

# Midwest Collegiate Conference

## Men's Track & Field Record Book

Year	Team Champion	Athlete(s) of the Year	Coach of the Year
1994	St. Ambrose	Bruce Eisentrager & Ryan Richards, St. Ambrose	Kevin Rose, St. Ambrose
1995	Iowa Wesleyan	Texan Moulton, Iowa Wesleyan	Vickie Wooten, Iowa Wesleyan
1996	St. Ambrose	Bruce Eisentrager, St. Ambrose	Kevin Rose, St. Ambrose
1997	St. Ambrose	Chris Talley, St. Ambrose	Kevin Rose, St. Ambrose
1998	St. Ambrose	Chris Talley, St. Ambrose	Kevin Rose, St. Ambrose
1999	Mt. St. Clare	Cranston Sturupp, Mt. St. Clare	Jeff Boleander, Mt. St. Clare
2000	St. Ambrose	Ken Tague, Mt. St. Clare	Ryan Saddler, St. Ambrose
2001	Mt. St. Clare	Ryan Scheckel, Mount Mercy	Jeff Boleander, Mt. St. Clare
2003	William Penn	Jason Irwin, William Penn	Steve Golas, William Penn
2004	William Penn	Jason Drewelow, Mount Mercy	Steve Golas, William Penn
2005	William Penn	Ed Simms, William Penn	Richard Speas, William Penn
2006	St. Ambrose	Aaron Burns, Ashford	Brianne Appel, St. Ambrose
2007	Grand View	Floyd Turner, Iowa Wesleyan	Jerry Monner, Grand View
2008	St. Ambrose	Brandon Bond, Grand View	Dan Tomlin, St. Ambrose
2009	Grand View	Kris Miller & Royce Clay, William Penn	Jerry Monner, Grand View

Team championships: St. Ambrose 7; William Penn 3; Mt. St. Clare 2; Grand View 2; Iowa Wesleyan 1.

### Event Records

<b>100m</b>	Andrew McFedries	St. Ambrose	10.82	<b>High Jump</b>	Aaron Burns	Ashford	6-5
<b>200m</b>	Kris Miller	William Penn	22.16		Russell ReVoir	Clarke	6-5
<b>400m</b>	Cranston Sturupp	Mt. St. Clare	48.88	<b>Pole Vault</b>	Aaron Yerck	Ashford	13-5.25
<b>800m</b>	John Darmody	St. Ambrose	1:55.26	<b>Long Jump</b>	Anthony Quinn	Iowa Wesleyan	22-6.5
<b>1500m</b>	Cliff Miles	St. Ambrose	4:07.10	<b>Triple Jump</b>	Royce Clay	William Penn	46-5.25
<b>5000m</b>	Lenin Zapata	William Penn	15:42.90				
<b>10000m</b>	Jay Jennessee	St. Ambrose	32:33.78	<b>Discus</b>	Floyd Turner	Iowa Wesleyan	178-11
<b>110H</b>	Chris Talley	St. Ambrose	15.11	<b>Hammer</b>	Rob Firrell	St. Ambrose	171-2
<b>400H</b>	Leon Straughter	William Penn	54.51	<b>Javelin</b>	Matt Hilby	Mount Mercy	181-3
<b>Steeple</b>	Matt Tranel	St. Ambrose	9:45.83	<b>Shot Put</b>	Eric Domhoff	Mt. St. Clare	52-11.5
<b>4x100</b>	Grand View (Furlow-Cooper-Bland-Nwaogwugwu)				2009		41.99
<b>4x400</b>	Mt. St. Clare (Tague-Sturupp-Vais-Nixon)				1999		3:23.74
<b>4x800</b>	St. Ambrose (Evans-Quinn-Fallon-Knewitz)				2008		7:51.43

### Event champions

<b>100</b>				<b>400</b>			
1994	Roger Bowers	Iowa Wesleyan	n/a	1994	Ryan Saddler	St. Ambrose	n/a
1995	Pete Abbott	Mt. St. Clare	12.05	1995	Dan Bell	Iowa Wesleyan	50.50
1996	Alondo Robinson	Iowa Wesleyan	11.77	1996	Alondo Robinson	Iowa Wesleyan	52.10
1997	Chris Talley	St. Ambrose	11.46	1997	Joey Nixon	Mt. St. Clare	51.45
1998	Verity Rollins	Iowa Wesleyan	11.18	1998	Kye Bennis	St. Ambrose	49.34
1999	Verity Rollins	Iowa Wesleyan	11.28	1999	Cranston Sturupp	Mt. St. Clare	48.88
2000	Andrew McFedries	St. Ambrose	10.82	2000	Curtis Vais	Mt. St. Clare	50.86
2001	Garrett Newman	Mt. St. Clare	11.70	2001	Curtis Vais	Mt. St. Clare	50.68
2003	Ed Simms	William Penn	11.43	2003	Jason Irwin	William Penn	49.31
2004	Jason Drewelow	Mount Mercy	11.04	2004	Jason Irwin	William Penn	50.92
2005	Ed Simms	William Penn	10.94	2005	Bryan Jones	Mount Mercy	49.43
2006	Bryan Jones	Mount Mercy	11.33	2006	Adam Krack	Iowa Wesleyan	49.76
2007	Kris Miller	William Penn	10.86	2007	Mirnas Buljubasic	Grand View	51.09
2008	Carlos Stepter	William Penn	11.30	2008	Craig Labath	St. Ambrose	50.55
2009	Carlos Stepter	William Penn	10.84	2009	Kris Miller	William Penn	49.07
<b>200</b>				<b>800</b>			
1994	Kevin Stocker	Iowa Wesleyan	n/a	1994	Matt Joy	St. Ambrose	2:00.56
1995	Chanto Iverson	Iowa Wesleyan	23.50	1995	Dan Bell	Iowa Wesleyan	1:59.44
1996	Alondo Robinson	Iowa Wesleyan	23.39	1996	Matt Joy	St. Ambrose	1:59.04
1997	Chando Iverson	Iowa Wesleyan	23.33	1997	Matt Joy	St. Ambrose	2:01.88
1998	Cranston Sturupp	Mt. St. Clare	22.87	1998	Ryan Scheckel	Mount Mercy	1:59.87
1999	Cranston Sturupp	Mt. St. Clare	22.39	1999	Adam Winger	St. Ambrose	1:59.60
2000	Andrew McFedries	St. Ambrose	22.31	2000	Ryan Scheckel	Mount Mercy	1:59.88
2001	Garrett Newman	Mt. St. Clare	23.29	2001	Ryan Scheckel	Mount Mercy	2:01.31
2003	Jason Irwin	William Penn	22.72	2003	James Smith	William Penn	2:01.42
2004	Jason Drewelow	Mount Mercy	22.44	2004	Tim Dangel	William Penn	2:00.13
2005	Ed Simms	William Penn	22.75	2005	Travis Sauer	William Penn	1:56.85
2006	Adam Krack	Iowa Wesleyan	22.74	2006	Dan Knewitz	St. Ambrose	2:01.49
2007	Kris Miller	William Penn	23.00	2007	Dan Knewitz	St. Ambrose	1:59.33
2008	Dan Hall	St. Ambrose	22.49	2008	Tommy Fallon	St. Ambrose	1:55.67
2009	Kris Miller	William Penn	22.18	2009	John Darmody	St. Ambrose	1:55.26

