

**Epley Bullock**

- Two-Time NCAA All-American
- 2008 Big 12 Indoor Champion
- 2008 U.S. Olympic Trials

# NEBRASKA

2009 HUSKER WOMEN

WOMEN'S ROSTER

41 OLYMPIANS — 827 CONFERENCE CHAMPIONS — 99 CONFERENCE TEAM TITLES — 555 NCAA ALL-AMERICANS — 75 NCAA CHAMPIONS

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

returning letterwinners in **bold**  
 \* = letters won

**Pronunciation Guide**

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

**2009 Husker Women**

The Nebraska women's team returns a strong all-around squad in 2009 that posted runner-up finishes at the indoor and outdoor Big 12 Championships in 2008. Leading the 2009 team are Big 12 Champions Epley Bullock (indoor high jump) and Megan Wheatley (heptathlon). The Huskers return even more talent across the board with seven NCAA Championship qualifiers, including Bullock, Lara Crofford, Erin Hannon, Chantae McMillan, Wheatley, Natalie Willer and Natalja Callahan.

The Huskers return their top three performers in 11 of 17 individual indoor events, including top performers in all but three events, with departed senior Sheryl Morgan posting the top time in the 400 meters and 600 yards while fellow senior Tamara Solari topped the 20-pound weight throw list. In the relays the Huskers return three of four spots on the 4x400-meter relay and the DMR, with Morgan being the lone departure.

"The women are a dedicated and hard-working group," Head Coach Gary Pepin said. "We are a young team that will improve throughout the season."

Outdoors the Huskers look as strong as ever, returning their top two performers in 17 of 20 events and their entire relay squad. The only event where the Big Red does not return its top performer is the javelin. Former Husker Kayla Wilkinson had a stellar season in 2008, winning her third Big 12 title and second NCAA All-America honor while also breaking her own school record in the javelin.

The women's team will be in search of its eighth conference team title during the Big 12 era in 2009. The Huskers' five indoor team titles are tied for the most in the conference with Texas, and three ahead of third-place Texas A&M's two.

**Sprints**

The group looking for the most improvement in 2009 will be the women's sprint squad. Without a returning frontrunner, the group's top spots are wide open. Sprints Coach Matt Martin returns senior Chi Kalu and sophomore Alyssa Vierregger, while adding freshman Suzanne Higgins.

"We were a bit weak in the 60, 100 and 200 meters last year," Martin said. "I think we've taken the right steps to see real improvement this season."

A native of Zarie, Nigeria, Kalu is one of only 16 Huskers all-time to run below 7.75 in the 60 meters. In her final year, Kalu will be in search of her first Big 12 individual medal after earning medals the past two outdoor seasons as a member of the 4x100-meter relay.

Higgins joins the program as an 11-time Nebraska Class A medalist from Grand Island High School. She was a key member of the Islanders' state championship team in 2007, while competing in four events her junior and senior seasons. Higgins produced three-place finishes in the 400 as a senior and the 300-meter hurdles as a junior and senior.

"Suzanne has come in and impressed us with her training and willingness to get better," Martin said. "She looks like a typical athlete from the state of Nebraska who comes in, is enthusiastic, works hard and helps us along the way."

**Middle Distance**

The youngest part of the 2009 Huskers will undoubtedly be the women's middle distance group. The Huskers' only returner is sophomore Lynsey Kreikemeier. She will be joined by highly recruited freshmen twins in Brooke and Blaire Dinsdale from Traer, Iowa.

A native of Bellwood, Neb., Kreikemeier was a key contributor in the indoor and outdoor DMR, helping the relay post top-10 all-time marks at Nebraska indoors (fourth) and outdoors (10th). She also won two Big 12 medals in 2008 as a member of the 4x400-meter relay that placed eighth and the DMR that placed seventh at the Big 12 Indoor Championships.

"Lynsey has made really good improvement from her freshman year," Middle Distance Coach Mark Devenney said. "I think some people will be surprised by her this season."

The Dinsdale twins combined to win 19 individual Iowa Class 1A state championships, before picking Nebraska over Kansas, Wisconsin, Missouri, Iowa, Northern Iowa and Iowa State. The two are expected to make an immediate impact at the conference level and possibly contend for NCAA spots. The two own the top two spots on the Iowa all-time 800 chart, with Blaire's time of 2:07.39 just a shade better than Brooke's time of 2:08.52. The final qualifying spot at last season's NCAA Midwest Regional was a time of 2:07.13.

"They (Brooke and Blaire Dinsdale) both can handle anything I throw at them," Devenney said. "They can run anything from 600 yards to the mile."

