



# 2006 BIG BLUE TRACK & FIELD



## RAISING THE BAR

**NCAA APPEARANCES: (23)** 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002, 2003, 2004, 2005

**MILLIKIN™**  
UNIVERSITY



# BIG BLUE TRACK & FIELD

*raising the bar*



“ Success is measured by comparing performance to standards. Did you clear the bar, set a personal record or score for the team? When you join the Millikin team, you are joining a team that has perennially achieved high standards with great individual success in CCIW and NCAA championships. That's then, this is now. It's time now, to raise the bar. Time to set and clear new standards - like placing more individuals in CCIW competition and scoring higher as a team in NCAA championships. Our athletes are ready to work for a spot on the school "top ten" list. Raise the bar... Millikin track and field is ready! ”

## *Big Blue Track & Field...*

- NCAA qualifying athletes in 23 of the last 25 years.
- National caliber track & field facilities - host of five national championships since 2000.
- Specialized coaches for every event group
- Individual improvement is the foundation to team success



### *Junior Tonya Winter thrower*

“ Millikin students are given the opportunity to participate in various activities among sports and clubs. A sense of unity can be formed between you and the members in your group that share the same common interest. In track, not only do you meet over 50 people instantly, but within your event group, you are able to build everlasting friendships. Track has also allowed me to fulfill my competitive side out of the classroom. Millikin allows people to be students AND athletes. This aspect will give you, and has given me a gratifying experience that will last a lifetime. ”

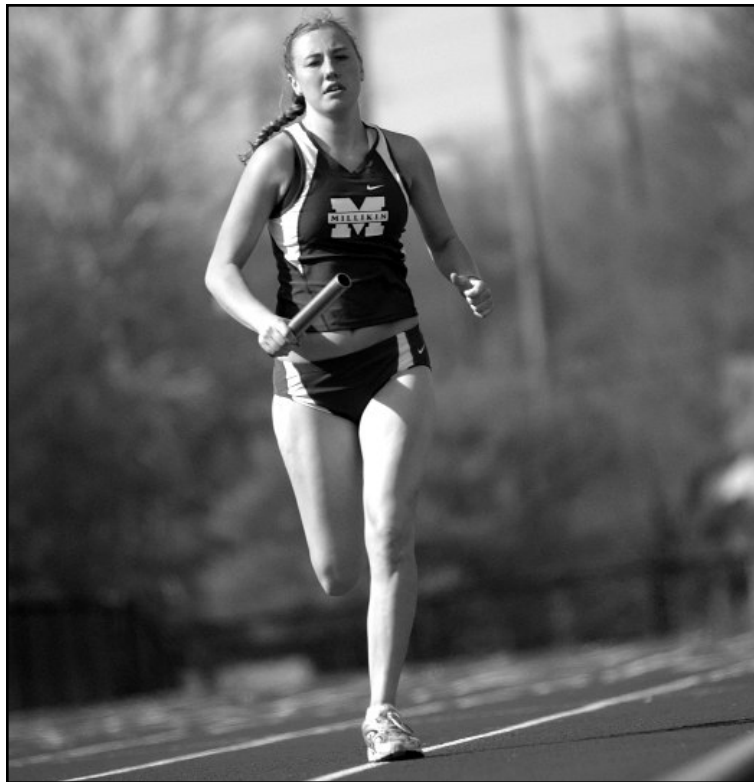
### *Play For The Big Blue*

To find out how you can attend a practice, sit down with a coach or schedule an overnight visit with the Millikin Track & Field team, contact assistant coach **Dirk Doebling** at 217.362.6431.

For more information on Millikin **Financial Aid** packages, contact the Student Services Center at 217.424.6317.

To contact a Millikin **Admission** counselor or to schedule a visit day, call 217.424.6210.

All offices can also be reached by using our toll free number, 1800.373.7733.



## contents

04	-	Big Blue Coaching Staff
05	-	2006 Men's Track Preseason Roster
06	-	2006 Men's Track Preview
07-08	-	2006 Men's Returning Letter Winners
09	-	Practice & Competition Facilities
10	-	2005 Men's Performance List
11	-	Men's Record Book
12	-	2006 Women's Track Preseason Roster
13	-	2006 Women's Track Preview
14-15	-	2006 Women's Returning Letter Winners
16	-	2005 Women's Performance List
17	-	Women's Record Book
18	-	2005 Team Award Winners
19	-	Big Blue All-Americans
20-22	-	CCIW History and Information
23-26	-	Millikin University Information
IBC	-	Big Blue Athletic Facilities
BC	-	2006 Schedule

## quick facts

Location	Decatur, Illinois
Founded/Opened	1901/1903
Enrollment	2,400
Nickname	Big Blue
Colors	Royal Blue and White
Affiliation	NCAA Division III
Conference	Illinois and Wisconsin
Head Coach	Don Luy
Assistant Coaches	Dirk Doehring, Marcie Fisher, Chad Sloan, Dave Svoboda
Track Office Phone	217.420.6625
2005 Men's CCIW Indoor/Outdoor Finish	7th/7th
2005 Women's CCIW Indoor/Outdoor Finish	7th/6th
Sports Information Director	Julie Farr
Sports Information Phone	217.362.6429
Athletic Department Fax	217.362.6414

## media info. & protocol

**Press facilities:** Please call the Sports Information office if you plan on covering an event.

**Interviews:** Media representatives are at liberty to find their own post-event interviews. Please contact Julie Farr, Sports Information Director, at 217.362.6429 or via e-mail at [jfarr@millikin.edu](mailto:jfarr@millikin.edu), to schedule athlete interviews at all other times. Coaches may be contacted directly.



**60 Years of Excellence  
in Athletics and Academics**

*Augustana • Carthage • Elmhurst • Illinois Wesleyan  
Millikin • North Central • North Park • Wheaton*



## millikin university media outlets

### newspapers:

Chicago Sun-Times  
ph: 800.572.7003  
fax: 312.321.3084

Chicago Tribune  
ph: 312.222.3474  
fax: 312.828.9392

Decatur Herald & Review  
ph: 217.421.6979  
fax: 217.421.7965

Decatur Tribune  
ph: 217.422.9702  
fax: 217.422.7320

### wire service:

Associated Press  
ph: 800.572.2585  
fax: 312.781.1989

### television:

WAND-TV  
ph: 800.252.1601  
fax: 217.424.2583

WCIA-TV  
ph: 800.252.3349  
fax: 217.373.3663

### radio:

WSOY  
ph: 800.500.9769

WHOW  
ph: 217.935.9590

# big blue coaching staff



E-mail: [dluy@millikin.edu](mailto:dluy@millikin.edu)  
Office phone: 217.420.6625

## Head Coach Don Luy

The 2005-06 season will be Don Luy's 24th as Millikin's head men's track coach and his eighth as the women's coach. Luy was an assistant with the men's team for two years before being named head coach in 1983. He has coached 49 outdoor and 12 indoor NCAA Division III All-

Americans at Millikin. His athletes have advanced to the National Championships in 22 of the 24 years he has coached for the Big Blue. Millikin has finished in the Top 10 at the NCAA Outdoor Championships twice and placed in the Top 25 nine times. Three of Luy's former track & field athletes signed NFL contracts, with two playing for several seasons.

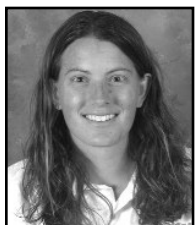
Luy coached the women's track club at Gettysburg (Pa.) College as an undergraduate and was an assistant girls' track coach at Macomb High School. Luy is a 1978 graduate of Gettysburg, where he lettered in track. He earned a master's degree from Western Illinois University in 1987. He is a 1994 inductee into the Millikin Athletic Hall of Fame and is a member of the U.S. Track Coaches Association and USA Track & Field. Luy also plays a part in the community as the Decatur Park District Commissioner. He is USATF Level II certified.



## Assistant Coach Dirk Doebling

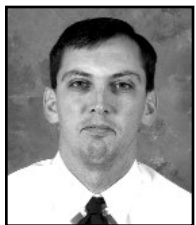
Sprints - Coach Doebling returns to the Millikin track & field staff for the second season in 2005-06 after competing for the Big Blue four years during his undergraduate career. He earned four varsity letters in track and two in football while at Millikin, earning All-CCIW honors in the 400 relay (2000, 2002) and the 1,600 relay (2001). In 2002, he was a track team captain and member of the NCAA qualifying 4x100 relay team which set a new Millikin record.

A 2002 graduate, Doebling earned a degree in education and taught one year at Argenta-Oreana High School while also coaching the boys varsity track & field team. Prior to being named an assistant track coach, Doebling assisted with the football team's wide receivers in 2003. In addition to his coaching duties, Doebling teaches in Millikin's Exercise Science department.



## Assistant Coach Marcie Fisher

Distance - Coach Fisher is a 2002 graduate of the University of Wisconsin-Stevens Point with a major in Sociology. 2005-06 will be the fourth season for coach Fisher as an assistant for the track & field team. Fisher is from Oshkosh, Wis. and graduated from Oshkosh North in 1997. At Oshkosh North, she competed in cross country and track for four years. While at Stevens Point, Fisher ran cross country for four years and earned WIAC conference honors and Midwest regional honors in 2000, and was a NCAA qualifier in 1999 and 2000. Fisher was also a member of the Pointer track team, serving as one of the captains in 2001. She earned WIAC conference honors in the 3000m in 2000 and 2001, in the 5000m in 1999, 2001, 2002, and in the 10,000m in 2002. Fisher was also a 5000m outdoor qualifier in 2002. Fisher is USATF Level I certified. She completed her first Boston Marathon in 2005.



## Assistant Coach Chad Sloan

Distance - Coach Sloan is a 1990 graduate of Moweaqua High School, a 1994 Millikin graduate with a major in Biology and minor in Chemistry. Sloan has also earned a M.S. from Southern Illinois University Carbondale in Zoology. Sloan wrapped up his third season as the head men's and women's cross country coach for Millikin in 2004-05, after serving as women's assistant coach for seven years. 2005-06 will be coach Sloan's ninth season as an assistant for the track & field team. He also works as a Biology teacher at Warrensburg-Latham High School.

Sloan was a two time varsity letterwinner in football, and also was a four time letter winner for the varsity track team in high school. While competing in track, Sloan was all-conference six times and all-area twice. In college he was a four year varsity track and three year varsity cross country runner. Sloan was awarded the Most Improved Runner for cross country twice and was the senior dedication award winner on the 1994 Big Blue track squad. From 1995-98 Sloan served as a track official for meets at Southern Illinois University Carbondale, including the Missouri Valley Conference Indoor championships.



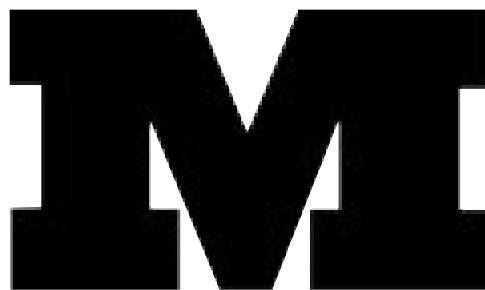
## Assistant Coach Dave Svoboda

Jumps/Hurdles - Coach Svoboda joins the Big Blue staff for his first season in 2005-06, coming to Millikin from the University of Nebraska-Lincoln where he served as a track and field graduate assistant for two seasons. He also served as the assistant cross country and head track and field coach at Fairview High School in Boulder, Colo. from 2000-2003. During his tenure at Fairview, Svoboda's teams won two boys and one girls state title in cross country and his track teams had 21 state qualifiers. In addition to his work at the high school level, Svoboda also helped with the Lincoln, Neb. Track Club.

A 2000 graduate of Nebraska Wesleyan University, Svoboda is expected to complete his masters at Nebraska-Lincoln in May 2006. He is USATF Level 1 certified and a four-year letter winner in both track and cross country for Nebraska

Wesleyan.

