



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. ”

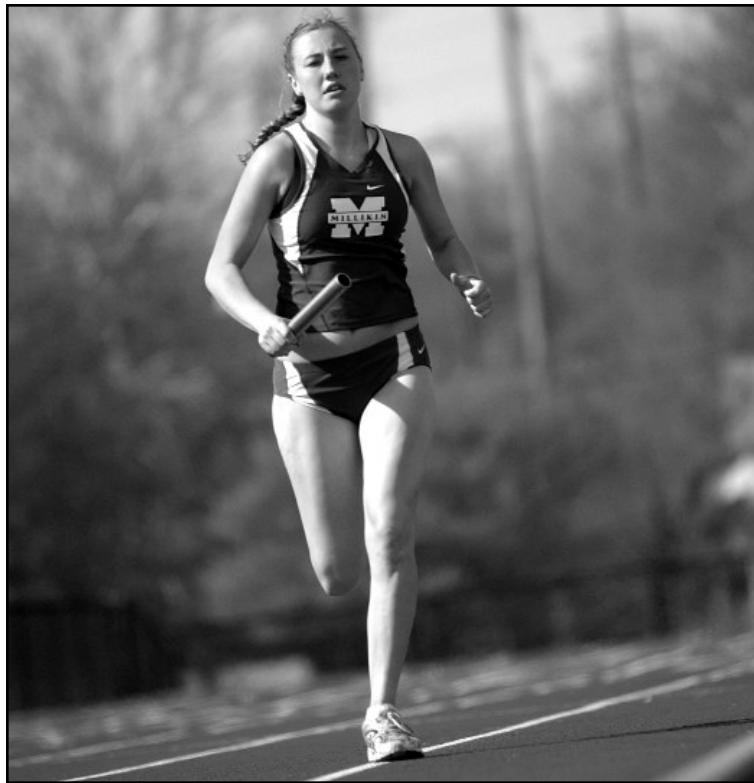
Play For The Big Blue

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 Doehring** 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.



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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, to schedule athlete interviews at all other times. Coaches may be contacted directly.



millikin university media outlets

newspapers:

Chicago Sun-Times	Chicago Tribune
ph: 800.572.7003	ph: 312.222.3474
fax: 312.321.3084	fax: 312.828.9392

radio:

WSOY	WHOW
ph: 800.500.9769	ph: 217.935.9590

wire service:

Associated Press
ph: 800.572.2585
fax: 312.781.1989

television:

WAND-TV	WCIA-TV
ph: 800.252.1601	ph: 800.252.3349
fax: 217.424.2583	fax: 217.373.3663

big blue coaching staff



E-mail: 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 Doehring

Sprints - Coach Doehring 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, Doehring 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, Doehring assisted with the football team's wide receivers in 2003. In addition to his coaching duties, Doehring 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.

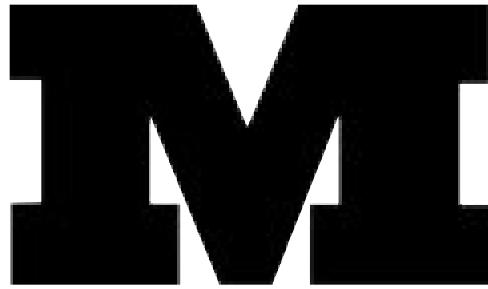


Assistant Coach Dave Svoboda

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



Name	Yr. (elig.)	Event(s)	Hometown	High School
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
Jovaris 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 Clendon, 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.)

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.

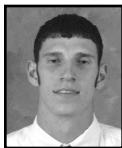
One varsity letter



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

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.

One varsity letter



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

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.

Three varsity letters



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

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.

Three varsity letters



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

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.

One varsity letter



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

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.

One varsity letter



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

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.

Two varsity letters



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

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.

One varsity letter

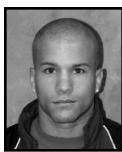


Erik Julson, Senior, Sprints/Relays Waukegan, Illinois (Waukegan H.S.)

