

**MILLIKIN UNIVERSITY
TRACK AND FIELD
2019**

MTM





Contents

3-4 Big Blue Coaching Staff
4 Facilities
5 Big Blue Men’s Roster
6-12 Men’s Returning Letter winners
12-14 Men’s Newcomers
15-19 Men’s Records
20 Big Blue Women’s Roster
21-27 Women’s Returning Letter winners
27-28 Women’s Newcomers
29-33 Women’s Records
34 Big Blue All-Americans
35 2020 Big Blue Schedule



Quick Facts

Location	Decatur, Illinois
Founded/Opened	1901/1903
President	Dr. Patrick E. White
Enrollment	Approx. 2,000
Nickname	Big Blue
Colors	Blue and White
National Affiliation	NCAA Division III
Conference	Illinois and Wisconsin
Head Coach	Andrew Craycraft
Assistant Coaches	Nicole Wetstein Dylan Lafond Terri Abraham Ksenia Safonova
Track and Field Phone	217-362-6431
Athletic Director	Dr. Craig White
Sports Info. Director	Bryan Marshall
Sports Info. Phone	217-362-6429



Head Coach



Andrew Craycraft

Email: acraycraft@millikin.edu
Office Phone: 217-362-6431

Andrew Craycraft was named the Director of Track and Field and Cross Country at Millikin in December 2015.

In 2019, the Millikin men’s track team finished in third at the College Conference of Illinois and Wisconsin (CCIW) Indoor Championships earning Craycraft and his staff the CCIW Men’s Indoor Track and Field Coaching Staff of the Year honor. At the CCIW Outdoor Track and Field Championships, the Big Blue men’s (85 points) and women’s (94 points) teams scored the most points by a Millikin team since Craycraft took over the program.

An accomplished collegiate middle-distance runner, Craycraft has been an assistant coach at the NCAA Division I level working at DePaul University and Michigan State University. Prior to coming to Millikin, Craycraft worked as Head Recruiting Coach for NCSA recruiting service.

Craycraft joined the DePaul staff in 2008 working with both the cross country and track and field teams. He worked with mid-distance and distance runners at DePaul. While at DePaul, Craycraft coached six NCAA qualifiers, seven All Big East performers and a Big East Champion in the women’s 800 meters.

While at Michigan State, Craycraft helped guide the Spartans to the NCAA Cross Country Championships, producing two All-Great Lakes Region athletes. In track and field, Craycraft sent four of his athletes to the Mid-East Regional Championships and coached an All-American Nicole Bush in the Steeplechase.

Craycraft competed collegiately as St. Joseph’s University and the University of North Carolina. During his freshman and sophomore seasons, he set school records in the 500 Meters, Indoor 800 Meters and the 4x800m relay. At the University of North Carolina, he was the 2003 ACC Conference Indoor Champion in the 800 Meters and set a new UNC school record in the event at 1:48.91.

Craycraft earned his bachelor’s degree at the University of North Carolina and a Juris Doctor at Western Michigan University’s Thomas M. Cooley Law School.

Assistant Coaches



Nicole Wetstein

Nicole Wetstein joined the Millikin track and field staff in 2016 serving as the Big Blue’s jumps and sprints coach.

In 2019, Westein was part of the Millikin staff that earned the College Conference of Illinois and Wisconsin (CCIW) Indoor Track and Field Coaching Staff of the Year award.

Prior to coming to Millikin, Wetstein was an assistant coach at St. Cloud State University coaching the sprints, hurdles, multi-events and high jump. She served as the recruiting coordinator for both the track and field and cross country programs. While at St. Cloud State, Wetstein coached nine NCAA provisional qualifiers and 17 All-Conference performances.

Wetstein competed collegiately at Emporia State University earning All-American status in the 100 Meter Hurdles. She was a five time NCAA Division II National Championships participant in the Triple Jump, 60 Meter Hurdles and 100 Meter Hurdles. She set school records in the 60 Meter Hurdles, 100 Meter Hurdles and Pentathlon.

Wetstein earned a Bachelor of Science in Health Promotion from Emporia State University.



Dylan Lafond

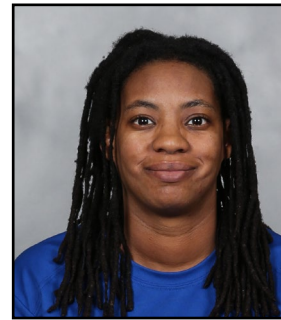
Dylan Lafond joined the Millikin staff in August 2018 serving as the assistant cross country coach and the distance coach for the Big Blue track and field program.

Last season, Lafond was part of the Millikin staff that earned CCIW Men’s Indoor

Track Coaching Staff of the Year. Lafond competed collegiately at the University of Illinois where he was a seven time NCAA All-American. Lafond was the Big Ten Outdoor Track and Field 3,000 Meter Steeplechase in 2017. Lafond was a qualifier for the United States Olympic Trials in 2016. Lafond excelled in the classroom as well earning USTFCCA All-Academic honors four times and being named a Big Ten Distinguished Scholar in 2017.

Lafond earned a Bachelor of Applied Health Sciences in Sports Management from the University of Illinois.

Assistant Coaches



Terri Abraham

Terri Abraham joins the Millikin Athletics staff as an Assistant Track and Field Coach, with her focus being on jumpers.

Terri Abraham went to high school locally at Argenta-Oreana High School. In college, she competed at Ball

State University where she did the long jump and triple jump. At Ball State, Terri was the Mid-American Conference Champion in 2004 and 2008 in the long jump, and was an NCAA Division I regional qualifier three times during her time at Ball State.

Abraham earned her Bachelor of Science in Biology from Ball State University.

Ksenia Safonova

Ksenia Safonova joined the Millikin staff for the 2020 season coaching the Big Blue throwers.



Facilities

Frank M. Lindsay Field is the outdoor home of the Big Blue track and field. The complex underwent major renovations in 2014 that included resurfacing of the track, installation of new lights and the addition of a new video scoreboard. The track features an eight-lane, all-weather surface. 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.

A gift of \$1 million from the Lindsay family provided the 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 and in May 2001 and 2004 the Big Blue welcomed the NCAA Division III Track & Field National 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 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.



Roster-Men

Name	Events	Yr.	Hometown/High School
Dane Alexander	Distance	Fr.	Normal, Ill./University
Jackson Allen**	Sprints	Jr.	Decatur, Ill./LSA
Roy Baggio	Throws	Fr.	Oak Forest, Ill./Oak Forest
Austin Bicknell*	Distance	So.	Bloomington, Ill./Bloomington
Caleb Bleich	Sprints/Jumps	Fr.	Melvin, Ill./Gibson City Melvin Sibley
Kristian Boado	Throws	Fr.	Algonquin, Ill./Dundee Crown
Davon Bolden	Sprints	Fr.	Dolton, Ill./Thornridge
Austin Bridgman	Distance	Fr.	Potomac, Ill./Armstrong
Gabe Bush	Distance	Fr.	Normal, Ill./Normal Community
Victor Cameron	Hurdles	Fr.	South Village, Ill./Crete Monee
Dalton Collins***	Hurdles/Middle Distance	Sr.	Decatur, Ill./Meridian
Joey Davies**	Middle Distance	Jr.	Tinley Park, Ill./Tinley Park
Ricky Esparza**	Distance	Jr.	Bourbonnais, Ill./Bishop McNamara
Mikey Greene	Throws	Fr.	Carbondale, Ill./Carbondale
Marshun Hart*	Jumps	So.	Hammond, Ind./Hammond
Dennis Jackson	Sprints	Fr.	Georgetown, Ill./Georgetown
Mark Jensen	Distance	Fr.	Algonquin, Ill./Dundee Crown
Garrett Jones*	Distance	So.	Mattoon, Ill./Mattoon
Markus Jordan	Sprints	Fr.	Dolton, Ill./Thornridge
Lee'Vonte Kelley*	Sprints	So.	East Chicago, Ind./Bishop Noll Institute
Eli King*	Distance	So.	Columbia, Ill./Columbia
Ben Kuxmann*	Distance	So.	Bourbonnais, Ill./Bradley Bourbonnias
Colton Landrum	Jumps	Fr.	Paris, Ill./Paris
Cole Lewis*	Jumps	So.	Chicago, Ill./Homewood Flossmoor
Diondre Lewis	Sprints	Fr.	Warrensburg, Ill./Warrensburg Latham
Dionte Lewis	Sprints	Fr.	Warrensburg, Ill./Warrensburg Latham
Gavyn Lietz	Multi	Fr.	Ashley, Ill./Nashville
Dustin Lohman	Sprints	Fr.	Sparta, Ill./Sparta
Kort McClellan	Distance	Fr.	Jewett, Ill./Cumberland
Chay McLaren-Mustread	Throws	Fr.	Washington, Ill./Washington
Ethan Meyer***	Sprints/Jumps	Sr.	Vandalia, Ill./Vandalia
Dalton Myers*	Distance	So.	Mackinaw, Ill./Deer Creek Mackinaw
Taijhan Nelson**	Distance	Jr.	Murphysboro, Ill./Murphysboro
Serron Pettis*	Multis	So.	Chicago, Ill./De LaSalle
William Powell**	Distance	Jr.	Danville, Ill./Danville

*=Number of varsity letters earned.

Roster-Men

Max Rogers*	Jumps	So.	Carlinville, Ill./Carlinville
Camden Sadler	Distance	Fr.	Belleville, Ill./Althoff Catholic
Kenneth Sandoval	Distance	Fr.	Berwyn, Ill./Morton West
Sebastian Smith*	Pole Vault	Jr.	Sullivan, Ill./Sullivan
Alec St. Julien	Distance	Fr.	Paxton, Ill./Paxton Buckley Loda
Jorden Tedford	Jumps	Fr.	Decatur, Ill./Warrensburg Latham
Luis Vasquez**	Sprints	Sr.	Schiller Park, Ill./East Leyden
Solomon Ware*	Jumps/Sprints	So.	Lansing, Ill./Thornton Fractional South
T.J. Weglarz**	Middle Distance	Jr.	Tinley Park, Ill./Tinley Park
Robert Williams	Hurdles	Fr.	Portage, Ind./Merrillville
Eddie Wilson*	Sprints	So.	Mascoutah, Ill./Mascoutah
Hayden Wimberly	Sprints	Fr.	Salem, Ill./Salem

*=Number of varsity letters earned.



Returning Letter winners



Jackson Allen** Junior-Sprints Decatur, Illinois (LSA H.S.)

