**2004 Indoor Track**

Christina Winkler had arguably the greatest track year in Truman women’s history, and it started with the indoor campaign.

Winkler earned MIAA high point honors at the conference championship, scoring 28.5 points in four events.

She broke a school and conference record on the way to claiming the 60m hurdles title. She was also runner-up in the 200m and 400m and ran a leg on the MIAA championship 4x400 relay team.

Winkler then took her act to the NCAA Indoor Championship, the only Bulldog on either indoor team to make nationals.

She competed in two events, the 60m hurdles and 400m. She did not qualify for the finals in the 400m, but ran a time of 8.77 in the 60m hurdles and finished as the NCAA runner-up. The eight points she earned in that event tied Truman for 17th at the national meet.

Led by Winkler, the Bulldog women finished third at the MIAA Championship. Besides Winkler’s all-conference title, Truman took first-place in three other events.

Candi Jones was the fastest runner in the 600-yard race, breaking her own school standard in a time of 1:25.09.

Truman also swept both relay events, winning the 4x100 relay in a time of 4:32.73 and capturing the 4x800 race in a time of 9:32.72. Members of the first relay were Winkler, Sara Jessen, Jones and Candice Hoskins. Members of the longer relay were Lauren White, Meagan Robertson, Jones and Hoskins.

In all, nine Bulldogs captured all-conference accolades in 16 events. Others to win this honor were runner Abbie Smith and field athletes Bridgette Carpenter and Ashley Colon.

On the men’s side, Truman finished seventh at the conference meet.

**2004 Outdoor Track**

The outdoor season ended for Truman with two athletes being crowned national champions, one somewhat expected and one being a big surprise.

Winkler was one of the favorites going into the 400m hurdle event and she got off to a good start by running a 59.46 prelim time, the fastest among her competitors.

In the finals, she then won her first national crown with a time of 57.81. That mark shattered her own school record and was the fourth-fastest winning time all-time at the Division II championships.

On the men’s side, James Walton barely qualified for the 18-person long jump field at the national meet. He was also in danger of missing the finals cut when he came up with a third-round jump of 7.55m, the longest of the day up to that point.

In the fourth round, he then recorded a jump of 7.60m, a mark that would hold up for the rest of the competition.

Winkler and Walton were the 10th and 11th national champions in school history. Winkler was the first Bulldog female national champion since 1990 and Walton won the first men’s title since the 1979 national meet.

On the men’s side, Heincker competed in two events at the national meet, but failed to score with an 18th-place finish in the 5,000m prelims and an 11th-place finish in the 10,000m.

Walton’s 10 team points gave Truman a tie for 23rd at the meet, the team’s top finish since 1990.

Winkler’s victory was just the start of things on the women’s side. Winkler won two other all-American awards, finishing second in the 100m hurdles and being a member of the eight-place 4x400 relay team. The three all-American awards gave Winkler eight for her Truman career, the most in Bulldog women’s track history.

Other members of the all-American relay team were Jessen, Hoskins and Jones. Jessen, in her final NCAA meet, also finished fourth in the 400m hurdles.

Jessen also competed in the 100m hurdles but didn’t advanced to the finals in that event. White, meanwhile, finished 10th in the 3,000 steeplechase finals.

In all, Truman’s women scored 24 points and placed ninth in the nation. Both of those marks were the best in school history for the NCAA Division II outdoor meet.

At the conference level, Truman again finished third on the women’s side and seventh in men’s action.

All-conference performers for the women were: Jones, Hoskins, Leah Zidon, White, Jacque Faust, Winkler, Jessen, Rachel Williams, Lainie Bohnsack, Carpenter and Danielle Grimes.

Winkler swept the two hurdles events and was a member of the conference championship 4x400 relay team.

She nearly repeated high point honors as well.

Winkler was comfortably leading the heptathlon competition after day one, but was forced to withdraw with an injury before the final three events.

On the men’s side, all-conference accolades went to: Josh Mayson, Dan Zwilling, Jason Simpson, Klimek, Heincker and Walton.

Heincker won the only men’s title, winning the 10,000m in a time of 31:08.07.

**2004 Cross Country**

Women’s history was also written during the 2004 cross country season. Six times, the Bulldogs had sent an individual to the national meet, but had never qualified an entire team.

That changed this past fall when Truman finished second at the NCAA regional meet to advance to the NCAA Championships.

It took a balanced effort at the regional meet. The top Bulldog finisher, Dani Rawlings, finished in 11th-place. However, the next four Bulldogs to cross the finish line all came in the top 30.

At nationals, the women finished in 20th place out of 24 teams. Rawlings again led the team, finishing 7th overall. Other members of the first women’s team to qualify for nationals were: Smith, White, Sarah Armstrong, Grace Delnero, Faust and Meagan Robertson.

