

2009 NEBRASKA TRACK AND FIELD



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WHERE TO CATCH THE HUSKERS



Meet: Jim Click Shootout
Where: Tucson, Ariz.
Facility: Roy P Drachman Stadium
Date: Thursday, April 2 - Saturday, April 4
Time: 1 p.m. / 1 p.m. / Noon (Central)
Tickets: Adults - \$6 / Youth - \$3
Scoring: Team Scored
Other Teams: Arizona, Washington, Kansas, Penn State, Wisconsin
Live Results: None

Full schedule of events on page 7



Meet: Concordia Invite
Where: Seward, Neb.
Facility: Bulldog Stadium
Date: Friday, April 3 - Saturday, April 4
Time: 6 p.m. / 11 a.m.
Scoring: NTS
Live Results: None

Full schedule of events on pages 8

•Huskers Look to Defend Team Title at Jim Click Shootout

With only a few groups competing the first two weeks of the outdoor season, a majority of the Nebraska track and field will hit the road for Tucson, Ariz., to compete at the Jim Click Shootout. A team scored meet, the Big Red will look to defend their 2008 team title, with the men and women combining to score 398 points at last season's meet. The Husker's took down Arizona (354.5), Georgia (263) and Arizona State (234.5).

This weekend, the Huskers will do battle with some of the top programs from across the nation, including Washington, Nebraska, Kansas, Penn State, Wisconsin and Arizona. The meet is set to begin with the multi-events on Thursday, April 2, and Friday, April 3, starting at 1 p.m. (Central) both days. The rest of the meet will begin on Saturday, April 4, starting at Noon with the women's hammer throw and ending at roughly 6 p.m. with the men's 4x400-meter relay. As of now, no live results will be available.

The Huskers will also send a small contingent of distance runners to the Concordia Invitational in Seward, Neb. The two-day meet will begin on Friday night at 6 p.m., and start up again Saturday morning at 11 a.m.

•NU Out of the Blocks (USTFCCA Ranking: Men - No. 11 / Women - No. 25)

2009 NCAA Midwest Regional Qualifying Marks: 17
 (11-Men / 6-Women)
 2009 NCAA Championship Automatic/Provisional Qualifiers: 1
 (0-Men / 1-Women)
 2009 Division I Outdoor Leaders: 0
 (0-Men / 0-Women)
 2009 Division I Outdoor Top 10: 4
 (2-Men / 2-Women)
 2009 Big 12 Conference Outdoor Leaders: 6
 (3-Men / 3-Women)
 2009 Big 12 Conference Outdoor Top 10: 47
 (29-Men / 18-Women)
 2009 Big 12 Athlete of the Week: 2
 (1-Men / 1-Women)

•Carrizales Washes Away Personal Best in Steeplechase

Senior Rachel Carrizales opened the outdoor season in dominant fashion, destroying her previous best of 10:17.26 in the 3,000-meter steeplechase. Carrizales, who ran her previous best at the 2007 national meet, cut nearly eight seconds off her best time to post a time of 10:09.69 at the Stanford Invitational on Friday, March 27. The Morrill, Neb., native finished fifth overall and third among collegiate runners, with the three collegiates posting the top three times in Division I this season.

Her time improves her second-place standing on the Husker all-time outdoor performance list, as she still trails Ann Gaffigan's 2004 time of 9:39.35. Carrizales, along with teammates Joslyn Dalton and Jessica Furlan, ran in one of the most talent-filled events of the night, as 22 runners ran under the regional mark of 10:50.25. Dalton finished 19th with a time of 10:37.75, while Furlan came in 22nd in her first collegiate steeplechase with a time of 10:48.39.

•Lloyd Doubles up at Stanford

Senior co-captain Keith Lloyd returned to Lincoln from the Stanford Invitational with two regional-qualifying marks, hitting the standard in the men's shot put and hammer throw.

A 2008 national qualifier in both events, Lloyd started on Friday, March 27, with a sixth-place toss of 55-4 1/4 in the shot put invitational division. Lloyd qualified for the 2008 national meet by finishing fourth at the regional meet with a personal-best toss of 61-5.

Lloyd returned the following day to post a throw of 187-11 to finish 11th overall and eighth among collegiate throwers in the invitational division of the hammer throw. Lloyd was one of 12 throws in the invite only division to break the regional mark and one of 15 overall, with the top three throwers in the college division also achieving the mark.

•Huskers Look to Youth in '09

With only two outdoor All-Americans returning on the men's side and none returning for the women, some may think the Huskers are in trouble during the 2009 outdoor season. However, the Big Red has high expectations as the team returns 16 of the 20 athletes that qualified for the 2008 outdoor championships, as 13 of the 20 were making their first outdoor championship appearance in 2008.

NEBRASKA QUICK FACTS

Location.....Lincoln, Neb.
 Enrollment..... 22,000
 President.....James B Milliken, J.D.
 Chancellor.....Harvey S. Perlman, J.D.
 Athletic Director.....Tom Osborne
 Colors.....Scarlet & Cream
 Website.....Huskers.com

TRACK AND FIELD STAFF

Head Coach/Jumps..... Gary Pepin (29th Year)
 Distance..... Jay Dirksen (26th Year)
 Throws.....Mark Colligan (24th Year)
 Sprints/Hurdles.....Billy Maxwell (14th Year)
 Sprints/Hurdles/Relays.....Matt Martin (13th Year)
 Pole Vault/Multis..... Kris Grimes (4th Year)

2009 QUICK HITS

NCAA Automatic Qualifiers (W/M)..... 0/0
 NCAA Provisional Qualifiers (W/M).....1/0
 NCAA Regional Marks (W/M)..... 6/11
 Division I Leaders (W/M)..... 0/0
 Division I Top-10 (W/M)..... 2/2
 NCAA Indoor Finishes (W/M).....29th/t-5th
 Big 12 Indoor Finishes (W/M)..... 3rd/2nd
 Big 12 Indoor Individual Champions (W/M)..... 2/2
 Big 12 Athlete of the Week (W/M).....1/1

2008 TEAM FINISHES

2008 Big 12 Women's Finishes (I/O)..... 2nd/2nd
 2008 NCAA Women's Finishes (I/O)..... 52nd/t-43rd
 2008 Big 12 Men's Finishes (I/O)..... 2nd/4th
 2008 NCAA Men's Finishes (I/O).....t-17th/36th

NU TRACK AND FIELD HISTORY

All-Time National Champions (W/M)..... 44/32
 All-Time All-Americans (W/M)..... 309/255
 All-Time NCAA Top-Five Finishes (W/M)..... 21/8
 All-Time Conference Titles (W/M).....40/59
 All-Time Conference Champions (W/M)..... 335/496
 All-Time Olympians (W/M).....18/23

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**2009 HUSKER WOMEN'S
NCAA CHAMPIONSHIPS & REGIONAL QUALIFIERS**

Athlete	Event	Mark	D-I Ranking
NCAA Championships			
Provisional			
Lara Crofford	10,000-Meter Run	34:07.55	5th
NCAA Regional			
Natalja Callahan	1,500-Meter Run	4:27.01	17th
Rachel Carrizales	3,000-Meter SC	10:09.69	3rd
Joslyn Dalton	3,000-Meter SC	10:37.75	19th
Jessica Furlan	3,000-Meter SC	10:48.39	26th
Amanda Latsch	Shot Put	47-5 (15.39)	44th
Kacie Sharp	Shot Put	50-6 (15.39)	14th

**2009 HUSKER MEN'S
NCAA CHAMPIONSHIPS & REGIONAL QUALIFIERS**

Athlete	Event	Mark	D-I Ranking
NCAA Championships			
NCAA Regional			
David Adams	3,000-Meter SC	8:48.10	2nd
Lehann Fourie	110-Meter Hurdles	13.84	2nd
Tyler Hitchler	Discus	170-10 (52.06)	29th
Eric Lund	110-Meter Hurdles	14.18	18th
	400-Meter Hurdles	52.23	24th
Keith Lloyd	Shot Put	55-4 1/4 (16.87)	24th
	Hammer Throw	187-11 (57.27)	46th
Nick Makukutu	400-Meter Hurdles	52.36	t-29th
Tyrell Ross	110-Meter Hurdles	14.09	11th
	400-Meter Hurdles	52.24	25th
Kirkland Thornton	110-Meter Hurdles	13.94	t-6th

The Huskers were young in 2008 as 13 of the championship qualifiers were sophomores or younger, including seven true freshman. With the first-year jitters gone, the Big Red will look to those youngsters for major contributions in 2009. Three of the 2008 outdoor qualifiers that didn't earn All-America honors in 2008 returned to the 2009 indoor championships to earn their first honor, including sophomore Nicholas Gordon, who won the national title in the long jump.