2019 Outdoor: Member of CCIW Champion 4x100 Relay team with a time of 41.93 seconds...Finished third at CCIW Meet in 200 Meters in 21.83 seconds and fourth in 100 Meters in 10.90 seconds earning All-Conference honors in both events.
2019 Indoor: Earned All-Conference honors with a second place finish in 60 Meters and third in 200 Meters...60 Meter time (7.09) was third fastest in school history and 200 Meter time (22.50) was fourth best in school history...Ran leg on 4x400 Relay that set new school record at 3:24.23 to finish in second at CCIW Championships.
2018 Outdoor: Earned All-Conference honors in 200 Meters with a third place finish at CCIW Championships in 22.00 seconds...Member of All-Conference 4x100 Relay finishing in fourth at CCIW Championships in 42.32 seconds.
2018 Indoor: Set school record in 300 Meters in 36.84 seconds.

Business Management major
2018 and 2019 CCIW Academic All-Conference



Austin Bicknell* Sophomore-Distance Bloomington, Illinois (Bloomington H.S.)

2019: Competed in both the Indoor and Outdoor season...Turned in Millikin's 10th best all-time 5000 Meters in 15:51.93.

Political Science major



Dalton Collins*** Senior-Hurdles Decatur, Illinois (Meridian H.S.)

2019 Outdoor: Co-Captain...Turned in All-Conference performances with a second place finish at CCIW Meet in 110 Hurdles in 15.18 and fourth in 400 Meter Hurdles in 55.23 seconds...Ran Millikin's third all-time fastest 400 Hurdles in 55.05 and fourth best 110 Hurdles in 15.18.
2019 Indoor: Ran leg on 4x400 Relay team that set Millikin record with a time of 3:24.23 finishing in second at CCIW Championships...Earned All-Conference honors with a third place finish in 60 Meter Hurdles in 8.56 seconds...Set school record in 600 Meters at 1:24.04.
2018 Outdoor: All-Conference in two events at CCIW Championships finishing in sixth in 110 Meter Hurdles (15.82 seconds) and sixth in 400 Meter Hurdles (55.41 seconds).
2018 Indoor: Indoor season limited by injury.
2017 Outdoor: Earned All-Conference honors in the 400 Hurdles with a seventh place finish at the CCIW Championships in 55.57...Ran sixth fastest 400 Hurdles in Millikin history in 55.52.
2017 Indoor: Ran fourth Millikin all-time fastest 60 Meter Hurdle in 9.01 seconds...Competed on school record setting 4x400 Relay Team...Had Millikin's sixth all-time quickest Indoor 800 Meters in 2:01.25.

Instructional Development major
2017 and 2018 CCIW Academic All-Conference



Returning Letter winners



Joey Davies** **Sophomore-Middle Distance**
Tinley Park, Illinois (Tinley Park H.S.)

2019 Outdoor: Earned All-Conference honors with seventh place finish in Decathlon at CCIW Championships with 5265 points.

2019 Indoor: Turned in Millikin's second all-time best performance in the Heptathlon with 3824 points to finish in fifth at CCIW Championships.

2018 Outdoor: Ran Millikin's sixth all-time fastest 1500 Meters in 4:07.44... Member of 4x800 Relay that ran second fastest time in school history at 7:58.54.

2018 Indoor: Ran leg on Distance Medley Relay Team that ran third best time in school history at 10:37.76.

Chemistry (Pre-Med) major
2018 and 2019 CCIW Academic All-Conference



Ricky Esparza** **Sophomore-Distance**
Bourbonnais, Illinois (Bishop McNamara H.S.)

2019: Lettered in both Indoor and Outdoor seasons.

2018: Earned varsity letters in cross country and track.

Art-Graphic Design major



Marshun Hart* **Sophomore-Jumps**
Hammond, Indiana (Hammond H.S.)

2019 Outdoor: Turned in All-Conference performance with a fifth place finish in Long Jump at CCIW Championships.

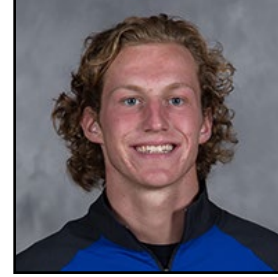
2019 Indoor: Finished in fourth place at CCIW Championships in the Long Jump at 6.75 meters, which was eight best in school history.

Biology major

MILLIKIN
TRACK & FIELD



Returning Letter winners



Garrett Jones* **Sophomore-Distance**
Mattoon, Illinois (Mattoon H.S.)

2019: Earned varsity letter competing in variety of distance events.

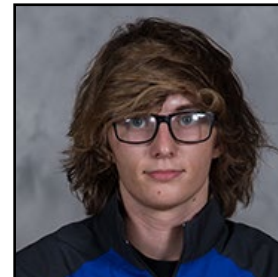
Chemistry major
2019 CCIW Academic All-Conference



Lee'Vonte Kelley* **Sophomore-Sprints**
East Chicago, Indiana (Bishop Noll Institute)

2019: Ran leg on Outdoor 4x100 Relay that finished in first place at CCIW Championships in 41.93 seconds.

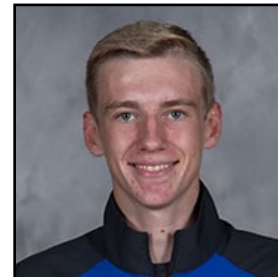
Communication major



Eli King* **Sophomore-Distance**
Columbia, Illinois (Columbia H.S.)

2019: Earned varsity letter for both Indoor and Outdoor seasons.

Health, Fitness and Recreation major

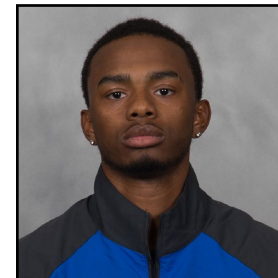


Ben Kuxmann* **Sophomore-Middle Distance**
Bourbonnais, Illinois (Bradley Bourbonnais H.S.)

2019 Outdoor: Finished in third place in the 800 Meters at CCIW Championships in 1:53.80.

2019 Indoor: Ran leg on school record setting 4x400 Relay team that finished in second at CCIW Championships in 3:24.23.

English (Secondary Teaching) major
2019 USTFCCA All-Academic
2019 CCIW Academic All-Conference

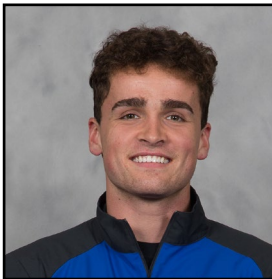


Cole Lewis* **Sophomore-Jumps**
Chicago, Illinois (Homewood Flossmoor H.S.)

2019: Earned varsity letter competing primarily in the High Jump.

Digital Media Marketing major

Returning Letter winners



Ethan Meyer*** **Senior-Sprints and Jumps**
Vandalia, Illinois (Vandalia H.S.)
2019 Outdoor: Earned All-Conference honors in the 400 Meters finishing in seventh place at CCIW Championships in 1:07.68.
2019 Indoor: Ran leg on school record setting 4x400 Relay team that finished in second at CCIW Championships in 3:24.23...Finished in third at CCIW Meet in Triple Jump at 14.03 meters.
2018 Outdoor: Finished in fourth in the Triple Jump at CCIW Championships earning All-Conference honors...Jump ranks fifth best in school history... Member of All-Conference 4x100 Relay finishing in fourth at CCIW Championships in 42.32 seconds.
2018 Indoor: Earned All-Conference honors at CCIW Championships with a third place finish in the Triple Jump at 14.21 meters, which was the second best jump in school history... Set school record in 500 Meters in 1:06.73.
2017 Outdoor: Finished in ninth at the CCIW Championships in Triple Jump with a mark of 12.97 meters.
2017 Indoor: Earned All-Conference honors in the Triple Jump with a fifth place finish at the CCIW Championships with a jump of 13.39 meters...Ran leg on school record setting 4x400 Relay in 3:25.20...Part of Distance Medley Team that had third best time in school history at 10:36.76.

Business major
2017, 2018 and 2019 CCIW Academic All-Conference



Dalton Myers* **Sophomore-Distance**
Mackinaw, Illinois (Deer Creek Mackinaw H.S.)
2019: Earned varsity letter.

Information Systems major



Taijhan Nelson** **Junior-Distance**
Murphysboro, Illinois (Murphysboro H.S.)
2019: Letters in both Indoor and Outdoor seasons.
2018: Earned varsity letter in cross country and track.

Health, Fitness and Recreation major



William Powell** **Junior-Distance**
Danville, Illinois (Danville H.S.)
2019 Outdoor: Won the 5000 Meters at Millikin Alumni Meet.
2019 Indoor: Ran leg on Distance Medley Relay team that turned in Millikin's seventh all-time fastest time of 10:43.15.
2018 Outdoor: Ran Millikin's third fastest 5000 Meters in 15:37.23.
2018 Indoor: Ran leg on Distance Medley Relay Team that ran third best time in school history at 10:37.76.

Business Management major

Returning Letter winners



Serron Pettis* **Sophomore-Jumps**
Chicago, Illinois (De LaSalle H.S.)
2019: Lettered in Indoor and Outdoor seasons.

Sports Management major



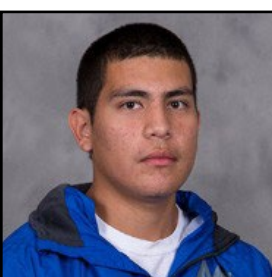
Max Rogers* **Sophomore-Jumps**
Carlinville, Illinois (Carlinville H.S.)
2019: Earned varsity letter competing in Long Jump and Triple Jump.

Criminal Justice major



Sebastian Smith* **Junior-Pole Vault**
Sullivan, Illinois (Sullivan H.S.)
2019: Did not compete due to injury.
2018: Earned varsity letter competing in Pole Vault and Long Jump.

Mathematics major



Luis Vasquez*** **Senior-Sprints**
Schiller Park, Illinois (East Leyden H.S.)
2019: Did not compete.
2018: Earned third varsity letter.
2017: Received varsity letter.
2016: Earned varsity letter in both Indoor and Outdoor seasons.

Physical Education major



Solomon Ware* **Sophomore-Sprints and Jumps**
Lansing, Illinois (Thornton Fractional South H.S.)
2019: Finished in fourth place in the High Jump at 1.95 meters at the CCIW Indoor Track and Field Championships earning All-Conference honors.

Arts Technology major

Returning Letter winners



T.J. Weglarz** **Junior-Middle Distance**
Tinley Park, Illinois (Tinley Park H.S.)
2019: Co-Captain...Ran leg on Distance Medley Relay Team that finished in fourth place at CCIW Indoor Championships in 10:43.15.
2018 Outdoor: Member of 4x800 Relay that ran second fastest time in school history at 7:58.54...Ran Millikin's 10th fastest 800 Meters in 1:58.63.
2018 Indoor: Ran fifth fastest 800 Meters in school history at 2:00.04.

