyd	1984	37-3 1/4	Amy Tirmenstein	2000
2:16.45	Jessica Bacon	2012	4017	Juli Weber	1990	37-1 1/4	Suzanne Udhen	2006
2:16.81	Liz Driscoll	2007	3920	Shawna Nelsen	1992	37-0 1/4	Juli Weber	1991
1500			100 HURDLES			36-11	Bekki Cheatham	2006
4:35.01	Kristy Windy	1998	:14.30	Theresa Suwannapal	2006	HAMMER THROW		
4:35.26	Sarahbeth Jones	2012	:14.74	Kim Wallace	1994	156-11	Liana Beauchamp	2012
4:35.76	Liz Driscoll	2008	:14.75	Meghan Voiland	2007	154-9	Paula Neiweem	2009
4:36.21	Hannah Hottle	2011	:14.89	Lindsey Homfeldt	2006	151-5	Marissa Banks	2009
4:37.02	Rachel Knapp	1995	:14.95	Allison Wolak	1998	148-5	Kristin Pittman	1996
4:39.30	Jennifer Walsh	2000	:15.02	Tracy Skibitzki	2003	146-5	Desiree Butcher	2005
4:40.09	Jennifer Paul	2004	:15.12	Kali Minkler	2007	144-3	Amber Gruber	2011
4:40.48	Susan Paige	1999	:15.22	Kierra Smith	2012	138-3	Becca Parker	2002
4:42.44	Samantha Maron	1990	:15.30	Michelle Yocherer	1996	131-11	Bethany Siwek	2012
4:43.74	Cathy Kries	1983	:15.35	Shelli Smith	1982	125-6	Julie Braun	2000
3000			400 HURDLES			123-5	Tara Lozowski	1998
9:58.95	Sarahbeth Jones	2012	1:02.69	Kierra Smith	2012	POLE VAULT		
10:02.85	Susan Paige	1998	1:03.85	Manda Geerts	2004	12-10 1/4	Meghan Voiland	2007
10:03.94	Rachel Knapp	1995	1:03.87	Patti Wenig	1990	11-11 3/4	Kali Minkler	2007
10:11.84	Kim Lehman	1983	1:04.21	Amy Walsh	2011	11-9 3/4	Taelar Hillyer	2011
10:13.31	Kelly Roliardi	1999	1:04.52	Tracy Skibitzki	2003	11-8 1/2	Kim Baier	2001
10:22.54	Samantha Maron	1990	1:04.54	Carey Bartz	1988	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
2000 STEEPLECHASE			DISCUS			10-6	Tara Franck	2005
7:30.71	Annie Heifner	2011	158-9	Marissa Banks	2008	3000 STEEPLECHASE		
7:44.02	Megan Carlson	2001	144-5	Kristin Pittman	1996	11:20.97	Katie Ries	2011
7:50.81	Brittany Prazak	2011	132-5	Lynn Schenk	1985	11:30.95	Hanna Hottle	2010
7:52.82	Jennifer Vortman	2003	131-5	Becca Parker	2001	11:46.54	Annie Heifner	2010
7:53.79	Julie Cassata	2003	130-5	Julie Nelson	1982	11:48.71	Jenna McAdam	2006
8:04.02	Sarah Johnson	2011	129-0	Julie Braun	2000	11:50.94	Erin Marciniac	2005
8:14.74	Laurie Morgenthal	2001	128-4	Alaina Inskeep	2000	11:54.74	Jennifer Vortman	2003
8:21.04	Liz Yemm	2004	128-0	Julie Peterson	1982	11:54.94	Julie Casatta	2003
8:31.53	Lisa Johnson	2000	126-11	Suzanne Wonser	1992	12:02.23	Sarah Johnson	2012
8:35.09	Jane Schild	2000	125-0	Tina Williams	1990	12:09.64	Megan Carlson	2002
3000 STEEPLECHASE			JAVELIN			12:14.40	Brittany Prazak	2011
11:20.97	Katie Ries	2011	142-1	Amy Calderone	2001			
11:30.95	Hanna Hottle	2010	137-3	Carol Reif	2003			
11:46.54	Annie Heifner	2010	130-10	Annette Kuhel	1991			
11:48.71	Jenna McAdam	2006	128-7	Kim Wallace	1993			
11:50.94	Erin Marciniac	2005	128-7	Lori Cushman	1986			
11:54.74	Jennifer Vortman	2003	125-4	Suzanne Billings	1997			
11:54.94	Julie Casatta	2003	124-1	Peggy Lawfer	1993			
12:02.23	Sarah Johnson	2012	121-7	Val Boyd	1985			
12:09.64	Megan Carlson	2002	119-8	Kim Feige	1977			
12:14.40	Brittany Prazak	2011	117-6	Alexes Faulkner	2007			

AUGUSTANA INDOOR SCHOOL RECORDS

EVENT	RECORD	RECORD HOLDER	YEAR
55 meters	:07.08	Keli Coleman	2008
60 meters	:07.81	Keli Coleman	2006
200 meters	:25.68	Keli Coleman	2008
300 meters	:42.47	Kristi Boesen	1999
400 meters	:58.25	Meribeth Schwartz	1993
600 meters	1:37.73	Hannah Hottle	2011
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	2,855	Johanna Schnitzler	2012
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	12:13.73	Kate Bengel, Jessica Bacon Kierra Smith, Sarahbeth Jones	2012

