

NEBRASKA



—2009 Women's Season Review—

Husker Women Earn Five All-America Honors and Four Big 12 Titles in 2009

Willer, Furlan Earn Medals at Pan-Am Games

Natalie Willer continued to break records as the Husker sophomore won the women's pole vault at the Pan Am Junior Championships with a meet-record vault of 14-1 1/4.

Willer led a 1-2 finish for Team USA as she was followed by Mansfield, Texas, native Shade Weygandt. The two Midwest natives were followed by Adrian Beaumont-Courteua of Canada, Sara Santos Silva of Brazil and Melanie Blouin of Canada. The Team USA teammates will have plenty of chances to battle at the collegiate level in 2010 as Weygandt will be starting her collegiate career at Texas Tech.

In the women's 3,000-meter steeplechase, Jessica Furlan placed third with a time of 10:56.22. A native of Regina, Saskatchewan, Canada, Furlan was beat out by Cuba's Yoslin Ocampo (10:32.28) and Argentina's Borell Florencia (10:40.46), but Furlan was able to outlast Americans Natalie Busby (11:02.30) and Alyssa Allison (11:20.98), as well as Medina Rosneidy of the Dominican Republic (11:56.38).

Over the three-day meet, Furlan and her Canadian teammates came away tied with Jamaica for the third-most total medals at 13. Willer won one of the Americans' 21 gold medals at the meet, leading Team USA to a meet-high 57 medals. Overall, 17 countries won medals, with Brazil finishing a distant second to Team USA with 16 medals.

Bullock Earns First Outdoor Honor

The third time was a charm for junior Epley Bullock, as she earned her first outdoor All-America honor in the women's high jump after failing to reach the top eight at the past two outdoor championships. A three-time indoor All-American in the high jump, Bullock tied four other jumpers for fifth place, clearing 6-0.

Carrizales, Willer Named Academic All-District

Two University of Nebraska women's track and field athletes were honored Thursday, June 4, as Rachel Carrizales and Natalie Willer were each named second-team ESPN The Magazine Academic All-District VII.

As a sophomore, Willer was one of the top vaulters in the nation, breaking the NU and American Junior records with a vault of 14-4 1/2 at the Concordia Twilight on Friday, May 8. The Elkhorn, Neb., native entered the national meet ranked No. 2 in the country, trailing Arkansas' Katie Stripling, who had vaulted 14-5 1/4. Along with winning the Big 12 indoor and outdoor pole vault titles, Willer held a 3.98 GPA in biological sciences.

A senior from Morrill, Neb., Carrizales carried a 3.78 GPA in elementary education. She entered the national meet ranked 12th in the 3,000-meter steeplechase, posting a personal-best time of 10:09.77 at the Stanford Invitational. Her time ranks No. 2 all-time at NU, trailing Ann Gaffigan's 2004 time of 9:39.35.

Seven Huskers Earn Degrees

The Nebraska track and field team had a strong showing at spring graduation, as seven Huskers crossed the stage. The list of graduates was highlighted by 2008 Olympian, 2008 NCAA indoor national champion and eight-time All-American high jumper Dusty Jonas.

Head Coach Gary Pepin's track and field program also featured the past two Nebraska Student-Athlete Advisory Committee Presidents, 2008-09 President Patrick Burke and 2007-08 President Betsy Miller. Recently, Miller was also honored with the Gerard Award for Life Skills and was selected as a 2009 NCAA Postgraduate Scholarship recipient.

Rounding out the group were Bryan Bell, Joslyn Dalton, Zac Holoch and Eric Petersen. The seven Huskers combined to earn 22 All-Big 12 honors and were part of four Big 12 Championship teams.

Willer Improves American Junior Record

Natalie Willer continued her assault on the record books at the Concordia Twilight, taking her NU and American Junior record of 14-3 1/2 up one inch to 14-4 1/2 in the pole vault.

Miller Wins Gerard Award for Life Skills

Betsy Miller, a co-captain on the Nebraska track and field and cross country teams, earned the Gerard Scholarship of Excellence on Monday, April 27, an award that represents Nebraska's highest individual honor in its nationally prominent Life Skills program.

Miller, a senior from Lodgepole, Neb., is the second winner of the Gerard Scholarship, described by Associate Athletic Director Keith Zimmer as "our version of the Heisman Trophy of Life Skills." In 2007-08, Miller was president of both Mortar Board and the Student-Athlete Advisory Committee.

Miller carried a 3.97 cumulative grade-point average in biochemistry and is a six-time first-team academic All-Big 12 selection. She co-captained Nebraska's women's cross country team in 2006 and 2008 and co-captained the Huskers' women's track and field team as a distance runner in 2006 and 2007.

The Gerard Scholarship for postgraduate study, made possible through former corporate executive Ivan Gerard of Omaha, will enable Miller to pursue a degree in an advanced leadership master's program at Nebraska.

Wheatley, McMillan Earn All-America Honors

Multi-event athletes Megan Wheatley and Chantae McMillan each earned the first NCAA All-America honor of their careers in the women's pentathlon at the NCAA Indoor Championships.

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, with the two combining to score six points for the Husker women. 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.

On the way to her personal-best score, Wheatley hit PR's in the 60-meter hurdles (8.62), shot put (43-1 1/2) and long jump (20-3).

McMillan would return later to earn the second All-America honor of her career in the long jump. McMillan finished 13th overall and eighth among American jumpers with a leap of 19-6 1/4.

Three-Peat Performance

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

Willer and Wheatley Win Big 12 Titles

Megan Wheatley (pentathlon) and Natalie Willer (pole vault) 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 champion.

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.

Both Wheatley and Willer went on to win conference titles at the Big 12 Outdoor Championships, with Wheatley winning the heptathlon and Willer the pole vault. The win was Wheatley's second straight heptathlon crown and the fifth straight win for a Husker woman in the event. For Willer, she became the second Husker on the women's side in the Big 12 era to sweep the conference pole vault titles, joining Jenny Green, who achieved the feat in 2004.

Huskers by the Number in 2009

5 - All-America Awards

Indoor

Epley Bullock (High Jump)
Megan Wheatley (Pentathlon)
Chantae McMillan (Pentathlon/Long Jump)

Outdoor

Epley Bullock (High Jump)

4 - Big 12 Titles

Indoor

Natalie Willer (Pole Vault)
Megan Wheatley (Pentathlon)

Outdoor

Natalie Willer (Pole Vault)
Megan Wheatley (Heptathlon)

3 - School Records

Indoor

Natalie Willer (Pole Vault: 14-0)

Outdoor

Natalie Willer (Pole Vault: 14-4 1/2)
Rachel Carrizales, Lara Crofford,
Jen Pancoast, Ashley Miller
(4x1,600m Relay: 19:41.97)

2 - Pan-Am Junior Medalists

Natalie Willer (Pole Vault - Gold)
Jessica Furlan (3,000SC - Bronze)