♦Jumping into Elite Company

After winning the first Big 12 title of his career at the 2009 Big 12 Indoor Championships, sophomore Nicholas Gordon returned to the same long jump runway to win his first NCAA national championship on Friday, March 13.

A native of Kingston, Jamaica, Gordon won the title on the final jump of the event, clearing eight meters for the first time in his career with a leap of 26-4 1/4. Entering the final two jumps, Gordon had the lead before Jeremy Hicks of LSU cleared 26-3 1/2 to take the lead, Gordon responded with a jump of 25-9 1/2, leaving him in second-place entering the final round of jumps. After a foul by Hicks and the national title on the line, Gordon rose to the occasion to win just the second men's indoor long jump title in school history. Gordon joins NU school-record holder and 2006 indoor/outdoor champion Arturs Abolins, who, like Gordon, won the national title on the final jump of the 2006 meet.

♦First Time for Everything

True freshman Björn Barrefors become the first Husker in school history since the indoor championships started in 1965 to earn All-America honors in the men's heptathlon with a school-record score of 5,795, topping Bill Vacek's 1996 score of 5,766. Barrefors ended the national meet in third place, trailing national champion Ashton Eaton (Oregon - 5,988) and runner-up Gonzalo Barroilhet (FSU - 5,879). Over the two-day seven-event conquest, Barrefors set four personal bests on his way to a personal-best score, including three straight PR's on day one in the 60-meter dash (7.13), long jump (24-2 1/2) and shot put (46-10), before ending the heptathlon with a nearly two second personal best in the 1,000-meter run with a time of 2:50.57.

♦Tops Since '96

At the NCAA Indoor Championships, the Nebraska men's track and field team scored 25 points to finish tied for fifth with Arizona State and Baylor. The men's finish was their best since 1996, when they finished runner-up to George Mason, 39-31.5. For the Husker women, they placed 29th with 8.5 points, marking their top finish since 2005, when they came in fourth.

♦All-America Honors Continue to Rise

The Nebraska men's and women's track and field teams had eight athletes combine to earn nine All-America honors at the NCAA Indoor Championships, the most since 2005 when the two combined to earn 10 honors. Overall, the two squads have now combined to earn 253 indoor All-America honors since the men's indoor championships began in 1965 and women's championships began in 1980.

For the men's team, its five honors were the most at the indoor championships since 2005, when it earned seven. On the women's side, the team's four honors tied the 2006 squad.

♦Multi-Event U

Along with Björn Barrefors' third-place finish in the men's heptathlon, Megan Wheatley and Chantae McMillan each earned the first NCAA All-America honor of their careers in the women's pentathlon.

Wheatley finished fourth with a personal-best score of 4,267 points, ranking her as the No. 2 performer all-time indoors at NU, while McMillan finished eighth with 4,096 points. The duo's pair of top-eight finishes marked the second time in Husker history that two Huskers have earned All-America honors in the pentathlon at the same meet, with Marjan Goedhart (8th) and Nancy Kindig (2nd) being the first teammates to achieve the feat in 1982.

♦Hurdling History

South Holland, Ill., native Kirkland Thornton made history at the NCAA Indoor Championships as he became the first Husker on the men's side in school history to earn All-America in the 60-meter hurdles, with the NCAA switching from the 55-meter hurdles to the 60-meter hurdles in 1999. The last time a Husker earned All-America honors in the indoor hurdles on the men's side was in 1996, when Frank Mensah (4th) and Willie Hibler (5th) both finished in the top eight of the 55-meter hurdles.

♦Grimes Honored by USTFCCCA

During the recent NCAA Indoor Championships, the United States Track and Field and Cross Country Coaches Association (USTFCCCA) released its regional coach, assistant coach and athlete of the year awards. In the Midwest Region, Multi-Event and Pole Vault Coach Kris Grimes was selected as Women's Assistant Coach of the Year.

The fourth such honor of his career and third at Nebraska, Grimes coached two women and two men to five All-America honors at the recent indoor championships, including one school record.

In his fourth season at Nebraska, Grimes has coached athletes that have earned a total of 13 All-America honors, while also coaching 10 Big 12 Champions.

♦Three-Peat Performance

Junior Epley Bullock earned the third straight All-America honor of her career in the women's high jump with tie for sixth at the NCAA Indoor Championships. Bullock joined Cris Hall as the only Husker on the women's side to earn three straight All-America honors, with Hall finishing in the top eight from 1991-93.

♦Burney Vaults to Another Level

At the NCAA Indoor Championships Seth Burney became the first Husker on the men's side to earn All-America honors indoors since 2006 when Ray Scotten finished 11th overall and eighth among American vaulters. The Beatrice, Neb., native's fifth-place finish is also the top finish for a Husker in the pole vault since 2005, when Scotten finished second.

♦Dalton Earns Scholarship

Joslyn Dalton was recently selected as one of 13 winners of the NCAA's Women's Enhancement Postgraduate Scholarship, joining fellow Husker Amanda Gates (volleyball). Nebraska was the only school on the list to be represented twice, while the Big 12 Conference had four student-athletes honored.

A 2009 team co-captain that excels both on the track and in the classroom, Dalton has been a four-time All-Big 12 performer on the track, while ranking in the top-25 in four different events on the NU all-time performance list.

A communication studies major, Dalton has been named to the First-Team Academic All-Big 12 team the past three seasons, the USTFCCCA All-Academic team the past two seasons and the Big 12 Commissioner's Honor roll the last eight semesters, carrying a GPA of 3.771.

♦Doubling Up

With 13 Huskers making the trip to College Station and Chantae McMillan entered in two events, the Huskers' 14 entries into NCAA Indoor Championships more than doubled the six entries the Big Red had in 2008. However, the 2008 squad made a big impact as the Huskers came away with four All-America honors and a national championship with Dusty Jonas' school-record leap of 7-7 in the high jump.

Overall, the Husker men were tied with Florida State for the third-most entries in the meet with nine, while Arkansas led the way with 13 entries. On the women's side, the Huskers tied with nine other teams for eighth with five entries, with Oregon's 14 entries the most on the women's side.

♦The Wizard of Jumps

Nebraska Head Coach Gary Pepin returned in 2009 for his 29th season as the head coach of the women's team and his 26th season as the head coach of both the men's and women's programs. In 2008, Pepin tied Frank Sevigne as the longest tenured head coach in the history of the Nebraska program, and Pepin is still at the top of his game for coaching athletes to the highest levels of competition.

Of the 13 athletes that competed at the NCAA Indoor Championships, Pepin personally coached five of them in the jumps area, including 2009 indoor long jump champion, Nicholas Gordon. Along with Gordon, Pepin also coaches fellow 2009 All-Americans Epley Bullock (high jump) and Chris Phipps (long jump).

♦The Home of Long Jumping

At the NCAA Indoor Championships the men's long jump was filled with scarlet and cream as the Huskers had three jumpers in the field, including 2009 NCAA and Big 12 champion, Nicholas Gordon.

Joining Gordon in the field was All-American Chris Phipps and senior LeRon Williams,

with the three slotting Nebraska as the team with the most entries in the event, topping LSU and Arkansas, who each have two.

Overall in the jumps (long jump, triple jump, pole vault and high jump) the Huskers tied with fellow Big 12 school Texas A&M on the men's side for the most entries with five.

♦Huskers Bring Four Big 12 Titles Back to Lincoln

The Nebraska track and field team came up short of winning the conference team titles with the men finishing second and the women finishing third, but the teams were able to bring four individual titles back to Lincoln.

Megan Wheatley (pentathlon), Natalie Willer (pole vault), Nicholas Gordon (long jump) and Keith Lloyd (shot put) all won the first Big 12 indoor championship of their careers in College Station, with Wheatley earning her second conference title of her career after a win in the heptathlon as last season's outdoor championships.

The two titles on the women's side mark the second straight year that the women have won two individual titles at the indoor championships, with Epley Bullock (high jump) and Sheryl Morgan (600 yards) winning titles in 2008. On the men's side, Lloyd and Gordon became the first individual winners at the indoor meet since 2006, when the men won five indoor titles.

♦Wheatley Wins Second Straight Title

Following a win at the 2008 Big 12 Outdoor Championships in the heptathlon, which marked the fourth straight title in the heptathlon for the Big Red multis, Megan Wheatley brought top honors in the indoor pentathlon back to Lincoln for the first time since 2006, when Ashley Selig won her second straight championship. Wheatley's score of 4,211 points at the indoor conference meet was a then-personal best, ranking her as the No. 3 performer all-time indoors at Nebraska, trailing Selig's score-record score of 4,336 points.