THE AUGUSTANA INDOOR PHILOSOPHY

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

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

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

55			1500			200 HURDLES		
:07.08	Keli Coleman	2008	4:40.84	Susan Paige	1999	:29.82	Tracy Skibitzki	2002
:07.31	Maria Philip	1994	4:41.22	Kristy Windy	1998	:30.23	Manda Geerts	2004
:07.42	Devon Morrison	2003	4:42.80	Rachel Knapp	1995	:30.89	Julia Goode	1993
:07.44	Kai Frazier	2008	4:43.74	Jay Walsh	1999	:31.10	Elyce Kluz	2002
:07.44	Kristi Boesen	1999	4:44.92	Maegan Harris	2000	:31.44	Kristen Wisniewski	1997
:07.44	Ainsley Fedler	2010	4:47.54	Jennifer Paul	2004	:31.47	Laura Kendall	2005
:07.50	Manda Geerts	2004	4:48.31	Christina Gamzer	2002	:32.04	Michelle Yocherer	1993
:07.51	Kim Baier	1998	4:48.84	Kelly Rolliardi	1999	:32.06	Jordana Taylor	2000
:07.54	Felicia Carrell	1995	4:53.55	Katie King	1995	:32.07	Vicki Monti	2002
:07.55	Theresa Suwannapal	2007	4:53.74	Samantha Maron	1990	:32.13	Tammie Vesey	1999
60			MILE			SHOT		
:07.81	Keli Coleman	2006	5:00.34	Rachel Knapp	1995	44-11 1/2	Marissa Banks	2008
:08.01	Kai Frazier	2008	5:01.97	Sarahbeth Jones	2012	43-6 1/4	Jodi Stanton	2005
:08.13	Theresa Suwannapal	2007	5:02.93	Liz Driscoll	2008	40-11 1/2	Becca Parker	2002
:08.19	Manda Geerts	2004	5:12.75	Susan Paige	1999	40-1	Sara Freeburg	2000
:08.25	Devon Morrison	2000	5:14.78	Jessica Bacon	2012	39-11 1/2	Kristin Pittman	1995
:08.28	Ainsley Fedler	2008	5:14.96	Kelly Rolliardi	1998	39-8 3/4	Liana Beauchamp	2012
:08.34	Morgan Gale	2012	5:15.41	Jennifer Smith	2003	38-7 1/2	Lisa Freberg	2002
:08.36	Krista Dayton	2007	5:16.19	Ellen Adams	2009	38-6	Paula Neiweem	2007
:08.43	Kim Baier	2000	5:17.69	Maegan Harris	1999	38-1 3/4	Desiree Butcher	2005
:08.47	Kathy Schmidt	1999	5:17.78	Jennifer Paul	2004	37-10	Sue Peterson	1984
200			3000			HIGH JUMP		
:25.68	Keli Coleman	2008	6:52.04	Jennifer Smith	2003	5-7 1/4	Kim Wallace	1995
:26.29	Kristine Boesen	1999	7:01.24	Erin Fiene	2003	5-6	Allison Wolak	1998
:26.59	Kai Frazier	2008	7:04.24	Ellen Adams	2009	5-5	Jill Patronagio	1997
:26.70	Theresa Suwannapal	2007	7:04.74	Stephanie McHone	2004	5-5	Shelli Smith	1983
:26.74	Jacquelyn Olsen	2006	7:05.68	Lauren Habenicht	2001	5-4 1/2	Erin Blecha	2007
:27.03	Kimberly Baier	2001	7:08.63	Lizzie Lundine	2012	5-4	Rachel Walschleger	1993
:27.05	Lindsey Homfeldt	2007	7:10.40	Tara Bistry	2011	5-4	Juli Weber	1990
:27.06	Meribeth Schwartz	1993	7:10.43	Stephanie Burbidge	2012	5-2 1/2	Casey Jacobs	2005
:27.09	Manda Geerts	2004	7:11.18	Nicky Pehle	2000	5-2	Lisa Johnson	1999
:27.10	Devon Morrison	2003	7:15.42	Megan Wadington	2001	5-1 3/4	Janine Morris	2001
300			5000			5-1 3/4	Katie Reif	2001
:42.47	Kristine Boesen	1999	10:15.27	Susan Paige	1999	LONG JUMP		
:42.68	Manda Geerts	2004	10:16.73	Sarahbeth Jones	2012	18-3	Kelsey Duhai	2009
:42.90	Jacquelyn Olsen	2006	10:26.24	Christina Gamzer	1999	17-11 3/4	Tammie Beasley	2002
:43.51	Kim Baier	2000	10:33.04	Rachel Knapp	1995	17-11 1/2	Kim Wallace	1995
:43.55	Devon Morrison	2003	10:34.76	Ellen Adams	2009	17-11 1/2	Maria Philip	1993
:43.64	Kierra Smith	2012	10:37.73	Nicky Pehle	1999	17-10	Amy Tirmenstein	2001
:43.94	Amy Tirmenstein	2000	10:40.84	Kelly Rolliardi	1998	17-9	Ella Mathieson	2011
:43.96	Jessica Corvo	2006	10:42.59	Liz Driscoll	2007	17-6	Kim Baier	2000
:44.09	Kim Nelson	2003	10:43.30	Katie King	1995	17-5 1/4	Suzanne Udehn	2006
:44.22	Lindsey Homfeldt	2008	10:45.90	Erin Marciniac	2002	17-2 1/2	Manda Geerts	2003
400			10000			17-2 1/2	Darci Hudders	1997
:58.25	Meribeth Schwartz	1993	17:40.21	Susan Paige	1998	TRIPLE JUMP		
:59.16	Chrissy Hammer	1998	18:27.01	Christina Gamzer	1999	38-6 3/4	Meghan Voiland	2007
:59.97	Sarah Bremer	2006	18:29.21	Kelly Rolliardi	1999	38-1 1/4	Patti Wenig	1990
1:00.12	Jacquelyn Olsen	2007	18:38.03	Ellen Adams	2008	37-8 3/4	Kelsey Duhai	2009
1:00.14	Carey Bartz	1988	18:39.17	Jilian Rigert	2009	37-5	Tammie Beasley	2002
1:00.32	Amy Tirmenstein	2001	18:45.30	Lauren Habenicht	2001	36-9 1/4	Suzanne Udehn	2006
1:00.61	Manda Geerts	2004	18:46.76	Melissa Engel	2007	36-8 1/4	Ella Mathieson	2011
1:00.63	Jacqueline Bowden	1995	18:47.00	Megan Wadington	2001	36-2	Juli Weber	1991
1:00.77	Amy Knapp	1999	18:47.94	Liz Stoppel	2001	35-10	Amy Tirmenstein	2001
1:00.78	Jessica Corvo	2005	18:53.64	Erin Fiene	2003	35-8 3/4	Tracy Skibitzki	2002
600			PENTATHLON			35-7	Casey Jacobs	2006
1:37.73	Hannah Hottle	2011	2,855	Johanna Schnitzler	2012	20 POUND WEIGHT THROW		
1:38.87	Kristy Windy	1998	2,632	Juli Weber	1991	52-2 1/2	Paula Neiweem	2009
1:40.20	Kate Bengé	2012	2,622	Val Boyd	1985	49-10	Liana Beauchamp	2012
1:40.33	Liz Driscoll	2008	2,440	Brittney Bennett	2009	49-8 1/2	Marissa Banks	2009
1:40.65	Sara Bremer	2006	2,440	Lauren Schneiderbauer	2011	46-9 1/2	Tara Lozowski	1999
1:40.70	Meribeth Schwartz	1998	2,352	Kristen Wisniewski	1995	45-8 1/2	Becca Parker	2003
1:40.73	Amy Knapp	1992	2,254	Jennifer Prazak	2010	44-5 1/4	Julie Braun	2000
1:41.59	Jay Walsh	2000	2,177	Kyle Baird	2009	44-4 3/4	Kristin Pittman	1996
1:41.81	Karina Carson	2006	2,096	Julia Popp	2012	43-9	Desiree Butcher	2005
1:42.04	Marni Wahlert	1988	2,053	Peggy Lawfer	1992	43-7 1/4	Bethany Siwek	2012
800			55 HURDLES			40-11 1/2	Amber Gruber	2011
2:11.63	Rachel Knapp	1995	:08.20	Theresa Suwannapal	2007	POLE VALUT		
2:14.53	Maegan Harris	2000	:08.48	Kim Wallace	1995	12-11 1/2	Meghan Voiland	2007
2:16.06	Hannah Hottle	2011	:08.51	Meghan Voiland	2007	11-7 3/4	Taelar Hillyer	2012
2:17.84	Jay Walsh	1999	:08.57	Tracy Skibitzki	2003	11-6 1/4	Kali Minkler	2007
2:17.93	Liz Driscoll	2008	:08.65	Elyce Kluz	2003	11-4 1/2	Kim Baier	2001
2:18.40	Kristy Windy	1996	:08.73	Allison Wolak	1998	10-9	Lindsey Mathias	2004
2:18.73	Jennifer Smith	2003	:08.74	Lindsey Homfeldt	2008	10-6 3/4	Manda Geerts	2003
2:18.84	Meribeth Schwartz	1993	:08.80	Michelle Yocherer	1995	10-6	Elizabeth Untz	2005
2:19.35	Kate Bengé	2012	:08.81	Tammie Beasley	1999	10-6	Caitlin Quinn	2010
2:20.03	Lauren Keck	1991	:08.84	Kierra Smith	2011	10-4	Tara Franck	2003
1000			60 HURDLES			10-2	Libby Geison	2010
3:01.27	Liz Driscoll	2007	:09.06	Theresa Suwannapal	2006			
3:02.69	Maegan Harris	1999	:09.30	Meghan Voiland	2006			
3:02.98	Hannah Hottle	2011	:09.40	Allison Wolak	1996			
3:03.42	Jessica Bacon	2012	:09.45	Lindsey Homfeldt	2008			
3:03.74	Rachel Knapp	1995	:09.48	Kierra Smith	2012			
3:05.69	Susan Paige	1997	:09.80	Tracy Skibitzki	2002			
3:06.04	Lauren Keck	1991	:09.81	Johanna Schnitzler	2012			
3:06.34	Devone Smith	1999	:09.94	Laura Kendall	2004			
3:06.65	Jennifer Walsh	2000	:10.11	Elyce Kluz	2001			
3:06.99	Pam Anderson	1997	:10.15	Alison Schaley	2008			