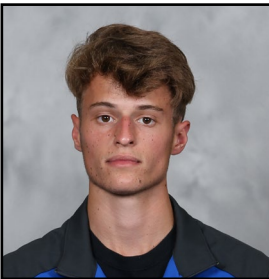
Business major
2018 and 2019 CCIW Academic All-Conference



Eddie Wilson* **Sophomore-Sprints**
Mascoutah, Illinois (Mascoutah H.S.)
2019 Outdoor: Ran leg on CCIW Champion 4x100 Relay team with a time of 41.93 seconds...Finished third in 100 Meters in 10.88 seconds and fourth in 200 Meters in 41.93 seconds at CCIW Championships.
2019 Indoor: Earned All-Conference honors in two events at CCIW Championships finishing in fourth in the 60 Meters (7.09) and eighth in 200 Meters (22.54).

Physics (Pre-Engineering) major

Newcomers



Dane Alexander
Freshman-Distance
Normal, Illinois
University H.S.
Nursing major



Caleb Bleich
Freshman-Sprints
Melvin, Illinois
GCMS H.S.
Exercise Sciene major

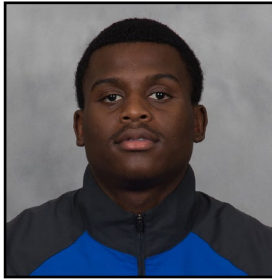


Roy Baggio
Freshman-Throws
Oak Forest, Illinois
Oak Forest H.S.
Biology major



Kristian Boado
Freshman-Throws
Algonquin, Illinois
Dundee Crown H.S.
Nursing major

Newcomers



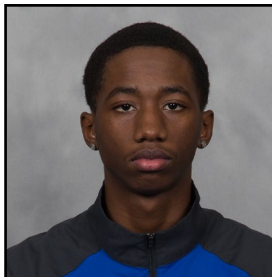
Davon Bolden
Freshman-Sprints
Dolton, Illinois
Thornridge H.S.
Business
Management major



Austin Bridgman
Freshman-Distance
Potomac, Illinois
Armstrong H.S.
Physical Education
major



Gabe Bush
Freshman-Distance
Normal, Illinois
Normal Community HS.
Nursing major



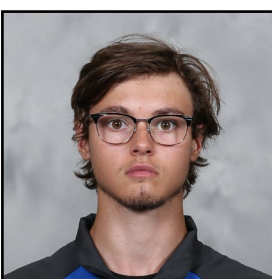
Victor Cameron
Freshman-Hurdles
South Village, Ill.
Crete Monee H.S.
Nursing major



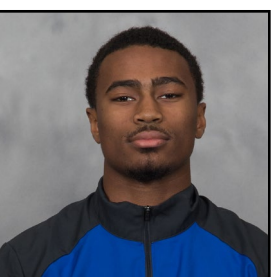
Mikey Greene
Freshman-Throws
Carbondale, Illinois
Carbondale H.S.
Physical Education
major



Dennis Jackson
Freshman-Sprints
Georgetown, Illinois
Georgetown H.S.
Nursing major



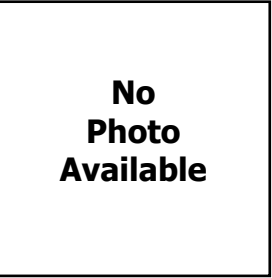
Mark Jensen
Freshman-Distance
Algonquin, Illinois
Dundee Crown H.S.
Arts Technology
major



Markus Jordan
Freshman-Sprints
Dolton, Illinois
Thornridge H.S.
Criminal Justice
major



Colton Landrum
Freshman-Jumps
Paris, Illinois
Paris H.S.
Environmental
Studies major



Diondre Lewis
Freshman-Sprints
Warrensburg, Ill.
Warrensburg
Latham H.S.
Criminal Justice
major



Dionte Lewis
Freshman-Sprints
Warrensburg, Ill.
Warrensburg
Latham H.S.
Criminal Justice
major



Gavyn Lietz
Freshman-Multi
Ashley, Illinois
Nashville H.S.
Nursing major

Newcomers



Dustin Lohman
Freshman-Sprints
Sparta, Illinois
Sparta H.S.
Arts Technology
major



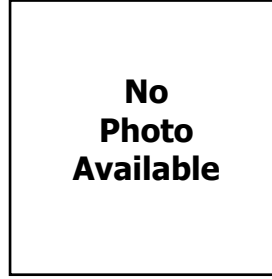
Kort McClellan
Freshman-Distance
Jewett, Illinois
Cumberland H.S.
Business major



Chay McLaren-Mustread
Freshman-Throws
Washington, Illinois
Washington H.S.
Biology major



Camden Sadler
Freshman-Distance
Belleville, Illinois
Althoff Catholic H.S.
Chemistry major



No
 Photo
 Available

Kenneth Sandoval
Freshman-Distance
Berwyn, Illinois
Morton West H.S.
Physics major



Alec St. Julien
Freshman-Distance
Paxton, Illinois
Paxton Buckley
Loda H.S.
Management
Information
Systems major



Jorden Tedford
Freshman-Jumps
Decatur, Illinois
Warrensburg
Latham H.S.
Business major



Robert Williams
Freshman-Hurdles
Portage, Indiana
Merrillville H.S.
Digital Media
Marketing major



Hayden Wimberly
Freshman-Sprints
Salem, Illinois
Salem H.S.
Exploratory Studies
major



Records-Men's Indoor

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
 300 Meters: 36.84, **Jackson Allen**, 1/20/2018
 400 Meters: 50.71, Jordan McCall, 2/27/2016
 500 Meters: 1:06.73, **Ethan Meyer**, 1/13/2018
 600 Meters: 1:24.04, **Dalton Collins**, 1/11/2019
 800 Meters: 1:56.64, Curt Stiner, 3/18/86
 1,000 Meters: 2:38.94, Timee McElroy, 2/17/2017
 1,200 Meters: 3:20.64, Garrett Hogan, 12/3/10
 1,500 Meters: 4:17.00, Aaron Matheson, 2/08/03
 1 Mile Run: 4:22.05, Greg Collingwood, 2/25/83
 3000 Meters: 8:49.03, Jacques DuPre, 2/2/08
 3 Mile Run: 15:29.45, Ken Brown, 2/26/82
 5,000 Meters: 15:40.23, Patrick Tharp, 2/9/13
 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, Seantae Holland, 3/01/03
 1,600-Meter Relay: 3:24.23, **Dalton Collins, Ethan Meyer, Ben Kuxmann, Jackson Allen**, 2/23/2019
 Sprint Medley Relay: 3:50.89, Dirk Doehring, Justin Niles, Matt Hosey, Stephen Ogunjobi 2/03/01
 3,200-Meter Relay: 8:03.78, Sam Chwalek, A.J. Burse, Bob Jabaay, Justin Baer, 2/24/07
 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: 23-10.25 (7.27 meters), Jacob Segrest, 3/3/2017
 Triple Jump: 46-9.25 (14.25 meters), Chad Bolin, 2/19/88
 Weight Throw: 52-0 (15.85 meters), Aeon Johnson, 3/1/2019
 Shot Put: 55-6 1/2 (16.93 meters), Servera Gilbert, 2/26/99
 Heptathlon: 4192, Dustin Roth, 2/8/14

Records-Men's Outdoor

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: 3:53.83, Mike Jackson, 4/16/83
 5,000 Meters: 15:27.54 Jacque DuPre, 4/5/08
 10,000 Meters: 32:28.4, Dave Grabske, 5/14/93
 3,000-Meter Steeplechase: 9:27.40, Scot Colver, 5/1/86
 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: 41.22, Jacob Segrest, Tyler Kimbrough, Christian Zenon, R.J. O'Connor, 5/2/2017
 800-Meter Relay: 1:29.17, Frank Safranski, Frank Taylor, Marcus Winston, Seantae Holland, 4/23/04
 1,600-Meter Relay: 3:18.27, Robbie Mack, Kent Holthaus, Ricky Jones, Dave Peabody, 5/14/93
 3,200-Meter Relay: 7:58.24, Doug Burton, Greg Collingwood, Kent Birmingham, Mike Jackson, 4/15/81
 Pole Vault: 15-0.50 (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: 167-05 (51.03 meters), Tommy Eddleman, 5/6/11
 Discus: 189-9 (57.85 meters), Lance Brooks, 5/11/06
 Shot Put: 56-9.25 (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

All records as of January 1, 2020
Returning athletes in bold

Men's Indoor Top 3 as of 1/1/2020

55 Meter Dash

#	Time	Person	Date
1	6.31	Carl Alexander	2/27/98
2	6.39	Jeff Query	2/20/88
3	6.45	Corey Jefferson	2/22/02

60 Meter Dash

#	Time	Person	Date
1	6.91	Corey Jefferson	2/15/02
2	6.95	Carleston Acres	2/25/12
3	7.01	Jackson Allen	2/23/2019

200 Meters

#	Time	Person	Date
1	22.28	Carl Alexander	2/25/00
2	22.32	Frank Taylor	2/26/05
3	22.49	Paul Selman	2/28/2015

300 Meters

#	Time	Person	Date
1	36.84	Jackson Allen	1/20/2018
2	36.87	Jacob Segrest	1/21/2017
3	37.01	Alex Kemp	1/25/14

400 Meters

#	Time	Person	Date
1	50.71	Jordan McCall	2/27/2016
2	51.14	Frank Taylor	3/4/05
3	51.37	Matt Hosey	2/23/01

600 Meters

#	Time	Person	Date
1	1:24.04	Dalton Collins	1/11/2019
2	1:24.67	Ethan Meyer	1/11/2019
3	1:25.09	Jordan McCall	1/15/2016

800 Meters

#	Time	Person	Date
1	1:56.84	Curt Stiner	3/8/86
2	1:58.72	Kade Lobdell	2/24/2018
3	1:59.27	Joey Davies	1/20/2018

1000 Meters

#	Time	Person	Date
1	2:38.94	Timee McElroy	2/17/2017
2	2:39.49	Sendin Bajric	2/28/12
3	2:39.97	Kevin Martin	2/9/13

1200 Meters

#	Time	Person	Date
1	3:20.64	Garrett Hogan	12/3/10
2	3:22.24	Jeremy Blondin	12/4/09

1500 Meters

#	Time	Person	Date
1	4:17.00	Aaron Matheson	2/8/03
2	4:18.00	Jim Brophy	
3	4:21.25	Shane Kelly	2/25/00

Mile

#	Time	Person	Date
1	4:22.05	Greg Collingwood	2/25/83
2	4:24.04	Timee McElroy	2/25/2017
3	4:24.41	Sam Chwalek	2/25/06

3000 Meters

#	Time	Person	Date
1	8:49.03	Jacques DuPre	2/2/08
2	8:56.03	Sam Chwalek	2/19/05
3	9:02.21	Kyle Deeken	2/24/12

5000 Meters

#	Time	Person	Date
1	15:40.23	Patrick Tharp	2/9/13
2	15:40.48	Larry Huffman	2/5/05
3	15:41.58	Kyle Deeken	2/24/12

3 Mile Run

#	Time	Person	Date
1	15:29.45	Ken Brown	2/26/82

55 Meter High Hurdles

#	Time	Person	Date
1	7.71	Curt Reed	3/11/88
2	7.87	Nate Wentworth	2/2/02
3	8.18	Kent Holthaus	2/25/95

60 Meter High Hurdles

#	Time	Person	Date
1	8.51	Nate Wentworth	1/19/02
2	8.53	Dalton Collins	3/2/2019
3	8.95	Serron Pettis	1/25/2019

4x200 (800 Meters) Relay

#	Time	Persons	Date
1	1:31.65	Seantaé Holland, Lee Clayton, Marcus Wintson, Matt Hosey	3/1/03
2	1:31.92	Alex Kemp, Richard Long, Bem Williams, Paul Selman	1/24/2015
3	1:32.06	Seantaé Holland, Matt Hosey, Frank Safranski, Frank Taylor	2/28/04

Returning Athletes in bold.

