



# 2008 Track & Field Guide

COLLEGE OF MOUNT ST. JOSEPH



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## ABOUT THIS GUIDE

The College of Mount St. Joseph's 2008 Track & Field Guide has been produced by the Sports Information Office and the Design Office to assist you with your coverage this year. All photos are courtesy of Don Denney Photography. The guide was published in March 2008 with all of the information available at that time.

Additional and updated information, statistics and photos are available at all times to accredited news sources from the Sports Information Office, (513) 244-4927. For more on Mount athletics, visit [www.msj.edu/athletics](http://www.msj.edu/athletics).

## STAFF DIRECTORY (Area Code 513)

### Athletic Department Staff

Steve Radcliffe, Athletic Director .....	244-4381
Ron Bowling, Associate Athletic Director .....	244-8585
Stacie Carney, Administrative Assistant (Dowell Building) ....	244-4311
Joanie Schroth, Administrative Assistant (Sports Complex) ..	244-8580
Georgana Taggart, Faculty Athletic Representative .....	244-4952
Fax Number (Dowell Building).....	244-4928
Fax Number (Sports Complex).....	244-8581

### Coaching Staff

Chuck Murray, Baseball Coach, Recreation Co-coordinator .....	244-4402
Larry Cox, Men's Basketball Coach, Assistant Athletic Director .....	244-4929
Melanee Atkinson, Women's Basketball Coach .....	244-4590
Danielle Harris, Cheerleading Coach .....	244-4311
Jennifer Link/Nikki Schorsch, Dance Coaches .....	244-4311
Rod Huber, Football Coach .....	244-4896
Vince Suriano, Assistant Football Coach .....	244-4422
Jeff Hill, Assistant Football Coach, Men's/Women's Track & Field Coach .....	244-8597
Joe Sparhawk, Men's Golf Coach, Recreation Co-coordinator .....	244-4876
Jeff Newman, Women's Golf Coach, Assistant Baseball Coach .....	244-8583
Pat Kennedy, Men's/Women's Lacrosse Coach.....	244-4427

Carrie Taylor, Men's/Women's Soccer Coach .....	244-8587
Leah Todd, Assistant Men's/Women's Soccer Coach .....	244-8586
Beth Goderwis, Softball Coach .....	244-4853
Del Walters, Men's Tennis Coach, Associate Men's Basketball Coach .....	244-8596
Brian Beebe, Women's Tennis Coach, Assistant Women's Basketball Coach .....	244-8599
Michele Benoit, Volleyball Coach, Assistant Athletic Director .....	244-4316
Erin Pauley, Assistant Volleyball Coach, Assistant Men's/Women's Track & Field Coach .....	244-3276
Casey Stouffer, Wrestling Coach, Coordinator of Athletic Facilities .....	244-4474
Brennan Ryan, Assistant Wrestling Coach .....	244-1630

### Sports Medicine

Lisa Osterbrock, A.T.C., Head Athletic Trainer.....	244-4599
Sean Degerstrom, A.T.C., Assistant Athletic Trainer .....	244-4875
Susan Miniello, A.T.C., Assistant Athletic Trainer .....	244-4875
Erin Beckwith, A.T.C., Assistant Athletic Trainer .....	244-4875
Howard Schertzinger Jr., M.D., Team Medical Director ....	244-4875
Robert Burger, M.D., Team Orthopedic Director.....	481-5050

### Sports Information

Dane Neumeister, Director .....	244-4927
Ally Auditore, Student Co-op .....	244-4927

## ATHLETIC FACILITIES AT THE MOUNT

The Mount provides its students with athletic fields and the Harrington Center, a modern two-level student union with a running track, gym, fitness center, and food court. During the 2003-2004 academic year, the Mount began its Campus Expansion Plan, which includes athletic fields to accommodate more Mount teams on campus for practice and home games.

The Mount's East Fields on Delhi Road, which have been the home field for women's soccer, have been expanded into a game field and running track with seating for up to 2,400 spectators. The new Sports Complex gives the Mount Lions' football team its first home field on campus since 1990. It also provides a home field for women's soccer, men's soccer and lacrosse teams for men (2007) and women (2009). The track serves the Mount's track & field teams and additional facilities house the Mount's academic program in athletic training, as well as locker rooms and concessions. The Campus Expansion Plan also included the renovation of nearby College property into practice fields. The Lions' softball team began playing home games at the new River Road softball field in 2007.

The Mount Lions' baseball team plays home games at Midland Field, one of Cincinnati's finest baseball facilities for teams and spectators.

The Harrington Center, which opened in 1998, contains two full courts for Lions volleyball and basketball as well as the full range of Mount intramural teams. The Harrington Center also features a specially surfaced indoor running track; courts for racquetball, squash and walleyball; fitness center; weight training; athletic training; and locker facilities.

The Mount's west campus field, the J. Page Hayden Athletic Field, is the location for the Mount's field events during track & field meets and is a practice field for the Lions' Roar Marching Band. The Mount also provides lighted tennis courts for intercollegiate and intramural teams.

The Mount men's golf team's home course is Miami Whitewater Forest Golf Course in Harrison, Ohio. The course is a par-72, 6,808-yards course with a rating of 72.3 and a slope of 125.



## A MESSAGE FROM THE PRESIDENT



### Sister Francis Marie Thrailkill, Ed.D.

Welcome to the College of Mount St. Joseph and Lions country. We are proud to be the home of HCAC Division III competition in Greater Cincinnati so that the community can enjoy exciting competition among student athletes who are dedicated to their sport and their studies.

A Mount education is about preparing for life academically, professionally, personally, and spiritually. Students have the opportunity to play in 21 competitive sports at the Mount as well as to join marching band and over 40 clubs and organizations. They take courses in smaller classes where professors advocate learning and interaction. Cooperative education, service learning and cultural/global immersion involve students in life experiences and social responsibility. Students are the heart of the community we enjoy at the Mount, and our student athletes appreciate your attendance and support.

Please visit the Mount again for more exciting HCAC Division III excitement, and visit our Web site at [www.msj.edu](http://www.msj.edu) for listings of the events and programs offered throughout the year.

Enjoy the game!

Sincerely,

Sister Francis Marie Thrailkill, Ed.D.

## MOUNT ATHLETICS DIRECTOR



### Steve Radcliffe

Steve Radcliffe enters his 13th year as the Lions' athletic director for the 2007-2008 school year, and he looks forward to another outstanding season of athletics at the Mount.

The Lions' volleyball team captured the HCAC Championship this past fall and advanced to the Conference Championship game. The Mount football team finished as runner-ups in the HCAC regular season and

qualified to their fourth straight NCAA Division III playoffs. Women's soccer also advanced to the HCAC Semifinals while the men's soccer team enjoyed their best season to date.

In addition, there were plenty of other highlights, both individually and team-wise, for the Mount's athletic programs this past fall.

Radcliffe has long been a part of the sports programs at the Mount. A retired athletic trainer, Radcliffe began his athletic training career in 1976 and was hired to implement the Mount's first academic program for athletic training in 1989. In addition, Radcliffe has been the Lions' head athletic trainer, working with athletes from all the intercollegiate sports, as well as teaching athletic training at the College.