AUGUSTANA ALL TIME TRACK LETTERWINNERS

A

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

B

Babbini, Nicole - 2011
Babcock, Heidi - 1993
Bach, Valerie - 2010-11
Bacon, Jessica - 2012
Baier, Kim - 1998-99-00-01
Baird, Kyle - 2007-08-09
Banda, Lauren - 2011
Banks, Marissa - 2007-08-09
Bardoel, Angie - 1994
Barton, Kristyn - 2011-12
Bartz, Carey - 1985-86-87-88
Bassing, Joan - 1978-79-80-81
Bastianns, Tracey - 2005-06
Batalden, Beth - 1997
Battistoni, Melanie - 2009-10-11-12
Baumgartner, Angela - 2007; 09
Bazely, Samantha - 2010-11-12
Beal, Jennifer - 2003-04
Beasley, Tammie - 1999-00-01-02
Beauchamp, Liana - 2011-12
Bechina, Jamie - 1998-99-00-01
Bedene, Katie - 2009-10
Belle, Jessica - 2006-07-08
Benge, Kate - 2012
Bennett, Brittney - 2008-09-10-11
Benson, Barbara - 1983-84-85-86
Bertram, Nancy - 1978
Billings, Suzanne - 1994-95-96-97
Binder, Linda - 1980
Bistry, Tara - 2010-11
Blecha, Erin - 2004-05
Blyth, Sarah - 2007-08; 10
Brich, Jane - 1982-83-84
Bjork-Koenig, Cathy - 1979-80; 82
Blackburn, Pattie - 1994-95-96-97
Blankenbehr, Jeanette - 1988-89
Blecha, Erin - 2004-05-06-07
Blough, Joanne - 1993-94-95-96
Boerma, Britney - 2002-04
Boesen, Kristine - 1998-99-00-01
Boland, Sue - 1977
Bolton, Erica - 1991-92
Bonie, Jenna - 1992
Boudreau, Kerry - 1986
Bounds, Laurie - 1990
Bowden, Jacqueline - 1992-93-94-95
Bowen, Kris - 2012
Boyd, Val - 1982-83-84-85
Bradley, Beth - 1991-92
Braet, Kris - 1991-92-93-94
Braun, Jenna - 1999-00
Braun, Julie - 1997-98-99
Bremer, Sara - 2003-04-05-06
Brenning, Magdalena - 1990
Brezinski, Chris - 1978-79-80-81
Britt, Jenny - 1991
Brooks, Barb - 1978-79
Brooks, Rachel - 1992-93-94-95
Broten, Karin - 1997-98-99-00
Brown, Amber - 1985
Brown, Eular - 1977-78-79
Brown, Michele - 1985-86-87-88
Bruck, Karen - 1985-86-87-88
Buck, Lauren - 2011
Burbidge, Stephanie - 2012
Burchfield, Elizabeth - 2007-08-09
Burda, Kristen - 1966-97-98
Burke, Kris - 1985-86-87
Burns, Maura - 2007
Bustle, Valarie - 2007-08-09-10
Butcher, Desiree - 2003-04-05
Butler, Heidi - 1993
Byars, Emily - 2011

C

Calderone, Amy - 1998-99-00-01
Calderone, April - 2007-08-09
Caldwell, Chris - 1975-77
Carlson, Cristy - 1998-99
Carlson, Krista - 1998-99-00
Carlson, Megan - 2001-02
Carrell, Felicia - 1995-96
Carrizales, Carmen - 2007-08
Carson, Karina - 2003-04-05-06
Carsten, Caryn - 1992-93-94-95
Cassata, Julie - 2000-01-02-03
Chalmers, Jessica - 2005
Cheatham, Bekki - 2003-04-05-06
Cikaskas, Pammy - 1991
Clancy, Katie - 2004
Clausen, Karen - 2004
Coleman, Keli - 2006-07-08-09
Conant, Dawn - 1993-94-95
Condon, Kami - 1997-98; 00

Condro, Jenny - 1991
Coppé, Janet - 19982-83-84
Coordes, Cynthia - 1983-84
Corvo, Jessica - 2003-04-05-06
Counter, Kristine - 2009; 11
Coverick, Theresa - 2010-11
Crowley, Angela - 1997-98
Crumbaugh, Susan - 2005
Curry, Val - 1990-91
Cushman, Lori - 1983-84-85-86