**Distance**

The women's distance group is expected to compete for top spots across the Big 12 Conference with the return of three NCAA Championships qualifiers in 2009, including sophomore Lara Crofford (10,000 meters), senior Natalja Callahan (1,500 meters) and junior/senior Rachel Carrizales (3,000-meter steeplechase). The squad is well balanced with upper and lower classmen, as it's set to compete with four seniors, three juniors, two sophomores, two redshirt freshmen and four true freshmen.

In the 1,000 meters, mile and 1,500 meters the Huskers will look to Callahan, senior/junior Jen Pancoast, redshirt freshman Ashley Miller and true freshman Erica Hamik.

Callahan returns after appearing at her first NCAA Championships during the 2008 outdoor season. She automatically qualified for the national meet at the NCAA Midwest

**Roster Breakdown by Location****United States**

Nebraska	20
Missouri	4
Iowa	3
Kansas	3
Texas	3
Colorado	2
Pennsylvania	2
Alaska	1
Florida	1
Illinois	1
Virginia	1

**Foreign Countries**

Australia	2
Canada	1
Croatia	1
Latvia	1
Nigeria	1

**Roster Breakdown by Class**

Senior	8
Junior	10
Sophomore	13
Redshirt Freshman	6
Freshman	10

*Note: In the case of athletes with split eligibility, the later year is recognized.*

Regional after finishing third in the 1,500 meters (4:18.63), becoming only the fifth Husker in school history to break the 4:20.00 barrier.

"I expect Natalja to be one of the top 1,500-meter runners in any meet she runs," Distance Coach Jay Dirksen said.

Miller started her Husker career as a middle distance runner in 2008 before suffering a stress fracture, limiting her to one meet during the indoor season. Miller then joined the Husker cross country team in the fall of 2008, running on the NCAA Championship qualifying squad. Pancoast is the No. 21 performer on NU's all-time list in the mile (4:54.23) and the outdoor 1,500 meters (4:29.45).

Moving to the 3,000, 5,000 and 10,000 meters, the Huskers are set to be at the top of the conference and a contender at the national level with Crofford along with senior Ari Goldstein and freshman Katie White.

Crofford had one of the most successful freshman seasons in recent history, winning four Big 12 medals while also qualifying for the NCAA Outdoor Championships in the 5,000 and 10,000 meters. The Huskers' top scorer on the women's side at the Big 12 Outdoor Championships, Crofford is expected to lead the women's distance squad as a sophomore.

"Lara had an outstanding season as a freshman," Dirksen said. "Her speed has increased and she is more technically sound. She is a national-caliber distance runner."

The Huskers are loaded when it comes to the steeplechase, returning Carrizales and senior Joslyn Dalton, while adding freshman Jessica Furlan. Carrizales has placed at the past two Big 12 Outdoor Championships, competed at the 2007 NCAA Outdoor Championships and ranks second on the all-time Husker performance list (10:17.26).

"Rachel has really improved this year and I expect her to be one of the top steeplechasers in the country," Dirksen said.

Dalton has totaled four Big 12 medals in her Husker career (one in the steeplechase and three in the DMR). The most impressive steeplechaser this season could be Furlan. She comes to Nebraska from Regina, Saskatchewan, Canada and owns the top personal best of the three at 10:16.32. She has a wealth of big meet experience, running at the track and field and cross country IAAF World Junior Championships.

"With the addition of Furlan, our steeplechase group is going to be really tough this year," Dirksen said.

**Hurdles**

The young hurdle trio of junior Nikita Eades and sophomores Karyn LaCour and Arna Erega are projected to be one of the top squads in the Big 12 in 2009. LaCour and Erega were great additions to Eades in 2008, with the three combining to win four Big 12 medals in the hurdles, while LaCour and Eades were also members of the eighth-place 4x100-meter relay at the outdoor conference meet. The three also teamed with multi-eventer Rachel Butler to set the school record in the 4x100-meter shuttle hurdle relay at the Drake Relays with a time of 55.18.

After a strong indoor season, Eades really took off during the outdoor season. She doubled as a 100- and 400-meter hurdler, sweeping the hurdles at the Jim Click Shootout and the Ward Haylett Invitational. Returning to her home state of Colorado

for the Big 12 Outdoor Championships, Eades ran a personal best of 13.52 in the 100-meter hurdle preliminaries before finishing fifth in the finals, improving on her eighth-place finish from 2007.

LaCour was nearly unstoppable during the 2008 indoor season, winning four straight meets in the 60-meter hurdles to start the year. LaCour joined Erega (second) and Eades (third), to finish 1-2-3 at the prestigious Frank Sevigne Husker Invitational. After posting the second-fastest time in the preliminaries at the Big 12 Indoor Championships, LaCour couldn't get in a groove, dropping to eighth in the finals. Outdoors she was just as impressive, winning the Kansas Relays with a personal best of 13.51 in the 100-meter hurdles, making her the No. 7 performer all-time at Nebraska. At the Big 12 Outdoor Championships she did not disappoint, finishing fourth as the only freshman in the finals.

