

# CCIW Men's Outdoor Track & Field History

Year	Champion (Score)	Head Coach	Location
2009	North Central (278.5)	Al Carius	Kenosha, Wis.
2008	Augustana (238.5)	Paul Olsen	Chicago, Ill.
2007	North Central (276.5)	Al Carius	Naperville, Ill.
2006	North Central (232)	Al Carius	Decatur, Ill.
2005	North Central (214)	Al Carius	Rock Island, Ill.
2004	North Central (219)	Al Carius	Bloomington, Ill.
2003	North Central (254)	Al Carius	Wheaton, Ill.
2002	North Central (237.5)	Al Carius	Kenosha, Wis.
2001	North Central (218)	Al Carius	Chicago, Ill.
2000	North Central (241)	Al Carius	Naperville, Ill.
1999	North Central (301.5)	Al Carius	Rock Island, Ill.
1998	North Central (303.5)	Al Carius	Decatur, Ill.
1997	North Central (285)	Al Carius	Rock Island, Ill.
1996	North Central (275)	Al Carius	Bloomington, Ill.
1995	North Central (274)	Al Carius	Wheaton, Ill.
1994	North Central (249)	Al Carius	Kenosha, Wis.
1993	North Central (304.5)	Al Carius	Wheaton, Ill.
1992	North Central (238)	Al Carius	Rock Island, Ill.
1991	North Central (211.5)	Al Carius	Bloomington, Ill.
1990	North Central (207)	Al Carius	Naperville, Ill.
1989	North Central (278)	Al Carius	Kenosha, Wis.
1988	North Central (266)	Al Carius	Decatur, Ill.
1987	North Central (220)	Al Carius	Naperville, Ill.
1986	North Central (202)	Al Carius	Rock Island, Ill.
1985	North Central (197.5)	Al Carius	Bloomington, Ill.
1984	Augustana (204.5)	Paul Olsen	Wheaton, Ill.
1983	Augustana (190.5)	Paul Olsen	Wheaton, Ill.
1982	Augustana (197)	Paul Olsen	Kenosha, Wis.
1981	Augustana (253)	Paul Olsen	Decatur, Ill.
1980	Augustana (237.5)	Paul Olsen	Rock Island, Ill.
1979	North Central (212)	Al Carius	Bloomington, Ill.
1978	North Central (204.5)	Al Carius	Naperville, Ill.
1977	North Central (203)	Al Carius	Wheaton, Ill.
1976	North Central (192)	Al Carius	Wheaton, Ill.
1975	North Central (140)	Al Carius	Rock Island, Ill.
1974	Augustana (87.5)	Paul Olsen	Kenosha, Wis.
1973	Augustana (81)	Paul Olsen	Bloomington, Ill.
1972	Augustana (85.5)	Paul Olsen	Decatur, Ill.
1971	North Central (57)	Al Carius	Kenosha, Wis.
1970	Augustana (78)	Paul Olsen	Rock Island, Ill.
1969	Augustana (74)	Paul Olsen	Bloomington, Ill.
1968	Augustana (78)	Armin Piph	Wheaton, Ill.
1967	Augustana (72)	Armin Piph	Kenosha, Wis.
1966	North Central (69)	Gerry Stormer	Decatur, Ill.
1965	Augustana (58.5)	L.C. Brissman	Rock Island, Ill.
1964	Augustana (67)	L.C. Brissman	Rock Island, Ill.
1963	Millikin (71.5)	Fred Will	Naperville, Ill.
1962	Carroll (53.5)	John Dixon	Decatur, Ill.
1961	North Central (56.5)	Lester Belding	Lake Forest, Ill.
1960	Carroll (46)	Cliff Juedes	Rock Island, Ill.
1959	Wheaton (82)	Gil Dodds	Wheaton, Ill.
1958	Wheaton (90)	Gil Dodds	Naperville, Ill.
1957	Wheaton (76)	Gil Dodds	
1956	Wheaton (108.5)	Gil Dodds	
1955	Wheaton (85)	Gil Dodds	Elmhurst, Ill.
1954	Millikin (72.6)	Marshall Wells	Elmhurst, Ill.
1953	Wheaton (84.17)	Gil Dodds	Decatur, Ill.
1952	Wheaton (74)	Gil Dodds	Decatur, Ill.
1951	Wheaton (87.77)	Gil Dodds	Rock Island, Ill.
1950	Wheaton (77.8)	Gil Dodds	Elmhurst, Ill.
1949	Wheaton (74.25)	Gil Dodds	Decatur, Ill.
1948	Wheaton (88.5)	Gil Dodds	Elmhurst, Ill.
1947	Wheaton (89)	Gil Dodds	Rock Island, Ill.

## Track Athlete of the Meet

2009	Brian McConnell (Elmhurst)
2008	Matt Harden (Illinois Wesleyan)
2007	Matt Harden (Illinois Wesleyan)

## Field Athlete of the Meet

2009	Darin Decker (Augustana)
2008	Marc Holt (North Central)
2007	Justin McQuality (North Central)

## Outstanding Performer

2006	Ted McMillan (Augustana)
2005	Jeff Sizemore (North Central)
2004	Frank Taylor (Millikin)
2003	Dion Ballentine (Carthage)
2002	Craig Hancock (North Park)
2001	John McMillian (Elmhurst)
2000	Carl Alexander (Millikin)
1999	Carl Alexander (Millikin)
1998	Carl Alexander (Millikin)
	David Thompson (North Central)
1997	Carl Alexander (Millikin)
1996	Ambo Bati (Augustana)
1995	Rob Lee (Augustana)
1994	Ambo Bati (Augustana)
1993	Andre Coleman (North Central)
1992	Sandu Rebenciuc (Augustana)
1991	Mike Hall (Millikin)
1990	Joe Klim (Elmhurst)
1989	Shawn Welti (North Central)
1988	Shawn Welti (North Central)
1987	Jeff Query (Millikin)
1986	Leland Stanfor (Augustana)
1985	Deverick Lampley (Millikin)
1984	Deverick Lampley (Millikin)
1983	Jon Tuin (Wheaton)
1982	Jon Tuin (Wheaton)
1981	Socrates Catavatis (Augustana)
	Ken Kohler (Carthage)
1980	Socrates Catavatis (Augustana)
1979	Ted Carlson (Wheaton)
1978	Dan Henderson (Wheaton)
1977	Ray Threlkeld (Carthage)
1976	Greg Gorusch (Wheaton)

## Team Titles

North Central	32
Augustana	15
Wheaton	12
Millikin	2
Carroll	2

## Past CCIW Men's Outdoor Individual Champions

### 100-Yard Dash

1947	Ted Germann	Wheaton	10.2
1948	Ted Germann	Wheaton	10.1
1949	Dick Bjork	Augustana	10.4
1950	Ted Germann	Wheaton	10.5
1951	Price	Wheaton	10.3
1952	Dave Exline	Augustana	10.0
1953	Patterson	Wheaton	10.4
1954	Huff	Wheaton	10.3
1955	Hollatz	Wheaton	10.4
1956	Hollatz	Wheaton	9.7
1957	Gullborg	North Central	10.2
1958	Bremner	Wheaton	10.3
1959	Bruder	North Central	10.0
1960	Craig	Lake Forest	10.0
1961	Craig	Lake Forest	10.0
1962	Fred Whiting	Augustana	10.1
1963	Jackson	Millikin	9.8
1964	Fred Whiting	Augustana	10.0
1965	McGrath	Carthage	10.2
1966	Zieth	Carthage	10.3
1967	Clark	North Central	9.5
1968	Carlstedt	Augustana	10.0
1969	Jim DeNovo	Carroll	9.8
1970	Howard Bubolz	Carroll	10.1
1971	Bernie Smith	North Central	9.9
1972	Harvey Shields	Carthage	10.0
1973	Ed McGee	North Central	9.9
1974	Ed McGee	North Central	9.9
1975	Joe Clendenny	North Central	9.8
1976	Mike Jones	Illinois Wesleyan	9.9
1977	Rommell Foy	Illinois Wesleyan	9.9

### 100-Meter Dash

1978	Dave Bradley	Wheaton	10.6
1979	Ted Carlson	Wheaton	10.96
1980	Mike Meyer	Augustana	10.9
1981	Kofi Osei	Augustana	10.65
1982	Kofi Osei	Augustana	10.9
1983	Deverick Lampley	Millikin	10.5
1984	Deverick Lampley	Millikin	10.5
1985	Deverick Lampley	Millikin	11.0
1986	Jeff Query	Millikin	11.08
1987	Jeff Query	Millikin	10.89
1988	Jeff Query	Millikin	10.7
1989	Schoonover	Millikin	11.46
1990	Jan Cado	North Central	11.15
1991	Mike Wiedeman	Millikin	10.9
1992	Andre Coleman	North Central	10.97
1993	Hale	Millikin	11.07
1994	Kermit Ellison	Wheaton	10.80
1995	Dane Shaw	Wheaton	11.01
1996	Kyle Poston	Augustana	10.91
1997	Kyle Poston	Augustana	10.71
1998	Carl Alexander	Millikin	10.54
1999	Carl Alexander	Millikin	10.87
2000	Carl Alexander	Millikin	10.45
2001	John McMillian	Elmhurst	10.73
2002	Corey Jefferson	Millikin	10.64
2003	Brad Blake	Augustana	10.93
2004	Frank Taylor	Millikin	10.67
2005	Frank Taylor	Millikin	10.73
2006	Matt Harden	Illinois Wesleyan	10.82
2007	Segun Olopo	Illinois Wesleyan	10.68
2008	Segun Olopo	Illinois Wesleyan	10.67
2009	Max Petersen	Augustana	10.97

### 220-Yard Dash

1947	Dick Bjork	Augustana	22.6
1948	Lush	Illinois Wesleyan	22.1
1949	Dick Bjork	Augustana	22.8
1950	Lester	Millikin	23.0
1951	Lester	Millikin	22.9
1952	Dick Quisenberry	Millikin	23.0
1953	Dick Quisenberry	Millikin	22.2
1954	Dick Quisenberry	Millikin	22.2

1955	Dick Quisenberry	Millikin	22.1
1956	Hollatz	Wheaton	21.0
1957	Bremner	Wheaton	22.2
1958	Bremner	Wheaton	22.2
1959	Bender	Elmhurst	21.5
1960	Bender	Elmhurst	21.9
1961	Rempe	Carroll	21.9
1962	Zander	Carroll	22.4
1963	Bennett	Millikin	21.5
1964	Faulkner	Illinois Wesleyan	21.9
1965	McGrath	Carthage	22.1
1966	Zeith	Carthage	22.4
1967	Schaefer	Augustana	21.8
1968	Carlstedt	Augustana	21.9
1969	Bill Stambolis	Augustana	21.9
1970	Gene De Boise	Augustana	22.7
1971	Pete Holmer	Augustana	22.4
1972	Harvey Shields	Carthage	22.6
1973	Ed McGee	North Central	22.3
1974	Jim Cosand	Wheaton	21.5
1975	Joe Clendenny	North Central	21.9
1976	Don Milkent	North Central	22.6
1977	Mike Jones	Illinois Wesleyan	22.29

### 200-Meter Dash

1978	Don Milkent	North Central	22.0
1979	Mike Meyer	Augustana	21.90
1980	Mike Meyer	Augustana	22.1
1981	Ken Kohler	Carthage	21.50
1982	Rich Baumler	Carthage	22.0
1983	Deverick Lampley	Millikin	22.5
1984	Deverick Lampley	Millikin	21.82
1985	Deverick Lampley	Millikin	21.7
1986	Leland Stanford	Augustana	21.5
1987	Jeff Query	Millikin	22.23
1988	Jeff Query	Millikin	22.22
1989	Welti	North Central	22.46
1990	George Rhodes	Wheaton	22.15
1991	Andre Coleman	North Central	21.99
1992	Scott Stanley	Wheaton	21.69
1993	Andre Coleman	North Central	21.68
1994	Andre Coleman	North Central	21.1
1995	Rob Lee	Augustana	22.16
1996	Emil Ostberg	North Central	21.69
1997	Kyle Poston	Augustana	21.69
1998	David Thompson	North Central	21.56
1999	Carl Alexander	Millikin	21.74
2000	Carl Alexander	Millikin	21.15
2001	John McMillian	Elmhurst	22.08
2002	Bob Prochaska	Carthage	21.80
2003	Greg Memmersheimer	North Central	21.70
2004	Frank Taylor	Millikin	21.76
2005	Tyler Neal	Illinois Wesleyan	21.72
2006	Quintin Bailey	Elmhurst	21.62
2007	Quintin Bailey	Elmhurst	22.17
2008	Segun Olopo	Illinois Wesleyan	21.52
2009	Max Petersen	Augustana	22.42

### 440-Yard Dash

1947	Robert Rust	Wheaton	50.6
1948	Robert Rust	Wheaton	49.9
1949	Lester	Millikin	50.8
1950	Lester	Millikin	50.7
1951	Lester	Millikin	50.8
1952	Dick Quisenberry	Millikin	50.9
1953	Dick Quisenberry	Millikin	51.2
1954	Dick Quisenberry	Millikin	49.4
1955	Dick Quisenberry	Millikin	49.8
1956	Dick Quisenberry	Millikin	50.3
1957	Seefeldt	Carroll	49.1
1958	Schrock	Wheaton	49.7
1959	Rempe	Carroll	50.6
1960	Rempe	Carroll	50.1
1961	Rempe	Carroll	50.5
1962	Michaels	North Central	50.2
1963	Kilaeski	North Park	50.9