D

Dallas, Britton - 2011-12
Dalton, Jeanna - 2003-04-05-06
Daly, Kallie - 1999-00
Daly, Sara - 2004
Damiano, Krystal - 2007-08-09-10
Davis, Elise - 2012
Dayton, Krista - 2006-07-08-09
Deike, Paige - 2007-08-09-10
Denning, Julie - 1997
Denton, Anna - 2003-04-05
DeRaismes, Megan - 1999-00-01
Detelich, Danielle - 2009-10
Dinkel, Katherine - 2010-11-12
Dittmer, Callyn - 2003-04
Dozier, Marian - 1989-90-91-92
Driscoll, Liz - 2005-06-07-08
Duder, Michelle - 1996
Duhai, Kelsey - 2006-07-08-09
Dunkerley, Catherine - 1994
Dyer, Dee - 1994-95-96-97

E

Eaton, Rebecca - 1998-99-00-01
Eckdahl, Nicole - 2007-08; 10
Ecklund, Ashley - 2004
Eckles, Susan - 1975
Ellis, Diane - 1985
Engle, Melissa - 2005-06-07-08
Erb, Mickie - 1991-92-93-94
Errion, Cathy - 1981
Esarey, Amanda - 1999-00-01-02
Esparza, Stephanie - 1994-95-96-97
Estes, Kelli - 1997-98-99-00
Evans, Joelle - 1989
Evenson, Lesli - 1994
Everett, Shannon - 2002

F

Fairchild, Mary - 1989-90
Faulkner, Alexes - 2004-05-06-07
Fecht, Nicki - 1992
Fedler, Ainsley - 2007-08-09-10
Feige, Kim - 1975-77
Fiene, Erin - 2000-01-02-03
Feiza, Kelsey - 2007
Fink, Kathy - 1977
Flakne, Robyn - 1983-84-85
Flanagan, Katie - 2001
Flesner, Julie - 1988-89
Foreman, Catherine - 2009-10-11-12
Fowler, Lori - 1984
Fox, Karlene - 2006-07-08-09
Franck, Tara - 2002-03-04-05
Frazier, Kai - 2008-09
Freberg, Lisa - 1999-00-01-02
Freberg, Sara - 1997-98-99-00
Fredericksen, Ellen - 2001
Friesth, Sue - 1979-80
Furlong, Maggie - 2006-07-08-09

G

Gagliardi, Jessica - 1993-94-95-96
Gale, Morgan - 2009-10-11-12
Gambacorta, Sally - 1986
Gamzer, Christina - 1999-00-01-02
Garrett, Jennifer - 2010-11
Garvey, Megan - 2008-09-10-11
Geerts, Manda - 2001-02-03-04
Geison, Libby - 2007-08-09-10
Genin, Doreen - 1986
Gesling, Nancy - 1979-80-81-82
Gilbert, Shannon - 2006
Gisolfi, Tanya - 1987-89-90
Gogola, Chris - 1989-90-91-92
Goode, Julia - 1991-92-93-94
Goodman, Kathryn - 1997-98
Graham, Laurie - 1990
Grandgeorge, Emma - 2011-12
Gravraakmo, Sissel - 1992
Green, Stacey - 1995-96-97-98
Greif, Daun - 2008-09-10-11
Grim, Kerry - 1988-90-91
Gruber, Amber - 2009-10-11-12
Gudeman, Suzi - 1991-92-93-94
Guizar, Leonor - 1978-79
Gullang, Valerie - 1992-93-94-95
Gullerud, Nina - 1989-90-91
Gunther, Cindi - 1979
Gyls, Vika - 1999

H

Habenicht, Lauren - 1998-99-00-01
Hamacher, Kami - 1991-92
Hammer, Chrissy - 1996-97-98-99
Harmon, Mary Jo - 1980

Haney, Liz - 1997
Harper, Joy - 1977
Harper, Tiffany - 2001
Harrington, Jennifer - 1991-92-93-94
Harrington, Kim - 1989-90-91-92
Harris, Maegan - 1997-98-99-00
Harris, Michelle - 1983-84-85-86
Haser, Elizabeth - 1979
Heifner, Annie - 2010-11-12
Heiple, Laura - 1992, 94
Hennessey, Debra - 1975
Hennig, Judy - 1992-93
Hileman, Dana - 1996-97-98-99
Higgerson, Ashley - 2002-03-04-05
Hillard, Ashley - 2002-03-04
Hills, Kim - 1996
Hillyer, Taelar - 2011-12
Hinds, Emily - 2000
Hineman, Laura - 2007-08
Hippler, Sue - 1985
Hocking, Jeanna - 1989-90-91
Hodgkinson, Jeanette - 1981-82-83-84
Homfeldt, Lindsey - 2006-07-08-09
Horsley, Nicole - 2001
Hottle, Hannah - 2008-09-10-11
Houtakker, Holly - 1992-93-94
Hudders, Darci - 1996-97-98-99
Huey, Andrea - 1992-93
Hughes, Alicia - 2012
Hurst, Mary - 1983-84-85-86

I

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

J

Jacobs, Casey - 2003-04-05-06
Jacobs, Hailey - 2012
Jacobson, Tracey - 1979
Jagers, Jennifer - 1985-86-87-88
Jagger, Laura - 2000-01-02
Jarrell, Angela - 2006; 09
Jenicek, Amanda - 2002-03-04-05
Jett, Rita - 1984-85-86-87
Johnsen, Kelley - 1995-96-97
Johnsen, Tracey - 1991, 93-94
Johnson, Amy - 1984-85-86
Johnson, Jenni - 2001
Johnson, Karen - 1980-81-82-83
Johnson, Kathleen - 1986
Johnson, Krista - 2011
Johnson, Laura - 1980-81-82
Johnson, Lisa - 1999-00-01-02
Johnson, Sarah - 2009-10-11-12
Jones, Ellen - 1982
Jones, Sarabeth - 2010-11-12
Jordan, Jessica - 1995
Joslin, Nancy - 1983-84-85-86
Joyce, Carrie - 1995

