



# Northwest Missouri State University

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Track & Field Release

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## NORTHWEST TRAVELS TO CHICAGO PENULTIMATE MEET, DR. KEELER INVITATIONAL AND EMPORIA TWILIGHT QUALIFIER

- Locations:**
- Naperville, Ill. (Benedetti-Wehrli Stadium - 5,500)
  - Chicago, Ill. (Ted Haydon Track)
  - Emporia, Kan. (Witten Track/Welch Stadium - 7,000)

**Coach:** Northwest's Scott Lorek (5th year at Northwest, 23rd as a head coach)

**Women's NCAA Automatic Qualifiers:**

- Audrey Bailey, 400-meter hurdles - 59.98 (2nd in Division II)

**Men's NCAA Automatic Qualifiers:**

- Ben McKim, shot put - 58-3 (5th in Division II)

**Women's NCAA Provisional Qualifiers:**

- Emily Churchman, high jump - 5-7 (17th in Division II)
- Emily Churchman, long jump - 18-6 1/2 (28th in Division II)
- Emily Churchman, heptathlon - 4,719 points (16th in Division II)
- Tierney Eaton, high jump - 5-6 (21st in Division II)
- Bridget Kleine, 400-meter dash - 56.25 (17th in Division II)
- Kate Walter, hammer throw - 168-3 (14th in Division II)

**Men's NCAA Provisional Qualifiers:**

- Sheldon Cook, 200-meter dash - 21.32 (25th in Division II)
- Martin Curley, triple jump - 47-5 3/4 (33rd in Division II)
- Tyler Shaw, 110-meter hurdles - 14.28 (4th in Division II)

**Men's All-MIAA (Top Three in Events):**

Event	Athlete
110M Hurdles	1. Tyler Shaw (14.28)
4x100M Relay	3. Tyler Shaw, Kevin Okonta, Sheldon Cook, John Miles (41.15)
Decathlon	3. Zane Myers (5,964 pts.)

**Women's All-MIAA (Top Three in Events):**

Event	Athlete
400M Hurdles	1. Audrey Bailey (59.98)
Hammer	2. Kate Walter (160-4)
100M Dash	2. Rachel Lewis (12.51)
Heptathlon	2. Emily Churchman (4,613 pts.)
4x100M Relay	3. Audrey Bailey, Rachel Lewis, Alissa Miller, Bridget Kleine (48.36)

**Men's Notes:**

- This will be the final chance to qualify or improve marks for the NCAA Championships. The entire field for the meet in San Angelo, Texas, is slated to be announced by the NCAA May 12.
- Tyler Shaw broke his own school record with 14.28 in the finals of the 110-meter hurdles at the MIAA Championships last weekend. Shaw has the fourth-fastest time in Division II. He was the national runner-up in the 60-meter hurdles in the indoor season.

**Women's Notes:**

- Audrey Bailey became the first Bearcat to run faster than a minute in the 400-meter hurdles with 59.98 at the conference championships. It's her second 400-meter hurdle title (2007).
- Bailey automatically qualified for the national championships at the Kansas Relays April 18. She advanced last season and finished fifth in her heat and 15th overall.
- Emily Churchman is one of 27 Division II athletes, and three from the MIAA, to earn a provisional qualifying mark in three different individual events this season.



Audrey Bailey and Tyler Shaw both won their respective hurdle events and set program records at the MIAA Championships last weekend at Missouri Southern.

### 2009 OUTDOOR SCHEDULE

Date	Meet	Location
3/21	Tulsa Duels	Tulsa, Okla.
3/27	Missouri Relays	Columbia, Mo.
3/29-30	Herschel Neil Decathlon / Ashley Nally Heptathlon	Herschel Neil Track
4/4	Jock's Nitch Northwest Open	Herschel Neil Track
4/9-10	Emporia State Open Multi-Events	Emporia, Kan.
4/10	Jim Duncan Invitational	Des Moines, Iowa
4/11	Nebraska Invitational	Lincoln, Neb.
4/15-18	Kansas Relays	Lawrence, Kan.
4/17	Central Missouri Mule Relays	Warrensburg, Mo.
4/22-25	Drake Relays	Des Moines, Iowa
4/24	Kip Janvrin Simpson College Open	Indianola, Iowa
4/26-27	MIAA Multi-Event Championships	Herschel Neil Track
5/2-3	MIAA Championships	Joplin, Mo.
5/7-8	Dr. Keeler Invitational	Naperville, Ill.
5/8-9	Chicago Penultimate Meet	Chicago, Ill.
5/9	Emporia State Twilight Qualifier	Emporia, Kan.
5/21-23	NCAA Championships	San Angelo, Texas

# 2009 Men's Roster

Name	Events	Ht.	Wt.	Class	Hometown / Previous School
Kaleb Brambaugh	Middle Distance	6-1	160	Fr.	Lee's Summit, Mo. / Blue Springs South HS
Ben Chappell	Distance	5-7	130	Jr.	St. Joseph, Mo. / West Valley (Calif.) Coll.
Jason Ciemiega	Hurdles	6-3	190	Jr.	Platte City, Mo. / Maple Woods (Mo.) CC
Sheldon Cook	Sprints	5-10	165	Jr.	Parkville, Mo. / Park Hill South HS
Martin Curley	Jumps	6-2	170	Jr.	Laclede, Mo. / Brookfield HS
Ryan Curtis	Throws	5-11	250	Fr.	Pattonsburg, Mo. / Winston HS
Ryan Darling	Distance	5-9	145	Fr.	Prairieville, La. / The Dunham School
Anthony Davidson	Distance	6-2	160	Sr.	Grant City, Mo. / Worth County HS
Jacob Dupin	Jumps	5-11	165	Jr.	Kansas City, Mo. / Liberty HS
Alan Fagan	Throws	5-10	240	Fr.	Lincoln, Neb. / Lincoln Christian HS
David Franz	Distance	5-9	140	Sr.	Belton, Mo. / Johnson County (Kan. CC
Isaac Freeman	Middle Distance	6-0	155	Fr.	Kansas City, Mo. / Ruskin HS
Ryan Gates	Distance	6-1	145	Jr.	Neosho, Mo. / Neosho HS
Austin Gray	Throws	6-1	250	Fr.	Milan, Mo. / Green City HS
Jimmy Griesbach	Sprints	6-3	160	Jr.	Chillicothe, Mo. / Chillicothe HS
Kevin Hays	Pole Vault	6-0	160	Fr.	Lawrence, Kan. / Truman HS
Trevor Johannsen	Distance	5-10	145	Jr.	Clinton, Mo. / Clinton HS
Chris King	Middle Distance	6-1	160	So.	Redding, Iowa / Mt. Ayr HS
Kyron Kitchen	Decathlon/Hurdles	6-0	165	Fr.	Kansas City, Mo. / Park Hill HS
Zach Layton	Distance	6-1	125	Fr.	Platte City, Mo. / West Platte HS
Martell Love	Sprints	5-9	160	Fr.	Raymore, Mo. / Raymore-Peculiar HS
Waylon Martensen	Distance	6-1	150	Fr.	California, Mo. / California HS
Clay Martin	Distance	6-1	150	So.	Blue Springs, Mo. / Blue Springs HS
Ben McKim	Throws	6-2	260	Jr.	Maryville, Mo. / Maryville HS
John Miles	Sprints	5-11	165	Jr.	Kansas City, Mo. / Park (Mo.)
Shadoe Miller	Throws	5-11	230	Fr.	Lee's Summit, Mo. / Lee's Summit HS
Alex Mullock	Distance	6-0	160	Fr.	Grant City, Mo. / Worth County HS
Kaden Myers	Distance	6-0	145	So.	Sedalia, Mo. / Smith-Cotton HS
Zane Myers	Hurdles/Sprints	6-3	185	So.	Princeton, Mo. / Princeton HS
Kevin Okonta	Sprints	5-11	175	So.	Kansas City, Mo. / Liberty HS
John Petroff	Throws	6-2	270	Fr.	Chesterfield, Mo. / Parkway Central HS
Ron Purnell	Sprints	5-11	145	Sr.	Kansas City, Mo. / Hickman Mills HS
T.R. Pursell	Middle Distance	6-2	150	So.	Peoria, Ill. / Limestone HS
Eric Rickert	Throws	6-4	275	Jr.	Omaha, Neb. / Millard West HS
Derek Roberts	Distance	6-1	160	Fr.	Adel, Iowa / Adel Desoto Minburn HS
Tyler Shaw	Hurdles/Sprints	5-11	165	Fr.	St. Louis, Mo. / Lutheran North HS
Shawn Stamper	Sprints	5-7	140	Fr.	Blair, Neb. / Blair HS
Jordan Tharp	Sprints	6-2	200	Fr.	Cameron, Mo. / Cameron HS
Brentlee Thomas	Jumps	6-0	185	Fr.	Rock Port, Mo. / Rock Port HS
Dan Thompson	Sprints/Jumps	6-1	155	So.	Belton, Mo. / Belton HS
Brandon Tunks	Sprints	5-11	200	Fr.	Cameron, Mo. / Cameron HS
Ike Urum-Eke	Jumps	5-9	180	Jr.	Lee's Summit, Mo. / Lee's Summit HS
Jared Walker	Distance	6-0	155	Fr.	Mt. Pleasant, Iowa / Mt. Pleasant HS
Tom Walsh	Sprints	5-9	170	Fr.	Fort Calhoun, Neb. / Blair HS
Tommy Warren	Sprints	5-11	175	So.	Omaha, Neb. / Omaha North HS
Kyle Williams	Long Jump/Sprints	5-5	150	Fr.	St. Joseph, Mo. / Lafayette HS