1 - Postgraduate Scholarship

NCAA's Women's Enhancement

Postgraduate Scholarship

Joslyn Dalton

Top Indoor Marks in 2009

RUNNING EVENTS

60-Meter Dash

1. Chi Kalu	7.73*	Nebraska Tune-Up	Feb. 20
2. Karyn LaCour	7.75*	adidas Classic	Jan. 31
t-3. Arna Erega	7.92	Conference Challenge	Jan. 24
	7.92	adidas Classic	Jan. 31
t-3. Leandra McGruder	7.92*	Nebraska Tune-Up	Feb. 20

200-Meter Dash

1. Chi Kalu	25.24	Nebraska Tune-Up	Feb. 20
2. Karyn LaCour	25.53	Conference Challenge	Jan. 24
3. Rachel Butler	25.56*	Frank Sevigne Husker Invitational	Feb. 7

400-Meter Dash

1. Alyssa Vierregger	58.54	Conference Challenge	Jan. 24
2. Nikita Eades	58.94	Nebraska Tune-Up	Feb. 20
3. Kayla Ubel	59.85*	Frank Sevigne Husker Invitational	Feb. 6

600-Yard Run

1. Blaire Dinsdale	1:23.92*	Conference Challenge	Jan. 24
2. Suzanne Higgins	1:25.09*	Frank Sevigne Husker Invitational	Feb. 7
3. Lynsey Kreikemeier	1:26.95	Conference Challenge	Jan. 24

800-Meter Run

1. Blaire Dinsdale	2:10.13*	Nebraska Tune-Up	Feb. 20
2. Natalja Callahan	2:10.90*	Nebraska Tune-Up	Feb. 20
3. Ashley Miller	2:12.68*	Nebraska Tune-Up	Feb. 20

1,000-Meter Run

1. Natalja Callahan	2:47.27*	Big 12 Championships	Feb. 28
2. Erica Hamik	2:52.30*	Big 12 Championships	Feb. 27
3. Ashley Miller	2:52.54*	Big 12 Championships	Feb. 27

Mile Run

1. Natalja Callahan	4:47.70**	Frank Sevigne Husker Invitational	Feb. 7
2. Jen Pancoast	4:50.69*	Frank Sevigne Husker Invitational	Feb. 7
3. Lara Crofford	4:54.03*	Frank Sevigne Husker Invitational	Feb. 7

Over-sized:

1. Natalja Callahan	4:43.76**	Washington Last Chance	March 7
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3,000-Meter Run

1. Lara Crofford	9:33.57**	Big 12 Championships	Feb. 28
2. Jen Pancoast	9:39.09*	Big 12 Championships	Feb. 28
3. Rachel Carrizales	9:43.47*	Big 12 Championships	Feb. 28

5,000-Meter Run

1. Lara Crofford	16:28.84**	Big 12 Championships	Feb. 27
2. Rachel Carrizales	16:59.64*	Big 12 Championships	Feb. 27
3. Joslyn Dalton	17:24.00*	Tyson Invitational	Feb. 14

60-Meter Hurdles

1. Arna Erega	8.40%	Conference Challenge	Jan. 24
2. Karyn LaCour	8.46	adidas Classic	Jan. 31
3. Nikita Eades	8.53	adidas Classic	Jan. 31

4x400-Meter Relay

1. Rachel Butler Blaire Dinsdale Nikita Eades Megan Wheatley	3:47.26	Big 12 Championships	Feb. 28
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Distance-Medley Relay

1. Natalja Callahan Erica Hamik Ashley Miller Jessica Furlan	11:37.43	Tyson Invitational	Feb. 24
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FIELD EVENTS

High Jump

1. Epley Bullock	6-1 1/4 (1.86)*@	Frank Sevigne Husker Invitational	Feb. 7
2. Audrey Svane	5-11 1/2 (1.81)**	Nebraska Tune-Up	Feb. 20
3. Lorena Menghia	5-8 3/4 (1.75)	Nebraska Tune-Up	Feb. 20

Pole Vault

1. Natalie Willer	14-3 1/4 (4.35)*#	John McDonnell Invitational	April 18
2. Rachel Birtles	12-9 1/2 (3.90)	Tyson Invitational	Feb. 14
3. Cami Jiskra	12-3 1/2 (3.75)*	Tyson Invitational	Feb. 14
	12-3 1/2 (3.75)*	Nebraska Tune-Up	Feb. 20

Long Jump

1. Chantae McMillan	20-8 (6.30)**	Tyson Invitational	Feb. 13
t-2. Leandra McGruder	20-3 (6.17)**	Cyclone Last Chance	March 7
t-2. Megan Wheatley	20-3 (6.17)**	NCAA Pentathlon	March 13

Triple Jump

1. Leandra McGruder	42-2 (12.85)**	Tyson Invitational	Feb. 14
2. Tara Korshoj	41-4 1/4 (12.60)*	Big 12 Championships	Feb. 28
3. Lorena Menghia	39-10 3/4 (12.16)*	adidas Classic	Jan. 31

Shot Put

1. Kacie Sharp	51-11 1/4 (15.83)**	adidas Classic	Jan. 31
2. Jade Hodson	46-4 3/4 (14.14)*	Tyson Invitational	Feb. 14
3. Amanda Latsch	45-6 1/4 (13.87)	Conference Challenge	Jan. 24

20-Pound Weight Throw

1. Lisa Minnick	58-4 3/4 (17.80)*	Frank Sevigne Husker Invitational	Feb. 6
2. Jade Hodson	54-3 1/4 (16.54)*	Nebraska Tune-Up	Feb. 20
3. Victoria Zimmerman	53-9 1/4 (16.39)*	Nebraska Tune-Up	Feb. 20

COMBINED EVENTS

Pentathlon

1. Megan Wheatley	4,267**	NCAA Championships	March 13
2. Chantae McMillan	4,096**	NCAA Championships	March 13
3. Rachel Butler	3,858**	Big 12 Championships	Feb. 27

Key:

* - personal best
 @ - NCAA automatic-qualifying mark
 % - NCAA provisional-qualifying mark
 # - school record

Note: Only top-three performances listed.



Megan Wheatley posted the No. 2 performance all-time at NU indoors in the pentathlon at the NCAA Indoor Championships, totalling 4,267 points to finish fourth and earn All-America honors.

2009 Indoor Meet-by-Meet Breakdown (Top-Eight Finishes Only)

Holiday Inn Invitational

Jan. 16-17, 2009

Bob Devaney Sports Center Indoor Track - Lincoln, Neb.