## Past CCIW Men's Outdoor Individual Champions

### 440-Yard Dash (Continued)

1964	Clark	Augustana	49.7
1965	Ogan	Augustana	50.9
1966	Scheafer	Augustana	50.2
1967	Scheafer	Augustana	49.0
1968	Gene Deboise	Augustana	48.8
1969	Ollie Mack	Millikin	49.7
1970	Gene Deboise	Augustana	49.4
1971	Ollie Mack	Millikin	49.7
1972	Enyo Dewith	Augustana	48.7
1973	Enyo Dewith	Augustana	49.7
1974	Enyo Dewith	Augustana	49.6
1975	Don Milkent	North Central	50.0
1976	Don Milkent	North Central	49.66

### 400-Meter Dash

1978	Don Milkent	North Central	48.6
1979	Don Milkent	North Central	48.41
1980	Ken Kohler	Carthage	48.3
1981	Ken Kohler	Carthage	48.01
1982	Jim Kirby	Elmhurst	49.0
1983	Doug Zimmer	Illinois Wesleyan	49.5
1984	Curt Stiner	Millikin	48.4
1985	Doug Zimmer	Illinois Wesleyan	48.3
1986	Doug Zimmer	Illinois Wesleyan	48.1
1987	Dennis Piron	North Central	48.87
1988	Willie Campana	Carthage	49.50
1989	Hobb	Illinois Wesleyan	48.82
1990	George Rhodes	Wheaton	48.13
1991	Dan Markham	Augustana	48.66
1992	Gerald McCadd	North Central	49.79
1993	Andre Coleman	North Central	47.9
1994	Andre Coleman	North Central	48.45
1995	Rob Lee	Augustana	48.0
1996	Rob Lee	Augustana	48.01
1997	Cory Most	North Central	50.09
1998	Elvis McCarter	Elmhurst	49.45
1999	Chris Dryer	Augustana	48.54
2000	Craig Hancock	North Park	48.02
2001	Rickey Hildreth	North Central	48.69
2002	Craig Hancock	North Park	48.38
2003	Fred Ketchum	Wheaton	49.46
2004	Fred Ketchum	Wheaton	50.69
2005	Adam Pennington	North Central	47.77
2006	Adam Pennington	North Central	47.91
2007	Matt Harden	Illinois Wesleyan	47.66
2008	Matt Harden	Illinois Wesleyan	47.70
2009	Greg Jackson	North Central	47.94

### 880-Yard Run

1947	Jack Diller	Wheaton	2:09.0
1948	Cooke	Wheaton	2:01.8
	Norman	Wheaton	2:01.8
1949	Hallworth	Wheaton	2:02.0
1950	Hallworth	Wheaton	2:00.6
1951	Hallworth	Wheaton	2:00.2
1952	Hawkinson	Wheaton	1:59.7
1953	Luttrell	Wheaton	1:57.7
1954	Hanchett	Wheaton	1:56.6
1956	Hanchett	Wheaton	1:57.8
1957	Hanchett	Wheaton	1:58.8
1958	Grose	Wheaton	1:59.0
1959	Arndt	Wheaton	2:00.0
1960	Wieneke	Augustana	2:01.3
1961	Wilson	North Central	1:58.1
1962	Sippy	Carroll	1:59.9
1963	Stormer	North Central	2:00.9
1964	Coolidge	Augustana	1:58.2
1965	Coolidge	Augustana	1:58.5
1966	Stiefel	Carthage	1:55.5
1967	Creager	Augustana	1:56.9
1968	Yamancheck	Carthage	1:55.6
1969	Rich Hansen	Augustana	1:59.1
1970	Ron Teschner	Carthage	1:55.8
1971	Jeff Heller	North Central	1:54.4
1972	Mel Kinlow	North Central	1:53.6

1973	Jeff Heller	North Central	1:52.4
1974	Ron Hankel	North Central	1:55.6
1975	Ron Hankel	North Central	1:53.9
1976	Greg Klebe	North Central	1:57.3
1977	Scott Weber	Carthage	1:54.03

### 800-Meter Run

1978	Greg Klebe	North Central	1:54.0
1979	Jim Nochol	North Central	1:54.51
1980	Mark Nordstrom	Augustana	1:53.7
1981	Mike Jackson	Millikin	1:53.26
1982	Mike Jackson	Millikin	1:53.5
1983	Ricci Washburn	Augustana	1:55.5
1984	Jim Kirby	Elmhurst	1:51.02
1985	Doug Sand	Augustana	1:54.5
1986	Curt Stiner	Millikin	1:53.19
1987	Victor Cooper	North Park	1:54.78
1988	Dan Baker	North Central	1:53.35
1989	Dan Baker	North Central	1:53.92
1990	Ron Zimmer	Illinois Wesleyan	1:54.09
1991	Sandu Rebenciuc	Augustana	1:53.80
1992	Ron Zimmer	Illinois Wesleyan	1:54.97
1993	Grevin	North Central	1:57.08
1994	Ambo Bati	Augustana	1:55.7
1995	Erik Dieckman	North Central	1:56.92
1996	Elliott Nott	Illinois Wesleyan	1:55.23
1997	Nate Breed	North Central	1:53.06
1998	Erik Dieckman	North Central	1:55.04
1999	Tim McCoskey	North Central	1:53.54
2000	Tim McCoskey	North Central	1:51.99
2001	Eric Penington	Carthage	1:54.79
2002	Tony Rizzo	North Central	1:53.78
2003	Mike Bartlett	Augustana	1:53.41
2004	Jason Williams	Augustana	1:54.35
2005	Julius White	North Central	1:53.00
2006	Julius White	North Central	1:54.83
2007	Adam Pennington	North Central	1:52.26
2008	Tyler Lewis	Carthage	1:56.11
2009	Brian McConnell	Elmhurst	1:55.69

### Mile

1947	Ray Baker	Wheaton	4:33.1
1948	Ole Vining	Wheaton	4:32.1
1949	Jack Diller	Wheaton	4:28.9
1950	Luttrell	Millikin	4:28.9
1951	Luttrell	Millikin	4:35.7
1952	Cookie Moriya	Wheaton	4:28.2
1953	Cookie Moriya	Wheaton	4:38.0
	Cousins	Wheaton	4:38.0
	Smith	Wheaton	4:38.0
1954	Cookie Moriya	Wheaton	4:19.6
1955	Hancett	Wheaton	4:37.1
1956	Hancett	Wheaton	4:37.5
1957	Hancett	Wheaton	4:26.7
1958	Hancett	Wheaton	4:22.9
1959	Hancett	Wheaton	4:36.5
1960	Sippy	Carroll	4:38.9
1961	Wilson	North Central	4:23.4
1962	Stormer	North Central	4:21.1
1963	Stormer	North Central	4:32.8
1964	Farley	North Central	4:29.7
1965	Jonsson	North Central	4:28.5
1966	Jonsson	North Central	4:18.5
1967	Jonsson	North Central	4:21.0
1968	Stiefel	Carthage	4:17.2
1969	Bob Wilson	Augustana	4:22.7
1970	Mel Kinlow	North Central	4:15.1
1971	Gary Barker	Wheaton	4:17.1
1972	Joe McGee	Carthage	4:14.5
1973	Joe McGee	Carthage	4:12.4
1974	Scott Barrett	North Central	4:16.9
1975	Scott Barrett	North Central	4:12.8
1976	Jim Mitchell	North Central	4:16.8
1977	Dan Henderson	Wheaton	4:11.41

# Past CCIW Men's Outdoor Individual Champions

## 1,500-Meter Run

1978	Dan Henderson	Wheaton	3:51.3
1979	Dan Henderson	Wheaton	3:54.69
1980	Dan Skarda	North Central	3:53.8
1981	Steve Gramsch	Augustana	3:52.41
1982	Steve Gramsch	Augustana	3:56.1
1983	Jackson	Millikin	3:57.3
1984	Eric Volkert	Augustana	3:51.2
1985	Eric Volkert	Augustana	3:52.0
1986	Gary Peterson	North Central	3:51.5
1987	Jim Jones	North Central	3:57.3
1988	Rich Scopp	North Central	3:57.18
1989	Rich Scopp	North Central	3:55.51
1990	Brian Wilson	North Central	3:55.14
1991	Sandu Rebenciu	Augustana	3:55.1
1992	Sandu Rebenciu	Augustana	3:54.86
1993	Sandu Rebenciu	Augustana	4:03.99
1994	Ambo Bati	Augustana	3:54.64
1995	Ambo Bati	Augustana	3:53.78
1996	Ambo Bati	Augustana	3:50.71
1997	Erik Dieckman	North Central	3:49.72
1998	Jeff Stiles	North Central	3:50.97
1999	Tim McCoskey	North Central	3:54.01
2000	Ed Riegert	North Central	3:54.91
2001	Eric Penington	Carthage	3:54.74
2002	Tony Rizzo	North Central	3:59.21
2003	Andy Enright	North Central	3:58.87
2004	Andy Hubner	North Central	3:56.19
2005	Andy Hubner	North Central	3:56.55
2006	Andy Hubner	North Central	3:54.75
2007	Brian McConnell	Elmhurst	3:52.18
2008	Brian McConnell	Elmhurst	3:55.84
2009	Brian McConnell	Elmhurst	3:56.91

## Two Mile

1947	Ole Vining	Wheaton	10:14.1
1948	Alexander	Illinois Wesleyan	10:22.8
1949	Balog	Wheaton	10:04.5
1950	Balog	Wheaton	10:01.8
1951	Steinkrause	Wheaton	9:56.2
1952	Cookie Moriya	Wheaton	10:15.0
1953	Cookie Moriya	Wheaton	10:25.5
	Steinkrause	Wheaton	10:25.5
	McKenzie	Wheaton	10:25.5
1954	Cookie Moriya	Wheaton	9:48.6
1955	Steinkrause	Wheaton	10:15.1
1956	Steinkrause	Wheaton	9:58.6
1957	Sutfin	Wheaton	10:05.5
1958	Hanchett	Wheaton	10:24.9
1959	Carson	Wheaton	10:01.4
1960	Sippy	Carroll	10:18.8
1961	Barry	Millikin	10:01.9
1962	Farley	North Central	10:00.6
1963	Farley	North Central	10:20.6
1964	Litchfield	North Central	10:03.6
1965	Trapp	North Central	10:00.5
1966	Johnson	North Central	9:48.2

## 3,000-Meter Steeplechase

1977	Rich Scott	North Central	9:36.31
1978	Bruce Fischer	North Central	9:36.5
1979	Rich Moore	Augustana	9:12.28
1980	Rob Jensen	Augustana	9:18.0
1981	Rob Jensen	Augustana	9:06.27
1982	Bill Wahl	North Central	9:09.20
1983	Todd Moxley	Wheaton	9:26.5
1984	Bob Pottle	North Central	9:25.6
1985	Todd Moxley	Wheaton	9:03.1
1986	Scot Colver	Millikin	9:27.4
1987	Jeff Kollmeyer	Augustana	9:32.7
1988	Doug Hearn	North Central	9:18.18
1989	Jeff Kollmeyer	Augustana	9:26.2
1990	Jeff Kollmeyer	Augustana	9:31.0
1991	Roth	North Central	9:20.4
1992	Bill Kabasenche	Wheaton	9:25.2
1993	Bill Kabasenche	Wheaton	9:19.08
1994	Sandu Rebenciu	Augustana	9:13.7

1995	Bill Kabasenche	Wheaton	9:06.0
1996	Jeff Stiles	North Central	9:22.05
1997	Jeff Stiles	North Central	9:08.0
1998	Gerg Huffaker	North Central	9:29.11
1999	Jack Kafel	North Central	9:25.99
2000	Charles Califf	North Central	9:34.18
2001	Jason Malmassari	Elmhurst	9:49.11
2002	Jeremy Borling	North Central	9:18.49
2003	Nick Johnson	Augustana	9:25.04
2004	Nick Johnson	Augustana	9:20.85
2005	Matt Field	Wheaton	9:21.29
2006	Nick Johnson	Augustana	9:26.68
2007	Brad Holehan	Augustana	9:13.21
2008	Brad Holehan	Augustana	9:16.08
2009	Andy Kubiak	Augustana	9:24.30

## Three Mile

1967	Jonsson	North Central	15:06
1968	Marty Creager	Augustana	14:41.2
1969	Dennis Kramer	Carthage	14:50.3
1970	Dennis Kramer	Carthage	15:00.0
1971	Gary Barrett	North Central	14:26.7
1972	Glen Behnke	North Central	14:25.4
1973	Larry Swanson	North Park	13:57.4
1974	Glen Behnke	North Central	14:11.4
1975	Scott Barrett	North Central	14:14.1
1976	Glen Schumacher	Carthage	14:32
1977	Dan Copper	Augustana	14:27.48