Radcliffe, who received his bachelor's degree in 1978 and his master's in physical education in 1981 from Miami University (Ohio), became the Mount's athletic director in 1995. Upon entering the position, Radcliffe stressed the importance of upholding the College's stellar reputation of academics and athletics as a positive influence in student life and development at the Mount.

Steve and his wife, Darlene, have two children, Victoria and Michael. The Radcliffes live in Delhi.

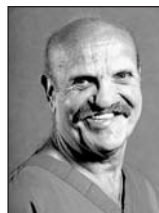
## SUPPORT STAFF



**Dane Neumeister**  
Director of Sports Information



**Ron Bowling**  
Associate Athletic Director



**Charlie Wrublewski**  
Facilities Management Set-Up



**Joanie Schroth**  
Administrative Assistant



**Ally Auditore**  
Sports Information Co-op



**Larry Cox**  
Assistant Athletic Director



**Georgana Taggart**  
Faculty Athletic Representative



**Stacie Carney**  
Administrative Assistant



**Sean Degerstrom**  
Head Trainer, Baseball



**Michele Benoit**  
Assistant Athletic Director



**Dr. Robert Burger**  
Team Orthopedic Director



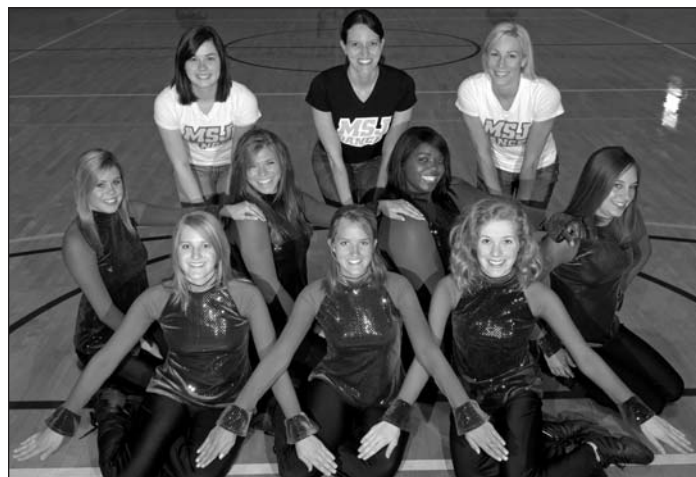
**Dr. Howard Schertzinger**  
Team Physician

## CHEERLEADERS



*Front row (L-R): Maria Campolongo, Katie Carney, Michelle Pence, Erin Stretch, Jessie Kell, Stacy Honnert, Caitlin Propps. Back row: Brittany Spriggs, Meagan Stretch, Stephanie Pike, Lesley Rowe, Heather Kailholz, Natalie Schuster, Brittany Garrick. Not pictured: Chelsea Sims, Ann Benedict, Danielle Harris (Coach).*

## DANCE TEAM



*Front row (L-R): Jodi Stockelman, Tricia Wietmarschen, Sam Stapleton. Middle row: Kelsey Keyes, Sarah Holter, Vanessa Black, Debbie Nieman. Back row: Katie Skeeters (Coach), Jennifer Link (Coach), Nikki Schorsch (Coach). Not pictured: Lydia Taulbee.*

# Men's Track & Field • 2008



## 2008 SCHEDULE

### Indoor

Date	Name of the Meet	Location	Time
2/9	Wabash College Invitational	Crawfordsville, IN	11:00 a.m.
2/16	Hoosier-Buckeye Invitational	Terre Haute, IN	2:00 p.m.
2/23	Anderson University Ravens Invitational	Anderson, IN	3:00 p.m.

### Outdoor

Date	Name of the Meet	Location	Time
3/22	Rhodes College Invitational	Memphis, TN	9:00 a.m.
3/29	Cedarville University Collegiate Open	Cedarville, OH	10:30 a.m.
4/5	DePauw University Invitational	Greencastle, IN	12:00 p.m.
4/12	All-Ohio Meet Division III (Ohio Wesleyan University)	Delaware, OH	10:00 a.m.
4/19	Earlham College Invitational	Richmond, IN	11:00 a.m.
4/25-26	HCAC Championship	Anderson, IN	11:00 a.m.
5/2	*Billy Hayes Invitational	Bloomington, IN	TBA
5/7	*Indy Twilight	Indianapolis, IN	TBA
5/15-16	*North Central College "Last Chance" Meet	Naperville, IL	TBA
5/22-24	*NCAA Division III Outdoor Nationals	Oshkosh, WI	TBA

\*Mount to compete in only if they qualify.

## 2008 ROSTER

Name	Cl.	Hometown	High School
Travis Blank	Sr.	Dayton, OH	Bellbrook
David Davis	So.	Longwood, FL	Lake Mary
Rayshawn Eastman	Sr.	Cincinnati, OH	Princeton
Ben Eisenmenger	Fr.	Florence, KY	St. Henry
Justin Fuller	Fr.	Cincinnati, OH	Walnut Hills
Seth Gilley	So.	Casstown, OH	Miami East
Tyrone Jones	Fr.	Dayton, OH	Chaminade-Julienne
Tyler Lane	Jr.	Fairfield, OH	Fairfield
Cameron Leech	Fr.	Lexington, KY	Lafayette
Roy MacDonald	Sr.	Bluffton, OH	Cory-Dawson
Randall Mitchell	So.	Columbus, OH	Eastmoor Academy
James Payne	So.	Cincinnati, OH	Western Hills
James Pursley	So.	Bellefontaine, OH	Bellefontaine
Jeffrey Schroer	So.	Cincinnati, OH	Elder
Zach Shaw	Fr.	Wyoming, OH	Wyoming
Alex Shields	So.	Cincinnati, OH	LaSalle
Derick Tabar	Fr.	Cincinnati, OH	Colerain
Ben Weidner	So.	Cincinnati, OH	Elder

## 2008 OUTLOOK

After a challenging 2007 campaign, the Mount is looking for improvement in 2008. In a year that saw the Lions place last in the conference championships, first-year Head Coach Jeff Hill is optimistic that this season holds a brighter future. Hill served as an assistant coach last season.

The team had a few bright spots last season. The Lions recorded a top five finish at the Anderson University Invitational and fared well at the Marietta College Invitational. The Lions hope that lessons learned from last year's season can help jump-start a turn-around for this year's team.

Returning athletes such as hurdles and jumps competitor Rayshawn Eastman, sprinter Ben Weidner, distance runner Jeff Schroer, and thrower Travis Blank all look to make an impact on their respective events. Randall Mitchell will also put his shot put title on the line at this year's conference championship.

Coach Hill also anticipates big things for his new athletes as well. "The newcomers to our men's team will give us some speed that we've not had in a couple years here," explains Hill. "I hope to be in the hunt in most of the sprinting and throwing events. We have added some sprinters and return some good throwers."

Winning within the HCAC proves to be a tall task. Perennial champion Anderson looks to continue their dominance while Rose-Hulman and Franklin will also field competitive teams this year.