## 1500

1994	Jon Goettler	St. Ambrose	n/a
1995	Tim Leibold	St. Ambrose	4:18.00
1996	Bruce Eisentrager	St. Ambrose	4:14.16
1997	Andy Nauman	St. Ambrose	4:20.04
1998	Adam Winger	St. Ambrose	4:09.14
1999	Jay Jenness	St. Ambrose	4:11.54
2000	Jay Jenness	St. Ambrose	4:14.81
2001	Ryan Scheckel	Mount Mercy	4:25.77
2003	Zeb Gilliam	St. Ambrose	4:18.45
2004	Demetrius Byrd	William Penn	4:15.84
2005	Travis Sauer	William Penn	4:14.06
2006	Demetrius Byrd	William Penn	4:19.42
2007	Dan Knewitz	St. Ambrose	4:12.18
2008	Cliff Miles	St. Ambrose	4:07.10
2009	John Darmody	St. Ambrose	4:10.85

## Steeplechase

1994	Bruce Eisentrager	St. Ambrose	10:15.2
1995	Bruce Eisentrager	St. Ambrose	10:31.8
1996	Bruce Eisentrager	St. Ambrose	9:18.84* - 3K
1997	Matt Trannel	St. Ambrose	10:40.90
1998	Joe Regenwether	Mt. St. Clare	10:29.99
1999	Matt Trannel	St. Ambrose	9:49.54
2000	Matt Trannel	St. Ambrose	9:45.83
2001	Doug Gil	St. Ambrose	10:11.28
2003	Chris Terry	William Penn	10:20.50
2004	Kaylon Spengler	Mount Mercy	10:20.64
2005	Kaylon Spengler	Mount Mercy	10:30.94
2006	Brandon Bond	Grand View	10:15.00
2007	Brandon Bond	Grand View	10:27.09
2008	Brandon Bond	Grand View	10:01.04
2009	Isaac Mase	Clarke	10:12.68

## 5K

1994	Jeff Jones	Iowa Wesleyan	n/a
1995	Joseph Mugo	Iowa Wesleyan	16:00.44
1996	Bruce Eisentrager	St. Ambrose	16:29.33
1997	Judd Allbaugh	Mount Mercy	16:01.43
1998	Andy Nauman	St. Ambrose	16:31.02
1999	Judd Allbaugh	St. Ambrose	15:54.07
2000	Jay Jenness	St. Ambrose	15:47.56
2001	Andrew Grodecki	Mt. St. Clare	16:36.88
2003	Pat Keehner	William Penn	16:23.26
2004	Kaylon Spengler	Mount Mercy	16:28.97
2005	Lenin Zapata	William Penn	15:42.90
2006	Michael Stevens	Grand View	16:11.54
2007	Michael Stevens	Grand View	16:23.29
2008	Cliff Miles	St. Ambrose	15:46.85
2009	John Darmody	St. Ambrose	15:56.22

## 10K

1994	Jeff Jones	Iowa Wesleyan	n/a
1995	Bruce Eisentrager	St. Ambrose	35:12.47
1996	Tim Liebold	St. Ambrose	35:00.74
1997	Judd Allbaugh	Mount Mercy	33:05.29
1998	John Borah	Mt. St. Clare	37:25.25
1999	Jay Jenness	St. Ambrose	32:33.78
2000	Andrew Grodecki	Mt. St. Clare	36:23.06
2001	Andrew Grodecki	Mt. St. Clare	34:54.37
2003	Chris Terry	William Penn	34:01.02
2004	Kendall Horracks	William Penn	36:34.74
2005	Lenin Zapata	William Penn	32:52.21
2006	Alex Flores	St. Ambrose	35:06.35
2007	Michael Stevens	Grand View	34:43.95
2008	Brandon Bond	Grand View	35:06.17
2009	Mike Miroux	Mount Mercy	34:37.28

## 110H

1994	Mike Yutesler	St. Ambrose	n/a
1995	Chris Talley	Iowa Wesleyan	15.66
1996	Chris Talley	Iowa Wesleyan	16.3
1997	Chris Talley	St. Ambrose	15.2
1998	Chris Talley	St. Ambrose	15.21
1999	Steven Blocker	St. Ambrose	16.23
2000	Steven Blocker	St. Ambrose	15.12