# 2006 big blue men's roster



<b>Name</b>	<b>Yr. (elig.)</b>	<b>Event(s)</b>	<b>Hometown</b>	<b>High School</b>
Justin Baer *	So.	Distance	Decatur, Ill.	Eisenhower
Cody Bilyeu	Fr.	Jumps	Pana, Ill.	Pana
Jon Booker *	Jr.	Throws	Marion, Ill.	Marion
Wes Brooke	Fr.	Distance	Lawrenceville, Ill.	Lawrenceville
Lance Brooks ***	Sr.	Throws	New Berlin, Ill.	New Berlin
James Brophy ***	Sr.	Distance	Glen Ellyn, Ill.	Glenbard West
A.J. Burse	Fr.	Mid-Distance	Dolton, Ill.	Thornridge
Sam Chwalek *	So.	Distance	Chicago, Ill.	Kennedy
Andrew Clennon	Fr.	Sprints/Relays	Philo, Ill.	Unity
David Cluver *	So.	Pole Vault/Hurdles	Sterling, Ill.	Sterling
Caleb Coale	So.	Mid-Distance	Clinton, Ill.	Clinton
Jacques DuPré	Fr.	Distance	Rockford, Ill.	Guilford
Walter Fisher	Fr.	Sprints/Relays	Dolton, Ill.	Marian Catholic
J.C. Geringer	Fr.	Sprints/Relays	Festus, Mo.	Festus (Mo.)
Devi Greer	Fr.	Sprints/Hurdles	Shiloh, Ill.	McCluer North (Mo.)
Seantaé Holland **	Jr.	Sprints/Jumps	Zion, Ill.	Zion-Benton
Robert Jabaay *	So.	Distance	Wheatfield, Ind.	Kankakee Valley (Ind.)
Erik Julson ***	Sr.	Sprints/Relays	Watseka, Ill.	Watseka
Dan Kesler	Fr.	Mid-Distance	St. Joseph, Ill.	St. Joseph-Ogden
Kyle Krol	Fr.	Sprints/Relays	Crown Point, Ind.	Boone Grove (Ind.)
Alex Luerding	Fr.	Throws	St. Charles, Mo.	West (Mo.)
Justin Ludlum *	So.	Sprints/Relays	Mineral Point, Wis.	Mineral Point (Wis.)
Ryan Marino	Fr.	Distance	Chicago, Ill.	Mother Guerin
Ryan McAdam	Sr.	Jumps/Sprints	Decatur, Ill.	Warrensburg-Latham
William McCann	Fr.	Mid-Distance	Decatur, Ill.	MacArthur
Josh McClurg	Fr.	Distance	Wapella, Ill.	Clinton
Jacob Montgomery	Fr.	Sprints/Relays	St. Charles, Mo.	West (Mo.)
Will Mosher *	Jr.	Distance	Pleasant Plains, Ill.	Pleasant Plains
Jovarís Perry	Fr.	Sprints/Relays	Chicago, Ill.	Mather
Joe Sawyer **	Jr.	Throws	Cerro Gordo, Ill.	Cerro Gordo
Eric Scholl	Fr.	Distance	Decatur, Ill.	Eisenhower
Jeremy Stephen *	So.	Sprints/Jumps	Chicago, Ill.	St. Patrick
Nathan Stout *	So.	Throws	Ballwin, Mo.	Parkway West (Mo.)
Frank Taylor **	Jr.	Sprints/Relays	Chicago, Ill.	De La Salle
Jordan Thomas **	Jr.	Jumps	Hazelwood, Mo.	Hazelwood West (Mo.)
Michael Vazquez	Fr.	Sprints/Relays	Hebron, Ill.	Alden-Hebron
Demere Winston **	Jr.	Throws	Hazelwood, Mo.	Hazelwood West (Mo.)
Gilbert White	Fr.	Hurdles/Sprints	Chicago, Ill.	Leo

# looking at 2006 - men

The Big Blue men's track and field squad will look to continue its tradition of appearances at the NCAA Division III championships in 2006. Millikin has qualified athletes 23 of the last 25 years with Top 10 finishes in 1998 and 1999. The 2006 season marks the 102nd year of the track program. The Big Blue should be able to build on a strong returning class of upperclassmen and an outstanding influx of newcomers this season.

The sprints will be led by junior Franklyn Taylor. In 2005, Taylor earned his second consecutive trip to the NCAA outdoor championships in the 100 meter dash. Other returnees expected to help this season are senior Erik Julson, junior Seantaé Holland and sophomores Justin Ludlum and Jeremy Stephen. A talented group of freshmen will look to make an impact for the Big Blue in 2006. The group is led by Andrew Clennon, Walter Fisher, Josh Geringer, Kyle Krol, Jacob Montgomery and Michael Vazquez. The hurdling events will be led by All-CCIW performer sophomore David Cluver and freshmen Devi Greer and Gilbert White.

The distance events will look to be an area of strong improvement for the Big Blue in 2006. This group will be led by a trio of sophomores in Justin Baer, Sam Chwalek and Robert Jabaay. Seniors James Brophy and Will Mosher along with sophomore Caleb Coale will also look to be contributors this season. A strong freshman class and transfer group will look to make a great impact on the 2006 season. Transfer William McCann, the 2004 Illinois Class AA state runner-up in the 1600 meter run, will look to make an immediate impact for the Big Blue. The freshmen will be led by A.J. Burse, Wes Brooke, Jacques DuPré, Dan Kesler, Josh McClurg and Eric Scholl.

The jumping events look to be an area of growth this season with a strong group of returnees and newcomers looking to make big strides. Junior Jordan Thomas, a 2004 NCAA national qualifier in the high jump, will look to lead the jumps for the Big Blue. Freshman Cody Bilyeu will look to also contribute in the high jump. The long and triple jump look to be led by senior Ryan McAdam along with Holland. Cluver will lead the pole vault.

The throws will look to be an area of strength for the Big Blue in 2006. Leading the way in the throws will be senior Lance Brooks 2005 CCIW champion, two-time NCAA national qualifier and school record holder in the discus. Juniors Joe Sawyer, an All-CCIW performer in the discus, Jon Booker, an All-CCIW performer in the shot put, and Demere Winston will look to be strong contributors also. Sophomore Nate Stout will lead the Big Blue in the javelin after earning All-CCIW honors as a freshman. The freshman throwers will be led by Alex Luerding.

The Big Blue kicks off its season at the Illinois College Quad Meet on Jan. 28.



# returning letter winner profiles



**Justin Baer, Sophomore, Distance**  
**Decatur, Illinois (Eisenhower H.S.)**

**One varsity letter**

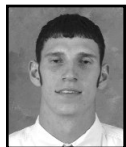
**2005 Outdoor:** Finished 5th in the 5000M (16:14.00) at Millikin Classic. **2005 Indoor:** Set new Millikin 1000M record (2:42.28)...1600M Relay finished 1st (3:42.98) at Rose-Hulman. **Personal:** English major.



**Jon Booker, Junior, Throws**  
**Marion, Illinois (Marion H.S.)**

**One varsity letter**

**2005 Outdoor:** Placed 2nd in shot put at both Millikin Classic (45-9.25) and CCIW Championships (47-4.5)...400M relay placed 3rd at Millikin Classic (43.00) and 1st at Rhodes Pentangular (43.35). **2005 Indoor:** Placed 1st at Rose-Hulman in shot put (47-9.25). **Personal:** Communication...Member of Millikin Football team.



**Lance Brooks, Senior, Throws**  
**New Berlin, Illinois (New Berlin H.S.)**

**Three varsity letters**

2006 Captain. **2005 Outdoor:** Earned 10th place at NCAA Outdoor Championships in discus with Millikin record throw (168-9)...Team's Most Outstanding Thrower...Placing 1st in discus at both Rose-Hulman (143-7) and Twilight Meet (150-0)...Placed first at Millikin Classic (152-9), Rhodes Pentangular (153-10) and the CCIW Championships (164-11) in discus. **2004 Outdoor:** NCAA Qualifier in discus...Received 1st in discus at Rose-Hulman (143-2) and Big Blue Open (142-7)...Threw 151-6 at CCIW for second place...Set school record with throw of 165-2 at Midwest Championships. **2003 Outdoor:** Threw 151-9.5 at CCIW for 5th place...Season-best high jump of 6-0 at Millikin Classic...All-CCIW in discus. **Personal:** Interdepartmental major with emphasis in biology, art and business management...Member of Millikin basketball team.



**James Brophy, Senior, Distance**  
**Glen Ellyn, Illinois (Glenbard West H.S.)**

**Three varsity letters**

**2005 Outdoor:** Competed in the 1500M, 800M and 5000M...Best time in the 1500M (4:11.94). **2005 Indoor:** Ran mile, 800M and 1500M with his best time...1600M Relay placed 1st at Rose-Hulman Invite (3:42.98). **2004 Indoor:** Ran season best in 3000M at Illinois College Invitational (9:38.06). **2004 Outdoor:** Placed third in 10,000M at Millikin Classic (35:59.5)...Ran season best in 5,000M at Keck Invitational (16:09.82)...Ran season best in 800M at CCIW Championships (2:00.61). **2003 Indoor:** Ran season-best time in 1,500M at DePauw Last Chance (4:20.41)...Season-bests in 3,000M (9:52.84) and 5,000M (16:45.89). **2003 Outdoor:** Finished 15th at CCIW in 1,500M (4:18.15) and 4th at MU Opener in 5,000M (16:40.33). **Personal:** Exercise Science & Sport major.



**Sam Chwalek, Sophomore, Distance**  
**Chicago, Illinois (Kennedy H.S.)**

**One varsity letter**

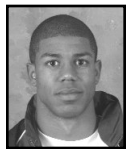
**2005 Outdoor:** Set new Millikin 5000M record (15:34.76)...Placed first in 1500M (4:05.81) at Rose-Hulman Twilight Meet...Finished 3rd at Millikin Classic (16:00.06) in 5000M. **2005 Indoor:** Finished 1st at Rose-Hulman Invite in the 3000M (8:56.03) in Millikin record time. **Personal:** Biology.



**David Cluver, Sophomore, Pole Vault/Hurdles**  
**Sterling, Illinois (Sterling H.S.)**

**One varsity letter**

2006 Captain. **2005 Outdoor:** Placed 3rd in 110M hurdles at the Millikin Classic (16.57) and took 7th in CCIW Championships...5th in Pole Vault (12-5.5) at Millikin Classic. **2005 Indoor:** Finished 1st at Rose-Hulman Invite in 55M Hurdles (8.80). **Personal:** Social Science/Secondary Education.



**Seantaé Holland, Junior, Sprints/Jumps/Relays**  
**Zion, Illinois (Zion-Benton H.S.)**

**Two varsity letters**

**2005:** Did not compete. **2004 Indoor:** Member of 1600M relay team that finished first at Rose-Hulman (3:29.82)...Member of 1600M relay team that set MU record (3:28.69)...Ran season best in 55M at CCIW (6.59)...Jumped season best in long jump at CCIW and earned second place (21-9.5). **2004 Outdoor:** Ran season best in 200M at Midwest Championship (22.46)...Member of 400M relay team that placed first, set CCIW record and received NCAA provisional at CCIW (41.60)...Member of 400M relay team that finished second at Midwest Championships (41.67) and qualified for NCAA. **2003 Indoor:** Season-best time in 55M (6.56) for 5th at Keck...Best long jump of 21-4 at DePauw...Member of 4x200 relay that set a new Millikin record (1:31.65) with a 2nd place finish at CCIW...All-CCIW in 55M, long jump and 4x200 relay. **2003 Outdoor:** Season-best times in 100M (10.98, 5th) at IWU Last Chance meet, 200M (22.46 at CCIW) and long jump of 21-9.5 at Wash U. (8th)...Member of 4x100 relay that finished first at CCIW with a provisional qualifying time (41.91)...Member of 4x200 relay that set a new Millikin record at Drake (1:29.61)...All-CCIW in 100M, long jump, 200M and 4x100 relay....Named 2003 Rookie of the Year. **Personal:** Fitness & Sport...Member of Millikin football team.



