

Horizon Titles (9): 2009 Women's Outdoor, 2008 Women's Outdoor, 2008 Women's Indoor, 2006 Women's Outdoor, 2005 Women's Outdoor, 2005 Women's Indoor, 2004 Women's Outdoor, 2004 Women's Indoor, 2003 Men's Indoor

PENGUINS

TRACK & FIELD

Mid-Con Titles (8): 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Men's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

INDOOR TRACK & FIELD

2009 • Greencastle, Ind. (Butler)

Alisha Anthony _____ Long Jump
 Danielle Curry _____ Shot Put
 Jen Grayson _____ High Jump

2008 • Kent, Ohio (Youngstown State)

Bethany Anderson _____ Weight Throw
 Alisha Anthony _____ Long Jump
 Danielle Curry _____ Shot Put
 Jen Grayson _____ High Jump

2007 • Ann Arbor, Mich. (Detroit)

Bethany Anderson _____ Shot Put; Wt. Throw
 Alisha Anthony _____ Long Jump
 Yandeh Joh _____ 60m Hurdles
 Kari Kreutzfeld _____ 400m

2006 • Kent, Ohio (Youngstown State)

Bethany Anderson _____ Shot Put, Wt. Throw
 Satara Freeman _____ 60m Hurdles

2005 • Indianapolis, Ind. (Butler)

Bethany Anderson _____ Shot Put
 Danielle Bolt _____ 60m; 200m
 Jeanna Cunningham _____ 400m; 4x400m
 Aaliyah Gillespie _____ 60m Hurdles; 4x400m
 Yandeh Joh _____ 4x400m
 Emily Wollet _____ 4x400m Relay
 Carly Youlton _____ Long Jump; Triple Jump

2004 • Greencastle, Ind. (Butler)

Danielle Bolt _____ 60m; 4x400m
 Alex Casi _____ 4x400m
 Jeanna Cunningham _____ 4x400m
 Aaliyah Gillespie _____ 60m Hurdles
 Leslie Johnson _____ 400m; 4x400m
 Emily Schnitkey _____ Mile

2003 • Milwaukee, Wis. (Milwaukee)

Aaliyah Gillespie _____ 60m Hurdles

2002 • Greencastle, Ind. (Butler)

Jeanna Cunningham _____ 4x400m
 Delores Gaines _____ Weight Throw
 Leslie Johnson _____ 4x400m
 Kelly Leonard _____ 60m Hurdles; 4x400m
 Laura Schatz _____ High Jump
 Janae Stephens _____ 4x400m



Eight of Jeanna Cunningham's 10 Horizon League titles came in relays.

1999 • Norman, Okla. (Oral Roberts)

Marcella Scaife _____ Long Jump, 4x400m
 Jen Rizer _____ 4x400m
 Suzy Thompson _____ 4x400m
 Marcy Reinbolt _____ 4x400m

1998 • Sterling, Ill. (Western Illinois)

Becky Riggle _____ 5,000m

1996 • Charleston, Ill. (Eastern Illinois)

Kenitha Smith _____ 55m Hurdles
 Marcella Scaife _____ 200m; Long Jump

OUTDOOR TRACK & FIELD

2009 • Chicago, Ill. (Loyola, UIC)

Alisha Anthony _____ Triple Jump
 Danielle Curry _____ Discus, Shot Put
 Jen Grayson _____ High Jump
 Lyndsie Hall _____ Javelin
 Yandeh Joh _____ Heptathlon, 4x400m
 Kari Kreutzfeld _____ 4x400m
 Breanne Romeo _____ 4x400m
 Emily Wollet _____ 4x400m

2008 • Youngstown, Ohio (Youngstown State)

Bethany Anderson _____ Hammer
 Alisha Anthony _____ Triple Jump, 4x100m
 Katie Betts _____ 4x100m
 Darcelle Formby _____ 4x100m
 Yandeh Joh _____ 4x400m
 Kari Kreutzfeld _____ 4x100m; 4x400m
 Breanne Romeo _____ 400m, 4x400m
 Emily Wollet _____ 4x400m

2007 • Indianapolis, Ind. (Butler)

Bethany Anderson _____ Shot Put, Hammer
 Katie Betts _____ 4x400m
 Darcelle Formby _____ 4x400m
 Aaliyah Gillespie _____ 100m Hurdles
 Kari Kreutzfeld _____ 4x400m
 Jennifer Roman _____ 4x400m

2006 • Indianapolis, Ind. (Butler)