2001	Kelly Christopher	St. Ambrose	16.03
2003	James Lange	William Penn	15.81
2004	Matt Kennedy	Iowa Wesleyan	16.14
2005	James Lange	William Penn	15.86
2006	Leon Straughter	William Penn	15.59
2007	Leon Straughter	William Penn	15.68
2008	Franklin Barnes	Ashford	15.75
2009	Franklin Barnes	Ashford	15.29

## 400H

1994	Mike Yutesler	St. Ambrose	n/a
1995	Chris Talley	Iowa Wesleyan	62.35
1996	Chris Outlaw	St. Ambrose	57.7
1997	Mike Bahr	St. Ambrose	64.63
1998	Curtis Vais	Mt. St. Clare	58.18
1999	Ken Tague	Mt. St. Clare	57.75
2000	Ken Tague	Mt. St. Clare	55.74
2001	Dan Wagner	St. Ambrose	57.94
2003	James Smith	William Penn	55.55
2004	James Smith	William Penn	55.72
2005	James Smith	William Penn	56.56
2006	Leon Straughter	William Penn	54.51
2007	Leon Straughter	William Penn	56.72
2008	Franklin Barnes	Ashford	55.71
2009	Franklin Barnes	Ashford	55.00

## Long Jump

1994	Anthony Quinn	Iowa Wesleyan	22-6.5
1995	Chris Talley	Iowa Wesleyan	21-5
1996	Patrick Krambeer	Mt. St. Clare	20-1
1997	Chris Talley	St. Ambrose	21-3
1998	Chris Talley	St. Ambrose	22-2.5
1999	Kraig Johnson	Mount Mercy	19-25
2000	Kyle Kunkel	Mount Mercy	20-9.5
2001	Kraig Johnson	Mount Mercy	21-1
2003	Julian Assiby	William Penn	6.58 (21-7.25)
2004	Nick Lawrence	The Franciscan	6.45 (21-2)
2005	Julian Assiby	William Penn	6.64 (21-9.5)
2006	Aaron Burns	Ashford	6.27 (20-7)
2007	Royce Clay	William Penn	6.57 (21-6.75)
2008	Caleb Snyder	Ashford	6.64 (21-9.5)
2009	Royce Clay	William Penn	6.79 (22-3.5)

## Triple Jump

1994	Anthony Quinn	Iowa Wesleyan	n/a
1995	Chris Talley	Iowa Wesleyan	40-10.5
1996	Chris Talley	Iowa Wesleyan	39-8
1997	Chris Talley	St. Ambrose	42-7.25
1998	Chris Talley	St. Ambrose	43-8
1999	Ken Kretsinger	Iowa Wesleyan	40-10.5
2000	Joey Nixon	Mt. St. Clare	39-6.5
2001	Demetrius Triplett	Mt. St. Clare	42-10
2003	Julian Assiby	William Penn	13.79 (45-3)
2004	Marques Braithwaite	Mount Mercy	12.45 (40-10.25)
2005	Aaron Burns	Ashford	13.82 (45-4.25)
2006	Aaron Burns	Ashford	13.79 (45-3)
2007	Royce Clay	William Penn	13.79 (45-3)
2008	Sean Whitten	St. Ambrose	13.46 (44-2)
2009	Royce Clay	William Penn	14.15 (46-5.25)

## High Jump

1995	Mike Bahr	St. Ambrose	5-6
1996	Mike Rickermann	Iowa Wesleyan	5-8
1998	John St. George	Iowa Wesleyan	6-2
1999	John St. George	Iowa Wesleyan	6-4
2000	John St. George	Iowa Wesleyan	6-2
2001	John St. George	Iowa Wesleyan	5-10
2003	Ryan Musil	William Penn	1.88 (6-2)
2004	Jerome Edwards	Iowa Wesleyan	1.83 (6-0)
2005	Aaron Burns	Ashford	1.94 (6-4.25)
2006	Aaron Burns	Ashford	1.96 (6-5)
2007	Steven Hughes	Grand View	1.86 (6-1)
2008	Brandon Bond	Grand View	1.83 (6-0)
2009	Russel ReVoir	Clarke	1.96 (6-5)

## Pole Vault

1998	Jerry Dabin	Mt. St. Clare	8-0
1999	Kevin Schmidt	Mount Mercy	10-11.75
2000	Kevin Schmidt	Mount Mercy	12-0
2001	Pete Kelloway	St. Ambrose	10-6
2003	Jason Irwin	William Penn	3.66 (12-0)
2004	Jason Irwin	William Penn	4.05 (13-3.5)
2005	Dan Tomlin	St. Ambrose	2.89 (9-5.75)
2006	Corey Allen	William Penn	2.28 (7-5.75)
2007	Sean Whitten	St. Ambrose	2.90 (9-6)
2008	Kevin Griffin	Ashford	4.05 (13-3.5)
2009	Aaron Yerck	Ashford	4.10 (13-5.25)

## Hammer

1996	Pat Lane	St. Ambrose	70-1
1998	Keith Bradley	Mt. St. Clare	107-11.5
1999	Jason Connell	St. Ambrose	142-8
2000	Jason Connell	St. Ambrose	118-2
2001	Jason Connell	St. Ambrose	134-1
2003	Rob Firrell	St. Ambrose	52.19 (171-3)
2004	Matt Manuel	Mount Mercy	47.19 (154-10)
2005	Matt Manuel	Mount Mercy	49.66 (162-11)
2006	Marcus Brand	St. Ambrose	46.13 (151-4)
2007	Marcus Brand	St. Ambrose	50.09 (164-4)
2008	Jordan Adams	Grand View	47.41 (155-6)
2009	Jordan Adams	Grand View	48.18 (158-1)