**Robert Jabaay, Sophomore, Distance/Steeple**  
**Wheatfield, Indiana (Kankakee Valley H.S.)**

**One varsity letter**

**2005 Outdoor:** Competed in the 1500M, 800M and steeplechase...Placed 5th in the Millikin Classic in 5000M (4:11.25). **2005 Indoor:** Competed in the 5000M and 3000M. **Personal:** Business major.

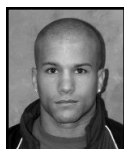


**Erik Julson, Senior, Sprints/Relays**  
**Watseka, Illinois (Watseska H.S.)**

**Three varsity letters**

2006 Captain. **2005 Outdoor:** Competed in the 100M, 200M and 400M with best 200M time (24.69) at CCIW Championships...1600M relay placed 7th at the Millikin Classic (3:37.56). **2005 Indoor:** Ran in the 200M and 400M with best finish in the 200M (25.72). **2004 Indoor:** Ran season best in 200M at CCIW (25.37). **2004 Outdoor:** Ran season best in 400M at Millikin Opener (57.23). **2003 Indoor:** Ran season-bests in 55M (7.19 at Keck) and 400M (58.48 at CCIW). **2003 Outdoor:** Finished 8th in 400M at Keck (57:21) and ran season-best 12.19 in 100M at CCIW. **Personal:** Finance major.

# returning letter winner profiles



**Justin Ludlum, Junior, Sprinter**

**Mineral Point, Wisconsin (Mineral Point H.S.)**

**2005 Outdoor:** Ran in the 1600M Relay...Top 400M time of 53.33. **2005 Indoor:** Competed in the 400M and 200M.

**Personal:** Commercial Music major.

**One varsity letter**



**Will Mosher, Sophomore, Distance**

**Pleasant Plains, Illinois (Pleasant Plains H.S.)**

2006 Captain. **2005 Outdoor:** Placed first in the Millikin Classic running in 10,000M (37:46.60)...Also ran in the 1500M and 1600M relay. **2005 Indoor:** Ran in the mile, 3000M and 5000M...Best time in the 3000M (10:01.76). **Personal:** Graphic Design major.

**One varsity letter**



**Joe Sawyer, Junior, Throws**

**Cerro Gordo, Illinois (Cerro Gordo H.S.)**

**2005 Outdoor:** Earned 1st place in shot put at Rhodes Pentangular (45-7) and Millikin Classic (46-4.75)...Placed 4th in discus at the Millikin Classic (127-3) and 6th at the CCIW Championships (146-11)...5th in the hammer at the Millikin Classic (125-4). **2005 Indoor:** Placed 1st in shot put at Rose-Hulman Invite (40-11)...Season-best throw (44-8.25) at DePauw Last Chance Meet. **2004 Indoor:** Earned first place in shot put at Illinois College Quad (42-11.5) and Illinois College Invitational (45-3.5). **2004 Outdoor:** Earned second place in discus at Rose-Hulman Invitational (139-2) and Big Blue Opener (138-7)...Threw season best in discus at Midwest Championships (139-7)...Earned first place in shot put at Rose-Hulman Invitational (45-7.25)...Threw season best in shot put at Midwest Championships (47-1.75). **Personal:** History Education major.

**Two varsity letters**



**Jeremy Stephen, Sophomore, Sprints/Relays**

**Chicago, Illinois (St. Patrick H.S.)**

**2005 Outdoor:** Placed 8th in the 100M (11.59) and 200M (23.47) at the Millikin Classic...9th in high jump at CCIW Championships (6-1.5)...400M relay placed 3rd at the Millikin Classic (43.00), 1st at Rhodes College Pentangular (43.35) and 1st at Rose-Hulman Twilight Meet (44.06). **2005 Indoor:** Ran in the 55M, with his best time at Rose-Hulman Invite (6.76). **Personal:** Exploratory Studies major.

**One varsity letter**



**Nate Stout, Sophomore, Throws**

**Ballwin, Missouri (Parkway West H.S.)**

**2005 Outdoor:** Placed 2nd in javelin at the Millikin Classic (143-7), 1st at Rose-Hulman Twilight (148-5) and 6th at CCIW (162-2). **Personal:** Management major.

**One varsity letter**



**Frank Taylor, Junior, Sprints/Relays**

**Chicago, Illinois (De La Salle H.S.)**

**2005 Outdoor:** Earned 15th place at NCAA Outdoor Championships in 100M (11.04)...Team's Most Outstanding Sprinter...Won 100M at Rose-Hulman Invite (10.7), Rhodes College Pentangular (10.91), Rose-Hulman Twilight Meet (11.10) and placed 2nd in the CCIW Championships (10.73)...Placed 2nd in the 200M at Rose-Hulman Invite (22.48) and Twilight Meet (22.57) and 4th at the CCIW Championships (21.83)...Placed 2nd in the 400M at Millikin Classic (49.81)...400M Relay placed 3rd at the Millikin Classic (43.00) and 1st at Rhodes Pentangular (43.35) and Rose-Hulman (44.06). **2005 Indoor:** Won 200M at Illinois College Quad (22.57), Rose-Hulman Invite (22.68) and also won the 400M at DePauw in Millikin record time (51.14)...Won 55M at Rose-Hulman Invite (6.54)...800M Relay placed 1st at Rose-Hulman Invite (1:36.62). **2004 Indoor:** Member of 1600M relay team that set school record (3:28.69)...Member of 800M relay team that finished first at Illinois College Quad (1:32.59)...Earned second in 200M at Rose-Hulman (23.36)...Also competed in 55M. **2004 Outdoor:** NCAA Qualifier in 400M relay and 100M and 200M...CCIW Outstanding Performer...Finished first in 100M at CCIW (10.67)...Earned NCAA provisional and finished first in 200M at CCIW (21.76)...Also earned first in 200M at Millikin Opener (22.75) and Big Blue Classic (22.25)...Earned second in 400M at Big Blue Open (50.13)...Member of 400M relay team that set CCIW record at CCIW (41.60). **Personal:** Early Childhood Education major.

**Two varsity letters**



**Jordan Thomas, Junior, Jumps**

**Hazelwood, Missouri (West H.S.)**

**2005 Outdoor:** NCAA Outdoor Provisional Qualifier in High Jump...Team's Most Outstanding Jumper...In the high jump he placed 1st at Rose-Hulman Twilight Meet (6-0), Millikin Classic (6-5), Wash U. Invite (6-7.5) and CCIW Championships (6-7.5)...2nd in triple jump at Millikin Classic (43-7.75) and 11th at CCIW Championships...400M Relay team placed 1st at Rose-Hulman Twilight Meet (44.06). **2005 Indoor:** Finished 1st in the high jump at Illinois College Quad (6-2.75), and his 800M relay team finished 1st at Rose-Hulman Invite (1:36.62). **2004 Indoor:** Earned NCAA provisional and finished first in high jump at Rose-Hulman (6-7.5). **2004 Outdoor:** NCAA Qualifier in high jump, finishing 16th...Finished first in high jump four times. **Personal:** Fitness & Sport major...Member of football team.

**Two varsity letters**



**Demere Winston, Junior, Throws**

**Hazelwood, Missouri (West H.S.)**

2006 Captain. **2005 Outdoor:** Placed 7th at the Millikin Classic in the discus (121-0) and 4th in shot put (43-2.25). **2005 Indoor:** Participated in the shot put with his best throw at Illinois College Quad (41-5.75). **2004 Indoor:** Finished third in shot put at Illinois College Quad (41-3.75) and Illinois College (42-9.75). **2004 Outdoor:** Threw season best in discus at Midwest Championships (126-5)...Threw season best in shot put at Midwest Championships (43-2.25). **Personal:** Exercise Science & Sport major.

**Two varsity letters**

# practice & competition facilities



Following its 1997 renovations, Frank M. Lindsay Track & Field facilities are among the best in the region. The eight-lane, all-weather track provides a Rekortan running surface, like that seen at Olympic training centers and competition facilities. Designed by former Olympian Don Paige, the track features space for concurrent competition, multidirectional runways for field events and curbing channel drains to ensure proper drainage. Areas have also been developed for the throwing events such as the shot put and discus. Security lighting has been provided for evening use. The facility also features new track and field equipment and a state-of-the-art timing system, the Lynx Systems EtherLynx 2000 digital photofinish system.

A gift of \$1 million from the Lindsay family provided the state-of-the-art athletic facilities. As part of the funding for the facilities, Millikin received a grant of \$152,228 from the Illinois Department of Commerce and Community Affairs, through the Bureau of Energy and Recycling's Used Tire Recovery Program.

In July of 2000 and 2001, Millikin hosted the USATF Youth Athletic Championships on the renovated track and in May 2001 and 2004 the Big Blue welcomed the NCAA Division III Track & Field Championships.

In September 2000, the Decatur Indoor Sports Center was built as a joint project of the Decatur Park District and Millikin. The DISC offers a four-lane, 200-meter competition-grade Mondo track, which includes a six-lane sprint straight-away, a jumping pit and a vaulting area. The curves of the track are relatively gentle for an indoor track with nearly the maximum radius allowed by track and field rules.



Millikin's Big Blue host the 2006 Outdoor CCIW Championships May 5-6 at Lindsay Track & Field.