With a very young squad, the men’s cross country squad saw its string of four straight NCAA appearances snapped. Truman finished just eighth at the regional meet, but the team still did have a presence at nationals.

Aaron Wells qualified as an individual after placing ninth at regionals. He then came in 111th out of 184 runners at the NCAA Championships.

At the conference level, both teams finished among the leaders. The women had a heartbreaking second-place finish, falling short of a MIAA title by a single point. The men’s team came in third at the MIAA Championship, being a couple of points away from a runner-up showing.

White and Smith both earned all-conference honors after finishing seventh and tenth, respectively. Two men also earned all-MIAA honors as Wells came in seventh and Eli Klimek finished the race in eighth-place.

The lone title gained during the season came on the women’s side when they captured the Miner Invitational, an event that included two Division I schools.

White earned two MIAA Runner Of The Week honors during the season after meets at Missouri Southern and Missouri-Rolla.
### 2004 Women's MIAA Indoor Results

**Team Standings**
- Missouri Southern: 117
- Pittsburg State: 99
- Truman: 91
- Central Missouri: 79
- Emporia State: 62
- Northwest Missouri: 40
- Missouri-Rolla: 37
- Southwest Baptist: 2

<table>
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<th>Event</th>
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<th>Name</th>
<th>Time/Score</th>
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<tbody>
<tr>
<td>200m</td>
<td>1</td>
<td>Christina Winkler</td>
<td>25.11</td>
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<tr>
<td></td>
<td>2</td>
<td>Sara Jessen</td>
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</tr>
<tr>
<td>400m</td>
<td>1</td>
<td>Candi Jones</td>
<td>56.83</td>
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<tr>
<td></td>
<td>2</td>
<td>Sara Jessen</td>
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<td>Mile</td>
<td>3</td>
<td>Meagan Robertson</td>
<td>5:12.90</td>
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<td></td>
<td>4</td>
<td>Lauren White</td>
<td>5:15.35</td>
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<tr>
<td>600-yard</td>
<td>5</td>
<td>Candi Jones</td>
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<td>6</td>
<td>Meagan Robertson</td>
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<td>3,000m</td>
<td>7</td>
<td>Abbie Smith</td>
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<td>5,000m</td>
<td>8</td>
<td>Abbie Smith</td>
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<td></td>
<td>9</td>
<td>Pam Bird</td>
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<td></td>
<td>11</td>
<td>Candi Jones</td>
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<td>12</td>
<td>Truman</td>
<td>3:52.73</td>
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<td>13</td>
<td>Truman</td>
<td>9:32.72</td>
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<tr>
<td>High Jump</td>
<td>14</td>
<td>Lainie Bohnsack</td>
<td>5.12</td>
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<td>Shot Put</td>
<td>15</td>
<td>Bridgette Carpenter</td>
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<td>60m hurdles</td>
<td>16</td>
<td>Ashley Colon</td>
<td>50.1.25</td>
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</table>

### 2004 Men's MIAA Indoor Results

**Team Standings**
- Missouri Southern: 112
- Central Missouri: 111
- Northwest Missouri: 101
- Pittsburg State: 100
- Emporia State: 53
- Missouri-Rolla: 24
- Truman: 16
- Southwest Baptist: 10

<table>
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<td>1</td>
<td>Walter Washington</td>
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<td>Eli Klimek</td>
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<td>Alan Heincker</td>
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<td>Eli Klimek</td>
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<td>Truman</td>
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<td>Richard Mayson</td>
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</table>

### 2004 Men's MIAA Outdoor Results

**Team Standings**
- Central Missouri: 170
- Missouri Southern: 141
- Pittsburg State: 93
- Emporia State: 91
- Northwest Missouri: 75
- Missouri-Rolla: 38
- Truman: 53
- Southwest Baptist: 10

<table>
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<th>Event</th>
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<td>2</td>
<td>Dan Zwingling</td>
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<tr>
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<td>Eli Klimek</td>
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<td>10,000m</td>
<td>5</td>
<td>Aaron Wells</td>
<td>15:48.05</td>
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<tr>
<td>5,000m steeple</td>
<td>6</td>
<td>Alan Heincker</td>
<td>31:08.07</td>
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<td>3,000m steeple</td>
<td>7</td>
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<td>Truman</td>
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<td>Adam Deck</td>
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<td>Long Jump</td>
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<td>James Walton</td>
<td>24:5.5</td>
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</table>

### 2004 NCAA Championship Results

**NCAA Indoor: Women - 8 points (t-17th); Men - no participants**

- **All-Americans**
  - 60m hurdles: Christina Winkler (2nd)
  - Other national qualifiers: Christina Winkler (400m)