K

Kainz, Trina - 2004
Kallal, Tara - 1994-95-96
Katsalis, Kerri - 1978
Keck, Lauren - 1989-90-91-92
Keck, Linda - 1993
Keefe, Tricia - 1996-97
Keim, Kari - 1991, 94
Kelly, Rachel - 2012
Kelly, Theresa - 2005-06-07
Kendall, Abigail - 2000-01-02-03
Kendall, Laura - 2003-04-05-06
Kent, Jeanne - 1977-78-79-80
Keros, Karen - 1989-90-91-92
Kersemeyer, Susie - 1988
Kilberry, Danielle - 2008-09
King, Katie - 1994-95-96-97
Kite, Kristin - 1996-97-98
Klehm, Carrie - 2005
Klouda, Kristin - 2008-09-10-11
Kluz, Elyce - 2000-01-03
Klyczek, Karen - 1977-78, 80
Knapp, Amy - 1996-97-98-99
Knapp, Rachel - 1992-93-94-95
Knight, Millicent - 1980
Knox, Martha - 1977
Koenitzer, Nancy - 1981-82-83-84
Kolassa, Mary - 1989-90-91
Kolp, Lesil - 1978-88-89-90
Konior, Karen - 1981
Kornaus, Katie - 2011
Kramer, Julie - 1985-86-87
Kraps, Keri - 1997-98-99
Kries, Cathy - 1980-81-82-83
Krippel, Jaynee - 2011
Krogman, Stephanie - 2000-01-02
Kubala, Julie - 1980-81-82-83
Kuhel, Annette - 1988; 91-92
Kuhlman, Karen - 1981
Kulasiki, Mary Ann - 1987-88
Kummer, Katy - 2002-03
Kuzel, Laura - 1982
Kwasigroch, Sara - 2003-04-05-06

AUGUSTANA ALL TIME TRACK LETTERWINNERS

L

Lardner, Emily - 1978-79
Laskowski, Samantha - 2007-08-09-10
Latham, Rachael - 2009-10-11-12
Lawfer, Peggy - 1991-92-93
Lawlor, Cassandra - 2005
Lecander, Megan - 2009-10-11
Lehpamer, Melissa - 2009-10-11-12
Lehman, Kim - 1983-84
Lee, Allison - 2008
Leopold, Beth - 1997-98
Leyva, Shannon - 2012
Linton, Suzanne - 1986
Livengood, Annie - 2001-02-03-04
Livingston, Jenni - 1997
Loos, Debbie - 1977, 79-80
Loria, Stephanie - 2008
Lovely, Jessica - 1989-90-91
Lowenthal, Elizabeth - 1992-93-95
Lozowski, Tara - 1996-97-98-99
Lukowicz, Katie - 2005-06-07-08
Luloff, Laura - 2005-06-07-08
Lundberg, Sara - 2001-02-03
Lundine, Lizzie - 2012

M

Maeltzer, Nikki - 1993-94-95
Malinsky, Emily - 2001-02-03-04
Manke, Connie - 1986; 88-89
Manwaring, Sarah - 2000-01-02-03
Marciniec, Erin - 2002-03-04-05
Margosian, Emily - 2010-11
Marklevits, Farah - 1996-97-98-99
Maron, Samantha - 1987-88-89-90
Massey, Kirby - 2008
Mathias, Lindsey - 2003-04
Mathieson, Ella - 2008-09-10-11
Mauerman, Jordan - 2010-11-12
Maurer, Anita - 2008-09-10-11
McAdam, Jenna - 2004-05-06-07
McCurrie, Krista - 2012
McGrail, Kerri - 2012
McGreer, Melissa - 2009
McHone, Stephanie - 2004
McIntyre, Pam - 1986-87-88-89
McMurray, Michelle - 1995,97
Menadue, Pennie - 1989-90
Mendivil, Rose - 1994
Messman, Julie - 1984
Meyer, Laura - 2004-05-06
Meyers, Erika - 1990
Mileham, Wendy - 1995-96-97-98
Miller, Cathy - 1997
Miller, Lori - 1981
Miller, Megan - 1998
Miller, Nicole - 1994-95-96
Mills, Taylor - 2012
Minehan, Allison - 2007
Minkler, Kali - 2004-05-06-07
Misewicz, Jennifer - 2011
Mokijewski, Brenda - 1987
Momon, Karen - 1985
Monti, Vicki - 1999-00-01-02
Moon, Kelsey - 2011-12
Moore, Shannon - 1995-96-97
Moravek, Astin - 2012
Morgenthal, Angie - 2003-04
Morgenthal, Laura - 2001-02-03-04
Morris, Janine - 2000-01-02
Morris, Katie - 2005-06-07-08
Morrison, Devon - 2000-01-02-03

N

Nagle, Jane - 2011
Nagy, Allison - 2011-12
Nass, Amy - 2008
Naert, Lori - 1994-95-96-97
Neiweem, Paula - 2006-07-08-09
Nelsen, Kristina - 1997-98-99-00
Nelson, Erika - 2001
Nelson, Cyndi - 1979-80-81
Nelson, Julie - 1982
Nelson, Kim - 2001-02-03-04
Nelson, Shawna - 1990-91-92-93
Nesbit, Nicole - 1995-96-97
Newman, Wynette - 1979
Newson, Nichole - 1997-98-99-00
Nolan, Sheila - 1997-98
Norgle, Renee - 1987-88-89
Norton, Angela - 2011

O

O'Donnell, Holly - 1983-84-85-86
O'Meara, Betsie - 1994-95-96
O'Meara, Misty - 1996-97-98-99
Ogonski, Karie - 1994-95
Ohlendorf, Kathie - 1985-86-87-88
Olsen, Jacquelyn - 2004-05-06-07
Olson, Andra - 1975
Olson, Ingrid - 1998-99
Osborn, Carrie - 1996-97-98-99

P

Paige, Susan - 1996-97-98-99
Pancamo, Samantha - 2007-08-09-10
Parker, Becca - 2000-01-02-03
Patronagio, Jill - 1995-96-97-98
Pearson, Jill - 2002

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Pease, Amanda - 2011-12
Pehle, Nicole - 1977-98-99-00
Pendell, Patricia - 1975; 77
Pennington, Stephanie - 1991-93-94
Peterson, Ellen - 1981
Peterson, Lois - 1983-84; 86
Peterson, Suzanne - 1982-83-84
Pettersson, Julie - 1979-80-81-82
Phernetton, Brandi - 1997
Philip, Maria - 1992-93-94
Phillips, Karla - 1990-91-92-93
Pipal, Karen - 1980-81-82-83
Pisani, Angela - 2009-10-11-12
Pittman, Kristin - 1993-94-95-96
Pohlman, Kirstillyn - 2010-11-12
Polte, Kathlene - 1977-78-79
Polizzi, Laura - 2012
Popp, Julia - 2011-12
Potempa, Rachel - 1994-95-96
Prazak, Brittany - 2008-09-10-11
Prazak, Jennifer - 2010-11-12
Profita, Kaitlin - 2009