Bethany Anderson _____ Shot Put; Hammer
 Katie Betts _____ 4x100m; 4x400m
 Danielle Bolt _____ 100m; 4x100m
 Jeanna Cunningham _____ 4x100m; 4x400m
 Satara Freeman _____ 100m Hurdles
 Yandeh Joh _____ 4x100m; 4x400m
 Kari Kreutzfeld _____ 4x400m
 Katy Williams _____ Discus

2005 • Indianapolis, Ind. (Butler)

Bethany Anderson _____ Shot Put
 Jeanna Cunningham _____ 4x400m
 Aaliyah Gillespie _____ 100m Hurdles
 Yandeh Joh _____ 4x400m
 Leslie Johnson _____ 4x400m
 Emily Schnitkey _____ 5,000m; Steeplechase
 Emily Wollet _____ 4x400m

2004 • Indianapolis, Ind. (Butler)

Danielle Bolt _____ 100m; 4x100m; 4x400m
 Jeanna Cunningham _____ 4x100m; 4x400m
 Aaliyah Gillespie _____ 100m Hurdles; 4x100m; 4x400m
 Leslie Johnson _____ 4x100m; 4x400m



Aaliyah Gillespie won six Horizon League crowns in the hurdles and three more in relays.

2003 • Indianapolis, Ind. (Butler)

Delores Gaines _____ Shot put
 Beth Hochstetler _____ Discus

2002 • Indianapolis, Ind. (Butler)

Jeanna Cunningham _____ 100m
 Kelly Leonard _____ 100m Hurdles

2001 • Youngstown, Ohio (YSU)

Karen McReady _____ Javelin

2000 • Kansas City, Mo. (UMKC)

Andrea Cohol _____ 5,000m; 10,000m
 Mary Domitrovich _____ Discus
 Jasmine Reynolds _____ 100m; 200m

1998 • Kansas City, Mo. (UMKC)

Mary Domitrovich _____ Discus

1997 • Buffalo, N.Y. (Buffalo)

Meressa Cornwell _____ Shot Put
 Marcella Scaife _____ 400m; Long Jump
 Laura Thomas _____ 5,000m; 10,000m

1996 • Kansas City, Mo. (UMKC)

Elizabeth Gilliam _____ Discus
 Anne Ralston _____ 1,500m

1995 • New Britain, Conn. (CCSU)

Elizabeth Gilliam _____ Discus
 Marcella Scaife _____ 400m

CROSS COUNTRY

2004 • Kenosha, Wis.

Emily Schnitkey _____ Sixth Place

2003 • Warren, Ohio (YSU)

Lisa Davies _____ Second Place

2002 • Chicago, Ill.

Emily Schnitkey _____ Sixth Place

2001 • Chicago, Ill.

Emily Schnitkey _____ Eighth Place

1999 • UMKC

Andera Cohol _____ First Place

1997 • Buffalo

Laura Thomas _____ First Place

Andrea Cohol _____ Third Place

1996 • Valparaiso

Laura Thomas _____ Third Place

1995 • Youngstown State

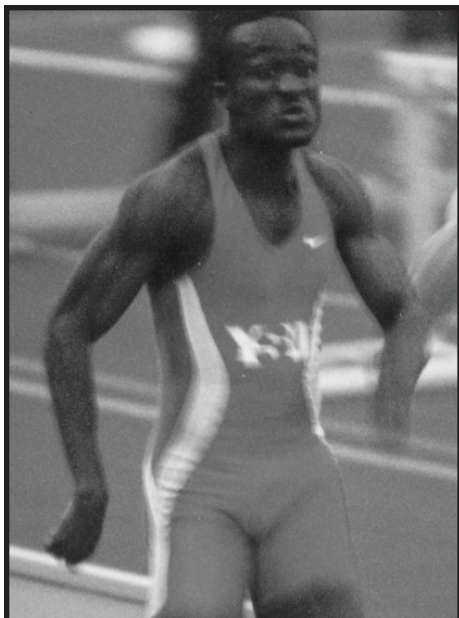
Kim Rosenberger _____ Second Place

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PENGUINS

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Kofi Owusu-Ansah won nine Mid-Continent Conference sprinting titles from 1997-2000.