## 5,000-Meter Run

1978	Dan Hendersen	Wheaton	14:36.9
1979	Dan Hendersen	Wheaton	14:49.33
1980	Jeff Milliman	North Central	14:54.7
	Keith Zobrist	North Central	14:54.7
1981	Tony Hurd	Augustana	14:46.18
1982	Ray Krauss	North Central	15:00.0
1983	Shemi Sabag	Augustana	15:06
1984	Shemi Sabag	Augustana	14:24.36
1985	Todd Moxley	Wheaton	14:49.8
1986	Todd Moxley	Wheaton	14:48.1
1987	Jim Jones	North Central	15:14.20
1988	Brian Wilson	North Central	15:22.80
1989	Bowman	North Central	15:04.9
1990	Dave Terronez	Augustana	15:07.1
1991	Derron Bishop	North Central	14:48.8
1992	Sandu Rebenciu	Augustana	14:50.89
1993	John Weigel	North Central	15:44.95
1994	Dan Mayer	North Central	14:24.52
1995	John Weigel	North Central	14:56.6
1996	Ambo Bati	Augustana	14:34.86
1997	Jack Kafel	North Central	15:40.79
1998	Ambo Bati	Augustana	15:11.7
1999	Colin Young	North Central	15:10.45
2000	Colin Young	North Central	15:08.70
2001	Jim Akita	Elmhurst	15:18.02
2002	Marcin Toporkiewicz	North Central	15:23.25
2003	Greg Targosz	North Central	14:45.64
2004	Andy Enright	North Central	15:29.89
2005	Pat Rizzo	North Central	15:13.85
2006	Nick Hird	North Central	14:55.49
2007	Brian Lesiewicz	North Central	14:59.66
2008	Brandon Mull	Wheaton	14:57.52
2009	Mike Spain	North Central	14:52.76

## Six Mile

1974	Glen Behnke	North Central	30:16.6
1975	Dan Copper	Augustana	30:13.0
1976	Glen Schumacher	Carthage	29:43
1977	Dan Copper	Augustana	30:52.46

## 10,000-Meter Run

1978	Dan Hendersen	Wheaton	30:15.0
1979	Jeff Milliman	North Central	30:57.71
1980	Jeff Milliman	North Central	30:48.2
	Dan Skarada	North Central	30:48.2
1981	Dan Skarada	North Central	30:42.0
1982	Bill O'Neill	North Central	31:42.0



## Past CCIW Men's Outdoor Individual Champions

### 10,000-Meter Run (Continued)

1983	Tony Bluell	North Central	31:34.0
1984	Ray Krauss	North Central	30:40.5
1985	Joe Gross	North Central	30:44.7
1986	Thom Seagren	Wheaton	32:31.0
1987	Steve Leake	Illinois Wesleyan	31:26.0
1988	John Collet	North Central	31:20.90
1989	John Collet	North Central	31:17.4
1990	Dave Terronez	Augustana	31:40.7
1991	Derron Bishop	North Central	31:02.0
1992	Sandu Rebenciuc	Augustana	30:51.47
1993	Dan Mayer	North Central	29:43.9
1994	Jim Dickerson	North Central	30:49.8
1995	Ambo Bati	Augustana	30:28.2
1996	Ambo Bati	Augustana	29:56.7
1997	Ryan Board	North Central	31:27.00
1998	Ambo Bati	Augustana	30:44.0
1999	Colin Young	North Central	31:28.11
2000	Jeremy Borling	North Central	32:10.36
2001	Greg Targosz	North Central	31:05.20
2002	Pat Rizzo	North Central	31:21.09
2003	Pat Rizzo	North Central	31:04.33
2004	Nick Hird	North Central	31:46.25
2005	Chris Bosworth	North Central	31:31.64
2006	Nick Hird	North Central	31:39.12
2007	Brandon Mull	Wheaton	31:57.04
2008	Kyle Brady	North Central	31:12.00
2009	Kyle Brady	North Central	30:58.32

### 120-Yard High Hurdles

1947	Ted Germann	Wheaton	15.7
1948	Schaefer	Millikin	15.6
1949	Johnsen	Wheaton	15.8
1950	Ted Germann	Wheaton	16.0
1951	Price	Wheaton	16.0
1952	Tom Drake	North Central	15.8
1953	Pogue	Millikin	15.7
1954	Pogue	Millikin	15.4
1955	Jones	Millikin	16.1
1956	Drake	North Central	15.4
1957	Drake	North Central	15.4
1958	Drake	North Central	15.7
1959	Young	Carroll	15.4
1960	Young	Carroll	15.7
1961	Rechner	Carroll	15.5
1962	Irwin	Carroll	15.4
1963	Faulhaber	North Central	15.0
1964	Waters	Millikin	15.7
1965	Waters	Millikin	15.4
1966	Breat	Augustana	15.4
1967	Rader	Carthage	14.5
1968	Ed Ward	North Central	14.95
1969	Ed Ward	North Central	14.8
1970	Tom Babula	Carthage	15.1
1971	Tom Babula	Carthage	14.9
1972	Tom Babula	Carthage	15.4
1973	Greg Gorusch	Wheaton	15.0
1974	Steve Schepper	Millikin	14.9
1975	Wes Miller	Carthage	14.9
1976	Greg Gorusch	Wheaton	14.9
1977	Ed Martin	North Central	14.89

### 110-Meter High Hurdles

1978	Ed Martin	North Central	14.6
1979	Ted Carlson	Wheaton	15.41
1980	Brent Nelson	Wheaton	15.0
1981	Ted Carlson	Wheaton	14.75
1982	Kevin Knourek	Augustana	14.9
1983	Clayton	Augustana	14.7
1984	Bob McCloughan	Elmhurst	15.1
1985	Greg Hines	Millikin	15.1
1986	Bill Metzger	Illinois Wesleyan	15.14
1987	Brian Lamb	North Central	14.81
1988	Joe Klim	Elmhurst	14.6
1989	Malik Jones	Illinois Wesleyan	15.03
1990	Malik Jones	Illinois Wesleyan	15.09
1991	Gary Kwak	Augustana	15.19

1992	Gary Kwak	Augustana	14.87
1993	Rafeal Williams	North Central	14.72
1994	Rafeal Williams	North Central	14.81
1995	Rafeal Williams	North Central	14.89
1996	Frank Pettaway	North Central	14.82
1997	Jesse Heath	Augustana	14.73
1998	Dan Breems	North Central	14.94
1999	Karle Koritz	Illinois Wesleyan	14.74
2000	Dan Breems	North Park	14.95
2001	Ryan Rogers	Wheaton	14.87
2002	Ryan Rogers	Wheaton	14.44
2003	Brandon Strode	North Central	14.54
2004	Brandon Strode	North Central	14.56
2005	Matt Harden	Illinois Wesleyan	14.57
2006	Josh Hammar	Wheaton	15.15
2007	Ted McMillan	Augustana	15.37
2008	Ted McMillan	Augustana	15.22
2009	Ted McMillan	Augustana	15.05

### 220-Low Hurdles

1947	Ted Germann	Wheaton	25.9
1948	Ted Germann	Wheaton	23.7
1949	Johnston	Wheaton	25.6
1950	Ted Germann	Wheaton	24.7
1951	Price	Wheaton	25.5
1952	Seiler	Elmhurst	25.4
1953	Seiler	Elmhurst	26.1
1954	Huff	Wheaton	25.3
1955	Nevious	Wheaton	25.5
1956	Feld	Carroll	24.2
1957	Feld	Carroll	24.5
1958	Drake	North Central	24.9
1959	Drake	Wheaton	24.3
1960	Craig	Lake Forest	25.3
1961	Frei	Augustana	24.6
1962	DeWerf	Millikin	25.1
1963	Jackson	Millikin	23.9
1964	Fike	Millikin	24.5

### 440-Yard Intermediate Hurdles

1965	Young	Augustana	56.5
1966	Zephel	North Central	56.3
1967	Jim Braet	Augustana	55.1
1968	Jerry Fair	Carthage	55.2
1969	Jim Brae	Augustana	56.0
1970	Arthur Dannenberg	Elmhurst	55.6
1971	Jim Mendenhall	Millikin	55.5
1972	Tony Cornelious	Augustana	53.5
1973	Tony Cornelious	Augustana	54.4
1974	Tony Cornelious	Augustana	54.7
1975	Steve Schepper	Millikin	53.95
1976	Jerry Hendron	North Central	54.3
1977	Mark Cipolle	Augustana	54.59

### 400-Meter Intermediate Hurdles

1978	Ted Carlson	Wheaton	53.1
1979	Ted Carlson	Wheaton	53.12
1980	Ted Carlson	Wheaton	51.8
1981	Ted Carlson	Wheaton	51.71
1982	Jon Tuin	Wheaton	54.8
1983	Jon Tuin	Wheaton	54.5
1984	Steve Immke	Augustana	53.71
1985	Ken Harris	Augustana	54.3
1986	Dana Epperson	North Central	54.90
1987	Dana Epperson	North Central	54.57
1988	Dana Epperson	North Central	52.85
1989	Lamb	North Central	53.98
1990	Kevin Linnan	Carthage	54.34
1991	Jason Howell	Illinois Wesleyan	55.20
1992	Gale Van Rossen	North Central	53.92
1993	Geoff Martin	Augustana	54.70
1994	Johnson	North Central	54.1
1995	Ben Richert	Wheaton	53.60
1996	Mark Zemke	Augustana	54.53
1997	Kevin Schofield	North Central	56.72
1998	Chris Chantos	Augustana	55.70

## Past CCIW Men's Outdoor Individual Champions

### 400-Meter Intermediate Hurdles (Continued)

1999	Dan Breems	North Park	53.74
2000	Zachary Bukal	North Central	52.04
2001	Matt Hosey	Millikin	53.82
2002	Craig Hancock	North Park	54.06
2003	Chris Person	North Central	54.66
2004	Brian Wright	North Central	56.21
2005	David Winston	Augustana	55.07
2006	Ted McMillan	Augustana	53.83
2007	Ted McMillan	Augustana	54.02
2008	Ted McMillan	Augustana	53.79
2009	Greg Davis	Augustana	54.99

### 440-Yard Relay

1964	Augustana	43.3
1965	Augustana	44.1
1966	Carthage	43.9
1967	Carthage	43.2
1968	Carthage	42.85
1969	Carthage	42.8
1970	Illinois Wesleyan	43.0
1971	Carthage	43.0
1972	Carthage	43.0
1973	North Central	42.8
1974	Augustana	43.9
1975	North Central	43.2
1976	North Central	42.7
1977	North Central	42.85

### 400-Meter Relay

1978	Wheaton	41.8
1979	Augustana	42.16
1980	Augustana	41.8
1981	Augustana	42.09
1982	Millikin	43.0
1983	Millikin	42.4
1984	Millikin	42.04
1985	North Central	43.1
1986	Augustana	42.2
1987	Millikin	42.91
1988	North Central	48.16
1989	North Central	42.11
1990	Millikin	42.47
1991	Millikin	41.8
1992	Millikin	42.42
1993	North Central	42.61
1994	North Central	42.6
1995	Wheaton	42.77
1996	Augustana	42.26
1997	North Central	42.33
1998	North Central	41.78
1999	North Central	42.17
2000	North Central	41.85
2001	Carthage	41.82
2002	Millikin	41.76
2003	Millikin	41.91
2004	Millikin	41.60
2005	Illinois Wesleyan	41.50
2006	Illinois Wesleyan	41.77
2007	North Central	41.53
2008	Illinois Wesleyan	41.57
2009	Augustana	42.61

### Mile Relay

1947	Wheaton	3:27.9
1948	Wheaton	3:27.2
1949	Wheaton	3:27.6
1950	Wheaton	3:27.1
1951	Wheaton	3:29.5
1952	Millikin	3:29.0
1953	Millikin	3:30.7
1954	Millikin	3:24.4
1955	Millikin	3:27.8
1956	Wheaton	3:31.4
1957	Wheaton	3:31.4
1958	Wheaton	3:25.3
1959	Augustana	3:26.7

1960	Millikin	3:26.8
1961	Augustana	3:25.0
1962	Augustana	3:26.8
1963	Illinois Wesleyan	3:26.5
1964	Augustana	3:24.2
1965	Augustana	3:25.8
1966	Augustana	3:24.5
1967	Augustana	3:21.3
1968	Augustana	3:21.2
1969	Augustana	3:19.2
1970	Augustana	3:21.6
1971	Augustana	3:22.9
1972	Augustana	3:22.0
1973	Augustana	3:19.3
1974	Augustana	3:20.0
1975	Augustana	3:19.6
1976	Carroll	3:22.8
1977	North Central	3:22.59

### 1600-Meter Relay

1978	Wheaton	3:18.4
1979	Augustana	3:20.32
1980	Augustana	3:20.9
1981	Wheaton	3:18.46
1982	Augustana	3:20.9
1983	Millikin	3:22.8
1984	North Central	3:18.27
1985	North Central	3:17.0
1986	Augustana	3:18.4
1987	North Central	3:19.74
1988	Augustana	3:21.80
1989	North Central	3:15.86
1990	North Central	3:17.04
1991	North Central	3:17.8
1992	North Central	3:18.18
1993	North Central	3:20.69
1994	North Central	3:17.41
1995	Augustana	3:18.85
1996	Augustana	3:17.93
1997	North Central	3:20.28
1998	North Central	3:18.48
1999	Augustana	3:18.38
2000	North Central	3:16.29
2001	Carthage	3:16.20
2002	Wheaton	3:17.19
2003	Wheaton	3:17.41
2004	Illinois Wesleyan	3:18.15
2005	North Central	3:17.33
2006	North Central	3:17.11
2007	Illinois Wesleyan	3:14.61
2008	Augustana	3:16.42
2009	Augustana	3:18.09