# 2005 performance lists - men

<b>Indoor</b>			<b>Outdoor</b>		
SHOT PUT	Jon Booker	15.38m/50-5.5	SHOT PUT	Jon Booker	14.43m/47-4.25
	Joe Sawyer	13.62m/44-8.25		Joe Sawyer	14.14m/46-4.75
	Demere Winston	12.64m/41-5.75		Demere Winston	13.23m/43-5
	Humberto Ibarra	10.46m/34-4		Humberto Ibarra	9.99m/32-9.5
	Ryan Sprague	9.96m/32-8.25	DISCUS	Lance Brooks	51.45m/168-9
WEIGHT THROW	Eric Hofmann	13.17m/43-2.5		Joe Sawyer	45.63m/149-8
	Joe Sawyer	12.80m/42-0		Eric Hofmann	40.80m/133-10
LONG JUMP	Ryan Sprague	5.79m/19-0		Demere Winston	38.24m/125-5
	Ryan Sprague	5.00m/16-5		Humberto Ibarra	33.00m/108-3
TRIPLE JUMP	Jordan Thomas	11.54m/37-10.5		Ryan Sprague	31.92m/104-9
HIGH JUMP	Jordan Thomas	1.90m/6-2.75	HAMMER	Eric Hofmann	43.96m/144-3
	Daryl Luster	1.85m/6-0.75		Joe Sawyer	39.79m/130-6
POLE VAULT	David Cluver	3.63m/11-10.75	JAVELIN	Nate Stout	49.42m/162-2
55 METER DASH	Frank Taylor	6.51		Ryan Sprague	33.55m/110-1
	Jeremy Stephen	6.76	LONG JUMP	Blake Martin	5.58m/19-3.5
	Blake Martin	6.94	TRIPLE JUMP	Jordan Thomas	13.30m/43-7.75
	Sherman Council	7.17	HIGH JUMP	Jordan Thomas	2.02m/6-7.5
	Edgar Miller	7.18		Jeremy Stephen	1.87m/6-1.5
	Ryan Sprague	7.98		Daryl Luster	1.82m/5-11.5
200 METER DASH	Frank Taylor	22.32	POLE VAULT	David Cluver	3.83m/12-6.75
	Blake Martin	24.39	DECATHLON		
	Erik Julson	25.72	100 METER DASH	Frank Taylor	10.73
	Shermain Council	25.65		Jeremy Stephen	11.38
	Justin Ludlum	26.39		Blake Martin	11.53
	Edgar Miller	26.89		Shermain Council	12.15
400 METER DASH	Frank Taylor	51.14		Erik Julson	12.46
	Blake Martin	53.79	200 METER DASH	Frank Taylor	21.83
	Justin Ludlum	57.21		Blake Martin	23.39
	Erik Julson	59.81		Jeremy Stephen	23.47
	Rodney Davis	64.90		Shermain Council	24.48
800 METER RUN	Jim Brophy	2:01.28		Erik Julson	24.69
	Larry Huffman	2:03.57	400 METER DASH	Daryl Luster	25.13
	Bob Jabaay	2:08.44		Frank Taylor	49.81
	Justin Baer	2:08.55		Brennan Nichols	53.30
	Brennan Nichols	2:09.93		Justin Ludlum	53.33
1,500 METER RUN	Jim Brophy	4:18.00		Erik Julson	58.12
	Justin Baer	4:27.00	800 METER RUN	Larry Huffman	1:59.14
	Lance Koss	5:08.00		Sam Chwalek	1:59.25
MILE RUN	Sam Chwalek	4:30.33		Jim Brophy	2:01.10
	Jim Brophy	4:35.42		Caleb Coale	2:07.29
	Larry Huffman	4:39.00		Brennan Nichols	2:08.24
	Justin Baer	4:42.22		Justin Baer	2:12.24
	Will Mosher	4:59.00	1,500 METER RUN	Sam Chwalek	4:04.30
	Roy Riley	5:06.47		Larry Huffman	4:09.65
	Lance Koss	5:17.43		Bob Jabaay	4:09.71
3,000 METER RUN	Sam Chwalek	8:56.03		Justin Baer	4:10.81
	Larry Huffman	9:11.18		Jim Brophy	4:11.94
	Bob Jabaay	9:30.73		Will Mosher	4:29.29
	Will Mosher	10:01.76		Caleb Coale	4:42.05
5,000 METER RUN	Larry Huffman	15:40.48		Phil Rachal	4:55.33
	Sam Chwalek	15:55.88	3,000 METER STEEPLE	Larry Huffman	9:38.01
	Bob Jabaay	16:28.74		Bob Jabaay	10:01.53
	Will Mosher	17:27.60		Roy Riley	11:55.92
	Roy Riley	18:56.58	5,000 METER RUN	Sam Chwalek	15:34.76
55 M HIGH HURDLES	David Cluver	8.49		Justin Baer	16:13.94
800 METER RELAY		1:36.38		Jim Brophy	16:37.07
	Jordan Thomas, David Cluver, Blake Martin, Frank Taylor		10,000 METER RUN	Will Mosher	34:56.67
1,600 METER RELAY		3:42.98		Roy Riley	41:20.35
	Jim Brophy, Larry Huffman, Justin Baer, Brennan Nichols			Phil Rachal	44:46.49
3,200 METER RELAY		8:23.02	110M HIGH HURDLES	David Cluver	15.94
	Justin Baer, Bob Jabaay, Jim Brophy, Brennan Nichols		400M INTERMEDIATES	Larry Huffman	1:02.72
DISTANCE MEDLEY RELAY		10:33.37	400 METER RELAY		42.76
	Jim Brophy, Frank Taylor, Larry Huffman, Sam Chwalek			Jeremy Stephen, Jordan Thomas, Blake Martin, Frank Taylor	
			1,600 METER RELAY		3:32.81
				Justin Ludlum, Frank Taylor, Larry Huffman, Brennan Nichols	

# big blue record book - men

## Indoor Records

55M Dash: 6.31, Carl Alexander, 2/27/98  
60M Dash: 6.91, Corey Jefferson, 2/15/02  
200 Meters: 22.28, Carl Alexander, 2/25/00  
400 Meters: 51.14, **Frank Taylor**, 3/4/05  
600 Meters: 1:28.47, Aaron Matheson, 2/15/03  
800 Meters: 1:56.64, Curt Stiner, 3/18/86  
1,000 Meters: 2:42.28, **Justin Baer**, 2/12/05  
1,500 Meters: 4:17.00, Aaron Matheson, 2/08/03  
1 Mile Run: 4:22.05, Greg Collingwood, 2/25/83  
3000 Meters: 8:56.03, **Sam Chwalek**, 2/19/05  
3 Mile Run: 15:29.45, Ken Brown, 2/26/82  
5,000 Meters: 15:40.48, Larry Huffman, 2/5/05  
55 Meter High Hurdles: 7.71, Curt Reed, 3/11/88  
60 Meter High Hurdles: 8.51, Nate Wentworth, 1/19/02  
800-Meter Relay: 1:31.65, Marcus Winston, Matt Hosey, Lee Clayton, **Seantaé Holland**, 3/01/03  
1,600-Meter Relay: 3:28.69, Matt Hosey, **Frank Taylor**, **Seantaé Holland**, Dan Haynes 3/05/04  
Sprint Medley Relay: 3:50.89, Dirk Doehring, Justin Niles, Matt Hosey, Stephen Ogunjobi 2/03/01  
3,200-Meter Relay: 8:12.00, Doug Burton, Mike Jackson, Kent Birmingham, Scott Buckalew, 2/28/81  
Distance Medley Relay: 10:33.37, **Jim Brophy**, **Frank Taylor**, Larry Huffman, **Sam Chwalek**, 2/26/05  
Pole Vault: 14-0 (4.27 meters), Paul Buob, 2/10/84; Marty Stupek, 3/06/82  
High Jump: 6-10 (2.09 meters), Al Sheriff, 2/26/82  
Long Jump: 23-10 (7.26 meters), Carl Alexander, 3/10/00  
Triple Jump: 46-9 1/4 (14.25 meters), Chad Bolin, 2/19/88  
Weight Throw: 50-3.25 (15.32 meters), Eric Hofmann, 3/7/03  
Shot Put: 55-6 1/2 (16.93 meters), Servera Gilbert, 2/26/99

## Outdoor Records

100 Meters: 10.45, Carl Alexander, 5-6-00  
200 Meters: 21.15, Carl Alexander, 5-6-00  
400 Meters: 48.46, Curt Stiner, 5-5-84  
800 Meters: 1:50.67, Curt Stiner, 5-12-84  
1,500 Meters: 3:53.94, Mike Jackson, 4-16-83  
5,000 Meters: 15:34.76, **Sam Chwalek**, 4/2/05  
10,000 Meters: 32:28.4, Dave Grabske, 5-14-93  
3,000-Meter Steeplechase: 9:27.64, Scot Colver, 5-3-86  
110-Meter High Hurdles: 14.29, Curt Reed, 5-8-87  
400-Meter Intermediate Hurdles: 53.82, Matt Hosey, 5-5-01  
400-Meter Relay: 41.45, Marcus Winston, Nate Wentworth, Dirk Doehring, Corey Jefferson, 5-23-02  
800-Meter Relay: 1:29.17, Frank Safranski, **Frank Taylor**, Marcus Winston, **Seantaé Holland**, 4-23-04  
1,600-Meter Relay: 3:18.27, Robbie Mack, Kent Holthaus, Ricky Jones, Dave Peabody, 5-14-93  
Pole Vault: 15-0 1/2 (4.58 meters), Paul Buob, 4-25-85  
High Jump: 7-0 (2.13 meters), Al Sheriff, 4-9-83  
Long Jump: 24-10 (7.57 meters), Carl Alexander, 5-25-00  
Triple Jump: 47-4 (14.42 meters), Chad Bolin, 4-12-88  
Hammer: 152-0 (46.34 meters), Josh Ward, 4-15-00  
Discus: 168-9 (51.45 meters), **Lance Brooks**, 5-26-05  
Shot Put: 56-9 1/4 (17.30 meters), Servera Gilbert, 4-30-99  
Javelin: 195-3 (59.51 meters), Rob Assise, 4-21-01  
Decathlon: 6,067, Jason Franklin, 5-11/12-93

Returning Athletes in **Bold**.



Larry Huffman, a 2005 graduate, holds two indoor records.

# 2006 big blue women's roster



<b>Name</b>	<b>Yr.</b>	<b>Event(s)</b>	<b>Hometown</b>	<b>High School</b>
Jema Barnes **	Jr.	Throws	Oreana, Ill.	Argenta-Oreana
Jennifer Ernst	Fr.	Distance	Litchfield, Ill.	Litchfield
Cassie Gonzales ***	Sr.	Mid-Distance	New Lennox, Ill.	Oak Lawn
Kasey Gosch *	So.	Mid-Distance	Dixon, Ill.	Dixon
Elizabeth Guinea	So.	Sprints/Relays/Pole Vault	Frankfort, Ill.	Lincoln-Way East
Brittin Haury	So.	Mid-Distance	Milwaukee, Wis.	School of Arts (Wis.)
Angie Hawk ***	Sr.	Jumps/Relays	Decatur, Ill.	Argenta-Oreana
Anna Henkel	Sr.	Distance	Harmon, Ill.	Newman Catholic
Carsen Himes *	So.	Throws	Assumption, Ill.	Central A&M
Nadja Jackson	Fr.	Sprints	Chicago, Ill.	Lane Tech
Brittney Jones	So.	Jumps	Decatur, Ill.	Argenta-Oreana
Kathy Jones	So.	Throws	Rantoul, Ill.	Rantoul
Michelle King *	So.	Distance	Sterling, Ill.	Sterling
Allison May	Fr.	Throws	Glenwood, Ill.	Homewood-Flossmoor
Kim Nail	Fr.	Hurdles	Litchfield, Ill.	Litchfield
Kapricia Poulos	Fr.	Sprints/Jumps	Glenview, Ill.	Maine East
Jackie Schafer	Fr.	Mid-Distance	Peoria, Ill.	Notre Dame
Ashley Schmidt *	So.	Distance	Burbank, Ill.	Reavis
Amanda Shumaker **	Jr.	Sprints/Relays	Normal, Ill.	Normal Community
Sam Sinkhorn	Fr.	Sprints	Taylorville, Ill.	Taylorville
Lauren Szczerski *	So.	Distance	Arlington Heights, Ill.	Buffalo Grove
Ashley Taylor	Fr.	Sprints	Monmouth, Ill.	Monmouth
Amanda Uribe ***	Sr.	Mid-Distance	Bourbonnais, Ill.	Bradley-Bourbonnais
Jamie Virzi **	Sr.	Mid-Distance	Scottsdale, Ariz.	York (Elmhurst, Ill.)
Jessica Williams	Fr.	Distance	Elgin, Ill.	Larkin
Tonya Winter **	Jr.	Throws	Seneca, Ill.	Seneca
Courtney Woodward **	Jr.	Hurdles/Relays	Dixon, Ill.	Dixon

# looking at 2006 - women



The Big Blue women's track and field squad will look to continue its improvement from the previous six seasons in 2006. The team has made large improvements in squad size and talent over previous seasons.

The 2005 season was a record breaking one for the Big Blue, when five indoor and one outdoor record were set. The Big Blue will look to be a great mix of veterans and newcomers with an influx of freshmen this season.

The jumps will look once again to be an area of strength for the Big Blue in 2006. Senior captain Angie Hawk, a five-time All-American in the triple jump, will look to lead the jumps crew. Sophomore Brittney Jones in the triple jump and freshman Kapricia Poulos in the high jump and long jump will look to be strong contributors as well. The pole vault will look to be led by sophomore Elizabeth Guinea.

The sprints will be led by junior captain Amanda Shumaker. The Big Blue also expects contributions from a strong freshman class led by Poulos, Ashley Taylor, Nadja Jackson and Sam Sinkhorn. The hurdling events will be led by junior Courtney Woodward, an All-CCIW performer and school record holder in the 400 hurdles, and freshman Kim Nail.

The distance area will look to be led by a strong mix of upperclassmen and newcomers. The returnees will be led by sophomore Lauren Szczerski, who earned All-CCIW honors in the steeplechase in 2005. Also looking to contribute will be seniors Jamie Virzi, captain Amanda Uribe, Cassandra Gonzales and Anna Henkel. A strong sophomore class will also look to contribute for the Big Blue led by Kasey Gosch, Brittin Haury, Michelle King and Ashley Schmidt. Freshmen Jennifer Ernst, Jackie Schafer and Jessica Williams are also expected to contribute to the distance squad this season.