Wheatley was not alone on the award stand in College Station, as she was joined by fellow NCAA automatic-qualifier Chantae McMillan, who finished runner-up with 4,061 points, and fourth-place finisher Rachel Butler, who provisionally qualified with a personal-best score of 3,858 points.

♦Gordon Continues NU's Long Jumping Dominance

Sophomore Nicholas Gordon's victory in the long jump at the 2009 Big 12 Indoor Championships marked the seventh long jump title for the Husker men indoors, the most of any other program in the conference's 13-year history.

Gordon's winning jump of 26-1 1/2 was a then-personal best, automatically qualifying him for the NCAA Indoor Championships. Gordon's jump was also a meet record, breaking former Husker Chris Wright's 10-year old record of 26-0 at the 1998 championships.

2009 INDOOR SCHEDULE

Date	Meet	City, State	Location	Time/Result
Jan. 16-17	Holiday Inn Invitational	Lincoln, Neb.	Devaney Center Indoor Track	No Team Scoring
Jan. 24	Conference Challenge	Lincoln, Neb.	Devaney Center Indoor Track	Big 12 - 249 Mountain West - 118
	NWU Invitational	Lincoln, Neb.	Devaney Center Indoor Track	No Team Scoring
Jan. 31	adidas Classic	Lincoln, Neb.	Devaney Center Indoor Track	Women - 1st / Men - 1st
Feb. 6-7	Frank Sevigne Husker Invitational	Lincoln, Neb.	Devaney Center Indoor Track	No Team Scoring
Feb. 12-14	ISU Classic	Ames, Iowa	Lied Center	No Team Scoring
Feb. 13-14	Tyson Invitational	Fayetteville, Ark.	Randal Tyson Track Center	No Team Scoring
Feb. 20	Nebraska Tune Up	Lincoln, Neb.	Devaney Center Indoor Track	No Team Scoring
Feb. 27-28	Big 12 Indoor Championship	College State, Texas	McFerrin Athletic Center	Women - 3rd / Men - 2nd
March 7	Cyclone Last Chance	Ames, Iowa	Lied Recreation Center	No Team Scoring
	Washington Last Chance	Seattle, Wash.	Dempsey Indoor	No Team Scoring
March 13-14	NCAA Indoor Championships	College State, Texas	McFerrin Athletic Center	Women - 29th / Men - t-5th

2009 OUTDOOR SCHEDULE

Date	Meet	City, State	Location	Time/Result
March 20-21	Baldy Castillo Invitational	Tempe, Ariz.	Sun Angel Stadium, Joe Selleh Track	NTS
March 27-28	Stanford Invitational	Palo Alto, Calif.	Cobb Track at Angell Field	NTS
	Arizona State Invitational	Tempe, Ariz.	Sun Angel Stadium, Joe Selleh Track	NTS
March 28	Hastings College Bronco Relays	Hastings, Neb.	Hastings College	NTS
April 2-4	Jim Click Shootout	Tucson, Ariz.	Roy P. Drachman Stadium	1 p.m. / 1 p.m. / Noon
April 3-4	Concordia Invitational	Seward, Neb.	Bulldog Stadium	6 p.m. / 11 a.m.
April 11	Nebraska Invitational	Lincoln, Neb.	Ed Weir Stadium	11 a.m.
	UTEP Invitational	El Paso, Texas	Kidd Field	11 a.m.
April 17-18	John McDonnell Invitational	Fayetteville, Ark.	John McDonnell Field	Noon / 10 a.m.
April 22-25	Drake Relays	Des Moines, Iowa	Drake Stadium	Noon / 9:30 a.m. / 8 a.m. / 8 a.m.
April 23-25	Penn Relays	Philadelphia, Pa.	Franklin Field	9 a.m. / 8 a.m. / 6 a.m.
April 26	Nebraska Open	Lincoln, Neb.	Ed Weir Stadium	11 a.m.
May 2	Nebraska Triangular	Lincoln, Neb.	Ed Weir Stadium	Noon
May 9	Ward Haylett Invitational	Manhattan, Kan.	R.V. Christian Track Complex	11 a.m.
May 15-17	Big 12 Outdoor Championships	Lubbock, Texas	R.P. Fuller Track and Soccer Field	TBA
May 29-30	NCAA Midwest Regional	Norman, Okla.	John Jacobs T&F Complex	TBA
June 10-13	NCAA Outdoor Championships	Fayetteville, Ark.	John McDonnell Field	TBA

• ALL TIMES ARE CENTRAL AND SUBJECT TO CHANGE

Overall, the Husker jumps dominated the field as freshman Chris Phipps and senior LeRon Williams finished third and fourth, respectively, with each clearing a personal best of 25-6 1/4, with Phipps breaking the tie with a better second jump.

•Lloyd Roars Back

Senior co-captain Keith Lloyd capped the final Big 12 Indoor Championships of his career in dramatic style, winning his first Big 12 title. The Omaha, Neb., native tossed 59-4 1/4 in the men's shot put, shattering his previous best of 58-0 1/2 by nearly 16 inches.

Lloyd entered the finals with the top throw in the competition, tossing 58-5 3/4 on his first attempt of the meet. In the first round of the finals, redshirt freshman Luke Pinkelman of Iowa State took the lead with a toss of 58-8 3/4, but Lloyd came roaring back on his first final's attempt with the winning toss of 59-4 1/4. The win was the first conference title for the men in the shot since Carl Myerscough won back-to-back titles in 2003-04.

•Distance Double Threat

For the second straight year sophomore Lara Crofford scored in both the 5K and 3K at the Big 12 Indoor Championships, as she was one of three runners in the conference to achieve the feat on the women's side.

After finishing third in the 5K and eighth in the 3K at the 2008 meet, Crofford improved in both in 2009, finishing runner-up in the 5K on Friday and sixth in the 3K on Saturday. The Newville, Pa., native recorded personal-best and NCAA provisional-qualifying times in each, running a time of 16:28.84 in the 5K and a time of 9:33.37 in the 3K.

•McGruder Honored as Community Champion

On Thursday, Feb. 5, the Big 12 Conference named Nebraska track and field junior Leandra McGruder to its Winter Chick-fil-A Community of Champions team. The honor is the second of McGruder's career, as she was also named to the 2008 spring team.

A native of Jefferson City, Mo., McGruder was selected for the team based on her combination of academic success, community service and leadership/sportsmanship. One student-athlete from each of the 12 conference schools were selected, and the winter team is the second of three seasonal teams during the year, with Husker volleyball player Amanda Gates named to the fall team.

•Huskers Ink Four for 2010

Tommy Brinn – Middle Distance: Otsego High School (Otsego, Michigan)

Otsego High School product Tommy Brinn joins the Huskers as an accomplished 800-meter runner, posting a personal best of 1:51.07 at the 2008 Midwest Distance Gala in Lisle, Ill. As a junior in 2008, Brinn's time was the top prep time in Michigan, while ranking No. 22 among prep runners nationally and ranking him No. 7 in the country among returning 2009 preps.

Jordan Oddo – Pole Vault: Grace Preparatory Academy (Arlington, Texas)

Pole vaulter Jordan Oddo joins the Nebraska pole vault squad as a three-time 5A TAPPS state champion from Grace Preparatory Academy in Arlington, Texas. Oddo holds a lifetime-best vault of 12-1, ranking her No. 1 among TAPPS vaulters and No. 23 nationally in 2008. She set the all-class state meet record with a vault of 11-10 in 2008, propelling the Lions' to their first 5A state title on the women's side.

Anne Martin – Multi-Events: Waverly High School (Waverly, Nebraska)

Waverly, Neb., native Anne Martin joins the Huskers as one of the most versatile track and field athlete in the state, qualifying for the Class B state meet in four events each of the first three years she's been in the prep ranks.

Martin won her first state title in the high jump as a freshman with a leap of 5-4, also finishing fifth in the triple jump (35-1 3/4) and competing in the long jump and 400 meters. She returned as a sophomore in 2007 to win the long jump (17-10 1/2), finish second in the high jump (5-4), take third in the triple jump (36-2 1/12) and finish fifth in the 400 (1:01.27). Martin then won the All-Class gold medal and took back her state title in the high jump with the top mark during the 2008 Nebraska high school season, clearing 5-8. She also finished runner-up in the 200 meters (25.94) and triple jump (36-10 1/4), along with earning a bronze in the long jump (17-9 1/2).

Annie Jackson – Throws: Tekamah, Neb. (Tekamah-Herman HS)

Annie Jackson enters her 2009 senior season at Tekamah-Herman High School as the defending Nebraska Class C state shot put champion, posting a school-record throw of 43-7 1/2 at the 2008 state meet. Jackson also holds the school record in the discus with a toss of 134-3 and is the most decorated women's track and field athlete in school history with four state medals.