### Shot Put

1947	Len Peterson	Wheaton	46-10 1/2
1948	Anderson	North Central	45-2
1949	Anderson	North Central	46-10
1950	Peterson	North Central	49-5 3/4
1951	Clemens	Illinois Wesleyan	43-8 3/4
1952	Voth	Wheaton	42-10
1953	Voth	Wheaton	41-9
1954	Chizevsky	Millikin	43-3 7/8
1955	Chizevsky	Millikin	42-8
1956	Frey	Illinois Wesleyan	43-8 1/4
1957	Radecke	Carroll	47-2 3/4
1958	Fouschee	Wheaton	47-4 1/4
1959	Pichotta	North Central	45-3
1960	Herstedt	Augustana	48-6 1/2
1961	Herstedt	Augustana	48-10
1962	Budde	Carroll	50-1 1/2
1963	Budde	Carroll	49-9 1/2
1964	Viktor	North Central	46-7 3/4
1965	Viktor	North Central	51- 3/4
1966	Viktor	North Central	52-6 3/4
1967	Burgoon	North Central	50-10 5/8
1968	Glen Blum	Carroll	48-6 1/2
1969	Dave Christiansen	Carroll	50-10

## Past CCIW Men's Outdoor Individual Champions

### Shot Put (Continued)

1970	Dave Christiansen	Carroll	50-6 1/2
1971	Steve Filipski	Elmhurst	50-4
1972	Dave Christiansen	Carroll	49-6
1973	Randy Converse	Carthage	50-7 1/2
1974	Bob Scott	Augustana	49-3
1975	Bill Versen	Carthage	52-10 3/4
1976	Bill Versen	Carthage	51-6 1/4
1977	Bill Versen	Carthage	53-3
1978	Bill Versen	Carthage	54-4 1/2
1979	Rich Belmer	North Central	53-3 3/4
1980	Bob Saylor	North Park	50-1
1981	Dan Siewart	North Central	16.21 m
1982	Dan Siewart	North Central	16.44 m
1983	Rauwardink	Carthage	47-7 3/4
1984	Mike Turk	Augustana	48-2 3/4
1985	Dan Bixby	Illinois Wesleyan	50-0
1986	Tim Holmstrom	Augustana	53-2
1987	Dan Bixby	Illinois Wesleyan	49-3
1988	Mike Sterner	Elmhurst	48-7 1/2
1989	Frank Novak	Augustana	15.82 m
1990	Frank Novak	Augustana	52-0
1991	Chris Humbles	Illinois Wesleyan	15.60 m
1992	Chris Humbles	Illinois Wesleyan	51-3 3/4
1993	Brian Fennelly	North Central	50-5 1/4
1994	Ryan Carpenter	Augustana	15.34 m
1995	Ryan Carpenter	Augustana	54-7 1/2
1996	Vince Reh	North Central	52-6 1/2
1997	Tige Butts	Millikin	52-8
1998	Servera Gilbert	Millikin	53-10 1/4
1999	Servera Gilbert	Millikin	56-9 1/4
2000	Justin Rapp	North Central	54-0 1/2
2001	Justin Rapp	North Central	16.58 m
2002	Justin Rapp	North Central	56-0
2003	David Gonzalez	Augustana	15.97 m
2004	Ben Reedy	Wheaton	49-6 1/2
2005	Douglas Cochrane	Augustana	49-3 3/4
2006	Jon Booker	Millikin	49-9 3/4
2007	Marc Holt	North Central	49-5 1/2
2008	Marc Holt	North Central	52-6
2009	Spencer Williams	Carthage	50-8 1/4

### Discus

1947	Ed Torva	Wheaton	132-6 1/2
1948	Ed Torva	Wheaton	131-1
1949	Conley	Wheaton	128-10 1/2
1950	Peterson	Wheaton	133-7
1951	Comstock	Millikin	132-5
1952	Dick Kramer	Millikin	120-9
1953	Voth	Wheaton	121-0
1954	Sandall	Elmhurst	123-1 1/2
1955	Kiser	Wheaton	127-0
1956	Radecke	Carroll	138-4 1/4
1957	Radecke	Carroll	134-3
1958	Radecke	Carroll	142-4
1959	Herstedt	Augustana	133-10 1/2
1960	Budde	Carroll	141-8
1961	Budde	Carroll	140-5 1/2
1962	Budde	Carroll	154- 3/4
1963	Budde	Carroll	150-2
1964	Truckenbrod	Carthage	148-9
1965	Truckenbrod	Carthage	154-0
1966	Viktor	North Central	163-2
1967	Hodges	Millikin	143-3 1/4
1968	Jeff Wright	Wheaton	152-0
1969	Jeff Wright	Wheaton	144-8 1/2
1970	Jeff Wright	Wheaton	151-11
1971	Jeff Wright	Wheaton	157-6
1972	John Buesing	Carthage	143-8 1/2
1973	John Buesing	Carthage	156-1
1974	John Buesing	Carthage	152-6 1/2
1975	Tim Konicek	Carthage	154-1 1/2
1976	George Liset	Wheaton	155-6
1977	Bob Eichen	Carthage	154-7 1/2
1978	Bill Versen	Carthage	160-2
1979	Dave Lingner	Augustana	159-7
1980	Dave Lingner	Augustana	154-7

1981	Dave Lingner	Augustana	51.11 m
1982	Dan Siewart	North Central	46.48 m
1983	Carl Hannenberg	Elmhurst	148-11 1/2
1984	Carl Hannenberg	Elmhurst	161-5
1985	Tim Holmstrom	Augustana	150-4
1986	Dan Draeger	Carthage	153-2
1987	Schuyler Francine	Wheaton	154-0
1988	Jim Jennings	Augustana	144-10 1/2
1989	Jim Jennings	Augustana	45.65 m
1990	Bill Nolan	Carroll	155-4
1991	Plater	Millikin	156-0
1992	Jim Zajicek	Augustana	159-10
1993	Fennelly	North Central	157-6
1994	Fennelly	North Central	48.20 m
1995	Matt Dutton	Augustana	157-0
1996	Tige Butte	Millikin	156-0
1997	Jason Dennis	Illinois Wesleyan	47.01 m
1998	Steve Draminski	North Central	153-10
1999	Adam Moodie	North Central	149-11
2000	Jason Dennis	Illinois Wesleyan	177-11
2001	Adam Moodie	North Central	47.86 m
2002	James Hoxworth	Wheaton	160-9
2003	James Hoxworth	Wheaton	50.80 m
2004	James Hoxworth	Wheaton	156-4
2005	Lance Brooks	Millikin	161-8
2006	Lance Brooks	Millikin	179-10
2007	Marc Holt	North Central	150-0
2008	Marc Holt	North Central	151-6
2009	Darin Decker	Augustana	151-2

### Javelin

1947	Harold Anderson	Illinois Wesleyan	157-2 1/2
1948	Johnson	Carthage	163-6 1/2
1949	Nelson	Augustana	178-5 3/4
1950	Johnson	Millikin	169-1
1951	Clemens	Illinois Wesleyan	171-0
1952	John Sandall	Elmhurst	157-10
1953	Morrill	Elmhurst	148-11
1954	John Sandall	Elmhurst	165-3 1/4
1955	Kolkmeier	Elmhurst	170-10
1956	Lindstrom	Wheaton	175-9
1957	Swearingen	Illinois Wesleyan	176-2
1958	Slick	North Central	181-3 1/2
1959	Pichotta	North Central	180-10 1/2
1960	Lewis	Lake Forest	169-11 1/2
1961	Lewis	Lake Forest	192-2
1962	Baker	North Park	209-0
1963	Mason	Augustana	190-10
1964	Steinhaus	Carthage	178-10 1/2
1965	Gruska	North Central	180-0
1966	Schultz	North Central	180-2
1967	Jim Ogan	Augustana	186-8
1968	Jim Ogan	Augustana	197-10
1969	Tom Mueller	Wheaton	174-5
1970	Jonathon Jacobs	Augustana	194-5
1971	Jonathon Jacobs	Augustana	186-0
1972	Dave Vanberschot	North Central	196-7
1973	Dave Vanberschot	North Central	205-5
1974	Jeff Kiel	Carthage	186-1 1/2
1975	Mike McCoy	Augustana	192-11
1976	Mike McCoy	Augustana	196-1 1/2
1977	Carl Anderson	Augustana	202-5
1978	Carl Anderson	Augustana	202-6
1979	Hammer	North Central	187-7
1980	Mel Blaser	Augustana	184-6 1/2
1981	Yost	Wheaton	183-9 1/4
1982	Jerry Kirkpatrick	Augustana	53.77 m
1983	Steve Miller	Wheaton	193-3
1984	Carl Figgins	Millikin	184-8
1985	Phil Lundahl	Augustana	184-10
1986	Gregg DeVries	Millikin	188-7
1987	Gregg DeVries	Millikin	182-7
1988	Kurt Hasenstein	North Central	194-8
1989	T. Lamb	North Central	54.62 m
1990	Steve Anstatt	Wheaton	171-0
1991	Mike Hesler	Augustana	177-11
1992	Bob Clinton	Wheaton	185-9

## Past CCIW Men's Outdoor Individual Champions

### Javelin (Continued)

1993	Kucgefski	Illinois Wesleyan	176-4
1994	Garrett Larkin	Illinois Wesleyan	54.93 m
1995	Matt Jenkins	Millikin	183-1
1996	John Munch	Illinois Wesleyan	58.61 m
1997	John Munch	Illinois Wesleyan	178-5
1998	David Voorhees	Augustana	173-5
1999	David Voorhees	Augustana	176-9
2000	Micah Sheppard	Carthage	171-0
2001	Robert Assise	Millikin	52.74 m
2002	Dan Ledman	Carthage	201-3
2003	Robert Assise	Millikin	52.19 m
2004	Mike Bragg	Illinois Wesleyan	179-01
2005	Kyle Stumpenhorst	North Central	173-4
2006	Wes Schroeder	Carthage	182-2
2007	Jon Sebby	Augustana	196-7
2008	Ryan Herlihy	North Central	189-7
2009	Lars Tenglin	North Park	185-3

### Pole Vault

1947	Dick Wetler	North Central	12-0
1948	Williams	Millikin	11-0
	Dowing	Augustana	11-0
1949	Hart	Wheaton	
	Dunning	North Central	
1950	Hart	Wheaton	12-1 3/4
1951	Bill Johnson	Augustana	11-6
	Durland	Millikin	11-6
1952	Bill Johnson	Augustana	12-6 1/2
1953	Bill Johnson	Augustana	12-0
1954	Bell	Wheaton	11-6
1955	Jones	Millikin	12-0
1956	Reichert	North Central	12-3 1/4
1957	Smith	North Central	11-0
1958	Reichert	Carroll	12-6
1959	Slayton	Wheaton	12-6
1960	Bartley	Millikin	11-6
	Thomas	Lake Forest	11-6
1961	Irwin	Carroll	12-0
1962	Thompson	Augustana	11-6
	Ericson	North Park	11-6
	Irwin	Carroll	11-6
	Fox	Illinois Wesleyan	11-6
	Clayland	Carroll	11-6
1963	Thompson	Augustana	12-8
1964	Ogen	North Central	12-6
1965	Jim Ogan	Augustana	13-1 1/4
1966	Henbry	Millikin	12-6
1967	Moody	North Central	13-0
1968	Bruce Tayler	Carroll	13-0
1969	Jay Woodard	Carroll	13-6 1/2
1970	Jay Woodard	Carroll	13-11 1/2
1971	Gary Holliday	Augustana	14-6 3/4
1972	Jay Woodard	Carroll	14-0
1973	Mike O'Connell	Augustana	14-6 3/4
1974	Joe Thompson	Augustana	14-0
1975	Doug Felder	Augustana	14-0
1976	Doug Felder	Augustana	16-0
1977	Vic Thompson	Wheaton	15-6
1978	Mark Schick	Augustana	14-6
1979	Mark Schick	Augustana	14-0
1980	Brett Anderson	Augustana	14-6
1981	Mark Schick	Augustana	14-9
1982	Brett Anderson	Augustana	4.42 m
1983	John Roche	Augustana	15-0
1984	John Roche	Augustana	15-6 1/4
1985	Al James	Wheaton	15-0
1986	Doug Atkinson	Augustana	14-6
1987	Bill Toland	North Central	14-0
1988	Dave Knoeppel	Augustana	15-1 1/4
1989	Christian Cryder	Wheaton	4.6 m
1990	Christian Cryder	Wheaton	15-9
1991	Christian Cryder	Wheaton	16-1
1992	Steve White	North Central	16-2
1993	Steve White	North Central	16-9 1/4
1994	Corey Christenson	Augustana	16-7
1995	Justin Tabour	North Central	15-5 3/4