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.

Three varsity letters

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.

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

Indoor

SHOT PUT

Jon Booker 15.38m/50-5.5
 Joe Sawyer 13.62m/44-8.25
 Demere Winston 12.64m/41-5.75
 Humberto Ibarra 10.46m/34-4

WEIGHT THROW

Ryan Sprague 9.96m/32-8.25
 Eric Hofmann 13.17m/43-2.5

LONG JUMP

Joe Sawyer 12.80m/42-0
 Ryan Sprague 5.79m/19-0

TRIPLE JUMP

Ryan Sprague 5.00m/16-5

HIGH JUMP

Jordan Thomas 11.54m/37-10.5

POLE VAULT

Daryl Luster 1.85m/6-0.75

55 METER DASH

David Cluver 3.63m/11-10.75

200 METER DASH

Frank Taylor 6.51

Jeremy Stephen 6.76

Blake Martin 6.94

Sherman Council 7.17

Edgar Miller 7.18

Ryan Sprague 7.98

Frank Taylor 22.32

Blake Martin 24.39

Erik Julson 25.72

Shermain Council 25.65

Justin Ludlum 26.39

Edgar Miller 26.89

Frank Taylor 51.14

Blake Martin 53.79

Justin Ludlum 57.21

Erik Julson 59.81

Rodney Davis 64.90

Jim Brophy 2:01.28

Larry Huffman 2:03.57

Bob Jabaay 2:08.44

Justin Baer 2:08.55

Brennan Nichols 2:09.93

Jim Brophy 4:18.00

Justin Baer 4:27.00

Lance Koss 5:08.00

Sam Chwalek 4:30.33

Jim Brophy 4:35.42

Larry Huffman 4:39.00

Justin Baer 4:42.22

Will Mosher 4:59.00

Roy Riley 5:06.47

Lance Koss 5:17.43

Sam Chwalek 8:56.03

Larry Huffman 9:11.18

Bob Jabaay 9:30.73

Will Mosher 10:01.76

Larry Huffman 15:40.48

Sam Chwalek 15:55.88

Bob Jabaay 16:28.74

Will Mosher 17:27.60

Roy Riley 18:56.58

David Cluver 8.49

55 M HIGH HURDLES

800 METER RELAY

Jordan Thomas, David Cluver, Blake Martin, Frank Taylor

1,600 METER RELAY

Jim Brophy, Larry Huffman, Justin Baer, Brennan Nichols

3,200 METER RELAY

Justin Baer, Bob Jabaay, Jim Brophy, Brennan Nichols

DISTANCE MEDLEY RELAY

Jim Brophy, Frank Taylor, Larry Huffman, Sam Chwalek

10,000 METER RUN

110M HIGH HURDLES

400M INTERMEDIATES

400 METER RELAY

Jeremy Stephen, Jordan Thomas, Blake Martin, Frank Taylor

1,600 METER RELAY

Justin Ludlum, Frank Taylor, Larry Huffman, Brennan Nichols

Outdoor

SHOT PUT

Jon Booker 14.43m/47-4.25

Joe Sawyer 14.14m/46-4.75

Demere Winston 13.23m/43-5

Humberto Ibarra 9.99m/32-9.5

Lance Brooks 51.45m/168-9

Joe Sawyer 45.63m/149-8

Eric Hofmann 40.80m/133-10

Demere Winston 38.24m/125-5

Humberto Ibarra 33.00m/108-3

Ryan Sprague 31.92m/104-9

Eric Hofmann 43.96m/144-3

Joe Sawyer 39.79m/130-6