# 2009 Women's Roster

Name	Events	Ht.	Class	Hometown / Previous School
Angela Adams	Distance	5-5	Fr.	North Kansas City, Mo. / North Kansas City HS
Johanna Avilez	Heptathlon/Hurdles	5-8	So.	Mesa, Ariz. / Skyline (Mo.) HS
Audrey Bailey	400M/Hurdles	5-6	Sr.	Lathrop, Mo. / Lathrop HS
Lindsay Biermann	Jumps	5-9	Jr.	Weston, Mo. / North Platte HS
Jane Bowness	Distance	5-3	Jr.	Steelville, Mo. / Steelville HS
Halley Carlson	High Jump	5-9	Sr.	New Virginia, Iowa / Interstate 35 HS
Emily Churchman	Heptathlon/Jumps	5-6	Jr.	Parkville, Mo. / Park Hill South HS
Chekesha Clark	Sprints	5-4	Fr.	Pleasant Hill, Iowa / Des Moines East HS
Tasha Cockrum	Javelin	5-6	Jr.	Kansas City, Mo. / Park Hill HS
Kassie Crawford	Throws	5-5	So.	DeWitt, Neb. / Tri County HS
Megan Davis	Heptathlon/Jumps	5-4	Fr.	California, Mo. / California HS
Jessica DeMoss	Hurdles/Sprints	5-3	Fr.	Knoxville, Iowa / Knoxville HS
Jennifer Dittburner	Distance	5-3	Jr.	Scottsdale, Ariz. / Desert Mountain HS
Tierney Eaton	Jumps	5-9	Sr.	Grant City, Mo. / Worth County HS
Jordan Esry	Distance	5-8	Fr.	Hamilton, Mo. / Penney HS
Virginia Fleer	Distance	5-6	Fr.	Hoskins, Neb. / Windside HS
MacKenzie Gerdes	Pole Vault	5-6	Fr.	Auburn, Neb. / Auburn HS
Kayli Hrdlicka	Distance	5-7	So.	Pella, Iowa / Pella HS
Amy Hugunin	Javelin	5-6	Fr.	Lee's Summit, Mo. / Lee's Summit North HS
Mary Jantz	Distance	5-7	So.	Beatrice, Neb. / Beatrice HS
Courtney Jefferson	Sprints			Kansas City, Mo.
Heidi Johnson	Distance	5-4	Fr.	Clarksville, Mo. / Maysville HS
Jennifer Kiss	Heptathlon/Long Jump	5-7	Sr.	Nobleton, Ontario / Cardinal Carter Catholic HS
Bridget Kleine	Sprints	5-6	So.	Blue Springs, Mo. / Blue Springs HS
Rachel Lewis	Sprints	5-5	So.	Florissant, Mo. / Hazelwood Central HS
Courtney Long	Pole Vault	5-10	Fr.	Kansas City, Mo. / Park Hill HS
Aslynn Loveless	Hurdles	6-0	Fr.	Pleasant Hill, Iowa / Norwalk HS
Madison Marshman	Distance	5-2	So.	Marshall, Mo. / Marshall HS
Megan McElroy	Distance	5-2	So.	Burke, Va. / James W. Robinson HS
Brittany McNeely	Distance	5-4	Fr.	Lawson, Mo. / Lawson HS
Alissa Miller	Hurdles	5-4	So.	Grant City, Mo. / Worth County HS
Natalie Mitchell	Sprints	5-5	Fr.	Omaha, Neb. / Millard West HS
Jessica Nichols	Distance	5-3	So.	Louisiana, Mo. / Louisiana HS
Anna O'Brien	Distance	5-5	Sr.	Easton, Mo. / East Buchanan HS
Kelsey Peters	Distance	5-10	Fr.	Peculiar, Mo. / Raymore-Peculiar HS
Brittany Poole	Distance	5-7	Fr.	Omaha, Neb. / Millard West HS
Carly Reinoehl	Distance	5-2	Sr.	Kansas City, Mo. / Park Hill HS
Melanie Royeton	Pole Vault	5-6	Sr.	Parkville, Mo. / Park Hill HS
Tennille Shearer	Distance	5-4	Jr.	Independence, Mo. / Truman HS
Kelly Snider	Pole Vault	5-3	Fr.	St. Charles, Mo. / Francis Howell Central HS
Katy Thomas	Jumps	5-10	So.	Parkville, Mo. / Park Hill South HS
Megan Tinsley	Distance	5-2	Sr.	Liberty, Mo. / Liberty HS
Kate Walter	Throws	5-5	So.	Independence, Mo. / St. Mary's HS
Nadia Wyatt	Throws	5-1	Fr.	Washington, Mo. / Washington HS

# Men's Personal Records

<b>Ben Chappell's Career Personal Records</b>			
5000M Run	Kip Janvrin Open	4/25/08	16:07.69
10000M Run	Kansas Relays	4/16-18/08	33:20.84

<b>Sheldon Cook's Career Personal Records</b>			
Long Jump	MIAA Championships	5/4/08	22-7 3/4
100M Dash	Northwest Open	4/4/09	10.67
200M Dash	Nebraska Invitational	4/11/09	21.32

<b>Martin Curley's Career Personal Records</b>			
Long Jump	Tulsa Duels	3/19/09	23-0
Triple Jump	UCM Mule Relays	4/17/09	47-5-3/4

<b>Ryan Curtis' Career Personal Records</b>			
Hammer Throw	Northwest Open	4/4/09	121-1
Discus Throw	Nebraska Invitational	4/11/09	124-6
Shot Put	Northwest Open	4/4/09	50-10 1/2

<b>Ryan Darling's Career Personal Records</b>			
800M Run	Kip Janvrin Open	4/24/09	2:02.04
1500M Run	Nebraska Invitational	4/11/09	4:02.94

<b>Anthony Davidson's Career Personal Records</b>			
1500M Run	Pittsburg State Open	3/22/08	4:32.19
5000M Run	UCM Mule Relays	4/17/09	16:20.01
10000M Run	MIAA Championships	5/3/08	33:04.05

<b>Alan Fagan's Career Personal Records</b>			
Hammer Throw	UCM Mule Relays	4/17/09	142-2
Discus Throw	Northwest Open	4/4/09	126-5
Shot Put	Nebraska Invitational	4/17/09	42-8 1/2

<b>David Franz' Career Personal Records</b>			
1500M Run	Pittsburg State Open	3/22/08	4:22.33
5000M Run	UCM Mule Relays	4/17/09	16:17.26
10000M Run	Jim Duncan Invitational	4/11/09	34:16.58

<b>Isaac Freeman's Career Personal Records</b>			
400M Dash	Kip Janvrin Open	4/24/09	54.04
800M Run	Northwest Open	4/4/09	2:09.16

<b>Austin Gray's Career Personal Records</b>			
Shot Put	UCM Mule Relays	4/17/09	43-0 1/2
Discus Throw	UCM Mule Relays	4/17/09	110-3
Hammer Throw	Kip Janvrin Open	4/24/09	161-3 3/4