1996	Corey Christenson	Augustana	16-4
1997	Dustin Waddell	Augustana	15-6 1/4
1998	Chris Mattson	North Central	15-7
1999	Dustin Waddell	Augustana	16-0 1/2
2000	Jason Tracy	North Central	15-02 1/4
2001	Ryan Kane	North Central	4.73 m
2002	Tony Bonucci	Augustana	15-11
2003	Jeff Lindeman	Augustana	16-1 1/4
2004	Kyle Stumpenhorst	North Central	15-06 1/4
2005	Brian DeLoria	North Central	16-6
2006	Jason Petit	Augustana	15-5
2007	Mike Bina	North Central	15-10
2008	Jake Winder	North Central	17-0 3/4
2009	Jake Winder	North Central	16-6 1/2

### High Jump

1947	Dowing	Augustana	6-0
1948	Crozier	Wheaton	6-2
	Dowing	Augustana	6-2
1949	Thompson	Carthage	5-10 3/4
1950	Thompson	Carthage	6-2 1/2
1951	Davis	Illinois Wesleyan	5-10 1/2
	Kennibrew	Carthage	5-10 1/2
1952	Don Kolkmeier	Elmhurst	6-1
1953	Don Kolkmeier	Elmhurst	5-10
	Voth	Wheaton	5-10
1954	Don Kolkmeier	Elmhurst	6-3
1955	Derkson	Wheaton	6-1 3/4
1956	Derkson	Wheaton	5-10
	Hoppel	Wheaton	5-10
1957	Wending	North Central	5-10
1958	Hoppel	Wheaton	6-0
	Nash	Elmhurst	6-0
1959	Hoppel	Wheaton	5-10
1960	Lewis	Lake Forest	5-11
1961	Fox	Illinois Wesleyan	6-2
1962	Ashman	Millikin	6-1 5/8
1963	Ashman	Millikin	6-1 3/4
1964	Shouba	Illinois Wesleyan	6-1 1/2
1965	Shouba	Illinois Wesleyan	6-2 1/2
1966	Crites	Illinois Wesleyan	6-1 3/4
1967	Smithers	Augustana	5-10 1/4
1968	Bob Linder	Ill. Wesleyan	6-2 1/4
1969	Randy Welch	Wheaton	6-3
1970	Jeff Johnston	Augustana	6-4 1/2
1971	Larry Young	Millikin	6-4
1972	Jeff Hoberg	Carthage	6-7 3/4
1973	John Stanek	Augustana	6-6
1974	Jeff Hoberg	Carthage	6-8
1975	Ken Russell	Millikin	6-9
1976	Ken Russell	Millikin	6-8
1977	Greg Haynie	Augustana	6-9 1/4
1978	Greg Haynie	Augustana	6-10
1979	Greg Haynie	Augustana	6-8
1980	Tom Kerwin	North Central	7-0
1981	Lonnie Hewitt	Augustana	6-8
1982	Lonnie Hewitt	Augustana	2.09 m
1983	Al Sheriff	Millikin	6-10
1984	Kevin Mercer	North Central	6-9 1/2
1985	Brent Siebring	Illinois Wesleyan	6-7
1986	Tom Newton	Elmhurst	6-8
1987	Mark Bachtold	North Central	6-6
1988	Ron Arb	North Central	6-10 1/4
1989	Dabrowski	Elmhurst	2.09 m
1990	Mike Schipper	Augustana	6-8
1991	Weddle	Illinois Wesleyan	6-8
1992	Iseral Smith	Elmhurst	6-6
1993	Riley	North Central	6-3 1/4
1994	Chris Cramer	Augustana	1.93 m
1995	Matt Malich	Carthage	6-7
1996	Jason Smith	North Central	6-8
1997	Chris Boldt	Augustana	6-8
1998	Jason Smith	North Central	6-9
1999	Mark Brady	North Central	6-6 3/4
2000	Nelson Grant	Elmhurst	6-7
2001	John Hartmann	Elmhurst	2.06 m
2002	Kerry Herdegen	North Park	6-7 1/2



## Past CCIW Men's Outdoor Individual Champions

### High Jump (Continued)

2003	John Hartmann	Elmhurst	1.98 m
2004	Kyle Groth	Carthage	6-8 3/4
2005	Jordan Thomas	Millikin	6-7 1/2
2006	Ted McMillan	Augustana	6-6 3/4
2007	David Winston	Augustana	6-2 3/4
2008	Matt Borhardt	North Central	6-5 1/2
2009	Ted McMillan	Augustana	6-9

### Long Jump

1947	Dick Mowen	Millikin	22-2 1/2
1948	Crozier	Wheaton	21-11 3/4
1949	Shroyer	Millikin	21-4
1950	Shepherd	Millikin	21-2
1951	Price	Wheaton	21-9
1952	Benson	Augustana	22-6
1953	Jones	Millikin	20-6
1954	Helm	Wheaton	21-1 1/2
1955	Smith	Millikin	21-10 1/2
1956	Esterling	Wheaton	20-6
1957	Kay	Wheaton	21-2 1/2
1958	Adolph	Wheaton	20-8 3/4
1959	Bender	Elmhurst	21-10 1/4
1960	Lewis	Lake Forest	22-0 1/4
1961	Lewis	Lake Forest	21-7 1/2
1962	Clifford	Millikin	21-9
1963	Vyverberg	Illinois Wesleyan	21-0 1/2
1964	Vyverberg	Illinois Wesleyan	21-7 3/8
1965	Lee	Carthage	20-10 1/2
1966	Zephel	North Central	20-10 1/4
1967	Geoff Smithers	Augustana	23-3 3/4
1968	Geoff Smithers	Augustana	23-7 1/4
1969	Dave Jagger	Augustana	22-2
1970	Dave Jagger	Augustana	22-5 1/4
1971	Bernie Smith	North Central	22-8
1972	Bernie Smith	North Central	23-5 1/2
1973	Enyo Dewith	Augustana	22-0 1/2
1974	Kent Phillips	Millikin	22-3
1975	Phil Hess	Augustana	23-2 3/4
1976	Dean Lindberg	Carthage	22-10 1/4
1977	Ray Threkeld	Carthage	23-8 1/4
1978	Larry Simmert	North Central	23-0 1/4
1979	Chet Jacks	Augustana	22-7 3/4
1980	Socrates Catavatis	Augustana	22-5
1981	Socrates Catavatis	Augustana	22-2 3/4
1982	Mike Shamart	Millikin	6.71 m
1983	Holloway	Illinois Wesleyan	22-10 3/4
1984	Nick Kasap	Augustana	22-11 3/4
1985	Nick Kasap	Augustana	22-1
1986	Ken Anderson	Illinois Wesleyan	22-4
1987	Ken anderson	Illinois Wesleyan	24-1
1988	Shawn Welti	North Central	23-6 1/4
1989	Jan Cado	North Central	7.44 m
1990	Jan Cado	North Central	24-0 1/2
1991	Mike Hall	Millikin	22-0 1/2
1992	Mike Hall	Millikin	22-10 1/2
1993	Burtin	Illinois Wesleyan	22-7 3/4
1994	Peabody	Millikin	6.97
1995	Dennis Robinson	Carthage	22-9 1/4
1996	Ischmael McGhee	North Park	22-5 1/4
1997	David Thompson	North Central	7.04 m
1998	Carl Alexander	Millikin	23-2 1/2
1999	Carl Alexander	Millikin	24-5 3/4
2000	Carl Alexander	Millikin	23-09 1/2
2001	Giles Travis	North Park	6.89 m
2002	Adam Less	North Park	23-2 1/2
2003	Dion Ballentine	Carthage	7.00 m
2004	Steve Schmidt	North Central	22-4 1/4
2005	Jeff Sizemore	North Central	23-1 3/4
2006	Seantae' Holland	Millikin	23-5 1/2
2007	Justin McQuality	North Central	23-8
2008	Buzzy Brown	Carthage	23-4
2009	Buzzy Brown	Carthage	23-1 1/4

### Triple Jump

1969	Dave Jagger	Augustana	45-1 1/4
1970	Dave Jagger	Augustana	45-5

1971	Bernie smith	North Central	45-8
1972	Phil Hess	Augustana	46-9 1/2
1973	Dave Hitz	Wheaton	43-11 1/2
1974	Phil Hess	Augustana	44-9 1/4
1975	Phil Hess	Augustana	45-7 1/4
1976	Paul Olson	Carroll	46-5 3/4
1977	Ray Trekeld	Carthage	45-8 1/4
1978	Larry Simmert	North Central	47-2 3/4
1979	Larry Simmert	North Central	45-7 1/2
1980	Walt Johnson	North Central	46-4 1/2
1981	Greg Colberg	Augustana	46-6
1982	Dan Stinde	Illinois Wesleyan	14.46 m
1983	Greg Colberg	Augustana	46-1
1984	Cliff McCants	North Central	48-1 1/2
1985	Ken Anderson	Illinois Wesleyan	47-9 3/4
1986	Chad Bolin	Millikin	46-0
1987	Dave Anderson	Illinois Wesleyan	46-11 1/2
1988	Augie James	North Central	47-7
1989	Campbell	Ill. Wesleyan	13.87 m
1990	Jan Cado	North Central	55-7 1/2
1991	Anthony Brent	North Central	46-11
1992	Anthony Brent	North Central	46-7 1/2
1993	Jones	North Central	48-2 1/2
1994	Jones	North Central	14.70 m
1995	Dennis Robinson	Carthage	46-4 1/4
1996	Nate Riley	North Central	47-8
1997	Quincy Watkins	North Park	13.73 m
1998	Harold Gauthier	Illinois Wesleyan	47-3 1/2
1999	Harold Gauthier	Illinois Wesleyan	47-9 3/4
2000	Harold Gauthier	Illinois Wesleyan	47-10
2001	David Manley	Illinois Wesleyan	13.90 m
2002	Josh Stumpfenhorst	North Central	47-7
2003	Josh Stumpfenhorst	North Central	13.80 m
2004	Ken Larson	Augustana	45-5 1/4
2005	Jeff Sizemore	North Central	46-1 1/4
2006	Isreal Brown	North Central	46-7 1/4
2007	Justin McQuality	North Central	47-9
2008	Prentice Wilbourn	Carthage	45-10 3/4
2009	Prentice Wilbourn	Carthage	46-0

### Decathlon

1980	Scorates Catavatis	Augustana	6614
1981	Scorates Catavatis	Augustana	6739
1982	Scorates Catavatis	Augustana	5972
1983	Dennis Vandermeersch	Augustana	6111
1984	Mark Wilhite	Wheaton	6456
1985	Kurt Hasenstein	North Central	5884
1986	Steve Wilhite	Wheaton	6178
1987	Kurt Hasenstein	North Central	6324
1988	Kurt Hasenstein	North Central	6547
1989	T. Lamb	North Central	6040
1990	Scott King	North Central	6548
1991	Scott King	North Central	5808
1992	Clark Collins	Augustana	5994
1993	Clark Collins	Augustana	6032
1994	Franklin	Millikin	5877
1995	Paul Elsen	Wheaton	6486
1996	Dan Rakestraw	Augustana	6547
1997	Paul Elsen	Wheaton	6932
1998	Dave Nolte	Illinois Wesleyan	5779
1999	Dave Voorhees	Augustana	5865
2000	Dave Voorhees	Augustana	6308
2001	Eric Gamauf	Elmhurst	5913
2002	Adam Talbot	Augustana	6289
2003	Adam Talbot	Augustana	6092
2004	Nate Mealy	Wheaton	5755
2005	Nate Mealy	Wheaton	6272
2006	Nate Mealy	Wheaton	6194
2007	Justin Rudock	North Central	6041
2008	Kenton Rauwerdink	Carthage	6104
2009	Kenton Rauwerdink	Carthage	6269

### Hammer Throw

2004	Tom McIntire	Augustana	159-8
2005	Tom McIntire	Augustana	178-6
2006	Tom McIntire	Augustana	175-3
2007	Brandon Jones-Harris	Carthage	162-3
2008	Darin Decker	Augustana	167-3
2009	Darin Decker	Augustana	180-4

## Past CCIW Men's Outdoor Records/NCAA Standards

### CCIW Men's Outdoor Championship Records (as of 2009)

Event	Year	Name	School	Record
100 Dash	2000	Carl Alexander	Millikin	10.45
110 Hurdles	2002	Ryan Rogers	Wheaton	14.44
200 Dash	1994	Andre Coleman	North Central	21.1
400 Dash	2007	Matt Harden	Illinois Wesleyan	47.66
400 Hurdles	1981	Ted Carlson	Wheaton	51.7
800 Run	1984	Jim Kirby	Elmhurst	1:51.02
1,500 Run	1997	Erik Dieckman	North Central	3:49.72
3,000 Steeplechase	1995	Bill Kabesenche	Wheaton	9:06.0
5,000 Run	1984	Shemi Sabag	Augustana	14:24.36
10,000 Run	1993	Dan Mayer	North Central	29:43.9
400 Relay	2005		Illinois Wesleyan	41.50
1600 Relay	2007		Illinois Wesleyan	3:14.61
High Jump	1980	Tom Kerwin	North Central	7-0
Long Jump	1999	Carl Alexander	Millikin	24-5 3/4
Triple Jump	1990	Jan Cado	North Central	55-7 1/2
Pole Vault	2008	Jake Winder	North Central	17-0 3/4
Shot	1999	Servera Gilbert	Millikin	56-9 3/4
Discus	2006	Lance Brooks	Millikin	179-10
Javelin (old rules)	1962	Gerry Baker	North Park	209-5
Javelin (new rules)	2002	Dan Ledman	Carthage	201-3
Decathlon (old rules)	1981	Socrates Catavatis	Augustana	6,739
Decathlon (new rules)	1997	Paul Elsen	Wheaton	6,932
Hammer	2009	Darin Decker	Augustana	180-4