**NCAA Outdoor: Women 24 points (9th); Men - 10 points (t-23rd)**

- **All-Americans**
  - 100m hurdles: Christina Winkler (2nd)
  - 400m hurdles: Christine Winkler (1st)
  - Other national qualifiers: Sara Jessen (400m)

- **All-Americans**
  - 4x400 relay: Christine Winkler, Sara Jessen
  - Other national qualifiers: Sara Jessen (100m hurdles), Lauren White (3,000m steeplechase), Alan Heincker (5,000m and 10,000m)
### 2004 Women's Cross Country Results

**Iowa State Open**  
(Ames, Iowa)  
**Sept. 10 • 5000m**  
no team scoring  
Top 7 Truman Runners:  
7th- Lauren White  
10th- Dani Rawlings  
12th- Jacquie Faust  
14th- Sarah Armstrong  
17th- Abbie Smith  
18th- Grace Del Nero  
19th- Amy Schroeder  

**Southern Stampede**  
(Joplin, Mo.)  
**Sept. 18 • 5000m**  
Team Winner: Oklahoma (78)  
Truman Finish: 4th (167) / 24 teams  
Top 7 Truman Runners:  
17th- Lauren White  
31st- Karli Kuckermans  
50th- Sarah Armstrong  
57th- Abbie Smith  
60th- Bryant England  
62nd- Sarah Cunningham  
63rd- Grace Delnero  

**Miner Invitational**  
(Rolla, Mo.)  
**Sept. 25 • 5000m**  
Team Winner: Truman (33) / 13 teams  
Top 7 Truman Runners:  
2nd- Lauren White  
6th- Dani Rawlings  
7th- Abbie Smith  
8th- Sarah Armstrong  
10th- Jacquie Faust  
14th- Bryant England  
20th- Amy Schroeder  

**Woody Greeno Invitational**  
(Lincoln, Neb.)  
**Sept. 18 • 8000m**  
Top 7 Truman Runners:  
16th- Eli Klimek  
22nd- Jason Simpson  
23rd- Aaron Wells  
32nd- Bryant England  
36th- Danny Wilhite  
43rd- Curtis Werner  
47th- Kevin Crean  

### 2004 Men's Cross Country Results

**Iowa State Open**  
(Ames, Iowa)  
**Sept. 10 • 8000m**  
no team scoring  
Top 7 Truman Runners:  
181st- Eli Klimek  
182nd- Jason Simpson  
185th- Lloyd Well  
189th- Bryan England  
192nd- Danny Wilhite  
193rd- Kurtis Werner  
195th- Kevin Crean  

**Notre Dame Invitational**  
(Notre Dame, Ind.)  
**Oct. 1 • 5 Miles**  
Team Winner: Notre Dame (85)  
Truman Finish: 17th (437) / 26 teams  
Top 7 Truman Runners:  
18th- Eli Klimek  
37th- Aaron Wells  
97th- Bryant England  
146th- Troy Robinson  
154th- Sam Kulpkauer  
178th- Kurtis Werner  

**Border States Invitational**  
(Edwardsville, Ill.)  
**Oct. 9 • 6000m**  
Team Winner: Central Missouri (59)  
Truman Finish: 29th (261) / 8 teams  
Top 7 Truman Runners:  
24th- Eli Klimek  
25th- Aaron Wells  
26th- Jason Simpson  
54th- Laban Kipkurai  
99th- Eric Witzrock  
178th- Kurtis Werner  

**Blacksburg Invitational**  
(Blacksburg, Ind.)  
**Oct. 9 • 8000m**  
Team Winner: Central Missouri (43)  
Truman Finish: 3rd (85) / 8 teams  
Top 7 Truman Runners:  
* 7th- Eli Klimek  
* 8th- Aaron Wells  
15th- Trey Robinson  
21st- Jason Simpson  
34th- Bryant England  
40th- Steve Porth  
42nd- Eric Witzrock  

### NCAA Championships

**Women's Team Results**  
Top 10  
1. Central Missouri 71  
2. Truman 85  
3. Pittsburg State 91  
4. Abilene Christian 93  
5. Missouri Southern 121  
6. Emporia State 194  
7. Northwest Missouri 198  
8. SouthWest Baptist 212  
9. Drury 235  
10. East Central 268  

**Men's Team Results**  
Top 10  
1. Central Missouri 71  
2. Truman 85  
3. Pittsburg State 91  
4. Abilene Christian 93  
5. Missouri Southern 121  
6. Emporia State 194  
7. Northwest Missouri 198  
8. SouthWest Baptist 212  
9. Drury 235  
10. East Central 268  

### NCAA Regional

**Women's Team Results**  
1. Central Missouri 71  
2. Truman 85  
3. Pittsburg State 91  
4. Abilene Christian 93  
5. Missouri Southern 121  
6. Emporia State 194  
7. Northwest Missouri 198  
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