

# 2009 NEBRASKA TRACK AND FIELD



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## WHERE TO CATCH THE HUSKERS



**Meet:** Nebraska Invitational  
**Where:** Lincoln, Neb.  
**Facility:** Ed Weir Stadium (Hammer and Javelin - "The Rock")  
**Date:** Saturday, April 4  
**Time:** 11 a.m.  
**Tickets:** Free  
**Scoring:** No Team Scoring  
**Live Results:** Huskers.com

Full schedule of events on page 7

### •Huskers Compete in Lincoln for First Time in '09

The Nebraska track and field team will compete in Lincoln for the first time during the 2009 outdoor season on Saturday, April 11, at the Nebraska Invitational. The Big Red has spent the first three weeks of the season on the road, competing in the state of Arizona three times and California once.

While most of the action on Saturday will be at Ed Weir Stadium, the Huskers will be unveiling a new throws facility named "The Rock". The new venue is located on Antelope Valley Parkway and north of the Bob Devaney Sports Center. The hammer throw and javelin competitions will be competed at "The Rock", while the shot put and discus will still be held at Ed Weir Stadium.

Saturday's events are set to start at 11 a.m. with the men's shot and women's discus at Ed Weir Stadium, while the women's hammer and men's javelin will be the first events at "The Rock". Running events are set to start at Noon with the women's 3,000-meter steeplechase, while the last running event of the day is scheduled for 4:30 p.m. with the running of the men's 4x400-meter relay. Admission to the meet is free and live results will be available at Huskers.com.

### •NU Out of the Blocks (USTFCCA Ranking: Men - No. 12 / Women - No. 28)

2009 NCAA Midwest Regional Qualifying Marks: 37

(25-Men / 12-Women)

2009 NCAA Championship Automatic/Provisional Qualifiers: 4

(2-Men / 2-Women)

2009 Division I Outdoor Leaders: 0

(0-Men / 0-Women)

2009 Division I Outdoor Top 10: 9

(6-Men / 3-Women)

2009 Big 12 Conference Outdoor Leaders: 7

(3-Men / 4-Women)

2009 Big 12 Conference Outdoor Top 10: 80

(48-Men / 32-Women)

2009 Big 12 Athlete of the Week: 3

(2-Men / 1-Women)

### •Big 10 and Pac-10 Prove No Match for Big 12

For the second straight year the Nebraska track and field team won the Jim Click Shootout on the campus of the University of Arizona in Tucson, Ariz., on Saturday, April 4. Unlike 2008, the meet used a combined conference scoring system, teaming NU with Kansas to form a Big 12 squad. The two Big 12 North Division schools scored 531.5 points, topping the Big 10 squad of Penn State and Wisconsin, who scored 474 points, and the Pac-10 team of Arizona and Washington, who scored 464.5 points. The Big Red scored a meet-high 365 points.

### •Hulett Pours in the Points

Nebraska sprinter Lukas Hulett scored 34.5 of the Huskers' meet-high 365 points at the Jim Click Shootout on Saturday, April 4, taking top honors individually in the 200- and 400- meter dashes. The Husker junior regionally qualified in both events, running a personal-best time of 21.18 in the 200 and a time of 46.87 in the 400. The Bellevue, Neb., native also teamed with Dax Danns, Kirkland Thornton and Scott Wims to take home the 4x100-meter relay, posting an NCAA regional-qualifying time of 39.80. For his accomplishments, Hulett was named Big 12 Male Track and Field Athlete of the Week for the week of March 30-April 5.

### •NCAA First Timers

Of the 37 regional-qualifying marks set by Husker athletes so far in 2009, seven have come from first-time qualifiers. Three of the marks have come from true freshmen, one from a redshirt freshman, two from sophomores and from one senior, including Arna Erega (So. - 100 hurdles), Jessica Furlan (Fr. - 3,000m SC), Pat Burke (Sr. - pole vault), Luke Franssen (Fr. - pole vault), Tyler Hitchler (Fr. - discus), Scott Jorgenson (Rfr. - long jump) and Nick Makukutu (So. - 400 hurdles).

### •Tops in the Big 12

Seven Nebraska track and field athletes currently hold the top mark in their event on the Big 12 outdoor performance list. Four Husker women hold No. 1 spots, including Natalja Callahan (1,500 meters), Rachel Carrizales (3,000 meters), Lara Crofford (10,000 meters) and Megan Wheatley (heptathlon). The men's team adds three conference leaders, Kirkland Thornton (400-meter hurdles), David Adams (3,000-meter steeplechase) and Björn Barrefors (decathlon).

## 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).....	2/2
NCAA Regional Marks (W/M).....	12/25
Division I Leaders (W/M).....	0/0
Division I Top-10 (W/M).....	3/6
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).....	1/2

## 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

## MEDIA RELATIONS INFORMATION

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

Athlete	Event	Mark	D-I Ranking
<b>NCAA Championships</b>			
<b>Provisional</b>			
Lara Crofford	10,000-Meter Run	34:07.55	6th
Megan Wheatley	Heptathlon	5.360	8th
<b>NCAA Regional</b>			
Natalja Callahan	1,500-Meter Run	4:27.01	29th
Rachel Carrizales	3,000-Meter SC	10:09.69	3rd
Joslyn Dalton	3,000-Meter SC	10:37.75	27th
Arna Erega	100-Meter Hurdles	13.82	41st
Jessica Furlan	3,000-Meter SC	10:48.39	41st
Amanda Latsch	Shot Put	47-5 (15.39)	t-70th
Leandra McGruder	Long Jump	20-1 (6.12)	t-20th
	Triple Jump	42-0 1/2 (12.81)	14th
Kacie Sharp	Shot Put	50-6 (15.39)	23rd
Megan Wheatley	Long Jump	19-8 3/4 (6.01)	t-33rd

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

Athlete	Event	Mark	D-I Ranking
<b>NCAA Championships</b>			
Björn Barrefors	Decathlon	7.448	2nd
Skyler Reising	Decathlon	7.325	5th
<b>NCAA Regional</b>			
David Adams	3,000-Meter SC	8:48.10	3rd
Pat Burke	Pole Vault	16-7 (5.05)	t-32nd
Seth Burney	Pole Vault	17-0 3/4 (5.20)	t-15th
Adam Dailey	400-Meter Hurdles	50.88	11th
Lehann Fourie	110-Meter Hurdles	13.76	4th
Luke Franssen	Pole Vault	16-7 (5.05)	t-32nd
Paul Hamilton	High Jump	6-10 3/4 (2.10)	t-22nd
Tyler Hitchler	Discus	170-10 (52.06)	t-42nd
Lukas Hulett	200-Meter Dash	21.18	t-25th
	400-Meter Dash	46.87	17th
Trey Jordan	Shot Put	58-10 3/4 (17.95)	12th
Scott Jorgenson	Long Jump	24-5 3/4 (7.46)	18th
Eric Lund	110-Meter Hurdles	14.18	31st
	400-Meter Hurdles	52.23	t-36th
Keith Lloyd	Shot Put	55-4 1/4 (16.87)	45th
	Hammer Throw	187-11 (57.27)	46th
Nick Makukutu	400-Meter Hurdles	52.36	t-42nd
Tyrell Ross	110-Meter Hurdles	14.09	t-22nd
	400-Meter Hurdles	52.24	38th
Kirkland Thornton	110-Meter Hurdles	13.88	t-8th
	400-Meter Hurdles	50.78	t-9th
LeRon Williams	Long Jump	24-7 (7.49)	17th
4x100-Meter Relay (Danns, Thornton, Hulett, Wims)		39.80	10th

### •Decathletes Hit Stride in Tucson

True freshman Björn Barrefors and senior Skyler Reising pulled off a 1-2 finish in the decathlon at the Jim Click Shootout on April 2-3. Both Huskers hit personal best scores on their way to surpassing the NCAA provisional-qualifying standard of 6,900 points. Barrefors' score of 7,448 led the way, while Reising finished runner-up with a score of 7,325.