<b>Jimmy Griesbach's Career Personal Records</b>			
200M Dash	Kip Janvrin Open	4/24/09	22.72
400M Dash	MIAA Championships	5/2/09	48.53

<b>Trevor Johannsen's Career Personal Records</b>			
5000M Run	Kansas Relays	4/18/09	15:34.74
10000M Run	Jim Duncan Invitational	4/11/09	32:28.68

<b>Chris King's Career Personal Records</b>			
800M Run	Kip Janvrin Open	4/25/08	2:03.64

<b>Martell Love's Career Personal Records</b>			
Long Jump	Northwest Open	4/4/09	21-6 1/4
Triple Jump	Tulsa Duels	3/19/09	45-8 1/2

<b>Waylon Martensen's Career Personal Records</b>			
800M Run	Tulsa Duels	3/19/09	2:04.97
1500M Run	Nebraska Invitational	4/11/09	4:06.35

<b>Ben McKim's Career Personal Records</b>			
Shot Put	Kansas Relays	4/18/09	58-2 3/4
Discus Throw	Nebraska Invitational	4/11/09	159-3
Hammer Throw	Kip Janvrin Open	4/24/09	173-2

<b>John Miles' Career Personal Records</b>			
100M Dash	Northwest Open	4/7/08	10.48
200M Dash	MIAA Championships	5/4/08	21.52

<b>Ben Chappell's Season Personal Records</b>			
5000M Run	Missouri Relays	3/27/09	16:37.66

<b>Sheldon Cook's Season Personal Records</b>			
Long Jump	Nebraska Invitational	4/11/09	22-5 3/4
100M Dash	Northwest Open	4/4/09	10.67
200M Dash	Nebraska Invitational	4/11/09	21.32

<b>Martin Curley's Season Personal Records</b>			
Long Jump	Tulsa Duels	3/19/09	23-0
Triple Jump	UCM Mule Relays	4/17/09	47-5-3/4

<b>Ryan Curtis' Season Personal Records</b>			
Hammer Throw	Northwest Open	4/4/09	121-1
Discus Throw	Nebraska Invitational	4/11/09	124-6
Shot Put	Northwest Open	4/4/09	50-10 1/2

<b>Ryan Darling's Season Personal Records</b>			
800M Run	Kip Janvrin Open	4/24/09	2:02.04
1500M Run	Nebraska Invitational	4/11/09	4:02.94

<b>Anthony Davidson's Season Personal Records</b>			
5000M Run	UCM Mule Relays	4/17/09	16:20.01
10000M Run	MIAA Championships	5/3/09	34:17.31

<b>Alan Fagan's Season Personal Records</b>			
Hammer Throw	UCM Mule Relays	4/17/09	142-2
Discus Throw	Northwest Open	4/4/09	126-5
Shot Put	Nebraska Invitational	4/17/09	42-8 1/2

<b>David Franz' Season Personal Records</b>			
1500M Run	Northwest Open	4/4/09	4:25.06
5000M Run	UCM Mule Relays	4/17/09	16:17.26
10000M Run	Jim Duncan Invitational	4/11/09	34:16.58

<b>Isaac Freeman's Season Personal Records</b>			
400M Dash	Kip Janvrin Open	4/24/09	54.04
800M Run	Northwest Open	4/4/09	2:09.16

<b>Austin Gray's Season Personal Records</b>			
Shot Put	UCM Mule Relays	4/17/09	43-0 1/2
Discus Throw	UCM Mule Relays	4/17/09	110-3
Hammer Throw	Kip Janvrin Open	4/24/09	161-3 3/4

<b>Jimmy Griesbach's Season Personal Records</b>			
200M Dash	Kip Janvrin Open	4/24/09	22.72
400M Dash	MIAA Championships	5/2/09	48.53

<b>Trevor Johannsen's Season Personal Records</b>			
5000M Run	Kansas Relays	4/18/09	15:34.74
10000M Run	Jim Duncan Invitational	4/11/09	32:28.68

<b>Chris King's Season Personal Records</b>			
800M Run	MIAA Championships	5/2/09	2:03.94

<b>Martell Love's Season Personal Records</b>			
Long Jump	Northwest Open	4/4/09	21-6 1/4
Triple Jump	Tulsa Duels	3/19/09	45-8 1/2

<b>Waylon Martensen's Season Personal Records</b>			
800M Run	Tulsa Duels	3/19/09	2:04.97
1500M Run	Nebraska Invitational	4/11/09	4:06.35

<b>Ben McKim's Career Personal Records</b>			
Shot Put	Kansas Relays	4/18/09	58-2 3/4
Discus Throw	Nebraska Invitational	4/11/09	159-3
Hammer Throw	Kip Janvrin Open	4/24/09	173-2

<b>John Miles' Career Personal Records</b>			
100M Dash	Northwest Open	4/4/09	10.60
200M Dash	Tulsa Duels	3/19/09	22.25

**Shadoe Miller's Career Personal Records**

Shot Put	Northwest Open	4/4/09	30-9 1/4
Discus Throw	UCM Mule Relays	4/17/09	86-0
Hammer Throw	Northwest Open	4/4/09	97-0
Javelin Throw	UCM Mule Relays	4/17/09	113-2

**Kyle Williams' Career Personal Records**

800M Run	Nebraska Invitational	4/11/09	1:58.07
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**Zane Myers' Career Personal Records**

High Jump	Herschel Neil Decathlon	3/29/09	5-8 3/4
Pole Vault	MIAA Multi-Events	4/27/09	11-3 1/2
Long Jump	MIAA Multi-Events	4/26/09	21-2 1/4
Shot Put	Herschel Neil Decathlon	3/29/09	39-3 3/4
Discus Throw	MIAA Multi-Events	2/27/09	97-8
Javelin	Northwest Open	4/4/09	132-6
100M Dash	MIAA Multi-Events	4/26/09	11.14
110M Hurdles	MIAA Multi-Events	4/27/09	15.03
400M Dash	MIAA Multi-Events	4/26/09	51.44
400M Hurdles	Northwest Open	4/4/09	55.37
1500M Run	Herschel Neil Decathlon	3/30/09	5:04.58
Decathlon	MIAA Multi-Events	4/26-27/09	5,964

**Kevin Okonta's Career Personal Records**

100M Dash	Nebraska Invitational	4/11/09	10.87
200M Dash	MIAA Championships	5/2/09	21.56

**Ron Purnell's Career Personal Records**

400M Dash	MIAA Championships	5/4/08	48.80
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**Derek Roberts' Career Personal Records**

800M Run	Tulsa Duels	3/19/09	2:01.61
1500M Run	Tulsa Duels	3/19/09	4:11.60

**Tyler Shaw's Career Personal Records**

100M Hurdles	MIAA Championships	5/3/09	14.28
200M Dash	MIAA Championships	5/2/09	22.05

**Shawn Stamper's Career Personal Records**

200M Dash	Kip Janvrin Open	4/24/09	24.28
400M Dash	UCM Mule Relays	4/17/09	53.38

**Jordan Tharp's Career Personal Records**

Long Jump	Northwest Open	4/4/09	20-4
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**Dan Thompson's Career Personal Records**

High Jump	Kip Janvrin Open	4/25/08	5-8
Long Jump	Northwest Open	4/4/09	19-7
200M Dash	Pittsburg State Open	3/22/08	24.17
400M Dash	Kip Janvrin Open	4/25/08	56.26

**Jared Walker's Career Personal Records**

5000M Run	MIAA Championships	5/3/09	15:42.56
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**Tom Walsh's Career Personal Records**

100M Dash	Kip Janvrin Open	4/24/09	12.47
400M Dash	Kip Janvrin Open	4/24/09	58.32

**Tommy Warren's Career Personal Records**

200M Dash	Nebraska Invitational	4/11/09	22.12
400M Dash	MIAA Championships	5/2/09	49.07

**Kyle Williams' Career Personal Records**

Long Jump	UCM Mule Relays	4/17/09	21-2 3/4
100M Dash	Northwest Open	4/4/09	11.22

**Shadoe Miller's Season Personal Records**

Shot Put	Northwest Open	4/4/09	30-9 1/4
Discus Throw	UCM Mule Relays	4/17/09	86-0
Hammer Throw	Northwest Open	4/4/09	97-0
Javelin Throw	UCM Mule Relays	4/17/09	113-2