"The first goal always is to win the HCAC," adds Hill. "Beyond that, we want to be very competitive in all areas of track & field at the conference meet. Running or sprinting! Throwing or jumping! Compete!"

With a new head coach and a new outlook, the Lions aim to compete this season and return the Mount to its competitive place within the sport of track & field.



*Distance runner Jeff Schroer in action at the 2007 Wilmington College Invitational.*

## COACHING STAFF



### Head Coach Jeff Hill

Jeff Hill enters his first season as head coach for the Lions' men's and women's track & field teams. Last spring Hill was an assistant track & field coach, and oversaw the team's sprinters as well as the hurdlers and relay teams. He is also an assistant football coach for the Mount, returning for the 2006 season with the Lions' football program, and has coached the team's wide receivers and then defensive secondary the past two seasons. He was previously at the Mount (2000-2003) as a football assistant coach, coaching the team's linebackers for one season and coaching the wide receivers for three seasons.

Hill has also been employed as a physical education director at the Clem and Ann Buenger Boys and Girls Club in Newport, Kentucky. In addition he has worked as a new business coordinator and account associate at Pension Corporation of America in Cincinnati and was a physical education director at the Kenton County (Kentucky) Boys and Girls Club.

Hill, who has a bachelor's degree in communications from Purdue University, played football in college and was a member of the NFL Cincinnati Bengals.

Coach Hill, a Mt. Healthy High School graduate, was third in the long jump at the 1990 Ohio High School Sate Track & Field meet. He resides in Cincinnati, OH.



### Assistant Coach Erin Pauley

Erin Pauley returns for her third season with the track & field team, and will assist with all functions of the school's program. She joined the Mount in 2005 as a full-time coach with the duties of being an assistant volleyball coach and an assistant track & field coach.

Pauley completed her master's degree in coaching education at Ohio University in June 2005 and has obtained her Performance Enhancement Specialist Certification from the National Academy of Sports Medicine. She also passed the Certified Strength and Conditioning Specialist Exam.

She received her bachelor's degree in allied health from Marietta College in 2004, where she was a setter and defensive specialist for the school's volleyball team for four seasons. The Roger Bacon High School graduate has also coached for the Lineshot Volleyball Club in Cincinnati for ten years.

In addition, Pauley has a USA Volleyball Coaching Accreditation Program Level I and II Certification, is an Ohio Valley Volleyball Region Professional Official and passed the American Red Cross Adult CPR.

Pauley, and her husband Justin, reside in Cincinnati, Ohio.



### Assistant Coach Chris Perry

Chris Perry returns for his fourth season with the track & field team. He assists with the Mount's throwers in the field events. Perry also assists with the Lions' cross country program.

During his time at the Mount, he has helped produce two HCAC conference champions. Perry has his Level 1 Coaching Certification from the United States of America Track and Field Coaches Association.

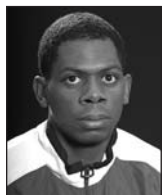
He received his bachelor's degree in history from Muskingum College in 2004 and went on to receive his teaching certification from the state of Ohio. While at Muskingum he was a captain for the track & field team where he competed in the shot put and discus.

Perry, an Oak Hills High School graduate, resides in Lebanon, Ohio, with his wife Beth.

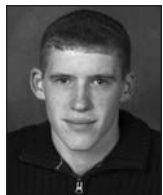
## 2008 RETURNING ATHLETES' PROFILES

**Travis Blank****Senior****Major: Art & Graphic Design****High School: Bellbrook (Dayton, OH)**

Blank returns for his second season with the Mount. Last season he competed in both the shot put and the discus throw during the outdoor season. He also set personal-bests in both events. A 37-11.25 mark in the shot put enabled him to place 14th at the HCAC Championship. Blank also played four seasons for the Lions' football team. Travis is the son of Christy and Craig Blank.

**Rayshawn Eastman****Senior****Major: Liberal Studies****High School: Princeton (Cincinnati, OH)**

Eastman returns for his second season with the Mount. He competed in the 55-meter hurdles last year during the indoor season with a team-best time of 8.13 set at the Rose-Hulman Engineer Invitational. Rayshawn is the son of Annette Walker and Joe Collins.

**Seth Gilley****Sophomore****Major: Sport Management****High School: Miami East (Casstown, OH)**

Gilley returns for his second season with the Mount. He competed in the 200-meter dash in both the indoor and outdoor seasons last spring, recording a team-best time during the outdoor season of 28.15. Seth is the son of Kim and Richard Gilley.

**Roy MacDonald****Senior****Major: Nursing****High School: Cory-Rawson (Bluffton, OH)**

MacDonald returns for his second season with the Mount, after sitting out last season. He competed in the 1500-meter run during the 2006 outdoor season. MacDonald has also been a member of the Mount's cross country team for the past three seasons.

**Randall Mitchell****Sophomore****Major: Undeclared****High School: Eastmoor Academy (Columbus, OH)**

Mitchell returns for his second season with the Mount. He competed in both the shot put and discus throw during last year's outdoor season.

Mitchell registered his best marks in both events at the HCAC championship, winning the shot put with a distance of 47-11.25, which gained him all-conference honors. Randall is the son of Sandra and Reginald Mitchell.

**James Pursley****Sophomore****Major: Pre-Special Education****High School: Bellefontaine (Bellefontaine, OH)**

Pursley returns for his second season with the Mount. He competed in both the indoor and outdoor seasons last year for the Lions. Pursley turned in team-bests in both the 400-meter hurdles and 3000 steeplechase during the outdoor season. He also competed in the 1600 run and had the season's team best time of 2:57:09 in the 1000 run during the indoor season. Pursley was also on the Mount's cross country team last fall. James is the son of Regina and James Pursley.

**Jeff Schroer****Sophomore****Major: Nursing****High School: Elder (Cincinnati, OH)**

Schroer returns for his second season with the Mount. He competed in both the indoor and outdoor seasons last year for the Lions. His events in the indoor season included the 800-meter run, 1600 run and the 3000 run. Schroer also participated in 1500 run and set the team's best time in the 5000 run and 10000 run during the outdoor season in 2007. He was also on the Lions' cross country team last fall. Jeff is the son of Mary and Thomas Schroer.

**Alex Shields****Sophomore****Major: History****High School: LaSalle (Cincinnati, OH)**

Shields returns for his second season with the Mount. He competed in the 800-meter run and 1500 run during the outdoor season in 2007. During the indoor season last year, Shields competed in both the 1000 run and 1600 run. He also is on the Mount's cross country team. Alex is the son of Karen and Robert Shields.

**Ben Weidner****Sophomore****Major: Athletic Training****High School: Elder (Cincinnati, OH)**

Weidner returns for his second season with the Mount. He competed in three events during the Mount's outdoor season in 2007: the 400-meter dash, the 800-meter run, and the 1500 run. Weidner also competed in the 800 run during the indoor season. He had the team-best mark in the 800 run of 2:02:32, set at the Capital University Open. Weidner is also a member of the Lions' cross country team. Ben is the son of Kimberlee and Robert Weidner.