## Shot Put

1994	Ryan Richards	St. Ambrose	43-0
1995	Texan Moulton	Iowa Wesleyan	52-6
1996	Sean O'Conner	St. Ambrose	34-5.5
1997	Sean O'Conner	St. Ambrose	32-9
1998	Keith Bradley	Mt. St. Clare	41-3
1999	Paxton Lepage	Iowa Wesleyan	42-2.75
2000	Eric Damhoff	Mt. St. Clare	52-11.5
2001	Matt Schade	St. Ambrose	45-0
2003	Rob Firrell	St. Ambrose	14.02 (46-0)
2004	Floyd Turner	Iowa Wesleyan	13.94 (45-9)
2005	Tyler Thomas	St. Ambrose	14.71 (48-3.25)
2006	Floyd Turner	Iowa Wesleyan	14.94 (49-0.25)
2007	Floyd Turner	Iowa Wesleyan	14.84 (48-8.25)
2008	Scott Cherryholmes	St. Ambrose	14.10 (46-3.25)
2009	Scott Cherryholmes	St. Ambrose	15.28 (50-1.75)

## Discus

1994	Ryan Richards	St. Ambrose	135-8
1995	Tex Moulton	Iowa Wesleyan	146-5
1996	Sean O'Conner	St. Ambrose	92-3
1998	Nick Proud	Mt. St. Clare	133-6
1999	Jason Connell	St. Ambrose	146-9
2000	Jason Connell	St. Ambrose	137-6
2001	Jason Connell	St. Ambrose	153-11
2003	Joe Illingworth	William Penn	44.63 (146-5)
2004	Matt Manuel	Mount Mercy	43.55 (142-10)
2005	Floyd Turner	Iowa Wesleyan	52.09 (170-10)
2006	Floyd Turner	Iowa Wesleyan	54.54 (178-11)
2007	Floyd Turner	Iowa Wesleyan	53.69 (176-2)
2008	Nick Spencer	St. Ambrose	40.15 (131-9)
2009	Jacob McCullough	William Penn	42.71 (140-1)

## Javelin

1994	Dan Bell	Iowa Wesleyan	n/a
1995	Dan Bell	Iowa Wesleyan	123-0
1996	Matt Meyer	Mount Mercy	148-7
1997	Matt Meyer	Mount Mercy	166-4
1998	Matt Meyer	Mount Mercy	174-9
1999	Matt Meyer	Mount Mercy	180-1
2000	Ryan Scheckel	Mount Mercy	162-2
2001	Ryan Scheckel	Mount Mercy	155-2
2003	Chris Irwin	Iowa Wesleyan	50.78 (166-7)
2004	Dillon Cline	Mount Mercy	47.87 (157-0)
2005	Dillon Cline	Mount Mercy	51.90 (170-3)
2006	Dillon Cline	Mount Mercy	50.30 (165-0)
2007	Matt Hilby	Mount Mercy	50.37 (165-3)
2008	Matt Hilby	Mount Mercy	55.24 (181-3)
2009	Scott Cherryholmes	St. Ambrose	51.47 (168-10)

## Decathlon

2000	Ken Tague	Mt. St. Clare	5440
2001	Ken Tague	St. Ambrose	5019
2003	Dan Tomlin	St. Ambrose	3540
2004	Dan Tomlin	St. Ambrose	4969
2008	Dustin Renwick	St. Ambrose	5051
2009	Steven Hughes	Grand View	5795

## 4x100

1994	Iowa Wesleyan	n/a
1995	Iowa Wesleyan	44.65
1996	Iowa Wesleyan (Robinson, Iverson, Talley, Bell)	45.29
1997	St. Ambrose (Hromadka, Shorten, Talley, Ortiz)	45.09
1998	St. Ambrose (Less, Richter, Talley, Bennis)	43.85
1999	Mt. St. Clare (Childs, Sturup, Childs, Nixon)	43.46
2000	St. Ambrose (Munoz, Blocker, Anderson, McFedries)	42.93
2001	St. Ambrose	44.86
2003	William Penn (Simms, Howard, Young, Irwin)	42.79
2004	Mount Mercy (McDonald, Schwenker, Jones, Drewelow)	42.82
2005	William Penn (Assiby, Simms, Young, Dursky)	43.02
2006	Ashford (McCall, Astroth, Moreland, Barnes)	43.56
2007	Iowa Wesleyan (Amy, Jenkins, Jones, Carter)	43.76
2008	St. Ambrose (Jackson, Merrill, Whitten, Hall)	43.03
2009	Grand View (Furlow, Cooper, Bland, Nwaogwugwu)	41.99

## 4x400

1994	St. Ambrose	n/a
1995	Iowa Wesleyan	3:34.24
1996	Iowa Wesleyan (Bowery, Iverson, Robinson, Bell)	3:30.03
1998	Mt. St. Clare (Garrison, Sturup, Vais, Nixon)	3:27.21
1999	Mt. St. Clare (Tague, Sturup, Vais, Nixon)	3:23.74
2000	St. Ambrose (Blocker, Winger, Shorten, Anderson)	3:28.79
2001	St. Ambrose	3:27.80
2003	William Penn	3:29.30
2004	William Penn	3:31.92
2005	William Penn (Smith, Simms, Lange, Sauer)	3:29.66
2006	William Penn	3:28.24
2007	Grand View	3:26.28
2008	St. Ambrose (Hall, Ekstam, Fallon, Knewitz)	3:29.71
2009	Ashford (Phillips, Gaffney, Are, Barnes)	3:26.44

## 4x800

1999	St. Ambrose (Winger, Trannel, Shorten, Rea)	8:07.78
2000	St. Ambrose (Winger, Jennessee, Rea, Trannel)	8:02.45
2001	Mount Mercy	8:33.56
2003	William Penn	8:12.82
2004	William Penn	8:00.76
2005	St. Ambrose (Knewitz, Evans, Knaack, Hall)	8:09.43
2006	Mount Mercy (Jones, Spangler, Hilby, Sanders)	8:20.26
2007	St. Ambrose (Miles, O'Brien, Evans, Knewitz)	8:09.70
2008	St. Ambrose (Evans, Fallon, Quinn, Knewitz)	7:51.43
2009	Mount Mercy (xx,xx,xx,xx)	8:09.37