Nate Stout 49.42m/162-2

Ryan Sprague 33.55m/110-1

Blake Martin 5.58m/19-3.5

Edgar Miller 13.30m/43-7.75

David Cluver 2.02m/6-7.5

Ryan Sprague 1.87m/6-1.5

Daryl Luster 1.82m/5-11.5

David Cluver 3.83m/12-6.75

HAMMER

JAVELIN

LONG JUMP

TRIPLE JUMP

HIGH JUMP

POLE VAULT

DECATHLON

100 METER DASH

200 METER DASH

400 METER DASH

800 METER RUN

1,500 METER RUN

3,000 METER STEEPLE

5,000 METER RUN

10,000 METER RUN

110M HIGH HURDLES

400M INTERMEDIATES

400 METER RELAY

big blue record book - men

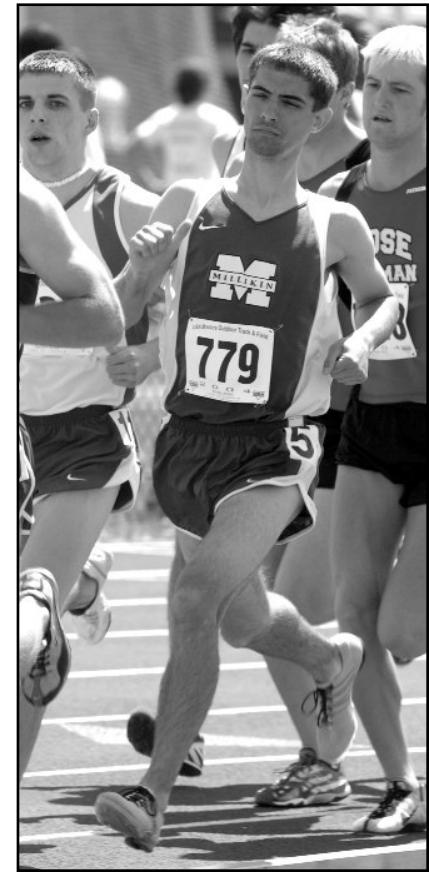
Indoor Records

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



Name	Yr.	Event(s)	Hometown	High School
Jema Barnes **	Jr.	Throws	Oreana, Ill.	Argenta-Oreana
Jennifer Ernst	Fr.	Distance	Litchfield, Ill.	Litchfield
Cassie Gonzales ***	Sr.	Mid-Distance	New Lenox, 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 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 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 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 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 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 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 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.

Two varsity letters

Three varsity letters

One varsity letter

Three varsity letters

One varsity letter

One varsity letter

One varsity letter

returning letter winner profiles



Amanda Shumaker, Junior, Sprints/Relays

Normal, Illinois (Normal H.S.)

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.

Two varsity letters



Lauren Szczerski, Sophomore, Distance

Arlington Heights, Illinois (Buffalo Grove H.S.)

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.)

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.

One varsity letter



Jamie Virzi, Senior, Distance

Fontana, Wis. (Elmhurst, Ill., York)

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.

Two varsity letters



Tonya Winter, Junior, Throws

Seneca, Illinois (Seneca H.S.)

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.

Two varsity letters



Courtney Woodward, Junior, Sprints/Hurdles/Relays

Dixon, Illinois (Dixon H.S.)

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.

Two varsity letters



Visit our website for the latest news
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2005 performance lists - women