## 2007 MEET RESULTS

### Indoor

Date	Name of the Meet	Results
1/27	Rose-Hulman Institute of Tech. Engineer Invitational	Seventh place
2/10	Anderson University Runners Forum	No team scores
2/24	Capital University Open	No team scores

### Outdoor

Date	Name of the Meet	Results
3/24	Wittenberg University Open	No team scores
3/31	Anderson University Runners Forum	Fifth place
4/6	Marietta College "Don Frail" Invitational	Sixth place
4/18	All-Ohio Meet Division III (Ohio Wesleyan University)	18th place
4/21	Wilmington College Invitational	Ninth place
4/28	HCAC Championship (Bluffton University)	Eighth place

## THE MOUNT IN THE HCAC

The Lions track & field team completed their inaugural seasons in track & field in the 2004 HCAC Championship.

The men's team tied for sixth place at the meet. Among those who ran well for the Lions in the 2004 HCAC meet were Kurtis Smith and Don Haggard. Smith took second place and recorded his best time in the 800-meter run (1:58.05). Haggard ran in the 200 dash preliminaries and qualified for the final round with a time of 23.94, also his best recorded time of the season. Haggard also preformed well in field events along with teammate John Theibert, who participated in the long jump and high jump. Haggard recorded his best jump, 5 foot, 6 inches, in the high jump event while Theibert recorded his best throw in the javelin event, 143 foot, 9 inches, which garnered him seventh place.

In 2005, the Lions finished sixth in the HCAC Championship. Rashon Lewis took home both the 100 and 200 dashes and was named all-HCAC. The Mount also won the 4x100 relay.

In 2006, the Mount finished fifth in the HCAC Championship. Eric Long took home two events, the high jump (6-04.00) and the triple jump (43-03.75), while Lewis defended his title in the 100 dash, recording a time of 10.78.

The Mount was eighth in the 2007 HCAC Championship meet. Randall Mitchell was named All-Conference due to winning the shot put competition, garnering 10 of the Mount's 19 total points in the meet. Jeff Schroer turned in a fifth place finish in the 10,000 run.

## 2007 HCAC CHAMPIONSHIP (OUTDOOR SEASON)

Team Standings	Points
1) Anderson University	201.33
2) Rose-Hulman Inst. of Tech.	149
3) Franklin College	129
4) Manchester College	100.33
5) Defiance College	85
6) Hanover College	49.33
7) Bluffton University	44
8) Mount	19

## 2007 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

10,000 meter run: Jeffrey Schroer, 34:05.80, 5<sup>th</sup> place, 4 points

400-meter hurdles: James Pursley, 1:00.93, 8<sup>th</sup> place, 1 point

4x100-meter relay: John Barbour, Raheem Johnson, Josh Huffman, Bryan Sander, 46.29, 7<sup>th</sup> place, 2 points

4x400-meter relay: Raheem Johnson, Josh Huffman, James Pursley, Nick Runyan, 3:39.48, 7<sup>th</sup> place, 2 points

\*Shot Put: Randal Mitchell, 47-11.25, 1<sup>st</sup> place, 10 points

\*Participants named All-Conference by virtue of placing first.

## 2007 ALL-CONFERENCE

Name	School	Event
Everett Johnson	Franklin	100-meter Dash, 200-meter Dash
Shandon North	Bluffton	400-meter Dash
Tony Pryor	Anderson	800-meter Run
Sean Hudson	Anderson	1500-meter Run
Stephen Cohen	Anderson	5000 & 10000-meter Run
Michael Burris	Rose-Hulman	110-meter Hurdles
Nic Huffman	Anderson	400-meter Hurdles, 4x400-meter Relay
Matt Repking	Rose-Hulman	3000-meter Steeplechase
Bradley Zarembski	Defiance	High Jump
Ryan Schipper	Rose-Hulman	Pole Vault
Josh Randolph	Anderson	Long Jump
Thomas Reives	Rose-Hulman	Triple Jump
<b>Randall Mitchell</b>	<b>Mount</b>	<b>Shot Put</b>
Zach Dommer	Manchester	Discus Throw
Trevor Matuszak	Defiance	Hammer Throw
B.J. Esarey	Rose-Hulman	Javelin Throw
Mark Price	Anderson	4x100-meter Relay
Clint Heisler	Anderson	4x100-meter Relay
Garrett Zick	Anderson	4x100-meter Relay
Zach Scaggs	Anderson	4x100-meter Relay

**Most Outstanding Track Athlete:** Stephen Cohen, Anderson University

**Most Outstanding Field Athlete:** Ryan Schipper, Rose-Hulman Institute of Technology

**Most Outstanding Freshman Athlete:** Jason Fisher, Bluffton University

**Coach of the Year:** Scott Wilson, Anderson University

## 2007 HCAC ATHLETES OF THE WEEK

Week Ending	Name, School
Mar. 18	Brandon Welti, Franklin & Trevor Matuszak, Defiance
Mar. 25	Christian Postel, Franklin & Ryan Schipper, Rose-Hulman
Apr. 1	Matt Repking, Rose-Hulman & Zach Dommer, Manchester
Apr. 8	Matt May, Franklin
Apr. 15	Stephen Cohen, Anderson & Ryan Schipper, Rose-Hulman
Apr. 22	Everett Johnson, Franklin & B.J. Esarey, Rose-Hulman

## 2006 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

4x100-meter Relay: Jonathan Burrell, Alan McCoy, Jeff Williams, Rashon Lewis, 43.02, 2<sup>nd</sup> place, 8 points

\*100-meter Dash: Rashon Lewis, 10.78, 1<sup>st</sup> place, 10 points; Jeff Williams, 11.48, 6<sup>th</sup> place, 1 point

400-meter Hurdles: Paul Brousseau, 1:00.60, 5<sup>th</sup> place, 2 points

\*High Jump: Eric Long, 6-04.00, 1<sup>st</sup> place, 10 points; Andrew Ackerman 5-10.00, 5<sup>th</sup> place, 2 points

Pole Vault: Paul Brousseau, 12-00.00, 6<sup>th</sup> place, 1 point

Long Jump: Eric Long, 21-00.00, 2<sup>nd</sup> place, 8 points; Alan McCoy, 19-0.25, 4<sup>th</sup> place, 4 points;

Andrew Ackerman, 18-08.00, 6<sup>th</sup> place, 1 point

\*Triple Jump: Eric Long, 43-03.75, 1<sup>st</sup> place, 10 points

Shot Put: Ross Parthemore, 40-08.25, 5<sup>th</sup> place, 2 points

\*Participants named All-Conference by virtue of placing first.