# Midwest Collegiate Conference

## Women's Track & Field Record Book

Year	Team Champion	Athlete(s) of the Year	Coach of the Year
1994	St. Ambrose	Stephani VanderHorn & Ann Barham, St. Ambrose	Kevin Rose, St. Ambrose
1995	St. Ambrose	Stephanie Baden & Rebecca Raney, St. Ambrose	Kevin Rose, St. Ambrose
1996	Mount Mercy	Rebecca Raney, SAU & Stephanie Martin, MMC	Chris Perkins, Mount Mercy
1997	St. Ambrose	Patches Elmore, St. Ambrose	Kevin Rose, St. Ambrose
1998	St. Ambrose	Nadia Cunningham, Iowa Wesleyan	Kevin Rose, St. Ambrose
1999	Mount Mercy	Chrissy Johnson, St. Ambrose	Chris Perkins, Mount Mercy
2000	St. Ambrose	Stacy Ticknor, Iowa Wesleyan	Ryan Saddler, St. Ambrose
2001	St. Ambrose	Stacy Ticknor, Iowa Wesleyan	Ryan Saddler, St. Ambrose
2003	Iowa Wesleyan	Brandy Beyer, Iowa Wesleyan	Stacy Boudreau, IA Wesleyan
2004	Mount Mercy	Meredith Vander Zee, Mount Mercy	Ryan Scheckel, Mount Mercy
2005	Mount Mercy	Liz Lange, Mount Mercy	Ryan Scheckel, Mount Mercy
2006	Mount Mercy	Christine French, Mount Mercy	Ryan Scheckel, Mount Mercy
2007	Mount Mercy & Grand View	Miriam Chisala, Grand View	Ryan Scheckel, MMC & Jerry Monner, GVC
2008	Mount Mercy & Grand View	Tabatha Carlson, Grand View	Ryan Scheckel, Mount Mercy
2009	Grand View	Obsie Birru, GVC & Emily Brown, Clarke	Jerry Monner, GVC

**Team championships:** Mount Mercy 7, St. Ambrose 6, Grand View 3, Iowa Wesleyan 1.

### Event Records

<b>100m</b>	Miriam Chisala	Grand View	12.15	<b>High Jump</b>	Na Onka Mixon	William Penn	5-2.5
<b>200m</b>	Nadia Cunningham	Iowa Wesleyan	25.05	<b>Pole Vault</b>	Diana Baumann	Clarke	10-10
<b>400m</b>	Louis Ayetotche	Iowa Wesleyan	53.54	<b>Long Jump</b>	Nicole Duncan	Iowa Wesleyan	19-1.5
<b>800m</b>	Nadia Cunningham	Iowa Wesleyan	2:16.50	<b>Triple Jump</b>	Crystal Seamans	St. Ambrose	36-8.125
<b>1500m</b>	Obsie Birru	Grand View	4:51.27				
<b>5000m</b>	Obsie Birru	Grand View	18:57.34				
<b>10000m</b>	Obsie Birru	Grand View	38:28.24	<b>Discus</b>	Mary Streeter	Iowa Wesleyan	140-0
<b>110H</b>	Teri Baker	St. Ambrose	15.30	<b>Hammer</b>	Emily Brown	Clarke	176-6
<b>400H</b>	Meredith Austin	Mount Mercy	65.16	<b>Javelin</b>	Laura Schiltz	Grand View	130-7
<b>Steeple</b>	Katie Larsen	Mount Mercy	12:15.26	<b>Shot Put</b>	Mandy Streu	St. Ambrose	42-5.5
<b>4x100</b>	Mount Mercy (Lange-Nie-Bull-Meyer)					2005	49.14
<b>4x400</b>	Grand View (Carlson-Brown-Schertz-Anderson)					2009	4:06.69
<b>4x800</b>	Mount Mercy (Yotter-Danielsen-Hermesen-Kvidera)					2009	9:43.50

### Event champions

#### 100

1994	Ann Barham	St. Ambrose	12.66
1995	Nicole LeGrand	St. Ambrose	13.90
1996	Andrya Brown	St. Ambrose	13.44
1997	Nicole Nunn	St. Ambrose	13.36
1998	Erica Davis	Iowa Wesleyan	13.14
1999	Stephanie Francois	Mount Mercy	13.60
2000	Stephanie Francois	Mount Mercy	13.32
2001	Stacy Ticknor	Iowa Wesleyan	13.62
2003	Stefanie Minter	William Penn	13.10
2004	Liz Lange	Mount Mercy	12.93
2005	Diana Meyer	Mount Mercy	12.34
2006	Liz Lange	Mount Mercy	12.72
2007	Miriam Chisala	Grand View	12.15
2008	Tabatha Carlson	Grand View	12.69
2009	Tabatha Carlson	Grand View	12.52

#### 400

1994	Beth Westerfield	St. Ambrose	60.53
1995	Michelle Beenblossom	Iowa Wesleyan	66.22
1996	Stephanie Martin	Mount Mercy	60.52
1997	Kimberly Beelner	St. Ambrose	62.73
1998	Louise Ayetotche	Iowa Wesleyan	53.54
1999	Kimberly Beelner	St. Ambrose	62.29
2000	Stacy Ticknor	Iowa Wesleyan	61.13
2001	Stacy Ticknor	Iowa Wesleyan	60.50
2003	Meredith Austin	Mount Mercy	60.10
2004	Meredith VanderZee	Mount Mercy	61.06
2005	Diana Meyer	Mount Mercy	61.63
2006	Liz Lange	Mount Mercy	60.21
2007	Miriam Chisala	Grand View	58.38
2008	Tabatha Carlson	Grand View	60.25
2009	Tabatha Carlson	Grand View	58.33