Barrefors, the indoor heptathlon school-record holder, now ranks fourth all-time on the NU outdoor performance list, while Reising is slotted in the No. 6 spot, with the duo trailing Rick Schwieger's 1992 school-record score of 7,707. Barrefors ranks No. 2 in Division I this season, with Reising close behind in fifth. Miami-Ohio's Kevin Dwyer holds the top spot in Division I with a score of 7,452.

### •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 improved 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.

### •National Champion Makes Outdoor Jump Debut

2009 NCAA Indoor national champion and Kingston, Jamaica, native Nicholas Gordon will make his outdoor jumping debut this weekend at Ed Weir Stadium in the long and triple jumps. Gordon opened the outdoor season on April 4, in Tucson, Ariz., running in the 4x100- and 4x400-meter relays.

The last time Gordon jumped at Ed Weir Stadium he set the NCAA Midwest Regional record, winning the regional with a leap of 25-11 1/2, the No. 4 jump on the NU all-time outdoor list.

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

### •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.

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.

### •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.

### •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.

#### ♦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.

#### ♦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.

#### ♦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.

#### ♦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.

#### ♦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).

### 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 - 15th

### 2009 OUTDOOR SCHEDULE

Date	Meet	City, State	Location	Time/Result
March 20-21	Baldy Castillo Invitational	Tempe, Ariz.	Sun Angel Stadium, Joe Sellen 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 Sellen 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	Big 12 - 1st   Big 10 - 2nd   Pac-10 - 3rd
April 3-4	Concordia Invitational	Seward, Neb.	Bulldog Stadium	NTS
April 11	Nebraska Invitational	Lincoln, Neb.	Ed Weir Stadium	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 25	UCSD Triton Invitational	San Diego, Calif.	Triton Stadium	Noon
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

### •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. 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.

### •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	--	+.03/+.07
200 Meters	23.96	--	+.07/+.14
400 Meters	54.61	54.3	+.01/+.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	--	+.04/+.08
400 Hurdles	1:00.82	1:00.5	+.11/+.21
400-Meter Relay	1:00.82	1:00.5	+.12/+.28
440-Yard Relay	45.70	45.4	+.12/+.28
1,600-Meter Relay	3:42.00	3:41.7	+.44/+.84
Mile Relay	3:43.30	3:43.0	+.44/+.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	--	+.03/+.06
200 Meters	21.35	--	+.07/+.12
400 Meters	47.20	46.9	+.01/+.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	--	+.04/+.08
400 Hurdles	52.51	52.2	+.11/+.21
400-Meter Relay	40.66	40.4	+.12/+.24
440-Yard Relay	40.86	40.6	+.12/+.24
1,600-Meter Relay	3:10.00	3:09.7	+.44/+.84
Mile Relay	3:11.10	3:10.8	+.44/+.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 4/8/2009 10:52:34 AM

**2009 Outdoor, Week #1**

Women					
Current	Change	Last	School	This Week Total	Week Change
1		1	Texas A&M	380.72	▲ 22.81
2	▲ 1	3	Oregon	287.28	▲ 51.96
3	▲ 3	6	LSU	232.76	▲ 40.47
4	▼ 2	2	Virginia Tech	228.19	▼ 21.34
5	▼ 1	4	Tennessee	189.50	▼ 7.03
6	▲ 3	9	Arizona State	186.45	▲ 7.93
7	▼ 2	5	Penn State	184.51	▼ 9.43
8		8	UCLA	177.78	▼ 2.85
9	▼ 2	7	Southern California	173.50	▼ 17.65
10	▲ 10	20	Baylor	163.22	▲ 49.12
11	▼ 1	10	Michigan	158.09	▲ 14.37
12	▼ 1	11	Florida	149.73	▲ 8.76
13	▲ 1	14	Texas	147.26	▲ 13.61
14	▲ 4	18	Texas Tech	123.66	▲ 1.39
15	▼ 3	12	Minnesota	122.85	▼ 17.7
16	▼ 3	13	Auburn	116.88	▼ 23.54
17	▲ 11	28	Florida State	116.53	▲ 29.66
18	▼ 2	16	Miami (Fla.)	112.95	▼ 11.53
19	▼ 2	17	South Carolina	110.84	▼ 12.6
20	▲ 9	29	Stanford	107.29	▲ 20.56
21	▼ 6	15	Oklahoma	107.29	▼ 18.11
22	▼ 3	19	Arkansas	104.04	▼ 14.56
23	▼ 1	22	Arizona	102.06	▲ 0.11
24		24	Louisville	98.57	▲ 0.23
25	▼ 2	23	North Carolina	96.80	▼ 3.39



USTFCCCA NCAA Division I Team Rankings

as of 4/8/2009 10:52:34 AM

## 2009 Outdoor, Week #1

Men					
Current	Change	Last	School	This Week Total	Week Change
1	▲ 2	3	Oregon	306.33	▲ 47.55
2	▼ 1	1	Texas A&M	294.02	▼ 2.44
3	▼ 1	2	Arkansas	265.30	▼ 10.85
4	▲ 4	8	Florida	243.81	▲ 81.29
5	▼ 1	4	Florida State	198.45	▲ 1.61
6	▲ 8	14	South Carolina	192.09	▲ 42.01
7	▼ 2	5	LSU	188.02	▲ 0.17
8	▼ 1	7	Texas	169.53	▲ 1.6
9	▼ 3	6	Kentucky	168.39	▼ 3
10		10	Baylor	167.59	▲ 7.41
11	▼ 2	9	Tennessee	162.38	▲ 0.45
12	▼ 1	11	Nebraska	155.85	▼ 2.24
13	▼ 1	12	Georgia	137.07	▼ 15.98
14	▲ 1	15	Washington	135.62	▲ 4.33
15	▼ 2	13	UCLA	126.32	▼ 26.61
16		16	Arizona State	116.95	▼ 4.73
17	▲ 2	19	Southern California	111.81	▲ 11.97
18	▼ 1	17	Washington State	104.68	▼ 10.03
19	▼ 1	18	Northern Iowa	97.74	▼ 15.66
20	▲ 22	42	Auburn	97.08	▲ 42.88
21	▼ 1	20	Texas Tech	96.00	▼ 3.82
22	▼ 1	21	California	91.71	▼ 6.48
23	▲ 3	26	Minnesota	87.45	▲ 5.89
24	▲ 1	25	BYU	86.76	▲ 2.2
25	▲ 4	29	Missouri	86.73	▲ 6.71

**Nebraska Invitational**  
**Outdoor Track & Field Meet**  
 Saturday, April 11<sup>th</sup>, 2009

Schedule of Events

Field Events:

11:00 am	Hammer	W	“The Rock”
- to follow	Hammer	M	“The Rock”
- to follow	Shot Put	M	Ed Weir Track
- to follow	Shot Put	W	Ed Weir Track
11:00 am	Javelin	M	“The Rock”
- to follow	Javelin	W	“The Rock”
- to follow	Discus	W	Ed Weir Track
- to follow	Discus	M	Ed Weir Track
11:15 am	Long Jump	M	
- to follow	Long Jump	W	
- to follow	Triple Jump	M	
- to follow	Triple Jump	W	
11:15 pm	Pole Vault	W	
- to follow	Pole Vault	M	
1:30 pm	High Jump	M	
- to follow	High Jump	W	

Running Events:                      \*against time when there is more than one section

12:00 pm	3000M Steeplechase	W
12:20 pm	3000M Steeplechase	M
12:35 pm	4x100 Meter Relay	W
12:45 pm	4x100 Meter Relay	M
12:55 pm	1500 Meter Run	W
1:10 pm	1500 Meter Run	M
1:25 pm	100 Meter Hurdles	W
1:35 pm	110 Meter Hurdles	M
1:45 pm	400 Meter Dash	W
1:55 pm	400 Meter Dash	M
2:05 pm	100 Meter Dash	W
2:15 pm	100 Meter Dash	M
2:25 pm	800 Meter Run	W
2:40 pm	800 Meter Run	M
2:50 pm	400 Meter Hurdles	W
3:05 pm	400 Meter Hurdles	M
3:20 pm	200 Meter Dash	W
3:30 pm	200 Meter Dash	M
3:40 pm	5000 Meter Run	W
4:00 pm	5000 Meter Run	M
4:20 pm	4 x 400 Meter Relay	W
4:30 pm	4 x 400 Meter Relay	M