### 2009 NCAA Outdoor Standards

Men					Women				
	AUTOMATIC		PROVISIONAL			AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT		FAT	MT	FAT	MT
100-Meter Dash	10.55	-	10.78	-	100-Meter Dash	12.00	-	12.30	-
200-Meter Dash	21.31	-	21.80	-	200-Meter Dash	24.57	-	25.25	-
400-Meter Run	47.40	-	48.50	-	400-Meter Run	55.90	-	57.50	-
800-Meter Run	1:51.10	1:50.8	1:53.00	1:52.7	800-Meter Run#	2:11.00	2:10.7	2:14.40	2:14.1
1,500-Meter Run#	3:50.60	3:50.3	3:55.00	3:54.7	1,500-Meter Run#	4:32.50	4:32.2	4:39.00	4:38.7
One-Mile Run#	4:09.00	4:08.7	4:13.80	4:13.5	One-Mile Run#	4:54.30	4:54.0	5:01.40	5:01.1
3,000-Steeple#	9:08.00	9:07.7	9:23.00	9:22.7	3,000-Steeple#	10:44.00	10:43.7	11:13.00	11:12.7
5,000-Meter Run#	14:28.00	14:27.7	14:45.00	14:44.7	5,000-Meter Run#	16:55.00	16:54.7	17:35.00	17:34.7
10,000-Meter Run#	30:20.00	30:19.7	31:10.00	31:09.7	10,000-Meter Run#	35:48.00	35:47.7	37:25.00	37:24.7
110-Meter H.	14.42	-	14.90	-	100-Meter H.	14.35	-	14.95	-
400-Meter H.	52.65	-	54.30	-	400-Meter H.	1:02.00	-	1:04.00	-
400-Meter Relay	41.00	-	41.90	-	400-Meter Relay	47.30	-	48.65	-
1,600-Meter Relay	3:13.00	3:12.7	3:16.80	3:16.5	1,600-Meter Relay	3:49.60	3:49.3	3:56.60	3:56.3
One-Mile Relay	3:14.10	3:13.8	3:17.90	3:17.6	One-Mile Relay	3:50.90	3:50.6	3:57.90	3:57.6
	METRIC		METRIC			METRIC		METRIC	
High Jump	2.11		2.02		High Jump	1.71		1.65	
Long Jump	7.30		7.00		Long Jump	5.80		5.47	
Triple Jump	14.80		14.20		Triple Jump	12.00		11.30	
Discus	51.50		47.00		Discus	47.00		42.50	
Hammer	57.00		52.00		Hammer	52.60		46.50	
Shot Put	17.00		15.45		Shot Put	14.20		12.90	
Pole Vault	5.04		4.70		Pole Vault	3.82		3.50	
Javelin	62.50		57.50		Javelin	44.20		38.50	
Decathlon	6,600 points		6,050 points		Heptathlon	4,600 points		4,100 points	

# Altitude adjustments available

# Altitude adjustments available



# CCIW Women's Outdoor Track & Field History/Past Individual Champions

Year	Champion (Score)	Head Coach	Location
2009	Illinois Wesleyan (227)	Chris Schumacher	Kenosha, Wis.
2008	Augustana (171)	Fred Whiteside	Chicago, Ill.
2007	North Central (207.5)	Kari Kluckhohn	Naperville, Ill.
2006	Wheaton (179)	Scott Bradley	Decatur, Ill.
2005	Carthage (189)	Stephanie Ulicny	Rock Island, Ill.
2004	Carthage (186)	Stephanie Ulicny	Bloomington, Ill.
2003	Carthage (176)	Steve Ray	Wheaton, Ill.
2002	North Central (174)	Marcy Thurwachter	Kenosha, Wis.
2001	Augustana (225)	Fred Whiteside/Ron Standley	Chicago, Ill.
2000	Augustana (199.5)	Fred Whiteside/Ron Standley	Naperville, Ill.
1999	Augustana (215)	Fred Whiteside/Ron Standley	Rock Island, Ill.
1998	Augustana (215.5)	Fred Whiteside/Ron Standley	Decatur, Ill.
1997	Augustana (166.5)	Fred Whiteside/Ron Standley	Rock Island, Ill.
1996	Augustana (214.3)	Fred Whiteside/Ron Standley	Bloomington, Ill.
1995	Augustana (215.5)	Fred Whiteside/Ron Standley	Wheaton, Ill.
1994	Augustana (264.5)	Fred Whiteside/Ron Standley	Kenosha, Wis.
1993	Augustana (288)	Fred Whiteside/Ron Standley	Wheaton, Ill.
1992	North Central (233)	Marcy Thurwachter	Rock Island, Ill.
1991	Augustana (234)	Fred Whiteside/Ron Standley	Bloomington, Ill.
1990	North Central (207)	Marcy Thurwachter	Naperville, Ill.
1989	North Central (185)	Marcy Thurwachter	Kenosha, Wis.
1988	Augustana (156)	Fred Whiteside	Decatur, Ill.
1987	North Central (158)	Marcy Moely	Naperville, Ill.

Track Athlete of the Meet	
2009	Amanda La Rocca (Illinois Wesleyan)
2008	Rachel Anderson (Illinois Wesleyan)
2007	Jessica Griffin (North Central)

Field Athlete of the Meet	
2009	Marissa Banks (Augustana)
2008	Brandy McNeil (Wheaton)
2007	Meghan Voiland (Augustana)

Outstanding Performer	
2006	Shea'na Grigsby (Carthage)
2005	Shea'na Grigsby (Carthage)
2003	Shea'na Grigsby (Carthage)
2002	Sue Denigris (North Central)
2001	Sue Denigris (North Central)
2000	Tina Moran (Carthage)
1999	Heather Pancake (Wheaton)
1998	Pristina Jones (North Central)
1997	Melissa Todd (Carthage)
1996	Melissa Todd (Carthage)
1995	Rachel Knapp (Augustana)
1994	Kim Wallace (Augustana)
1993	Kim Wallace (Augustana)
1992	Michele Maxwell (North Central)
1991	Julie Weber (Augustana)
1990	Janice Swanson (North Park)
1989	Janice Swanson (North Park)
1988	Janice Swanson (North Park)
1987	Becky Rucks (Carthage)

Team Titles	
Augustana	12
North Central	6
Carthage	3
Illinois Wesleyan	1
Wheaton	1

## Past CCIW Women's Outdoor Individual Champions

### 100-Meter Dash

1987	Rita Jett	Augustana	13.59
1988	Dawn Johnson	North Central	13.83
1989	Ophelia Johnson	North Central	12.98
1990	Wendy Bottolfsen	Elmhurst	12.90
1991	Renee Theil	Wheaton	12.90
1992	Anniemae Robinson	North Central	12.79
1993	Maria Philip	Augustana	12.38
1994	Amy Staufer	Wheaton	12.40
1995	Felicia Carrell	Augustana	12.85
1996	Felicia Britton	Millikin	12.58
1997	Lakeya Boatright	North Central	12.09
1998	Felicia Britton	Millikin	12.24
1999	Beth Upham	Carthage	12.30
2000	Muneerah Maalik	Illinois Wesleyan	12.29
2001	Sue Denigris	North Central	12.36
2002	Muffy Israel	Carthage	11.95
2003	Muffy Israel	Carthage	11.99
2004	Muffy Israel	Carthage	11.82
2005	Muffy Israel	Carthage	12.11
2006	Keli Coleman	Augustana	12.21
2007	Keli Coleman	Augustana	12.17
2008	Keli Coleman	Augustana	12.16
2009	Amanda LaRocca	Illinois Wesleyan	12.12

### 200-Meter Dash

1987	Ophelia Johnson	North Central	26.06
1988	Megan Allen	North Central	26.11
1989	Megan Allen	North Central	25.39
1990	Megan Allen	North Central	25.49
1991	Renee Theil	Wheaton	26.64
1992	Meribeth Schwartz	Augustana	25.87
1993	Maria Philip	Augustana	25.26
1994	Danielle Smith	North Central	25.8 (ht)
1995	Danielle Smith	North Central	26.3 (ht)
1996	Felicia Britton	Millikin	25.63
1997	Lakeya Boatright	North Central	24.65
1998	Felicia Britton	Millikin	25.70
1999	Beth Upham	Carthage	25.08
2000	Sue DiNigris	North Central	25.38
2001	Sue Denigris	North Central	25.58
2002	Muffy Israel	Carthage	24.70
2003	Muffy Israel	Carthage	24.82
2004	Muffy Israel	Carthage	24.81
2005	Muffy Israel	Carthage	24.96

2006	Rachel Anderson	Illinois Wesleyan	24.89
2007	Rachel Anderson	Illinois Wesleyan	24.90
2008	Rachel Anderson	Illinois Wesleyan	25.21
2009	Amanda LaRocca	Illinois Wesleyan	24.94

### 400-Meter Dash

1987	Megan Allen	North Central	59.55
1988	Megan Allen	North Central	58.09
1989	Megan Allen	North Central	58.99
1990	Megan Allen	North Central	58.21
1991	Meribeth Schwartz	Augustana	59.55
1992	Meribeth Schwartz	Augustana	57.38
1993	Meribeth Schwartz	Augustana	58.66
1994	Pasty Cargill	North Central	56.11
1995	Jacqueline Bowden	Augustana	58.05
1996	Maggie Zdziarska	North Central	1:00.04
1997	Maggie Zdziarska	North Central	59.66
1998	Phelia Weir	North Central	58.83
1999	Maggie Zdziarska	North Central	57.95
2000	Latrice Powell	Carthage	58.15
2001	Lacretia Carroll	North Park	58.90
2002	Gena Rawlins	Illinois Wesleyan	57.20
2003	Gena Rawlins	Illinois Wesleyan	56.67
2004	Gianina Taylor	Illinois Wesleyan	55.55
2005	Gena Rawlins	Illinois Wesleyan	56.52
2006	Rachel Anderson	Illinois Wesleyan	55.25
2007	Rachel Anderson	Illinois Wesleyan	55.42
2008	Rachel Anderson	Illinois Wesleyan	57.48
2009	Ali McCoy	Illinois Wesleyan	56.24

### 800-Meter Dash

1987	Holly Wentz	Wheaton	2:19.92
1988	Holly Wentz	Wheaton	2:17.59
1989	Amy Gault	Wheaton	2:10.00
1990	Michelle Golden	North Central	2:19.65
1991	Amy Gault	Wheaton	2:21.94
1992	Anne Beatty	North Central	2:24.62
1993	Rachel Knapp	Augustana	2:23.43
1994	Rachel Knapp	Augustana	2:18.24
1995	Rachel Knapp	Augustana	2:13.54
1996	Melissa Todd	Carthage	2:16.90
1997	Melissa Todd	Carthage	2:16.67
1998	Jacqueline Bliss	Illinois Wesleyan	2:18.27
1999	Jacqueline Bliss	Illinois Wesleyan	2:17.75
2000	Maeghan Harris	Augustana	2:17.21

## Past CCIW Women's Outdoor Individual Champions

### 800-Meter Dash (Continued)

2001	Rachel Brown	Wheaton	2:18.20
2002	Laura Tipton	Illinois Wesleyan	2:20.21
2003	Kelly Van Guilder	Elmhurst	2:17.87
2004	Jessica Elsen	Wheaton	2:17.41
2005	Jessica Elsen	Wheaton	2:19.14
2006	Amber Druien	North Central	2:15.75
2007	Amber Druien	North Central	2:12.4
2008	Liz Driscoll	Augustana	2:19.68
2009	Mackenzie Clemens	Illinois Wesleyan	2:15.70

### 1,500-Meter Run

1987	Amy Lindgren	Wheaton	4:45.60
1988	Amy Lindgren	Wheaton	4:43.40
1989	Rhonda Bayles	North Central	4:47.25
1990	Samantha Moran	Augustana	4:51.74
1991	Teri Meyer	Wheaton	4:50.96
1992	Amy Gault	Wheaton	4:52.14
1993	Carmen Melendez	North Park	4:54.47
1994	Rachel Knapp	Augustana	4:57.63
1995	Rachel Knapp	Augustana	4:43.54
1996	Melissa Todd	Carthage	4:49.96
1997	Melissa Todd	Carthage	4:47.43
1998	Bethany Axtman	North Central	4:42.56
1999	Maegan Harris	Augustana	4:56.25
2000	Jennifer Walsh	Augustana	4:46.25
2001	Kathleen Brice	Elmhurst	4:44.32
2002	Kathleen Brice	Elmhurst	4:44.26
2003	Kathleen Brice	Elmhurst	4:42.63
2004	Jess Griffin	North Central	4:45.74
2005	Jessica Elsen	Wheaton	4:44.20
2006	Amber Druien	North Central	4:37.81
2007	Amber Druien	North Central	4:37.69
2008	Liz Driscoll	Augustana	4:39.91
2009	Kerry Devitt	Illinois Wesleyan	4:44.28