#### 200

1994	Ann Barham	St. Ambrose	26.66
1995	Teri Baker	St. Ambrose	28.62
1996	Andrya Brown	St. Ambrose	27.33
1997	Kimberly Beelner	St. Ambrose	27.42
1998	Nadia Cunningham	Iowa Wesleyan	25.05
1999	Kimberly Beelner	St. Ambrose	27.61
2000	Jill Larson	Mount Mercy	26.68
2001	Stacy Ticknor	Iowa Wesleyan	27.84
2003	Stefanie Minter	William Penn	26.99
2004	Liz Lange	Mount Mercy	26.86
2005	Diana Meyer	Mount Mercy	26.65
2006	Liz Lange	Mount Mercy	26.62
2007	Miriam Chisala	Grand View	25.70
2008	Tabatha Carlson	Grand View	26.71
2009	Tabatha Carlson	Grand View	25.73

#### 800

1994	Stephani VanderHorn	St. Ambrose	2:27.68
1995	Missy Mahoney	Iowa Wesleyan	2:33.59
1996	Penny Heins	Mount Mercy	2:27.32
1997	Penny Heins	Mount Mercy	2:17.21
1998	Nadia Cunningham	Iowa Wesleyan	2:16.50
1999	Katrina Lowery	Mount Mercy	2:31.44
2000	Katrina Lowery	Mount Mercy	2:29.51
2001	Julie Whorinen	St. Ambrose	2:28.50
2003	Tanya Adrian	St. Ambrose	2:32.95
2004	Jenny Frels	St. Ambrose	2:32.17
2005	Ashley Alvarez	St. Ambrose	2:27.58
2006	Ashley Alvarez	St. Ambrose	2:27.04
2007	Sarah Sheedy	St. Ambrose	2:27.00
2008	Samantha Leslie	Clarke	2:28.12
2009	Obsie Birru	Grand View	2:22.16

## 1500

1994	Stephani VanderHorn	St. Ambrose	5:16.92
1995	Missy Mahoney	Iowa Wesleyan	5:15.88
1996	Kim Reisberg	Mount Mercy	5:03.29
1997	Penny Heins	Mount Mercy	4:58.59
1998	Bethany Klokkenga	St. Ambrose	5:24.74
1999	Angela Wakefield	Mt. St. Clare	5:16.25
2000	Katrina Lowery	Mount Mercy	5:04.04
2001	Julie Whorinen	St. Ambrose	5:03.54
2003	Tanya Adrian	St. Ambrose	5:06.33
2004	Jenny Frels	St. Ambrose	5:10.11
2005	Ashley Alvarez	St. Ambrose	5:01.30
2006	Ashley Alvarez	St. Ambrose	5:05.14
2007	Chlesea Kvidera	Mount Mercy	5:04.62
2008	Megan Winkelmann	Grand View	5:06.99
2009	Obsie Birru	Grand View	4:51.27

## 3000

1994	Stephani VanderHorn	St. Ambrose	11:40.98
1995	Megan Spurgin	Mount Mercy	11:30.90
1996	Penny Heins	Mount Mercy	10:48.80
1997	Patches Elmore	St. Ambrose	11:22.67
1998	Megan Spurgin	Mount Mercy	11:05.35
1999	Leslie Marshall	Mount Mercy	11:18.84
2000	Leslie Marshall	Mount Mercy	11:32.70
2001	Julie Whorinen	St. Ambrose	11:09.92

## Steeplechase

2003	Amy Marshall	Mount Mercy	11:58.62
2004	Amy Marshall	Mount Mercy	12:43.07
2005	Tyne Crandell	William Penn	12:25.34
2006	Katie Larsen	Mount Mercy	12:26.89
2007	Mallory Marshall	Mount Mercy	12:33.12
2008	Katie Larsen	Mount Mercy	12:15.26
2009	Kori Yotter	Mount Mercy	12:29.25

## 5K

1994	Kim Rieseberg	Mount Mercy	21:02.30
1995	Stephanie Mauch	Iowa Wesleyan	19:06.48
1996	Patches Elmore	St. Ambrose	19:22.30
1997	Patches Elmore	St. Ambrose	19:23.80
1998	Megan Spurgin	Mount Mercy	19:32.25
1999	Leslie Marshall	Mount Mercy	19:10.97
2000	Leslie Marshall	Mount Mercy	19:47.74
2001	Leslie Marshall	Mount Mercy	20:27.32
2003	Amy Marshall	Mount Mercy	20:05.10
2004	Amy Marshall	Mount Mercy	20:14.53
2005	Tyne Crandell	William Penn	20:20.23
2006	Molly Fisher	St. Ambrose	19:30.58
2007	Mallory Marshall	Mount Mercy	19:14.40
2008	Katie Larsen	Mount Mercy	19:18.06
2009	Obsie Birru	Grand View	18:57.34

## 10K

1994	Suzie Konz	Iowa Wesleyan	41:30.37
1995	Billie Ray	St. Ambrose	44:45.38
1996	Emily Strong	St. Ambrose	42:25.64
1997	Patches Elmore	St. Ambrose	40:15.45
1998	Lynette Montang	Mount Mercy	41:52.05
1999	Patches Elmore	St. Ambrose	41:52.70
2000	Lynette Dunham	Mount Mercy	43:10.50
2001	Carrie Conklin	Mount Mercy	43:05.00
2003	Carrie Conklin	Mount Mercy	46:00.34
2004	Amy Marshall	Mount Mercy	44:12.60
2005	Tyne Crandell	William Penn	44:16.29
2006	Sara Hendrickson	Grand View	43:18.68
2007	Mallory Marshall	Mount Mercy	41:50.51
2008	Katie Larsen	Mount Mercy	40:17.55
2009	Obsie Birru	Grand View	38:28.24