Erega not only had to adjust to the change from prep to college competition, she also had to adjust to life in a new country after moving to Lincoln from Rijeka, Croatia. Erega was in constant competition with Eades and LaCour, finishing first or second at five meets during the 2008 indoor season. Erega will look to improve on her career-best 60-meter hurdle time of 8.30 in 2009. Following the collegiate season she returned to Croatia to win the long jump with a leap of 19-2 and finish runner-up in the 100-meter hurdles with a time of 14.20 at the Croatian Senior National Championships.

"Nothing prepares a freshman for what they are going to see in their first collegiate season," Hurdles Coach Matt Martin said. "You can see that both Karyn and Arna are improved and we expect big steps out of them this season."

### Jumps

The Huskers return a solid core of high jumpers in Texas natives Epley Bullock and Audrey Svane. In the horizontal jumps the Huskers return junior Leandra McGruder and senior Zarinah Suluki-Drakes, while adding newcomer Tara Korshoj.

Bullock returns for her junior season as the defending Big 12 indoor champion in the high jump, a two-time NCAA Indoor All-American and a two-time competitor at the NCAA Outdoor Championships. Bullock came close to sweeping the high jump at the conference level in 2008, finishing runner-up to teammate Kim Shubert outdoors. Bullock will look for more improvement in 2009 after jumping up four spots at the NCAA Indoor Championships from 2007 to 2008 and 15 spots at the NCAA Outdoor Championships.

Svane quietly put together a strong freshman campaign that saw her place at the Big 12 Indoor (seventh) and Outdoor (fifth) Championships, as well as make a trip to the NCAA Midwest Regional. A two-time Texas Class 3A state champion, Svane is expected to see significant improvement from her freshman season after one year of tutelage under Jumps Coach Gary Pepin.

McGruder, a two-time team captain (2008-09), may be limited until the outdoor season as she recovers from off-season knee surgery. The Jefferson City, Mo., native has won four Big 12 medals in two seasons at Nebraska, including fifth-place finishes in the long jump at the past two Big 12 Indoor Championships. In 2009, she will try to regain her freshman form that produced a trip to the NCAA Outdoor Championships in the long jump.

Like McGruder, Suluki-Drakes will strive for a return trip to the NCAA Outdoor Championships in 2009 after qualifying in the triple jump in 2007. In three seasons at NU, Suluki-Drakes has won six Big 12 medals, including fifth-place finishes in the triple jump indoors and outdoors in 2008. Last season, she became only the sixth Husker in school history to surpass 42-8 3/4 in the outdoor triple jump. With an additional two and one-quarter inches in 2009, she could become only the fifth Husker in school history to clear 43 feet outdoors.

### Pole Vault

In the pole vault the Huskers return a young group of five vaulters from 2008. Sophomore Natalie Willer leads the group and is joined by junior Lindsey Maher, sophomore Rachel Birtles and redshirt freshmen Brenna Bussel and Cami Jiskra.

As a freshman, Willer made her mark on the Big 12 Conference with runner-up finishes at the indoor and outdoor championships to then-senior Kate Sultanova of Kansas. With Sultanova gone, Willer could be a front-runner to take aim at the conference crowns in 2009. Willer's best jumping in 2008 came after tying for 15th at the NCAA Outdoor Championships. At the USATF National Junior Olympics, the Elkhorn, Neb., native cleared a lifetime best of 13-9 3/4, shattering the national youth record by four and one-half inches. Willer ended the 2008 track and field season at No. 11 on the 2008 under-20 world list, while also becoming the third Husker in Nebraska history to clear 13-9 outdoors.

"Natalie is someone who is driven to succeed," Pole Vault Coach Kris Grimes said. "She is the full package. She has the talent, drive and motivation along with being a student of the event."

Described by Grimes as the rock of the group, Maher made significant progress in 2008, winning her first Big 12 medal with an eighth-place tie at the indoor championships. During the outdoor season, Maher shattered her 2007 best by eight inches with a vault of 12-7 1/2 at the Big 12 Outdoor Championships in Boulder, Colo., qualifying for the first NCAA Midwest Regional of her career.

Birtles had a tough adjustment early in 2008, as she joined the team in January from Perth, Australia. With a late start and a nagging ankle injury, Birtles persevered to place at the indoor (sixth) and outdoor (tied for eighth) Big 12 Championships. She also qualified for the NCAA Midwest Regional.