**Alex Mullock's Season Personal Records**

800M Run	Nebraska Invitational	4/11/09	1:58.07
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**Zane Myers' Season Personal Records**

High Jump	Herschel Neil Decathlon	3/29/09	5-8 3/4
Pole Vault	MIAA Multi-Events	4/27/09	11-3 1/2
Long Jump	MIAA Multi-Events	4/26/09	21-2 1/4
Shot Put	Herschel Neil Decathlon	3/29/09	39-3 3/4
Discus Throw	MIAA Multi-Events	2/27/09	97-8
Javelin	Northwest Open	4/4/09	132-6
100M Dash	MIAA Multi-Events	4/26/09	11.14
110M Hurdles	MIAA Multi-Events	4/27/09	15.03
400M Dash	MIAA Multi-Events	4/26/09	51.44
400M Hurdles	Northwest Open	4/4/09	55.37
1500M Run	Herschel Neil Decathlon	3/30/09	5:04.58
Decathlon	MIAA Multi-Events	4/26-27/09	5,964

**Kevin Okonta's Season Personal Record**

100M Dash	Nebraska Invitational	4/11/09	10.87
200M Dash	MIAA Championships	5/2/09	21.56

**Ron Purnell's Season Personal Records**

400M Dash	MIAA Championships	5/2/09	50.32
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**Derek Roberts' Season Personal Records**

800M Run	Tulsa Duels	3/19/09	2:01.61
1500M Run	Tulsa Duels	3/19/09	4:11.60

**Tyler Shaw's Season Personal Records**

100M Hurdles	MIAA Championships	5/3/09	14.28
200M Dash	MIAA Championships	5/2/09	22.05

**Shawn Stamper's Season Personal Records**

200M Dash	Kip Janvrin Open	4/24/09	24.28
400M Dash	UCM Mule Relays	4/17/09	53.38

**Jordan Tharp's Season Personal Records**

Long Jump	Northwest Open	4/4/09	20-4
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**Dan Thompson's Season Personal Records**

Long Jump	Northwest Open	4/4/09	19-7
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**Jared Walker's Season Personal Records**

5000M Run	MIAA Championships	5/3/09	15:42.56
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**Tom Walsh's Season Personal Records**

100M Dash	Kip Janvrin Open	4/24/09	12.47
400M Dash	Kip Janvrin Open	4/24/09	58.32

**Tommy Warren's Season Personal Records**

200M Dash	Nebraska Invitational	4/11/09	22.12
400M Dash	MIAA Championships	5/2/09	49.07

**Kyle Williams' Season Personal Records**

Long Jump	UCM Mule Relays	4/17/09	21-2 3/4
100M Dash	Northwest Open	4/4/09	11.22

# Women's Personal Records

<b>Angela Adams' Career Personal Records</b>			
1500M Run	MIAA Championships	5/3/09	5:09.80

<b>Johanna Avilez' Career Personal Records</b>			
High Jump	Tulsa Duels	3/21/09	5-3
Long Jump	Tulsa Duels	3/21/09	17-7 3/4
Shot Put	Ashley Nally Heptathlon	3/30/09	28-6 1/2
Javelin Throw	MIAA Multi-Events	4/30/07	105-7
100M Hurdles	MIAA Championships	5/5/07	14.62
200M Dash	MIAA Multi-Events	4/29/07	26.47
400M Hurdles	MIAA Championships	5/5/07	1:09.16
800M Run	Ashley Nally Heptathlon	4/2/07	2:42.74
Heptathlon	MIAA Multi-Events	4/29-30/07	4,330

<b>Audrey Bailey's Career Personal Records</b>			
400M Hurdles	MIAA Championships	5/3/09	59.98

<b>Lindsay Biermann's Career Personal Records</b>			
High Jump	MIAA Multi-Events	4/26/09	5-2 1/4
Long Jump	UCM Mule Relays	4/17/09	17-2 1/4
Triple Jump	Division II Challenge	4/13/08	37-2.5
Shot Put	MIAA Multi-Events	4/26/09	34-5
Javelin Throw	MIAA Championships	5/3/09	125-7
100M Hurdles	Ashley Nally Heptathlon	4/26/09	15.44
200M Dash	MIAA Multi-Events	4/26/09	28.29
800M Run	MIAA Multi-Events	4/28/08	2:26.71
Heptathlon	MIAA Multi-Events	4/26-27/09	4,346

<b>Jane Bowness' Career Personal Records</b>			
1500M Run	Kip Janvrin Open	4/25/08	5:19.13
3000M Run	Tulsa Duels	3/22/08	11:15.54
5000M Run	Kip Janvrin Open	4/24/09	19:53.64
10000M Run	Jim Duncan Invitational	4/11/09	40:44.85

<b>Halley Carlson's Career Personal Records</b>			
High Jump	MIAA Championships	5/3-4/08	5-5

<b>Emily Churchman's Career Personal Records</b>			
High Jump	Tulsa Duels	3/21/09	5-7
Long Jump	Tulsa Duels	3/21/09	18-6 1/2
Triple Jump	Austin Peay Spring Fling	3/13-15/07	37-10.25
Shot Put	Ashley Nally Heptathlon	4/1/07	34-4.5
Javelin Throw	ESU Open Multi-Events	4/14/07	96-11
100M Hurdles	MIAA Multi-Events	4/27/09	14.96
200M Dash	DII Challenge	4/9/09	26.64
400M Hurdles	Austin Peay Spring Fling	3/13-15/07	1:07.59
800M Run	MIAA Multi-Events	4/28/09	2:26.96
Heptathlon	DII Challenge	4/9-10/09	4,719

<b>Tasha Cockrum's Career Personal Records</b>			
Javelin Throw	UCM Mule Relays	4/17/09	99-9

<b>Jessica DeMoss' Career Personal Records</b>			
100M Dash	UCM Mule Relays	4/17/09	13.82
200M Dash	UCM Mule Relays	4/17/09	13.82

<b>Jennifer Dittburner's Career Personal Records</b>			
1500M Run	Jim Duncan Invitational	4/14/07	5:20.62
3000M Run	Northwest Open	4/7/07	11:42.47
5000M Run	MIAA Championships	4/24/09	19:22.10

<b>Tierney Eaton's Career Personal Records</b>			
High Jump	Northwest Open	4/4/09	5-6
Long Jump	MIAA Championships	5/6-7/06	17-6.25
Shot Put	Ashley Nally Heptathlon	3/29/09	27-8 1/4
Javelin Throw	Ashley Nally Heptathlon	3/30/09	68-3
100M Hurdles	Nebraska Invitational	4/11/09	15.39
200M Dash	Ashley Nally Heptathlon	3/29/09	27.19
800M Run	Ashley Nally Heptathlon	3/30/09	2:58.49
Heptathlon	Ashley Nally Heptathlon	3/29-30/09	3,851

<b>Angela Adams' Season Personal Records</b>			
1500M Run	MIAA Championships	5/3/09	5:09.80

<b>Johanna Avilez' Season Personal Records</b>			
High Jump	Tulsa Duels	3/21/09	5-3
Long Jump	Tulsa Duels	3/21/09	17-7 3/4
Shot Put	Ashley Nally Heptathlon	3/30/09	28-6 1/2
Javelin Throw	Tulsa Duels	3/21/09	96-12
100M Hurdles	Northwest Open	4/4/09	15.15
200M Dash	Ashley Nally Heptathlon	3/30/09	26.95
800M Run	Ashley Nally Heptathlon	3/31/09	2:53.65
Heptathlon	Ashley Nally Heptathlon	3/30-31/09	4,046

<b>Audrey Bailey's Season Personal Records</b>			
400M Hurdles	MIAA Championships	5/3/09	59.98

<b>Lindsay Biermann's Season Personal Records</b>			
High Jump	MIAA Multi-Events	4/26/09	5-2 1/4
Long Jump	UCM Mule Relays	4/17/09	17-2 1/4
Triple Jump	Tulsa Duels	3/21/09	36-1
Shot Put	MIAA Multi-Events	4/26/09	34-5
Javelin Throw	MIAA Championships	5/3/09	125-7
100M Hurdles	Ashley Nally Heptathlon	4/26/09	15.44
200M Dash	MIAA Multi-Events	4/26/09	28.29
800M Run	MIAA Multi-Events	4/27/09	2:30.33
Heptathlon	MIAA Multi-Events	4/26-27/09	4,346

