



2006 Bearcat Track & Field



Track and Field Contact - Jared Verner • s260440@nwmissouri.edu • 660.562.1118

Bearcats Wrap Up Regular Season at MSSU Last Chance Meet and Emporia Qualifier

2006 Outdoor Schedule

Date	Meet	Location	Result
M16	Pittsburg State Open (M)	Pittsburg, Kan.	Individual
M16-19	Alabama Relays (W)	Tuscaloosa, Ala.	8th
M26-27	Northwest Multis	Maryville, Mo.	Individual
A1	Northwest Invitational	Maryville, Mo.	M-2nd/W-4th
A7-8	Concordia Invitational	Concordia, Neb.	Individual
A13-14	Emporia Multi-Events	Emporia, Kan.	Individual
A15	Nebraska Invitational	Lincoln, Neb.	Individual
A20-22	Kansas Relays	Lawrence, Kan.	Individual
A21	Mule Relays (M)	Warrensburg, Mo.	Individual
A27-29	Drake Relays	Des Moines, Iowa	Individual
A28	Simpson Invitational	Indianola, Iowa	Individual
A30-M1	MIAA Multi-Events	Warrensburg, Mo.	Individual
M6-7	MIAA Championships	Emporia, Kan.	M-3rd/W-6th
M10	MSSU Last Chance Meet	Joplin, Mo.	
M13	Emporia Twilight Qualifier	Emporia, Kan.	
M25-27	NCAA Championships	Emporia, Kan.	

Quick Facts

Name of School: Northwest Missouri State University
City/Zip: Maryville, MO 64468
Population: approx. 10,000
Founded: 1905
Enrollment: 6,350
Nickname: Bearcats
Colors: Forest Green and White
Affiliation: NCAA Division II
Conference: Mid-America Intercollegiate Athletics Association (MIAA)
President: Dr. Dean L. Hubbard
Director of Athletics: Dr. Bob Boerigter
Office Manager: Michele Steinmeyer
Head Athletic Trainer: David "D.C." Colt
Athletic Phone: 660-562-1713
Athletics Fax: 660-562-1493
Tickets Phone: 660-562-1212
Website: www.NorthwestBearcats.com
Home Track: Herschel Neil Track
Men's Head Coach: Richard Alsup
Years at School: 29
Men's Track Phone: 660-562-1327
Men's MIAA Championships: 3 total
Women's Head Coach: Scott Lorek
Years at School: 2
Women's Track Phone: 660-562-1303
Women's MIAA Championships: 2 total

Athletic Media Relations

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This Week in Outdoor Track and Field

Both Bearcat Track and Field teams will look to qualify additional athletes for the NCAA Championships with trips to the MSSU Lionbacker Last Chance Meet on May 10 and the Emporia State Twilight Qualifier on May 13. At the MIAA Championships last week, the men placed third as a team, won three individual events, and placed 20 athletes onto the All-MIAA team. The women took sixth, placing nine on the All-MIAA squad.

Bearcat Men's Notes

Junior **Bayo Adio** (Oakland, Calif.) won the high jump at the MIAA Outdoor Championships with a personal record 6' 11 3/4", his seventh top-three performance in the event this season. Adio is currently tied for seventh in the NCAA performance lists for the high jump, and also placed fourth in the triple jump, one of three Bearcats to place in the top-four in the event in Emporia, Kan. Senior **Dizeas Calbert** (Omaha, Neb.) won with 50' 1/2" at the MIAA meet, his second mark over 50 feet this season and his third first-place finish of the year. Calbert stands eighth in NCAA triple jump lists with his school record 50' 4 3/4" jump at the Kansas Relays on April 20-22. Freshman **Daniel Urum-Ike** (Lee's Summit, Mo.) placed second behind Calbert in the triple jump with a personal record 48' 9", a season-high that stands 15th in NCAA performance lists.

Junior **Eric Isley** (Pleasantville, Iowa) won the 800-meter run with a personal record 1:51.42, defeating second-place by nearly two seconds. The first-place finish is his second of the year in the 800-meters, and his fourth top-five performance. In NCAA performance lists, Isley ranks fifth nationwide.

Sophomore **Courtland Ingram** (Hannibal, Mo.) and freshman **Kendall Wright** (Sulphur Springs, Texas) placed second in the decathlon and long jump, respectively. Ingram set a personal record 6,508 points, after finishing second in the discus throw, pole vault, and 1,500-meter run at the MIAA Multi-Event Championships on April 30-May 1. Wright provisionally qualified for the NCAA Championships with 23' 6 1/4" in the long jump in his runner-up performance at the MIAA meet, holding the 33rd longest jump this season.

Northwest hammer throw record-holder senior **Travis MacKenzie** (Cumberland, British Columbia) placed third in the event in Emporia, Kan., over the weekend, recording 178' 3". MacKenzie's 184' 6" school record throw at the Nebraska Invitational on April 15 ranks ninth in NCAA Division II.