60 Meters: 8. Karyn LaCour (7.88) **200 Meters:** 7. Arna Erega (25.70) **400 Meters:** 8. Alyssa Vierregger (58.80) **600 Yards:** 1. Blaire Dinsdale (1:26.16); 2. Suzanne Higgins (1:26.80); 7. Brooke Dinsdale (1:28.44) **800 Meters:** 2. Blaire Dinsdale (2:18.62); 3. Brooke Dinsdale (2:19.76) **1,000 Meters:** 1. Erica Hamik (2:59.93); 2. Jen Pancoast (3:00.16); 3. Jessica Furlan (3:00.50) **Mile:** 2. Rachel Carrizales (4:58.98); 4. Joslyn Dalton (5:01.18); 5. Ashley Miller (5:08.55) **3,000 Meters:** 1. Natalja Callahan (10:00.21); 2. Jen Webers (10:14.02) **5,000 Meters:** 3. Ari Goldstein (18:04.13); 4. Katie White (18:26.05) **60 Hurdles:** 2. Arna Erega (8.50); 3. Karyn LaCour (8.78) **4x400 Relay:** 3. Nebraska (Eades, Higgins, Vierregger, Wheatley - 3:54:35); 5. Nebraska (Kreikemeier, Bl. Dinsdale, Br. Dinsdale, Ubel - 4:06.26) **High Jump:** 1. Epley Bullock (5-10); 2. Audrey Svane (5-7); 6. Chantae McMillan (5-5) **Pole Vault:** 1. Natalie Willer (13-9 3/4); 2. Rachel Birtles (12-5 1/2); 3. Lindsey Maher (11-11 3/4); 4. Cami Jiskra (11-5 3/4) **Triple Jump:** 1. Leandra McGruder (40-6); 2. Tara Korshoj (39-5) **Shot Put:** 1. Kacie Sharp (51-0); 6. Jade Hodson (44-9) **Weight Throw:** 2. Lisa Minnick (53-0 1/4); 3. Victoria Zimmerman (51-9 3/4); 4. Jade Hodson (51-3 1/2); 6. Samantha Musil (49-9)

Conference Challenge

Jan. 24, 2009

Bob Devaney Sports Center Indoor Track - Lincoln, Neb.

Team Scores: Big 12 - 249, Mountain West - 118

60 Meters: 2. Chi Kalu (7.85); 6. Arna Erega (7.92) **200 Meters:** 3. Karyn LaCour (25.53); 4. Chi Kalu (25.56); 5. Chantae McMillan (26.15) **400 Meters:** 4. Alyssa Vierregger (58.84); 6. Suzanne Higgins (1:00.37); 7. Kayla Ubel (1:01.00) **600 Yards:** 3. Blaire Dinsdale (1:23.92); 5. Lynsey Kreikemeier (1:26.95) **800 Meters:** 4. Jessica Furlan (2:16.12); 7. Brooke Dinsdale (2:20.14) **1,000 Meters:** 1. Natalja Callahan (2:49.52) **Mile:** 4. Jen Pancoast (4:56.40); 7. Erica Hamik (5:09.35) **3,000 Meters:** 1. Joslyn Dalton (10:05.86) **5,000 Meters:** 1. Rachel Carrizales (17:22.81); 4. Jen Webers (17:39.63) **60 Hurdles:** 1. Arna Erega (8.40); 2. Karyn LaCour (8.54) **4x400 Relay:** 3. Nebraska (Wheatley, Vierregger, Hamik, Callahan - 3:53.21) **High Jump:** 1. Epley Bullock (5-10 3/4); t-3. Audrey Svane (5-5); 6. Megan Wheatley (5-5) **Pole Vault:** 1. Natalie Willer (14-0); 4. Rachel Birtles (11-7) **Long Jump:** 1. Chantae McMillan (19-3 1/4); 2. Leandra McGruder (18-11 3/4) **Triple Jump:** 2. Tara Korshoj (39-9 1/4); 3. Lorena Menghia (39-9 1/4) **Shot Put:** 2. Kacie Sharp (50-0 3/4); 5. Amanda Latsch (45-6 1/4); 6. Jade Hodson (45-1 1/2) **Weight Throw:** 3. Lisa Minnick (54-2 3/4).

Nebraska Wesleyan Invitational

Jan. 24, 2009

Bob Devaney Sports Center Indoor Track - Lincoln, Neb.

60 Meters: 2. Leandra McGruder (8.00); 4. Tara Korshoj (8.26) **200 Meters:** 2. Tara Korshoj (26.88) **400 Meters:** 1. Nikita Eades (59.00); 4. Suzanne Higgins (1:01.33) **Mile:** 3. Michelle Fluit (5:23.64) **3,000 Meters:** 2. Katie Kelly (11:01.96) **60 Hurdles:** 2. Arna Erega (8.41); 3. Nikita Eades (8.59); 4. Karyn LaCour (8.98) **Pole Vault:** 1. Cami Jiskra (12-0); 2. Lindsey Maher (11-5 3/4) **Long Jump:** 1. Arna Erega (18-7 3/4) **Weight Throw:** 1. Jade Hodson (50-3 1/2); 2. Samantha Musil (46-2).

adidas Classic

Jan. 31, 2009

Bob Devaney Sports Center Indoor Track - Lincoln, Neb.

Team Scores: 1. Nebraska (204); 2. Kansas (138.33); 3. Alabama (79); 4. Wichita State (78); 5. Florida State (19.67)

60 Meters: 3. Karyn LaCour (7.75); 7. Chi Kalu (7.85); 8. Arna Erega (7.92) **200 Meters:** 7. Chi Kalu (26.05); 8. Rachel Butler (26.16) **400 Meters:** 4. Kayla Ubel (1:00.46) **600 Yards:** 3. Suzanne Higgins (1:26.90); 5. Nandi Meyer (1:30.68) **1,000 Meters:** 1. Ashley Miller (2:55.31) **Mile:** 4. Jessica Furlan (5:05.20); 5. Erica Hamik (5:07.39) **3,000 Meters:** 1. Lara Crofford (9:42.80); 3. Jen Pancoast (9:46.93); 4. Rachel Carrizales (9:50.12); 7. Jen Webers (10:04.83) **5,000 Meters:** 1. Joslyn Dalton (17:29.78); 4. Elizabeth Marsh (18:51.09) **60 Hurdles:** 1. Arna Erega (8.44); 2. Karyn LaCour (8.46); 3. Nikita Eades (8.53) **4x400 Relay:** Nebraska (Butler, Higgins, Meyer, Bl. Dinsdale - 3:56.24) **High Jump:** 1. Epley Bullock (6-0 3/4); 2. Audrey Svane (5-9 1/4); t-3. Lorena Menghia (5-7 1/4) **Pole Vault:** 2. Rachel Birtles (12-7 1/2); 5. Cami Jiskra (11-7 3/4) **Long Jump:** 1. Chantae McMillan (19-3 1/4); 2. Leandra McGruder (19-3 1/4); 3. Megan Wheatley (19-1 1/2); 4. Tara Korshoj (18-6) **Triple Jump:** 1. Leandra McGruder (41-4 1/2); 2. Lorena Menghia (39-10 3/4); **Shot Put:** 1. Kacie Sharp (51-11 1/4); 4. Amanda Latsch (45-1 1/2); 5. Jade Hodson (44-11 1/2) **Weight Throw:** 2. Lisa Minnick (55-5 3/4); 3. Jade Hodson (53-5 1/2); 6. Victoria Zimmerman (49-6 1/2); Samantha Musil (49-5 1/2).

Frank Sevigne Husker Invitational

Feb. 6-7, 2009

Bob Devaney Sports Center Indoor Track - Lincoln, Neb.