The throwing squad will be led by a pair of All-CCIW performers in junior captain Tonya Winter in the shot put and sophomore Carsen Himes in the discus. Junior captain Jema Barnes will lead the hammer throw and also contribute in the shot put. Sophomore Kathy Jones will lead the javelin for the Big Blue in 2006. Freshman Allison May will look to be a strong addition in the shot put and javelin.

The Big Blue kicks off its season at the Illinois College Quad Meet on Jan. 28.



# returning letter winner profiles



## **Jema Barnes, Junior, Throws**

**Two varsity letters**

**Oreana, Illinois (Argenta-Oreana H.S.)**

2006 Captain. **2005 Outdoor:** Placed 7th in the hammer at the Millikin Classic (82-2), 9th in the shot put at the CCIW Championship (35-7.75) and 5th in the shot put at the Millikin Classic (36-0). **2005 Indoor:** Placed 2nd in the shot put (35-3.25) and weight throw (31-10.25) at Rose-Hulman Invite. **2004 Indoor:** Finished third in shot put at Rose-Hulman (33-2.5). **2004 Outdoor:** Threw season best in discus (97-7) and shot put (37-1.25) at CCIW. **Personal:** Exercise Science & Sport major...Student volleyball coach.



## **Cassie Gonzales, Senior, Distance**

**Three varsity letters**

**Oak Lawn, Illinois (Oak Lawn H.S.)**

**2005 Outdoor:** Ran in the 1500M and 800M with her best time in the 1500M at the Millikin Classic (5:30.55)...Member of 1600M relay. **2005 Indoor:** Ran in the 800M and mile with top mile time of 5:57.93...DMR placed 1st at Illinois College Quad (14:20.82). **2004 Indoor:** Finished first in 800M (2:39.96) and 1500M (5:24.15) at Illinois College Invitational. **2004 Outdoor:** Finished first in 1500M (5:23.95) at Millikin Opener. **2003 Indoor:** Season-best 800M at Rose-Hulman (2:39.57)...Member of DMR record relay (13:31.61). **2003 Outdoor:** Season-best 1,500M at CCIW (5:16.94, 17th) and 1,000M at DePauw (3:27.39, 7th)...Season-best 800M at CCIW (2:32.31, 16th). **Personal:** Fitness & Sport major.



## **Kasey Gosch, Sophomore, Distance**

**One varsity letter**

**Dixon, Illinois (Dixon H.S.)**

**2005 Outdoor:** Ran in the 1500M and 800M...Best 800M time at CCIW Championships (2:38.94)...Also ran 1600M relay. **2005 Indoor:** Ran in the 800M and mile with her best time in the 800M (2:41.77) at Monmouth College...DMR relay placed 1st at Illinois College Quad (14:20.82). **Personal:** Human Services major.



## **Angie Hawk, Senior, Jumps/Relays**

**Three varsity letters**

**Decatur, Illinois (Argenta-Oreana H.S.)**

2006 Captain. **2005 Outdoor:** Earned 6th place and All-America honors at NCAA Outdoor Championships in triple jump (39-0.25)...Team's Most Outstanding Jumper...Placed 2nd long jump at Millikin Classic (16-7.75) and 5th at the CCIW Championship (17-3.5)...Won triple jump at Wash U. Invite (36-11.75), Rose-Hulman Twilight Meet (36-2.25), Millikin Classic (37-2.5) and Rhodes (38-2.5) while finishing 2nd at CCIW (37-1)...Ran in 400M relay. **2005 Indoor:** NCAA qualifier in triple jump placing 11th (36-11.5)...Won triple jump at Rose-Hulman Invite (35-8.5), Illinois College Quad (36-11.5) and DePauw Last Chance Meet (38-0)...Won long jump at Rose-Hulman Invite (16-1.5). **2004 Indoor:** Sixth at NCAA Championships in triple jump to earn All-America...Finished first in triple jump at Illinois College Invitational, Rose-Hulman, and Last Chance...Hit four provisional marks-best was 38-6, which also set school record. **2004 Outdoor:** Seventh at NCAA in triple jump (39-3.75) to earn All-America...Finished first in long jump (17-4.25) at Millikin Opener...Finished first in triple jump at Rose-Hulman Invitational (38-0.75), Keck Invitational (37-1.25), Millikin Opener (38-7.5), Big Blue Open (37-8.5), and CCIW (37-10.75). **2003 Indoor:** Finished 6th at NCAA meet and earned All-America honors with a triple jump of 38-1.25, tying her own Millikin record...Set new CCIW record with jump of championship jump of 38-1.25...Won four of six competitions up to NCAA meet...Finished first in high jump (4-10) at Rose-Hulman. **2003 Outdoor:** Finished 6th at NCAA meet with a triple jump of 39-8 and All-America honors...In triple jump, recorded five provisional and two automatic NCAA qualifying jumps with three Millikin records (most recent 39-10.75) and one CCIW record (38-6.75 for championship)...Won every triple jump competition up to NCAA meet...Set and broke own Millikin record in the long jump at SIUE (17-4.25, 3rd)...Finished 4th at MU Opener in the 100M (13.53)...All-CCIW in triple jump and long jumps...Named 2003 Most Outstanding Jumper and Rookie of the Year. **Personal:** Fitness & Sport major.



## **Carsen Himes, Sophomore, Throws**

**One varsity letter**

**Assumption, Illinois (Central A&M H.S.)**

**2005 Outdoor:** Won discus at Rose-Hulman (117-6) and Rhodes (121-5) while finishing 2nd at the Millikin Classic (120-8) and 3rd at the CCIW Championships (123-9). **Personal:** Athletic Training...Member of Millikin basketball team.



## **Michelle King, Sophomore, Distance**

**One varsity letter**

**Sterling, Illinois (Sterling H.S.)**

**2005 Outdoor:** Ran in the 1500M and 800M...Season's top time in 1500M (5:13.82)... Ran in the 1600M relay. **2005 Indoor:** Ran in mile, 800M and DMR...DMR relay won at Illinois College Quad (14:20.82). **Personal:** Fitness & Sport major.



## **Ashley Schmidt, Sophomore, Distance**

**One varsity letter**

**Burbank, Illinois (Reavis H.S.)**

**2005 Outdoor:** Ran in the 5000M and placed 5th at the Millikin Classic (19:56.79)...Also ran 1500M and 1600M relay. **2005 Indoor:** Ran in the 3000M and 5000M...Top 3000M time of 11:40.74. **Personal:** Business major.

# returning letter winner profiles



**Amanda Shumaker, Junior, Sprints/Relays**  
**Normal, Illinois (Normal H.S.)**

**Two varsity letters**

**2006 Captain. 2005 Outdoor:** Placed 5th at the Millikin Classic in the 100M (13.42) and 12th at CCIW (13.12)...9th in the 200M at the Millikin Classic (28.00)...1600M relay team placed 4th at CCIW Championships (4:16.20)...Also ran the 400M and 400M relay. **2005 Indoor:** Ran 200M and 55M...Fastest 55M time of 7.83...Also ran 800M relay. **2004 Indoor:** Finished third in 55M at Rose-Hulman (7.83)...Member of sprint medley team that finished first and set school record at Illinois College Quad (4:55.10). **2004**

**Outdoor:** Finished fourth in 100M at Millikin Opener (13.31)...Member of 400M relay teams that finished second at Keck Invitational and Millikin Opener. **Personal:** Nursing major.



**Lauren Szczerski, Sophomore, Distance**  
**Arlington Heights, Illinois (Buffalo Grove H.S.)**

**One varsity letter**

**2005 Outdoor:** Placed 5th in the 1500M at the Millikin Classic (5:18.62)...8th in the steeplechase at CCIW Championships (12:38.54)...Also ran in the 1600M relay. **2005 Indoor:** Ran in the 3000M and 1600M relay. **Personal:** Art Education.



**Amanda Uribe, Senior, Distance**  
**Bourbonnais, Illinois (Bradley-Bourbonnais H.S.)**

**Three varsity letters**

**2005 Outdoor:** Ran 1500M, 800M and 1600M relay...4th at Millikin Classic in the 800M (2:28.91). **2005 Indoor:** Ran 800M and DMR. **2004 Indoor:** Finished third in 800M at Illinois College Invitational (2:43.23) and Rose-Hulman (2:38.10)...Member of 1600M relay team that finished third at Rose-Hulman (4:45.93). **2004 Outdoor:** Finished fourth in 800M at Millikin Opener (2:37.95)...Finished third in steeplechase at SIU-E Twilight (13:19.74). **2003 Indoor:** Finished 22nd at DePauw in the 800M (2:38.05). **2003**

**Outdoor:** Sixth place finish at Millikin Opener in the 1,500M (5:41.44) and 37th at Wash U. in the 800M (2:37.54). **Personal:** Nursing major.



**Jamie Virzi, Senior, Distance**  
**Fontana, Wis. (Elmhurst, Ill., York)**

**Two varsity letters**

**2005 Outdoor:** Ran 1500M and 800M with best 800M time of 2:35.59...Also ran in the DMR. **2005 Indoor:** Ran in the 1500M, 800M and mile...Top mile time of 5:53.16...DMR placed 1st at Illinois College Quad (14:20.82). **2004 Indoor:** Finished second in 800M (2:42.44) and third in 1500M at Illinois College Invitational...Member of DMR team that finished third at Illinois College Quad (14:32.84). **2004 Outdoor:** Member of 1600M relay team that finished third at Millikin Opener (4:51.85)...Finished in top 10 in 800M at Millikin Classic and Big Blue Open. **2003 Indoor:** Set new Millikin record in the 800M at the DePauw Last Chance Meet (2:30.37, 6th)...Finished 10th at CCIW in the 1,500M (5:21.47)...Member of DMR record relay (13:31.61). **2003 Outdoor:** Season-best time in the 1,500M at Millikin Classic (5:11.09, 5th) and 800M at SIUE (2:20.64, 11th). **Personal:** Biology major.



**Tonya Winter, Junior, Throws**  
**Seneca, Illinois (Seneca H.S.)**

**Two varsity letters**

**2006 Captain. 2005 Outdoor:** Team's Most Outstanding Thrower...Won shot put at Rhodes (37-7.25) and Millikin Classic (41-9.75) and placed 3rd at CCIW (39-1)...Set new record with 41-9.75 toss at Millikin Classic. **2005 Indoor:** Won shot put at Rose-Hulman Invite (36-6.25). **2004 Indoor:** Finished first in shot put at Rose-Hulman (37-3.25)...Set school record in shot put and earned fourth place at CCIW (39-6.5). **2004 Outdoor:** Finished fifth in javelin at Millikin Opener (71-2) and Big Blue Open (65-0)...Earned first place honors in shot put at Keck Invitational (38-9) and Millikin Opener (37-6.75). **Personal:** Accounting and Finance majors.



**Courtney Woodward, Junior, Sprints/Hurdles/Relays**  
**Dixon, Illinois (Dixon H.S.)**

**Two varsity letters**

**2005 Outdoor:** Placed 2nd in 400M hurdles at Millikin Classic (1:11.54) and finished 9th at CCIW Championships (1:09.48)...1600M relay team placed 4th at CCIW (4:16.20) and 400M relay team placed 6th (50.80). **2005 Indoor:** Participated in the 400M, 55M hurdles and the shot put...Best 55M time of 9.62. **2004 Indoor:** Member of 1600M relay team that finished first at Illinois College Invitational (4:22.38)...Finished second in 400M at Illinois College Invitational (1:06.01)...Finished second in 55M hurdles at Illinois College Invitational (9.87)...Member of sprint medley team that finished first and set school record at Illinois College Quad (4:55.10). **2004 Outdoor:** Earned first place in 100M hurdles at Rose-Hulman Invitational (17.8) and Millikin Opener (17.36)...Member of 1600M relay team that finished first at Millikin Opener (4:18.46)...Set school record in 400 hurdles at CCIW (1:07.04)...Finished first in 400M hurdles at Big Blue Open (1:11.81) and Rose-Hulman Invitational (1:12.3). **Personal:** Athletic Training major.