The Bearcats moved up to seventh in the latest NCAA Division II Power Rankings, released May 4 by the United States Track and Field and Cross Country Coaches Association and D2Rankings.com. The seventh-place ranking is the highest for the men this season, and marks their fourth-consecutive week in nationwide rankings.

Head coach **Rich Alsup** received MIAA Men's Indoor Track and Field Indoor Coach of the Year honors on March 31, sharing the award with Central Missouri State coaches Kirk Pederson and Kip Janvrin.

Bearcat Women's Notes

Senior **Dia McKee** (O'Fallon, Mo.) set the school 3,000-meter steeplechase record for the third time this season, finishing fifth with 11:53.35 at the MIAA Outdoor Championships last weekend. McKee has shaved over 30 seconds off of her 2005 school record of 12:29.84, set at the 2005 Northwest Invitational.

Senior **Alisha Samuel** (San Juan, Trinidad) placed third in the 100-meter dash with a team season-high 12.09 seconds at the MIAA Championships over the weekend, becoming the first individual athlete from the women's team to provisionally qualify for the NCAA Championships. In national performance lists, Samuel is listed 28th. Junior **Kailea Cook** (Parkville, Mo.) finished sixth with 12.36 in the 100-meter dash.

Freshman **Hannah Henry** (Lenexa, Kan.) placed fourth in the 100-meter hurdles, her fourth top-five finish of the season, with a season-best 15.10 seconds.



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Division II Men's Power Rankings

(As of May 4, 2006)

1. Angelo State University
2. Central Missouri State University
3. Fort Hays State University
4. Western State College
5. Pittsburg State University
6. Adams State College
7. NORTHWEST MISSOURI STATE
8. Lock Haven University
9. California, San Diego
10. Texas A&M-Kingsville
11. East Stroudsburg University
12. Southern Illinois-Edwardsville
13. Northern State University
14. Saginaw Valley State University
15. Fort Valley State University
16. Nebraska-Kearney
17. Indiana of Pennsylvania
18. Tiffin University
19. University of Missouri, Rolla
20. University of Findlay

Henry also crossed the finish line fifth in the 400-meter hurdles, her third top-10 finish of the year. The 4x100-meter relay team, consisting of Samuel, Cook, Henry, and junior **Megan Robinson** (Parkville, Mo.) placed third in the MIAA Championships, and qualified for the NCAA Outdoor Championships with 46.73, the nation's 16th fastest time.

Freshman **Emily Churchman** (Parkville, Mo.) finished fifth in the heptathlon of 10 athletes at the MIAA Multi-Event Championships on April 30-May 1. Churchman scored a season-high 4,048 points, finishing second in the shot put with a toss of 35' 3".

Coaching Staff

Men's head coach **Richard Alsup** is in his 29th year at Northwest Missouri State, while **Scott Lorek** is in the midst of his second year at the helm of the women's team.

Alsup finished the 2005 cross country season third at the MIAA meet, the team's best finish since a second-place finish in 1998. In the 2006 indoor season, his indoor squad finished second in the conference meet, their best finish since 2002, and was honored as MIAA Indoor Track and Field Coach of the Year, sharing the honor with the CMSU track and field coaches. He has been named MIAA Coach of the Year five times, while coaching six NCAA Division II National Track and Field Champions. Alsup finished last year's outdoor season with a fifth place finish in the MIAA and tied for seventh in the nation.

Lorek led the women's team to a sixth place finish in the 2005 cross country and 2006 indoor MIAA championships this year. Lorek has previously held positions at Western State (Colo.) as the head men's and women's track and field coach, leading both teams to a third-place finish in the NCAA Division II Outdoor Championships in 2002.

Next Week

Individuals and relay teams that qualify will travel to the NCAA Division II Outdoor Championships, hosted by Emporia State University on May 25-27 at Welch Stadium and Zola Witten Track in Emporia, Kan. Athletes must meet automatic qualifying marks or earn an invitation from the NCAA based on provisional marks to compete. Performance lists of athletes who have provisionally and automatically qualified can be found at www.flashresults.com/flashwest.