For complete and up-to-date Men's Indoor Top Ten List visit the Men's Track page at athletics.millikin.edu

Men's Indoor Top 3 as of 1/1/2020

4x400 (1600 Meters) Relay

#	Time	Persons	Date
1	3:24.23	Dalton Collins, Ethan Meyer, Ben Kuxmann, Jackson Allen	2/23/2019
2	3:25.20	Jacob Segrest, Ethan Meyer, Tyler Kimbrough, Dalton Collins	2/25/2017
T3	3:26.47	Bem Williams, Jordan McCall, Paul Selman, Rodney Johnson	2/7/2015
T3	3:26.47	Bem Williams, Jordan McCall, Paul Selman, Trevor Crum	2/28/2015

Distance Medley Relay

#	Time	Persons	Date
1	10:33.37	Jim Brophy, Frank Taylor, Larry Huffman, Sam Chwalek	2/26/05
2	10:34.46	Sam Chwalek, Bob Jabaay, Justin Baer, Seantaé Holland	2/24/07
3	10:36.76	Tommy O'Brien, Ethan Meyer, Dalton Collins, Timee McElroy	2/25/2017

Sprint Medley Relay

#	Time	Persons	Date
1	3:50.89	Dirk Doebling, Matt Hosey, Stephen Ogunjobi, Justin Niles	2/3/01
2	3:51.20	Chase McCall, Gilbert White, Triston Baltimore, Sam Chwalek	2/16/08
3	3:51.36	Justin Niles, Jerry Goldsmith, Erik Julson, Aaron Matheson	2/14/04

3200 Meter Relay

#	Time	Persons	Date
1	8:03.78	Sam Chwalek, A.J. Burse, Bob Jabaay, Justin Baer	2/24/07
2	8:12.00	Doug Burton, Mike Jackson, Kent Birmingham, Scott Buckalew	2/28/81
3	8:23.02	Justin Baer, Bob Jabaay, Jim Brophy, Brennan Nichols	2/26/05

Weight Throw

#	Feet	Meters	Person	Date
1	52-0	15.85	Aeon Johnson	3/1/2019
2	50-3.50	15.33	Tommy Eddleman	2/11/12
3	50-3.25	15.32	Eric Hofmann	3/7/03

Shot Put

#	Feet	Meters	Person	Date
1	55-6.5	16.93	Servera Gilbert	2/26/99
2	53-3.75	16.25	Tige Butts	2/7/97
3	51-0.25	15.55	DeAndre Taylor	2/26/99

High Jump

#	Feet	Meters	Person	Date
1	6-10	2.09	Al Sheriff	3/4/83
2	6-9	2.06	Jason Zilewicz	2/27/98
3	6-7.75	2.03	Jordan Thomas	2/25/06

Long Jump

#	Feet	Meters	Person	Date
1	23-10.25	7.27	Jacob Segrest	3/3/2017
2	23.10	7.26	Carl Alexander	3/10/00
T3	22-11	6.98	Kieron Boyd	2/25/11
T3	22-11	6.98	Seantaé Holland	2/25/06

Triple Jump

#	Feet	Meters	Person	Date
1	46-9.25	14.25	Chad Bolin	2/19/88
2	46-7.50	14.12	Ethan Meyer	1/26/2018
3	45-5.25	13.85	Felix Adams	2/23/85

Pole Vault

#	Feet	Meters	Person	Date
T1	14-0	4.27	Paul Buob	2/10/84
T1	14-0	4.27	Marty Stupek	3/6/82
3	13-7.25	4.15	Dustin Roth	2/23/13

Heptathlon

#	Points	Person	Date
1	4192	Dustin Roth	2/8/2014
2	3824	Joey Davies	2/23/2019
3	3083	David Braun	2/24-25/2017

Returning Athletes in bold.

For complete and up-to-date Men's Indoor Top Ten List visit the Men's Track page at athletics.millikin.edu



Men's Outdoor Top 3 as of 1/1/2020

100 Meters			
#	Time	Person	Date
1	10.45	Carl Alexander	5/6/00
2	10.50	Jeff Query	5/20/88
T3	10.54	Deverick Lampley	4/13/85
T3	10.54	Mike Weideman	4/27/91

200 Meters			
#	Time	Name	Date
1	21.15	Carl Alexander	5/6/00
2	21.50	Chris Thomas	5/23/87
3	21.64	Deverick Lampley	5/6/85

400 Meters			
#	Time	Name	Date
1	48.46	Curt Stiner	5/5/84
2	48.64	Frank Taylor	4/21/07
3	48.98	Jacob Montgomery	5/6/06

800 Meters			
#	Time	Person	Date
1	1:50.67	Curt Stiner	5/12/84
2	1:51.44	Mike Jackson	4/24/82
3	1:53.14	Greg Crull	5/19/84

1500 Meters			
#	Time	Person	Date
1	3:53.83	Mike Jackson	4/16/83
2	3:57.14	Greg Collingwood	5/1/82
3	4:03.79	Sam Chwalek	5/6/06

5000 Meters			
#	Time	Person	Date
1	15:27.54	Jacque DuPre	4/5/08
2	15:34.76	Sam Chwalek	4/2/05
3	15:37.23	William Powell	3/30/2018

10,000 Meters			
#	Time	Person	Date
1	32:28.40	Dave Grabske	5/14/93
2	32:32.19	Jacque DuPre	5/5/06
3	32:45.34	Steve Schmidt	5/8/82

110 Meter High Hurdles			
#	Time	Person	Date
1	14.29	Curt Reed	5/8/87
2	14.64	Greg Hines	4/17/85
3	14.85	Nate Wentworth	5/4/02

400 Meter Hurdles			
#	Time	Person	Date
1	53.82	Matt Hosey	5/5/01
2	54.54	Mike Jackson	4/22/81
3	55.05	Dave Hessel	5/5/84

3,000 Meter Steeplechase			
#	Time	Person	Date
1	9:27.40	Scot Colver	5/1/86
2	9:27.64	Steve Schmidt	5/8/82
3	9:38.01	Larry Huffman	5/6/05

4x100 (400 Meter) Relay			
#	Time	Persons	Date
1	41.22	Jacob Segrest, Tyler Kimbrough, Christian Zenon, R.J. O'Connor	5/25/2017
2	41.45	Marcus Winston, Nate Wentworth, Dirk Doebling, Corey Jefferson	5/23/02
3	41.49	Richard Long, Paul Selman, Bem Williams, Rodney Johnson	5/2/2015

4x200 (800 Meters) Relay			
#	Time	Persons	Date
1	1:29.17	Frank Safranski, Frank Taylor, Marcus Wintson, Seantae Holland	4/23/04
2	1:29.61	Frank Safranski, Mike Marker, Marcus Winston, Seantae Holland	4/25/03
3	1:30.91	Richard Long, Bem Williams, Paul Selman, Rodney Johnson	4/24/2015

4x400 (1600 Meters) Relay			
#	Time	Persons	Date
1	3:18.27	Dave Peabody, Kent Holthaus, Ricky Jones, Robbie Mack	5/14/93
2	3:18.55	Rob Assise, Stephen Ogunjobi, Dirk Doebling, Matt Hosey	5/5/01
3	3:18.60	Jacob Segrest, Jordan McCall, Trevor Crum, Alex Kemp	5/3/14

4X800 (3200 Meters) Relay			
#	Time	Persons	Date
1	7:58.24	Doug Burton, Greg Collinwood, Kent Birmingham, Mike Jackson	4/15/81
2	7:58.54	Brock Snarski, Joey Davies, T.J. Weglarz , Kade Lobdell	3/30/2018
3	8:06.76	Dalton Collins , Brock Snarski, Tommy O'Brien, Timee McElroy	3/31/2017

Decathlon			
#	Points	Person	Date
1	6067	Jason Franklin	5/12/93
2	5798	Seantae Holland	5/17-18/07
3	5780	Mike Shamhart	5/8/82

Returning athletes in bold.

For complete and up-to-date Men's Indoor Top Ten List visit the Men's Track page at athletics.millikin.edu

Men's Outdoor Top 3 as of 1/1/2020

Discus			
#	Meters	Feet	Person Date
1	57.85	189-9	Lance Brooks 5/11/06
2	48.72	159-10	Tige Butts 3/16/96
3	48.46	159-0	Matt Plater 5/22/91

Hammer			
#	Meters	Feet	Person Date
1	51.03	167-05	Tommy Eddleman 5/6/11
2	48.20	158-02	Peter Trofimuk 5/1/10
3	46.34	152-0	Josh Ward 4/15/00

Shot Put			
#	Meters	Feet	Person Date
1	17.30	56-9.25	Servera Gilbert 4/30/99
2	16.40	53-9.75	Tige Butts 4/26/97
3	15.33	50-0.25	DeAndre Taylor 4/10/99

Javelin (Since 1986)			
#	Meters	Feet	Person Date
1	59.51	195-3	Rob Assise 4/29/01
2	59.14	194-0	Greg DeVries 4/23/88
T3	55.96	183-7	Matt Jenkins 4/29/95
T3	55.96	183-7	Chad Bolin 4/18/88

High Jump			
#	Meters	Feet	Person Date
1	2.13	7-0	Al Sheriff 4/9/83
2	2.09	6-10.75	Walt Hoult 6/1/88
3	2.06	6-9	Ken Russell 5/3/75

Long Jump			
#	Meters	Feet	Person Date
1	7.57	24-10	Carl Alexander 5/25/00
2	7.36	24-1.75	Jacob Segrest 4/8/2017
3	7.24	23-9	Mike Hall 5/26/90

Triple Jump			
#	Meters	Feet	Person Date
1	14.42	47-3.75	Chad Bolin 4/12/88
2	14.10	46-3.25	Pierre Sutton 5/1/99
3	14.08	46-2.5	Will Gunter 4/19/86

Pole Vault			
#	Meters	Feet	Person Date
1	4.58	15-0.25	Paul Buob 5/14/84
2	4.57	15-0	Tom Colin 4/16/94
3	4.50	14-9	Martin Stupek 5/30/81

Returning athletes in bold.