Indoor

SHOT PUT	Tonya Winter Jema Barnes Courtney Woodward	11.54m/37-10.5 10.82m/35-6 6.68m/21-11
WEIGHT THROW	Jema Barnes	9.71m/31-10.25
LONG JUMP	Angie Hawk	4.91m/16-1.5
TRIPLE JUMP	Angie Hawk Brittney Jones	11.58m/38-0 10.26m/33-9.25
POLE VAULT	Becky Machen	2.24m/7-4.25
HIGH JUMP		
55 METER DASH	Amanda Shumaker	7.76
200 METER DASH	Kelly Clark Amanda Shumaker Elizabeth Guinea	27.70 29.05 30.99
400 METER DASH	Kelly Clark Courtney Woodward Elizabeth Guinea	1:01.78 1:07.18 1:07.72
800 METER RUN	Kristi Jackowski Kelli Stratmeyer Amanda Uribe Michelle King Cassie Gonzales Kasey Gosch Jamie Virzi	1:08.01 2:29.33 2:34.26 2:37.46 2:41.06 2:41.77 2:48.28
1500 METER RUN	Jamie Virzi	5:46.15
MILE RUN	Kelli Stratmeyer	5:30.01
	Rachel Kirleis Michelle King Jamie Virzi Cassie Gonzales Kasey Gosch Lisa Landacre	5:36.68 5:46.47 5:53.16 5:57.93 6:04.16 7:09.95
3,000 METER RUN	Kelli Stratmeyer Rachel Kirleis Lauren Szczerbski Ashley Schmidt Anna Henkel Lori Landacre Lisa Landacre	11:09.69 11:17.85 11:38.20 11:40.74 12:54.21 13:16.12 14:04.45
5,000 METER RUN	Kelli Strameyer Rachel Kirleis Ashley Schmidt Anna Henkel Lori Landacre Lisa Landacre	19:18.29 19:35.68 20:10.78 22:36.88 22:59.41 25:17.61
55 METER HURDLES	Courtney Woodward	9.62
800M RELAY	Amanda Shumaker, Angie Hawk, Brittney Jones, Kelly Clark	1:53.22
1,600M RELAY	Rachel Kirleis, Kelli Stratmeyer, Amanda Uribe, Michelle King	4:36.99
3,200M RELAY	Kasey Gosch, Cassie Gonzales, Michelle King, Amanda Uribe	10:23.17
DISTANCE MEDLEY RELAY	Kelli Stratmeyer, Amanda Uribe, Michelle King, Cassie Gonzales	13:44.44

Outdoor

SHOT PUT	Tonya Winter Jema Barnes Carsen Himes	12.74m/41-9.75 10.97m/36-0 37.73m/123-9
DISCUS	Jema Barnes	27.43m/90-0
HAMMER	Kathy Jones	26.97m/88-6
JAVELIN	Courtney Woodward	16.73m/54-11
LONG JUMP	Angie Hawk	5.27m/17-3.5
TRIPLE JUMP	Angie Hawk	11.89m/39-0.25
HIGH JUMP	Becky Machen	2.43m/8-0
POLE VAULT		
HEPTATHLON	Amanda Shumaker Kelly Clark	12.95 26.73
100 METER DASH	Amanda Shumaker Elizabeth Guinea	27.33 30.11
200 METER DASH	Kelly Clark	59.42
400 METER DASH	Amanda Shumaker Elizabeth Guinea	1:04.47 1:07.77
800 METER RUN	Amanda Uribe Michelle King Joan Sebby Jamie Virzi Brittin Haury Kasey Gosch Cassie Gonzales	2:28.91 2:33.54 2:33.60 2:35.59 2:36.38 2:38.94 2:43.51
1,500 METER RUN	Kelli Stratmeyer Joan Sebby Rachel Kirleis Michelle King Lauren Szczerbski Ashley Schmidt Jamie Virzi Amanda Uribe Cassie Gonzales	5:07.16 5:09.12 5:11.36 5:13.82 5:17.56 5:19.51 5:27.31 5:27.56 5:30.55 5:35.34 5:49.44 6:18.56 6:42.74 12:23.08 12:38.54
3,000 METER STEEPLE	Rachel Kirleis Kelli Stratmeyer	19:12.58 19:52.38
5,000 METER RUN	Kelli Stratmeyer Lauren Szczerbski Rachel Kirleis Kelli Stratmeyer Ashley Schmidt Lauren Szczerbski Anna Henkel Lori Landacre Lisa Landacre	19:56.79 20:11.94 22:13.89 23:08.17 24:46.57 39:44.82 48:04.70
10,000 METER RUN	Rachel Kirleis Lori Landacre	
100M HIGH HURDLES	Courtney Woodward	1:09.48
400M INTERMEDIATES		50.80
400 METER RELAY	Angie Hawk, Courtney Woodward, Amanda Shumaker, Kelly Clark	4:16.20
1,600 METER RELAY	Kelly Clark, Courtney Woodward, Amanda Shumaker, Amanda Uribe	