2006 Northwest Outdoor Track and Field Roster

Bearcat Men

Bayo Adio	Jr.	Oakland, Calif.
Anthony Armstrong	Fr.	Bellevue, Neb.
Travis Brownley	Sr.	Carrollton, Mo.
John Bullock	So.	Lauderdale Lake, Fla.
Diezeas Calbert	Sr.	Omaha, Neb.
Brent Clifton	So.	Tarkio, Mo.
Sheldon Cook	Fr.	Parkville, Mo.
Bradley Cox	Fr.	Plattsburg, Mo.
Martin Curley	Fr.	Laclede, Mo.
Brandon Dart	So.	Fremont, Neb.
Anthony Davidson	So.	Grant City, Mo.
E.J. Falkner	Jr.	Omaha, Neb.
Dallas Flynn	Jr-RS	Blaire, Neb.
Asrat Geleta	Fr.	Waco, Tex.
Curt Gilpin	So.	Chester, Ill.
Keelen Green	Fr.	Sulphur Springs, Texas
E.J. Hawkins	Fr.	Elgin, Tex.
Austin Huerta	Fr.	Mesa, Ariz.
Courtland Ingram	So.	Hannibal, Mo.
Eric Isley	Jr.	Pleasantville, Iowa
Anthony Jackson	Sr.	Des Moines, Iowa
Jeff Kanger	So.	Omaha, Neb.
Travic MacKenzie	Jr.	Cumberland, BC, Can
Tyler Martin	Jr.	Bendena, Kan.
Corey Mason	Fr.	Unionville, Mo.
Devin McCall	Jr.	St. Louis, Mo.
Clif McIntosh	Jr.	Maryville, Mo.
Kyle Nespor	Fr.	Kearney, Mo.
Alex Oliver	So.	Woodine, Iowa
Daniel Pescador	Jr-RS	Chandler, Ariz.
Gabe Peters	Fr.	Hannibal, Mo.

Matt Pohren	Jr.	Omaha, Neb.
Stephen Pool	Fr.	Raymore, Mo.
Jeff Ritchie	Fr.	Bedford, Iowa
Sam Robinson	So.	Gladstone, Mo.
Jake Rockey	Fr.	Truro, Iowa
Karrington Rogers	So.	Malden, Mo.
Dan Scheuler	Fr.	Fairbury, Neb.
Brandon Schoen	Jr-RS	Beatrice, Neb.
Brad Sorenson	Fr.	Clarinda, Iowa
Bryan Touney	Jr.	Lake Lotawana, Mo.
Daniel Urum-Ike	Fr.	Lee's Summit, Mo.
Brandon Winchester	Jr.	Bendena, Kan.
Kendall Wright	Fr.	Sulphur Springs, Texas

Head Coach: Richard Alsup
Assistant Coaches: Ed Hart, Jarod Smith, Laz Marquart

Bearcat Women

Johanna Avilez	Fr.	Mesa, Ariz.
Audrey Bailey	So.	Lathrop, Mo.
Catrina Bennett	Fr.	Bellevue, Neb.
Heather Brokaw	Jr.	Lake St. Louis, Mo.
Halley Carlson	So.	New Virginia, Iowa
Emily Churchman	Fr.	Parkville, Mo.
Tasha Cockrum	Fr.	Park Hills, Mo.
Kailea Cook	Jr.	Parkville, Mo.
Laura Cooper	Fr.	Meadville, Mo.
Kristen Degase	Fr.	Maryville, Mo.
Abby Disselhoff	Sr.	Kansas City, Mo.
Tierney Eaton	Fr.	Grant City, Mo.
Amanda Gray	Fr.	Rock Port, Mo.

Hannah Henry	So.	Lenexa, Kan.
Kim Homan	Jr.	Lee's Summit, Mo.
Brandi Honeywell	Jr.	Excelsior Springs, Mo.
Lacey Jackson	Sr.	Emerson, Iowa
Jennifer Kiss	Fr.	Nobelton, Can.
Alexandra Koenig	Fr.	O'Fallon, Mo.
Alicia Kosta	Fr.	Gretna, Neb.
Julie Kreikemier	Sr.	Maryville, Mo.
Stacey Loemker	Jr.	Beatrice, Neb.
Krista Martine	So.	Liberty, Mo.
Dia McKee	Sr.	O'Fallon, Mo.
Maggie McManigal	Fr.	Colorado Springs, Colo.
Alexa McQuistan	Fr.	York, Neb.
Jessica Montesano	Sr.	Kansas City, Mo.
Anna O'Brien	Fr.	Easton, Mo.
Kara Poehlman	Jr.	Kansas City, Mo.
Courtnee Ream	Fr.	Unionville, Mo.
Amber Reed	Fr.	Beatrice, Neb.
Carly Reinoehl	Fr.	Kansas City, Mo.
Megan Robinson	Jr.	Overland Park, Kan.
Melanie Royeton	So.	Parkville, Mo.
Alisha Samuel	Sr.	San Juan, Trinidad
Katie Sargent	Fr.	Meadville, Mo.
Cassie Sherlock	So.	Murray, Neb.
Karah Spader	So.	Waco, Neb.
Megan Tinsley	Fr.	Liberty, Mo.
Stacie Trulin	Fr.	Liberty, Mo.
Emily Von Weihe	So.	Treynor, Iowa
Jennifer Williams	So.	Columbus, Neb.