## 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, Gauteng, 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.	Tioga, 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)  
 Nikita Eades.....(EEDS)  
 Arna Erega.....(ARE-nah AIR-reg-a)  
 Michelle Fluitt.....(FLU-it)  
 Cami Jiskra.....(E-skra)  
 Chi Kalu.....(CHEE KAH-loo)  
 Tara Korshoj.....(Tear-UH CORE-shaw)  
 Lynsey Kreikemeier.....(CRACK-meyer)  
 Lindsey Maher.....(mah-HER)  
 Lorena Menghia.....(Laur-AIN-UH Men-GEE-uh)

Nandi Meyer.....(NAHN-dee)  
 Samantha Musil.....(Muscle)  
 Zarinah Suluki-Drakes.....(zar-REE-nah SUH-LOO-kee)  
 Audrey Svane.....(SV-ane)  
 Kayla Ubel.....(U-bell)  
 Alyssa Vierregger.....(VAR-eh-gur)  
 Megan Wheatley.....(MEE-gun)  
 Natalja Callahan.....(nah-TAL-yuh)



## 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)
Luebke, 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, Cyland *	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	Fr.	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)  
 Dani Dapo.....(Johnny JAP-o)  
 Lukas Hulett.....(HUE-let)  
 Lehann Fourie.....(Lee-HON FOUR-ee)  
 Matthew Giesselman.....(GEE-sel-man)  
 Todd Gulizia.....(GUH-lizt-EE-uh)  
 Sam Haase.....(HAH-zee)  
 Zac Holoch.....(HALL-uck)

Ethan Luebke.....(LEW-bee)  
 Nick Makukutu.....(MAH-KOO-kuh-too)  
 Adam Mitteis.....(MET-us)  
 John Ottun.....(AH-ten)  
 Ryan Petrocchi.....(Pe-TROACH-ee)  
 Nate Polacek.....(PAH-lah-CHECK)  
 Skyler Reising.....(RY-zing)  
 Blaise Rewaka.....(BLAZE Reh-WALK-uh)

Jon Ronhovde.....(Ron-huv-dee)  
 David Schutter.....(Skutter)  
 Cyland Simmons.....(SY-lynn)  
 Bryce Somer.....(Summer)  
 Mikel Thomas.....(Michael)  
 Tyler Throener.....(Trainer)  
 Carter Wasem.....(Wah-SUM)  
 LeRon Williams.....(LEE-ron)

## 2009 Women's Outdoor Performance List

Event	Performance	Wind	Meet	Date	Outdoor PR	Date
<b>100-Meter Dash:</b>						
1. Karyn LaCour	12.63*	+0.1	Jim Click Shootout	4/4	Same	4/4/09
<b>Wind-Aided</b>						
1. Arna Erega	12.55	+2.1	Jim Click Shootout	4/4	12.20	6/2/07
<b>200-Meter Dash:</b>						
1. Megan Wheatley	25.37	-2.1	Jim Click Heptathlon	4/2	24.75A	5/16/08
2. Rachel Butler	25.85	-2.1	Jim Click Heptathlon	4/2	25.04A	5/16/08
3. Karyn LaCour	25.91	+0.8	Jim Click Shootout	4/4	24.94	4/5/08
4. Arna Erega	25.96*	+1.2	Jim Click Shootout	4/4	Same	4/4/09
5. Rachel Butler	26.00	0.0	Arizona State Invitational	3/28	24.82	4/13/07
<b>400-Meter Dash:</b>						
1. Alyssa Vierregger	58.59	--	Jim Click Shootout	4/4	58.41	4/5/08
2. Nandi Meyer	1:00.78	--	Jim Click Shootout	4/4	56.02	
<b>800-Meter Run:</b>						
1. Blaire Dinsdale	2:11.23	--	Stanford Invitational	3/28	2:07.39	6/26/06
2. Brooke Dinsdale	2:13.41	--	Jim Click Shootout	4/4	2:08.52	8/2/06
3. Erica Hamik	2:14.30*	--	Jim Click Shootout	4/4	Same	4/4/09
4. Lynsey Kreikemeier	2:20.24	--	Jim Click Shootout	4/4	2:18.39	4/5/08
5. Megan Wheatley	2:24.63	--	Jim Click Heptathlon	4/3	2:17.36	3/22/03
6. Rachel Butler	2:39.46	--	Jim Click Heptathlon	4/3	2:34.78A	5/17/08
<b>1,500-Meter Run:</b>						
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
4. Erica Hamik	4:43.19*	--	Jim Click Shootout	4/4	Same	4/4/09
5. Michelle Fluit	5:26.95*	--	Concordia Invitational	4/3	Same	4/3/09
<b>3,000-Meter Run:</b>						
1. Rachel Carrizales	9:52.93*	--	Jim Click Shootout	4/4	Same	4/4/09
<b>5,000-Meter Run:</b>						
1. Elizabeth Marsh	18:38.61*	--	Concordia Invitational	4/3	Same	4/3/09
<b>10,000-Meter Run:</b>						
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
<b>100-Meter Hurdles:</b>						
1. Arna Erega	13.82@	+0.6	Jim Click Shootout	4/4	13.56	6/5/07
2. Megan Wheatley	14.14*	-1.4	Jim Click Heptathlon	4/2	Same	4/2/09
3. Nikita Eades	14.49	+0.6	Jim Click Shootout	4/4	13.52A	5/17/08
4. Rachel Butler	14.64	0.0	Jim Click Heptathlon	4/2	14.36	4/28/07
5. Karyn LaCour	14.77	+0.6	Jim Click Shootout	4/4	13.51	4/19/08
<b>400-Meter Hurdles:</b>						
1. Suzanne Higgins	1:04.94*	--	Jim Click Shootout	4/4	Same	4/4/09
<b>3,000-Meter Steeplechase:</b>						
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	10:48.19@	--	Jim Click Shootout	4/4	10:16.32	7/10/08
4. Jen Webers	11:08.85*	--	Jim Click Shootout	4/4	Same	4/4/09
<b>4x100-Meter Relay:</b>						
McGruder, LaCour, Korshoj, Erega	48.13	--	Jim Click Shootout	4/4	43.44	6/4/83
<b>4x400-Meter Relay:</b>						
Vierregger, Higgins, Kreikemeier, Meyer	3:58.92	--	Jim Click Shootout	4/4	3:29.61	6/6/92
<b>High Jump:</b>						
1. Epley Bullock	5-7 (1.70)	--	Jim Click Shootout	4/4	6-0 (1.83)	5/14/04
2. Rachel Butler	5-6 1/2 (1.69)*	--	Jim Click Heptathlon	4/2	Same	4/2/09
3. Audrey Svane	5-5 (1.65)	--	Jim Click Shootout	4/4	5-8 3/4 (1.75)	4/27/08
t-4. Lorena Menghia	5-3 (1.60)	--	Jim Click Shootout	4/4	5-10 3/4 (1.80)	7/24/05
t-4. Megan Wheatley	5-3 (1.60)	--	Jim Click Heptathlon	4/2	5-7 3/4 (1.72)	2/26/04
<b>Pole Vault:</b>						
1. Cami Jiskra	12-3 1/2 (3.75)*	--	Jim Click Shootout	4/4	Same	4/4/09
t-2. Breanna Bussel	11-11 3/4 (3.65)	--	Jim Click Shootout	4/4	12-1 1/2 (3.70)	4/27 & 5/10/08
t-2. Rachel Birtles	11-11 3/4 (3.65)	--	Jim Click Shootout	4/4	13-1 1/2 (4.00)	6/9/07
t-2. Natalie Willer	11-11 3/4 (3.65)	--	Jim Click Shootout	4/4	13-9 3/4 (4.21)	7/25/08
5. Lindsey Maher	11-7 3/4 (3.55)	--	Arizona State Invitational	3/28	12-7 1/2 (3.85)	4/19/08

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**Long Jump:**

1. Leandra McGruder	20-1 (6.12)@	-0.6	Jim Click Shootout	4/4
2. Arna Erega	18-11 1/4 (5.77)	-1.8	Jim Click Shootout	4/4
3. Tara Korshoj	18-8 1/2 (5.70)*	0.0	Jim Click Shootout	4/4