## 2005 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

\*100-meter Dash: Rashon Lewis, 1.76, 1<sup>st</sup> place, 10 points  
 \*200-meter Dash: Rashon Lewis, 22.43, 1<sup>st</sup> place, 10 points  
 110-meter Hurdles: Paul Brousseau, 16.5, 4<sup>th</sup> place, 4 points  
 \*4x100-meter Relay: Jeff Williams, Jonathan Burrell, Paul Brousseau, Rashon Lewis, 43.28, 1<sup>st</sup> place, 10 points  
 Pole Vault: Paul Brosseau, 12-05.50, 5<sup>th</sup> place, 2 points  
 Long Jump: Alan McCoy, 19-25.25, 6<sup>th</sup> place, 1 points  
 High Jump: Andrew Ackerman, 5-10, t-6<sup>th</sup> place, .5 points  
 Javelin Throw: Ian Klein, 166-07, 2<sup>nd</sup> place, 8 points  
 Shot Put: Ian Klein, 41-02.25, 6<sup>th</sup> place, 1 point

\*Participants named All-Conference by virtue of placing first.

## 2004 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

200-meter Dash: Don Haggard, 24.18, 6<sup>th</sup> place, 1 point  
 800-meter Run: Kurtis Smith, 1:58.05, 2<sup>nd</sup> place, 8 points  
 High Jump: Don Haggard, 5-06.00, 4<sup>th</sup> place, 4 points

## MOUNT PAST HCAC CHAMPIONSHIP RESULTS

Season	School Champion	Mount finish
2004	Anderson	Tied, Sixth place
2005	Anderson	Sixth place
2006	Anderson	Fifth place

## MOUNT INDIVIDUAL RECORDS

### INDOOR

#### 55-meter Dash

Jeff Williams, 6.87, 2006

#### 200-meter Dash

Jeff Williams, 24.62, 2006

#### 300-meter Dash

Don Haggard, 39.76, 2004

#### 400-meter Dash

Jason Drengler, 54.95, 2005

#### 500-meter Run

Nick Runyan, 1:16.68, 2007

#### 800-meter Run

Ben Weidner, 2:02.32, 2007

#### 1000-meter Run

James Pursley, 2:57.09, 2007

#### 1500-meter Run

Kurtis Smith, 4:13.89, 2004

#### 1600-meter Run

Jeffrey Schroer, 4:49.98, 2007

#### 3000-meter Run

Jeffrey Schroer, 9:32.93, 2007

#### 5000-meter Run

Kurtis Smith, 16:42.86, 2004

#### 55-meter Hurdles

Rayshawn Eastman, 8:13, 2007

#### High Jump

Eric Long, 6-02.00, 2006

#### Long Jump

Eric Long, 21-08.0, 2006

#### Triple Jump

Eric Long, 42-11.50, 2006

#### Shot Put

Ross Parthemore, 42-02.00, 2006

#### Pole Vault

Paul Brousseau, 12-00.00, 2005

#### Weight Throw

Ross Parthemore, 37-08.50, 2006

**MOUNT INDIVIDUAL RECORDS****4x200-Meter Relay**

Jason Drengler, Paul Brousseau, Joe Grace, Alan McCoy, 1:38.31, 2005

**4x400-Meter Relay**

Rayshawn Eastman, Ben Weidner, Joe Grace, Nick Runyan, 3:39.89, 2007

**4000-Meter Medley**

Adam Pace, Eric Pace, Sebastian Godbey, Kurtis Smith, 12:12.28, 2004

**OUTDOOR****100-meter Dash**

Rashon Lewis, 10.60, 2006

**200-meter Dash**

Rashon Lewis, 22.43, 2005

**400-meter Dash**

Ben Weidner, 52:48, 2007

**800-meter Run**

Kurtis Smith, 1:58.05, 2004

**1500-meter Run**

Kurtis Smith, 4:08.04, 2004

**5000-meter Run**

Jeffrey Schroer, 16:19.97, 2007

**10000-meter Run**

Jeffrey Schroer, 34:05.80, 2007

**High Jump**

Eric Long, 6-04.00, 2006

**Long Jump**

Eric Long, 21-00.00, 2006

**Triple Jump**

Eric Long, 43-03.75, 2006

**Shot Put**

Randall Mitchell, 47-11.25, 2007

**Discus Throw**

Travis Blank, 124-02, 2007

**Hammer Throw**

Ian Klein, 106-02.00, 2005

**Javelin Throw**

Ian Klein, 166-07.00, 2005

**110-meter Hurdles**

Paul Brousseau, 16.50, 2005

**400-meter Hurdles**

Paul Brousseau, 1:00.60, 2006

**3000-meter Steeplechase**

James Pursley, 12:03.00, 2007

**4x100-meter Relay**

Jeff Williams, Jonathan Burrell, Don Haggard, Rashon Lewis, 42.92, 2005

**4x200-meter Relay**

Alan McCoy, Jason Drengler, Joe Campolongo, Paul Brousseau, 1:40.59, 2005

**4x400-meter Relay**

Jason Drengler, Joe Grace, Paul Brousseau, Jeff Williams, 3:37.87, 2005

**1600 sprint Medley**

Don Haggard, Paul Brousseau, Jason Drengler, Joe Grace, 3:51.68, 2005

**Distance Medley**

Dan Hammergren, Alan McCoy, Joe Campolongo, Bob Hammergren, 13:09.38, 2005

# Women's Track & Field • 2008



## 2008 SCHEDULE

### Indoor

Date	Name of the Meet	Location	Time
2/9	Wabash College Invitational	Crawfordsville, IN	11:00 a.m.
2/16	Hoosier-Buckeye Invitational	Terre Haute, IN	2:00 p.m.
2/23	Anderson University Ravens Invitational	Anderson, IN	3:00 p.m.

### Outdoor

Date	Name of the Meet	Location	Time
3/22	Rhodes College Invitational	Memphis, TN	9:00 a.m.
3/29	Cedarville University Collegiate Open	Cedarville, OH	10:30 a.m.
4/5	DePauw University Invitational	Greencastle, IN	12:00 p.m.
4/12	All-Ohio Meet Division III (Ohio Wesleyan University)	Delaware, OH	10:00 a.m.
4/19	Earlham College Invitational	Richmond, IN	11:00 a.m.
4/25-26	HCAC Championship	Anderson, IN	11:00 a.m.
5/2	*Billy Hayes Invitational	Bloomington, IN	TBA
5/7	*Indy Twilight	Indianapolis, IN	TBA
5/15-16	*North Central College "Last Chance" Meet	Naperville, IL	TBA
5/22-24	*NCAA Division III Outdoor Nationals	Oshkosh, WI	TBA

\*Mount to compete in only if they qualify.

## 2008 ROSTER

Name	Cl.	Hometown	High School
Emily Babel	So.	Cincinnati, OH	McAuley
Jessica Burg	Fr.	Cincinnati, OH	Roger Bacon
Gina Damman	Sr.	Archbold, OH	Archbold
Kristin George	So.	Clayton, OH	Northmont
Kassie Koch	Jr.	Cincinnati, OH	Oak Hills
Angela Koehler	Fr.	Mason, OH	Mason
Mariana Lamping	Fr.	Cincinnati, OH	Colerain
Shannon Nortman	So.	Cincinnati, OH	Mercy
Erica Perry	So.	Cincinnati, OH	McNicholas
Maria Ruebusch	So.	Loveland, OH	Loveland
Beth Schuermann	Jr.	Cincinnati, OH	Home schooled
Amanda Smith	So.	Cincinnati, OH	Oak Hills
Chelsea Tebbe	Fr.	Covington, OH	Covington
Meredith Tobias	Fr.	Covington, OH	Covington
Belicia Wambsgans	Jr.	Covington, KY	Holy Cross

## 2008 OUTLOOK

The Mount looks to improve on a promising 2007 season in 2008. The Lions hope that a sixth place finish last year in the HCAC Championships will be the foundation for seasons to come. First-year Head Coach Jeff Hill is expecting big things from the women's track & field team this season.