<b>Jane Bowness' Season Personal Records</b>			
5000M Run	Kip Janvrin Open	4/24/09	19:53.64
10000M Run	Jim Duncan Invitational	4/11/09	40:44.85

<b>Halley Carlson's Season Personal Records</b>			
High Jump	UCM Mule Relays	4/17/09	5-3 3/4

<b>Emily Churchman's Season Personal Records</b>			
High Jump	Tulsa Duels	3/21/09	5-7
Long Jump	Tulsa Duels	3/21/09	18-6 1/2
Shot Put	Ashley Nally Heptathlon	3/30/09	33-11 1/2
Javelin Throw	DII Challenge	4/10/09	93-3
100M Hurdles	MIAA Multi-Events	4/27/09	14.96
200M Dash	DII Challenge	4/9/09	26.64
800M Run	MIAA Multi-Events	4/28/09	2:26.96
Heptathlon	DII Challenge	4/9-10/09	4,719

<b>Tasha Cockrum's Season Personal Records</b>			
Javelin Throw	UCM Mule Relays	4/17/09	99-9

<b>Jessica DeMoss' Season Personal Records</b>			
100M Dash	UCM Mule Relays	4/17/09	13.82
200M Dash	UCM Mule Relays	4/17/09	13.82

<b>Jennifer Dittburner's Season Personal Records</b>			
5000M Run	MIAA Championships	4/24/09	19:22.10

<b>Tierney Eaton's Season Personal Records</b>			
High Jump	Northwest Open	4/4/09	5-6
Long Jump	MIAA Championships	5/2/09	17-3 1/4
Shot Put	Ashley Nally Heptathlon	3/29/09	27-8 1/4
Javelin Throw	Ashley Nally Heptathlon	3/30/09	68-3
100M Hurdles	Nebraska Invitational	4/11/09	15.39
200M Dash	Ashley Nally Heptathlon	3/29/09	27.19
800M Run	Ashley Nally Heptathlon	3/30/09	2:58.49
Heptathlon	Ashley Nally Heptathlon	3/29-30/09	3,851

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**Kayli Hrdlicka's Career Personal Records**

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800M Run	Kip Janvrin Open	4/24/09	2:27.70
1500M Run	MIAA Championships	5/3/09	4:55.19

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**Amy Hugunin's Career Personal Records**

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Javelin Throw	Nebraska Invitational	4/11/09	126-3
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**Mary Jantz' Career Personal Records**

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800M Run	Kip Janvrin Open	4/24/09	2:29.09
1500M Run	Northwest Open	4/4/09	5:04.45
3000M Run	Tulsa Duels	3/21/09	10:58.34
5000M Run	Nebraska Invitational	4/11/09	19:05.06

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**Courtney Jefferson's Career Personal Records**

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100M Dash	Kip Janvrin Open	4/24/09	14.25
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**Heidi Johnson's Career Personal Records**

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800M Run	MIAA Championships	5/2/09	2:28.33
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**Bridget Kleine's Career Personal Records**

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100M Dash	DII Challenge	4/13/08	12.73
200M Dash	Northwest Open	4/4/09	25.69
400M Dash	Nebraska Invitational	4/11/09	56.25

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**Rachel Lewis' Career Personal Records**

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100M Dash	Northwest Open	4/7/08	12.39
200M Dash	MIAA Championships	5/4/08	25.44

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**Aslynn Loveless' Career Personal Records**

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100M Hurdles	Nebraska Invitational	4/11/09	16.58
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**Madison Marshman's Career Personal Records**

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1500M Run	Kip Janvrin	4/25/08	5:13.78
3000M Run	Tulsa Duels	3/22/08	11:06.99
5000M Run	Kansas Relays	4/18-19/08	19:20.01
10000M Run	MIAA Championships	5/2/09	40:45.02

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**Megan McElroy's Career Personal Records**

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5000M Run	UCM Mule Relays	4/17/09	20:44.13
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**Alissa Miller's Career Personal Records**

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400M Hurdles	MIAA Championships	5/2/09	1:04.49
800M Run	Kansas Relays	4/18/09	2:25.49

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**Jessica Nichols' Career Personal Records**

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800M Run	Northwest Open	4/4/09	2:44.42
1500M Run	MIAA Championships	5/4/08	4:55.40
3000M SC	Northwest Open	4/7/08	12:54.24

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**Anna O'Brien's Career Personal Records**

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800M Run	Jim Duncan Invitational	4/14/07	2:20.79
1500M Run	Dr. Keeler Invitational	5/9/08	4:37.77
3000M Run	Tulsa Duels	3/22/08	10:14.04
5000M Run	MIAA Championships	5/3/09	17:52.39

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**Brittany Poole's Career Personal Records**

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2000M SC	Tulsa Duels	3/21/09	7:50.68
3000M SC	Northwest Open	4/4/09	12:44.06

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**Melanie Royeton's Career Personal Records**

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Pole Vault	MIAA Championships	5/2/09	10-6
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**Megan Tinsley's Career Personal Records**

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5000M Run	Kip Janvrin Open	4/28/08	22:03.33
10000M Run	Northwest Open	4/7/07	49:14.92

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**Kate Walter's Career Personal Records**

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Shot Put	Nebraska Invitational	4/11/0	38-7
Discus Throw	Nebraska Invitational	4/11/09	125-6
Javelin	MIAA Championships	5/3/08	148-7
Hammer Throw	UCM Mule Relays	4/17/09	168-3

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**Nadia Wyatt's Career Personal Records**

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Long Jump	UCM Mule Relays	4/17/09	15-3 1/4
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**Kayli Hrdlicka's Season Personal Records**

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800M Run	Kip Janvrin Open	4/24/09	2:27.70
1500M Run	MIAA Championships	5/3/09	4:55.19

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**Amy Hugunin's Season Personal Records**

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Javelin Throw	Nebraska Invitational	4/11/09	126-3
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**Mary Jantz' Season Personal Records**

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800M Run	Kip Janvrin Open	4/24/09	2:29.09
1500M Run	Northwest Open	4/4/09	5:04.45
3000M Run	Tulsa Duels	3/21/09	10:58.34
5000M Run	Nebraska Invitational	4/11/09	19:05.06

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**Courtney Jefferson's Season Personal Records**

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100M Dash	Kip Janvrin Open	4/24/09	14.25
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**Heidi Johnson's Season Personal Records**

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800M Run	MIAA Championships	5/2/09	2:28.33
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**Bridget Kleine's Season Personal Records**

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200M Dash	Northwest Open	4/4/09	25.69
400M Dash	Nebraska Invitational	4/11/09	56.25

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**Rachel Lewis' Season Personal Records**

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100M Dash	MIAA Championships	5/3/09	12.51
200M Dash	MIAA Championships	5/2/09	26.30

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**Aslynn Loveless' Season Personal Records**

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100M Hurdles	Nebraska Invitational	4/11/09	16.58
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**Madison Marshman's Season Personal Records**

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5000M Run	Missouri Relays	3/27/09	19:36.38
10000M Run	MIAA Championships	5/2/09	40:45.02

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**Megan McElroy's Season Personal Records**

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5000M Run	UCM Mule Relays	4/17/09	20:44.13
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**Alissa Miller's Season Personal Records**

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400M Hurdles	MIAA Championships	5/2/09	1:04.49
800M Run	Kansas Relays	4/18/09	2:25.49

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**Jessica Nichols' Season Personal Records**

---

800M Run	Northwest Open	4/4/09	2:44.42
1500M Run	MIAA Championships	5/2/09	5:11.82

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**Anna O'Brien's Season Personal Records**

---

800M Run	Tulsa Duels	3/21/09	2:25.67
1500M Run	Nebraska Invitational	4/11/09	4:38.99
5000M Run	MIAA Championships	5/3/09	17:52.39

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**Brittany Poole's Season Personal Records**

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2000M SC	Tulsa Duels	3/21/09	7:50.68
3000M SC	Northwest Open	4/4/09	12:44.06

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**Melanie Royeton's Season Personal Records**