**Wind-Aided**

1. Megan Wheatley	19-8 3/4 (6.01)@	+3.8	Jim Click Heptathlon	4/3
2. Rachel Butler	19-3 1/4 (5.87)	+3.3	Jim Click Heptathlon	4/3

**Triple Jump:**

1. Leandra McGruder	42-0 1/2 (12.81)*@	-0.9	Jim Click Shootout	4/4
2. Tara Korshoj	40-1 1/2 (12.23)*	-0.7	Jim Click Shootout	4/4

**Shot Put:**

1. Kacie Sharp	50-6 (15.39)*@	--	Stanford Invitational	3/27
2. Amanda Latsch	47-5 (14.45)@	--	Stanford Invitational	3/27
3. Jade Hodson	44-10 1/4 (13.67)*	--	Jim Click Shootout	4/4
4. Megan Wheatley	41-1 (12.52)	--	Jim Click Heptathlon	4/2
5. Chantae McMillan	40-4 1/4 (12.30)*	--	Arizona State Invitational	3/28
6. Rachel Butler	32-0 3/4 (9.77)	--	Jim Click Heptathlon	4/2

**Discus:**

1. Kacie Sharp	149-11 (45.70)	--	Jim Click Shootout	4/4
2. Samantha Musil	148-10 (45.37)	--	Stanford Invitational	3/28
3. Amanda Latsch	145-8 (44.40)	--	Jim Click Shootout	4/4

**Hammer Throw:**

1. Lisa Minnick	177-0 (53.94)*	--	Stanford Invitational	3/28
2. Jade Hodson	166-4 (50.70)*	--	Jim Click Shootout	4/4
3. Samantha Musil	162-10 (49.64)*	--	Jim Click Shootout	4/4
4. Victoria Zimmerman	162-10 (49.63)*	--	Jim Click Shootout	4/4

**Javelin:**

1. Chantae McMillan	122-1 (37.21)	--	Arizona State Invitational	3/28
2. Roxie Grizzle	121-10 (37.13)	--	Stanford Invitational	3/27
3. Megan Wheatley	113-2 (34.49)	--	Arizona State Invitational	3/28
4. Rachel Butler	86-03 (26.28)	--	Jim Click Heptathlon	4/3

**Heptathlon (100h, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m):**

1. Megan Wheatley	5,360*	--	Jim Click Heptathlon	4/2-3/09
[100h: 14.14   HJ: 5-3   SP: 41-01   200m: 25.37   LJ: 19-8 3/4w   JT: 102-8   800m: 2:24.63]				
2. Rachel Butler	4,851	--	Jim Click Heptathlon	4/2-3/09
[100h: 14.64   HJ: 5-6 1/2   SP: 32-0 3/4   200m: 25.85   LJ: 19-3 1/4w   JT: 86-3   800m: 2:39.46]				

20-4 1/4 (6.21)	5/26/07
19-2 1/2 (5.85)	7/29/07
Same	4/4/09
20-2 1/2 (6.16)	6/12/08
19-7 (5.97)w	4/12/08

Same	4/4/09
Same	4/4/09

Same	3/27/09
49-2 1/2 (15.00)A	5/17/08
Same	3/4/09
43-5 1/4 (13.24)A	5/16/08
Same	3/28/09
33-3 3/4 (10.15)A	5/16/08

155-8 (48.22)	4/11/08
167-5 (51.02)	6/6/07
156-6 (47.70)	4/12/08

Same	3/28/09
Same	4/4/09
Same	4/4/09
Same	4/4/09

136-6 (41.60)A	5/17/08
170-3 (51.89)	6/20/08
120-0 (36.59)	1/15/06
93-11 (28.63)	4/4/08

5.643A	5/16-17/08
4.905A	5/16-17/08

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## 2009 Men's Outdoor Performance List

Event	Performance	Wind	Meet	Date	Outdoor PR	Date
<b>100-Meter Dash:</b>						
1. Dax Danns	10.56	+0.9	Jim Click Shootout	4/4	10.39p	5/12/07
2. Skyler Reising	11.00*	+0.7	Jim Click Decathlon	4/2	Same	4/2/09
3. Björn Barrefors	11.11*	+0.7	Jim Click Decathlon	4/2	Same	4/2/09
<b>200-Meter Dash:</b>						
1. Lukas Hulett	21.18* <sup>@</sup>	+1.4	Jim Click Shootout	4/4	Same	4/4/09
2. Scott Wims	21.22	+1.1	Jim Click Shootout	4/4	20.61s	6/7/07
3. Dale Ervin	21.53*	+1.4	Jim Click Shootout	4/4	Same	4/4/09
4. Kirkland Thornton	21.68*	0.0	Baldy Castillo Invitational	3/21	Same	3/21/09
5. Lehann Fourie	21.86*	-0.3	Baldy Castillo Invitational	3/21	Same	3/21/09
<b>400-Meter Dash:</b>						
1. Lukas Hulett	46.87 <sup>@</sup>	--	Jim Click Shootout	4/4	45.96pA	5/17/08
2. Dan Christensen	48.03	--	Jim Click Shootout	4/4	47.65	4/5/08
3. Björn Barrefors	50.26*	--	Jim Click Decathlon	4/2	Same	4/2/09
4. Skyler Reising	50.99	--	Jim Click Decathlon	4/2	50.31	5/12/06
<b>800-Meter Run:</b>						
1. Blaise Rewaka	1:54.30	--	Jim Click Shootout	4/4	1:52.6	5/5/07
2. Brian Parr	1:55.52*	--	Jim Click Shootout	4/4	Same	4/4/09
3. Matt Conahan	1:55.81*	--	Stanford Invitational	3/28	Same	3/28/09
4. Matt Shipp	1:55.89	--	Jim Click Shootout	4/4	1:54.29	5/19/07
<b>1,500-Meter Run:</b>						
1. Kyle Custer	3:47.82*	--	Stanford Invitational	3/27	Same	3/27/09
2. Brian Parr	3:54.28	--	Jim Click Shootout	4/4	3:51.84	5/12/06
3. Matt Conahan	4:10.75	--	Stanford Invitational	3/27	4:06.95	7/3/05
4. Skyler Reising	4:58.85	--	Jim Click Decathlon	4/3	4:44.14	6/7/07
5. Björn Barrefors	5:07.37	--	Jim Click Decathlon	4/3	4:44.05	7/8/07
<b>3,000-Meter Run:</b>						
1. Todd Gulizia	8:30.80*	--	Jim Click Shootout	4/4	Same	4/4/09
<b>5,000-Meter Run:</b>						
1. Todd Gulizia	14:52.84*	--	Stanford Invitational	3/27	Same	3/27/09
2. Peter Falcon	15:36.07*	--	Concordia Invitational	4/3	Same	4/3/09
3. Jesse Adams	16:03.31*	--	Concordia Invitational	4/3	Same	4/3/09
<b>10,000-Meter Run:</b>						
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
<b>110-Meter Hurdles:</b>						
1. Lehann Fourie	13.76* <sup>@</sup>	+0.8	Jim Click Shootout	4/4	Same	4/4/09
2. Kirkland Thornton	13.88* <sup>@</sup>	+0.8	Jim Click Shootout	4/4	Same	4/4/09
3. Tyrell Ross	14.09 <sup>@</sup>	+1.2	Baldy Castillo Invitational	3/21	13.87p	5/30/08
4. Eric Lund	14.18* <sup>@</sup>	+1.2	Baldy Castillo Invitational	3/21	Same	3/21/09
5. Björn Barrefors	14.46	+2.0	Jim Click Decathlon	4/3	14.37	8/3/08
6. Derrell Bradford	15.91*	-0.5	Arizona State Invitational	3/28	Same	3/28/09
7. Skyler Reising	16.15	+2.0	Arizona State Decathlon	4/3	16.13	4/4/08
<b>400-Meter Hurdles:</b>						
1. Kirkland Thornton	50.78* <sup>@</sup>	--	Jim Click Shootout	4/4	Same	4/4/09
2. Adam Dailey	50.88 <sup>@</sup>	--	Jim Click Shootout	4/4	50.33	5/31/08
3. Eric Lund	52.23 <sup>@</sup>	--	Baldy Castillo Invitational	3/21	51.52pA	5/17/08
4. Tyrell Ross	52.24* <sup>@</sup>	--	Baldy Castillo Invitational	3/21	Same	3/21/09
5. Nick Makukutu	52.36 <sup>@</sup>	--	Baldy Castillo Invitational	3/21	52.25	5/5/07
6. Cylen Simmons	52.84	--	Baldy Castillo Invitational	3/21	52.12	5/5/07
<b>3,000-Meter Steeplechase:</b>						
1. David Adams	8:48.10* <sup>@</sup>	--	Stanford Invitational	3/27	Same	3/27/09
2. Brian Parr	9:21.19	--	Stanford Invitational	3/27	8:56.86	4/26/08
<b>4x100-Meter Relay:</b>						
Danns, Thornton, Hulett, Wims	39.80 <sup>@</sup>	--	Jim Click Shootout	4/4	39.19	5/28/05
<b>4x400-Meter Relay:</b>						
Dailey, Simmons, Christensen, Hulett	3:12.99	--	Jim Click Shootout	4/4	3:02.81	6/1/91
<b>High Jump:</b>						
1. Paul Hamilton	6-10 3/4 (2.10) <sup>@</sup>	--	Jim Click Shootout	4/4	7-3 (2.21)A	5/18/08
t-2. Brandon Sheppard	6-8 3/4 (2.05)	--	Jim Click Shootout	4/4	6-11 (2.11)	5/30/08
t-2 John Ottun	6-8 3/4 (2.05)	--	Jim Click Shootout	4/4	6-9 (2.06)	5/19/06
t-2. Skyler Reising	6-8 3/4 (2.05)	--	Jim Click Decathlon	4/2	6-10 1/4 (2.09)	4/3/08
5. Sam Haase	6-6 3/4 (2.00)	--	Jim Click Shootout	4/4	6-11 (2.11)	5/19/06
6. Björn Barrefors	6-5 (1.96)	--	Jim Click Decathlon	4/2	6-8 1/4 (2.04)	6/28/08
7. Kellen McClure	6-4 3/4 (1.95)	--	Jim Click Shootout	4/4	6-8 (2.03)	