For complete and up-to-date Men's Indoor Top Ten List visit the Men's Track page at athletics.millikin.edu



Roster-Women

Name	Events	Yr.	Hometown/High School
Katie Abell	Throws	Fr.	Jacksonville, Ill./Routt
Katherine Batcheller	Throws	Fr.	Fenton, Mo./Rockwood Summit
Brea Blackwell**	Jumps/Sprints	Jr.	Chicago, Ill./Thornton
Shelby Burgin*	Hurdles/Sprints	So.	Urbana, Ill./Urbana
Gillian Card**	Distance	Jr.	Mattoon, Ill./Mattoon
Alexus Coleman*	Sprints	So.	Silvis, Ill./United Township
Mackenzie Dixon**	Middle Distance	Jr.	Edwardsville, Ill./Mascoutah
Maddy Eck*	Distance	So.	Pleasant Plains, Ill./Springfield Lutheran
Ruth Edwards	Distance	Fr.	Springfield, Ill./Springfield
Anna Gambol**	Throws	Jr.	Glen Ellyn, Ill./Glenbard West
Channing Johnston	Sprints/Jumps	Fr.	Decatur, Ill./Warrensburg Latham
Hollie Johnson*	Sprints	So.	Pana, Ill./Pana
Holly Johnston	Distance	So.	Decatur, Ill./Warrensburg Latham
Chloe Klemstein	Jumps	Fr.	Milwaukee, Wis./PIUS XI
Natalie Krol***	Distance	Sr.	New Lenox, Ill./Lincoln Way West
Ja’Nia Lewis	Hurdles	Fr.	St. Louis, Mo./Eureka
Anne Longman*	Multi	So.	Park Ridge, Ill./Maine South
Skylar Meents	Jumps	Fr.	Downers Grove, Ill./Downers Grove North
Emilie Mineo	Distance	Fr.	Naperville, Ill./Naperville Central
Victoria Mineo*	Distance	So.	Naperville, Ill./Naperville Central
MacKenzie Moyer	Hurdles/Jumps	Fr.	Carlinville, Ill./Carlinville
Brianna Niebrugge**	Multi	Jr.	Decatur, Ill./St. Teresa
Stephanie Oliver**	Throws	Jr.	Cedar Lake, Ind./Hanover Central
Hailey O’Malley*	Distance	So.	Mokena, Ill./Lincoln Way East
Charlize Pate*	Multis	So.	Lawrence, Kan./Home School
Adriyanna Patterson	Throws	Fr.	Georgetown, Ill./Georgetown Ridge Farm
Casie Pierce*	Sprints	Jr.	St. Charles, Mo./Francis Howell North
Morgan Powers***	Middle Distance	Sr.	Shelbyville, Ill./Shelbyville
Eryn Renison*	Middle Distance	So.	Channahon, Ill./Minooka
Joycelyn VanAntwerp**	Distance	Jr.	Kewanee, Ill./Kewanee Weathersfield
Alyssa Vignos**	Hurdles/Sprints	Jr.	New Berlin, Ill./New Berlin
Akilah Ware*	Sprints	So.	Merrillville, Ind./Merrillville
Claire Weers**	Distance	Jr.	Minonk, Ill./Fieldcrest
Kara Weichman*	Middle Distance	So.	Teutopolis, Ill./Teutopolis
Tessa Wiegand	Distance	Fr.	Eureka, Ill./Eureka
Hailey Wimberly*	Sprints	So.	Salem, Ill./Salem

*=Number of varsity letters earned.

Returning Letter winners



Brea Blackwell** **Junior-Jumps\Sprints**
Chicago, Illinois (Thornton H.S.)

2019 Outdoor: Finished second in Triple Jump at CCIW Championships at 11.36 meters and second in Long Jump at 5.45 meters.
2019 Indoor: Finished in 11th place in Triple Jump at the NCAA Division III Indoor Track and Field Championships...Earned All-Conference honors with second place finish in Triple Jump (11.66 meters) and sixth place finish in Long Jump (5.26 meters) at CCIW Championships...Triple Jump mark of 11.66 meters is second best in Millikin history.
2018 Outdoor: NCAA Championships qualifier in Triple Jump...Won Triple Jump at CCIW Championships and finished in seventh in Long Jump...Posted Millikin’s second best career triple jump at 11.75 Meters...Named to USTFCCA All-Region Team...Earned CCIW Female Field Athlete of the Week award.
2018 Indoor: CCIW Champion in Triple Jump with a jump of 11.49 meters (37-8.50), which is second best jump in Millikin history...Earned All-Conference in Long Jump with a fifth place finish at 5.36 meters, which second best jump in Millikin history.

Biology (Pre-Physical Therapy) major



Shelby Burgin* **Sophomore-Hurdles\Sprints**
Urbana, Illinois (Urbana H.S.)

2019: Missed season due to injury.
2018: Earned varsity letter.

Nursing major
2018 CCIW Academic All-Conference



Gillian Card** **Junior-Distance**
Mattoon, Illinois (Mattoon H.S.)

2019: Lettered in both Indoor and Outdoor seasons.
2018: Ran leg on school record setting Outdoor 4x800 Relay (9:54.21).

Biology (Pre-Med) major



Alexus Coleman* **Sophomore-Sprints**
Silvis, Illinois (United Township H.S.)

2019: Earned varsity letter during Outdoor season.

Health, Fitness and Recreation major
2019 CCIW Academic All-Conference

Returning Letter winners



Mackenzie Dixon** **Junior-Middle Distance**
Edwardsville, Illinois (Mascoutah H.S.)

2019 Outdoor: Qualified for NCAA Division III Championships in 800 Meters...CCIW Champion in 800 Meters CCIW Meet record time of 2:11.82...Ran leg on CCIW Champion 4x400 Relay in Big Blue record time of 3:57.04.

2019 Indoor: Qualified for NCAA Division III Championships finishing in 18th place in 2:20.53...CCIW Champion in 800 Meters in 2:15.84, which was second fastest time in school history...Ran leg on school record setting 4x400 Relay in time of 4:02.87...Member of Distance Medley Relay that finishing third at CCIW Championships in 12:48.99.

2018 Outdoor: NCAA Qualifier in 800 Meters finishing 12th...CCIW Champion in 800 Meters in 2:12.83...Posted second best 800 Meter time in school history of 2:11.40...Named USTFCCCA All-Region...Earned CCIW Female Track Athlete of the Week...Ran leg on school record setting 4x800 Relay (9:54.21)...Member of 4x400 Relay that finished in third at CCIW Championships in 4:05.38.

2018 Indoor: CCIW Champion in 800 Meters in 2:17.56, which was third fastest time in school history... Ran leg on third place 4x400 Relay Team (4:07.13) at CCIW Championships... Member of Distance Medley Team finished in fourth in 12:47.62, which was third fastest time in school history...Set new Millikin record in 500 Meters in 1:19.85.

Biology (Pre-Med) major



Maddy Eck* **Sophomore-Distance**
Pleasant Plains, Illinois (Springfield Lutheran H.S.)

2019: Ran leg on Distance Medley Relay that finished in third place at CCIW Indoor Championships in 12:48.99.

Nursing major
2019 CCIW Academic All-Conference



Anna Gambol** **Junior-Throws**
Glen Ellyn, Illinois (Glenbard West H.S.)

2019: Won the Javelin at Millikin Alumni Meet with a throw of 32.16 meters, which was second best in school history.

2018: Posted Millikin's third all-time best Javelin throw at 29.36 meters.

Elementary Education major
2018 and 2019 CCIW Academic All-Conference

Returning Letter winners



Hollie Johnson* **Sophomore-Sprints**
Pana, Illinois (Pana H.S.)

2019: Earned varsity letter.

Athletic Training major



Natalie Krol*** **Senior-Distance**
New Lenox, Illinois (Lincoln Way West H.S.)

2019: Earned varsity letter.

2018: Ran Millikin's fourth fastest 3000 Meter Steeplechase in 12:51.71.

2017 Outdoor: Ran leg on school record setting 4x800 Relay with a time of 10:16.60.

2017 Indoor: Ran leg on Distance Medley Relay team that ran Millikin's third all-time fastest time in 13:13.00...Holds Millikin's seventh quickest time in the Indoor 1000 Meters in 3:22.15.

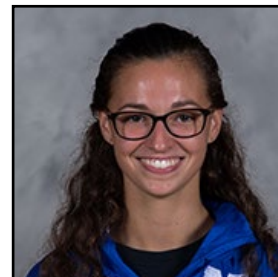
Accounting major



Anne Longman* **Sophomore-Multi**
Park Ridge, Illinois (Maine South H.S.)

2019: Earned letter in both Indoor and Outdoor competition.

Arts Technology major



Victoria Mineo* **Sophomore-Distance**
Naperville, Illinois (Naperville Central H.S.)

2019 Outdoor: Earned All-Conference honors with fifth place finish in 5000 Meters at CCIW Championships in 18:44.22, which was third fastest time in school history.

2019 Indoor: Ran leg on Distance Medley Relay team that finished in third place at CCIW Championships in 12:48.99.

Chemistry major



Returning Letter winners



Brianna Niebrugge Junior-Multis**
Decatur, Illinois (St. Teresa H.S.)

2019 Outdoor: Finished fourth in Long Jump (5.31 meters) and sixth in 400 Meters (1:00.48) at CCIW Championships.
2019 Indoor: Ran leg on school record setting 4x400 Relay with time of 4:02.87...Earned All-Conference honors in two events at CCIW Championships finishing third in Triple Jump (11.09 meters) and seventh in 800 Meters (1:00.73).
2018 Outdoor: Member of 4x400 Relay team that finished in third at CCIW Championships in 4:05.08 earning All-Conference honors.
2018 Indoor: Earned All-Conference in three events...Finished eighth in Triple Jump (10.65 Meters)... Ran leg on third place 4x400 Relay Team (4:07.13)...Part of Distance Medley Team that finished in fourth in 12:47.62, which was third fastest time in school history.

Biology major



Stephanie Oliver Junior-Throws**
Cedar Lake, Indiana (Hanover Central H.S.)

2019 Outdoor: Recorded Big Blue's fifth all-time best performance in Javelin (28.25 meters) and seventh longest in the Hammer (41.29 meters).
2019 Indoor: Had Millikin's eighth all-time best throw in Weight Throw at 13.15 meters.
2018: Earned varsity letter competing in all throwing disciplines during both the Indoor and Outdoor season.