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Pole Vault	MIAA Championships	5/2/09	10-6
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**Megan Tinsley's Season Personal Records**

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5000M Run	UCM Mule Relays	4/17/09	23:14.95
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**Kate Walter's Season Personal Records**

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Shot Put	Nebraska Invitational	4/11/0	38-7
Discus Throw	Nebraska Invitational	4/11/09	125-6
Javelin	Kip Janvrin Open	4/24/09	120-2
Hammer Throw	UCM Mule Relays	4/17/09	168-3

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**Nadia Wyatt's Season Personal Records**

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Long Jump	UCM Mule Relays	4/17/09	15-3 1/4
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# Outdoor Season Results

## Tulsa Duels

### March 19

#### Men

##### LONG JUMP

3. Martin Curley: 23-0
  7. Martell Love: 21-2 1/2
  8. Kyle Williams: 21-0 3/4
- ##### TRIPLE JUMP
2. Martin Curley: 46-1 1/2
  3. Martell Love: 45-8 1/2

##### SHOT PUT

6. Zane Myers: 35-1 1/4

##### DISCUS THROW

13. Zane Myers: 88-5

##### 100M DASH

2. Sheldon Cook: 10.85
  3. John Miles: 10.89
  8. Kevin Okonta: 11.19
- ##### 110M HURDLES
5. Zane Myers: 16.13

##### 200M DASH

2. Sheldon Cook: 21.94

4. John Miles: 22.25

9. Tommy Warren: 22.54

##### 400M DASH

6. Tommy Warren: 50.18

12. Jimmy Griesbach: 51.22

##### 400M HURDLES

3. Zane Myers: 57.71

##### 800M RUN

9. Derek Roberts: 2:01.61

10. Ryan Darling: 2:03.63

13. Waylon Martensen: 2:04.97

##### 1500M RUN

15. Ryan Darling: 4:08.95

17. Waylon Martensen: 4:10.32

19. Derek Roberts: 4:11.60

#### Women

##### HIGH JUMP

3. Emily Churchman: 5-7

6. Tierney Eaton: 5-5

7. Johanna Avilez: 5-3

11. Lindsay Biermann: 5-1

##### LONG JUMP

2. Emily Churchman: 18-6 1/2

5. Johanna Avilez: 17-8

6. Tierney Eaton: 17-0

##### TRIPLE JUMP

4. Lindsay Biermann: 36-1 1/4

##### SHOT PUT

11. Kate Walter: 36-0 3/4

17. Emily Churchman: 28-6 1/2

##### DISCUS THROW

9. Kate Walter: 119-6

##### JAVELIN THROW

5. Kate Walter: 115-10

8. Amy Hugunin: 109-10

10. Johanna Avilez: 97-0

12. Emily Churchman: 87-6

##### 100M HURDLES

3. Johanna Avilez: 15.42

4. Emily Churchman: 15.57

5. Tierney Eaton: 16.03

7. Bridget Kleine: 26.26

##### 400M DASH

4. Bridget Kleine: 58.64

##### 400M HURDLES

2. Audrey Bailey: 1:03.17

4. Alissa Miller: 1:06.23

##### 800M RUN

3. Anna O'Brien: 2:25.67

##### 1500M RUN

3. Anna O'Brien: 4:47.48

12. Kayli Hrdlicka: 5:03.46

##### 2000M STEEPLECHASE

3. Brittany Poole: 7:50.68

##### 3000M RUN

7. Mary Jantz: 10:58.34

3. John Miles: 6.88

## 10th Annual Missouri Relays

### March 27

#### Men

##### LONG JUMP

16. Martin Curley: 17-6 1/4

##### HAMMER THROW

4. Ben McKim: 161-5

7. Austin Gray: 148-11

##### 5000M RUN

39. Ben Chappell

##### 10000M RUN

4. Trevor Johannsen: 32:45.27

#### Women

##### 200M DASH

14. Rachel Lewis: 27.04

##### 5000M RUN

18. Madison Marshman: 19:36.38

##### 10000M RUN

7. Jane Bowness: 42:26.41

## Ashley Nally Heptathlon /

## Herschel Neil Decathlon

### March 29-30

#### Men

##### DECATHLON

3. Zane Myers: 5,674 pts.

#### Women

##### HEPTATHLON

1. Emily Churchman: 4,612 pts.

4. Tierney Eaton: 4,046 pts.

5. Lindsay Biermann: 3,975 pts.

6. Tierney Eaton: 3,851 pts.

## Jock's Nitch Northwest Open

### April 4

#### Men

##### LONG JUMP

3. Martin Curley: 22-6.25

6. Martell Love: 21-6.25

8. Kyle Williams: 21-0

9. Jordan Tharp: 20-4.25

10. Dan Thompson: 19-7

##### TRIPLE JUMP

3. Martin Curley: 45-5

5. Martell Love: 44-4.75

##### SHOT PUT

1. Ben McKim: 55-3.5

8. Ryan Curtis: 41-10.5

11. Alan Fagan: 39-7.75

13. Shadoc Miller: 30-9.25

##### DISCUS THROW

2. Ben McKim: 153-4

7. Alan Fagan: 126-5

12. Ryan Curtis: 114-1

##### JAVELIN

5. Zane Myers: 132-6

##### HAMMER THROW

7. Ryan Curtis: 121-1

9. Austin Gray: 112-0

12. Shadoc Miller: 97-1

##### 100M DASH

1. John Miles: 10.60

2. Sheldon Cook: 10.67

4. Kyle Williams: 11.22

##### 110M HURDLES

1. Tyler Shaw: 15.09

2. Zane Myers: 15.24

##### 200M DASH

1. Kevin Okonta: 22.05

2. John Miles: 22.31

3. Tyler Shaw: 22.60

##### 400M DASH

1. Jimmy Griesbach: 50.23

2. Tommy Warren: 51.18

8. Shawn Stamper: 55.16

##### 400M HURDLES

1. Zane Myers: 55.37

##### 800M RUN

2. Alex Mullock: 1:59.03

8. Ryan Darling: 2:04.74

10. Derek Roberts: 2:07.10

12. Isaac Freeman: 2:09.16

##### 1500M RUN

2. Ryan Darling: 4:08.14

5. Waylon Martensen: 4:20.47

6. David Franz: 4:25.06

##### 5000M RUN

1. Trevor Johannsen: 15:54.38

4. Jared Walker: 16:22.43

7. Ben Chappell: 16:38.04

9. David Franz: 16:48.74

##### 10000M RUN

3. Anthony Davidson: 35:37.7h

##### 4x100M RELAY

1. NWMSU: 41.61

##### 4x400M RELAY

1. A: 3:29.75

3. B: 3:45.81

#### Women

##### HIGH JUMP

1. Tierney Eaton: 5-6

- T2. Emily Churchman: 5-5

- T4. Johanna Avilez: 5-1

##### LONG JUMP

1. Emily Churchman: 17-5.25

4. Tierney Eaton: 17-2.25

5. Johanna Avilez: 17-1.25

##### TRIPLE JUMP

4. Lindsay Biermann: 34-11

##### DISCUS THROW

5. Kate Walter: 120-10

##### JAVELIN

1. Amy Hugunin: 114-1

3. Kate Walter: 111-6

4. Lindsay Biermann: 109-6

5. Johanna Avilez: 94-1

7. Tasha Cockrum: 85-11

10. Emily Churchman: 78-1

##### HAMMER THROW

1. Kate Walter: 157-1

##### 100M DASH

1. Rachel Lewis: 12.68

##### 100M HURDLES

1. Johanna Avilez: 15.15

2. Emily Churchman: 15.33

4. Tierney Eaton: 15.94