big blue record book - women

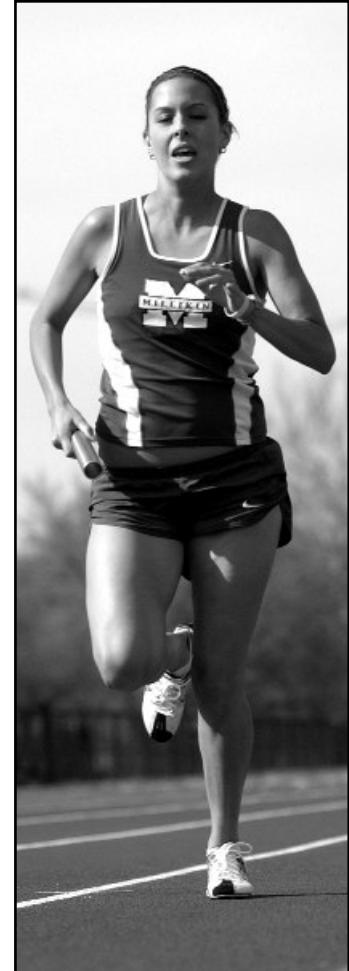
Indoor Records

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 Hedenchoug, 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 Sebby, 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

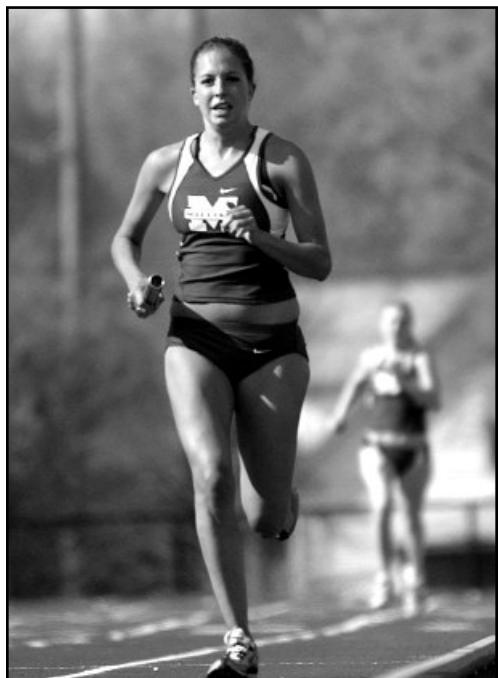
Frank Taylor

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
1988	Chris Thomas, 400M Relay, 5th
	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
Servera Gilbert, Shot Put, 5th
Carl Alexander, 100M Dash, 1st

1997

Carl Alexander, 200M Dash, 4th
Servera Gilbert, Shot Put, 3rd
Servera Gilbert, Shot Put, 2nd

1999

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	Angie Hawk , Triple Jump, 6th
2004	Angie Hawk , 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	Angie Hawk , Triple Jump, 6th
2004	Angie Hawk , Triple Jump, 7th
2005	Angie Hawk , 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

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 basketball, 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