The 2007 team showed flashes of promise that coach Hill hopes to build on. A strong first place showing from sprinter Emily Babel in the HCAC Championship led the Mount to a sixth place finish. The HCAC looks to be even tougher this season, with defending champion Anderson looking to repeat. Rose-Hulman and Franklin are also projected to field a highly competitive team this season as well. Despite the stiff competition, Hill remains hopeful for the coming season.

"I believe if we stay healthy that we could be one of six teams realistically competing for the conference crown," adds Hill. "A little improvement in all areas could be the difference."

The Lions return some strong athletes this season – sprinter Gina Damman, distance runner Kassie Koch, sprinter and jumper Kristin George, and hurdles and jumps competitor Maria Ruebusch. The Mount also has three others returning from the 2007 squad. Coach Hill is confident that the new athletes will complement the returning athletes.

"Our newcomers will be counted on to push our veterans and even surpass them in several ways," Hill states. "They give us depth and help us to be more competitive within our own practices."

Winning is not the only goal Coach Hill has for the track team this year.

"We also want our track & field team to become overall better athletes," Hill says. "The reason for this is that a majority of them compete in other sports on campus and the training we do for track & field will help them in their other sports, too."

With hard work and dedication on and off the field, the Lions look forward to bigger and better things this season and in the many seasons to follow.

"The off-season training has made our young, yet strong team, even stronger," Hill says. "We will be able to handle any type of meet, any type of weather or anything unpredictable that is thrown our way."



*HCAC Freshman of the Year Emily Babel in 2007 action.*

## COACHING STAFF



### Head Coach Jeff Hill

Jeff Hill enters his first season as head coach for the Lions' men's and women's track & field teams. Last spring Hill was an assistant track & field coach, and oversaw the team's sprinters as well as the hurdlers and relay teams. He is also an assistant football coach for the Mount, returning for the 2006 season with the Lions' football program, and has coached the team's wide receivers and then defensive secondary the past two seasons. He was previously at the Mount (2000-2003) as a football assistant coach, coaching the team's linebackers for one season and coaching the wide receivers for three seasons.

Hill has also been employed as a physical education director at the Clem and Ann Buenger Boys and Girls Club in Newport, Kentucky. In addition he has worked as a new business coordinator and account associate at Pension Corporation of America in Cincinnati and was a physical education director at the Kenton County (Kentucky) Boys and Girls Club.

Hill, who has a bachelor's degree in communications from Purdue University, played football in college and was a member of the NFL Cincinnati Bengals.

Coach Hill, a Mt. Healthy High School graduate, was third in the long jump at the 1990 Ohio High School Sate Track & Field meet. He resides in Cincinnati, OH.



### Assistant Coach Erin Pauley

Erin Pauley returns for her third season with the track & field team, and will assist with all functions of the school's program. She joined the Mount in 2005 as a full-time coach with the duties of being an assistant volleyball coach and an assistant track & field coach.

Pauley completed her master's degree in coaching education at Ohio University in June 2005 and has obtained her Performance Enhancement Specialist Certification from the National Academy of Sports Medicine. She also passed the Certified Strength and Conditioning Specialist Exam.

She received her bachelor's degree in allied health from Marietta College in 2004, where she was a setter and defensive specialist for the school's volleyball team for four seasons. The Roger Bacon High School graduate has also coached for the Lineshot Volleyball Club in Cincinnati for ten years.

In addition, Pauley has a USA Volleyball Coaching Accreditation Program Level I and II Certification, is an Ohio Valley Volleyball Region Professional Official and passed the American Red Cross Adult CPR.

Pauley, and her husband Justin, reside in Cincinnati, Ohio.



### Assistant Coach Chris Perry

Chris Perry returns for his fourth season with the track & field team. He assists with the Mount's throwers in the field events. Perry also assists with the Lions' cross country program.

During his time at the Mount, he has helped produce two HCAC conference champions. Perry has his Level 1 Coaching Certification from the United States of America Track and Field Coaches Association.

He received his bachelor's degree in history from Muskingum College in 2004 and went on to receive his teaching certification from the state of Ohio. While at Muskingum he was a captain for the track & field team where he competed in the shot put and discus.

Perry, an Oak Hills High School graduate, resides in Lebanon, Ohio, with his wife Beth.

## 2008 RETURNING ATHLETES' PROFILES

**Emily Babel****Sophomore****Major: Art & Interior Design****High School: McAuley (Cincinnati, OH)**

Babel returns for her second season with the Mount. She led the team last season with her times in 200-meter dash, 300 dash, and 400 dash during the indoor season. During the outdoor season, she also turned in the fastest times on the team in the 100 dash, 200 dash, and 400 dash. Babel placed first in the 400 dash at the conference championships with a time of 1:00.30. For her efforts she was named 2007 All-Conference and HCAC Freshman of the Year. She was also on the Mount's cross country team this past fall. Emily is the daughter of Mary and Robert Babel.

**Gina Damman****Senior****Major: Accounting****High School: Archbold (Archbold, OH)**

Damman returns for her third season with the Mount. She competed in the 400-meter dash and the 800 run in both the indoor and outdoor seasons last spring. Damman also competed in the 200 dash during the indoor season. She turned in team-best times last season for the 800 run in both the indoor and outdoor season. Damman is also a member of the Lions' cross country team. Gina is the daughter of Colleen Holland and Joe Damman.

**Kristin George****Sophomore****Major: Athletic Training****High School: Northmont (Clayton, OH)**

George returns for her second season with the Mount. Last season she competed in long jump and triple jump during both the indoor and outdoor seasons. George also competed in the 200-meter dash during the indoor season and the 100 dash during the outdoor season. She had the best marks on the team last season in both the long jump and triple jump during the indoor and outdoor seasons. Kristin is the daughter of Mary Jo and Steven George.

**Kassie Koch****Junior****Major: Business****High School: Oak Hills (Cincinnati, OH)**

Koch returns for her third season with the Mount. She competed in the 800-meter dash and set the team's best time of the season in both the 1500 run and the 10000 run during the outdoor season. Koch also had a team-best time of 11:54.72 in the 3000 run during the indoor season. She has also been a member of the Mount's cross country team the previous three seasons. Kassie is the daughter of Nancy and Kris Koch.

**Erica Perry****Sophomore****Major: Paralegal Studies****High School: McNicholas (Cincinnati, OH)**

Perry returns for her second season with the Mount. She competed in the 200-meter dash during the indoor season and outdoor season. She also competed in the 55 dash during the indoor season and the 100 dash during the outdoor season. Perry had the team's best time in the 55 dash, 8.98, during the indoor season. She also ran this past fall for the Mount's cross country team. Erica is the daughter of Donna Perry.