THE LAST TIME A HUSKER OUTDOORS...

won a men's individual national title: 2006 - Artus Abolins (Long Jump)

won a women's individual national title: 2006 - Dace Ruskule (Discus)

won a men's team national title: Never

won a women's team national title: Never

men's team finished in the top-five at nationals: 2003 (5th)

women's team finished in the top-five at nationals: 2006 (t-4th)

men's team finished in the top-10 at nationals: 2003 (5th)

women's team finished in the top-10 at nationals: 2006 (t-4th)

men's team finished in the top-25 at nationals: 2006 (14th)

women's team finished in the top-25 at nationals: 2006 (t-4th)

earned All-America honors on the men's side: 2008 - Lukas Hulett (400m) & Dusty Jonas (High Jump)

earned All-America honors on the women's side: 2008 - Kayla Wilkinson (Javelin)

won a men's individual Big 12 championship: 2008 - Dusty Jonas (High Jump)

won a women's individual Big 12 championship: Kim Shubert (High Jump), Kayla Wilkinson (Javelin), Megan Wheatley (Heptathlon)

won a men's Big 12 team title: 2004 (also won in 1998, 2000, 2002)

won a women's Big 12 team title: 2005 (also won in 2000)

set a school record on the men's side: 2008 - Dusty Jonas (High Jump: 7-8 3/4)

set a school record on the women's side: 2008 - Kayla Wilkinson (Javelin: 182-10)

2009 NCAA REGIONAL QUALIFYING STANDARDS

WOMEN		Altitude Adjustment	
Running Events	FAT	MT	3K-5,999/6K*
100 Meters	11.75	--	+0.03/+0.07
200 Meters	23.96	--	+0.07/+0.14
400 Meters	54.61	54.3	+0.11/+0.21
800 Meters#	2:09.80	2:09.5	
1,500 Meters#	4:27.80	4:27.5	
Mile#	4:49.30	4:49.0	
3,000-Meter SC#	10:50.25	10:50.0	
5,000 Meters#	16:52.00	16:51.7	
100 Hurdles	13.92	--	+0.04/+0.08
400 Hurdles	1:00.82	1:00.5	+0.11/+0.21
400-Meter Relay	1:00.82	1:00.5	+0.12/+0.28
440-Yard Relay	45.70	45.4	+0.12/+0.28
1,600-Meter Relay	3:42.00	3:41.7	+0.44/+0.84
Mile Relay	3:43.30	3:43.0	+0.44/+0.84
Field Events	Metric	Imperial	
High Jump	1.75	5-8 3/4	
Pole Vault	3.85	12-7 1/2	
Long Jump	6.00	19-8 1/4	
Triple Jump	12.32	40-5	
Shot Put	14.30	46-11	
Discus	47.30	155-2	
Javelin	43.45	142-6	
Hammer	54.15	177-8	

MEN		Altitude Adjustment	
Running Events	FAT	MT	3K-5,999/6K*
100 Meters	10.55	--	+0.03/+0.06
200 Meters	21.35	--	+0.07/+0.12
400 Meters	47.20	46.9	+0.11/+0.21
800 Meters#	1:50.40	1:50.1	
1,500 Meters#	3:47.80	3:47.5	
Mile#	4:06.00	4:05.7	
3,000-Meter SC#	9:07.00	9:06.7	
5,000 Meters#	14:12.00	14:11.7	
110 Hurdles	14.30	--	+0.04/+0.08
400 Hurdles	52.51	52.2	+0.11/+0.21
400-Meter Relay	40.66	40.4	+0.12/+0.24
440-Yard Relay	40.86	40.6	+0.12/+0.24
1,600-Meter Relay	3:10.00	3:09.7	+0.44/+0.84
Mile Relay	3:11.10	3:10.8	+0.44/+0.84
Field Events	Metric	Imperial	
High Jump	2.10	6-10 3/4	
Pole Vault	5.05	16-6 3/4	
Long Jump	7.34	24-1	
Triple Jump	15.00	49-2 1/2	
Shot Put	16.80	55-1 1/2	
Discus	51.70	169-7	
Javelin	61.60	202-1	
Hammer	56.80	186-4	

2009 NCAA CHAMPIONSHIP QUALIFYING STANDARDS

WOMEN	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000 Meters#	33:30.00	33:29.7	35:00.00	34:59.7
Heptathlon	5,500 points		5,050 points	
MEN	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000 Meters#	28:45.00	28:44.7	29:30.00	29:29.7
Decathlon	7,500 points		6,900 points	

- altitude adjustment available by location



USTFCCCA NCAA Division I Team Rankings

as of 3/30/2009 10:25:22 PM

2009 Outdoor, Preseason**Women**

Current	Change	Last	School	This Week Total	Week Change
1			Texas A&M	357.91	
2			Virginia Tech	249.54	
3			Oregon	235.31	
4			Tennessee	196.53	
5			Penn State	193.94	
6			LSU	192.30	
7			Southern California	191.16	
8			UCLA	180.63	
9			Arizona State	178.52	
10			Michigan	143.72	
11			Florida	140.97	
12			Minnesota	140.55	
13			Auburn	140.42	
14			Texas	133.65	
15			Oklahoma	125.40	
16			Miami (Fla.)	124.47	
17			South Carolina	123.44	
18			Texas Tech	122.27	
19			Arkansas	118.60	
20			Baylor	114.10	
21			TCU	102.36	
22			Arizona	101.95	
23			North Carolina	100.19	
24			Louisville	98.33	
25			Nebraska	93.93	



USTFCCCA NCAA Division I Team Rankings

as of 3/30/2009 10:25:22 PM

2009 Outdoor, Preseason

Men					
Current	Change	Last	School	This Week Total	Week Change
1			Texas A&M	296.45	
2			Arkansas	276.15	
3			Oregon	258.79	
4			Florida State	196.84	
5			LSU	187.85	
6			Kentucky	171.39	
7			Texas	167.93	
8			Florida	162.53	
9			Tennessee	161.93	
10			Baylor	160.17	
11			Nebraska	158.10	
12			Georgia	153.05	
13			UCLA	152.93	
14			South Carolina	150.08	
15			Washington	131.28	
16			Arizona State	121.69	
17			Washington State	114.71	
18			Northern Iowa	113.41	
19			Southern California	99.84	
20			Texas Tech	99.81	
21			California	98.19	
22			Boise State	94.57	
23			Purdue	92.98	
24			Louisville	92.12	
25			BYU	84.56	

11/19/2008

2009 Jim Click Shootout

TIME SCHEDULE

THROWING EVENTS

10:00AM	HAMMER	(WOMEN)
	HAMMER (to follow)	(MEN)
12:00PM	JAVELIN	(WOMEN)
	JAVELIN (to follow)	(MEN)
12:45PM	SHOT PUT	(WOMEN)
	SHOT PUT (to follow)	(MEN)
2:30PM	DISCUS	(WOMEN)
	DISCUS (to follow)	(MEN)

JUMPING EVENTS

11:30AM	POLE VAULT	(WOMEN)
12:00PM	LONG JUMP	(WOMEN)
12:00PM	LONG JUMP	(MEN)
1:00PM	HIGH JUMP	(WOMEN)
1:30PM	POLE VAULT	(MEN)
2:00PM	TRIPLE JUMP	(WOMEN)
2:00PM	TRIPLE JUMP	(MEN)
2:30PM	HIGH JUMP	(MEN)

RUNNING EVENTS

12:30PM	3000 METER STEEPLE	(WOMEN)
12:45PM	3000 METER STEEPLE	(MEN)
1:00PM	4 x 100 METER RELAY	(WOMEN)
1:07PM	4 x 100 METER RELAY	(MEN)
1:15PM	1500 METER RUN	(WOMEN)
1:25PM	1500 METER RUN	(MEN)
1:35PM	100 METER HIGH HURDLES	(WOMEN)
1:45PM	110 METER HIGH HURDLES	(MEN)
1:55PM	400 METER DASH	(WOMEN)
2:02PM	400 METER DASH	(MEN)
2:10PM	100 METER DASH	(WOMEN)
2:17PM	100 METER DASH	(MEN)
2:25PM	800 METER RUN	(WOMEN)
2:32PM	800 METER RUN	(MEN)
2:40PM	400 METER LOW HURDLES	(WOMEN)
2:50PM	400 METER IM HURDLES	(MEN)
3:00PM	200 METER DASH	(WOMEN)
3:07PM	200 METER DASH	(MEN)
3:15PM	3000 METER RUN	(WOMEN)
3:30PM	3000 METER RUN	(MEN)
3:45PM	4 x 400 METER RELAY	(WOMEN)
3:55PM	4 x 400 METER RELAY	(MEN)