## 100H

1994	Kathy Halvorsen	Mount Mercy	17.00
1995	Teri Baker	St. Ambrose	15.30
1996	Kathy Halvorsen	Mount Mercy	16.88
1997	Karla Barker	St. Ambrose	16.69
1998	Karla Barker	St. Ambrose	17.2
1999	Stephanie Francois	Mount Mercy	16.67
2000	Stacy Ticknor	Iowa Wesleyan	15.77
2001	Stephanie Francois	Mount Mercy	16.82
2003	Brandy Beyer	Iowa Wesleyan	16.52
2004	Brandy Beyer	Iowa Wesleyan	16.28
2005	Jessica Walker	William Penn	15.61
2006	Katie Brimeyer	St. Ambrose	16.86
2007	Alyssa Maher	Mount Mercy	15.54
2008	Jerika Rangel	St. Ambrose	15.37
2009	Alyssa Maher	Mount Mercy	15.62

## 400H

1994	Stephanie Mauch	Iowa Wesleyan	71.31
1995	Stephanie Mauch	Iowa Wesleyan	71.84
1996	Stephanie Martin	Mount Mercy	66.30
1997	Karla Barker	St. Ambrose	75.13
1998	Karla Barker	St. Ambrose	75.24
1999	Chrissy Johnson	St. Ambrose	72.61
2000	Stacy Ticknor	Iowa Wesleyan	66.63
2001	Cindy Musters	Mt. St. Clare	65.90
2003	Meredith Austin	Mount Mercy	65.16
2004	Meredith VanderZee	Mount Mercy	65.48
2005	Jessica Walker	William Penn	69.51
2006	Christine French	Mount Mercy	69.14
2007	Steph Reagan	St. Ambrose	67.17
2008	Steph Reagan	St. Ambrose	67.44
2009	Steph Reagan	St. Ambrose	67.46

## Long Jump

1994	Coretta Clarke	St. Ambrose	15-7.5
1995	Nicole LeGrand	St. Ambrose	15-6.5
1996	Stephanie Margin	Mount Mercy	15-7
1997	Kristy Gertson	St. Ambrose	16-10
1998	Nicole Duncan	Iowa Wesleyan	19-1.5
1999	Chrissy Johnson	St. Ambrose	15-2.5
2000	Crystal Seamans	St. Ambrose	17-2
2001	Meredith Austin	Mount Mercy	16-5.5
2003	Star Esslinger	Iowa Wesleyan	17-0
2004	Christine French	Mount Mercy	16-0
2005	Christine French	Mount Mercy	15-11
2006	Na Onka Mixon	William Penn	16-9.5
2007	Wendy Madison	Iowa Wesleyan	5.29 (17-4.25)
2008	Wendy Madison	Iowa Wesleyan	5.04 (16-6.5)
2009	Joquetta Rolle	Clarke	5.31 (17-5.25)

## Triple Jump

1994	Nicole LeGrand	St. Ambrose	n/a
1995	Nicole LeGrand	St. Ambrose	29-1
1996	Amanda Suhr	Mount Mercy	31-7
1997	Kristy Gertson	St. Ambrose	36-1.5
1998	Neisha Thompson	Iowa Wesleyan	34-6
1999	Chrissy Johnson	St. Ambrose	33-3.5
2000	Crystal Seamans	St. Ambrose	36-8.125
2001	Cindy Musters	Mt. St. Clare	35-7
2003	Liz Way	Mt. St. Clare	35-4
2004	Christine French	Mount Mercy	33-2
2005	Christine French	Mount Mercy	33-6
2006	Na Onka Mixon	William Penn	36-2
2007	Wendy Madison	Iowa Wesleyan	10.65 (34-11.25)
2008	Wendy Madison	Iowa Wesleyan	10.22 (33-6.5)
2009	Shannon Sullivan	Grand View	10.83 (35-6.5)

## High Jump

1994	Laurie Freeman	Iowa Wesleyan	n/a
1996	Stephanie Martin	Mount Mercy	5-2
1997	Megan Schaubroech	Mount Mercy	5-0

1998	Megan Schaubroeck	Mount Mercy	5-0
1999	Megan Johnson	Mt. St. Clare	4-8
2000	Crystal Seamans	St. Ambrose	5-2
2001	Stacy Ticknor	Iowa Wesleyan	4-6
2003	Brandy Beyer	Iowa Wesleyan	5-0
2004	Brandy Beyer	Iowa Wesleyan	5-2
2005	Jessica Walker	William Penn	5-2
2006	Na Onka Mixon	William Penn	5-2.5
2007	Na Onka Mixon	William Penn	1.54 (5-0.5)
2008	Kelly Tenboer	Ashford	1.57 (5-1.75)
2009	Shannon Sullivan	Grand View	1.55 (5-1)

### Pole Vault

1998	Melissa McClelland	St. Ambrose	8-0
1999	Shelia Renaud	Mount Mercy	7-0
2000	Melissa Pagan	St. Ambrose	8-6
2001	Aaron Shemek	St. Ambrose	8-6
2003	Aaron Shemek	St. Ambrose	2.74 (8-11.75)
2005	Christine French	Mount Mercy	1.98 (6-6)
2006	Michelle Maciag	St. Ambrose	2.27 (7-5.25)
2007	Lindsey Guerin	St. Ambrose	2.38 (7-9.75)
2008	Diana Baumann	Clarke	3.30 (10-10)
2009	Morgan Bradford	Clarke	3.13 (10-3.25)