**Maria Ruebusch****Sophomore****Major: Art & Graphic Design****High School: Loveland (Loveland, OH)**

Ruebusch returns for her second season with the Mount. She participated last season in the 200-meter dash, 100 hurdles and long jump during the outdoor season. Ruebusch had the team-best mark of 19.26 in the 100 hurdles at the Wilmington Invitational last season. She also competed in both the 100 hurdles and long jump in the HCAC Championships during the outdoor season last spring. Maria is the daughter of Barb and Paul Ruebusch.

**Amanda Smith****Sophomore****Major: Accounting****High School: Oak Hills (Cincinnati, OH)**

Smith returns for her second season with the Mount. She competed in the 800-meter run in both the indoor and outdoor seasons last year. Smith also competed in the 1500 run during the outdoor season and 1000 run during the indoor season, and had a team-best time of 3:47.03 in the 1000 run during the indoor season. She also ran for the Mount's cross country team last fall. Amanda is the daughter of Kathy and Stu Smith.

**Belicia Wambsgans****Junior****Major: Communications****High School: Holy Cross (Covington, KY)**

Wambsgans returns for her third season with the Mount. During the 2007 season, she competed in the shot put, discus throw and javelin throw during the Mount's outdoor season. She turned in the team-best mark of 28-03.50 in the discus throw and competed in the HCAC Championships in both shot put and discus throw. Belicia is the daughter of Christine and David Wambsgans.

## 2007 MEET RESULTS

### Indoor

Date	Name of the Meet	Location	Results
1/27	Rose-Hulman Institute of Tech. Engineer Invitational	Terre Haute, IN	Seventh place
2/10	Anderson University Runners Forum	Anderson, IN	No team scores
2/24	Capital University Open	Columbus, OH	No team scores

### Outdoor

Date	Name of the Meet	Location	Results
3/24	Wittenberg University Open	Springfield, OH	No team scores
3/31	Anderson University Runners Forum	Anderson, IN	Sixth place
4/6	Marietta College "Don Frail" Invitational	Marietta, OH	Sixth place
4/18	All-Ohio Meet Division III (Ohio Wesleyan University)	Delaware, OH	t-15th place
4/21	Wilmington College Invitational	Wilmington, OH	Seventh place
4/28	HCAC Championship (Bluffton University)	Bluffton, OH	Sixth place

## THE MOUNT IN THE HCAC

The Lions enter their fifth season of action in the Heartland Collegiate Athletic Conference.

Katie Nickoli, Alison Reid and Christine Kirchner, who each ran for the Mount's cross country team in the fall of 2003, all ran well for the Lions in the 2004 HCAC meet. Nickoli took sixth place in the 1500-meter run while Reid recorded her best time in the 100 hurdles, 21.18, finishing seventh in the event. She also recorded a seventh place finish in the 3000 steeplechase. Kirchner also ran in the 3000 steeplechase, finishing second. All three runners, along with teammate Jill Kretchmer, helped the Mount record a seventh place finish in the 4x400 relay.

The team placed seventh in the team standings, as Jessica Biedenbender and Kirchner turned in solid efforts. Biedenbender claimed first place in the long jump and triple jump and was on the Mount's fifth-place 4 x 400 relay team. Kirchner was second in the steeplechase.

In 2005, the Lions finished fifth in the HCAC Championship. Biedenbender was the Mount's only All-HCAC performer, winning both the long jump and the triple jump. Kirchner took a second place finish in the 3000 steeple chase, recording a time of 12:40.89.

In 2006, the Mount finished seventh in the HCAC Championship. Lauren Tauber was the only All-HCAC performer, logging a distance of 111 feet, 5 inches in the hammer throw. Kirchner took second place for the second year in a row in the 3000 steeplechase, recording a time of 12:30.86.

The Lions improved to sixth place in the 2007 HCAC Championship, as Emily Babel helped lead the way. Babel was first in the 400 dash, second in the 200 dash and on the Mount's 4 x 400 meter relay team that recorded a fourth place finish, enabling the Mount to garner 23 points in those three events. Babel was named All-Conference and Most Outstanding Freshman Athlete for her efforts. Gina Damman also had a solid HCAC Championship meet, placing fifth in the 800 run and running on the team's 4 x 400 relay. Nikki Blaize was fourth in the high jump.

## 2007 HCAC CHAMPIONSHIP (OUTDOOR SEASON)

Team Standings	Points
1) Anderson University	261
2) Manchester College	133
3) Rose-Hulman Inst. of Tech.	126
4) Franklin College	95.50
5) Defiance College	67.50
<b>6) Mount</b>	<b>45</b>
7) Bluffton University	26
8) Hanover College	20

## 2007 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

200-meter Dash: Emily Babel, 26.61, 2<sup>nd</sup> place, 8 points  
 \*400-meter Dash: Emily Babel, 1:00.30, 1<sup>st</sup> place, 10 points  
 800-meter Run: Gina Damman, 2:29.42, 5<sup>th</sup> place, 4 points  
 1000-meter Run: Kassie Koch, 42:25.09, 6<sup>th</sup> place, 3 points  
 4x100-meter Relay: Amanda Smith, Kristin George, Nikki Blaize, Erica Perry, 55.38, 4<sup>th</sup> place, 5 points  
 4x400-meter Relay: Emily Babel, Gina Damman, Amanda Smith, Erica Perry, 4:26.88, 4<sup>th</sup> place, 5 points  
 High Jump: Nikki Blaize, 4-11.25, 4<sup>th</sup> place, 5 points  
 Triple Jump: Kristin George, 30-11.75, 7<sup>th</sup> place, 2 points  
 Javelin Throw: Karen Schumacher, 82-08, 6<sup>th</sup> place, 3 points

\*Participants named All-Conference by virtue of placing first.

## 2007 ALL-CONFERENCE

Name	School	Event
Amanda Nagy	Anderson	100-meter Dash, 200-meter Dash, Relay
<b>Emily Babel</b>	<b>Mount</b>	<b>400-meter Dash</b>
Maggie Noonan	Anderson	800-meter Run, 1500-Meter run, Relay
Gwen Kemple	Anderson	5000-meter Run
Angela Boggs	Anderson	10000-meter Run
Steph Knox	Manchester	100-meter Hurdles
Katy Evert	Rose-Hulman	400-meter Hurdles
Marci White	Franklin	3000-meter Steeplechase
Kate McCollum	Anderson	High Jump
Kathleen Stynes	Rose-Hulman	Pole Vault
Rebecca Varnes	Manchester	Long Jump
Michelle Roth	Anderson	Triple Jump
Laura Derov	Defiance	Shot Put
Janel Belton	Rose-Hulman	Discus Throw
Samantha Higdon	Defiance	Hammer Throw
Mel Hawthorne	Anderson	Long Jump/High Jump
Danielle Furr	Anderson	4x100-meter Relay
Amy Duncan	Anderson	4x100-meter Relay
Whitney Arnold	Anderson	4x100-meter Relay, 4x400 meter Relay
Sarah Nixon	Anderson	4x400-meter Relay