Concordia University Invitational - 2009

Friday & Saturday April 3 & 4, 2009

Tentative MEET SCHEDULE

Friday April 3

6:00 pm	5k, 3k Racewalk	M & W	exhibition (no judges)
6:30 pm	10k	Women	
7:20 pm	10k	Men	

Saturday April 4

FIELD EVENTS

11:00 am	Hammer	Women	Followed by Hammer Men
11:00	Discus	Men	Followed by Discus Women
11:30	Long Jump	Women	Followed by Triple Jump Women
11:30	Long Jump	Men	Followed by Triple Jump Men
12:30 pm	Pole vault	Women	Followed by Pole vault Men
12:30	High Jump	Women	Followed by High Jump Men
3:00	Javelin	Men	Followed by Javelin Women
3:15	Shot Put	Men	will start approx. 20 minutes after completion of the men's hammer. Women's Shot Put will follow the men's Shot Put

Running Events –Rolling Schedule

noon	100 Hurdles	Women	(Prelim)
12:15	110 Hurdles	Men	(Prelim)
12:25	100	Women	(Prelim)
12:40	100	Men	(Prelim)
1:00	1500	Women	
1:10	1500	Men	
1:25	4 x 100 Relay	Women	
1:30	4 x 100 Relay	Men	
1:40	3000 Steeple	Women	
2:00	3000 Steeple	Men	
2:15	400	Women	
2:30	400	Men	
2:45	100 Hurdles	Women	(Final)
2:50	110 Hurdles	Men	(Final)
3:00	100	Women	(Final)
3:05	100	Men	(Final)
3:10	800	Women	
3:20	800	Men	
3:45	400 Hurdles	Women	
3:55	400 Hurdles	Men	
4:10	200	Women	
4:20	200	Men	
4:35	5000	Women	
5:00	5,000	Men	
5:25	4 x 400	Women	
5:30	4 x 400	Men	

2009 WOMEN'S ROSTER

Name	Event	Year (Indoor / Outdoor)	Hometown (High School / Previous School)
Birtles, Rachel *	Pole Vault	So.	Perth, Australia (Carine Senior)
Bullock, Epley **	Jumps	Jr.	Allen, Texas (Allen)
Bussel, Breanna	Pole Vault	RFr.	Jefferson City, Mo. (Jefferson City)
Butler, Rachel *	Multi-Events	So.	Mechanicsville, Va. (Lee-Davis)
Callahan, Natalja ***	Distance	Sr.	Valmiera, Latvia (Pargauja Gymnasium)
Carrizales, Rachel **	Distance	Jr. / Sr.	Morrill, Neb. (Morrill)
Crofford, Lara *	Distance	So.	Newville, Pa. (Big Spring)
Dalton, Joslyn ***	Distance	Sr.	Fremont, Neb. (Fremont)
Dinsdale, Blaire	Middle Distance	Fr.	Traer, Iowa (North Tama)
Dinsdale, Brooke	Middle Distance	Fr.	Traer, Iowa (North Tama)
Eades, Nikita **	Hurdles	Jr.	Aurora, Colo. (Littleton)
Erega, Arna *	Hurdles	So.	Rijeka, Croatia (Grammar School of Rijeka)
Fluitt, Michelle	Distance	Fr.	Lincoln, Neb. (East)
Furlan, Jessica	Distance	Fr.	Regina, Saskatchewan, Canada (Dr. Martin Leboldus)
Goldstein, Ari ***	Distance	Jr.	Soldotna, Alaska (Soldotna)
Grizzle, Roxi	Javelin	Fr.	DeSoto, Kan. (Tonganoxie)
Hamik, Erica	Distance	Fr.	Kearney, Neb. (Catholic)
Hannon, Erin **	Jumps	Jr.	Bradford, Pa. (Bradford Area)
Higgins, Suzanne	Hurdles	Fr.	Grand Island, Neb. (Grand Island)
Hodson, Jade	Throws	RFr.	Hastings, Neb. (Adams Central)
Jiskra, Cami	Pole Vault	RFr.	Lincoln, Neb. (North Star)
Kalu, Chi ***	Sprints	Sr.	Zaria, Nigeria (Chengelo Secondary, Mkuski, Zambia)
Kelly, Katie	Distance	RFr.	Omaha, Neb. (Marian)
Korshoj, Tara	Jumps	Fr.	Omaha, Neb. (Millard West)
Kreikemeier, Lynsey *	Middle Distance	So.	Bellwood, Neb. (David City Aquinas)
LaCour, Karyn *	Hurdles	So.	Humble, Texas (Humble)
Latsch, Amanda *	Throws	So.	Lincoln, Neb. (East)
Maher, Lindsey **	Pole Vault	Jr.	Utica, Neb. (Centennial)
Marsh, Elizabeth *	Distance	Jr.	Wichita, Kan. (East)
McGruder, Leandra **	Jumps	Jr.	Jefferson City, Mo. (Jefferson City)
McMillan, Chantae **	Multi-Events	So. / Jr.	Rolla, Mo. (Rolla)
Menghia, Lorena	High Jump	Fr. / So.	Iasi, Romania (Athletic / Jacksonville State)
Meyer, Nandi	Middle Distance	Fr.	Kempton Park, Guateng, South Africa, South Africa
Miller, Ashley	Distance	RFr.	Tipton, Iowa (Tipton)
Miller, Betsy ***	Distance	Sr.	Lodgepole, Neb. (Lodgepole)
Minnick, Lisa *	Throws	Jr.	Cambridge, Neb. (Cambridge)
Musil, Samantha	Throws	So.	DuBois, Neb. (Pawnee City / Georgia Tech)
Pancoast, Jen ***	Distance	Sr. / Jr.	Cape Girardeau, Mo. (Central)
Sharp, Kacie ***	Throws	Sr.	Plattsmouth, Neb. (Plattsmouth)
Suluki-Drakes, Zarinah ***	Jumps	Sr.	Orlando, Fla. (Colonial)
Svane, Audrey *	Jumps	So.	Tioqa, Texas (Pilot Point)
Ubel, Kayla *	Middle Distance	So.	Overland Park, Kan. (Blue Valley West)
Vierregger, Alyssa *	Sprints	So.	Springfield, Neb. (Platteview)
Webers, Jen *	Distance	So.	Conifer, Colo. (Conifer)
Wheatley, Megan **	Multi-Events	Jr. / So.	Perth, Australia (Penrhos College)
White, Katie	Distance	Fr.	Broken Bow, Neb. (Broken Bow)
Wilken, Morgan	Throws	Fr.	Crofton, Neb. (Crofton)
Willer, Natalie *	Pole Vault	So.	Elkhorn, Neb. (Elkhorn)
Zimmerman, Victoria	Throws	RFr.	Arlington Heights, Ill. (John Hersey)

* = letters won

Pronunciation Guide

Rachel Carrizales.....	(Car-ri-SAL-es)	Nandi Meyer.....	(NAHN-dee)
Nikita Eades	(EEDS)	Samantha Musil.....	(Muscle)
Arna Erega.....	(ARE-nah AIR-reg-a)	Zarinah Suluki-Drakes.....	(zar-REE-nah SUH-LOO-kee)
Michelle Fluitt	(FLU-it)	Audrey Svane	(SV-ane)
Cami Jiskra	(E-skra)	Kayla Ubel.....	(U-bell)
Chi Kalu	(CHEE KAH-loo)	Alyssa Vierregger.....	(VAR-eh-gur)
Tara Korshoj.....	(Tear-UH CORE-shaw)	Megan Wheatley.....	(MEE-gun)
Lynsey Kreikemeier	(CRACK-meyer)	Natalja Callahan.....	(nah-TAL-yuh)
Lindsey Maher	(mah-HER)		
Lorena Menghia.....	(Laur-AIN-UH Men-GEE-uh)		