Head Coach: Scott Lorek
Assistant Coach: Shelley Lorek, Veronica Dyer, Jamal Rankins, Derek Frese



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2006 Northwest Outdoor Track and Field Results

Race #1 (Men Only)

Pittsburg State Open

Pittsburg, Kan., - March 16

100M

- 5. S. Cook, 11.02
- 10. K. Rogers, 11.28
- 13. D. Urum-Ike, 11.61
- 15. C. Gilpin, 11.81

200M

- 8. A. Jackson, 22.97
- T-9. C. Gilpin, 23.25

400M

- 5. R. Purnell, 51.78
- 12. A. Armstrong, 53.03
- 17. J. Rockey, 56.34

800M

- 3. J. Kanger, 1:58.67
- 5. J. Ritchie, 2:01.11

1,500M

- 4. B. Touney, 4:13.9
- 6. J. Kanger, 4:15.5
- 10. B. Sorensen, 4:21.9
- 11. D. McCall, 4:23.3
- 14. A. Huerta, 4:28.0
- 16. S. Pool, 4:30.4
- 20. J. Ritchie, 4:34.05
- 24. A. Geleta, 4:38.6

3,000M

- 1. M. Pohren, 9:07
- 5. A. Huerta, 9:26.29
- 6. D. McCall, 9:29.72
- 8. A. Davidson, 9:42.85

110M Hurdles

- 4. C. Mason, 16.26

400M Hurdles

- 1. J. Bullock, 55.91
- 5. C. Mason, 1:01.15

3,000M Steeplechase

- 2. B. Sorensen, 10:51.58

4x100M

- 1. 42.35

4x400M

- 6. 3:35.51

High Jump

- T-2. B. Adio, 6' 6 3/4"

Long Jump

- 1. K. Wright, 22' 1 1/2"
- 4. A. Jackson, 21' 2 3/4"
- 6. S. Cook, 20' 5"
- 9. D. Urum-Ike, 19' 7"
- 13. E.J. Hawkins, 17' 11 1/2"

Triple Jump

- 2. D. Urum-Ike, 47' 5 1/4"
- 5. B. Adio, 43' 2 1/2"

Shot Put

- 10. C. Ingram, 36' 9 3/4"

Javelin Throw

- 4. B. Winchester, 156' 7"
- 6. C. Ingram, 151' 4"

Race #1 (Women Only)

University of Alabama Relays

Tuscaloosa, Ala. - March 16-19

100M

- 31. K. Cook, 12.75
- 53. L. Cooper, 13.33
- 54. A. McQuistan, 13.52

200M

- 45. K. Cook, 26.23
- 63. C. Bennett, 27.63

65. L. Cooper, 27.85

66. A. Reed, 28.02

69. A. McQuistan, 28.48

400M

- 55. C. Bennett, 1:05.11
- 56. A. Reed, 1:05.68

800M

- 25. A. O'Brien, 2:23.10
- 40. C. Sherlock, 2:28.27
- 46. K. Degase, 2:35.39

1,500M

- 21. A. O'Brien, 5:00.19
- 33. K. Homan, 5:18.22

5,000M

- 11. K. Spader, 18:40.67

100M Hurdles

- 27. J. Avilez, 15.91
- 29. H. Henry, 15.98

36. E. Churchman, 16.32

43. T. Eaton, 17.32

400M Hurdles

- 20. H. Henry, 1:08.15
- 26. E. Churchman, 1:09.92

3,000M Steeplechase

- 12. D. McKee, 12:14.92

High Jump

- T-8. H. Carlson, 5' 3"
- T-15. T. Eaton, 5' 1"

4x200M

- 5. 1:47.77

4x800M

- 5. 9:53.75

Distance Medley

- 6. 13:05.17

Race #2

Northwest Centennial Multi-Events

Maryville, Mo. - March 26-27

Heptathlon

- 3. E. Churchman, 3,929
- 5. J. Avilez, 3,733
- 8. J. Kiss, 2,894

Race #3

Northwest Invitational

Maryville, Mo. - April 1

•Men's Results

10,000M

- 2. M. Pohren, 33:24.52
- 5. A. Huerta, 34:33.35
- 8. A. Davidson, 36:34.46

3,000M Steeplechase

- 6. B. Sorensen, 10:27.01

4x100M

- 1. (E.J. Hawkins, S. Cook, K. Rogers, K. Green), 41.71

1,500M

- 3. J. Kanger, 4:05.95
- 8. D. McCall, 4:13.28
- 10. B. Touney, 4:15.26

110M Hurdles

- 5. C. Ingram, 15.72
- 15. C. Mason, 17.31

400M

- 8. R. Purnell, 51.01
- 9. A. Armstrong, 51.63
- 19. J. Rockey, 54.12
- 21. C. Gilpin, 54.80

100M

- T-9. K. Rogers, 11.41

23. K. Green, 14.22

800M

- 1. E. Isley, 1:53.12
- 9. J. Kanger, 1:58.79
- 11. J. Ritchie, 1:59.13
- 23. A. Oliver, 2:07.76

400M Hurdles

- 3. J. Bullock, 54.88
- 10. C. Mason, 58.18

200M

- 12. C. Gilpin, 23.47
- 23. J. Rockey, 24.83

5,000M

- 5. A. Huerta, 16:04.81
- 7. B. Touney, 16:17.05
- 12. M. Pohren, 16:32.29
- 13. D. McCall, 16:50.87
- 19. B. Sorensen, 17:17.32
- 20. A. Davidson, 17:21.29