### Throws

Throws Coach Mark Colligan returns a young group that must replace departed seniors Tamara Solari and three-time Big 12 javelin champion and two-time All-American Kayla Wilkinson in 2009. Set to fill the Huskers' top spots are returning senior Kacie Sharp, junior Lisa Minnick and sophomore Amanda Latsch. Colligan also adds redshirt freshmen Jade Hodson and Victoria Zimmerman along with sophomore Samantha Musil, who redshirted in 2008 after transferring from Georgia Tech. True freshmen Roxi Grizzle and Morgan Wilken could also figure into the mix.

In the shot and the discus, the Huskers will look to Sharp, Latsch and Musil. Sharp and Latsch each put together solid 2008 campaigns with each becoming top-20 performers all-time on the Huskers' indoor and outdoor shot put and discus list. Musil, a native of Dubeo, Neb., will be a welcome addition in the discus as she finished 12th at the 2007 NCAA Outdoor Championships as a freshman at Georgia Tech.

"Samantha came here with quality NCAA experience," Colligan said. "I think sitting out last year gave her a chance to adjust to life back in Nebraska and to her new teammates. I think she is going to be one of our most versatile throwers this year."

Minnick is the Huskers' sole returner in the weight and hammer throw, and is joined by Hodson, Zimmerman and Musil. Minnick really hit her stride during the outdoor season, as she improved her personal best in the hammer at three consecutive meets during the middle of the season. She posted a top throw of 172-11 at the Ward Haylett Invitational on May 3, an improvement of more than 20 feet from 2007.

"Because of the technical nature of the hammer throw, I expect to see even more improvement from Lisa this season," Colligan said. "She's gotten a lot stronger, and I see her being a point scorer for us."

After winning three straight Nebraska Class B state championships in the shot put at Adams Central High School, Hodson made the switch to the weight and hammer. After a year of learning, Colligan expects Hodson to make an impact on the 2009 team.

The thrower with the biggest shoes to fill in 2009 is true freshman Roxi Grizzle, who must replace two-time All-American Kayla Wilkinson. The lone javelin thrower on the Husker roster, Grizzle was a two-time Kansas 4A state champion. In 2007, she was the only prep in the country to post three throws in the national top 20, following with the top prep throw in the national in 2008 with a toss of 170-3. If she simply matches her personal best in 2009, she would be one of three Huskers all-time at Nebraska to pass 170 feet.

"Roxi has the kind of talent coming in to really succeed for us," Colligan said. "We just need to help her figure out what throwing in college is going to be like."

### Multi-Events

The Huskers return three of their top multi-eventers in 2009, including Big 12 heptathlon champion and NCAA Championship qualifier Megan Wheatley, NCAA Championship qualifier Chantae McMillan and Big 12 indoor and outdoor medalist Rachel Butler.

Following an injury-plagued freshman year, Wheatley returned strong in 2008 before suffering a stress fracture in her foot during the indoor season. Despite the injury, Wheatley finished second at the Big 12 Indoor Championships in the pentathlon. Outdoors, she would not be denied, winning the Huskers' fourth straight Big 12 championship in the heptathlon with a career-best score of 5,643 points. She went on to compete at the NCAA Outdoor Championships, just missing All-America honors with her ninth-place finish. In 2009, the junior/sophomore appears healthy as ever and is expected to contend for conference titles and All-America honors.

"Training is going really well across the board," Multi-Events Coach Kris Grimes said. "This year we have a good plan going in to keep her (Wheatley) healthy. I am really excited about her prospects this season."

McMillan made a big impact in 2008 as a multi-eventer after switching from the horizontal jumps, where she was an NCAA outdoor qualifier in the long jump in 2007. Indoors, McMillan finished third in the pentathlon, becoming only the 11th Husker in history to score more than 3,800 points with her total of 3,808. Outdoors, she came in second to Wheatley at the Big 12 meet with 5,444 points, becoming only the 11th Huskers to pass the 5,440 point barrier.

"With a year of experience, Chantae is going to improve even more this season," Grimes said. "Her score at last year's outdoor championships would have been a very respectable champion score."

Butler adds another dimension for Grimes, as she became a Big 12 medalist indoors and outdoors as a freshman with her score of 3,751 (seventh) in the pentathlon and score of 4,905 (fourth) in the heptathlon. She also contributed to the Huskers' eighth-place 4x400-meter relay at the Big 12 Indoor Championships and the Big Red's eighth-place 4x100-meter relay at the Big 12 Outdoor Championships. At the Drake Relays, she teamed with Karyn LaCour, Arna Erega and Nikita Eades to set the school record in the 4x100-meter shuttle hurdle relay with a time of 55.18.

"Quietly, Rachel just sits back and does her thing," Grimes said. "I think she might surprise a few people this year."