2009 MEN'S ROSTER

Name	Event	Year (Indoor / Outdoor)	Hometown (High School / Previous School)
Adams, David *	Distance	So.	York, Neb. (York)
Adams, Jesse	Distance	Fr.	Ogallala, Neb. (Ogallala)
Babcock, Rob	Pole Vault	RFr.	Lincoln, Neb. (Southeast)
Barrefors, Björn	Multi-Events	Fr.	Skara, Sweden (Teknikum)
Blue, Anthony	Sprints	So. / RFr.	Cedar Hill, Texas (Cedar Hill)
Bradford, Derrell	Multi-Events	RFr.	Omaha, Neb. (Northwest)
Braman, Austin *	Javelin	So.	Buffalo, Kan. (Chanute)
Brandt, Aaron	Hurdles	So.	Wahoo, Neb. (Bishop Neumann / Creighton)
Brown, Chris *	Throws	So.	Cedar Creek, Neb. (Louisville)
Burke, Patrick ***	Multi-Events	Sr.	Bellevue, Neb. (West)
Burney, Seth **	Pole Vault	Jr. / So.	Beatrice, Neb. (Beatrice)
Christensen, Dan **	Sprints	Jr.	Omaha, Neb. (Millard West)
Conahan, Matt *	Distance	So. / RFr.	Omaha, Neb. (Millard North)
Custer, Kyle **	Distance	Jr.	Cambridge, Neb. (Cambridge)
Dailey, Adam *	Hurdles	So.	Wahoo, Neb. (Bishop Neumann)
Danns, Dax **	Sprints	Jr.	Lemon Grove, Calif. (Helix)
Dapo, Dani	Middle Distance	Fr.	Omaha, Neb. (Westside)
Doering, Brad *	Distance	RFr. / So.	Yuba City, Calif. (Yuba City)
Engel, Aaron	Sprints	Fr.	Centennial, Colo. (Smoky Hill)
Ervin, Dale	Sprints	Fr.	Omaha, Neb. (Burke)
Falcon, Peter	Distance	So. / RFr.	Bellevue, Neb. (West)
Fourie, Lehann *	Hurdles	So. / Jr.	Pretoria, South Africa (Afrikaans / North-West University)
Franssen, Luke	Pole Vault	RFr.	Lincoln, Neb. (Lincoln High)
Giesselmann, Matthew	Throws	RFr.	Fremont, Neb. (Fremont)
Gooden, Brett	Middle Distance	RFr.	Imperial, Neb. (Chase County)
Gordon, Nicholas *	Jumps	So.	Kingston, Jamaica (Calabar)
Gulizia, Todd *	Distance	So. / RFr.	Omaha, Neb. (Millard South)
Haase, Sam *	Jumps	So.	Norfolk, Neb. (Catholic / Wayne State College)
Hamilton, Paul *	Jumps	So.	Sidney, Neb. (Sidney)
Hitchler, Tyler	Throws	RFr.	Fremont, Neb. (Fremont)
Holoch, Zac **	Pole Vault	Sr.	York, Neb. (York)
Hulett, Lukas **	Sprints	Jr.	Bellevue, Neb. (East)
Ingram, Cole	Throws	Fr.	Lincoln, Neb. (Southwest)
Jordan, Trey *	Throws	Jr.	Troy, Texas (Troy / TCU)
Jorgenson, Scott *	Jumps	So. / RFr.	Brookings, S.D. (Brookings)
Lloyd, Keith ***	Throws	Sr.	Omaha, Neb. (Millard North / Boise State)
Love, Jon	Hurdles	Fr.	Norfolk, Neb. (Catholic)
Luebbe, Ethan **	Distance	Jr. / So.	Waco, Neb. (Centennial)
Lund, Eric *	Hurdles	So.	Milford, Neb. (Milford)
Makukutu, Nick **	Hurdles	Jr. / So.	Houston, Texas (Marshall)
McClure, Kellen	Jumps	RFr.	Wisner, Neb. (Wisner-Pilger)
Mitteis, Adam	Distance	Fr.	Plattsmouth, Neb. (Plattsmouth)
Nuttelman, Chris **	Jumps	Jr.	Kearney, Neb. (Kearney)
Oberle, Anthony *	Distance	So.	Sioux City, Iowa (Bishop Heelan)
Ottun, John **	Jumps	So.	Fremont, Neb. (Fremont)
Parr, Brian **	Distance	Jr.	Fremont, Neb. (Fremont)
Pattinson, Daron	Sprints	Fr.	Scottsbluff, Neb. (Scottsbluff)
Petersen, Eric **	Throws	Jr.	Rapid City, S.D. (Stevens)
Petrocchi, Ryan *	Javelin	Jr.	Ralston, Neb. (Ralston)
Phipps, Christopher	Jumps	Fr.	Patterson, N.J. (Lodi)
Polacek, Nate	Pole Vault	Fr.	Kearney, Neb. (Kearney)
Reising, Skyler ***	Multi-Events	Sr.	Lincoln, Neb. (Northeast)
Rewaka, Blaise *	Middle Distance	So.	Ardley, N.Y. (Iona Prep)
Ronhovde, Jon	Distance	Fr.	Fremont, Neb. (Fremont)
Ross, Jamelle	Sprints	RFr.	Mullica Hill, N.J. (Clearview Regional)
Ross, Tyrell **	Hurdles	Jr.	Mullica Hill, N.J. (Clearview Regional)
Ryder, Jamie **	Hurdles	Jr. / So.	London, Ontario, Canada (Sir Frederick Banting)
Schilling, Matthew	Middle Distance	RFr.	Omaha, Neb. (Millard West)
Schutter, David *	Javelin	Jr.	Larned, Kan. (Great Bend / Kansas)
Sheppard, Brandon *	Jumps	So.	Danville, Calif. (San Ramon Valley)
Shipp, Matthew	Middle Distance	Fr.	Bertrand, Neb. (Bertrand)
Siegel, Sam	Throws	RFr.	Lincoln, Neb. (Southwest)
Simmons, Cylend *	Hurdles	So.	Mesa, Ariz. (Westwood)
Simon, Zachary	Sprints	Fr.	Lincoln, Neb. (Pius X)
Somer, Bryce	Distance	Jr.	Yankton, S.D. (Yankton)
Suckstorf, Brett	Throws	Sr. / Jr.	Pierce, Neb. (Pierce / Wayne State College)
Sutterfield, Erik	Pole Vault	Fr.	Highland Ranch, Colo. (Rock Canyon)
Thies, Eric	Distance	So.	Arlington, Minn. (Sibley East)
Thomas, Mikel *	Distance	So.	Clovis, Calif. (Clovis)
Thornton, Kirkland	Hurdles	Sr.	South Holland, Ill. (Thornwood / Eastern Illinois)
Throener, Tyler	Hurdles	RFr.	Norfolk, Neb. (Catholic)
Walford, Teran	Multi-Events	RFr.	York, Neb. (York)
Wasem, Carter	Throws	RFr.	Aurora, Neb. (Aurora)
Williams, LeRon ***	Jumps	Sr.	Omaha, Neb. (Central)
Wims, Scott **	Sprints	Jr.	Fort Wayne, Ind. (Northrop)
Wolkins, Adam	Javelin	Jr.	Selburne, Nova Scotia, Canada (Regional / Cowley CC)

* = letters won

Pronunciation Guide

Björn Barrefors.....(Bih-yurn Bar-eh-FORSH)	Ethan Luebbe.....(LEW-bee)	Jon Ronhovde.....(Ron-huv-dee)
Dani Dapo.....(Johnny JAP-o)	Nick Makukutu.....(MAH-KOO-kuh-too)	David Schutter.....(Skutter)
Lukas Hulett.....(HUE-let)	Adam Mitteis.....(MET-us)	Cylend Simmons.....(SY-lynn)
Lehann Fourie.....(Lee-HON FOUR-ee)	John Ottun.....(AH-ten)	Bryce Somer.....(Summer)
Matthew Giesselman.....(GEE-sel-man)	Ryan Petrocchi.....(Pe-TROACH-ee)	Mikel Thomas.....(Michael)
Todd Gulizia.....(GUH-lizt-EE-uh)	Nate Polacek.....(PAH-lah-CHECK)	Tyler Throener.....(Trainer)
Sam Haase.....(HAH-zee)	Skyler Reising.....(RY-zing)	Carter Wasem.....(Wah-SUM)
Zac Holoch.....(HALL-uck)	Blaise Rewaka.....(BLAZE Reh-WALK-uh)	LeRon Williams.....(LEE-ron)