### 3,000-Meter Run

1987	Amy Lindgren	Wheaton	10:47.8
1988	Amy Lindgren	Wheaton	10:21.25
1989	Carrie Grace	Carroll	10:16.70
1990	Susan Wall	Augustana	10:34.30
1991	Pamela Hicks-Pollack	Carroll	10:23.20
1992	Paula Monk	North Central	10:32.90
1993	Rachel Knapp	Augustana	10:40.70
1994	Rachel Knapp	Augustana	10:26.50
1995	Rachel Knapp	Augustana	10:18.00
1996	Melissa Todd	Carthage	10:34.28
1997	Melissa Todd	Carthage	10:25.67
1998	Bethany Axtman	North Central	10:17.90
1999	Jenni Markanich	Elmhurst	10:17.21
2000	Jenni Markanich	Elmhurst	10:25.90
2001	Kathleen Brice	Elmhurst	10:18.50

### 5,000-Meter Run

1987	Margo Walsh	North Central	17:58.00
1988	Kyla Turner	Wheaton	18:49.14
1989	Amy Lundgren	Wheaton	18:38.50
1990	Paula Monk	North Central	18:29.60
1991	Paula Monk	North Central	17:54.40
1992	Paula Monk	North Central	18:03.08
1993	Jennifer Johnson	North Central	19:15.01
1994	Jessica Sarelas	North Central	19:06.02
1995	Heather Carpenter	Wheaton	19:11.80
1996	Cindy Aglinskis	North Central	19:22.77
1997	Anne Adduci	North Central	18:07.57
1998	Susan Paige	Augustana	18:16.97
1999	Susan Paige	Augustana	17:41.50
2000	Jenni Markanich	Elmhurst	18:27.07
2001	Jaime Tresemer	North Central	18:00.23
2002	Kathleen Brice	Elmhurst	18:05.50
2003	Kathleen Brice	Elmhurst	18:29.86
2004	Jesi Christianson	Wheaton	18:34.89
2005	Molly Morrison	North Central	18:35.54
2006	Shannon McInnis	North Park	18:05.61
2007	Jessica Griffin	North Central	18:03.88
2008	Lisa Baumert	Wheaton	18:06.77
2009	Katlyn Bednarski	Elmhurst	18:06.17

### 10,000-Meter Run

1987	Margo Walsh	North Central	37:57.64
1988	Jill Seagren	Wheaton	38:43.70
1989	Kelly Kiel	Carroll	41:50.80
1990	Deb Townsend	North Park	40:06.00
1991	Deb Townsend	North Park	39:34.00
1992	Margo Walsh	North Central	39:23.83
1993	Deb Townsend	North Park	40:18.91
1994	Lynn Brady	North Central	39:16.20
1995	Jessica Sarelas	North Central	40:48.10
1996	Susan Paige	Augustana	40:45.00
1997	Susan Paige	Augustana	37:25.77
1998	Susan Paige	Augustana	36:50.94
1999	Susan Paige	Augustana	36:48.28
2000	Lisa Schreiner	Carthage	40:00.83
2001	Jaime Tresemer	North Central	37:14.40
2002	Erin Brice	Elmhurst	36:28.25
2003	Adrien Ricci	Elmhurst	29:16.25
2004	Erin Brice	Elmhurst	39:28.59
2005	Molly Morrison	North Central	38:39.11
2006	Shannon McInnis	North Park	37:24.87
2007	Amanda Laesch	North Central	38:23.48
2008	Brooke Zeller	Wheaton	41:09.30
2009	Lisa Baumert	Wheaton	37:53.06

### 100-Meter Hurdles

1987	Ophelia Johnson	North Central	15.21
1988	Ophelia Johnson	North Central	15.02
1989	Ophelia Johnson	North Central	15.39
1990	Ophelia Johnson	North Central	15.08
1991	Juli Weber	Augustana	16.30
1992	Michele Maxwell	North Central	15.80
1993	Kim Wallace	Augustana	15.15
1994	Kim Wallace	Augustana	14.5
1995	Ali Davis	Millikin	14.52
1996	Ali Davis	Millikin	14.96
1997	Heather Pancake	Wheaton	15.09
1998	Allison Wolak	Augustana	14.95
1999	Shari Hayden	North Park	15.19
2000	Shari Hayden	North Park	14.73
2001	Traci Skibitzski	Augustana	15.10
2002	Kristina Maksinski	North Central	15.05
2003	Shea'na Grigsby	Carthage	14.69
2004	Shea'na Grigsby	Carthage	14.16
2005	Shea'na Grigsby	Carthage	14.38
2006	Shea'na Grigsby	Carthage	14.07
2007	Theresa Suwannapal	Augustana	14.42
2008	Amanda LaRocca	Illinois Wesleyan	14.68
2009	Heather Gilmore	Carthage	14.45

### 400-Meter Hurdles

1987	Carey Bartz	Augustana	1:06.27
1988	Janice Swanson	North Park	1:06.66
1989	Patti Wenig	Augustana	1:08.31
1990	Krista Thyreen	North Park	1:03.61
1991	Patti Wenig	Augustana	1:06.00
1992	Steff Jamiel	North Park	1:07.40
1993	Becky Nelson	Wheaton	1:06.96
1994	Patsy Cargill	North Central	1:03.00
1995	Sarah Rader	North Central	1:06.97
1996	Saran Rader	North Central	1:06.71
1997	Vanessa Vaughn	North Central	1:07.79
1998	Ta'Nia Wright	Carthage	1:06.21
1999	Vanessa Vaughn	North Central	1:03.90
2000	Tina Moran	Carthage	1:03.00
2001	Jill Theobald	Carthage	1:03.72
2002	Deana Locasio	North Central	1:05.09
2003	Shea'na Grigsby	Carthage	1:01.64
2004	Shea'na Grigsby	Carthage	1:01.44
2005	Shea'na Grigsby	Carthage	1:03.73
2006	Shea'na Grigsby	Carthage	1:04.27
2007	Lindsey Homfeldt	Augustana	1:06.37
2008	Lindsey Homfeldt	Augustana	1:06.33
2009	Allison Schaley	Augustana	1:05.62

## Past CCIW Women's Outdoor Individual Champions

### 3,000-Meter Steeplechase

2002	Rachael Zisch	Wheaton	11:33.36
2003	Rachael Zisch	Wheaton	11:22.86
2004	Melinda Sprague	Illinois Wesleyan	11:16.07
2005	Melinda Sprague	Illinois Wesleyan	11:31.91
2006	Melinda Sprague	Illinois Wesleyan	11:08.21
2007	Jessica Griffin	North Central	11:03.90
2008	Mary Ellen Barron	Illinois Wesleyan	11:16.63
2009	Jennifer Parisi	Wheaton	11:25.70

### 4x100-Meter Relay

1987	North Central	49.59
1988	North Central	49.10
1989	North Central	49.84
1990	North Central	49.51
1991	North Central	49.50
1992	North Central	50.97
1993	Augustana	50.09
1994	North Central	50.4(ht)
1995	North Central	50.03
1996	North Central	46.58
1997	North Central	48.93
1998	North Central	49.54
1999	North Central	48.09
2000	North Central	48.31
2001	North Central	48.35
2002	Carthage	47.95
2003	Carthage	48.14
2004	Illinois Wesleyan	47.79
2005	Carthage	47.77
2006	Augustana	48.12
2007	Augustana	48.16
2008	Illinois Wesleyan	47.99
2009	Illinois Wesleyan	48.24

### 4x400-Meter Relay

1987	North Central	4:07.22
1988	North Central	4:03.92
1989	North Central	4:06.68
1990	North Central	4:00.40
1991	Augustana	4:03.99
1992	Augustana	4:04.07
1993	North Central	4:05.64
1994	Augustana	4:00.54
1995	North Central	4:04.39
1996	North Central	4:03.48
1997	North Central	4:07.90
1998	Augustana	3:59.59
1999	Carthage	3:57.73
2000	Carthage	3:56.74
2001	Illinois Wesleyan	3:58.46
2002	Illinois Wesleyan	3:56.12
2003	Illinois Wesleyan	3:52.49
2004	Illinois Wesleyan	3:56.34
2005	Illinois Wesleyan	3:55.35
2006	Wheaton	3:53.57
2007	Illinois Wesleyan	3:55.34
2008	Illinois Wesleyan	3:59.88
2009	North Central	3:58.39

### Triple Jump

1987	Pattie Warden	Carroll	36-4 1/2
1988	Pattie Warden	Carroll	37-5 1/4
1989	Janice Swanson	North Park	37-6
1990	Patti Wenig	Augustana	36-10 1/2
1991	Becca Still	North Central	36-6
1992	Kim Callaway	Carroll	36-4 1/2
1993	Deanne Reedquist	North Central	35-2
1994	Farah Mahmood	Illinois Wesleyan	36-0
1995	Sarah Haag	Illinois Wesleyan	35-6
1996	Sarah Haag	Illinois Wesleyan	35-10 3/4
1997	Laura Kohaus	Illinois Wesleyan	36-3
1998	Vanessa Vaughn	North Central	36-9
1999	Vanessa Vaughn	North Central	36-8 3/4
2000	Tammie Beasley	Augustana	38-3 1/4
2001	Tammie Beasley	Augustana	38-0
2002	Lacretia Carrol	North Park	38-6 1/4
2003	Angie Hawk	Millikin	38-6 3/4
2004	Angie Hawk	Millikin	37-10 3/4

2005	Melissa Harden	Illinois Wesleyan	37-8 1/2
2006	Angie Hawk	Millikin	38-9
2007	Meghan Volland	Augustana	38-5
2008	Kelsey Duhai	Augustana	37-4
2009	Chinny Ekwulugo	Illinois Wesleyan	39-0 1/2

### Discus

1987	Becky Rucks	Carthage	124-11
1988	Zoe Custer	North Park	131-2 1/2
1989	Linda Coedert	Carroll	117-5
1990	Tina Williams	Augustana	118-8 1/2
1991	Traci Rose	North Central	122-4
1992	Jill Dennison	North Central	126-9
1993	Suzanne Wonser	Augustana	126-3 1/2
1994	Kristin Pittman	Augustana	126-3
1995	Kristin Pittman	Augustana	135-7
1996	Kristin Pittman	Augustana	144-5
1997	Becky Raube	Carthage	126-6
1998	Anna Fuller	North Central	126-6
1999	Becki Schmitz	Carthage	124-3
2000	Becki Schmitz	Carthage	143-0
2001	Becki Schmitz	Carthage	148-11
2002	Becki Schmitz	Carthage	131-9
2003	Nicky Burns	Wheaton	132-4
2004	Jenny Schloz	Illinois Wesleyan	130-3
2005	Kara Hoxworth	Wheaton	128-3
2006	Kara Howworth	Wheaton	137-5
2007	Marissa Banks	Augustana	134-9
2008	Marissa Banks	Augustana	146-3
2009	Marissa Banks	Augustana	141-3

### Javelin

1987	Mona Martin	North Central	125-2
1988	Zoe Custer	North Park	117-9
1989	Linda Goedert	Carroll	112-0
1990	Stacey Bevins	Millikin	104-5 1/2
1991	Annette Kuhel	Augustana	127-6
1992	Brandi Winski	North Central	134-8
1993	Brandi Winski	North Central	121-5
1994	Kim Wallace	Augustana	124-10
1995	Jennifer Myers	Millikin	113-5
1996	Line Lande	North Park	111-1
1997	Kim Denton	Carthage	139-7
1998	Heather Pancake	Wheaton	139-7
1999	Heather Pancake	Wheaton	136-9
2000	Amy Calderone	Augustana	136-10
2001	Amy Calderone	Augustana	140-10
2002	Carol Reif	Augustana	118-9
2003	Carol Reif	Augustana	124-2
2004	Carol Reif	Augustana	129-8
2005	Molli Hermiston	Elmhurst	132-3
2006	Brandi McNeil	Wheaton	146-5
2007	Brandi McNeil	Wheaton	162-0
2008	Brandi McNeil	Wheaton	140-3
2009	Brandi McNeil	Wheaton	138-11

### Long Jump

1987	Janice Swanson	North Park	17-1
1988	Janice Swanson	North Park	17-10 1/2
1989	Becca Still	North Central	17-5 3/4
1990	Rachel Smith	North Central	17-7
1991	Becca Still	North Central	16-9 1/4
1992	Michele Maxwell	North Central	16-10 3/4
1993	Maria Philip	Augustana	17-3 1/2
1994	Charlita Williamson	North Central	16-11 1/2
1995	Sara Haag	Illinois Wesleyan	17-4 1/4
1996	Tanya Liermann	Carthage	17-0 1/2
1997	Pristina Jones	North Central	18-2 1/2
1998	Pristina Jones	North Central	18-10 1/2
1999	Pristina Jones	North Central	18-5 1/4
2000	Tammie Beasley	Augustana	17-10 3/4
2001	Sue DeNigris	North Central	18-5
2002	Sue DeNigris	North Central	17-8 1/4
2003	Lucia Abel	North Park	18-2 1/4
2004	Missa Harden	Illinois Wesleyan	18-1 1/2
2005	Lucia Abel	North Park	18-5 1/4
2006	Shea'na Grigsby	Carthage	18-5 3/4
2007	Kapricia Poulos	Millikin	18-3 3/4
2008	Rachel Secrest	North Central	18-1 3/4
2009	Lauren Alpert	Illinois Wesleyan	18-3