8. Lindsay Biermann: 16.81

9. Aslynn Loveless: 17.03

##### 200M DASH

1. Bridget Kleine: 25.69

3. Rachel Lewis: 27.74

##### 400M DASH

1. Bridget Kleine: 59.96

##### 400M HURDLES

2. Audrey Bailey: 1:01.37

3. Alissa Miller: 1:05.96

##### 800M RUN

3. Anna O'Brien: 2:30.83

4. Kayli Hrdlicka: 2:40.60

5. Heidi Johnson: 2:40.60

6. Jessica Nichols: 2:44.42

##### 1500M RUN

1. Anna O'Brien: 4:54.73

5. Mary Jantz: 5:04.45

6. Kayli Hrdlicka: 5:10.94

8. Angela Adams: 5:30.66

9. Jessica Nichols: 5:47.71

##### 3000M STEEPLECHASE

2. Brittany Poole: 12:44.06

##### 5000M RUN

1. Mary Jantz: 19:26.89

3. Jennifer Dittburner: 19:45.96

6. Jane Bowness: 20:02.39

9. Madison Marshman: 20:20.32

11. Megan McElroy: 21:19.70

##### 4X100M RELAY

1. NWMSU: 49.03

## Division II Challenge

### April 9-10

#### Women

##### HEPTATHLON

2. Emily Churchman: 4,719 pts.

8. Lindsay Biermann: 4,107 pts.

## Jim Duncan Invitational

### April 10

#### Men

3. Trevor Johannsen: 32:28.68

7. David Franz: 34:16.58

8. Anthony Davidson: 34:29.52

#### Women

##### 10000M RUN

8. Madison Marshman: 40:41.40

10. Jane Bowness: 40:44.85

## Nebraska Invitational

### April 11

#### Men

##### LONG JUMP

7. Sheldon Cook: 22-5.75

9. Martin Curley: 21-11

17. Kyle Williams: 20-0.25

##### TRIPLE JUMP

4. Martin Curley: 46-10

##### SHOT PUT

4. Ben McKim: 53-4.5

15. Austin Gray: 42-9.5

16. Alan Fagan: 42-8.75

200M DASH  
6. Sheldon Cook: 21.32  
11. Tommy Warren: 22.12  
400M DASH  
4. Jimmy Griesbach: 49.22  
5. Tommy Warren: 49.29  
10. Ron Purnell: 50.32  
20. Shawn Stamper: 53.44  
800M RUN  
14. Alex Mullock: 1:58.07  
30. Isaac Freeman: 2:11.80  
1500M RUN  
8. Ryan Darling: 4:02.94  
13. Waylon Martensen: 4:06.35  
18. Derek Roberts: 4:12.52  
5000M RUN  
11. Jared Walker: 16:14.25  
Women  
HIGH JUMP  
4. Tierney Eaton: 5-5  
LONG JUMP  
7. Tierney Eaton: 17-0.75  
SHOT PUT  
11. Kate Walter: 38-7  
DISCUS THROW  
13. Kate Walter: 125-6  
JAVELIN  
3. Amy Huginin: 126-5  
7. Kate Walter: 104-9  
14. Tasha Cockrum: 93-3  
HAMMER THROW  
6. Kate Walter: 157-4  
100M DASH  
9. Rachel Lewis: 12.75  
110M HURDLES  
8. Tierney Eaton: 15.39  
12. Aslynn Loveless: 16.58  
200M DASH  
14. Rachel Lewis: 27.05  
400M DASH  
2. Bridget Kleine: 56.25  
400M HURDLES  
1. Audrey Bailey: 1:00.98  
7. Alissa Miller: 1:05.26  
800M RUN  
22. Heidi Johnson: 2:32.13  
1500M RUN  
7. Anna O'Brien: 4:38.99  
13. Kayli Hrdlicka: 5:06.36  
17. Jessica Nichols: 5:16.76  
5000M RUN  
9. Mary Jantz: 19:05.06  
10. Jennifer Dittburner: 19:58.35  
11. Megan McElroy: 20:50.12  
4x100M RELAY  
2. Alissa Miller, Bridget Kleine,  
Audrey Bailey, Rachel Lewis:  
48.22

### 81st Kansas Relays

#### April 17-18

##### Men

LONG JUMP  
16. Martin Curley: 21-5.25  
SHOT PUT  
1. Ben McKim: 58-3  
DISCUS THROW  
15. Ben McKim: 152-6  
100M DASH PRELIMS  
16. Sheldon Cook: 10.80  
110M HURDLES PRELIMS  
17. Zane Myers: 15.35  
400M HURDLES PRELIMS  
13. Zane Myers: 55.95  
800M RUN UNSEEDED  
43. Alex Mullock: 2:00.05

1500M RUN UNSEEDED  
11. Ryan Darling: 4:06.83  
23. Waylon Martensen: 4:12.07  
35. Derek Roberts: 4:16.08  
5000M RUN  
28. Trevor Johannsen: 15:34.74  
Women  
HIGH JUMP  
T8. Tierney Eaton: 5-3  
T19. Emily Churchman: 5-1  
JAVELIN  
10. Amy Huginin: 123-8  
HAMMER THROW  
8. Kate Walter: 157-6  
100M DASH PRELIMS  
29. Rachel Lewis: 12.80  
100M HURDLES PRELIMS  
11. Emily Churchman: 15:21  
400M DASH PRELIMS  
8. Bridget Kleine: 56.80  
400M DASH FINAL  
4. Bridget Kleine: 56.65  
400M HURDLES PRELIMS  
6. Audrey Bailey: 1:01.25  
19. Alissa Miller: 1:07.15  
400M HURDLES FINAL  
2. Audrey Bailey: 1:00.60  
800M RUN UNSEEDED  
28. Alissa Miller: 2:25.49  
38. Heidi Johnson: 2:30.74  
1500M RUN  
5. Anna O'Brien: 4:45.30  
1500M RUN UNSEEDED  
14. Kayli Hrdlicka: 5:03.74  
18. Mary Jantz: 5:07.73  
20. Jessica Nichols: 5:13.25  
22. Angela Adams: 5:17.31  
4x100M RELAY  
11. Alissa Miller, Bridget Kleine,  
Audrey Bailey, Rachel Lewis:  
48.87  
4x880 YARD RELAY  
8. Mary Jantz, Kayli Hrdlicka, Heidi  
Johnson, Jessica Nichols:  
10:01.84

### Central Missouri Mule Relays

#### April 17

##### Men

LONG JUMP  
10. Kyle Williams: 21-2.75  
15. Martell Love: 20-5.75  
17. Jordan Tharp: 20-0.25  
TRIPLE JUMP  
2. Martin Curley: 47-5.75  
4. Martell Love: 45-3.5  
SHOT PUT  
13. Austin Gray: 43-0.5  
16. Ryan Curtis: 39-6.5  
DISCUS THROW  
17. Ryan Curtis: 123-9  
22. Alan Fagan: 112-10  
24. Austin Gray: 110-3  
30. Shadoe Miller: 86-0  
JAVELIN  
15. Shadoe Miller: 113-2  
HAMMER THROW  
14. Austin Gray: 151-11  
16. Alan Fagan: 142-2  
110M HURDLES PRELIMS  
1. Tyler Shaw: 14.65  
100M HURDLES FINAL  
1. Tyler Shaw: 14.59  
400M DASH  
2. Tommy Warren: 49.23  
3. Jimmy Griesbach: 49.32

9. Ron Purnell: 50.98  
20. Shawn Stamper: 53.38  
800M RUN  
24. Chris King: 2:04.51  
5000M RUN  
5. Jared Walker: 16:07.44  
7. David Franz: 16:17.26  
8. Anthony Davidson: 16:20.01  
Women  
HIGH JUMP  
1. Halley Carlson: 5-3.75  
LONG JUMP  
8. Lindsey Biermann: 17-2.25  
20. Nadia Wyatt: 15-3.25  
TRIPLE JUMP  
6. Lindsay Biermann: 35-1.25  
SHOT PUT  
10. Kate Walter: 36-9.75  
DISCUS THROW  
7. Kate Walter: 116-6  
JAVELIN  
5. Kate Walter: 111-5  
13. Tasha Cockrum: 99-9  
HAMMER THROW  
4. Kate Walter: 168-3  
100M DASH PRELIMS  
18. Jessica DeMoss: 13.82  
100M HURDLES PRELIMS  
16. Aslynn Loveless: 17.38  
200M DASH  
15. Jessica DeMoss: 28.49  
5000M RUN  
8. Megan McElroy: 20:44.13  
10. Megan Tinsley: 23:14.95