# Epley Bullock

## Junior Jumps Allen, Texas (Allen)

### Personal Bests

#### Indoor

High Jump, 6-0 1/2 (1.84)

#### Outdoor

High Jump, 6-0 (1.83)

### All-Time Husker Rankings

#### Indoor

High Jump (t6th)

#### Outdoor

High Jump (t11th)

### Big 12 Champion

2008 Indoor High Jump

### Big 12 Championships

#### Indoor

2008: HJ, 6-0 1/2 (1st)

2007: HJ, 6-0 (4th)

#### Outdoor

2008: HJ, 5-8 3/4 (2nd)

2007: HJ, 5-11 1/4 (3rd)

### NCAA All-American

2008 Indoor High Jump

2007 Indoor High Jump

### NCAA Championships

#### Indoor

2008: HJ, 5-10 3/4 (t-7th)

2007: HJ, 6-0 (9th / 5th American)

#### Outdoor

2008: HJ, 5-9 3/4 (11th)

2007: HJ, 5-7 (t-24th)

### Honors

2008 U.S. Olympic Trials

USTFCCA All-Academic Team

(2008)

Second-Team Academic All-Big 12

(2008)

Big 12 Fall Commissioner's Honor Roll

(2006, 2007)

Big 12 Spring Commissioner's Honor Roll

(2007)

### 2008 (Sophomore)

Epley Bullock continued to excel in her sophomore season under Gary Pepin, as she earned her first Big 12 championship, second NCAA All-America honor and made a trip to the U.S. Olympic Trials... won the first meet of the indoor season, the Holiday Inn Invite, with a jump of 5-6... saved her best jump of the indoor season for the Big 12 Championships... set a personal best with a leap of 6-0 1/2 to win her first Big 12 title... tied for the sixth-best jump indoors in Nebraska history... entered the Big 12 meet with a top clearance of 5-8 3/4 at the Prairie Wolf Invite... entered the NCAA Indoor Championships in Fayetteville, Ark., ranked No. 8 in Division I... earned her second straight indoor All-America honor by tying for seventh (5-10 3/4) at the national meet... carried her indoor momentum to the outdoor season, placing in the top five at six of the eight outdoor meets... recorded lone outdoor victory at the John Jacobs Invitational in Norman, Okla., with a jump of 5-8 3/4... finished runner-up at both the Big 12 Outdoor Championships and NCAA Midwest Regional meet... missed out on the conference outdoor title to senior teammate Kim Shubert... recorded season-best jump of 5-11 1/4 at home on May 31, at the NCAA Midwest Regional... entered the NCAA Outdoor Championships in Des Moines, Iowa, tied for the eighth-best jump in Division I... finished 11th at the national meet, 13 spots higher than her 2007 finish... ended the 2008 season at the U.S. Olympic Trials in Eugene, Ore., among the top 26 high jumpers in the United States.

### 2007 (Freshman)

Bullock joined former Husker Heather Smith (third-1984) as NU's only freshmen women to earn All-America honors in the high jump with a ninth-place overall (5th American) finish at her first NCAA indoor meet in 2007... registered a top outdoor mark of 5-11 1/4 to earn the bronze medal at the Big 12 outdoor meet... received an at-large selection to the NCAA outdoor meet after tying for 11th at the NCAA Midwest Regional (5-9 1/4), but failed to repeat as an All-American... reached the regional standard during each of her eight outdoor competitions... won titles at the Nebraska Wesleyan Invite (5-10), John Jacobs Invite (5-8 3/4) and Nebraska Invite (5-10 3/4)... set her indoor season best to finish fourth in the high jump at the Big 12 indoor meet before matching the mark during the NCAA indoor competition... moved into a tie for ninth place on NU's all-time indoor list with the efforts... earned her first NCAA provisional qualification in her second meet as a Husker, as she won the event during the Big 12-Mountain West Conference Challenge by clearing 5-11 1/2... cleared 5-11 1/4 to place second at the Iowa State Classic... reached at least 5-7 in each indoor meet in 2007, including marks of at least 5-9 1/4 during her last four meets... added individual victories at the Nebraska Wesleyan (5-7) and Prairie Wolf (5-9 1/4) Invites.