600 Yards: 3. Suzanne Higgins (1:25.09); 5. Lynsey Kreikemeier (1:27.12) **Special 800 Meters:** 3. Blaire Dinsdale (2:12.01) **800 Meters:** 1. Brooke Dinsdale (2:17.18) **1,000 Meters:** 1. Erica Hamik (2:53.88); 2. Jessica Furlan (2:54.04); 8. Michelle Fluit (3:02.24) **Special Mile:** 1. Natalja Callahan (4:47.40); 3. Jen Pancoast (4:50.69); 5. Lara Crofford (4:54.03); 6. Joslyn Dalton (4:58.39); 8. Rachel Carrizales (5:00.24) **Mile:** Ashley Miller (4:58.82); 3. Jen Webers (5:02.68) **Special 3,000 Meters:** 8. Ari Goldstein (10:02.45) **60 Hurdles:** 2. Arna Erega (8.47); 3. Karyn LaCour (8.50) **Special 4x400 Relay:** 4. Nebraska (Butler, Eades, Br. Dinsdale, Bl. Dinsdale - 3:53.81) **High Jump:** 1. Epley Bullock (6-1 1/4); 2. Audrey Svane (5-8 3/4); 4. Rachel Butler (5-7) **Pole Vault:** 1. Natalie Willer (13-9 1/4); 5. Rachel Birtles (12-3 1/2); 6. Lindsey Maher (11-9 3/4); 7. Cami Jiskra (11-9 3/4) **Long Jump:** 2. Leandra McGruder (20-2 1/2); 6. Arna Erega (19-0 3/4) **Triple Jump:** 2. Leandra McGruder (41-0 1/4); Zarinah Suluki-Drakes (39-8 1/2) **Shot Put:** 3. Kacie Sharp (50-8 1/4) **Weight Throw:** 2. Lisa Minnick (58-4 3/4) **Pentathlon:** 1. Megan Wheatley (4,061); 2. Chantae McMillan (3,996)

Tyson Invitational

Feb. 13-14, 2009

Randal Tyson Track Center - Fayetteville, Ark.

Olympic Development Mile: 5. Natalja Callahan (4:49.13) **Mile:** 4. Jessica Furlan (4:57.95); 8. Ashley Miller (4:59.84) **Championship 3,000 Meters:** 4. Jen Pancoast (9:49.90) **Championship 5,000 Meters:** 2. Lara Crofford (16:41.31) **5,000 Meters:** 2. Joslyn Dalton (17:24.00); 3. Ari Goldstein (17:34.88) 6. Jen Webers (17:44.18) **DMR:** 1. Nebraska (Callahan, Hamik, Miller, Furlan - 11:37.43) **Championship High Jump:** 4. Epley Bullock (5-9 3/4); t-6. Audrey Svane (5-7 3/4) **Pole Vault:** 2. Natalie Willer (13-11 1/4) **Championship Long Jump:** 2. Chantae McMillan (20-8) **Long Jump:** 3. Megan Wheatley (19-6 3/4) **Championship Triple Jump:** 7. Leandra McGruder (42-2) **Triple Jump:** 1. Tara Korshoj (41-3) **Shot Put:** 8. Jade Hodson (46-4 3/4)



Epley Bullock cleared a personal best of 6-1 1/4 in the high jump at the Frank Sevigne Husker Invitational, moving her into a tie for the No. 3 spot on the NU all-time indoor performance list with Tammy Thurman (1988) and Kerry Doetker (1997).

Nebraska Tune-Up

Feb. 20, 2008

Bob Devaney Sports Center Indoor Track - Lincoln, Neb.

60 Meters: 1. Chi Kalu (7.73); 2. Karyn LaCour (7.81); 3. Leandra McGruder (7.92) **200 Meters:** 3. Chi Kalu (25.24) **400 Meters:** 8. Nikita Eades (58.94) **600 Yards:** 1. Suzanne Higgins (1:25.92); 3. Lynsey Kreikemeier (1:27.34) **800 Meters:** 2. Blaire Dinsdale (2:10.13); 4. Natalja Callahan (2:10.90); 5. Ashley Miller (2:12.68); 6. Jen Pancoast (2:15.22); 7. Jessica Furlan (2:15.76) **1,000 Meters:** 1. Joslyn Dalton (2:54.36); 2. Brooke Dinsdale (2:59.66) **Mile:** 2. Rachel Carrizales (4:56.05); 4. Lara Crofford (4:56.59); 8. Ari Goldstein (5:04.58) **3,000 Meters:** 1. Jen Webers (10:01.67); 4. Elizabeth Marsh (10:42.26); 7. Katie Kelly (10:58.42) **60 Hurdles:** 1. Nikita Eades (8.59); 3. Karyn LaCour (8.72); 4. Megan Wheatley (8.75); 8. Rachel Butler (9.14) **High Jump:** 1. Audrey Svane (5-11 1/4); 3. Lorena Menghia (5-8 3/4); 5. Rachel Butler (5-5); t-7. Megan Wheatley (5-5) **Pole Vault:** 1. Rachel Birtles (12-7 1/2); 2. Cami Jiskra (12-3 1/2); 3. Lindsey Maher (11-11 3/4) **Triple Jump:** 1. Tara Korshoj (39-6 1/2) **Shot Put:** 2. Kacie Sharp (49-1 1/2); 6. Jade Hodson (45-6 1/4); 8. Amanda Latsch (44-1 1/2) **Weight Throw:** 2. Lisa Minnick (56-8); 5. Jade Hodson (54-3 1/4); 6. Victoria Zimmerman (53-9 1/4)

Big 12 Indoor Championships

Feb. 27-28, 2009

Gilliam Indoor Track - College Station, Texas

Team Scores: 1. Texas A&M (130); 2. Texas Tech (103.5); 3. Nebraska (96.5); 4. Baylor (86); 5. Texas (83.5); 6. Oklahoma (65); t-7. Missouri (52); t-7. Kansas State (52); 9. Kansas (25.5); 10. Oklahoma State (18); 11. Iowa State (17); 12. Colorado (11)

800 Meters: 4. Blaire Dinsdale (2:10.40) **1,000 Meters:** 3. Natalja Callahan (2:47.27); 8. Erica Hamik (2:59.09) **3,000 Meters:** 6. Lara Crofford (9:33.57) **5,000 Meters:** 2. Lara Crofford (16:28.84) **60 Hurdles:** 3. Arna Erega (8.47) **4x400 Relay:** 8. Nebraska (Butler, Bl. Dinsdale, Eades, Wheatley - 3:47.26) **DMR:** 7. Nebraska (Pancoast, Eades, Miller, Furlan - 11:38.89) **High Jump:** t-2. Epley Bullock (5-8); t-2. Audrey Svane (5-8); t-5. Lorena Menghia (5-6) **Pole Vault:** 1. Natalie Willer (13-10); t-2. Rachel Birtles (12-7 1/2); t-6. Cami Jiskra (12-1 1/2) **Long Jump:** 6. Leandra McGruder (20-2 1/4); 8. Chantae McMillan (19-10 1/4) **Triple Jump:** 7. Leandra McGruder (41-9 3/4) **Pentathlon:** 1. Megan Wheatley (4,211); 2. Chantae McMillan (4,061); 4. Rachel Butler (3,858)



Natalie Willer won her first conference pole vault title at the 2009 Big 12 Indoor Championships in College Station, Texas, with a meet-record vault of 13-10.



Chantae McMillan earned All-America honors in both the pentathlon and long jump at the 2009 NCAA Indoor Championships in College Station, Texas.