2009 Women's Outdoor Performance List

Event	Performance	Wind	Meet	Date	Outdoor PR	Date
200-Meter Dash:						
1. Rachel Butler	26.00	0.0	Arizona State Invitational	3/28	24.82	4/13/07
800-Meter Run:						
1. Blaire Dinsdale	2:11.23	--	Stanford Invitational	3/28	2:07.39	6/26/06
2. Brooke Dinsdale	2:17.16	--	Stanford Invitational	3/28	2:08.52	8/2/06
1,500-Meter Run:						
1. Natalja Callahan	4:27.01@	--	Stanford Invitational	3/27	4:18.63	5/31/08
2. Jen Pancoast	4:30.51	--	Stanford Invitational	3/27	4:29.45	4/18/08
3. Ashley Miller	4:33.58*	--	Stanford Invitational	3/27	Same	3/27/09
10,000-Meter Run:						
1. Lara Crofford	34:07.55%	--	Stanford Invitational	3/27	33:56.46	4/5/08
2. Ari Goldstein	36:21.53*	--	Stanford Invitational	3/27	Same	3/27/09
100-Meter Hurdles:						
1. Rachel Butler	14.72	+0.5	Arizona State Invitational	3/28	14.36	4/28/07
3,000-Meter Steeplechase:						
1. Rachel Carrizales	10:09.96*@	--	Stanford Invitational	3/27	Same	3/27/09
2. Joslyn Dalton	10:37.75@	--	Stanford Invitational	3/27	10:35.12	5/26/07
3. Jessica Furlan	10:48.39@	--	Stanford Invitational	3/27	10:16.32	7/10/08
Pole Vault:						
t-1. Breanna Bussel	11-7 3/4 (3.55)	--	Arizona State Invitational	3/28	12-1 1/2 (3.70)	4/27 & 5/10/08
t-1. Lindsey Maher	11-7 3/4 (3.55)	--	Arizona State Invitational	3/28	12-7 1/2 (3.85)	4/19/08
Shot Put:						
1. Kacie Sharp	47-5 (15.39)*@	--	Stanford Invitational	3/27	Same	3/27/09
2. Amanda Latsch	47-5 (14.45)@	--	Stanford Invitational	3/27	49-2 1/2 (15.00)A	5/17/08
3. Jade Hodson	43-11 3/4 (13.40)*	--	Stanford Invitational	3/27	Same	3/27/09
4. Megan Wheatley	40-8 1/4 (12.40)	--	Arizona State Invitational	3/28	43-5 1/4 (13.24)A	5/16/08
5. Chantae McMillan	40-4 1/4 (12.30)*	--	Arizona State Invitational	3/28	Same	3/28/09
Discus:						
1. Samantha Musil	148-10 (45.37)	--	Stanford Invitational	3/28	167-5 (51.02)	6/6/07
2. Amanda Latsch	131-5 (40.07)	--	Stanford Invitational	3/28	156-6 (47.70)	4/12/08
3. Kacie Sharp	110-11 (33.81)	--	Stanford Invitational	3/28	155-8 (47.44)	4/12/08
Hammer Throw:						
1. Lisa Minnick	177-0 (53.94)*	--	Stanford Invitational	3/28	Same	3/28/09
2. Jade Hodson	159-3 (48.54)*	--	Stanford Invitational	3/28	Same	3/28/09
3. Samantha Musil	159-1 (48.50)	--	Stanford Invitational	3/28	159-3 (48.53)	5/10/08
4. Victoria Zimmerman	151-0 (46.02)*	--	Stanford Invitational	3/28	Same	3/28/09
Javelin:						
1. Chantae McMillan	122-1 (37.21)	--	Arizona State Invitational	3/28	136-6 (41.60)A	5/17/08
2. Roxie Grizzle	121-10 (37.13)	--	Stanford Invitational	3/27	170-3 (51.89)	6/20/08
3. Megan Wheatley	113-2 (34.49)	--	Arizona State Invitational	3/28	120-0 (36.59)	1/15/06

KEY
 * - Personal Best
 # - School Record
 ! - All-Time Big 12 Best
 @ - Regional qualifying mark
 % - Automatic qualifying mark
 † - Provisional qualifying mark
 A - Altitude (1,000m or higher)
 P - Preliminaries
 S - Semi-Finals

2009 Men's Outdoor Performance List

Event	Performance	Wind	Meet	Date	Outdoor PR	Date
200-Meter Dash:						
1. Kirkland Thornton	21.68*	0.0	Baldy Castillo Invitational	3/21	Same	3/21/09
2. Lehann Fourie	21.86*	-0.3	Baldy Castillo Invitational	3/21	Same	3/21/09
800-Meter Run:						
1. Matt Conahan	1:55.81*	--	Stanford Invitational	3/28	Same	3/28/09
1,500-Meter Run:						
1. Kyle Custer	3:47.82*	--	Stanford Invitational	3/27	Same	3/27/09
2. Matt Conahan	4:10.75	--	Stanford invitational	3/27	4:06.95	7/3/05
5,000-Meter Run:						
1. Todd Gulizia	14:52.84*	--	Stanford Invitational	3/27	Same	3/27/09
10,000-Meter Run:						
1. Anthony Oberle	32:09.80	--	Hastings Bronco Relays	3/28	31:40.52	4/24/08
2. Eric Thies	33:55.79	--	Hastings Bronco Relays	3/28	32:52.61	4/17/08
3. Bryce Somer	34:16.61	--	Hastings Bronco Relays	3/28	32:59.27	4/17/08
110-Meter Hurdles:						
1. Lehann Fourie	13.84* [@]	+1.2	Baldy Castillo Invitational	3/21	Same	3/21/09
2. Kirkland Thornton	13.94* [@]	+1.2	Baldy Castillo Invitational	3/21	Same	3/21/09
3. Tyrell Ross	14.09 [@]	+1.2	Baldy Castillo Invitational	3/21	13.87p	5/30/08
4. Eric Lund	14.18* [@]	+1.2	Baldy Castillo Invitational	3/21	Same	3/21/09
5. Derrell Bradford	15.91*	-0.5	Arizona State Invitational	3/28	Same	3/28/09
400-Meter Hurdles:						
1. Eric Lund	52.23 [@]	--	Baldy Castillo Invitational	3/21	51.52pA	5/17/08
2. Tyrell Ross	52.24* [@]	--	Baldy Castillo Invitational	3/21	Same	3/21/09
3. Nick Makukutu	52.36 [@]	--	Baldy Castillo Invitational	3/21	52.25	5/5/07
4. Cylend Simmons	52.84	--	Baldy Castillo Invitational	3/21	52.12	5/5/07
3,000-Meter Steeplechase:						
1. David Adams	8:48.10* [@]	--	Stanford Invitational	3/27	Same	3/27/09
2. Brian Parr	9:21.19	--	Stanford Invitational	3/27	8:56.86	4/26/08
Pole Vault:						
1. Luke Franssen	15-11 (4.85)*	--	Arizona State Invitational	3/28	Same	3/28/09
2. Nate Polacek	15-5 (4.70)	--	Arizona State Invitational	3/28	16-0 (4.87)	4/14/08
Shot Put:						
1. Keith Lloyd	55-4 1/4 (16.87) [@]	--	Stanford Invitational	3/27	61-5 (18.72)	5/30/08
2. Trey Jordan	54-10 1/4 (16.72)	--	Stanford Invitational	3/27	55-4 3/4 (16.88)	4/5/08
3. Sam Seigel	50-6 1/4 (15.40)*	--	Stanford Invitational	3/27	Same	3/27/09
4. Tyler Hitchler	48-3 1/2 (14.72)*	--	Stanford Invitational	3/27	Same	3/27/09
5. Skyler Reising	47-3 (14.40)	--	Arizona State Invitational	3/28	47-6 1/4 (14.48)	4/3/08
6. Björn Barrefors	46-6 1/4 (14.18)*	--	Arizona State Invitational	3/28	Same	3/28/09
Discus:						
1. Tyler Hitchler	170-10 (52.06)* [@]	--	Stanford Invitational	3/27	Same	3/27/09
2. Skyler Reising	161-2 (49.13)*	--	Arizona State Invitational	3/28	Same	3/28/09
3. Chris Brown	154-9 (47.16)*	--	Stanford Invitational	3/27	Same	3/27/09
4. Brett Suckstorf	151-7 (46.21)*	--	Stanford Invitational	3/27	Same	3/27/09
5. Björn Barrefors	134-3 (40.92)*	--	Arizona State Invitational	3/28	Same	3/28/09
6. Derrell Bradford	114-6 (34.91)*	--	Arizona State Invitational	3/28	Same	3/28/09
Hammer Throw:						
1. Keith Lloyd	187-11 (57.27) [@]	--	Stanford Invitational	3/28	207-5 (63.23)	5/31/08
2. Eric Petersen	184-4 (56.18)	--	Stanford Invitational	3/28	184-10 (56.35)	5/10/08
3. Matt Giesselmann	172-0 (52.44)*	--	Stanford Invitational	3/28	Same	3/28/09
4. Carter Wasem	171-1 (52.16)	--	Stanford Invitational	3/28	171-11 (52.40)	4/24/08
5. Brett Suckstorf	168-4 (51.31)	--	Stanford Invitational	3/28	186-6 (56.86)	4/14/08
Javelin:						
1. Ryan Petrocchi	195-1 (59.46)	--	Stanford Invitational	3/27	199-0 (60.67)	5/10/08
2. Dave Schutter	176-4 (53.74)	--	Stanford invitational	3/27	184-11 (56.36)	4/27/08
3. Austin Braman	173-0 (52.73)	--	Stanford Invitational	3/27	224-1 (68.30)	4/5/08
4. Skyler Reising	155-2 (47.30)	--	Arizona State Invitational	3/28	167-8 (51.12)	4/27/08