4x400M

- 5. (S. Cook, R. Purnell, A. Armstrong, J. Bullock), 3:26.25
- 6. (E. Isley, J. Ritchie, J. Kanger, A. Oliver), 3:26.40

Javelin

- 6. C. Ingram, 166' 6 1/2"
- 7. B. Winchester, 165' 3 3/4"

Hammer

- 2. T. MacKenzie, 178' 7 3/4"
- 9. T. Brownley, 138' 1/4"
- 16. G. Peters, 114' 10"

Long Jump

- 5. D. Urum-Ike, 21' 5 1/2"
- 6. A. Jackson, 21' 4 3/4"
- 7. S. Cook, 21' 3"
- 14. E. J. Hawkins, 20' 1 3/4"

Shot Put

- 2. T. Brownley, 48' 1 1/4"
- 11. G. Peters, 39' 8 3/4"

Pole Vault

- 2. C. McIntosh, 15' 1/4"
- 5. C. Ingram, 14' 1/2"

High Jump

- 1. B. Adio, 6' 10 3/4"
- 5. B. Clifton, 6' 3/4"

Triple Jump

- 1. D. Calbert, 49' 1 1/2"
- 2. D. Urum-Ike, 47' 3"
- 6. B. Adio, 43' 7 1/4"
- 13. T. Logan, 40' 1/4"
- 14. A. Armstrong, 39' 5 1/4"

•Women's Results

3,000M Steeplechase

- 6. D. McKee, 12:20.04

4x100M

- 2. 48.3

1,500M

- 17. K. Homan, 5:29.7
- T-21. K. Poehlman, 5:48.1

100M Hurdles

- 2. H. Henry, 15.31

400M

- 20. A. Reed, 1:04.40
- 23. C. Bennett, 1:05.48
- 24. A. McQuistan, 1:06.19

100M

- 4. K. Cook, 12.63
- 9. L. Cooper, 13.45

800M

- 5. A. O'Brien, 2:23.21

12. K. Degase, 2:29.03

14. C. Sherlock, 2:30.76

400M Hurdles

- 6. H. Henry, 1:06.68
- 16. J. Kiss, 1:17.27

200M

- 6. K. Cook, 26.13
- 7. A. Samuel, 26.27
- 9. M. Robinson, 26.44
- 13. C. Bennett, 27.14
- 16. A. Reed, 27.40
- 17. L. Cooper, 27.41
- 20. A. McQuistan, 27.88
- 27. C. Ream, 29.00

3,000M

- 5. A. O'Brien, 10:49.12
- 9. K. Spader, 10:56.76

4x400M

- 8. 4:20.66

Javelin

- 17. E. Churchman, 83' 1/2"
- 18. L. Koenig, 81' 8 1/4"
- 20. J. Avilez, 75' 11"

Hammer

- 3. A. Disselhoff, 143' 1"
- 7. S. Loemker, 135' 6"

Long Jump

- 9. E. Churchman, 10' 3/4"
- 14. K. Sargent, 9' 1/4"
- 18. J. Kiss, 15' 0"

Shot Put

- 17. S. Loemker, 33' 8 3/4"

Pole Vault

- 4. M. Royeton, 10' 6"

High Jump

- T-2. H. Carlson, 5' 4 1/4"
- 4. T. Eaton, 5' 4 1/4"

Triple Jump

- 10. E. Churchman, 34' 9 1/4"
- 13. K. Sargent, 33' 8 3/4"
- 17. H. Carlson, 30' 8"

Race #4

Concordia Invitational

Seward, Neb. - April 7-8

•Men's Results

100M

- 1. S. Cook, 10.99

400M

- 15. R. Purnell, 52.28
- 17. A. Armstrong, 52.73

800M

- 2. E. Isley, 1:52.13
- 7. J. Kanger, 1:55.28
- 10. J. Ritchie, 1:57.70
- 33. J. Rockey, 2:09.36
- 35. A. Oliver, 2:10.43

1,500M

- 8. B. Dart, 4:07.81
- 9. B. Touney, 4:10.41
- 11. D. McCall, 4:11.72
- 12. M. Pohren, 4:12.42
- 14. A. Huerta, 4:18.78
- 17. A. Davidson, 4:25.03

5,000M

- 3. B. Dart, 15:34.56
- 5. M. Pohren, 15:49.64
- 9. A. Huerta, 16:03.32
- 11. B. Touney, 16:15.37
- 12. D. McCall, 16:18.58



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2006 Northwest Outdoor Track and Field Results