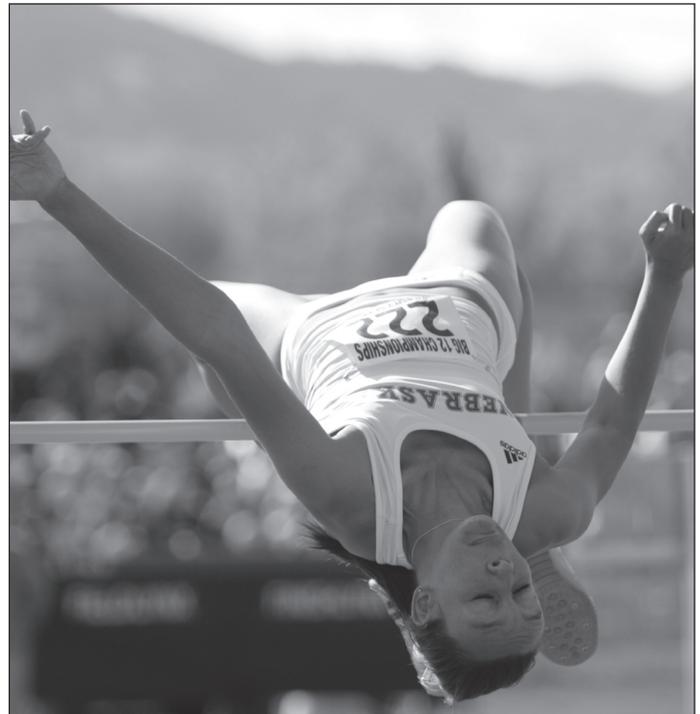
### Before Nebraska (Allen HS)

Bullock ranked fifth in the nation in 2005 with a jump of 6-0 under Coach Larry Halliburton... was a three-year qualifier to the Texas Class 5A state meet in the high jump for Allen High School, while competing as a freshman at the Class 4A state meet for Westwood in Round Rock... earned runner-up honors as a sophomore at the 2004 Texas Class 5A state meet with a personal-best mark of 6-0... cleared 6-0 as a junior to win the Region I-5A meet and advance to the 2005 state meet, where she finished

third (5-9)... also finished sixth at state in the 100-meter hurdles (14.76) the same season... placed fifth in the high jump at the 2003 state meet as a freshman in 2004 (5-6)... was unable to qualify for the state meet in the high jump as a senior after an injury-plagued season... one of 10 athletes, and three Texans, named to the 2005 USA Today All-USA team... won the high school section of the 2004 Texas Relays with a leap of 5-10... finished second as a junior with the same height... named a 2004 Verizon Junior All-American after placing seventh (5-7 1/4) in the high jump at the USATF Junior Championships... won top honors at the 2004 Golden West Invitational with a height of 5-10.

### Personal

Parents are Ivan and Diane Bullock... born Nov. 12, 1987... major is business administration.





# Megan Wheatley

Junior / Sophomore

Multi-Events

Perth, Australia

(Penrhos College)

## Personal Bests

### Indoor

800m, 2:18.46  
60h, 8.69  
High Jump, 5-5 1/4 (1.66)  
Long Jump, 19-5 1/2 (5.93)  
Shot Put, 40-11 (12.47)  
Pentathlon, 4,122

### Outdoor

200m, 24.75A  
800m, 2:17.36  
100h, 14.31  
High Jump, 5-7 3/4 (1.72)  
Long Jump, 20-2 1/2 (13.24)A  
Shot Put, 43-5 1/4 (13.24)A  
Javelin, 120-0 (36.59)  
Heptathlon, 5,643A

## Big 12 Champion

2008 Outdoor Heptathlon

## Big 12 Championships

### Indoor

2008: Pentathlon, 3,993 (2nd)  
2007: Pentathlon, 3,713 (4th)

### Outdoor

2008: Heptathlon, 5,643A (1st)

## NCAA Championships

### Outdoor

2008: Heptathlon, 5,596 (9th)

## Honors

Team Captain

(2009)  
Big 12 Fall Commissioner's Honor Roll  
(2007)  
Big 12 Spring Commissioner's Honor Roll  
(2008)

## All-Time Husker Rankings

### Indoor

60-Meter Hurdles (15th)  
Long Jump (19th)  
Pentathlon (6th)

### Outdoor

Long Jump (15th)  
Heptathlon (4th)

## 2008 (Sophomore / Redshirt Freshman)

Megan (pronounced MEE-gun) Wheatley continued the dominance of the Nebraska multi-event group at the Big 12 Outdoor Championships with the squad's fourth straight title in the heptathlon while also making her first trip to the NCAA Outdoor Championships in 2008... slowed during the indoor season by a stress fracture... competed in only four meets... posted sixth-best pentathlon score in Division I in 2008 with 4,122 points at the Frank Sevine Husker Invitational, which ranked No. 6 all-time indoors at Nebraska... finished runner-up at the Big 12 Indoor Championships with 3,993 points... was only 92 points behind champion Julianne Kennedy of Texas Tech... unable to make the trip to the NCAA Indoor Championships because of her stress fracture and missed the first four

meets of the outdoor season... made outdoor debut at the Nebraska Open by finishing 10th in the shot put and seventh in the javelin... competed in her first heptathlon in nearly two years at the Big 12 Outdoor Championships in Boulder, Colo... won first Big 12 title of career by winning four of the seven heptathlon events... posted personal bests in the shot put (43-5 1/4), 200 meters (24.75) and long jump (19-5 1/2) as well as a personal-best score of 5,643 points, breaking her previous best by 320 points... posted ninth-best score in Division I in 2008 and the fourth-best all-time at Nebraska with her effort in Boulder... missed All-America honors by one spot at the NCAA Outdoor Championships in Des Moines, Iowa, with her ninth-place finish (5,596 points)... shattered her personal best in the long jump in Des Moines with a leap of 20-2 1/2, which was the longest mark recorded by a Husker woman in 2008.