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**Pole Vault:**

1. Seth Burney	17-0 3/4 (5.20)*@	--	Jim Click Shootout	4/4
t-2. Patrick Burke	16-6 3/4 (5.05)*@	--	Jim Click Shootout	4/4
t-2. Luke Franssen	16-6 3/4 (5.05)*@	--	Jim Click Shootout	4/4
4. Nate Polacek	16-0 3/4 (4.90)*	--	Jim Click Shootout	4/4
t-5. Zac Holoch	15-7 (4.75)	--	Jim Click Shootout	4/4
t-5. Björn Barrefors	15-7 (4.75)	--	Jim Click Decathlon	4/3
7. Skyler Reising	13-7 1/4 (4.15)	--	Jim Click Decathlon	4/3

**Long Jump:**

1. LeRon Williams	24-7 (7.49)@	+0.4	Jim Click Shootout	4/4
2. Scott Jorgenseon	24-5 3/4 (7.46)*@	-0.1	Jim Click Shootout	4/4
3. Björn Barrefors	24-0 1/4 (7.32)	+1.7	Jim Click Decathlon	4/2
4. Skyler Reising	22-10 (6.96)	+0.4	Jim Click Decathlon	4/2

**Triple Jump:**

1. Chris Nuttelman	47-10 1/2 (14.59)	-0.1	Jim Click Shootout	4/4
2. LeRon Williams	45-7 1/4 (13.90)	+0.3	Jim Click Shootout	4/4

**Shot Put:**

1. Trey Jordan	58-10 3/4 (17.95)*@	--	Jim Click Shootout	4/4
2. Keith Lloyd	55-4 1/4 (16.87)@	--	Stanford Invitational	3/27
3. Sam Seigel	52-9 1/2 (16.09)	--	Jim Click Shootout	4/4
4. Skyler Reising	48-9 1/2 (14.87)*	--	Jim Click Decathlon	4/2
5. Tyler Hitchler	48-3 1/2 (14.72)*	--	Stanford Invitational	3/27
6. Björn Barrefors	46-6 1/4 (14.18)*	--	Arizona State Invitational	3/28

**Discus:**

1. Tyler Hitchler	170-10 (52.06)*@	--	Stanford Invitational	3/27
2. Skyler Reising	161-2 (49.13)*	--	Arizona State Invitational	3/28
3. Chris Brown	154-9 (47.16)*	--	Stanford Invitational	3/27
4. Brett Suckstorf	151-7 (46.21)*	--	Stanford Invitational	3/27
5. Björn Barrefors	134-3 (40.92)*	--	Arizona State Invitational	3/28
6. Derrell Bradford	114-6 (34.91)*	--	Arizona State Invitational	3/28

**Hammer Throw:**

1. Keith Lloyd	187-11 (57.27)@	--	Stanford Invitational	3/28
2. Eric Petersen	186-0 (56.69)*@	--	Jim Click Shootout	4/4
3. Matt Giesselmann	172-0 (52.44)*	--	Stanford Invitational	3/28
4. Carter Wasem	171-1 (52.16)	--	Stanford Invitational	3/28
5. Brett Suckstorf	168-4 (51.31)	--	Stanford Invitational	3/28

**Javelin:**

1. Ryan Petrocchi	195-1 (59.46)	--	Stanford Invitational	3/27
2. Dave Schutter	176-4 (53.74)	--	Stanford Invitational	3/27
3. Austin Braman	173-0 (52.73)	--	Stanford Invitational	3/27
4. Skyler Reising	162-1 (49.40)	--	Jim Click Decathlon	4/3
5. Björn Barrefors	142-7 (43.45)	--	Jim Click Decathlon	4/3

**Decathlon (100m, Long Jump, Shot Put, High Jump, 400m, 110h, Discus, Pole Vault, Javelin, 1,500m):**

1. Björn Barrefors	7,448*†	--	Jim Click Decathlon	4/2-3/09
[100m: 11.11   LJ: 24-0 1/4   SP: 45-0 1/2   HJ: 6-5   400m: 50.26   110h: 14.46   DS: 133-7   PV: 15-7   JT: 142-7   1,500m: 5:07.37]				
2. Skyler Reising	7,325*†	--	Jim Click Decathlon	4/2-3/09
[100m: 11.00   LJ: 22-10   SP: 48-9 1/2   HJ: 6-8 3/4   400m: 50.99   110h: 16.15   DS: 142-11   PV: 13-7 1/4   JT: 162-1   1,500m: 4:58.85]				

Same	4/4/09 & 4/19/08
Same	4/4/09
Same	4/4/09
Same	4/4/09
16-7 1/4 (5.06)	5/31/08
15-9 (4.80)	9/31/08
14-9 (4.50)	6/7/07

24-11 (7.59)A	5/17/08
Same	4/4/09
24-2 1/4 (7.37)	9/23/08
23-4 (7.11)	5/11/07

49-10 (15.19)	4/21/07
47-3 3/4 (14.42)	7/4/04

Same	4/4/09
61-5 (18.72)	5/30/08
Same	4/4/09
Same	4/2/09
Same	3/27/09
Same	3/28/09

Same	3/27/09
Same	3/28/09
Same	3/27/09
Same	3/27/09
Same	3/28/09
Same	3/28/09

207-5 (63.23)	5/31/08
Same	4/4/09
Same	3/28/09
171-11 (52.40)	4/24/08
186-6 (56.86)	4/14/08

199-0 (60.67)	5/10/08
184-11 (56.36)	4/27/08
224-1 (68.30)	4/5/08
167-8 (51.12)	4/27/08
176-4 (53.76)	9/5/07

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

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® - regional mark | % - provisional mark | \* - automatic mark | p - prelims | s - semis | c - consolation final