Art Therapy major
2018 and 2019 CCIW Academic All-Conference



Hailey O'Malley* Sophomore-Distance
Mokena, Illinois (Lincoln Way East H.S.)

Biology major
2019 CCIW Academic All-Conference



Charlize Pate* Sophomore-Multi
Lawrence, Kansas (Home School)

English-Writing major
2019 CCIW Academic All-Conference



Returning Letter winners



Casie Pierce* Junior-Sprints/Relays
St. Charles, Missouri (Francis Howell North H.S.)

2018: Ran leg on Big Blue record setting 4x100 Relay team (48.71 seconds) that finished in third at CCIW Outdoor Track Championships.

Health, Fitness and Recreation major



Morgan Powers* Senior-Middle Distance**
Shelbyville, Illinois (Shelbyville H.S.)

2019 Outdoor: Ran leg on school record setting and CCIW Champion 4x400 Relay with a time of 3:57.04...Earned All-Conference honors in 800 meters finishing in third at 2:16.71.
2019 Indoor: Member of Distance Medley Relay team that finished in third at CCIW Championships in 12:48.99.
2018: Member of 4x400 Relay team that finished in third at CCIW Outdoor Championships in 4:05.08 earning All-Conference honors.
2017 Outdoor: Finished in fifth in the 800 Meters in 2:18.74 at CCIW Championships earning All-Conference in the event...Posted Millikin's third all-time fastest 800 Meters in 2:17.37... Ran leg on school record setting 4x800 Relay with a time of 10:16.60.
2017 Indoor: Ran Millikin's seventh all-time best Indoor 800 in 2:29.40...Member of Distance Medley Relay that had the Big Blue's third all-time best performance in 13:13.00.
Member of Millikin's Women's Triathlon team-Seventh Place-2019 NCAA Triathlon Championships

Chemistry/Biology (Pre-Medicine) major
2017, 2018 and 2019 CCIW Academic All-Conference



Eryn Renison* Sophomore-Middle Distance
Channahon, Illinois (Minooka H.S.)

2019 Outdoor: Ran leg on school record setting and CCIW Champion 4x400 Relay 3:57.04.
2019 Indoor: Had Millikin's sixth best time in 800 Meters in 2:26.79.

Nursing major
2019 CCIW Academic All-Conference



Joycelyn VanAntwerp Junior-Distance**
Kewanee, Illinois (Kewanee Weatherfield H.S.)

2019 Outdoor: Ran Big Blue's fifth all-time best 5000 Meters in 19:11.31.
2019 Indoor: Recorded Millikin's sixth all-time fastest 3000 Meters in 11:12.41.
2018 Outdoor: Ran Millikin seventh fastest 5000 Meters in 19:17.23.
2018 Indoor: Distance Medley Team finished in fourth in 12:47.62, which was third fastest time in school history...Posted Millikin's third quickest 1 Mile Run time in 5:26.68.

Psychology major
2018 and 2019 CCIW Academic All-Conference



Returning Letter winners



Alyssa Vignos** Junior-Hurdles\Sprints
New Berlin, Illinois (New Berlin H.S.)

2019 Outdoor: Earned All-Conference honors in both hurdle events at CCIW Championships finishing in second in 400 Hurdles and sixth in 100 Meter Hurdles (15.56 seconds)...400 Meter Hurdles time of 1:10.67 was third fastest in school history.

2019 Indoor: Set Millikin record in 60 Meter Hurdles in 9.53 seconds...All-Conference in 60 Meters Hurdles with a sixth place finish at CCIW Championships in 9.58 seconds.

2018 Outdoor: Named All-Conference after finishing in eighth in the 100 Meter Hurdles at CCIW Championships in 16.73 seconds, which was sixth fastest time in school history.

2018 Indoor: Earned All-Conference honors with a sixth place finish in 55 Meter Hurdles at CCIW Championships in 8.82 seconds, which was fourth best time in school history.

Three-year member on Millikin volleyball team.

Environmental Biology major

2018 and 2019 CCIW Academic All-Conference



Akilah Ware* Sophomore-Sprints
Merrillville, Indiana (Merrillville H.S.)

2019: Earned varsity letter.

Criminal Justice major



Claire Weers** Junior-Distance
Minonk, Illinois (Fieldcrest H.S.)

2019: Co-Captain...Competed in both Indoor and Outdoor seasons.

2018 Outdoor: Ran leg on school record setting 4x800 Relay (9:54.21)... Member of 4x400 Relay team that finished in third at CCIW Championships in 4:05.08 earning All-Conference honors.

2018 Indoor: Earned All-Conference honors in two relay events at CCIW Championships... Ran leg on third place 4x400 Relay Team (4:07.13)...Distance Medley Team finished in fourth in 12:47.62, which was third fastest time in school history...Posted Millikin's fifth quickest 800 Meters in 2:25.26.

Biology (Pre-Physical Therapy) major

2018 and 2019 CCIW Academic All-Conference



Kara Weichman* Sophomore-Middle Distance
Teutopolis, Illinois (Teutopolis H.S.)

2019: Earned varsity letter in both Indoor and Outdoor seasons.

Nursing major

2019 CCIW Academic All-Conference



Returning Letter winners



Hailey Wimberly* Sophomore-Sprints
Salem, Illinois (Salem H.S.)

2019 Outdoor: Ran leg on CCIW Champion and school record setting 4x400 Relay (3:57.04)...Finished in fourth at CCIW Championships in 400 Meters in 1:00.12.

2019 Indoor: Member of school record setting 4x400 Relay in 4:02.87 that finished fourth at CCIW Championships.

Psychology major

Newcomers



Katie Abell Freshman-Throws
Jacksonville, Illinois
Routt H.S.
Biology major



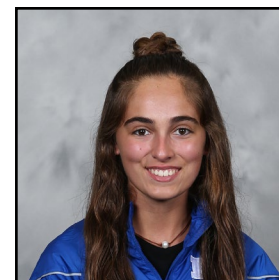
Katherine Batcheller Freshman-Throws
Fenton, Missouri
Rockwood Summit HS.
Elementary
Education major



Ruth Edwards Freshman-Distance
Springfield, Illinois
Springfield H.S.
Elementary
Education major



Channing Johnston Freshman-Sprints
Decatur, Illinois
Warrensburg
Latham H.S.
Elementary
Education major



Holly Johnston Sophomore-Distance
Decatur, Illinois
Warrensburg
Latham H.S.
Biochemistry major



Chloe Klemstein Freshman-Jumps
Milwaukee, Wis.
PUIS XI H.S.
Exercise Science
major



Ja'Nia Lewis Freshman Hurdles
St. Louis, Missouri
Eureka H.S.
Biology major



Skylar Meents Freshman-Jumps
Downers Grove, Ill.
Downers Grove
North H.S.
Arts Technology
major

Newcomers



Emilie Mineo
Freshman-Distance
Naperville, Illinois
Naperville Central H.S.
Early Childhood
major



Adriyanna Patterson
Freshman-Throws
Georgetown, Illinois
Georgetown Ridge
Farm H.S.
Criminal Justice major



MacKenzie Moyer
Freshman-Hurdles
Carlinville, Illinois
Carlinville H.S.
Nursing major



Tessa Wiegand
Freshman-Distance
Eureka, Illinois
Eureka H.S.
Biology major



Records-Women's Indoor Records-Women's Outdoor

55 Meters Dash: 7.28, Domonique Irons, 3/1/08
 60 Meter Dash: 7.76, Ariel Robinson, 2/25/12
 200 Meters: 25.65, Ariel Robinson, 2/2/13
 300 Meters: 42.26, Erin Lukens, 1/20/2018
 400 Meters: 58.32, Erin Lukens, 2/24/2018
 500 Meters: 1:19.85, **Mackenzie Dixon**, 1/13/2018
 600 Meters: 1:35.79, Jamie Michl, 2/19/2016
 800 Meters: 2:15.10, Jamie Michl, 3/5/2016
 1000 Meters: 3:08.34, Kindra Emberton, 2/18/12
 1200 Meters: 4:25.64, Marissa Duffey, 12/4/09
 1500 Meters: 5:06.92, Sarah Mallory, 2/10/01
 1 Mile Run: 5:07.65, Sarah Bradley, 2/1/14
 3000 Meters: 10:21.88, Kindra Emberton, 2/23/13
 3 Mile Run: 18:35, Tracey Ciota
 5000 Meters: 17:50.97, Sarah Bradley, 2/14/14
 55 Meters Hurdles: 8.44, Ali Davis, 2/18/95
 60 Meter Hurdles: 9.53, **Alyssa Vignos**, 2/23/2019
 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: 4:02.87, Erin Lukens, **Brianna Niebrugge, Mackenzie Dixon, Hailey Wimberly** 2/23/19
 Sprint Medley Relay: 4:37.86, Domonique Irons, Jacque Hall, Bridgette Starwalt, Michelle King, 2/16/08
 3200-Meter Relay: 10:16.00, Sarah Mallory, Cassie Gonzales, Amanda Uribe, Angel Colón, 3/01/03
 Distance Medley Relay: 12:31.30, Jamie Michl, Erin Lukens, Michaela Ponstein, Sarah Bradley, 2/26/2016
 High Jump: 5-8.5 (1.74 meters), Kapricia Poulos, 2/24/07
 Long Jump: 17-8.25 (5.39 meters), Kapricia Poulos, 2/24/07
 Triple Jump: 38-6 (11.73 meters), Angie Hawk, 2/20/04
 Pole Vault: 9-10 (3.00 meters), Kaitlyn Callahan, 2/12/11
 Weight Throw: 54-5.50 (16.60 meters), Allison May, 3/6/09
 Shot Put: 47-8.00 (14.53), Leann Spesard, 2/23/13
 Pentathlon: 2808, **Charlize Pate**, 2/22/2019