## 2007 (Freshman)

Wheatley finished fourth at the Big 12 Indoor Championships and earned All-Big 12 honors and an NCAA provisional-qualifying mark with a season-best score of 3,713 in just her second pentathlon of the season... excelled in the 800-meter run, clocking a meet-best time of 2:20.03 in the event at the Big 12 Championships... competed in just one meet during the outdoor season before being sidelined by injury, receiving a medical hardship.

## Before Nebraska (Penrhos College)

Wheatley competed in the 2006 IAAF World Junior Championships heptathlon in Beijing, China, in August, earning 16th place with a score of 5,151... coached in Australia by Grant Ward... posted an individual career best during the competition in the shot put... set her then-personal-best score in the heptathlon of 5,323 while winning the Western Australia Heptathlon in Perth, Australia, in January of 2006... ranked as Australia's top under-20 heptathlete for 2006 with the score, as well as 21st on the nation's all-time list... won the 2006 Australian Under-23 heptathlon title (5,229)... placed second in the long jump (19-1 1/2w) and fourth in the 100-meter hurdles (14.66) at the 2006 Under-23 Championships... claimed the 2004 Australian Under-20 heptathlon crown (4,962).

## Personal

Parents are Phil and Jen Wheatley... born March 10, 1988... major is food science and technology.



relay team that won the Class 4 crown (3:55.42) in 2004... helped her Jefferson City High School team to a second-place tie in 2004 and state titles from 2005 to 2007... also earned four letters as a member of the Jefferson City High School tennis team.

**Personal**

Parents are Douglas and Darla Bussel... born Aug. 8, 1989... major is psychology.



**Rachel Butler**  
Sophomore  
Multi-Events  
Mechanicsville, Pa.  
(Lee-Davis)

**Personal Bests**

**Indoor**  
200m, 25.23o  
60h, 8.80  
High Jump, 5-5 1/4 (1.65)  
Long Jump, 19-0 3/4 (5.81)  
Triple Jump, 40-0 (12.19)  
Shot Put, 32-9 3/4 (10.00)  
Pentathlon, 3,751  
**Outdoor**  
200m, 24.82  
800m, 2:34.78A  
100h, 14.36  
High Jump, 5-7 (1.70)  
Long Jump, 19-0 (5.79), 19-7w (5.97)  
Triple Jump, 40-10 1/2 (12.45)  
Shot Put, 33-3 3/4 (10.15A)  
Javelin, 93-11 (28.63)  
Heptathlon, 4,905A

**Big 12 Championships**

**Indoor**  
2008: Pentathlon, 3,604 (7th)  
4x400m, 3:46.95 (8th)  
**Outdoor**  
2008: Heptathlon, 4,905 (4th)  
4x100m, 46.11 (8th)

**School Records**

Outdoor 4x100m Shuttle Hurdle Relay

**Honors**

USTFCCCA All-Academic Team (2008)  
Big 12 Commissioner's Honor Roll (Fall: 2007) (Spring: 2008)

**All-Time Husker**

**Rankings**

**Indoor**  
60h (17th); Triple Jump (20th)  
Pentathlon (16th)  
**Outdoor**  
4x100m Shuttle Hurdle Relay (1st)

**2008 (Freshman)**

Rachel Butler was an instant contributor to the Nebraska multi-event squad, placing at the indoor and outdoor Big 12 Championships... competed in the pentathlon twice during the indoor season... recorded a personal-best score of 3,751 points at the Frank Sevigne Husker Invitational to finish fifth, which ranked No. 16 all-time at Nebraska indoors... finished seventh at the Big 12 Indoor Championships with a score of 3,603 points... placed fourth at the Jim Click Shootout and Big 12 Outdoor Championship in the heptathlon... posted a personal-best score at the conference championships with 4,905 points... teamed with Arna Erega, Nikita Eades and Karyn LaCour to break the 100-meter shuttle hurdle relay school record at the Drake Relays with a time of 55.18.