Iowa State Last Chance

March 7, 2009

Lied Recreation Center - Ames, Iowa (oversized track)

60 Hurdles: 2. Arna Erega (8.43) **High Jump:** t-1. Epley Bullock (5-9 3/4); 6. Audrey Svane (5-5 3/4) **Pole Vault:** t-4. Rachel Birtles (12-7 1/2) **Long Jump:** 1. Leandra McGruder (20-3)

Washington Last Chance

March 7, 2009

Dempsey Indoor Track - Seattle, Wash. (oversized track)

Mile: 4. Natalja Callahan (4:43.76)

NCAA Indoor Championships *All Finishes

March 14-15, 2008

Randal Tyson Track Center - Fayetteville, Ark.

Team Scores: 1. Tennessee (42); 2. Texas A&M (37); 3. BYU (33); 4. Texas (31); 5. Arizona State (30); 6. LSU (28); 7. Penn State (24); 8. Florida State (23); t-9. Oregon (21); t-9. Texas Tech (21); 29. Nebraska (8.5)

High Jump: t-6. Epley Bullock (5-10 3/4) **Pole Vault:** 14. Natalie Willer (12-11 1/2) **Long Jump:** 13. Chantae McMillan (19-6 1/4) **Pentathlon:** 4. Megan Wheatley (4,267); 8. Chantae McMillan (4,096)

Top Outdoor Marks in 2009

RUNNING EVENTS

100-Meter Dash

1. Karyn LaCour	12.25*	+0.8	Nebraska Quad	May 2
2. Chi Kalu	12.30	+0.0	Nebraska Invitational	April 11
t-3. Arna Erega	12.55	+0.0	Nebraska Invitational	April 11
t-3. Leandra McGruder	12.55*	+0.0	Nebraska Invitational	April 11

Wind-Aided:

1. Arna Erega	12.55	+2.1	Jim Click Shootout	April 4
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200-Meter Dash

1. Megan Wheatley	24.47A*	+1.3	Big 12 Heptathlon	May 15
2. Rachel Butler	24.93	+1.3	Big 12 Heptathlon	May 15
t-3. Chantae McMillan	25.66	+0.0	Jim Click Heptathlon	April 4
t-3. Chi Kalu	25.66	+0.0	Nebraska Invitational	April 11

400-Meter Dash

1. Kayla Ubel	58.32	-	Nebraska Quad	May 2
2. Erica Hamik	58.35	-	Concordia Twilight	May 8
3. Alyssa Vierregger	58.59	-	Jim Click Shootout	April 4

800-Meter Run

1. Blaire Dinsdale	2:08.82@	-	NCAA Midwest Regional	May 30
2. Erica Hamik	2:09.63*@	-	Nebraska Quad	May 2
3. Ashley Miller	2:11.07	-	Nebraska Invitational	April 11

1,500-Meter Run

1. Natalja Callahan	4:27.01@	-	Stanford Invitational	March 27
2. Ashley Miller	4:29.44A*@	-	Big 12 Championships	May 17
3. Rachel Carrizales	4:29.95*	-	Nebraska Invitational	April 11

3,000-Meter Run

1. Rachel Carrizales	9:52.93*	-	Jim Click Shootout	April 4
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5,000-Meter Run

1. Lara Crofford	16:28.21@	-	John McDonnell Invitational	April 17
2. Jen Pancoast	17:26.00A*	-	Big 12 Championships	May 17
3. Jen Webers	17:28.19*	-	Nebraska Invitational	April 11

10,000-Meter Run

1. Lara Crofford	34:07.20^	-	Payton Jordan Invitational	April 17
2. Ari Goldstein	36:21.53*	-	Stanford Invitational	March 27

100-Meter Hurdles

1. Nikita Eades	13.74@	+0.9	Drake Relays	April 25
2. Megan Wheatley	13.76*@	+1.6	Big 12 Heptathlon	May 17
3. Arna Erega	13.77@	+0.4	World University Games	July 9

Wind-Aided:

1. Arna Erega	13.65	+4.2	John McDonnell Invitational	April 18
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400-Meter Hurdles

1. Nikita Eades	1:01.18*	-	Nebraska Quad	May 5
2. Suzanne Higgins	1:03.64*	-	Nebraska Quad	May 5

3,000-Meter Steeplechase

1. Rachel Carrizales	10:09.96*@	-	Stanford Invitational	March 27
2. Joslyn Dalton	10:28.01*^	-	Payton Jordan Invitational	May 2
3. Jessica Furlan	10:34.68@	-	Payton Jordan Invitational	May 2

4x100-Meter Relay

1. Chi Kalu	46.35A	-	Big 12 Championships	May 17
Megan Wheatley				
Rachel Butler				
Karyn LaCour				

4x400-Meter Relay

1. Rachel Butler	3:47.34A	-	Big 12 Championships	May 17
Blaire Dinsdale				
Brooke Dinsdale				
Megan Wheatley				

4x800-Meter Relay

1. Ashley Miller	8:46.93	-	Drake Relays	April 24
Erica Hamik				
Brooke Dinsdale				
Blaire Dinsdale				

Distance-Medley Relay

1. Joslyn Dalton	11:44.32	-	Drake Relays	April 24
Brooke Dinsdale				
Blaire Dinsdale				
Jessica Furlan				

4x1,600-Meter Relay

1. Rachel Carrizales	19:41.97#	-	Drake Relays	April 25
Lara Crofford				
Jen Pancoast				
Ashley Miller				

FIELD EVENTS

High Jump

1. Epley Bullock	6-1 1/4 (1.86)*@	Penn Relays	April 24
2. Audrey Svane	5-8 3/4 (1.75)*@	Nebraska Quad	May 2
	5-8 3/4 (1.75)*@	Big 12 Championships	May 17
3. Lorena Menghia	5-7 (1.70)	Nebraska Quad	May 2

Pole Vault

1. Natalie Willer	14-4 1/2 (4.38)*#@	Concordia Twilight	May 8
2. Rachel Birtles	12-10 3/4 (3.93)@	Nebraska Quad	May 2
t-3. Cami Jiskra	12-7 1/2 (3.85)A*@	Big 12 Championships	May 17
t-3. Lindsey Maher	12-7 1/2 (3.85)A*@	Big 12 Championships	May 17

Long Jump

1. Leandra McGruder	20-1 (6.12)@	-0.6	Jim Click Shootout	April 4
2. Megan Wheatley	19-8 1/4 (6.00)	+0.9	NCAA Heptathlon	June 12
3. Tara Korshoj	19-3 1/2 (5.88)*	+1.4	Nebraska Quad	May 2

Wind-Aided:

1. Leandra McGruder	20-10 (6.35)A*	+4.6	Big 12 Championships	May 16
	20-7 1/4 (6.28)A@	+2.7	Big 12 Championships	May 16
2. Megan Wheatley	19-10 1/4 (6.05)A@	+3.6	Big 12 Heptathlon	May 16
3. Rachel Butler	19-3 1/2 (5.88)A	+5.6	Big 12 Heptathlon	May 16