## Past CCIW Women's Outdoor Individual Champions/Women's Records

### High Jump

1987	Kim Kaskin	Carroll	5-0
1988	Laura Marchant	Elmhurst	5-4
1989	Laura Marchant	Elmhurst	5-5 3/4
1990	Nicole Zook	Illinois Wesleyan	5-2
1991	Juli Weber	Augustana	5-5 1/4
1992	Kim Callaway	Carroll	5-4
1993	Shawna Nelsen	Augustana	5-3
1994	Kim Wallace	Augustana	5-6
1995	Allison Wolak	Augustana	5-5
1996	Nicki Frank	Illinois Wesleyan	5-7
1997	Nicki Frank	Illinois Wesleyan	5-4
1998	Allison Wolak	Augustana	5-5
1999	Tina Moran	Carthage	5-4 1/4
2000	Tina Moran	Carthage	5-2 1/2
2001	Heather Diehl	North Central	5-4
2002	Rachel Kroll	Carthage	5-2
2003	Casey Jacobs	Augustana	5-2 1/2
2004	Kristin Marquardt	Carthage	5-2 1/2
2005	Jess Preglow	Carthage	5-3
2006	Kapricia Poulos	Millikin	5-4 1/4
2007	Kapricia Poulos	Millikin	5-5
2008	Michelle Criscione	North Central	5-3 1/4
2009	Michelle Criscione	North Central	5-5 1/4

### Shot Put

1987	Lynn Dusold	Carroll	40-1 3/4
1988	Becky Rucks	Carthage	39-7 3/4
1989	Nikki Erdmann	North Central	37-0
1990	Nikki Erdmann	North Central	38-6 3/4
1991	Nikki Erdmann	North Central	39-3
1992	Kami Hamacher	Augustana	39-8
1993	Kristin Pittman	Augustana	39-5 3/4
1994	Robyn Schenk	Carthage	37-3 1/2
1995	Robyn Schenk	Carthage	39-10 3/4
1996	Becky Raube	Carthage	43-5 3/4
1997	Becky Raube	Carthage	40-3
1998	Rebecca Newcomer	Elmhurst	38-2 3/4
1999	Becki Schmitz	Carthage	40-8 1/4
2000	Maribeth Hulina	Carthage	40-3 1/2
2001	Becki Schmitz	Carthage	41-8
2002	Becki Schmitz	Carthage	39-11 1/4
2003	Ernesta McVeigh	Carthage	39-3 3/4
2004	Kara Hoxworth	Wheaton	40-8 1/4
2005	Jodi Stanton	Augustana	43-10 1/2
2006	Kara Hoxworth	Wheaton	44-4 1/4
2007	Marissa Banks	Augustana	44-2 3/4
2008	Marissa Banks	Augustana	42-6
2009	Marissa Banks	Augustana	42-11

### Pole Vault

2000	Kim Baier	Augustana	10-0
2001	Kim Baier	Augustana	10-8
2002	Sue DeNigris	North Central	11-3 3/4
2003	Amy Peters	Elmhurst	11-7
2004	Meghan Voiland	Augustana	10-7
2005	Meghan Voiland	Augustana	12-6 3/4
2006	Meghan Voiland	Augustana	12-9 1/2
2007	Meghan Voiland	Augustana	12-8 1/4
2008	Rachel Secrest	North Central	12-10
2009	Rachel Secrest	North Central	12-9 1/2

### Heptathlon

1987	Janice Swanson	North Park	4315
1988	Janice Swanson	North Park	4024
1989	Janice Swanson	North Park	4050
1990	Juli Weber	Augustana	3972
1991	Karen Wojcik	Carroll	3784
1992	Shawna Nelsen	Augustana	3920
1993	Kim Wallace	Augustana	4199
1994	Kim Wallace	Augustana	4299
1995	Michelle Yocherer	Augustana	3967
1996	Michelle Yocherer	Augustana	4055
1997	Heather Pancake	Wheaton	4676
1998	Heather Pancake	Wheaton	4448
1999	Heather Pancake	Wheaton	4683
2000	Heather Pancake	Wheaton	4705
2001	Amy Calderone	Augustana	4321
2002	Tina Moran	Carthage	4201
2003	Audrey Boothe	Wheaton	4244
2004	Susanna Craven	Carthage	4296
2005	Audrey Boothe	Wheaton	4185
2006	Audrey Boothe	Wheaton	4558
2007	Molly Walton	Wheaton	4354
2008	Molly Walton	Wheaton	3982
2009	Christine Nelson	Carthage	3958

### Hammer Throw

2004	Jackie Ribbich	Carthage	129-1
2005	Desiree Butcher	Augustana	140-9
2006	Charlsie Rueden	Carthage	139-0
2007	Stephanie Solari	Wheaton	137-6
2008	Stephanie Saffold	North Central	137-11
2009	Paula Neiweem	Augustana	154-9

## CCIW Women's Outdoor Championship Records

Event	Year	Name	School	Record
100 Dash	2004	Muffy Israel	Carthage	11.82
100 Hurdles	2006	Shea'na Grigsby	Carthage	14.07
200 Dash	2008	Rachel Anderson	Illinois Wesleyan	24.14
400 Dash	2006	Rachel Anderson	Illinois Wesleyan	55.25
400 Hurdles	2004	Shea'na Grigsby	Carthage	1:01.36
800 Run	2007	Amber Druen	North Central	2:12.4
1,500 Run	2007	Amber Druen	North Central	4:37.69
3,000 Steeplechase	2007	Jessica Griffin	North Central	11:03.90
5,000 Run	1999	Susan Paige	Augustana	17:41.74#
10,000 Run	2002	Erin Brice	Elmhurst	36:28.25
400 Relay	2005		Carthage	47.77
1600 Relay	2003		Illinois Wesleyan	3:52.49
Heptathlon	2000	Heather Pancake	Wheaton	4705
Triple Jump	2006	Angie Hawk	Millikin	38-9
Long Jump	1998	Pristina Jones	North Central	18-10 1/2
High Jump	1996	Nicole Frank	Illinois Wesleyan	5-7
Shot Put	2006	Kara Hoxworth	Wheaton	44-4 1/4
Discus	2001	Becki Schmitz	Carthage	148-11
Javelin	2006	Brandi McNeil	Wheaton	162-0
Pole Vault	2008	Rachel Secrest	North Central	12-10
Hammer	2009	Paula Neiweem	Augustana	154-9

# Hand Times converted to F.A.T. by adding .24 seconds



## CCIW Teams in the NCAA Championship

	<b>Men</b>
1963	Wheaton, T-18
1966	Wheaton, T-47 North Central, T-47
1967	Wheaton, T-27
1969	Augustana, T-51
1970	North Central, T-49
1973	Augustana, T-49
1974	Augustana, T-12 North Central, 11th Wheaton, T-12
1975	Augustana, 2nd North Central, T-10
1976	Wheaton, 19th Augustana, T-24 North Central, T-52
1977	Carthage, T-8 Augustana, T-15 North Central, T-39
1978	Wheaton, 11th Augustana, T-19 Carthage, T-30
1979	North Central, 6th Wheaton, T-8 Augustana, T-34
1980	Augustana, 4th North Central, T-5 Wheaton, 9th
1981	Augustana, 2nd North Central, 3rd Carthage, T-10 Elmhurst, T-41 Illinois Wesleyan, T-41
1982	Augustana, 10th North Central, T-13 Millikin, 42nd Wheaton, T-50
1983	North Central, T-16 Augustana, 20th Millikin, T-23 North Park, T-34
1984	Augustana, 10th Millikin, 13th North Central, 15th Elmhurst, T-72 Illinois Wesleyan, T-74
1985	Wheaton, 10th North Central, 16th Millikin, 22nd Illinois Wesleyan, T-56
1986	North Central, T-21 Wheaton, T-29 Augustana, T-43
1987	Millikin, T-24 Illinois Wesleyan, T-26 North Central, T-27 Augustana, T-42
1988	North Central, 3rd Augustana, T-45 Wheaton, T-65
1989	<b>North Central, 1st</b> Augustana, T-53
1990	North Central, 5th Augustana, T-22 Wheaton, T-32 Illinois Wesleyan, T-54
1991	North Central, 8th Augustana, T-32 Wheaton, T-37 Millikin, T-43
1992	Augustana, T-7 North Central, 9th Illinois Wesleyan, T-47 Millikin, T-56 Elmhurst, 63rd
1993	North Central, 4th Augustana, 9th Wheaton, T-47
1994	<b>North Central, 1st</b> Augustana, 8th Wheaton, T-30

1995	Millikin, T-67 North Central, 3rd Augustana, 5th Wheaton, 9th
1996	Augustana, 4th North Central, 7th Wheaton, T-26 Carthage, T-53 Illinois Wesleyan, T-66
1997	North Central, T-5 Millikin, T-50 Carthage, T-61 Illinois Wesleyan, T-61
1998	<b>North Central, 1st</b> Millikin, 7th Augustana, 22nd Illinois Wesleyan, T-50
1999	Millikin, T-8 Illinois Wesleyan, 15th Augustana, T-56 North Central, T-71
2000	<b>North Central, T-1</b> Millikin, T-16 Elmhurst, T-21 Illinois Wesleyan, T-32 North Park, T-49 Augustana, T-56
2001	North Central, T-23 Augustana, T-62 Carthage, T-65
2002	North Central, T-8 North Park, T-38 Millikin T-47 Elmhurst, T-72
2003	North Central, T-9 Carthage, T-30 Wheaton, T-33 Augustana, 56th
2004	North Central, T-14 Wheaton, T-36 Millikin T-69
2005	North Central, 5th Augustana, T-39 Illinois Wesleyan, T-49
2006	Augustana, T-18 North Central, T-25 Millikin, T-41
2007	Augustana, T-8 Illinois Wesleyan, T-18 North Central, T-49 Elmhurst, T-49
2008	Augustana, 16th Illinois Wesleyan, T-25 Elmhurst, T-29 North Central, T-35 Wheaton, T-45
2009	North Central, T-29 Augustana, T-44 Wheaton, T-62

### **Women**

1982	Wheaton, 7th Augustana, T-17 North Central, 21st Millikin, T-22
1983	Carthage, T-30 North Central, 35th Augustana, T-39 Millikin, T-51 Wheaton, T-70
1984	Augustana, T-30 Carthage, T-34 North Central, T-41 Wheaton, T-68
1985	Carroll, T-40 North Central, T-40 Wheaton, T-48 Augustana, T-54
1986	Wheaton, T-9 Carroll, T-48

1987	North Central, T-20 North Park, T-41
1988	North Central, 18th Wheaton, T-29
1989	North Central, T-10 Elmhurst, 45th North Park, 47th
1990	North Central, T-16 North Park, T-31 Augustana, T-35
1991	North Central, T-30 Augustana, T-48
1992	North Central, T-22 Augustana, T-47
1993	Augustana, T-15 North Central, T-62
1994	North Central, 7th Augustana, T-17 Millikin, T-44
1995	Augustana, T-15
1996	Carthage, T-32 Augustana, T-42 Illinois Wesleyan, T-64
1997	North Central, 3rd Augustana, 10th Carthage, 22nd Wheaton, T-64 Augustana, T-29 Wheaton, T-29
1998	North Central, T-53 Carthage, T-67 Carthage, 13th North Central, T-24 Wheaton, T-24 Illinois Wesleyan, T-51 Augustana, T-53
2000	Carthage, T-17 Wheaton, T-23 North Central, T-47 Augustana, T-58
2001	Carthage, 23rd North Central, T-49 Augustana, T-61 Illinois Wesleyan, T-67
2002	Carthage, T-16 North Central, 32nd Illinois Wesleyan, T-65 North Park, T-65
2003	Carthage, T-11 Illinois Wesleyan, T-29 Millikin, T-56 North Park, T-64 Carthage, T-6th
2004	Illinois Wesleyan, 11th North Central, T-45 Augustana, T-60 Millikin, T-60 North Park, T-60
2005	Carthage, T-11 Illinois Wesleyan, T-44 Millikin, T-55 Augustana, T-67 North Central, T-67
2006	North Central, 9th Carthage, 11th Illinois Wesleyan, T-17 Millikin, T-22 Augustana, T-36
2007	Augustana, T-9 North Central, 12th Illinois Wesleyan, T-19 Wheaton, T-51
2008	<b>Illinois Wesleyan, T-1</b> Wheaton, T-33 Augustana, T-44 North Central, T-67
2009	Illinois Wesleyan, 7th North Central, T-18 Wheaton, T-33 Augustana, T-41

*Bold denotes national champion*