Q

Quinn, Caitlin - 2007-08-09-10
Quintenz, Beth - 1985-86

R

Ranson, Jeanne - 1999-00-01-02
Ray, Rebecca - 1989
Reade, Molly - 1998
Reade, Whitney - 1995
Reaney, Meaghan - 2008-09; 11
Rees, Janice - 1986-87-88
Reese, Polly - 1981-82
Regan, Kelly - 1995
Rhberger, Kari - 1995
Reichert, Bonnie - 1978; 80
Reif, Carol - 2001-02-03-04
Reif, Katie - 1999-00-01-02
Reimers, Marie - 2003-04-05
Renneke, Linda - 1986-87-88
Richardson, Shirley - 1977; 79
Ridihalgh, Susan - 1994
Ries, Katie - 2010-11
Rigert, Jillian - 2007; 09
Risely, Ann - 1997-98-99
Robertson, Lynn - 1983-84-85-86
Robinson, Megan - 2004
Roche, Tricia - 1999
Rodriguez, Amanda - 2011-12
Rodriguez, Gabriela - 2009
Rohner, Nikki - 2005-06-07-08
Roliardi, Kelly - 1996-97-98-99
Roling, Emily - 2002-03
Ross, Julie - 1995-96-94-98
Roseen, Karen - 1979
Rostello, Kim - 1978-79
Round, Melanie - 2001-02-03-04
Rouse, Nia - 2011
Rowan, Chelsea - 2006
Rowland, Katherine - 2009-10-11
Royer, Kathy - 1993

S

Salsman, Jill - 1997-98-99
Sanders, Tabitha
Sattizahn, Kristin - 2009
Scaggs Allison - 2010
Schäefer, Shelley - 1996-97-98-99
Schaley, Allison - 2008-09
Schenk, Lynn - 1985-86-87-88
Schild, Jane - 2000-01-02-03
Schmitt, Kathryn - 1999
Schmacker, Jamie - 1996
Schmucker, Jennifer - 1993-94-95-96
Schneider, Hannah - 2008-09-10
Schneiderbauer, Lauren - 2011
Schnitzler, Johanna - 2011-12
Schultz, Kaylee - 2005
Schmidt, Carly Jo
Schuler, Stephanie - 1989-90-91-92
Schwartz, Meribeth - 1991-92-93-94
Schwarzwalder, Barb - 1980
Schwoob, Sheila - 1988-98-90-91
Schwoy, Katharina - 2010
Scobell, Jessica - 1996-97-98
Seabloom, Cindy - 1980-81
Seaver, Kim - 1984-85-86
Sebek, Brooke - 2009-10
Sebestyne, Liz - 1979
Sedam, Randi - 2002
Sedillo, Anita - 1998
Seyler, Jennifer - 1997-98-99-00
Seyler, Stacy - 1993-94-95-96
Shiel, Hope - 2011
Shiels, Ann - 1989-90-91-92
Shurman, Sandy - 1981-82-83
Sievert, Sara - 2011
Simons, Stephaine - 1996
Siwek, Bethany - 2010-11-12
Skibitzki, Tracy - 2000-01-02-03
Skow, Lynette - 1985
Smith, Devone - 1999-00-01
Smith, Jennifer - 2001-02-03-04
Smith, Kierra - 2011-12
Smith, Margie - 1975
Smith, Rayla - 2008

Smith, Shawn - 1982-83-84-85
Smith, Shellie - 1981-82-83-84
Smith, Stacey - 1991-92-93-94
Sparkman, Cindi - 1982
Sponholtz, Carol - 2002-03
Squires, Martha - 1975
Stamberger, Lorraine - 2012
Stanley, Angela - 1987
Stanis, Beth - 1996
Stanton, Jodi - 2003-05
Stenger, Mickey - 1990-91-92-93
Stockert, Kelsey - 2011-12
Stoker, Patricia - 2009-10
Stoppel, Elizabeth - 1998-99-00-01
Stinson, Jennifer - 1991
Strnad, Emily - 2011
Sund, Becca - 2012
Sundelius, Kris - 1981-82
Suwannapal, Theresa - 2004-05-06-07
Swan, Jaclyn - 2001-02-03-04
Swanson, Deborah - 1975
Szulc-Cieplicki, Nicole - 2008-09

T

Taylor, Amber - 1991-92-93-94
Taylor, Jordana - 2000-01-02-03
Thompson, Susan - 2006-07-08-09
Thul, Christine - 1978
Timmerman, Megan - 2008-09-10
Tirmenstein, Amy - 1998-99-00-01
Tjardes, Tayor - 2010-11-12
Tobler, Tiffany - 1999; 01-02
Tong, Sania - 1997
Tracey, Katie - 2003-04
Tranel, Kristina - 2008
Truckmiller, Karen - 1983
Tuftee, Tiesha - 1996
Turner, Grace - 1977
Tworek, Alyssa - 2011

U

Udehn, Suzanne - 2006; 08
Ufheil, Kristen - 2004-05-06
Unseth, Kelsey - 2007-08-09-10
Untz, Elizabeth - 2003-04-05-06

V

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

W

Wadington, Megan - 2000-01-02-03
Wahlert, Marni - 1987-88
Wall, Sharon - 1986-87
Wall, Susan - 1989-90-91
Wallace, Kim - 1993-94-95
Walschleger, Rachel - 1993
Walsh, Amy - 2008-09-10-11
Walsh, Jennifer - 1998-99-00-01
Warren, Leslie - 1990-91-91
Wasson, Kristi - 1994-96-97
Webber, Karma - 1990
Weber, Cari - 1988-89-90
Weber, Juli - 1988-89-90-91
Wenig, Patti - 1988-89-90-91
Werner, Nancy - 1994-95
White, Devon - 2010-11
White, Jamie - 1995
Whitebread, Sarah - 1996
Whiteside, Kristen - 2011-12
Whitmer, Aubin - 1994; 96
Wickstrom, Amber - 2001-02-03
Wilkes, Jennifer - 1998
Windy, Kristy - 1995-96-97-98
Wisniewski, Kristin - 1994-95-96-97
Wittland, Laura - 2005-06-07-08
Wiekliński, Dana - 2007-08; 10
Wolak, Allison - 1995-96-97-98
Wonser, Suzanne - 1990-91-92-93
Wrath, Christine - 1976
Williams, Tina - 1989-90
Wynes, Madison - 2011

Y

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

Z

Ziegler, Catherine - 2007
Zukley, Kristen - 1990-91

AUGUSTANA INDIVIDUAL CCIW CHAMPIONS

2012 (Outdoor)	Sarahbeth Jones (5,000); Liana Beauchamp (Hammer)
2012 (Indoor)	Sarahbeth Jones (3,000); Distance Medley Relay - Kate Benge, Kierra Smith, Jessica Bacon, Sarahbeth Jones
2011 (Outdoor)	Hannah Hottle (800 & 1500); Ella Mathieson (Long Jump & Triple Jump)
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 Wetzling, 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 Wonser (Discus); 400 Relay - Maria Philip, Amber Taylor, Holly Houtakker, Meribeth Schwartz
1992	Meribeth Schwartz (200 & 400); Mile Relay - Jennifer Harrington, Kim Huntington, Kris Braet, Meribeth Schwartz; Kami Hamacher (Shot); Shawna Nelsen (Heptathlon)
1991	Juli Weber (100 H & High Jump); Meribeth Schwartz (400); Patti Wenig (400 IH); Annette Kuhel (Javelin); 1600 Relay - Kim Huntington, Lauren Keck, Val Curry, Patti Wenig.
1990	Susan Wall (3000); Samantha Maron (1500); Patti Wenig (Triple Jump); Juli Weber (Heptathlon); Tina Williams (Discus).
1989	Patti Wenig (400 IH)
1987	Rita Jett (100); Carey Bartz (400 IH).