### 100th Drake Relays

#### April 24-25

##### Men

SHOT PUT  
11. Ben McKim: 55-1  
110M HURDLES PRELIMS  
5. Tyler Shaw: 14.51  
110M HURDLES FINAL  
8. Tyler Shaw: 14.42  
4x100M RELAY PRELIMS  
8. John Miles, Kevin Okonta, Tyler  
Shaw, Sheldon Cook: 42.03  
4x100M RELAY FINAL  
5. John Miles, Kevin Okonta, Tyler  
Shaw, Sheldon Cook: 41.90  
Women  
400M HURDLES  
13. Audrey Bauley: 1:01.66

### Kip Janvrin Simpson College Open

#### April 24

##### Men

LONG JUMP  
4. Martin Curley: 22-8.5  
13. Kyle Williams: 20-5.75  
22. Jordan Tharp: 19-6.25  
SHOT PUT  
30. Alan Fagan: 30-10.25  
DISCUS THROW  
28. Alan Fagan: 117-9  
34. Austin Gray: 105-6  
JAVELIN  
28. Shadoe Miller: 111-1  
HAMMER THROW  
5. Ben McKim: 173-1  
7. Austin Gray: 161-4  
12. Alan Fagan: 138-11  
100M DASH  
18. Kyle Williams: 11.65  
35. Tom Walsh: 12.47

200M DASH  
3. Tommy Warren: 22.28  
9. Jimmy Griesbach: 22.72  
10. Kevin Okonta: 22.74  
38. Shawn Stamper: 24.28  
400M DASH  
33. Shawn Stamper: 53.69  
36. Isaac Freeman: 54.04  
44. Tom Walsh: 58.32  
800M RUN  
24. Alex Mullock: 2:00.40  
31. Ryan Darling: 2:02.04  
43. Chris King: 2:04.89  
5000M RUN  
13. Jared Walker: 16:02.85  
29. David Franz: 16:32.32  
30. Anthony Davidson: 16:33.26  
4x400M RELAY  
1. NWMSU: 3:18.58  
Women  
HIGH JUMP  
T1. Tierney Eaton: 5-5  
T7. Halley Carlson: 5-1  
LONG JUMP  
15. Nadia Wyatt: 15-2.25  
SHOT PUT  
17. Kate Walter: 33-3.25  
DISCUS THROW  
9. Kate Walter: 123-4  
JAVELIN  
3. Kate Walter: 120-2  
4. Amy Huginin: 111-4  
10. Tasha Cockrum: 94-0  
HAMMER THROW  
1. Kate Walter: 164-1  
100M DASH  
4. Rachel Lewis: 13.19  
25. Jessica DeMoss: 14.13  
28. Courtney Jefferson: 14.25  
100M HURDLES  
22. Aslynn Loveless: 18.25  
23. Tierney Eaton: 18.31  
200M DASH  
1. Bridget Kleine: 25.74  
2. Rachel Lewis: 26.87  
31. Jessica DeMoss: 28.78  
400M HURDLES  
4. Alissa Miller: 1:06.36  
800M RUN  
17. Kayli Hrdlicka: 2:27.70  
19. Heidi Johnson: 2:28.45  
20. Mary Jantz: 2:29.09  
1500M RUN  
3. Anna O'Brien: 4:49.86  
17. Mary Jantz: 5:06.91  
29. Jessica Nichols: 5:18.15  
32. Angela Adams: 5:25.34  
5000M RUN  
19. Jennifer Dittburner: 19:42.55  
23. Jane Bowness: 19:53.64  
31. Madison Marshman: 20:20.88  
36. Megan McElroy: 21:14.38  
4x400M RELAY  
1. NWMSU: 4:03.64

### MIAA Multi-Event Championships

#### April 26-27

##### Men

3. Zane Myers: 5,964 pts.  
Women  
3. Emily Churchman: 4,613 pts.  
9. Lindsay Biermann: 4,346 pts.

**MIAA Outdoor Championships****May 2-3**Men

## LONG JUMP

8. Sheldon Cook: 22-4.25

14. Martin Curley: 21-5.25

15. Kyle Williams: 20-9.75

## TRIPLE JUMP

7. Martin Curley: 46-6

15. Martell Love: 41-10.5

## SHOT PUT

4. Ben McKim: 56-2

## DISCUS THROW

5. Ben McKim: 149-2

## HAMMER THROW

7. Ben McKim: 163-9

17. Alan Fagan: 131-11

## 100M DASH PRELIMS

4. Sheldon Cook: 10.92

5. John Miles: 10.95

8. Kevin Okonta: 11.00

## 100M DASH FINAL

6. Sheldon Cook: 10.85

7. John Miles: 10.91

8. Kevin Okonta: 10.93

## 110M HURDLES PRELIMS

3. Tyler Shaw: 14.75

7. Zane Myers: 15.56

## 110M HURDLES FINAL

1. Tyler Shaw: 14.28

5. Zane Myers: 15.12

## 200M DASH PRELIMS

4. Kevin Okonta: 21.56

5. Sheldon Cook: 21.57

11. Tyler Shaw: 22.05

14. John Miles: 24.53

## 200M DASH FINAL

5. Kevin Okonta: 21.74

8. Sheldon Cook: 22.64

## 400M DASH PRELIMS

4. Jimmy Griesbach: 48.53

9. Tommy Warren: 49.07

16. Ron Purnell: 50.32

## 400M DASH FINAL

5. Jimmy Griesbach: 49.37

## 400M HURDLES PRELIMS

6. Zane Myers: 56.57

## 400M HURDLES FINAL

6. Zane Myers: 55.79

## 800M RUN PRELIMS

15. Alex Mullock: 1:59.24

19. Derek Roberts: 2:03.65

20. Chris King: 2:03.94

23. Isaac Freeman: 2:12.49

## 1500M RUN

8. Ryan Darling: 4:05.66

12. Waylon Martensen: 4:10.57

## 5000M RUN

13. Jared Walker: 15:42.56

20. David Franz: 16:30.08

## 10000M RUN

15. Trevor Johannsen: 33:40.14

18. Anthony Davidson: 34:17.31

## 4x100M RELAY

3. NWMSU: 41.15

## 4x400M RELAY

4. NWMSU: 3:19.98

Women

## HIGH JUMP

T5. Tierney Eaton: 5-1

T5. Emily Churchman: 5-1

## POLE VAULT

T9. Melanie Royeton: 10-6

## LONG JUMP

4. Emily Churchman: 18-3

11. Tierney Eaton: 17-3.25

14. Lindsay Biermann: 17-0

19. Johanna Avilez: 16-7.25

## TRIPLE JUMP

14. Lindsay Biermann: 34-7.5

## SHOT PUT

18. Kate Walter: 36-4.25

## DISCUS THROW

6. Kate Walter: 123-3

## JAVELIN

5. Lindsay Biermann: 125-7

7. Amy Hugunin: 119-6

12. Kate Walter: 103-7

15. Tasha Cockrum: 88-10

## HAMMER THROW

2. Kate Walter: 160-4

## 100M DASH PRELIMS

7. Rachel Lews: 12.77

## 100M DASH FINAL

2. Rachel Lewis: 12.51

## 100M HURDLES PRELIMS

6. Emily Churchman: 15.35

9. Johanna Avilez: 15.50

10. Tierney Eaton: 15.51

19. Aslynn Loveless: 17.01

## 100M HURDLES FINAL

5. Emily Churchman: 15.08

## 200M DASH PRELIMS

11. Bridget Kleine: 25.89

13. Rachel Lewis: 26.30

## 400M DASH PRELIMS

4. Bridget Kleine: 57.50

## 400M DASH FINAL

4. Bridget Kleine: 57.32

## 400M HURDLES PRELIMS

1. Audrey Bailey: 1:01.46

5. Alissa Miller: 1:04.49

## 400M HURDLES FINAL

1. Audrey Bailey: 59.98

7. Alissa Miller: 1:06.40

## 800M RUN PRELIMS

17. Heidi Johnson: 2:28.33

## 1500M RUN

7. Anna O'Brien: 4:47.52

11. Kayli Hrdlicka: 4:55.19

16. Angela Adams: 5:09.80

18. Jessica Nichols: 5:11.82

## 5000M RUN

5. Anna O'Brien: 17:52.39

13. Mary Jantz: 19:07.58

15. Jennifer Dittburner: 19:22.10

## 10000M RUN

12. Madison Marshman: 40:45.02

14. Jane Bowness: 42:17.40

## 4x100M RELAY

3. NWMSU: 48.36

## 4x400M RELAY

5. NWMSU: 3:57.82