### Shot Put

1994	Rebecca Raney	St. Ambrose	36-8.5
1995	Rebecca Raney	St. Ambrose	38-4
1996	Rebecca Raney	St. Ambrose	40-5
1997	Sara Schaller	St. Ambrose	36-4.75
1998	Kim Jasper	St. Ambrose	35-5
1999	Kim Jasper	St. Ambrose	37-1.25
2000	Kim Jasper	St. Ambrose	40-8.5
2001	Christie Philips	Iowa Wesleyan	40-4.5
2003	Brandy Beyer	Iowa Wesleyan	38-0.5
2004	Johnna Gamble	St. Ambrose	40-7.75
2005	Katie Thomas	St. Ambrose	39-6
2006	Melissa Blessington	Grand View	37-6
2007	Tiffany Webb	Iowa Wesleyan	11.64 (38-2.25)
2008	Corrie Wagner	Iowa Wesleyan	11.51 (37-9.25)
2009	Mandy Streu	St. Ambrose	12.94 (42-5.5)

### Discus

1994	Ali Ishan	Iowa Wesleyan	108-6
1995	Rebecca Raney	St. Ambrose	108-5
1996	Rebecca Raney	St. Ambrose	116-3
1997	Becky Weir	Iowa Wesleyan	104-1
1998	Kim Jasper	St. Ambrose	122-11
1999	Kim Jasper	St. Ambrose	117-1
2000	Kim Jasper	St. Ambrose	124-2
2001	Toni Aguilar	Mt. St. Clare	120-1
2003	Toni Aguilar	Mt. St. Clare	133-6
2004	Mary Streeter	Iowa Wesleyan	140-0
2005	Johnna Gamble	St. Ambrose	136-4
2006	Johnna Gamble	St. Ambrose	129-0
2007	Tiffany Webb	Iowa Wesleyan	39.11 (128-4)
2008	Emily Brown	Clarke	38.97 (127-10)
2009	Emily Brown	Clarke	37.64 (123-6)

### Hammer

1996	Rebecca Raney	St. Ambrose	89-1
1998	Kristine Splitter	Mt. St. Clare	103-8
1999	Kim Jasper	St. Ambrose	122-4
2000	Kim Jasper	St. Ambrose	131-0
2001	Toni Aguilar	Mt. St. Clare	104-4
2003	Katie Thomas	St. Ambrose	124-8
2004	Katie Thomas	St. Ambrose	123-2
2005	Johnna Gamble	St. Ambrose	129-4
2006	Wendy Milam	Ashford	148-0
2007	Johnna Gamble	St. Ambrose	40.55 (133-0)
2008	Emily Brown	Clarke	49.72 (163-1)
2009	Emily Brown	Clarke	53.81 (176-6)

### Javelin

1994	Rebecca Raney	St. Ambrose	77-7
1995	Kim King	Mount Mercy	90-10
1997	Megan Schaubroeck	Mount Mercy	107-10
1998	Megan Schaubroeck	Mount Mercy	115-1
1999	Kristy Regenitter	Iowa Wesleyan	106-3
2000	Kristy Regenitter	Iowa Wesleyan	128-8
2001	Kristy Regenitter	Iowa Wesleyan	117-3
2003	Sherry Evans	Iowa Wesleyan	116-6
2004	Sherry Evans	Iowa Wesleyan	130-0
2005	Katie Thomas	St. Ambrose	107-4.5
2006	Kayla Brooks	Grand View	103-3
2007	Katie Schlutz	Mount Mercy	30.61 (100-5)
2008	Laura Schiltz	Grand View	39.80 (130-7)
2009	Laura Schiltz	Grand Veiw	39.08 (128-2)

### Heptathlon

2000	Stacy Ticknor	Iowa Wesleyan	4123
2001	Stacy Ticknor	Iowa Wesleyan	4698
2003	Meredith Austin	Mount Mercy	3962
2004	Meredith VanderZee	Mount Mercy	4198
2008	Maggie Nauman	St. Ambrose	2861
2009	Corrie Wagner	Iowa Wesleyan	3488

### 4x100

1994	St. Ambrose	50.63
1999	Mount Mercy (Larsen, Renaud, Fichell, Francois)	52.05
2000	Mount Mercy (Francois, Capper, Renaud, Larsen)	51.31
2001	Mount Mercy	52.93
2003	William Penn	51.21
2004	Mount Mercy	50.55
2005	Mount Mercy	49.14
2006	Mount Mercy (French, Lange, Dabroski, Nie)	50.54
2007	Grand View	50.04
2008	Grand View (Schiltz-Carlson-Schertz-Gaskill)	50.37
2009	Grand View (Schertz-Carlson-Moore-Brown)	50.87

### 4x400

1994	St. Ambrose	4:14.54
1999	Mount Mercy (Larsen, Renaud, Lowery, Ellingson)	4:13.77
2000	Mount Mercy (Ellingson, Francois, Renaud, Larsen)	4:06.86
2001	St. Ambrose	4:17.50
2003	St. Ambrose (Shemek, Frels, Schnauber, Hanson)	4:19.94
2004	Mount Mercy	4:25.79
2005	Mount Mercy	4:22.15
2006	Mount Mercy	4:21.84
2007	Grand View	4:18.77
2008	Grand View (Carlson-Schertz-Gaskill-Anderson)	4:13.60
2009	Grand View (Carlson-Brown-Schiltz-Anderson)	4:06.69

### 4x800

1999	Mount Mercy (Ellingson, Wiley, Marshall, Lowery)	10:08.99
2000	St. Ambrose (Raske, Rudolph, Smith, Klokkenga)	10:15.41
2001	St. Ambrose	10:24.82
2003	St. Ambrose (Frels, Vaske, Adrian, Shemek)	10:25.14
2004	Mount Mercy	10:10.50
2005	Mount Mercy	10:29.58
2006	St. Ambrose (Sheedy, Fisher, Olsen, Alvarez)	10:04.39
2007	Mount Mercy (Kvidera, Marine, Behning, Larsen)	10:04.11
2008	Clarke (Freund-Clegg-Duran-Leslie)	10:10.26
2009	Mount Mercy (Yotter-Danielsen-Hermesen-Kvidera)	9:43.50