1998 • Sterling, Ill. (Western Illinois)

Matt Folk _____ 3,000m

1997 • Buffalo, N.Y. (Buffalo)

Bob Bond _____ 3,000m; Mile
Paul Carter _____ 800m
Kofi Owusu-Ansah _____ 55m
Frank Pennel _____ 200m
Jason Pope _____ Pole Vault
Vikas Sheoran _____ High Jump

1996 • Charleston, Ill. (Eastern Illinois)

Matt Callicoat _____ Shot Put
Kofi Owusu-Ansah _____ 55m

1995 • Charleston, Ill. (Eastern Illinois)

Randy Clossen _____ Shot Put

1992

Keith Gorby _____ 5,000m

1999 • Kansas City, Mo. (UMKC)

Mark Brady _____ Steeplechase
Kofi Owusu-Ansah _____ 200m
Matt Folk _____ 10,000m

1998 • Kansas City, Mo. (UMKC)

Bob Bond _____ Steeplechase

1997 • Buffalo, N.Y. (Buffalo)

Bob Bond _____ 1,500m; Steeplechase
Paul Carter _____ 4x400m
Don Craig _____ 5,000m
Colin Klier _____ Hammer
Kofi Owusu-Ansah _____ 200m; 4x400m
Jason Pope _____ Pole Vault; Decathlon
Dave Purins _____ 4x400m
Kenric Reed _____ 4x400m

1996 • Kansas City, Mo. (UMKC)

Matt Callicoat _____ Shot Put

1995 • New Britain, Conn. (CCSU)

Jeremy Zarins _____ 10,000m

1992 • Charleston, Ill. (Eastern Illinois)

Keith Gorby _____ 10,000m

OUTDOOR TRACK & FIELD

2009 • Chicago, Ill. (Loyola, UIC)

Joe Lahmon _____ Hammer
Mark Lipinsky _____ 110m Hurdles
Aaron Merrill _____ Shot Put
Kiplangat Tisia _____ Steeplechase

2008 • Youngstown, Ohio (Youngstown State)

Harold Jones _____ 800m
Aaron Merrill _____ Shot Put, Discus
Shayne York _____ Long Jump

2006 • Indianapolis, Ind. (Butler)

Marty Vieth _____ High Jump
Derek Riker _____ Pole Vault
Aaron Merrill _____ Shot Put
Jarrod Davis _____ Hammer; Javelin

2004 • Indianapolis, Ind. (Butler)

Kevin Breckenridge _____ 4x400m Relay
Dorian Chenault _____ 4x100m Relay
Jarrod Davis _____ Hammer
Chris Goffer _____ 4x100m Relay
Papis Joh _____ 4x400m Relay
Kurt Michaelis _____ Steeplechase; 1,500m
T.J. Peterson _____ 4x100m Relay
Ryan Strzalka _____ 4x400m Relay
Scott Weiser _____ 4x100m; 4x400m

2003 • Indianapolis, Ind. (Butler)

Eugene Harris _____ 100m; 200m
Kurt Michaelis _____ 1,500m

2002 • Indianapolis, Ind. (Butler)

Eugene Harris _____ 100m; 200m
Kurt Michaelis _____ 800m; 1,500m

2000 • Kansas City, Mo. (UMKC)

Shawn Cobey _____ Discus
Kofi Owusu-Ansah _____ 100m; 200m

INDOOR TRACK & FIELD

2009 • Greencastle, Ind. (Butler)

Jerrill Hall _____ 60m Hurdles
J.R. Hodge _____ 60m
Joe Lahmon _____ Weight Throw

2008 • Kent, Ohio (Youngstown State)

Aaron Merrill _____ Shot Put

2007 • Ann Arbor, Mich. (Detroit)

Joe Lahmon _____ Weight Throw

2006 • Kent, Ohio (Youngstown State)

Jarrod Davis _____ Weight Throw
Adam Lewis _____ 60m Hurdles

2004 • Greencastle, Ind. (Butler)

Sherod Holmes _____ 60m
Papis Joh _____ 200m
Derek Riker _____ Pole Vault

2003 • Milwaukee, Wis. (Milwaukee)

Eugene Harris _____ 60m; 200m
Kurt Michaelis _____ Mile

2002 • Greencastle, Ind. (Butler)

Eugene Harris _____ 60m; 200m
Kurt Michaelis _____ 800m; Mile

2000 • Norman, Okla. (Oral Roberts)

Kofi Owusu-Ansah _____ 60m

1999 • Kansas City, Mo. (UMKC)

Mark Brady _____ Steeplechase
Matt Folk _____ 10,000m
Kofi-Owusu Ansah _____ 200m

CROSS COUNTRY

1999 • UMKC

Tim Tatarka _____ Seventh Place

1998 • Chicago State

Matt Folk _____ Fourth Place
Mark Brady _____ Sixth Place

1996 • Valparaiso

Matt Folk _____ Third Place

1995 • Youngstown State

Mark Brady _____ Fifth Place

1994 • Northeastern Illinois

Mark Brady _____ Second Place

1993 • Valparaiso

Keith Gorby _____ Second Place

1991 • Eastern Illinois

Keith Gorby _____ Fourth Place



Mark Brady won two Mid-Con titles in the steeplechase and earned all-league honors three times in cross country.