<b>Rachel Birtles</b>		
<b>Pole Vault</b>		
11-11 3/4 (3.65)	4/4 [Jim Click Shootout]	9th
<b>Epley Bullock</b>		
<b>High Jump</b>		
5-7 (1.70)	4/4 [Jim Click Shootout]	t-3rd
<b>Breanna Bussel</b>		
<b>Pole Vault</b>		
11-7 3/4 (3.55)	3/28 [Arizona State Invitational]	12th
11-11 3/4 (3.65)	4/4 [Jim Click Shootout]	8th
<b>Racehl Butler</b>		
<b>200-Meter Dash</b>		
26.00	3/28 [Arizona State Invitational]	20th
25.85	4/2 [Jim Click Heptathlon]	7th
<b>800-Meter Run</b>		
2:39.46	4/3 [Jim Click Heptathlon]	7th
<b>100-Meter Hurdles</b>		
14.72	3/28 [Arizona State Invitational]	3rd
14.64	4/2 [Jim Click Heptathlon]	7th
<b>High Jump</b>		
5-6 1/2	4/2 [Jim Click Heptathlon]	2nd
<b>Long Jump</b>		
19-3 1/4 (5.87)w	4/3 [Jim Click Heptathlon]	6th
<b>Shot Put</b>		
32-0 3/4	4/2 [Jim Click Heptathlon]	8th
<b>Javelin</b>		
86-3 (26.28)	4/3 [Jim Click Heptathlon]	8th
<b>Heptathlon</b>		
4.851	4/2-3 [Jim Click Heptathlon]	6th
<b>Rachel Butler</b>		
<b>200-Meter Dash</b>		
26.00	3/28 [Arizona State Invitational]	20th
<b>100-Meter Hurdles</b>		
14.72	3/28 [Arizona State Invitational]	3rd
<b>Natalja Callahan</b>		
<b>1,500-Meter Run</b>		
4:27.01®	3/27 [Stanford Invitational]	Sec. 1 - 8th
<b>Rachel Carrizales</b>		
<b>3,000-Meter Run</b>		
9:52.93	4/4 [Jim Click Shootout]	2nd
<b>3,000-Meter SC</b>		
10:09.69®	3/27 [Stanford Invitational]	Sec. 1 - 5th
<b>Lara Crofford</b>		
<b>10,000-Meter Run</b>		
34:07.55%	3/27 [Stanford Invitational]	Sec. 1 - 11th
<b>Joslyn Dalton</b>		
<b>3,000-Meter SC</b>		
10:37.75®	3/27 [Stanford Invitational]	Sec. 2 - 3rd
<b>Blaire Dinsdale</b>		
<b>800-Meter Run</b>		
2:11.23	3/28 [Stanford Invitational]	17th
2:14.15	4/4 [Jim Click Shootout]	7th
<b>Brooke Dinsdale</b>		
<b>800-Meter Run</b>		
2:17.16	3/28 [Stanford Invitational]	44th
2:13.41	4/4 [Jim Click Shootout]	5th
<b>Nikita Eades</b>		
<b>100-Meter Hurdles</b>		
14.49	4/4 [Jim Click Shootout]	4th

<b>Arna Erega</b>		
<b>100-Meter Dash</b>		
12.55w	4/4 [Jim Click Shootout]	9th
<b>200-Meter Dash</b>		
25.96	4/4 [Jim Click Shootout]	10th
<b>100-Meter Hurdles</b>		
10.82®	4/4 [Jim Click Shootout]	2nd
<b>Long Jump</b>		
18-11 1/4 (5.77)	4/4 [Jim Click Shootout]	4th
<b>Michelle Fluitt</b>		
<b>1,500-Meter Run</b>		
5:26.95	4/3 [Concordia invitational]	18th
<b>Jessica Furlan</b>		
<b>3,000-Meter SC</b>		
10:48.39®	3/27 [Stanford Invitational]	Sec. 1 - 17th
10:48.19®	4/4 [Jim Click Shootout]	1st
<b>Ari Goldstein</b>		
<b>10,000-Meter Run</b>		
36:21.53	3/27 [Stanford Invitational]	Sec. 2 - 16th
<b>Roxie Grizzle</b>		
<b>Javelin</b>		
121-10 (37.13)	3/27 [Stanford Invitational]	Invite - 12th
<b>Erica Hamik</b>		
<b>800-Meter Run</b>		
2:14.30	4/4 [Jim Click Shootout]	8th
<b>1,500-Meter Run</b>		
4:43.19	4/4 [Jim Click Shootout]	12th
<b>Suzanne Higgins</b>		
<b>100-Meter Hurdles</b>		
1:04.94	4/4 [Jim Click Shootout]	8th
<b>Jade Hodson</b>		
<b>Shot Put</b>		
43-11 3/4 (13.40)	3/27 [Stanford Invitational]	Invite - 7th
44-10 1/4 (13.67)	4/4 [Jim Click Shootout]	7th
<b>Hammer Throw</b>		
159-3 (48.54)	3/28 [Stanford Invitational]	2nd
166-04 (50.70)	4/4 [Jim Click Shootout]	6th
<b>Cami Jiskra</b>		
<b>Pole Vault</b>		
12-3 1/2 (3.75)	4/4 [Jim Click Shootout]	5th
<b>Tara Korshoj</b>		
<b>Long Jump</b>		
18-8 1/2 (5.70)	4/4 [Jim Click Shootout]	5th
<b>Triple Jump</b>		
40-1 1/2 (12.23)	4/4 [Jim Click Shootout]	3rd
<b>Lynsey Kreikemeier</b>		
<b>800-Meter Run</b>		
2:20.24	4/4 [Jim Click Shootout]	14th
<b>Karyn LaCour</b>		
<b>100-Meter Dash</b>		
12.63	4/4 [Jim Click Shootout]	10th
<b>200-Meter Dash</b>		
25.91	4/4 [Jim Click Shootout]	9th
<b>100-Meter Hurdles</b>		
14.77	4/4 [Jim Click Shootout]	6th
<b>Amanda Latsch</b>		
<b>Shot Put</b>		
47-5 (14.45)	3/27 [Stanford Invitational]	Invite - 6th
43-6 (13.26)	4/4 [Jim Click Shootout]	8th
<b>Discus</b>		
131-5 (40.07)	3/28 [Stanford Invitational]	Invite - 10th
145-8 (44.40)	4/4 [Jim Click Shootout]	6th

<b>Lindsey Maher</b>		
<b>Pole Vault</b>		
11-7 3/4 (3.55)	3/28 [Arizona State Invitational]	14th
<b>Elizabeth Marsh</b>		
<b>5,000-Meter Run</b>		
18:38.61	4/3 [Concordia Invitational]	3rd
<b>Leandra McGruder</b>		
<b>Long Jump</b>		
20-1 (6.12)®	4/4 [Jim Click Shootout]	1st
<b>Triple Jump</b>		
42-0 1/2 (12.81)®	4/4 [Jim Click Shootout]	1st
<b>Chantae McMillan</b>		
<b>Shot Put</b>		
40-4 1/4 (12.30)	3/28 [Arizona State Invitational]	21st
<b>Javelin</b>		
122-1 (37.21)	3/28 [Arizona State Invitational]	13th
<b>Lorena Menghia</b>		
<b>High Jump</b>		
5-3 (1.60)	4/4 [Jim Click Shootout]	t-9th
<b>Nandi Meyer</b>		
<b>400-Meter Dash</b>		
1:00.78	4/4 [Jim Click Shootout]	9th
<b>Ashley Miller</b>		
<b>1,500-Meter Run</b>		
4:33.58	3/27 [Stanford Invitational]	Sec. 5 - 2nd
4:33.91	4/4 [Jim Click Shootout]	7th
<b>Lisa Minnick</b>		
<b>Hammer Throw</b>		
177-0 (53.94)	3/28 [Stanford Invitational]	Invite - 5th
<b>Samantha Musil</b>		
<b>Discus</b>		
148-10 (45.37)	3/28 [Stanford Invitational]	Invite - 9th
131-11 (40.22)	4/4 [Jim Click Shootout]	10th
<b>Hammer Throw</b>		
159-1 (48.50)	3/28 [Stanford Invitational]	3rd
162-10 (49.64)	4/4 [Jim Click Shootout]	7th
<b>Jen Pancoast</b>		
<b>1,500-Meter Run</b>		
4:30.51	3/27 [Stanford Invitational]	Sec. 3 - 5th
<b>Kacie Sharp</b>		
<b>Shot Put</b>		
50-6 (15.39)®	3/27 [Stanford Invitational]	Invite - 2nd
50-0 3/4 (15.26)®	4/4 [Jim Click Shootout]	2nd
<b>Discus</b>		
110-11 (33.81)	3/28 [Stanford Invitational]	Invite - 13th
149-11 (45.70)	4/4 [Jim Click Shootout]	4th
<b>Audrey Svane</b>		
<b>High Jump</b>		
5-5 (1.65)	4/4 [Jim Click Shootout]	t-5th
<b>Alyssa Vierregger</b>		
<b>400-Meter Dash</b>		
58.59	4/4 [Jim Click Shootout]	7th
<b>Jen Webers</b>		
<b>3,000-Meter SC</b>		
11:08.85	4/4 [Jim Click Shootout]	5th