16. A. Davidson, 17:01.13
 400M Hurdles
 2. J. Bullock, 54.53
 15. C. Mason, 1:00.14
 4x400M
 5. A., 3:32.11
 9. B., 3:30.98
 High Jump
 3. B. Adio, 6' 7"
 T-9. B. Clifton, 5' 11"
 Pole Vault
 T-2. C. McIntosh, 14' 9"
 Long Jump
 11. D. Urum-Ike, 20' 4"
 14. S. Cook, 19' 11"
 21. B. Adio, 18' 10"
 Triple Jump
 1. D. Urum-Ike, 47' 10 1/4"
 13. A. Armstrong, 40' 10 1/2"
 Discus Throw
 15. G. Peters, 128' 9 1/2"
 Hammer Throw
 12. T. Brownley, 132' 8"
 15. G. Peters, 125' 2"
 Javelin Throw
 2. B. Winchester, 169' 7"
 6. C. Ingram, 155' 2"
 • Women's Results
 100M
 3. A. Samuel, 12.49
 6. K. Cook, 12.72
 200M
 8. M. Robinson, 26.61
 12. A. Reed, 27.02
 13. C. Bennett, 27.32
 17. L. Cooper, 27.58
 24. S. Trulin, 28.16
 25. A. McQuistan, 28.22
 28. J. Kiss, 29.10
 800M
 6. C. Sherlock, 2:29.70
 16. K. Homan, 2:32.34
 1,500M
 24. J. Toebben, 5:44.35
 5,000M
 3. A. O'Brien, 18:48.39
 11. K. Homan, 21:22.01
 100M Hurdles
 5. H. Henry, 15.35
 7. E. Churchman, 16.72
 3,000M Steeplechase
 3. D. McKee, 11:55.09
 4x100M
 2. 48.35
 4x400M
 5. 4:12.01
 High Jump
 5. H. Carlson, 5' 0"
 10. T. Eaton, 5' 0"
 Pole Vault
 T-7. M. Royeton, 9' 8"
 Long Jump
 18. K. Sargent, 15' 1/4"
 21. J. Kiss, 13' 11"
 Triple Jump
 8. E. Churchman, 34' 11"
 20. K. Sargent, 31' 7"
 Hammer Throw
 5. A. Disselhoff, 142' 9"
 13. S. Loemker, 121' 6"

Javelin Throw
 12. J. Kiss, 69' 5"
 Race #5
Emporia State Division II Challenge
Emporia, Kan. - April 13-14
 Heptathlon
 11. E. Churchman, 3,975
 20. J. Kiss, 2,855
 Race #6
Nebraska Invitational
Lincoln, Neb. - April 15
 • Men's Results
 110M Hurdles
 15. C. Mason, 16.10
 400M
 16. A. Armstrong, 52.57
 19. J. Rockey, 54.33
 800M
 7. E. Isley, 1:52.27
 22. S. Pool, 2:01.23
 33. A. Oliver, 2:08.25
 400M Hurdles
 5. J. Bullock, 54.67
 1,500M
 12. J. Kanger, 4:04.94
 17. J. Ritchie, 4:13.40
 18. B. Touney, 4:14.98
 23. A. Geleta, 4:21.07
 5,000M
 2. B. Dart, 15:24.27
 6. M. Pohren, 15:52.29
 7. A. Huerta, 15:57.66
 9. D. McCall, 16:17.91
 10. A. Davidson, 16:51.09
 Hammer
 3. T. MacKenzie, 184' 6"
 Shot Put
 12. G. Peters, 41' 7 1/4"
 14. D. Schueler, 39' 1/2"
 Long Jump
 12. D. Calbert, 21' 4 1/4"
 20. M. Curley, 20' 7 1/4"
 21. S. Cook, 20' 5 3/4"
 29. E.J. Hawkins, 18' 3 1/4"
 Triple Jump
 3. D. Calbert, 49' 9 1/4"
 T-12. M. Curley, 42' 1/2"
 High Jump
 3. B. Adio, 6' 8 3/4"
 4x100
 4. 42.37
 • Women's Results
 100M
 6. K. Cook, 12.28
 7. A. Samuel, 12.29
 200M
 7. A. Samuel, 25.60
 12. A. Reed, 26.63
 400M Dash
 9. M. Robinson, 1:00.06
 12. C. Sherlock, 1:02.37
 800M
 21. A. O'Brien, 2:27.84
 24. K. Degase, 2:30.18
 1,500M
 16. A. O'Brien, 4:54.55
 23. D. McKee, 5:05.70
 29. K. Homan, 5:19.44