ALL-AMERICA SELECTIONS

2009	Marissa Banks (Discus)
2008	Keli Coleman (55*); Marissa Banks (Shot*; Discus)
2007	Meghan Voiland (PV*;PV*;TJ); Theresa Suwannapal (55H*); Marissa Banks (Discus; Shot)
2006	Meghan Voiland (PV;PV*); Keli Coleman (55*)
2005	Meghan Voiland (PV;PV*); Theresa Suwannapal (55 H*)
2004	Meghan Voiland (PV; PV*)
2001	Kim Baier (PV*); Tammie Beasley (TJ)
2000	Maegan Harris (800); Amy Calderone (Javelin)
1999	Susan Paige (10,000)
1998	Kristy Windy (1500)
1997	Susan Paige (10,000); Susan Paige (5,000); Allison Wolak (HJ); Suzanne Billings (Heptathlon)
1996	Kristin Pittman (Discus)

1995	Rachel Knapp (800); Rachel Knapp (1500); Rachel Knapp (800*#); Kim Wallace (LJ*); Kim Wallace (HJ*); Kim Wallace (50 H*)
1994	Rachel Knapp (800); Kim Wallace (Heptathlon#); Jacqueline Bowden (1600R); Jennifer Schmucker (1600R); Nikki Maeltzer (1600R); Meribeth Schwartz (1600R); Rachel Knapp (800*)
1993	Meribeth Schwartz (400); Meribeth Schwartz (800); Holly Houtakker (400R); Maria Philip (400R); Tracey Johnsen (400R) Meribeth Schwartz (400R); Meribeth Schwartz (1600R); Maria Philip (1600R); Jenny Schmucker (1600R); Jacqueline Bowden (1600R); Kim Wallace (Heptathlon); Meribeth Schwartz (400*)
1992	Meribeth Schwartz (400); Meribeth Schwartz (400*)
1991	Juli Weber (HJ)
1990	Juli Weber (HJ); Patti Wenig (TJ); Patti Wenig (TJ*)
1985	Val Boyd (Heptathlon)
1984	Cynthia Coordes (LJ)
1982	(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

<u>1994 Indoor</u> Meribeth Schwartz Rachel Knapp Jennifer Schmucker Jacqueline Bowden Maria Philip	<u>1998 Outdoor</u> Darci Hudders Jennifer Walsh Maegan Harris Kristy Windy Susan Paige Allison Wolak Kristy Boesen Amy Tirmentstein Kim Baier Krissy Hammer Amy Knapp	<u>2002 Outdoor</u> Tracy Skibitzki Lisa Johnson Tammie Beasley <u>2003 Indoor</u> Tracy Skibitzki Manda Geerts <u>2003 Outdoor</u> Tracy Skibitzki Manda Geerts Carol Reif <u>2004 Outdoor</u> Carol Reif Jennifer Paul Manda Geerts Kim Nelson Laura Kendall Meghan Voiland <u>2005 Indoor</u> Meghan Voiland Theresa Suwannapal <u>2005 Outdoor</u> Meghan Voiland Theresa Suwannapal Bekki Cheatham Sara Bremer Kristen Ufheil <u>2006 Indoor</u> Meghan Voiland Theresa Suwannapal Sara Bremer <u>2006 Outdoor</u> Meghan Voiland Theresa Suwannapal Sara Bremer Kali Minkler Keli Coleman <u>2007 Indoor</u> Erin Blecha Kali Minkler Keli Coleman Meghan Voiland Theresa Suwannapal	<u>2007 Outdoor</u> Theresa Suwannapal Lindsey Homfeldt Ainsley Fedler Keli Coleman Meghan Voiland Kali Minkler <u>2008 Outdoor</u> Kelii Coleman Kelsey Duhai Ainsley Fedler Lindsey Homfeldt Paula Neiweem <u>2009 Outdoor</u> Keli Coleman Kelsey Duhai Ainsley Fedler Paula Neiweem <u>2010</u> Hannah Hottle <u>2011</u> Hannah Hottle Ella Mathieson Amy Walsh Kierra Smith <u>2012</u> Jessica Bacon Kate Benge Sarahbeth Jones Kierra Smith
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AUGUSTANA WOMEN'S TRACK HISTORY