**Megan Wheatley**

<b>200-Meter Dash</b>		
25.37	4/2 [Jim Click Heptathlon]	4th
<b>800-Meter Run</b>		
2:24.63	4/3 [Jim Click Heptathlon]	4th
<b>100-Meter Hurdles</b>		
14.14	4/2 [Jim Click Heptathlon]	4th
<b>High Jump</b>		
5-3 (1.60)	4/2 [Jim Click Heptathlon]	t-5th
<b>Long Jump</b>		
19-8 3/4 (6.01)@w	4/3 [Jim Click Heptathlon]	2nd
<b>Shot Put</b>		
40-8 1/4 (12.40)	3/28 [Arizona State Invitational]	20th
41-1 (12.52)	4/2 [Jim Click Heptathlon]	2nd
<b>Javelin</b>		
113-2 (34.49)	3/28 [Arizona State Invitational]	17th
102-8 (31.30)	4/3 [Jim Click Heptathlon]	5th
<b>Heptathlon</b>		
5,360	4/2-3 [Jim Click Heptathlon]	3rd

**Natalie Willer**

<b>Pole Vault</b>		
11-11 3/4 (3.65)	4/4 [Jim Click Shootout]	12th

**Victoria Zimmerman**

<b>Hammer Throw</b>		
151-0 (46.02)	3/28 [Stanford Invitational]	5th
162-10 (49.63)	4/4 [Jim Click Shootout]	8th

**Relays**

<b>4x100-Meter Relay (McGruder, LaCour, Korshoj, Erega)</b>		
48.13	4/4 [Jim Click Shootout]	3rd
<b>4x400-Meter Relay (Vierregger, Higgins, Kreikemeier, Meyer)</b>		
3:58.92	4/4 [Jim Click Shootout]	6th
<b>4x400-Meter Relay (Br. Dinsdale, Bl. Dinsdale, Eades, Korshoj)</b>		
4:00.77	4/4 [Jim Click Shootout]	7th

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

KEY

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

<b>David Adams</b>		
<b>3,000-Meter SC</b>		
8:48.10@	3/27 [Stanford Invitational]	Sec. 1 - 5th
<b>Jesse Adams</b>		
<b>5,000-Meter Run</b>		
16:03.31	4/3 [Concordia Invitational]	13th
<b>Björn Barrefors</b>		
<b>100-Meter Dash</b>		
11.11	4/2 [Jim Click Decathlon]	3rd
<b>400-Meter Dash</b>		
50.26	4/2 [Jim Click Decathlon]	3rd
<b>1,500-Meter Run</b>		
5:07.37	4/3 [Jim Click Decathlon]	9th
<b>110-Meter Hurdles</b>		
14.46	4/3 [Jim Click Decathlon]	1st
<b>High Jump</b>		
6-5 (1.96)	4/2 [Jim Click Decathlon]	3rd
<b>Pole Vault</b>		
15-7 (4.75)	4/3 [Jim Click Decathlon]	1st
<b>Long Jump</b>		
24-0 1/4 (7.32)	4/2 [Jim Click Decathlon]	1st
<b>Shot Put</b>		
46-6 1/4 (14.18)	3/28 [Arizona State Invitational]	10th
45-0 1/2 (13.73)	4/2 [Jim Click Decathlon]	2nd
<b>Discus</b>		
134-3 (40.92)	3/28 [Arizona State Invitational]	21st
133-7 (40.71)	4/3 [Jim Click Decathlon]	3rd
<b>Javelin</b>		
142-7 (43.45)	4/3 [Jim Click Decathlon]	5th
<b>Decathlon</b>		
7.325	4/2-3 [Jim Click Decathlon]	2nd
<b>Derrell Bradford</b>		
<b>110-Meter Hurdles</b>		
15.91	3/28 [Arizona State Invitational]	13th
<b>Discus</b>		
114-6 (34.91)	3/28 [Arizona State Invitational]	27th
<b>Austin Braman</b>		
<b>Javelin</b>		
173-0 (52.73)	3/27 [Stanford Invitational]	Invite - 12th
<b>Chris Brown</b>		
<b>Discus</b>		
154-9 (47.16)	3/27 [Stanford Invitational]	3rd
<b>Pat Burke</b>		
<b>Pole Vault</b>		
16-6 3/4 (5.05)@	4/4 [Jim Click Shootout]	t-5th
<b>Seth Burney</b>		
<b>Pole Vault</b>		
17-0 3/4 (5.20)@	4/4 [Jim Click Shootout]	3rd
<b>Dan Christensen</b>		
<b>400-Meter Dash</b>		
48.03	4/4 [Jim Click Shootout]	4th
<b>Matt Conahan</b>		
<b>800-Meter Run</b>		
1:55.81	3/28 [Stanford Invitational]	33rd
2:07.80	4/3 [Concordia Invitational]	28th
<b>1,500-Meter Run</b>		
4:10.75	3/27 [Stanford Invitational]	Sec. 4 - 13th
<b>Kyle Custer</b>		
<b>1,500-Meter Run</b>		
3:47.82	3/27 [Stanford Invitational]	Sec. 3 - 7th
<b>Adam Dailey</b>		
<b>400-Meter Hurdles</b>		
50.88@	4/4 [Jim Click Shootout]	2nd

<b>Dax Danns</b>		
<b>100-Meter Dash</b>		
10.56	4/4 [Jim Click Shootout]	1st
<b>Dale Ervin</b>		
<b>200-Meter Dash</b>		
21.53	4/4 [Jim Click Shootout]	6th
<b>Peter Falcon</b>		
<b>5,000-Meter Run</b>		
15:36.07	4/3 [Concordia Invitational]	5th
<b>Lehann Fourie</b>		
<b>200-Meter Dash</b>		
21.86	3/21 [Baldy Castillo Invitational]	10th
<b>110-Meter Hurdles</b>		
13.84@	3/21 [Baldy Castillo Invitational]	1st
13.76@	4/4 [Jim Click Shootout]	1st
<b>Luke Franssen</b>		
<b>Pole Vault</b>		
15-11 (4.85)	3/28 [Arizona State Invitational]	8th
16-6 3/4 (5.05)@	4/4 [Jim Click Shootout]	t-5th
<b>Matt Giesseimann</b>		
<b>Hammer Throw</b>		
172-0 (52.44)	3/28 [Stanford Invitational]	10th
<b>Todd Gulizia</b>		
<b>3,000-Meter Run</b>		
8:30.80	4/4 [Jim Click Shootout]	4th
<b>5,000-Meter Run</b>		
14:52.84	3/27 [Stanford Invitational]	Sec. 4 - 18th
<b>Sam Haase</b>		
<b>High Jump</b>		
6-6 3/4 (2.00)	4/4 [Jim Click Shootout]	7th
<b>Paul Hamilton</b>		
<b>High Jump</b>		
6-10 3/4 (2.10)@	4/4 [Jim Click Shootout]	2nd
<b>Tyler Hitchler</b>		
<b>Shot Put</b>		
48-3 1/2 (14.72)	3/27 [Stanford Invitational]	5th
<b>Discus</b>		
170-10 (52.06)@	3/27 [Stanford Invitational]	1st
<b>Zac Holoch</b>		
<b>Pole Vault</b>		
15-7 (4.75)	4/4 [Jim Click Shootout]	13th
<b>Lukas Hulett</b>		
<b>200-Meter Dash</b>		
21.18@	4/4 [Jim Click Shootout]	1st
<b>400-Meter Dash</b>		
46.87@	4/4 [Jim Click Shootout]	1st
<b>Trey Jordan</b>		
<b>Shot Put</b>		
54-10 1/4 (16.72)	3/27 [Stanford Invitational]	Invite - 7th
58-10 3/4 (17.95)@	4/4 [Jim Click Shootout]	2nd
<b>Scott Jorgenson</b>		
<b>Long Jump</b>		
24-5 3/4 (7.46)@	4/4 [Jim Click Shootout]	3rd
<b>Keith Lloyd</b>		
<b>Shot Put</b>		
55-4 1/4 (16.87)@	3/27 [Stanford Invitational]	Invite - 6th
55-2 3/4 (16.83)	4/4 [Jim Click Shootout]	4th
<b>Hammer Throw</b>		
187-11 (57.27)@	3/28 [Stanford Invitational]	Invite - 11th
174-2 (53.08)	4/4 [Jim Click Shootout]	7th