Triple Jump

1. Leandra McGruder	42-3 1/4 (12.88)*@	-0.5	Nebraska Quad	May 2
2. Tara Korshoj	41-6 1/2 (12.66)*@	+1.7	Nebraska Quad	May 2
	41-6 1/2 (12.66)*@	+0.2	Big 12 Championships	May 17
3. Lorena Menghia	38-7 1/2 (11.77)	+1.7	John McDonnell Invite	April 18

Wind-Aided:

1. Leandra McGruder	43-5 1/4 (13.24)*@	+2.1	NCAA Midwest Regional	May 30
2. Tara Korshoj	41-8 (12.70)*@	+3.8	U.S. Junior Championships	June 28
3. Lorena Menghia	39-9 3/4 (12.13)	+2.1	John McDonnell Invite	April 18

Shot Put

1. Kacie Sharp	52-8 1/4 (16.06)A*^	Big 12 Championships	May 17
2. Amanda Latsch	50-0 (15.24)*@	NCAA Midwest Regional	May 30
3. Jade Hodson	46-5 1/2 (14.16)*	Ward Haylett Invitational	May 9

Discus

1. Kacie Sharp	161-9 (49.31)*@	Drake Relays	April 24
2. Samantha Musil	161-7 (49.26)@	Ward Haylett Invitational	May 9
3. Amanda Latsch	155-2 (47.29)	Concordia Twilight	May 8

Hammer Throw

1. Lisa Minnick	183-2 (55.82)*@	Ward Haylett Invitational	May 9
2. Samantha Musil	172-6 (52.57)A*	Big 12 Championships	May 15
3. Jade Hodson	171-5 (52.25)A*	Big 12 Championships	May 15

Javelin

1. Roxi Grizzle	149-2 (45.46)A@	Big 12 Championships	May 17
2. Megan Wheatley	131-4 (40.04)*	World University Games	July 11
3. Chantae McMillan	122-1 (37.21)	Arizona State Invite	March 28

COMBINED EVENTS

Heptathlon

1. Megan Wheatley	5,800A*^	Big 12 Championships	May 15-16
2. Rachel Butler	4,903A	Big 12 Championships	May 15-16

Wind-Aided:

1. Rachel Butler	5,068*%	Big 12 Championships	May 15-16
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* - personal best

@ - NCAA Regional-qualifying mark

^ - NCAA automatic-qualifying mark

% - NCAA provisional-qualifying mark

- school record

Note: Only top-three performances listed.

2009 Outdoor Meet-by-Meet Breakdown (Top-Eight Finishes Only)

Arizona State Invitational

March 27-28, 2009

Joe Selleh Track at Sun Angel Stadium - Tempe, Ariz.

100-Meter Hurdles: 3. Rachel Butler (14.72)

Stanford Invitational

March 27-28, 2009

Cobb Track, Angell Field - Palo Alto, Calif.

1,500 Meters Section 1: 8. Natalja Callahan (4:27.01) **1,500 Meters Section 3:** 5. Jen Pancoast (4:30.51) **1,500 Meters Section 5:** 2. Ashley Miller (4:33.58) **3,000 Steeplechase Section 1:** 5. Rachel Carrizales (10:09.69) **3,000 Steeplechase Section 2:** 3. Joslyn Dalton (10:37.75)



Rachel Carrizales opened the 2009 outdoor season with a personal best of 10:09.69 in the 3,000-meter steeplechase at the Stanford Invitational. The time ranked No. 13 in Division I heading into the NCAA Outdoor Championships.

Jim Click Shootout

April 2-4, 2009

Roy P. Drachman Track and Field Stadium - Tucson, Ariz.

Team Scores: 1. Big 12 (504); 2. Big 10 (465.5); 3. Pac-10 (444.5)

400 Meters: 7. Alyssa Vierregger (58.59) **800 Meters:** 5. Brooke Dinsdale (2:13.41); 7. Blaire Dinsdale (2:14.15); 8. Erica Hamik (2:14.30) **1,500 Meters:** 7. Ashley Miller (4:33.91) **3,000 Meters:** 2. Rachel Carrizales (9:52.93) **100 Hurdles:** 2. Arna Erega (13.82); 4. Nikita Eades (14.49); 6. Karyn LaCour (14.77) **400 Hurdles:** 8. Suzanne Higgins (1:04.94) **3,000 Steeplechase:** 1. Jessica Furlan (10:48.19); 5. Jen Webers (11:08.85) **4x100 Relay:** 3. Nebraska (McGruder, LaCour, Korshoj, Erega - 48.13) **4x400 Relay:** 6. Nebraska (Vierregger, Higgins, Kreikemeier, Meyer - 3:58.92); 7. Nebraska (Br. Dinsdale, Di. Dinsdale, Eades, Korshoj - 4:00.77) **High Jump:** t-3. Epley Bullock (5-7); t-5. Audrey Svane (5-5) **Pole Vault:** 6. Cami Jiskra (12-3 1/2); 7. Natalie Willer (11-11 3/4) **Long Jump:** 1. Leandra McGruder (20-1); 4. Arna Erega (18-11 1/4); 5. Tara Korshoj (18-8 1/2) **Triple Jump:** 1. Leandra McGruder (42-0 1/2); 3. Tara Korshoj (40-1 1/2) **Shot Put:** 2. Kacie Sharp (50-0 3/4); 7. Jade Hodson (44-10 1/4); 8. Amanda Latsch (43-6) **Discus:** 4. Kacie Sharp (149-11); 6. Amanda Latsch (145-8) **Hammer Throw:** 6. Jade Hodson (166-4); 7. Samantha Musil (162-10); 8. Victoria Zimmerman (162-10). **Heptathlon:** 3. Megan Wheatley (5,360); 6. Rachel Butler (4,851)

Concordia Invitational

April 3, 2009

Bulldog Stadium - Seward, Neb.

5,000 Meters: 3. Elizabeth Marsh (18:38.61)

Nebraska Invitational

April 11, 2009

Ed Weir Stadium - Lincoln, Neb.

100 Meters: 4. Chi Kalu (12.30); 5. Karyn LaCour (12.31); t-6. Arna Erega (12.55); t-6. Leandra McGruder (12.55) **200 Meters:** 2. Megan Wheatley (25.01); 5. Chi Kalu (25.66) **800 Meters:** 3. Blaire Dinsdale (2:10.16); 4. Ashley Miller (2:11.07); 5. Erica Hamik (2:13.10); 7. Brooke Dinsdale (2:16.67); 8. Lynsey Kreikemeier (2:17.31) **1,500 Meters:** 1. Rachel Carrizales (4:29.95); 2. Jen Pancoast (4:30.93); 3. Joslyn Dalton (4:32.43); 4. Jessica Furlan (4:32.93); 6. Lara Crofford (4:33.53) **5,000 Meters:** 2. Jen Webers (17:28.19); 7. Elizabeth Marsh (18:47.96) **100 Hurdles:** 3. Rachel Butler (14.62); 4. Karyn LaCour (14.65) **400 Hurdles:** 3. Nikita Eades (1:02.89); 5. Suzanne Higgins (1:03.92) **4x400 Relay:** 2. Nebraska (3:50.19); 3. Nebraska (3:51.90) **High Jump:** 1. Epley Bullock (5-8 3/4); 2. Audrey Svane (5-7) **Pole Vault:** 1. Natalie Willer (14-0 1/2); 2. Breanna Bussel (12-1 1/2); 3. Cami Jiskra (11-7 3/4); Lindsey Maher (11-7 3/4) **Long Jump:** 2. Arna Erega (19-1 1/4); 3. Leandra McGruder (19-0 1/2); 4. Natalie Willer (19-0) **Triple Jump:** 2. Leandra McGruder (40-11 1/2); 3. Tara Korshoj (39-3 3/4) **Shot Put:** 2. Kacie Sharp (49-3 1/2); 3. Jade Hodson (45-7 1/4); 6. Amanda Latsch (44-0 3/4) **Discus:** 1. Samantha Musil (159-8); 2. Amanda Latsch (151-3); 3. Kacie Sharp (150-9) **Hammer Throw:** 1. Samantha Musil (171-5); Victoria Zimmerman (165-7)

John McDonnell Invitational

April 17-18, 2009

John McDonnell Field - Fayetteville, Ark.