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	6. Millikin	50
7. Millikin	25	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	1982	Mike Jackson, 800 Mike Shamhart, Long Jump Martin Heller, 400M Relay David Hessel, 400M Relay Jeff Klinck, 400M Relay Jim Perryman, 400M Relay
1961	Larry Berry, Two Mile	1983	Mike Jackson, 1500M Deverick Lampley, 100M Deverick Lampley, 200M Al Sheriff, High Jump
1962	Tom Ashman, High Jump Earl DeWerff, 220 Low Hurdles		Marty Heller, 400M Relay Jeff Klinck, 400M Relay
1963	Tom Ashman, High Jump Benny Bennet, 220 Jim Jackson, 100		Deverick Lampley, 400M Relay Jim Perryman, 400M Relay
	Jim Jackson, 220 Low Hurdles		Dave Hessel, 1600M Relay Mike Jackson, 1600M Relay
1964	Mike Fike, 220 Low Hurdles Warren Waters, 120 High Hurdles		Jeff Klinck, 1600M Relay Curt Stiner, 1600M Relay
1965	Warren Waters, 120 High Hurdles	1984	Carl Fliggins, Javelin Deverick Lampley, 100M
1966	Tim Henebry, Pole Vault		Deverick Lampley, 200M
1967	Jim Hodges, Discus		Curt Stiner, 400M
1969	Ollie Mack, 440		Dave Hessel, 400M Relay
1971	Ollie Mack, 440 Jim Mendenhall, 440 Hurdles		Jeff Klinck, 400M Relay
	Larry Young, High Jump		Deverick Lampley, 400M Relay
1974	Kent Phillips, Long Jump	1985	Richie Minor, 400M Relay
	Steve Schepper, 120 High Hurdles		Greg Hines, 110M Hurdles
1975	Ken Russell, High Jump Steve Schepper, 120 High Hurdles		Deverick Lampley, 100M
1976	Ken Russell, High Jump		Deverick Lampley, 200M
1981	Mike Jackson, 800		

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 Doehring, 400M Relay
1988	Jeff Query, 100M Jeff Query, 200M	2003	Rob Assise, Javelin Mike Marker, 400M Relay Seantaé Holland , 400M Relay Frank Safranski, 400M Relay Matt Hosey, 400M Relay
1989	Geoff Schoonover, 100M	2004	Frank Taylor , 100M Frank Taylor , 200M
1990	Scott Atkins, 400M Relay Mike Hall, 400M Relay Geoff Schoonover, 400M Relay	2005	Frank Taylor , 400M Relay Seantaé Holland , 400M Relay Frank Safranski, 400M Relay Matt Hosey, 400M Relay
1991	Mike Weideman, 400M Relay Scott Atkins, 400M Relay Mike Hall, 400M Relay Dan Nieves, 400M Relay Mike Weideman, 400M Relay		Jordan Thomas , High Jump Lance Brooks , Discus
1992	Matt Plater, Discus Mike Weideman, 100M Mike Hall, Long Jump Mike Hall, Long Jump Mike Hall, 400M Relay		
1993	LaJhaune Scott, 400M Relay Dave Peabody, 400M Relay	2002	Corey Jefferson, 55 Meter Dash
1994	Mike Weideman, 400M Relay Mike Hall, 100M	2004	Frank Safranski, 55 Meter Dash
1995	Dave Peabody, Long Jump		Jordan Thomas , High Jump
1996	Jason Franklin, Decathlon		
1997	Matt Jenkins, Javelin		
1998	Tige Butts, Discus Tige Butts, Shot Put	2003	Angie Hawk , Triple Jump
1999	Carl Alexander, 100M Carl Alexander, Long Jump Servera Gilbert, Shot Put	2004	
2000	Servera Gilbert, Shot Put Carl Alexander, 100M Carl Alexander, 200M Carl Alexander, Long Jump		
	Carl Alexander, 100M Carl Alexander, 200M Carl Alexander, Long Jump Josh Ward, Hammer (Exhibition event)		

Men Indoor CCIW Champions

2002	Corey Jefferson, 55 Meter Dash
2004	Frank Safranski, 55 Meter Dash
	Jordan Thomas , High Jump

Women Indoor CCIW Champions

2003	Angie Hawk , Triple Jump
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Women Outdoor CCIW Champions

1990	Stacey Beavins, Javelin
1995	Jennifer Myers, Javelin
1996	Ali Davis, 100M Hurdles
1998	Felicia Britton, 100M
2003	Felicia Britton, 200M
2004	Ali Davis, 100M Hurdles
	Felicia Britton, 100M
	Felicia Britton, 200M
	Angie Hawk , Triple Jump
	Angie Hawk , Triple Jump

Returning Athletes in **Bold**.