100 Meters: 12.11, Ariel Robinson, 5/5/12
 200 Meters: 24.62, Ariel Robinson, 5/24/12
 400 Meters: 56.38, Ariel Robinson, 5/18/12
 800 Meters: 2:10.15, Jamie Michl, 5/19/2016
 1,500 Meters: 4:45.13, Kindra Emberton, 3/30/13
 3,000 Meters: 11:10.55, Karen DeWerff Crapse, 5/7/88
 5,000 Meters: 17:39.04, Kindra Emberton, 4/14/12
 10,000 Meters: 37:35.80, Kindra Emberton, 5/9/13
 100-Meter Hurdles: 14.52, Ali Davis, 4/29/95
 400-Meter Hurdles: 1:01.58, Erin Lukens, 5/5/2018
 3,000 Steeplechase: 12:00.7, Sarah Mallory, 5/17/02-(Short Pit)
 11:22.31, Kindra Emberton, 5/4/12-(Long Pit)
 4 x 100-Meter Relay: 48.71, Erin Lukens, Maddie Meyer, **Casie Pierce**, Isabella Newingham, 5/5/2018
 4 x 200-Meter Relay: 1:46.03, Rachel Thomas, Julie Golden, Jennifer Scull, Jamie Bowen, 4/23/04
 4 x 400-Meter Relay: 3:55:52, **Morgan Powers, Hailey Wimberly, Mackenzie Dixon, Eryn Renison**, 5/15/2019
 4 x 800-Meter Relay: 9:54.21, **Mackenzie Dixon, Claire Weers, Gillian Card**, Victoria Myers, 3/30/2018
 High Jump: 5' 7.25" (1.71 meters), Kapricia Poulos, 5/19/06
 Long Jump: 18' 3.75" (5.58 meters), Kapricia Poulos, 5/5/07
 Triple Jump: 40' 5.5" (12.33 meters), Angie Hawk, 5/27/06
 Discus: 152-05 (46.46 meters), Brittany Sherron, 5/7/11
 Shot Put: 48-8.00 (14.83 meters), Leann Spesard, 5/17/13
 Hammer: 162-05 (49.50 meters), Jordan Harris, 3/24/12
 Javelin: 143' 4.5" (43.70 meters), Leslie Waddell, 4/28/83 (Old)
 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)
All records as of Jan. 1, 2020
Returning athletes in bold



Women's Indoor Top 3 as of 1/1/2020

55 Meter Dash

#	Time	Person	Date
1	7.28	Domonique Irons	3/1/08
2	7.31	Ariel Robinson	2/4/12
3	7.33	Felicia Britton	2/27/98

60 Meter Dash

#	Time	Person	Date
1	7.76	Ariel Robinson	2/25/12
2	7.95	Erin Owens	2/27/2016
3	8.01	Isabella Newingham	2/16/2018

200 Meters

#	Time	Person	Date
1	25.65	Ariel Robinson	2/2/13
2	25.75	Isabella Newingham	3/2/2018
3	25.92	Erin Lukens	2/3/2018

300 Meters

#	Time	Person	Date
1	42.26	Erin Lukens	1/20/2018
2	43.04	Bridgette Starwalt	12/4/09
3	43.10	Mackenzie Dixon	1/20/2018

400 Meters

#	Time	Person	Date
1	58.32	Erin Lukens	2/24/2018
2	59.20	Ariel Robinson	2/11/12
3	59.34	Bridgette Starwalt	2/6/10

600 Meters

#	Time	Person	Date
1	1:35.79	Jamie Michl	2/19/2016
2	1:36.19	Mackenzie Dixon	2/16/2018
3	1:39.10	Kirsten Daykin	2/18/12

800 Meters

#	Time	Person	Date
1	2:15.10	Jamie Michl	3/5/2016
2	2:15.84	Mackenzie Dixon	2/23/2019
3	2:17.40	Kindra Emberton	3/1/13

1000 Meters

#	Time	Person	Date
1	3:08.34	Kindra Emberton	2/18/12
2	3:11.76	Ashley Thomasma	2/21/09
3	3:12.71	Mackenzie Dixon	1/13/2018

1200 Meters

#	Time	Person	Date
1	4:25.64	Marissa Duffey	12/4/09
2	4:50.00	Roni Dixon	12/4/09
3	5:00.00	Skylar Sparks	12/4/09

1500 Meters

#	Time	Person	Date
1	5:06.92	Sarah Mallory	2/10/01
2	5:16.27	Rachel Kirleis	2/20/04
3	5:17.08	Leslie Nottingham	2/25/95

Mile Run

#	Time	Person	Date
1	5:07.65	Sarah Bradley	2/1/14
2	5:10.68	Kindra Emberton	2/16/13
3	5:26.68	Joycelyn VanAntwerp	2/24/2018

3000 Meters

#	Time	Person	Date
1	10:21.88	Kindra Emberton	2/23/13
2	10:22.78	Sarah Bradley	2/1/14
3	11:00.53	Victoria Mineo	1/11/2019

5000 Meters

#	Time	Person	Date
1	17:50.97	Sarah Bradley	2/14/14
2	17:54.97	Kindra Emberton	2/22/13
3	19:18.29	Kelli Stratmeyer	2/5/05

3 Mile Run

#	Time	Person	Date
1	18:35	Tracey Ciota	

55 Meter High Hurdles

#	Time	Person	Date
1	8.44	Ali Davis	2/18/95
2	8.62	Lori Brown	3/8/08
3	8.79	Gloria Banks	2/23/01

60 Meter High Hurdles

#	Time	Person	Date
1	9.53	Alyssa Vignos	2/23/2019
2	9.57	Gloria Banks	2/16/01
3	9.70	Lori Brown	12/8/07

200 Meter Hurdles

#	Time	Person	Date
1	31.89	Marianne Stanton	2/25/95
2	35.36	Ann Mittelsteadt	2001

Returning Athletes in bold.

For complete and up-to-date Women's Indoor Top Ten List visit the Men's Track page at athletics.millikin.edu



Women's Indoor Top 3 as of 1/1/2020

4x200 (800 Meter) Relay

#	Time	Persons	Date
1	1:47.35	Julie Golden, April Scull, Jennifer Scull, Rachel Thomas	3/1/03
2	1:47.90	Nikki-Qui Brown, Nancy Gilmore, Elizabeth Eden, Kim Stengel	2/26/99
3	1:48.00	Julie Golden, Kelly Clark, Jennifer Scull, Shannon Kronmiller	2/22/02

4X400 (1600 Meters) Relay

#	Time	Persons	Date
1	4:02.87	Erin Lukens, Brianna Niebrugge , Mackenzie Dixon , Hailey Wimberly	2/23/2019
2	4:02.89	Jamie Michl, Alyssa Staib, Kindra Emberton, Ariel Robinson	1/26/13
3	4:04.89	Bridgette Starwalt, Kirsten Daykin, Markesha Davis, Nikki Smith	2/27/10

Distance Medley Relay

#	Time	Persons	Date
1	12:31.03	Jamie Michl, Erin Lukens, Michaela Ponstein, Sarah Bradley	2/26/2016
2	12:37.20	Liz Wrobel, Ariel Robinson, Kirsten Daykin, Kindra Emberton	3/2/12
3	12:47.62	Mackenzie Dixon , Brianna Niebrugge , Claire Weers , Joycelyn VanAntwerp	2/23/2018

Sprint Medley Relay

#	Time	Persons	Date
1	4:37.86	Dominique Irons, Jacque Hall, Bridgette Starwalt, Michelle King	2/16/08
2	4:42.95	Julie Golden, Jamie Bowden, April Scull, Kelli Stratmeyer	2/14/04
3	4:55.10	Stephanie Koback, Amanda Schumaker, Kristi Jackowski, Courtney Woodward	1/31/04

3200 Meter Relay

#	Time	Persons	Date
1	10:16.00	Sarah Mallory, Cassie Gonzales, Amanda Uribe, Angel Colon	3/1/03
2	10:23.17	Kasey Gosch, Cassie Gonzales, Michelle King, Amanda Uribe	2/26/05
3	10:33.56	Angel Colon, Kelli Stratmeyer, Amanda Uribe, Cassie Conzaes	2/28/04

Weight Throw

#	Feet	Meters	Person	Date
1	54-5.50	16.60	Allison May	3/6/09
2	51-6.25	15.70	Brittany Sherron	2/24/12
3	53-3.50	15.63	Emilie Altenberger	3/2/12

Shot Put

#	Feet	Meters	Person	Date
1	47-8.00	14.53	Leann Spesard	2/23/13
2	42-1.25	12.83	Brittany Sherron	2/25/12
3	41-2.50	12.56	Emilie Altenberger	2/26/11

High Jump

#	Feet	Meters	Person	Date
1	5-8.5	1.74	Kapricia Poulos	2/24/07
2	5-2.25	1.58	Samantha Battle	2/28/2015
3	5-1	1.55	Christina Patterson	2/11/12

Long Jump

#	Feet	Meters	Person	Date
1	17-8.25	5.39	Kapricia Poulos	2/24/07
2	17-7	5.36	Brea Blackwell	2/23/2018
3	17-5.50	5.32	Kirsten Daykin	2/26/10

Triple Jump

#	Feet	Meters	Person	Date
1	38-6	11.73	Angie Hawk	2/20/04
2	38-3.25	11.66	Brea Blackwell	2/23/2019
3	36-5	11.10	Lauren Hedenschoug	2/8/03

Pole Vault

#	Feet	Meters	Person	Date
1	9-10	3.00	Kaitlyn Callahan	2/12/11
2	9-4.25	2.85	Dawn Joutras	3/1/08
3	9-0.5	2.76	Jennifer Vlasaty	2/25/11

Pentathlon

#	Points	Person	Date
1	2808	Charlize Pate	2/22/2019
2	2447	Jacque Hall	2/27/2009
3	1816	Brianna Trimuel	2/24/2017

Returning Athletes in bold.

For complete and up-to-date Women's Indoor Top Ten List visit the Men's Track page at athletics.millikin.edu

Women's Outdoor Top 3 as of 1/1/2020

100 Meter Dash

#	Time	Person	Date
1	12.11	Ariel Robinson	5/5/12
2	12.24	Felicia Britton	5/2/98
3	12.28	Erin Owens	4/16/2016

200 Meter Dash

#	Time	Person	Date
1	24.62	Ariel Robinson	5/24/12
2	24.99	Isabella Newingham	5/17/2018
3	25.02	Felicia Britton	5/17/96

400 Meters

#	Time	Person	Date
1	56.38	Ariel Robinson	5/18/12
2	56.75	Erin Lukens	4/14/2018
3	58.58	Jennifer Scull	5/3/02

800 Meters

#	Time	Person	Date
1	2:10.15	Jamie Michl	5/19/2016
2	2:11.00	Kindra Emberton	5/17/13
3	2:11.40	Mackenzie Dixon	5/11/2018

1500 Meters

#	Time	Person	Date
1	4:45.13	Kindra Emberton	3/30/13
2	4:48.64	Jamie Michl	5/16/14
3	4:48.70	Sarah Bradley	3/19/2016

3000 Meters

#	Time	Person	Date
1	11:10.55	Karen DeWerff	5/7/88
2	11:11.65	Sarah Mallory	5/4/01
3	11:11.66	Jenny Gawrysh	4/26/03

5000 Meters

#	Time	Person	Date
1	17:39.04	Kindra Emberton	4/14/12
2	17:51.84	Sarah Bradley	4/1/2016
3	18:44.22	Victoria Mineo	5/4/2019