<u>YEAR</u>	<u>VIKING OLYMPICS</u>	<u>STATE</u>	<u>OUTDOOR CCIW</u>	<u>INDOOR CCIW</u>	<u>COACH</u>	<u>CAPTAINS</u>
1974					Julio Garcia	Jan Brewer
1975		FIRST			LeRoy Brissman	Andra Olson, Chris Caldwell
1976	FIRST	FIRST			Diane Fisher	Andra Olson, Chris Caldwell
1977	FIRST				Diane Fisher	Trish Pendell
1978	Second	Third			Diane Fisher	Trish Pendell
1979	FIRST	FIRST			Diane Fisher	Kate Polte
1980	FIRST	Third			Diane Fisher	Julie Atkinson, Karen Klyczek
1981	Second	Second			Diane Fisher	Cindy Seabloom, Kathy Brzezinski
1982	FIRST	FIRST			Dan Copper	Karen Pipal, Cindi Nelson
1983	Second	FIRST			Greg Haynie	Karen Pipal, Julie Kubala, Cathy Kries
1984	FIRST	FIRST			Greg Haynie	Shelli Smith, Jeanette Hodgkinson
1985	FIRST	FIRST			Greg Haynie	Shawn Smith, Val Boyd
1986	FIRST	FIRST			Greg Haynie 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,
1994	FIRST	N/A	FIRST		Ron Standley Fred Whiteside Ron Standley	Sara Yendro Jennifer Harrington, Kim Wallace, Amber Taylor, Meribeth Schwartz, Mickie Erb
1995	FIRST	N/A	FIRST		Fred Whiteside	Jacqueline Bowden, Rachel Knapp
1996	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	
1997	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Michelle Yocherer, Kristin Pittman
1998	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Stephanie Esparza, Katie King, Kristen Wisniewski
1999	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Stacey Green, Wendy Mileham, Kristy Windy, Allison Wolak
2000	FIRST	N/A	FIRST		Ron Standley Fred Whiteside	Chrissy Hammer, Amy Knapp, Susan Paige, Kelly Roliardi
2001	FIRST	N/A	FIRST	Second	Ron Standley Fred Whiteside	Kelli Estes, Sara Freberg, Maegan Harris, Nicole Pehle
2002	FIRST	N/A	Third	Second	Ron Standley Fred Whiteside Ron Standley	Amy Calderone, Jay Walsh, Amy Tirmenstein
2003	FIRST	N/A	Second	Third	Fred Whiteside	Lisa Freberg, Christina Gamzer, Lisa Johnson, Jeanne Ranson, Katie Reif
2004	FIRST	N/A	Second	Third	Fred Whiteside	Devon Morrison, Becca Parker, Tracy Skibitzki, Jordana Taylor, Erin Van Wetzlinga
2005	FIRST	N/A	Fourth	Third	Fred Whiteside	Manda Geerts, Kim Nelson, Carol Reif, Jennifer Smith
2006	Second	N/A	Second	Fourth	Fred Whiteside	Desiree Butcher, Tara Franck, Erin Marciniac
2007	FIRST	N/A	Second	Third	Fred Whiteside	Sara Bremer, Karina Carson, Jeanna Dalton, Laura Kendall, Sarah Kwasigroch
2008	FIRST	N/A	FIRST	Third	Fred Whiteside	Jenna McAdam, Kali Minkler, Jacquelyn Olsen, Meghan Voiland
2009	FIRST	N/A	Fourth	Fourth	Fred Whiteside	Liz Driscoll, Melissa Engel, Katie Morris, Johanna Voorhees, Laura Wittland
2010	Second	N/A	Fifth	Fifth	Fred Whiteside	Keli Coleman, Kelsey Duhai, Karlene Fox, Lindsey Homfeldt, Paula Nei weem, Susan Thompson
2011	Second	N/A	Fifth	Fourth	Fred Whiteside	Valerie Bustle, Ainsley Fedler, Samantha Laskowski, Caitlin Quinn
2012	Second	N/A	Sixth	Sixth	Fred Whiteside	Brittney Bennett, Hannah Hottle, Ella Mathieson, Amy Walsh, Brittany Prazak, Anita Maurer
						Morgan Gale, Amber Gruber, Melissa Lehpamer

THE COLLEGE CONFERENCE OF ILLINOIS & WISCONSIN

Now in its 67th 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 now sports both a varsity men's and women's lacrosse team. Neither men's nor women's lacrosse is currently a CCIW sport.

Augustana owns more CCIW team championships than any other school in the league with 175 total. Of those 175, the men have won 137 and 38 belong to the women.

Women's cross country became a league sport in 1986 and Augustana has been among the league leaders from the start. The Vikings own six CCIW titles in women's cross country (1990-91-94-96-97-98) and finished second six times.

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

AUGUSTANA'S ALL-TIME TEAM CCIW CHAMPIONS

MEN (137)

BASEBALL: 1952-65-68-74 (Division Champs in 1989-96)
BASKETBALL: 1963-71-72-73-74-81-82-93-03-06-07-08-10
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





2012-13 AUGUSTANA VIKINGS CROSS COUNTRY & TRACK & FIELD SCHEDULES

CROSS COUNTRY

DATE	MEET	SITE	TIME
August 31	Augie vs St. Ambrose & Monmouth	Moline, Illinois (Sylvan Park)	6:00 p.m.
September 14	Illinois Intercollegiate Championships	Normal, Illinois (Illinois State Golf Course)	4:00 p.m.
September 21	Brissman-Lundeen Invitational	HOME (Saukie Golf Course)	5:00 p.m.
September 28	DuPage Invitational	Wheaton, Illinois (St. James Farm)	4:00 p.m.
October 6	St. Ambrose Invitational	Bettendorf, Iowa (Crow Creek Park)	10:30 a.m.
October 13	Wisconsin-Oshkosh Invitational	Oshkosh, Wisconsin (Lake Breeze Golf Course)	11:00 a.m.
October 27	CCIW Championships	Wheaton, Illinois (St. James Farm)	12:45 p.m.
November 2	North Central Open	Wheaton, Illinois (St. James Farm)	4:00 p.m.
November 10	NCAA III Midwest Regional	Oshkosh, Wisconsin (Lake Breeze Golf Course)	12:00 noon
November 17	NCAA III Championships	Terre Haute, Indiana (Rose Hulman)	12:00 noon

INDOOR TRACK & FIELD

DATE	EVENT	SITE	TIME
January 12	University of Dubuque	Dubuque, Iowa	10:00 a.m.
January 19	Midwest Invite	Monmouth, Ill.	10:45 a.m.
January 26	Olivet Nazarene Invitational	Bourbonnais, Ill.	12:00 p.m.
February 1	Monmouth Invite	Monmouth, Ill.	11:00 a.m.
February 8	Grinnell Pentathlon	Grinnell, Iowa	4:00 p.m.
February 9	Grinnell Converse International	Grinnell, Iowa	11:00 a.m.
February 14	Augustana Valentine's Day Invite	HOME	5:00 p.m.
February 22-23	CCIW Championships	Oshkosh, Wis.	1:00 p.m./11:00 a.m.
March 1	North Central NCAA Qualifier	Naperville, Ill.	4:00 p.m.
March 8-9	NCAA III Indoor Championships	Naperville, Ill.	9:00 a.m.

OUTDOOR TRACK & FIELD

DATE	EVENT	SITE	TIME
March 22-23	Augustana Viking Olympics	HOME	11:00 a.m.
March 28	Augustana Open (Easter Weekend)	HOME	3:00 p.m.
April 6	Wartburg Select	Waverly, Iowa	10:30 a.m.
April 13	Luther Norseman Relays	Decorah, Iowa	11:00 a.m.
April 19	Augie Invite (Women Only)	HOME	3:00 p.m.
April 20	Augie Invite Heptathlon	HOME	10:00 a.m.
April 26-27	Drake Relays	Des Moines, Iowa	8:00 a.m.
April 26-27	Beloit Relays	Beloit, Wis.	12:00 p.m.
May 3-4	CCIW Championships	Decatur, Ill.	10:00 a.m.
May 11	Chicago Penultimate	Chicago, Ill.	1:00 p.m.
May 17	Augustana Midwest Twilight Qualifier	HOME	12:00 p.m.
May 23-25	NCAA III Championships	La Crosse, Wis.	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)