34. J. Kreikemeier, 5:43.66
 5,000M
 5. K. Spader, 18:54.8
 8. J. Montesano, 20:01.8
 4x100
 4. 47.74
 Hammer
 11. A. Disselhoff, 145"
 13. S. Loemker, 138' 4"
 Long Jump
 20. K. Sargent, 16' 3 1/4"
 Triple Jump
 11. K. Sargent, 33' 7 1/2"
 High Jump
 T-10. T. Eaton, 5' 3"
 T-13. H. Carlson, 5' 1"
 Race #7 (Men Only)
CMSU Mule Relays
Warrensburg, Mo. - April 21
 Long Jump
 4. M. Curley, 21' 11 1/2"
 Triple Jump
 5. M. Curley, 42' 7"
 Pole Vault
 7. B. Cox, 19' 9 1/4"
 Hammer Throw
 12. G. Peters, 136' 6"
 Shot Put
 13. G. Peters, 41' 3"
 Discus Throw
 17. 129' 3"
 Race #8
Kansas Relays
Lawrence, Kan. - April 20-22
 • Men's Results
 800M
 5. E. Isley, 1:52.82
 27. J. Kanger, 1:56.84
 38. J. Ritchie, 1:58.02
 1,500M
 17. B. Touney, 4:15.51
 19. D. McCall, 4:17.30
 10,000M
 9. M. Pohren, 32:27.64
 10. B. Dart, 32:43.56
 15. A. Huerta, 33:46.92
 400M Hurdles
 23. J. Bullock, 54.71
 4x880-yard
 8. (J. Kanger, J. Ritchie, S. Pool, E. Isley), 7:55.36
 1600M Sprint Medley
 11. (S. Cook, E.J. Hawkins, R. Purnell, E. Isley), 3:36.79
 High Jump
 3. B. Adio, 6' 8 3/4"
 Triple Jump
 5. D. Calbert, 50' 4 3/4"
 13. D. Urum-Ike, 47' 1 3/4"
 • Women's Results
 800M
 36. K. Degase, 2:27.66
 39. C. Sherlock, 2:29.15
 1,500M
 9. A. O'Brien, 4:52.66
 21. H. Brokaw, 5:13.79
 28. K. Homan, 5:27.92
 31. E. VonWeihe, 5:46.51

33. K. Poehlman, 5:49.59
 5,000M
 12. K. Spader, 18:28.33
 3,000M Steeplechase
 9. D. McKee, 12:43.63
 4x200
 11. (M. Robinson, A. Reed, C. Bennett, K. Cook), 1:48.92
 4x800-yard relay
 5. (A. O'Brien, C. Sherlock, K. Degase, D. McKee), 9:47.49
 High Jump
 16. T. Eaton, 5' 5"
 21. H. Carlson, 5' 3"
 Hammer Throw
 15. A. Disselhoff, 144' 5"
 Race #9
Kip Janvrin Simpson College Open
Indianola, Iowa - April 28
 • Men's Results
 100M
 3. S. Cook, 11.10
 200M
 2. S. Cook, 22.04
 13. K. Wright, 23.17
 T-31. K. Rogers, 24.17
 400M
 20. A. Armstrong, 52.42
 800M
 41. A. Oliver, 2:06.52
 1,500M
 25. A. Huerta, 4:17.58
 28. B. Sorensen, 4:19.39
 5,000M
 33. A. Davidson, 16:54.50
 110M Hurdles
 11. C. Mason, 16.60
 400M Hurdles
 2. J. Bullock, 54.96
 21. C. Mason, 1:01.73
 3,000M Steeplechase
 18. D. McCall, 10:16.48
 21. A. Geleta, 10:22.02
 Pole Vault
 T-8. B. Cox, 13' 6 1/4"
 Long Jump
 9. M. Curley, 21' 7 1/4"
 11. D. Urum-Ike, 21' 4"
 16. D. Calbert, 20' 11 3/4"
 24. E. J. Hawkins, 19' 1 1/4"
 Triple Jump
 1. D. Calbert, 47' 10"
 6. D. Urum-Ike, 45' 1"
 14. A. Armstrong, 38' 5"
 16. E. J. Hawkins, 37' 9 1/4"
 Shot Put
 7. T. Brownley, 47' 11"
 9. G. Peters, 44' 9"
 27. D. Scheuler, 39' 1/2"
 Discus Throw
 20. T. Brownley, 129' 5"
 23. D. Scheuler, 123' 3"
 Hammer Throw
 13. T. Brownley, 137' 6"
 17. G. Peters, 129' 3"
 Javelin Throw
 2. B. Winchester, 167' 10"
 28. B. Clifton, 105' 4"



2006 Bearcat Track & Field



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2006 Northwest Outdoor Track and Field Results

• Women's Results

100M
19. C. Bennett, 13.86
20. L. Cooper, 13.88

200M
16. A. Reed, 27.52
19. C. Bennett, 27.69
29. S. Trulin, 28.39

400M
8. M. Robinson, 59.55
22. S. Trulin, 1:03.31

800M
17. A. O'Brien, 2:24.83
18. K. Degase, 2:25.39
29. H. Brokaw, 2:30.53
37. C. Sherlock, 2:37.47

1,500M
5. A. O'Brien, 4:46.97
16. K. Spader, 4:56.32
33. J. Montesano, 5:11.40
36. K. Homan, 5:18.75

5,000M
43. M. Tinsley, 22:03.33

100M Hurdles
4. H. Henry, 15.19

400M Hurdles
10. H. Henry, 1:07.11

High Jump
T-6. M. Royeton, 10'
T-14. L. Koenig, 7' 6"