10,000 Meters

#	Time	Person	Date
1	37:35.80	Kindra Emberton	5/9/13
2	39:08.30	Amanda Landacre	5/4/01
3	39:44.82	Rachel Kirleis	4/2/05

100 Meter Hurdles

#	Time	Person	Date
1	14.52	Ali Davis	4/29/95
2	15.39	Gloria Banks	5/5/00
3	15.43	Alyssa Vignos	5/3/2019

400 Meter Hurdles

#	Time	Person	Date
1	1:01.58	Erin Lukens	5/5/2018
2	1:02.21	Bridgette Starwalt	5/21/10
3	1:05.71	Michaela Ponstein	5/7/2016

3,000 Meter Steeplechase (Short Pit)

#	Time	Person	Date
1	12:00.70	Sarah Mallory	5/17/02
2	12:38.54	Lauren Szczerski	
3	13:01.80	Tiffany Gawrysh	4/13/02

3,000 Meter Steeplechase (Long Pit)

#	Time	Person	Date
1	11:22.31	Kindra Emberton	5/4/12
2	11:46.46	Ashley Livingood	4/23/11
3	12:00.66	Sarah Mallory	5/3/02

4x100 (400 Meters) Relay

#	Time	Persons	Date
1	48.71	Erin Lukens, Maddie Meyer, Casie Pierce , Isabella Newingham	5/5/2018
2	48.75	Jennifer Scull, Julie Golden, Rachel Thomas, Cathy Curry	5/21/04
3	49.00	April Scull, Julie Golden, Jennifer Scull, Shannon Kronmiller	5/5/01

4x200 (800 Meters) Relay

#	Time	Persons	Date
1	1:46.03	Rachel Thomas, Julie Golden, Jennifer Scull, Jamie Bowen	4/23/04
2	1:46.21	April Scull, Julie Golden, Jennifer Scull, Shannon Kronmiller	4/13/02
3	1:52.46	Beth Brown, Judy Eschman, Stacy McLaughlin, Tamette Piercall	4/12/86

4x400 (1600 Meters) Relay

#	Time	Persons	Date
1	3:55.52	Morgan Powers, Hailey Wimberly, Mackenzie Dixon, Eryn Renison	5/15/2019
2	3:58.34	Erin Lukens, Loritica Lyles, Michaela Ponstein, Jamie Michl	5/7/2016
3	3:59.68	Michaela Ponstein, Uriah Walker, Jasharra Clark, Jamie Michl	5/2/2015

Returning Athletes in bold.

For complete and up-to-date Women's Outdoor Top Ten List visit the Women's Track page at athletics.millikin.edu

Women's Outdoor Top 3 as of 1/1/2020

4x800 (3200 Meters) Relay

#	Time	Persons	Date
1	9:54.21	Mackenzie Dixon, Claire Weers, Gillian Card , Victoria Myers	3/30/2018
2	10:16.60	Morgan Powers, Natalie Krol , Amber Johnson, Elle Drake	3/31/2017
3	10:27.97	Jamie Virzi, Amanda Uribe, Cassie Gonzales, Michelle King	4/15/06

Heptathlon (New and Old Javelin)

#	Points	Person	Date
1	3915	Brenda Hogan	5/9/81
2	3785	Charlize Pate*	5/3-4/2019
3	3525	Kim Stengel*	5/1/99

*= new javelin

Discus

#	Meters	Feet	Person	Date
1	46.46	152-05	Brittany Sherron	5/7/11
2	42.43	139-2	Theresa Daiber	4/24/82
3	39.99	131-2	Emma Hoyer	5/7/2017

Hammer

#	Meters	Feet	Person	Date
1	49.50	162-05	Jordan Harris	3/24/12
2	48.77	160-00	Emilie Altenberger	5/6/11
3	48.52	159-2	Allison May	5/15/09

Shot Put

#	Meters	Feet	Person	Date
1	14.83	48-8.00	Leann Spesard	5/17/13
2	13.17	43-2.50	Jordan Harris	4/28/12
3	12.85	42-2.00	Brittany Sherron	4/28/12

Javelin (Since 1999)

#	Meters	Feet	Person	Date
1	35.66	117-0	Kristin Kwasny	5/3/02
2	32.16	105-6	Anna Gambol	4/6/2019
3	31.84	104-5	Megan Ryan	3/31/01

Javelin (Before 1999)

#	Distance	Person	Date
1	43.70	Leslie Waddell	5/28/83
2	42.56	Brenda Hogan	5/9/81
3	35.57	Stacey Bevins	4/6/90

Long Jump

#	Meters	Feet	Person	Date
1	5.58	18-3.75	Kapricia Poulos	5/4-5/07
2	5.53	18-1.75	Brea Blackwell	3/30/2018
3	5.41	17-09.00	Kirsten Daykin	4/2/10

Triple Jump

#	Meters	Feet	Person	Date
1	12.33	40-5.5	Angie Hawk	5/27/06
2	11.75	38-6.50	Brea Blackwell	3/31/2018
3	11.08	36-04.25	Kirsten Daykin	5/8/10

High Jump

#	Meters	Feet	Person	Date
1	1.71	5-7.25	Kapricia Poulos	5/19/06 & 4/21/07
2	1.62	5-3.75	Tracy Garvey	4/10/80
3	1.59	5-2.50	Samantha Battle	5/2/15

Pole Vault

#	Height	Feet	Person	Date
1	3.15	10-4	Stephanie Koback	5/1/04
2	3.13	10-2.70	Kaitlyn Callahan	4/14/12
3	3.08	10-1.75	Jennifer Vlasaty	5/7/04

Returning Athletes in bold.

For complete and up-to-date Women's Outdoor Top Ten List visit the Women's Track page at athletics.millikin.edu



Big Blue All-Americans

Men's Indoor All-Americans

1985	Deverick Lampley, 55M, 5th	1987	Jeff Query, 400M Relay, 5th
1987	Jeff Query, 55M, 4th		Curt Reed, 400M Relay, 5th
1988	Jeff Query, 55M, 4th		Aaron Rodgers, 400M Relay, 5th
	Curt Reed, 55M Hurdles, 5th		Chris Thomas 400M Relay, 5th
1997	Tige Butts, Shot Put, 5th	1988	Jeff Query, 100M, 5th
1998	Carl Alexander, 55M Dash, 5th	1990	Mike Hall, Long Jump, 7th
	Servera Gilbert, Shot Put, 4th	1991	Mike Hall, 400M Relay, 5th
1999	Servera Gilbert, Shot Put, 3rd		Dan Nieves, 400M Relay, 5th
2000	Carl Alexander, Long Jump, 2nd		Mike Weideman, 400M Relay, 5th
2017	Jacob Segrest, Long Jump, 6th		Scott Atkins, 400M Relay, 5th

Men's Outdoor All-Americans

1981	Mike Jackson, 800M, 7th		Mike Weideman, 400M Relay, 7th
1982	Al Sheriff, High Jump 6th		Dave Peabody, 400M Relay, 7th
1983	Deverick Lampley, 100M, 6th		Kent Holthaus 400M Relay, 7th
	Al Sheriff, High Jump, 3rd	1994	Dave Peabody, Long Jump, 8th
1984	Deverick Lampley, 100M, 4th	1997	Servera Gilbert, Shot Put, 5th
	Deverick Lampley, 200M, 4th	1998	Carl Alexander, 100M Dash, 1st
	Curt Stiner, 800M, 7th		Carl Alexander, 200M Dash, 4th
	Dave Hessel, 400M Relay, 2nd		Servera Gilbert, Shot Put, 3rd
	Jeff Klinck, 400M Relay, 2nd	1999	Servera Gilbert, Shot Put, 2nd
	Deverick Lampley, 400M Relay, 2nd		Carl Alexander, 100M Dash, 4th
	Richie Minor, 400M Relay, 2nd		Carl Alexander. 200M, 4th
1985	Greg Hines, 110 High Hurdles, 8th		Carl Alexander, Long Jump, 6th
	Deverick Lampley, 100M, 7th	2000	Carl Alexander, Long Jump, 2nd
	Deverick Lampley, 200M, 7th		Carl Alexander, 200M, 5th
	Curt Stiner, 800M, 7th	2002	Corey Jefferson, 100M, 4th
	Kevin Brown, 400M Relay, 6th	2004	Marcus Winston, 100M, 8th
	Jeff Klinck, 400M Relay, 6th	2006	Lance Brooks, Discus, 4th
	Deverick Lampley, 400M Relay, 6th	2017	Jacob Segrest, Long Jump, 8th
	Richie Minor, 400M Relay, 6th		Jacob Segrest, 4x100, 7th
1987	Jeff Query, 100M, 5th		Tyler Kimbrough, 4x100, 7th
	Jeff Query, 200M, 5th		Christian Zenon, 4x100, 7th
			Bem Williams, 4x100, 7th

Women's Indoor All-Americans

2003	Angie Hawk, Triple Jump, 6th
2004	Angie Hawk, Triple Jump, 6th
2006	Kapricia Poulos, High Jump, 6th
2007	Kapricia Poulos,High Jump, T3rd
2009	Allison May, Weight Throw, 8th
2012	LeAnn Spesard, Shot Put, 8th
2013	LeAnn Spesard, Shot Put, 6th

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
2006	Angie Hawk, Triple Jump, 2nd
	Kapricia Poulos, High Jump, 4th
2010	Brittany Sherron, Discus, 5th

2020 Big Blue Schedule

Date

Event

Location

INDOOR

Jan. 10	Grand Valley State Meet	Allendale, Mich.
Jan. 18	Monmouth's Midwest Invite	Monmouth, Illinois
Jan. 24	Rose-Hulman Engineer Invite	Terre Haute, Indiana
Feb. 1	Olivet Nazarene Invite	Bourbonnais, Illinois
Feb. 7-8	Illinois Wesleyan Keck Invite	Bloomington, Illinois
Feb. 21	Illinois Wesleyan Dual Meet	Bloomington, Illinois
Feb. 28-29	CCIW Indoor Championships	Bloomington, Illinois
March 6	Wartburg College Qualifer	Waverly, Iowa
March 13-14	NCAA DIII Indoor Championships	Winston-Salem, N.C.

OUTDOOR

March 21	Washington University-St. L Mini Meet	St. Louis, Missouri
March 28	Augustana College Viking Olympics	Rock Island, Illinois
April 4	Millikin's Big Blue Alumni Meet	Decatur, Illinois
April 11	Greenville University Select Meet	Greenville, Illinois
April 25	Illinois College True Blue Open	Jacksonville, Illinois
May 1-2	CCIW Outdoor Championships	Waukesha, Wisconsin
May 7-8	North Central's Dr. Keeler Invite	Naperville, Illinois
May 13-14	North Central's Gregory Invite	Naperville, Illinois
May 21-23	NCAA DIII Outdoor Championships	Rochester, New York

Home Events in Bold.