800 Meters: 2. Blaire Dinsdale (2:11.31); 4. Erica Hamik (2:13.12); 5. Brooke Dinsdale (2:13.30) **Invitational 1,500 Meters:** 3. Ashley Miller (4:29.90); 4. Jen Pancoast (4:30.12) **5,000 Meters:** 1. Lara Crofford (16:28.21) **100 Hurdles:** 2. Arna Erega (13.65w); 6. Nikita Eades (13.79w) **400 Hurdles:** 3. Nikita Eades (1:02.25) **3,000 Steeplechase:** 1. Rachel Carrizales (10:27.99); 3. Joslyn Dalton (10:43.23); 4. Jessica Furlan (10:47.86); 6. Jen Webers (10:54.57) **4x100 Relay:** 5. Nebraska (Kalu, LaCour, Erega, McGruder - 48.30) **4x400 Relay:** 8. Nebraska (Vierregger, Eades, Br. Dinsdale, Bl. Dinsdale - 3:53.91) **High Jump:** 1. Epley Bullock (5-8 3/4); 3. Audrey Svane (5-7) **Pole Vault:** 2. Natalie Willer (14-3 1/4); 7. Rachel Birtles (12-1 1/2) **Long Jump:** 3. Leandra McGruder (19-3 1/2); 5. Arna Erega (18-0 1/4); 7. Tara Korshoj (18-7 1/4w) **Triple Jump:** 2. Leandra McGruder (41-6 1/2); 3. Tara Korshoj (41-2 1/4); 6. Lorena Menghia (39-9 3/4w) **Shot Put:** 2. Kacie Sharp (49-7 1/4) **Discus:** 2. Samantha Musil (155-2); 6. Amanda Latsch (143-8) **Hammer Throw:** 5. Lisa Minnick (172-10); 7. Samantha Musil (164-5) **Javelin:** 1. Roxi Grizzle (135-7)

Drake Relays

April 23-25, 2009

Drake Stadium - Des Moines, Iowa

100 Hurdles: 5. Nikita Eades (13.74) **3,000 Steeplechase:** 8. Jen Webers (10:47.19) **4x800 Relay:** 3. Nebraska (Miller, Hamik, Br. Dinsdale, Bl. Dinsdale - 8:46.93) **4x1,600 Relay:** 8. Nebraska (Carrizales, Crofford, Pancoast, Miller - 19:41.97) **Pole Vault:** 1. Natalie Willer (14-3 1/2) **Triple Jump:** 1. Leandra McGruder (41-10); 4. Tara Korshoj (40-2 1/4) **Discus:** 5. Kacie Sharp (161-9) **Hammer Throw:** 5. Lisa Minnick (179-4)

Penn Relays

April 24-25, 2009

Franklin Field - Philadelphia, Pa.

College High Jump Championship: 1. Epley Bullock (6-1 1/4)



Epley Bullock cleared a personal-best height of 6-1 1/4 in the high jump to win the Penn Relays. The jump moved Bullock from a tie for 11th to third on the NU all-time outdoor performance list.

UCSD Triton Invitational

April 25, 2009

Triton Stadium - La Jolla, Calif.

High Jump: t-2. Audrey Svane (5-7)

Wildcat Open

April 28, 2009

Bob Cunningham Field - Wayne, Neb.

Shot Put: 3. Jade Hodson (45-1 1/2); 4. Amanda Latsch (43-2 1/2) **Discus:** 4. Samantha Musil (143-6); 5. Amanda Latsch (140-8) **Hammer Throw:** 2. Victoria Zimmerman (169-9); 3. Jade Hodson (164-9) 6. Samantha Musil (150-9)

Payton Jordan Invitational

May 2, 2009

Cobb Track, Angell Field - Palo Alto, Calif.

1,500 Meters Section 3: 5. Ashley Miller (4:29.85); 8. Jen Pancoast (4:32.90) **10,000 Meters:** 6. Lara Crofford (34:07.20) **3,000 Steeplechase Section 2:** 1. Joslyn Dalton (10:28.01); 5. Jessica Furlan (10:34.68)

Nebraska Quad

May 2, 2009

Ed Weir Stadium - Lincoln, Neb.

Team Scores: 1. Nebraska (208); 2. Wichita State (196.5); 3. Kansas (123.5); 4. Northern Iowa (85)

100 Meters: 4. Karyn LaCour (12.25); 6. Chi Kalu (12.36) **200 Meters:** 5. Rachel Butler (25.45); 6. Chi Kalu (25.74) **400 Meters:** 4. Kayla Ubel (58.32) 6. Jenny Toler (58.92); 7. Alyssa Vierregger (59.03) **800 Meters:** 1. Erica Hamik (2:09.63); 2. Blaire Dinsdale (2:11.04); 7. Brooke Dinsdale (2:15.32) **5,000 Meters:** 4. Elizabeth Marsh (18:48.69) **100 Hurdles:** 1. Arna Erega (13.84w); 2. Karyn LaCour (14.01w); 3. Nikita Eades (14.01w); 4. Megan Wheatley (14.32w); 5. Rachel Butler (14.49w) **400 Hurdles:** 1. Nikita Eades (1:01.18); 3. Suzanne Higgins (1:03.64) **3,000 Steeplechase:** 2. Jen Webers (10:48.65) **4x100 Relay:** 2. Nebraska (Kalu, Wheatley, Butler, LaCour - 46.6) **4x400 Relay:** 3. Nebraska (Kreikemeier, Bl. Dinsdale, Hamik, Wheatley - 3:52.63); 5. Nebraska (Ubel, Toler, Vierregger, Higgins - 3:54.87) **High Jump:** 1. Epley Bullock (6-0); 2. Audrey Svane (5-8 3/4); t-3. Lorena Menghia (5-7) **Pole Vault:** 1. Natalie Willer (13-11 1/4); 2. Rachel Birtles (12-10 3/4); 4. Breanna Bussel (12-3 1/2); 5. Cami Jiskra (11-9 3/4) **Long Jump:** 2. Leandra McGruder (19-4 3/4); 3. Tara Korshoj (19-3 1/2); 4. Megan Wheatley (19-2) 7. Rachel Butler (18-4 1/4) **Triple Jump:** 1. Leandra McGruder (42-8 1/4w); 2. Tara Korshoj (41-6 1/2) **Shot Put:** 1. Kacie Sharp (49-1); 2. Jade Hodson (45-6 1/4); 4. Amanda Latsch (43-9 1/4) **Discus:** 2. Samantha Musil (157-4); 3. Amanda Latsch (154-1); 5. Kacie Sharp (150-9) **Hammer Throw:** 2. Lisa Minnick (182-3); 3. Samantha Musil (169-3); 5. Jade Hodson (166-0); 6. Victoria Zimmerman (163-5) **Javelin:** 3. Roxi Grizzle (130-4)

Concordia Twilight

May 8, 2009

Bulldog Stadium - Seward, Neb.