*Visit our website for the latest news  
and information on all your favorite  
Big Blue athletic teams.*

[www.mubigblue.com](http://www.mubigblue.com)

# 2005 performance lists - women

Indoor			Outdoor		
SHOT PUT	Tonya Winter	11.54m/37-10.5	SHOT PUT	Tonya Winter	12.74m/41-9.75
	Jema Barnes	10.82m/35-6		Jema Barnes	10.97m/36-0
	Courtney Woodward	6.68m/21-11	DISCUS	Carsen Himes	37.73m/123-9
WEIGHT THROW	Jema Barnes	9.71m/31-10.25	HAMMER	Jema Barnes	27.43m/90-0
LONG JUMP	Angie Hawk	4.91m/16-1.5	JAVELIN	Kathy Jones	26.97m/88-6
TRIPLE JUMP	Angie Hawk	11.58m/38-0		Courtney Woodward	16.73m/54-11
	Brittney Jones	10.26m/33-9.25	LONG JUMP	Angie Hawk	5.27m/17-3.5
POLE VAULT	Becky Machen	2.24m/7-4.25	TRIPLE JUMP	Angie Hawk	11.89m/39-0.25
HIGH JUMP			HIGH JUMP		
55 METER DASH	Amanda Shumaker	7.76	POLE VAULT	Becky Machen	2.43m/8-0
200 METER DASH	Kelly Clark	27.70	HEPTATHLON		
	Amanda Shumaker	29.05	100 METER DASH	Amanda Shumaker	12.95
	Elizabeth Guinea	30.99	200 METER DASH	Kelly Clark	26.73
400 METER DASH	Kelly Clark	1:01.78		Amanda Shumaker	27.33
	Courtney Woodward	1:07.18		Elizabeth Guinea	30.11
	Elizabeth Guinea	1:07.72	400 METER DASH	Kelly Clark	59.42
	Kristi Jackowski	1:08.01		Amanda Shumaker	1:04.47
800 METER RUN	Kelli Stratmeyer	2:29.33		Elizabeth Guinea	1:07.77
	Amanda Uribe	2:34.26	800 METER RUN	Amanda Uribe	2:28.91
	Michelle King	2:37.46		Michelle King	2:33.54
	Cassie Gonzales	2:41.06		Joan Sebby	2:33.60
	Kasey Gosch	2:41.77		Jamie Virzi	2:35.59
	Jamie Virzi	2:48.28		Brittin Haurly	2:36.38
1500 METER RUN	Jamie Virzi	5:46.15		Kasey Gosch	2:38.94
MILE RUN	Kelli Stratmeyer	5:30.01		Cassie Gonzales	2:43.51
	Rachel Kirleis	5:36.68	1,500 METER RUN	Kelli Stratmeyer	5:07.16
	Michelle King	5:46.47		Joan Sebby	5:09.12
	Jamie Virzi	5:53.16		Rachel Kirleis	5:11.36
	Cassie Gonzales	5:57.93		Michelle King	5:13.82
	Kasey Gosch	6:04.16		Lauren Szczerski	5:17.56
	Lisa Landacre	7:09.95		Ashley Schmidt	5:19.51
3,000 METER RUN	Kelli Stratmeyer	11:09.69		Jamie Virzi	5:27.31
	Rachel Kirleis	11:17.85		Amanda Uribe	5:27.56
	Lauren Szczerski	11:38.20		Cassie Gonzales	5:30.55
	Ashley Schmidt	11:40.74		Kasey Gosch	5:35.34
	Anna Henkel	12:54.21		Anna Henkel	5:49.44
	Lori Landacre	13:16.12		Lori Landacre	6:18.56
	Lisa Landacre	14:04.45		Lisa Landacre	6:42.74
5,000 METER RUN	Kelli Strameyer	19:18.29	3,000 METER STEEPLE	Kelli Stratmeyer	12:23.08
	Rachel Kirleis	19:35.68		Lauren Szczerski	12:38.54
	Ashley Schmidt	20:10.78	5,000 METER RUN	Rachel Kirleis	19:12.58
	Anna Henkel	22:36.88		Kelli Stratmeyer	19:52.38
	Lori Landacre	22:59.41		Ashley Schmidt	19:56.79
	Lisa Landacre	25:17.61		Lauren Szczerski	20:11.94
55 METER HURDLES	Courtney Woodward	9.62		Anna Henkel	22:13.89
				Lori Landacre	23:08.17
800M RELAY		1:53.22		Lisa Landacre	24:46.57
Amanda Shumaker, Angie Hawk, Brittney Jones, Kelly Clark			10,000 METER RUN	Rachel Kirleis	39:44.82
1,600M RELAY		4:36.99		Lori Landacre	48:04.70
Rachel Kirleis, Kelli Stratmeyer, Amanda Uribe, Michelle King			100M HIGH HURDLES		
3,200M RELAY		10:23.17	400M INTERMEDIATES	Courtney Woodward	1:09.48
Kasey Gosch, Cassie Gonzales, Michelle King, Amanda Uribe			400 METER RELAY		50.80
DISTANCE MEDLEY RELAY		13:44.44	Angie Hawk, Courtney Woodward, Amanda Shumaker, Kelly Clark		
Kelli Stratmeyer, Amanda Uribe, Michelle King, Cassie Gonzales			1,600 METER RELAY		4:16.20
			Kelly Clark, Courtney Woodward, Amanda Shumaker, Amanda Uribe		

# big blue record book - women

## Indoor Records

55 Meters Dash: 7.33, Felicia Britton, 2/27/98  
60 Meter Dash: 8.18, Jennifer Scull, 2/15/02  
200 Meters: 26.26, Felicia Britton, 2/27/98  
400 Meters: 59.60, Jennifer Scull, 3/01/03  
600 Meters: 1:52.21, Angel Colón, 2/15/03  
800 Meters: 2:29.33, Kelli Stratmeyer, 3/4/05  
1000 Meters: 3:21.01, Michelle Malo  
1500 Meters: 5:06.92, Sarah Mallory, 2/10/01  
1 Mile Run: 5:30.01, Kelli Stratmeyer, 2/19/05  
3000 Meters: 11:09.69, Kelli Stratmeyer, 1/29/05  
3 Mile Run: 18:35, Tracey Ciota  
5000 Meters: 19:18.29, Kelli Stratmeyer, 2/5/05  
55 Meters Hurdles: 8.44, Ali Davis, 2/18/95  
60 Meter Hurdles: 9.57, Gloria Banks, 2/16/01  
200 Meters Hurdles: 31.89, Marianne Stanton, 2/25/95  
800-Meter Relay: 1:47.35, April Scull, Jennifer Scull, Julie Golden, Rachel Thomas, 3/01/03  
1600-Meter Relay: 4:10.96, April Scull, Shannon Kronmiller, Jennifer Scull, Kelly Clark, 2/15/02  
Sprint Medley Relay: 4:42.95, Julie Golden, Jamie Bowen, April Scull, Kelli Stratmeyer, 2/14/04  
3200-Meter Relay: 10:16.00, Sarah Mallory, **Cassie Gonzales, Amanda Uribe**, Angel Colón, 3/01/03  
Distance Medley Relay: 13:31.61, Sarah Mallory, Angel Colón, **Jamie Virzi, Cassie Gonzales**, 3/01/03  
High Jump: 5-0 (1.53 meters), Kim Stengel, 3/06/98; 5-0 (1.53 meters), Nancy Kuchar, 2/10/01  
Long Jump: 16-8.25 (5.09 meters), Lauren Hedenschoug, 2/07/04  
Triple Jump: 38-6 (11.73 meters), **Angie Hawk**, 2/20/04  
Pole Vault: 9-0 (2.76 meters), Jennifer Vlasaty, 2/15/02  
Weight Throw: 33-4.75 (10.18 meters), Heidi Anderson, 3/01/03  
Shot Put: 39-6.5 (12.05 meters), **Tonya Winter**, 2/28/04

## Outdoor Records

100 Meters: 12.24, Felicia Britton, 5-2-98  
200 Meters: 25.02, Felicia Britton, 5-17-96  
400 Meters: 58.58, Jennifer Scull, 5-3-02  
800 Meters: 2:21.4, Cyndi Wells, 5-20-88  
1,500 Meters: 4:53.3, Cyndi Wells, 4-30-88  
3,000 Meters: 11:10.55, Karen DeWerff Stiner, 5-7-88  
5,000 Meters: 19:08.31, Joan Sebbby, 5-3-03  
10,000 Meters: 39:08.30, Amanda Landacre, 5-4-01  
100-Meter Hurdles: 14.52, Ali Davis, 4-29-95  
400-Meter Hurdles: 1:07.04, **Courtney Woodward**, 5-7-04  
3,000 Steeplechase: 12:00.7, Sarah Mallory, 5-17-02-(Short Pit)  
12:00.66, Sarah Mallory, 5-3-02-(Long Pit)  
4 x 100-Meter Relay: 48.75, Rachel Thomas, Julie Golden, Jennifer Scull, Cathy Curry, 5-21-04  
4 x 200-Meter Relay: 1:46.03, Rachel Thomas, Julie Golden, Jennifer Scull, Jamie Bowen, 4-23-04  
4 x 400-Meter Relay: 4:01.38, Kelly Clark, Cathy Curry, Jennifer Scull, Rachel Thomas, 5-8-04  
4 x 800-Meter Relay: 10:40.3, Peggy Brennan, Libby Dewey, Karen DeWerff Stiner, Cyndi Wells, 4-30-88  
High Jump: 5' 4" (1.62 meters), Tracy Garvey, 4-10-80  
Long Jump: 17' 4.25" (5.29 meters), **Angie Hawk**, 4-26-03  
Triple Jump: 39' 10.75" (12.16 meters), **Angie Hawk**, 4-12-03  
Discus: 139'2.5" (42.43 meters), Theresa Daiber, 4-24-82  
Shot Put: 41'9.75" (12.74 meters), **Tonya Winter**, 4-16-05  
Hammer: 124'1" (37.82 meters), Heidi Anderson, 5-10-03  
Javelin: 143' 4.5" (43.70 meters), Leslie Waddell, 4-28-83 (Old Javelin);  
117'0" (35.66 meters), Kristin Kwasny, 5-3-02 (New Javelin 1999)  
Pole Vault: 10'4" (3.15 meters), Stephanie Koback, 5-1-04  
Heptathlon: 3,915, Brenda Hogan, 1981 (Old Javelin)  
3,525, Kim Stengel, 4-30/5-1-99 (New Javelin 1999)

Returning Athletes in **Bold**.



Kelli Stratmeyer, a 2005 graduate, holds five indoor records.