<b>Eric Lund</b>		
<b>110-Meter Hurdles</b>		
14.18@	3/21 [Baldy Castillo Invitational]	4th
14.59	4/4 [Jim Click Shootout]	6th
<b>400-Meter Hurdles</b>		
52.23@	3/21 [Baldy Castillo Invitational]	4th
53.24	4/4 [Jim Click Shootout]	4th
<b>Nick Makukutu</b>		
<b>400-Meter Hurdles</b>		
52.36@	3/21 [Baldy Castillo Invitational]	6th
53.63	4/4 [Jim Click Shootout]	6th
<b>Kellen McClure</b>		
<b>High Jump</b>		
6-4 3/4 (1.95)	4/4 [Jim Click Shootout]	8th
<b>Chris Nuttelman</b>		
<b>Triple Jump</b>		
47-10 1/2 (14.59)	4/4 [Jim Click Shootout]	4th
<b>Anthony Oberle</b>		
<b>10,000-Meter Run</b>		
32:09.80	3/29 [Hastings Bronco Relays]	1st
<b>John Ottun</b>		
<b>High Jump</b>		
6-8 3/4 (2.05)	4/4 [Jim Click Shootout]	4th
<b>Brian Parr</b>		
<b>800-Meter Run</b>		
1:55.17	4/4 [Jim Click Shootout]	11th
<b>1,500-Meter Run</b>		
3:54.28	4/4 [Jim Click Shootout]	6th
<b>3,000-Meter SC</b>		
9:21.19	3/27 [Stanford Invitational]	Sec. 1 - 15th
<b>Eric Petersen</b>		
<b>Hammer Throw</b>		
184-4 (56.18)	3/28 [Stanford Invitational]	4th
186-0 (56.69)@	4/4 [Jim Click Shootout]	2nd
<b>Ryan Petrocchi</b>		
<b>Javelin</b>		
195-1 (59.46)	3/27 [Stanford Invitational]	6th
194-10 (59.39)	4/4 [Jim Click Shootout]	4th
<b>Nate Polacek</b>		
<b>Pole Vault</b>		
15-5 (4.70)	3/28 [Arizona State Invitational]	10th
16-0 3/4 (4.90)	4/4 [Jim Click Shootout]	11th

**Skyler Reising**

<b>100-Meter Dash</b>		
11.00	4/2 [Jim Click Decathlon]	2nd
<b>400-Meter Dash</b>		
50.99	4/2 [Jim Click Decathlon]	6th
<b>1,500-Meter Run</b>		
4:58.85	4/3 [Jim Click Decathlon]	7th
<b>110-Meter Hurdles</b>		
16.15	4/3 [Jim Click Decathlon]	6th
<b>High Jump</b>		
6-8 3/4 (2.05)	4/2 [Jim Click Decathlon]	1st
<b>Pole Vault</b>		
13-7 1/4 (4.15)	4/3 [Jim Click Decathlon]	t-3rd
<b>Long Jump</b>		
22-10 (6.96)	4/2 [Jim Click Decathlon]	3rd
<b>Shot Put</b>		
47-3 (14.40)	3/28 [Arizona State Invitational]	10th
48-9 1/2 (14.87)	4/2 [Jim Click Decathlon]	1st
<b>Discus</b>		
161-2 (49.13)	3/28 [Arizona State Invitational]	7th
142-11 (43.56)	4/3 [Jim Click Decathlon]	1st
154-5 (47.06)	4/4 [Jim Click Shootout]	7th
<b>Javelin</b>		
155-2 (47.30)	3/28 [Arizona State Invitational]	13th
162-1 (49.40)	4/3 [Jim Click Decathlon]	3rd
<b>Decathlon</b>		
7.325	4/2-3 [Jim Click Decathlon]	2nd

**Blaise Rewaka**

<b>800-Meter Run</b>		
1:54.30	4/4 [Jim Click Shootout]	8th

**Tyrell Ross**

<b>110-Meter Hurdles</b>		
14.09@	3/21 [Baldy Castillo Invitational]	3rd
14.47	4/4 [Jim Click Shootout]	4th
<b>400-Meter Hurdles</b>		
52.24@	3/21 [Baldy Castillo Invitational]	5th
54.16	4/4 [Jim Click Shootout]	8th

**Dave Schutter**

<b>Javelin</b>		
176-4 (53.74)	3/27 [Stanford Invitational]	7th

**Brandon Sheppard**

<b>High Jump</b>		
6-8 3/4 (2.05)	4/4 [Jim Click Shootout]	3rd

**Matt Shipp**

<b>800-Meter Run</b>		
1:55.89	4/4 [Jim Click Shootout]	13th

**Sam Siegel**

<b>Shot Put</b>		
50-6 1/4 (15.40)	3/27 [Stanford Invitational]	Invite - 9th
52-9 1/2 (16.09)	4/4 [Jim Click Shootout]	6th

**Cylend Simmons**

<b>400-Meter Hurdles</b>		
52.84	3/21 [Baldy Castillo Invitational]	7th
54.48	4/4 [Jim Click Shootout]	10th

**Bryce Somer**

<b>10,000-Meter Run</b>		
34:16.61	3/29 [Hastings Bronco Relays]	4th

**Brett Suckstorf**

<b>Discus</b>		
151-7 (46.21)	3/27 [Stanford Invitational]	8th
<b>Hammer Throw</b>		
168-4 (51.31)	3/28 [Stanford Invitational]	13th

**Eric Thies**

<b>10,000-Meter Run</b>		
33:55.79	3/29 [Hastings Bronco Relays]	3rd

**Kirkland Thornton**

<b>200-Meter Dash</b>		
21.68	3/21 [Baldy Castillo Invitational]	5th
<b>110-Meter Hurdles</b>		
13.94@	3/21 [Baldy Castillo Invitational]	2nd
13.88@	4/4 [Jim Click Shootout]	2nd
<b>400-Meter Hurdles</b>		
50.78@	4/4 [Jim Click Shootout]	1st

**Carter Wasem**

<b>Hammer Throw</b>		
171-1 (52.16)	3/28 [Stanford Invitational]	11th
164-7 (50.18)	4/4 [Jim Click Shootout]	10th

**LeRon Williams**

<b>Long Jump</b>		
24-7 (7.49)@	4/4 [Jim Click Shootout]	2nd
<b>Triple Jump</b>		
45-7 1/4 (13.90)	4/4 [Jim Click Shootout]	8th

**Scott Wims**

<b>200-Meter Dash</b>		
21.22	4/4 [Jim Click Shootout]	2nd

**Relays**

<b>4x100-Meter Relay (Danns, Thornton, Hulett, Wims)</b>		
39.80@	4/4 [Jim Click Shootout]	1st
<b>4x400-Meter Relay (Dailey, Simmons, Christensen, Hulett)</b>		
3:12.99	4/4 [Jim Click Shootout]	2nd
<b>4x400-Meter Relay (T. Ross, Danns, Fourie, Makukutu)</b>		
3:19.40	4/4 [Jim Click Shootout]	7th
<b>4x400-Meter Relay (Lund, Wims, Ervin, Gordon)</b>		
3:25.92	4/4 [Jim Click Shootout]	8th