**Most Outstanding Track Athlete:** Maggie Noonan, Anderson University

**Most Outstanding Field Athlete:** Janel Belton, Rose-Hulman Institute of Technology

**Most Outstanding Freshman Athlete:** Emily Babel, Mount

**Coach of the Year:** Scott Wilson, Anderson University

## 2007 HCAC ATHLETES OF THE WEEK

Week Ending	Name, School
Mar. 18	Sarita Stephney, Rose-Hulman & Hilary Rebber, Franklin
Mar. 25	Marci White, Franklin & Janel Belton, Rose-Hulman
Apr. 1	Maggie Noonan, Anderson
Apr. 8	Brett Sears, Anderson
Apr. 15	Maggie Noonan, Anderson & Becca Kane, Manchester
Apr. 22	Mandy Hecker, Rose-Hulman & Elisheva Weber, Franklin

## 2006 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

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4x100-meter Relay: Gina Damman, Sara Judson, Amanda Bartuch, Lauren Rachford, 55:25, 6<sup>th</sup> place, 1 point

3000-meter Steeplechase: Christine Kirchner, 12:30:86, 2<sup>nd</sup> place, 8 points

\*Hammer Throw: Lauren Tauber, 111-05. 1<sup>st</sup> place, 10 points

\*Participants named All-Conference by virtue of placing first.

## 2005 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

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400-meter Hurdles: Jill Kretchmer, 1:17.62, 6<sup>th</sup> place, 1 point

3000-meter Steeplechase: Christine Kirchner, 12:40.89, 2<sup>nd</sup> place, 8 points; Alison Reid, 12:57.77, 3<sup>rd</sup> place, 6 points

4x100-meter Relay: Jill Hyland, Katie Henlein, Loran Carroll, Heather Wissel, 53.19, 5<sup>th</sup> place, 2 points

4x400 meter Relay: Loran Carroll, Katie Henlein, Catherine Hulefeld, Jessica Biedenbender, 4:23.55, 5<sup>th</sup> place, 2 points

\*Long Jump: Jessica Biedenbender, 15-11.50, 1<sup>st</sup> place, 10 points

\*Triple Jump: Jessica Biedenbender, 34-06.75, 1<sup>st</sup> place, 10 points

High Jump: Catherine Hulefeld, 4-06, 5<sup>th</sup> place, 2 points

Pole Vault: Jill Hyland, 8-06.25, 3<sup>rd</sup> place, 6 points

\*Participants named All-Conference by virtue of placing first.

## 2004 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

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1500-meter Run; Katie Nickoli, 5:20.52, 6<sup>th</sup> place, 1 point

3000-meter Steeplechase; Christine Kirchner, 12:33.65, 2<sup>nd</sup> place, 8 points

4x100-meter Relay; Carolyn McGuire, Anne Starkey, Bonnie Valerius, Jill Kretchmer, 1:02.84, 6<sup>th</sup> place, 1 point

\*Participants named All-Conference by virtue of placing first.

## MOUNT PAST HCAC CHAMPIONSHIP RESULTS

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Season	School Champion	Mount finish
2004	Bluffton	Seventh place
2005	Anderson	Fifth place
2006	Anderson	Seventh place

## MOUNT INDIVIDUAL RECORDS

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### INDOOR

#### 55-meter Dash

Heather Wissel, 8.01, 2005

#### 200-meter Dash

Gina Damman, 26.68, 2006

#### 300-meter Dash

Emily Babel, 47:03, 2007

#### 400-meter Dash

Emily Babel, 1:014.18, 2007

#### 800-meter Run

Gina Damman, 2:31.09, 2007

#### 1000-meter Run

Katie Nickoli, 3:20.18, 2004

#### 1500-meter Run

Christine Kirchner, 5:18.14, 2004

#### 1600-meter Run

Christine Kirchner, 5:57.37, 2004

#### 3000-meter Run

Kassie Koch, 11:54.72, 2007

**5000-meter Run**

Anne Starkey, 25:09.30, 2004

**1 mile Run**

Kassie Koch, 6:11.71, 2006

**Pole Vault**

Jill Hyland, 8-00.50, 2006

**55-meter Hurdles**

Patti Leiske, 10.94, 2006

**Long Jump**

Kristin George, 14-10.00, 2007

**Triple Jump**

Jessica Biedenbender, 33-06.00, 2005

**Shot Put**

Belicia Wambsgans, 29-02.50, 2006

**Weight Throw**

Erin Hay, 30-06.25, 2006

**4x200-meter Relay**

Gina Damman, Emily Babel, Kristin George, Amanda Smith, 1:58.21, 2007

**4x400-meter Relay**

Jill Kretchmer, Jessica Biedenbender, Catherine Hulefeld, Loran Carroll, 4:31.61, 2005

**Distance Medley**

Alison Reid, Jill Kretchmer, Katie Nickoli, Christine Kirchner, 14:23.77, 2004

**OUTDOOR****100-meter Dash**

Heather Wissel, 13.25, 2005

**200-meter Dash**

Emily Babel, 26.61, 2007

**400-meter Dash**

Emily Babel, 1:00.02, 2007

**800-meter Run**

Gina Damman, 2:26.31, 2007

**1500-meter Run**

Katie Nickoli, 5:17.30, 2004

**5000-meter Run**

Kassie Koch, 20:16.24, 2007

**10000-meter Run**

Kassie Koch, 42:25.09, 2007

**3000-meter Steeplechase**

Christine Kirchner, 12:23.01, 2005

**Pole Vault**

Jill Hyland, 8-06.25, 2005

**Long Jump**

Jessica Biedenbender, 15-11.75, 2005

**High Jump**

Nikki Blaize, 5-00.25, 2007

**Triple Jump**

Jessica Biedenbender, 34-06.75, 2005

**100-meter Hurdles**

Elizabeth Mushaben, 18.76, 2005

**400-meter Hurdles**

Jill Kretchmer, 1:17.62, 2005

**Shot Put**

Belicia Wambsgans, 28-08.50, 2006

**Discus Throw**

Lauren Tauber, 93-04.00, 2006

**Hammer Throw**

Lauren Tauber, 111-05.00, 2006

**Javelin Throw**

Karen Schumacher, 95-09.00, 2007

**4x100-meter Relay**

Jill Hyland, Katie Henlein, Loran Carroll, Heather Wissel, 52.80, 2005

**4x200-meter Relay**

Jill Hyland, Karen Schumacher, Elizabeth Mushaben, Heather Wissel, 2:02.30, 2005

**4x400-meter Relay**

Loran Carroll, Katie Henlein, Catherine Hulefeld, Jessica Biedenbender, 4:23.55, 2005

**4x800-meter Relay**

Alison Reid, Christine Kirchner, Lori Widener, Loran Carroll, 11:03.58, 2005

**1600-meter Sprint Medley**

Jill Hyland, Elizabeth Mushaben, Jennifer Kurtz, Loran Carroll, 4:56.78, 2005

**4x100-meter Shuttle Hurdle Relay**

Erin Edge, Alison Reid, Jill Kretchmer, Jennifer Kurtz, 1:26.02, 2005



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