# women's 2005 award winners

---



**Most Outstanding Performer - Thrower**  
Tonya Winter

**Most Outstanding Performer - Jumper**  
Angie Hawk

**Most Outstanding Performer - Sprinter**  
Kelly Clark

**Most Outstanding Performer - Distance**  
Rachel Kirleis, Kelli Stratmeyer

**2006 Captains**  
Jema Barnes, Angie Hawk, Amanda Shumaker,  
Amanda Uribe, Tonya Winter

# men's 2005 award winners

---



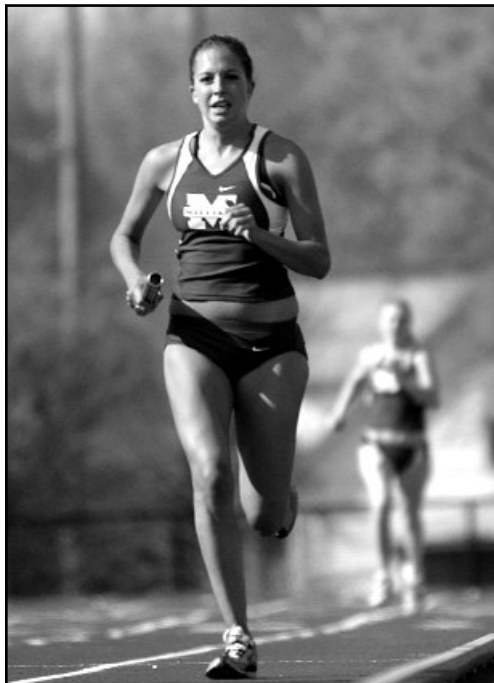
**Most Outstanding Performer - Thrower**  
Lance Brooks

**Most Outstanding Performer - Jumper**  
Jordan Thomas

**Most Outstanding Performer - Sprinter**  
Frank Taylor

**Most Outstanding Performer - Distance**  
Larry Huffman

**2006 Captains**  
Lance Brooks, David Cluver, Erik Julson, Will Mosher, Demere Winston



# big blue all americans

## Millikin Men's Indoor All-Americans

1985	Deverick Lampley, 55M, 5th
1987	Jeff Query, 55M, 4th
1988	Jeff Query, 55M, 4th Curt Reed, 55M Hurdles, 5th
1997	Tige Butts, Shot Put, 5th
1998	Carl Alexander, 55M Dash, 5th Servera Gilbert, Shot Put, 4th
1999	Servera Gilbert, Shot Put, 3rd
2000	Carl Alexander, Long Jump, 2nd

## Millikin Men's Outdoor All-Americans

1981	Mike Jackson, 800M, 7th
1982	Al Sheriff, High Jump, 6th
1983	Deverick Lampley, 100M, 6th Al Sheriff, High Jump, 3rd
1984	Deverick Lampley, 100M, 4th Deverick Lampley, 200M, 4th Curt Stiner, 800M, 7th Dave Hessel, 400M Relay, 2nd Jeff Klinck, 400M Relay, 2nd Deverick Lampley, 400M Relay, 2nd Richie Minor, 400M Relay, 2nd
1985	Greg Hines, 110 High Hurdles, 8th Deverick Lampley, 100M, 7th Deverick Lampley, 200M, 7th Curt Stiner, 800M, 7th Kevin Brown, 400M Relay, 6th Jeff Klinck, 400M Relay, 6th Deverick Lampley, 400M Relay, 6th Richie Minor, 400M Relay, 6th
1987	Jeff Query, 100M, 5th Jeff Query, 200M, 5th Jeff Query, 400M, Relay 5th Curt Reed, 400M, Relay 5th Aaron Rodgers, 400M Relay, 5th Chris Thomas, 400M Relay, 5th
1988	Jeff Query, 100M, 5th
1990	Mike Hall, Long Jump, 7th

1991	Mike Hall, 400M Relay, 5th Dan Nieves, 400M Relay, 5th Mike Weideman, 400M Relay, 5th Scott Atkins, 400M Relay, 5th Matt Plater, Discus, 8th
1992	Mike Hall, 400M Relay, 7th Mike Weideman, 400M Relay, 7th Dave Peabody, 400M Relay, 7th Kent Holthaus, 400M Relay, 7th
1994	Dave Peabody, Long Jump, 8th
1997	Servera Gilbert, Shot Put, 5th
1998	Carl Alexander, 100M Dash, 1st Carl Alexander, 200M Dash, 4th Servera Gilbert, Shot Put, 3rd
1999	Servera Gilbert, Shot Put, 2nd Carl Alexander, 100M Dash, 4th Carl Alexander, 200M Dash, 4th Carl Alexander, Long Jump, 6th
2000	Carl Alexander, Long Jump, 2nd Carl Alexander, 200M Dash, 5th
2002	Corey Jefferson, 100M Dash, 4th
2004	Marcus Winston, 100M Dash, 8th

## Millikin Women's Indoor All-Americans

2003	<b>Angie Hawk</b> , Triple Jump, 6th
2004	<b>Angie Hawk</b> , Triple Jump, 7th

## Millikin Women's Outdoor All-Americans

1982	Brenda Hogan, Javelin, 3rd Theresa Daiber, Discus, 3rd
1983	Leslie Waddell, Javelin, 6th
1994	Ali Davis, 100 M Hurdles, 5th
1995	Ali Davis, 100 M Hurdles, 7th
2003	<b>Angie Hawk</b> , Triple Jump, 6th
2004	<b>Angie Hawk</b> , Triple Jump, 7th
2005	<b>Angie Hawk</b> , Triple Jump, 6th

Returning Athletes in **Bold**.

## track & field magazine credits

The 2006 Track & Field Magazine was prepared by Sports Information Director Julie Farr with assistance from intern Katie Wood. Cover design by Chris Weibring. Photography by Chase Agnello-Dean.

**On the Cover (L-R)** - Senior Lance Brooks, Junior Frank Taylor, Senior Angie Hawk.

**CCIW website** - [www.cciw.org](http://www.cciw.org)

# cciw history



**60 Years of Excellence  
in Athletics and Academics**

Augustana • Carthage • Elmhurst • Illinois Wesleyan  
Millikin • North Central • North Park • Wheaton

The College Conference of Illinois and Wisconsin (CCIW) celebrates its 60th year this season. Millikin is one of the four charter members with uninterrupted membership.

In National Collegiate Athletic Association Division III competition, CCIW schools have won 31 titles in 59 years of league competition. The schools have won seven titles in men's basketball, two in women's bas-

ketball, 11 in men's cross country, four in football, four in men's swimming, one in men's soccer, one in women's soccer, two in men's outdoor track & field, one in men's indoor track & field and two in volleyball.

The original nine-member league was formed at a meeting in Jacksonville, Ill. on April 26, 1946, and began competition during the 1946-47 school year as the College Conference of Illinois. The name was changed in May 1967 to recognize the two Wisconsin schools, Carroll and Carthage. Charter members were Millikin, Augustana, Carthage (then located in Illinois), Elmhurst, Illinois College, Illinois Wesleyan, Lake Forest, North Central and Wheaton.

Carthage left in 1952 and returned in 1961, while Illinois College departed in 1953 and Lake Forest left in 1967. Wheaton left in 1959 and returned in 1967, and Elmhurst dropped out in 1960 only to return in 1967. Carroll joined in 1955 and left in 1992 and North Park became a member in 1962.

Originally staging competition only for men, women's sports were added to the CCIW slate in 1986.

## **CCIW Facts**

CCIW Sports Information Director - Mike Krizman

Phone: 630.637.5719

CCIW Fax: 630.637.5694

CCIW Website: [www.cciw.org](http://www.cciw.org)

## **CCIW Members**

Augustana College  
Carthage College  
Elmhurst College  
Illinois Wesleyan University  
Millikin University  
North Central College  
North Park University  
Wheaton College

Rock Island, Illinois  
Kenosha, Wisconsin  
Elmhurst, Illinois  
Bloomington, Illinois  
Decatur, Illinois  
Naperville, Illinois  
Chicago, Illinois  
Wheaton, Illinois



# 2005 standings - men



Indoor Team	Score
1. North Central	186
2. Carthage	126.5
3. Illinois Wesleyan	117
4. Augustana	95.5
5. Wheaton	48.5
6. Elmhurst	42
7. Millikin	41
8. North Park	6.5

Outdoor Team	Score
1. North Central	214
2. Carthage	150.5
3. Augustana	116.5
4. Wheaton	103.5
5. Illinois Wesleyan	97.5
6. Elmhurst	68
7. Millikin	61
8. North Park	8



# 2005 standings - women

---

Indoor Team	Score	Outdoor Team	Score
1. Carthage	163	1. Carthage	186
2. North Central	130	2. Augustana	154
3. Augustana	106	3. Illinois Wesleyan	143
4. Illinois Wesleyan	94	4. North Central	125
5. Wheaton	80	5. Wheaton	108
6. North Park	36	<b>6. Millikin</b>	<b>50</b>
<b>7. Millikin</b>	<b>25</b>	7. North Park	26
8. Elmhurst	24	8. Elmhurst	25



# millikin's cciw champions

---

## Men Outdoor CCIW Champions

1953 Paul Jones, Long Jump  
John Luttrell, 880  
Dick Quisenberry, 220  
Dick Quisenberry, 440  
Jim Ballowe, Mile Relay  
Dan Elam, Mile Relay  
Dick Quisenberry, Mile Relay  
Doug Warford, Mile Relay  
1961 Larry Berry, Two Mile  
1962 Tom Ashman, High Jump  
Earl DeWerff, 220 Low Hurdles  
1963 Tom Ashman, High Jump  
Benny Bennet, 220  
Jim Jackson, 100  
Jim Jackson, 220 Low Hurdles  
1964 Mike Fike, 220 Low Hurdles  
Warren Waters, 120 High Hurdles  
1965 Warren Waters, 120 High Hurdles  
1966 Tim Henebry, Pole Vault  
1967 Jim Hodges, Discus  
1969 Ollie Mack, 440  
1971 Ollie Mack, 440  
Jim Mendenhall, 440 Hurdles  
Larry Young, High Jump  
1974 Kent Phillips, Long Jump  
Steve Schepper, 120 High Hurdles  
1975 Ken Russell, High Jump  
Steve Schepper, 120 High Hurdles  
1976 Ken Russell, High Jump  
1981 Mike Jackson, 800

1982 Mike Jackson, 800  
Mike Shamhart, Long Jump  
Martin Heller, 400M Relay  
David Hessel, 400M Relay  
Jeff Klinck, 400M Relay  
Jim Perryman, 400M Relay  
1983 Mike Jackson, 1500M  
Deverick Lampley, 100M  
Deverick Lampley, 200M  
Al Sheriff, High Jump  
Marty Heller, 400M Relay  
Jeff Klinck, 400M Relay  
Deverick Lampley, 400M Relay  
Jim Perryman, 400M Relay  
Dave Hessel, 1600M Relay  
Mike Jackson, 1600M Relay  
Jeff Klinck, 1600M Relay  
Curt Stiner, 1600M Relay  
1984 Carl Fliggins, Javelin  
Deverick Lampley, 100M  
Deverick Lampley, 200M  
Curt Stiner, 400M  
Dave Hessel, 400M Relay  
Jeff Klinck, 400M Relay  
Deverick Lampley, 400M Relay  
Richie Minor, 400M Relay  
1985 Greg Hines, 110M Hurdles  
Deverick Lampley, 100M  
Deverick Lampley, 200M

# millikin's cciw champions



1986	Chad Bolin, Triple Jump Scot Colver, Steeplechase Gregg DeVries, Javelin Jeff Query, 100M Curt Stiner, 800M	2001	Matt Hosey, 400 Intermediate Hurdles Rob Assise, Javelin
1987	Gregg DeVries, Javelin Jeff Query, 100M Jeff Query, 200M Jeff Query, 400M Relay Curt Reed, 400M Relay Aaron Rodgers, 400M Relay Chris Thomas, 400M Relay	2002	Corey Jefferson, 100M Corey Jefferson, 400M Relay Marcus Winston, 400M Relay Nate Wentworth, 400M Relay Dirk Doebling, 400M Relay
1988	Jeff Query, 100M Jeff Query, 200M	2003	Rob Assise, Javelin Mike Marker, 400M Relay <b>Seantaé Holland</b> , 400M Relay Frank Safranski, 400M Relay Matt Hosey, 400M Relay
1989	Geoff Schoonover, 100M	2004	<b>Frank Taylor</b> , 100M <b>Frank Taylor</b> , 200M <b>Frank Taylor</b> , 400M Relay <b>Seantaé Holland</b> , 400M Relay Frank Safranski, 400M Relay Matt Hosey, 400M Relay
1990	Scott Atkins, 400M Relay Mike Hall, 400M Relay Geoff Schoonover, 400M Relay Mike Weideman, 400M Relay	2005	<b>Jordan Thomas</b> , High Jump <b>Lance Brooks</b> , Discus
1991	Scott Atkins, 400M Relay Mike Hall, 400M Relay Dan Nieves, 400M Relay Mike Weideman, 400M Relay Matt Plater, Discus Mike Weideman, 100M Mike Hall, Long Jump	<b>Men Indoor CCIW Champions</b>	
1992	Mike Hall, Long Jump Mike Hall, 400M Relay LaJhaune Scott, 400M Relay Dave Peabody, 400M Relay Mike Weideman, 400M Relay	2002	Corey Jefferson, 55 Meter Dash
1993	Mike Hall, 100M	2004	Frank Safranski, 55 Meter Dash <b>Jordan Thomas</b> , High Jump
1994	Dave Peabody, Long Jump Jason Franklin, Decathlon	<b>Women Indoor CCIW Champions</b>	
1995	Matt Jenkins, Javelin	2003	<b>Angie Hawk</b> , Triple Jump
1996	Tige Butts, Discus	<b>Women Outdoor CCIW Champions</b>	
1997	Tige Butts, Shot Put	1990	Stacey Beavins, Javelin
1998	Carl Alexander, 100M Carl Alexander, Long Jump Servera Gilbert, Shot Put	1995	Jennifer Myers, Javelin Ali Davis, 100M Hurdles
1999	Servera Gilbert, Shot Put Carl Alexander, 100M Carl Alexander, 200M Carl Alexander, Long Jump	1996	Felicia Britton, 100M Felicia Britton, 200M Ali Davis, 100M Hurdles
2000	Carl Alexander, 100M Carl Alexander, 200M Carl Alexander, Long Jump Josh Ward, Hammer (Exhibition event)	1998	Felicia Britton, 100M Felicia Britton, 200M
		2003	<b>Angie Hawk</b> , Triple Jump
		2004	<b>Angie Hawk</b> , Triple Jump
		Returning Athletes in <b>Bold</b> .	