What's New at *Millikin*



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)

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.

Contact Us

Tabor School of Business

217-424-6285

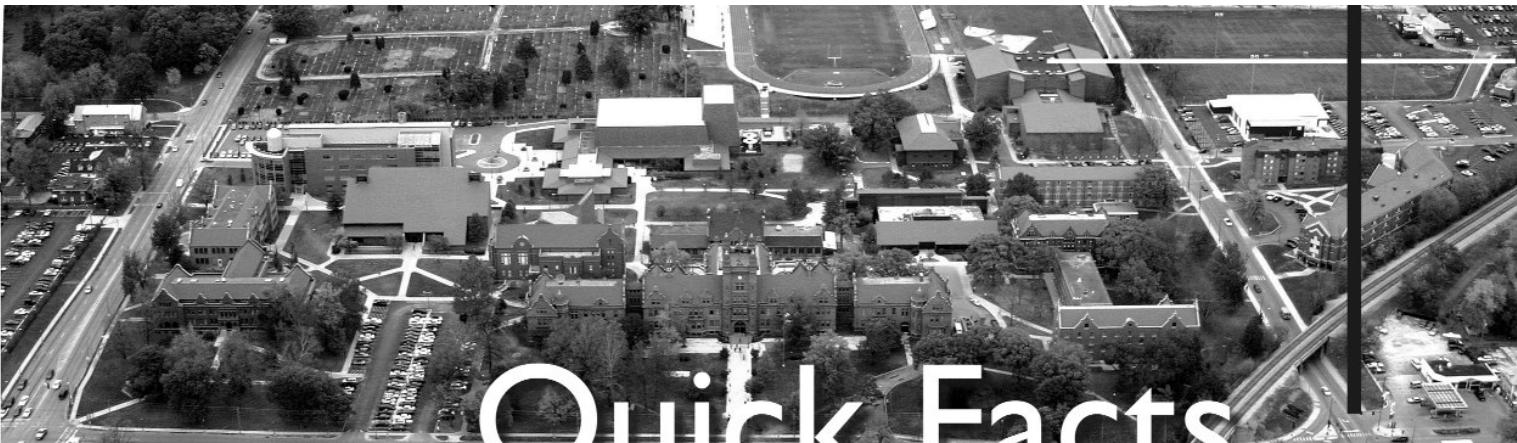


See **U!** at Millikin

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)
- 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

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.

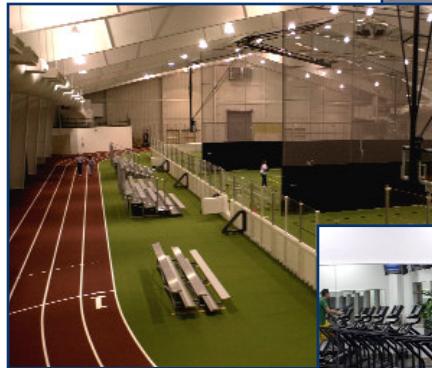
Several Big Blue teams make use of off-campus facilities. The men's and women's tennis teams play and practice at the Fairview Park Tennis Complex, located just across the street from campus. The men's and women's golf teams frequent the city's three golf courses while the Big Blue baseball program calls 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
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
11-12 North Central Invitational
Naperville, IL | 10 AM
19 NCAA Midwest Championships
Rock Island, IL | 12 PM
25-27 NCAA Outdoor Championships
TBA | 9 AM



LANCE BROOKS SENIOR



ANGIE HAWK SENIOR



FRANK TAYLOR JUNIOR



JORDAN THOMAS JUNIOR