KEY
 * - Personal Best
 # - School Record
 ! - All-Time Big 12 Best
 @ - Regional qualifying mark
 % - Automatic qualifying mark
 † - Provisional qualifying mark
 A - Altitude (1,000m or higher)
 P - Preliminaries
 S - Semi-Finals



2009 Women's Outdoor Meet-by-Meet Progression Chart

KEY
 @ - regional mark | % - provisional mark | * - automatic mark | p - prelims | s - semis | c - consolation final

Breanna Bussel		
Pole Vault		
11-7 3/4 (3.55)	3/28 [Arizona State Invitational]	12th
Rachel Butler		
200-Meter Dash		
26.00	3/28 [Arizona State Invitational]	20th
100-Meter Hurdles		
14.72	3/28 [Arizona State Invitational]	3rd
Natalja Callahan		
1,500-Meter Run		
4:27.01@	3/27 [Stanford Invitational]	Sec. 1 - 8th
Rachel Carrizales		
3,000-Meter SC		
10:09.69@	3/27 [Stanford Invitational]	Sec. 1 - 5th
Lara Crofford		
10,000-Meter Run		
34:07.55%	3/27 [Stanford Invitational]	Sec. 1 - 11th
Joslyn Dalton		
3,000-Meter SC		
10:37.75@	3/27 [Stanford Invitational]	Sec. 2 - 3rd
Blaire Dinsdale		
800-Meter Run		
2:11.23	3/28 [Stanford Invitational]	17th
Brooke Dinsdale		
800-Meter Run		
2:17.16	3/28 [Stanford Invitational]	44th
Jessica Furlan		
3,000-Meter SC		
10:48.39@	3/27 [Stanford Invitational]	Sec. 1 - 17th
Ari Goldstein		
10,000-Meter Run		
36:21.53	3/27 [Stanford Invitational]	Sec. 2 - 16th
Roxie Grizzle		
Javelin		
121-10 (37.13)	3/27 [Stanford Invitational]	Invite - 12th
Jade Hodson		
Shot Put		
43-11 3/4 (13.40)	3/27 [Stanford Invitational]	Invite - 7th
Hammer Throw		
159-3 (48.54)	3/28 [Stanford Invitational]	2nd
Amanda Latsch		
Shot Put		
47-5 (14.45)	3/27 [Stanford Invitational]	Invite - 6th
Discus		
131-5 (40.07)	3/28 [Stanford Invitational]	Invite - 10th
Lindsey Maher		
Pole Vault		
11-7 3/4 (3.55)	3/28 [Arizona State Invitational]	14th
Chantae McMillan		
Shot Put		
40-4 1/4 (12.30)	3/28 [Arizona State Invitational]	21st
Javelin		
122-1 (37.21)	3/28 [Arizona State Invitational]	13th
Ashley Miller		
1,500-Meter Run		
4:33.58	3/27 [Stanford Invitational]	Sec. 5 - 2nd

Lisa Minnick		
Hammer Throw		
177-0 (53.94)	3/28 [Stanford Invitational]	Invite - 5th
Samantha Musil		
Discus		
148-10 (45.37)	3/28 [Stanford Invitational]	Invite - 9th
Hammer Throw		
159-1 (48.50)	3/28 [Stanford Invitational]	3rd
Jen Pancoast		
1,500-Meter Run		
4:30.51	3/27 [Stanford Invitational]	Sec. 3 - 5th
Kacie Sharp		
Shot Put		
50-6 (15.39)@	3/27 [Stanford Invitational]	Invite - 2nd
Discus		
110-11 (33.81)	3/28 [Stanford Invitational]	Invite - 13th
Megan Wheatley		
Shot Put		
40-8 1/4 (12.40)	3/28 [Arizona State Invitational]	20th
Javelin		
113-2 (34.49)	3/28 [Arizona State Invitational]	17th
Victoria Zimmerman		
Hammer Throw		
151-0 (46.02)	3/28 [Stanford Invitational]	5th

2009 Men's Outdoor Meet-by-Meet Progression Chart

KEY
 @ - regional mark | % - provisional mark | * - automatic mark | p - prelims | s - semis | c - consolation final

David Adams		
3,000-Meter SC 8:48.10@	3/27 [Stanford Invitational]	Sec. 1 - 5th
Björn Barrefors		
Shot Put 46-6 1/4 (14.18)	3/28 [Arizona State Invitational]	10th
Discus 134-3 (40.92)	3/28 [Arizona State Invitational]	21st
Derrell Bradford		
110-Meter Hurdles 15.91	3/28 [Arizona State Invitational]	13th
Discus 114-6 (34.91)	3/28 [Arizona State Invitational]	27th
Austin Braman		
Javelin 173-0 (52.73)	3/27 [Stanford Invitational]	Invite - 12th
Chris Brown		
Discus 154-9 (47.16)	3/27 [Stanford Invitational]	3rd
Matt Conahan		
800-Meter Run 1:55.81	3/28 [Stanford Invitational]	33rd
1,500-Meter Run 4:10.75	3/27 [Stanford Invitational]	Sec. 4 - 13th
Kyle Custer		
1,500-Meter Run 3:47.82	3/27 [Stanford Invitational]	Sec. 3 - 7th
Lehann Fourie		
200-Meter Dash 21.86	3/21 [Baldy Castillo Invitational]	10th
110-Meter Hurdles 13.84@	3/21 [Baldy Castillo Invitational]	1st
Luke Franssen		
Pole Vault 15-11 (4.85)	3/28 [Arizona State Invitational]	8th
Matt Giesselmann		
Hammer Throw 172-0 (52.44)	3/28 [Stanford Invitational]	10th
Todd Gulizia		
5,000-Meter Run 14:52.84	3/27 [Stanford Invitational]	Sec. 4 - 18th
Tyler Hitchler		
Shot Put 48-3 1/2 (14.72)	3/27 [Stanford Invitational]	5th
Discus 170-10 (52.06)@	3/27 [Stanford Invitational]	1st
Trey Jordan		
Shot Put 54-10 1/4 (16.72)	3/27 [Stanford Invitational]	Invite - 7th
Keith Lloyd		
Shot Put 55-4 1/4 (16.87)@	3/27 [Stanford Invitational]	Invite - 6th
Hammer Throw 187-11 (57.27)@	3/28 [Stanford Invitational]	Invite - 11th
Eric Lund		
110-Meter Hurdles 14.18@	3/21 [Baldy Castillo Invitational]	4th
400-Meter Hurdles 52.23@	3/21 [Baldy Castillo Invitational]	4th

Nick Makukutu		
400-Meter Hurdles 52.36@	3/21 [Baldy Castillo Invitational]	6th
Anthony Oberle		
10,000-Meter Run 32:09.80	3/29 [Hastings Bronco Relays]	1st
Brian Parr		
3,000-Meter SC 9:21.19	3/27 [Stanford Invitational]	Sec. 1 - 15th
Eric Petersen		
Hammer Throw 184-4 (56.18)	3/28 [Stanford Invitational]	4th
Ryan Petrocchi		
Javelin 195-1 (59.46)	3/27 [Stanford Invitational]	6th
Nate Polacek		
Pole Vault 15-5 (4.70)	3/28 [Arizona State Invitational]	10th
Skyler Reising		
Shot Put 47-3 (14.40)	3/28 [Arizona State Invitational]	10th
Discus 161-2 (49.13)	3/28 [Arizona State Invitational]	7th
Javelin 155-2 (47.30)	3/28 [Arizona State Invitational]	13th
Tyrell Ross		
110-Meter Hurdles 14.09@	3/21 [Baldy Castillo Invitational]	3rd
400-Meter Hurdles 52.24@	3/21 [Baldy Castillo Invitational]	5th
Dave Schutter		
Javelin 176-4 (53.74)	3/27 [Stanford Invitational]	7th
Sam Siegel		
Shot Put 50-6 1/4 (15.40)	3/27 [Stanford Invitational]	Invite - 9th
Cylend Simmons		
400-Meter Hurdles 52.84	3/21 [Baldy Castillo Invitational]	7th
Bryce Somer		
10,000-Meter Run 34:16.61	3/29 [Hastings Bronco Relays]	4th
Brett Suckstorf		
Discus 151-7 (46.21)	3/27 [Stanford Invitational]	8th
Hammer Throw 168-4 (51.31)	3/28 [Stanford Invitational]	13th
Eric Thies		
10,000-Meter Run 33:55.79	3/29 [Hastings Bronco Relays]	3rd
Kirkland Thornton		
200-Meter Dash 21.68	3/21 [Baldy Castillo Invitational]	5th
60-Meter Hurdles 13.94@	3/21 [Baldy Castillo Invitational]	2nd
Carter Wasem		
Hammer Throw 171-1 (52.16)	3/28 [Stanford Invitational]	11th