# What's New at

# Millikin



## ADM-Scovill Hall

Tabor School of Business students and faculty now enjoy a prominent new home on the west side of campus. ADM-Scovill Hall

recently underwent a \$6 million renovation to become a fully wireless building with “smart” classrooms, breakout learning areas, 24-hour computer labs and an a la carte café. Stop in to witness how Tabor students learn business by doing business.

### Learning Business by Doing Business

#### Undergraduate Programs

- Accounting
- Business Management
- Entrepreneurship
- Finance
- International Business
- Management Information Systems
- Marketing

#### Center for Entrepreneurship

Service Corps of Retired  
Executives (SCORE)  
Chapter 296

#### Graduate Program (MBA)

### Contact Us

Tabor School of Business  
217-424-6285



# See *U!* at Millikin

*James Millikin dreamed  
of a university  
"where the  
scientific,  
the practical,  
and the  
industrial  
shall have a  
place of equal  
importance, ...  
with the literary  
and the classical."*

*More than 100 years later,  
Millikin continues to be a  
place where students learn  
by doing, where hard work  
is rewarded, and where  
nearly **anything** is  
possible.*





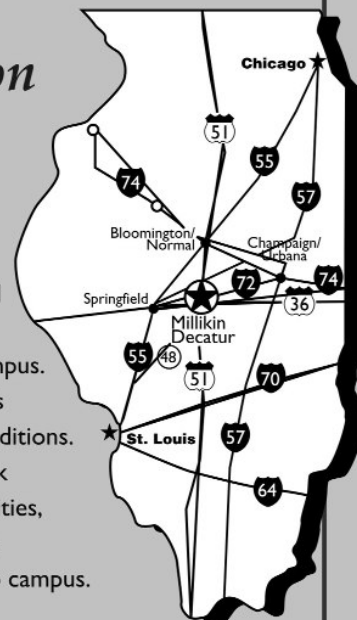
# Quick Facts

Founded:	1901
Campus Size:	75 acres
Academic Terms:	Fall and Spring Semesters, Summer Sessions, Immersions
Student Body:	2,400 students from 29 different states and four countries 45% male, 55% female
Average Class:	23 students
Student Housing:	10 all-men, all-women, and co-ed residence halls
Faculty:	138 (full-time) 83% have terminal degrees
Student/Faculty Ratio:	13.7 to 1
Athletics:	20 NCAA Division III men's and women's sports, College Conference of Illinois and Wisconsin (CCIW), Fall & Spring Intramurals
Tuition:	\$20,696

*99% of our graduates get jobs or go onto graduate/professional school within six months of graduation*

## Located in the heartland

Situated in Decatur, the midpoint of Illinois, Millikin is within two hours driving distance of St. Louis and three hours of Chicago. Local comforts include downtown shopping and quaint restaurants just a few blocks from campus. Lock Stock & Barrel (LSB), Robbie's and Del's Popcorn Shop are three Decatur culinary traditions. Decatur also bodes a much-talked-about park system and lake with outstanding golfing facilities, biking trails, and zoo. Fairview Park's 1.5-mile biking/walking trail is immediately adjacent to campus.



# Visit and *Apply*



## **2005-2006 Campus Visit Programs**

*Saturday, September 24, 2005 • Monday, October 10, 2005 (Columbus Day) • Friday, November 11, 2005 (Veteran's Day) • Monday, January 16, 2006 (MLK Jr. Day) • Monday, February 20, 2006 (President's Day)*

## **Individual Visits**

*Monday - Friday, 8 a.m.-5 p.m. CST (year-round) • Saturday, 9 a.m.-1 p.m. CST (September through May except holidays and Campus Visit Programs)*

## **Contact Information**

*Office of Admission  
(800) 373-7733, press 5  
(217) 424-6210  
admis@millikin.edu*

*Student Service Center  
(for financial aid inquiries)  
(800) 373-7733, press 1  
(217) 424-6317  
studentservicecenter  
@millikin.edu*

## **How to Apply**

Millikin's free online or paper application is accepted on a rolling basis. Applicants are required to submit the following information to our Office of Admission:

- Millikin University Application for Admission ([www.millikin.edu/apply](http://www.millikin.edu/apply))
- SAT or ACT results
- High School/College Transcripts
- Recommendations: Guidance Counselor and Faculty Member

## **Transfer Students Welcome**

Approximately 20% of each entering class is comprised of transfer students. Our Registrar works with transfers to ensure that most, if not all, credits transfer. Applicants must have completed 12 or more credits with a grade of "C" or better from an approved institution. Millikin recognizes the Illinois Articulation Initiative (IAI).

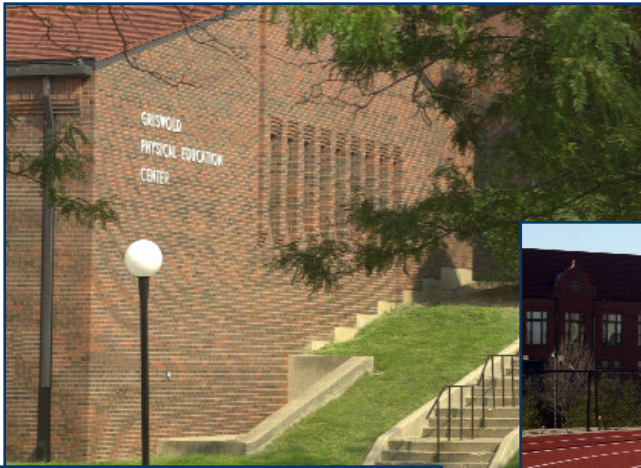
## **An Incredible Value**

A college education is a tremendous investment. Our students' success clearly indicates how valuable a Millikin education is today and will be tomorrow. Our students learn by doing and extend beyond themselves every semester they're here. This hands-on approach has led to a **99% success rate after graduation**. Couple that with our outstanding faculty, personal attention, and four-year graduation rate, and you begin to get the picture.

Last year, 97% of Millikin students received financial aid totaling more than \$26 million. Millikin offers aid in the form of need-based and merit-based scholarships, talent awards, loans and student employment. Contact our Student Service Center to discover what financial resources are available to support this life investment.

[www.millikin.edu](http://www.millikin.edu)

# big blue athletic facilities



## Griswold Physical Education Center

Griswold Center is perfect for the intercollegiate athlete or intramural player. The Center provides a gymnasium to seat 3,052, a running track and three regulation-size basketball courts. Millikin hosts several high school tournaments and games including the annual IHSA Class A Supersectionals. Recent renovations include new

bleachers on the west side, a fresh coat of paint, a new gym floor design and new scoreboards.

The men's and women's basketball, women's volleyball and men's wrestling teams also compete in Griswold Center's gym and its six-lane McIntosh Pool is home to the Big Blue men's and women's swim teams. The building also houses classrooms, staff offices, athletic training facilities and locker rooms.

Just north of Griswold Center, Millikin's track & field teams take advantage of 1997 renovations that included an eight-lane, all-weather track. The USATF Youth Athletic Championships were held on the track in both 2000 and 2001 and Millikin also hosted the NCAA Division III Outdoor Track & Field Championships in 2001 and 2004.

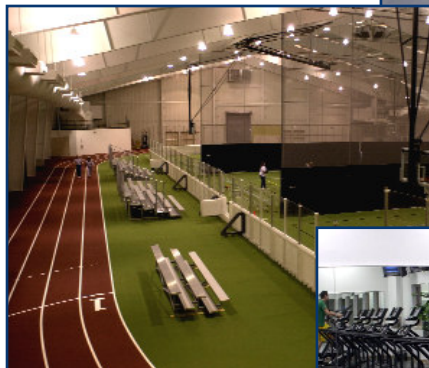


Several Big Blue teams make use of off-campus facilities. The men's and women's tennis teams play and practice at the Fairview Park Tennis Complex, located just across the street from campus. The men's and women's golf teams frequent the city's three golf courses while the Big Blue baseball program calls Sunnyside Park home. The softball team plays its home games at Borg-Warner Sports Complex while the cross country teams do most of their training at Fairview Park on the paved, grass and dirt trails that trace the historic Interurban Railway. The trails lead through Kiwanis Park to the Macon County Conservation District Bikeway to the Rock Springs Environmental Center.

## Decatur Indoor Sports Center (DISC) at Millikin

Constructed in January 2000 in conjunction with the Decatur Park District, the DISC is a 87,000 square foot, on-campus athletic facility.

The DISC's new weight rooms are the perfect place for the serious athlete or amateur to work up a sweat. Upstairs facilities include machine weights and cardiovascular equipment while the lower-level room provides an expanse of free-weights and dumbbells. The DISC also features a 200-meter indoor running track and indoor soccer and basketball facilities as well as a rock climbing wall. For more information on the DISC, call 217.429.3472.



2006 BIG BLUE  
**TRACK & FIELD**  
SCHEDULE

**JAN**

28

Illinois College Early Bird Open  
Jacksonville, IL | 11 AM

**FEB**

04

Illinois Wesleyan Keck Invitational  
Bloomington, IL | 10 AM

11

Blue Classic Invite  
Jacksonville, IL | 11 AM

18

Rose-Hulman Invitational  
Terre Haute, IN | 12 PM

25

CCIW Indoor Championships  
Kenosha, WI | 11 AM

**MAR**

03

DePauw Last Chance Meet  
Greencastle, IN | 4 PM

10-11

NCAA Indoor Championships  
Northfield, MN | 11:15 AM/9:15 AM

25

Washington University Open  
St. Louis, MO | 10 AM

**APR**

01

**Millikin Spring Opener**  
**Decatur, IL | 11 AM**

08

New Balance Select  
St. Louis, MO | 10 AM

15

**Millikin Classic**  
**Decatur, IL | 10:30 AM**

22

Illinois Wesleyan Invite  
Bloomington, IL | 10 AM

28-29

Drake Relays  
Des Moines, IA | 8 AM

29

SIUE Twilight Meet  
Edwardsville, IL | 4 PM

**MAY**

05-06

**CCIW Outdoor Championships**  
**Decatur, IL | 9 AM**

11-2

North Central Invitational  
Naperville, IL | 10 AM

19

NCAA Midwest Championships  
Rock Island, IL | 12 PM

25-27

NCAA Outdoor Championships  
TBA | 9 AM



LANCEBROOKS SENIOR



ANGIEHAWK SENIOR



FRANKTAYLOR JUNIOR



JORDANTHOMAS JUNIOR