400 Meters: 1. Erica Hamik (58.35); 2. Kayla Ubel (59.75); 5. Alyssa Vierregger (1:00.59); 6. Jenny Toler (1:00.87) **800 Meters:** 1. Blaire Dinsdale (2:12.81); 2. Ashley Miller (2:13.49); 3. Jen Pancoast (2:15.72); 5. Brooke Dinsdale (2:16.05); 7. Suzanne Higgins (2:19.47) **1,500 Meters:** 1. Joslyn Dalton (4:39.19); 2. Rachel Carrizales (4:41.97) 8. Michelle Fluitt (5:05.34) **5,000 Meters:** 4. Elizabeth Marsh (18:44.86) **100 Hurdles:** 1. Arna Erega (13.76w); 2. Karyn LaCour (13.82w) **400 Hurdles:** 2. Suzanne Higgins (1:05.22) **High Jump:** 1. Epley Bullock (5-10 3/4); 2. Audrey Svane (5-6) **Pole Vault:** 1. Natalie Willer (14-4 1/2) **Shot Put:** 1. Kacie Sharp (49-3 3/4); 2. Amanda Latsch (46-3 1/2); 4. Jade Hodson (44-10 3/4) **Discus:** 1. Samantha Musil (158-4); 2. Amanda Latsch (155-2); 3. Kacie Sharp (145-1) **Hammer Throw:** 1. Jade Hodson (164-7); 2. Victoria Zimmerman (163-4)



Natalie Willer broke her own American Junior record in the pole vault with a clearance of 14-4 1/2 at the Concordia Twilight in Seward, Neb., on May 8, 2009.

Ward Haylett Invitational

May 9, 2009

R.V. Christian Track - Manhattan, Kan.

High Jump: 4. Rachel Butler (5-3); 5. Megan Wheatley (5-1) **Pole Vault:** 1. Rachel Birtles (12-7 1/2); 2. Cami Jiskra (12-1 1/2); 3. Lindsey Maher (12-1 1/2); 5. Breanna Bussel (12-1 1/2) **Shot Put:** 3. Amanda Latsch (46-10 1/4); 4. Jade Hodson (46-5 1/2) **Discus:** 3. Samantha Musil (161-7); 8. Amanda Latsch (151-0) **Hammer Throw:** 2. Lisa Minnick (183-2); 4. Samantha Musil (171-1); 5. Victoria Zimmerman (167-7) **Javelin:** 3. Roxi Grizzle (149-1); 7. Megan Wheatley (105-4)

Big 12 Outdoor Championships

May 15-17, 2009

Terry and Linda Fuller Track - Lubbock, Texas (altitude: 3,281 ft.)

Team Scores: 1. Texas A&M (126.5); 2. Texas Tech (111); 3. Nebraska (109.5); 4. Baylor (84); 5. Texas (79); 6. Oklahoma (76); t-7. Iowa State (62); t-7. Missouri (62); 9. Kansas State (39); 10. Kansas (29); 11. Oklahoma State (22); 12. Colorado (19)

800 Meters: 6. Blaire Dinsdale (2:10.94); 8. Erica Hamik (2:15.17) **1,500 Meters:** 5. Ashley Miller (4:29.44) **5,000-Meter Run:** 6. Lara Crofford (16:57.51) **10,000 Meters:** 5. Lara Crofford (36:48.62) **100 Hurdles:** 8. Karyn LaCour (14.14) **3,000-Meter Steeplechase:** 3. Rachel Carrizales (10:30.09); 5. Joslyn Dalton (10:49.16); 7. Jessica Furlan (10:56.23); 8. Jen Webers (10:59.50) **High Jump:** 2. Epley Bullock (6-0 1/2); 3. Audrey Svane (5-8 3/4) **Pole Vault:** 1. Natalie Willer (13-11 1/4); 3. Cami Jiskra (12-7 1/2); 5. Lindsey Maher (12-7 1/2); t-6. Breanna Bussel (12-1 1/2) **Long Jump:** 3. Leandra McGruder (20-10w) **Triple Jump:** 6. Leandra McGruder (41-9 3/4w); 7. Tara Korshoj (41-6 1/2) **Shot Put:** 4. Kacie Sharp (52-8 1/4) **Discus:** 7. Samantha Musil (160-9) **Hammer Throw:** 5. Samantha Musil (172-6); 6. Jade Hodson (171-5) **Javelin:** 6. Roxi Grizzle (149-2) **Heptathlon:** 1. Megan Wheatley (5,800); 3. Rachel Butler (5,068w)



Megan Wheatley successfully defended her title in the heptathlon with a personal-best score of 5,800 points at the Big 12 Outdoor Championships in Lubbock, Texas.

NCAA Midwest Regional Championships

May 29-30, 2009

John Jacobs Field - Norman, Okla.

Team Scores: 1. Texas A&M (96); 2. Texas Tech (61); 3. Texas (59); 4. TCU (55); 5. Oklahoma (43.5); 6. Minnesota (38.5); t-7. SMU (36); t-7. UTEP (36); 9. Baylor (33); 10. Nebraska (29.5)

800 Meters: 6. Blaire Dinsdale (2:08.82) **1,500 Meters:** 6. Ashley Miller (4:30.41) **3,000 Steeplechase:** 7. Rachel Carrizales (10:21.51) **High Jump:** 2. Epley Bullock (5-11 1/4); t-8. Audrey Svane (5-7) **Pole Vault:** 3. Natalie Willer (13-5 3/4) **Long Jump:** 6. Leandra McGruder (20-0 1/2) **Triple Jump:** 5. Leandra McGruder (43-5 1/4w)

NCAA Outdoor Championships *All Finishes

June 10-13, 2009

John McDonnell Field - Fayetteville, Ark.

Team Scores: 1. Texas A&M (50); 2. Oregon (43); 3. Arizona State (41); 4. Florida State (40); 5. Texas (36); 6. LSU (29.5); 7. Michigan (28); 8. USC (24); 9. Florida (23); t-10. Baylor (21); t-10. Tennessee (21); t-62. Nebraska (2.5)

10,000 Meters: 13. Lara Crofford (34:48.31) **3,000 Steeplechase:** Rachel Carrizales (DNF) **High Jump:** t-5. Epley Bullock (6-0) **Pole Vault:** Natalie Willer (NH) **Long Jump:** 21. Leandra McGruder (19-2 1/2) **Triple Jump:** 26. Leandra McGruder (40-1.1) **Heptathlon:** 9. Megan Wheatley (5,636)