Long Jump
11. K. Sargent, 16' 1 3/4"
19. T. Eaton, 15' 3 1/2"

Triple Jump
9. K. Sargent, 33' 6 3/4"
20. H. Carlson, 29' 2 1/2"

Shot Put
25. S. Loemker, 33' 8 3/4"

Hammer Throw
5. A. Disselhoff, 147'
7. S. Loemker, 138' 11"

Javelin Throw
9. L. Koenig, 102' 1"

Race #10 (Men Only)

Drake Relays

Des Moines, Iowa - April 27-29

4x800M
16. (E. Isley, J. Ritchie, J. Kanger, S. Pool), 7:47.39

1,600M Sprint Medley
9. (S. Cook, K. Wright, J. Kanger, E. Isley), 3:31.26

Distance Medley
20. (M. Pohren, J. Bullock, J. Ritchie, B. Dart), 10:39.50

High Jump
T-2. B. Adio, 6' 6 3/4"

Race #11

MIAA Multi-Event Championships

Warrensburg, Mo. - April 30-May 1

• Men's Decathlon

2. C. Ingram, 6,508

• Women's Heptathlon

5. E. Churchman, 4,048
10. J. Kiss, 3,033

Race #12

MIAA Championships

Emporia, Kan. - May 6-7

• Men's Results

100M
5. S. Cook, 10.82

800M
1. E. Isley, 1:51.42
4. J. Kanger, 1:54.96

1,500M
11. B. Touney, 4:17.13

5,000M
3. B. Dart, 15:15.18
14. M. Pohren, 15:53.16
15. A. Huerta, 16:11.57

10,000M
4. M. Pohren, 32:00.93
7. B. Dart, 32:30.13
9. A. Huerta, 33:07.43

110M Hurdles
7. K. Wright, 15.22

400M Hurdles
5. J. Bullock, 54.43

3,000M Steeplechase
9. B. Sorensen, 10:33.45
10. D. McCall, 10:39.92

4x100M
4. 42.75

4x400M
5. 3:24.67

High Jump
1. B. Adio, 6' 11 3/4"

Pole Vault
6. C. McIntosh, 15' 1 1/2"
8. B. Cox, 14' 7 1/2"
9. C. Ingram, 14' 1 3/4"

Long Jump
2. K. Wright, 23' 6 1/4"
4. D. Calbert, 21' 10 3/4"
6. M. Curley, 21' 10 1/4"
10. S. Cook, 21' 5 1/2"
12. E. J. Hawkins, 21' 2 1/2"
14. D. Urum-Ike, 20' 9 3/4"

Triple Jump
1. D. Calbert, 50' 1/2"
2. D. Urum-Ike, 48' 9"
4. B. Adio, 46' 11 1/2"

Shot Put
4. T. Brownley, 50' 2"
12. G. Peters, 45' 1/2"

Discus Throw
13. G. Peters, 121' 4"

Hammer throw
3. T. MacKenzie, 178' 3"
12. G. Peters, 145' 4"
13. T. Brownley, 136' 8"

Javelin Throw
4. B. Winchester, 180' 3"
8. C. Ingram, 167' 4"

Triple Jump

1. D. Calbert, 50' 1/2"
2. D. Urum-Ike, 48' 9"
4. B. Adio, 46' 11 1/2"

Shot Put

4. T. Brownley, 50' 2"
12. G. Peters, 45' 1/2"

Discus Throw

13. G. Peters, 121' 4"

Hammer throw

3. T. MacKenzie, 178' 3"
12. G. Peters, 145' 4"
13. T. Brownley, 136' 8"

Javelin Throw

4. B. Winchester, 180' 3"
8. C. Ingram, 167' 4"

• Women's Results

100M

3. A. Samuel, 12.09
6. K. Cook, 12.36

200M

8. A. Samuel, 25.92

1,500M

7. A. O'Brien, 4:49.92
11. H. Brokaw, 5:19.23

5,000M

8. K. Spader, 19:00.78

10,000M

5. J. Montesano, 40:00.78

100M Hurdles

4. H. Henry, 15.10
8. E. Churchman, 15.92

400M Hurdles

5. H. Henry, 1:06.08

3,000M Steeplechase

5. D. McKee, 11:53.35

4x100M

3. (A. Samuel, K. Cook, H. Henry, M. Robinson), 46.73

4x400M

5. 4:03.39

High Jump

6. H. Carlson, 5' 3 1/4"

Pole Vault

10. M. Royeton, 9' 6 1/4"

Long Jump

8. T. Eaton, 17' 6 1/4"
12. K. Sargent, 16' 4 1/2"
15. J. Kiss, 14' 8 3/4"

Triple Jump

10. E. Churchman, 34' 11 1/4"
12. K. Sargent, 34' 1/4"

Shot Put

13. S. Loemker, 34' 2"

Hammer Throw

6. A. Disselhoff, 153' 6"
11. S. Loemker, 146' 9"