**Before Nebraska (Lee-Davis HS)**

Butler was one of the top multi-event recruits to ever join the Husker program, having competed in at least 19 different events in the course of her high school career under Coach Neil Mathews... scored 21 times in the Virginia Group AAA state indoor (10 times) and outdoor (11 times) championships including six events at the 2007 outdoor state meet... won the triple jump (40-0 personal-best) at the 2007 outdoor state meet, while taking second in the 300 hurdles (43.19, 42.81 personal-best in the prelims), third in the long jump (19-0), fourth in the HJ and 100 hurdles, and sixth in the 200 for a total of 37 points and a third place finish in the team scoring... won the triple jump at the 2007 indoor (40-0) and 2006 outdoor (39-10) state meets... was the 2007 Nike Outdoor Nationals runner-up in the triple jump (39-7) and was fifth indoors at the Nike Indoor Nationals... placed fifth at the 2006 National Scholastic Indoor pentathlon... was a member of the National Honor Society... chose Nebraska over East Carolina, Virginia Tech and Clemson.

**Personal**

Parents are Kurt and Linda Butler... born Dec. 21, 1988... major is textiles, clothing and design.



**Rachel Birtles**  
Sophomore  
Pole Vault  
Perth, Australia  
(Carine Senior)

**Personal Bests**

**Indoor**  
Pole Vault, 12-11 1/2 (3.95)  
**Outdoor**  
Pole Vault, 13-1 1/2 (4.00)

**All-Time Husker Rankings**

**Indoor**  
Pole Vault (8th)  
**Outdoor**  
Pole Vault (t-8th)

**Big 12 Championships**

**Indoor**  
2008: PV, 12-0 3/4 (t-8th)  
**Outdoor**  
2008: PV, 12-7 1/2 (6th)

**2008 (Freshman)**

Rachel Birtles contributed immediately to the Husker pole vault squad in her freshman year with medals at the indoor and outdoor Big 12 Championships as well as a trip to the NCAA Midwest Regional... finished third at her first collegiate meet with a vault of 11-5 3/4 at the Holiday Inn Invite... finished second at the Conference Challenge (12-10 3/4) and third at the Frank Sevigne Husker Invitational with a personal-best indoor vault of 12-11 1/2... completed the indoor season at the Big 12 Indoor Championships by tying for eighth place... competed in nine outdoor meets, placing in the top 15 at all nine... posted an outdoor season-best vault of 12-7 1/2 at the Big 12 Outdoor Championships to finish sixth and qualify for the NCAA Midwest Regional... tied for 15th at the regional meet... finished the 2008 campaign at the IAAF World Junior Championships in Bydgoszcz, Poland, tying for 20th with a vault of 11-11 3/4.

**Before Nebraska (Carine Senior HS)**

Birtles competed at the 2007 IAAF World Youth Championships, finishing seventh with a vault of 12-11 3/4... won the Australian Schools under-17 pole vault title and was runner-up in the Australian Junior Championships in 2006... graduated from Carine Senior High School where she was honored with the All Rounder Award at Year 12 Graduation... coached by Alex Parnov.

**Personal**

Parents are Vicki and Paul Birtles... born May 22, 1990... major is mathematics.



**Breanna Bussel**  
Redshirt Freshman  
Pole Vault  
Jefferson City, Mo.  
(Jefferson City)

**Personal Bests**

**Indoor**  
Pole Vault, 11-6 1/4 (3.51)  
**Outdoor**  
Pole Vault, 12-1 1/2 (3.70)

**2008 (Freshman)**

Breanna Bussel redshirted the indoor and outdoor seasons in her first year at Nebraska... competed unattached at five meets during the indoor season... cleared an indoor personal-best vault of 11-6 1/4 at the adidas Classic to finish sixth... finished fourth at the Cornhusker Last Chance with a vault of 11-5 3/4... competed at both home meets during the outdoor season... vaulted a personal best of 12-1 1/2 at each meet, placing second at the Nebraska Open and third at the Nebraska Invitational.

**Before Nebraska (Jefferson City HS)**

Bussel was one of the top prep pole vaulters in Missouri under Coach Dennick Licklider... finished second in the pole vault at the Missouri Class 4 state meet with a vault of 11-8 in 2005, before claiming the title with a vault of 11-9 in 2007... also ran on the 4x400



## Natalja Callahan

Senior  
Distance  
Valmiera, Latvia  
(Pargauja Gymnasium)

### Personal Bests

#### Indoor

800m, 2:11.14

1,000m, 2:50.98

Mile, 4:49.36 (4:47.94o)

#### Outdoor

800m, 2:07.74

1,500m, 4:18.63

### All-Time Husker Rankings

#### Indoor

800m (14th); 1,000m (15th); Mile (13th)

#### Outdoor

800m (8th); 1,500m (5th)

4x1,600m (2nd); DMR (10th)

### NCAA Championships

#### Outdoor

2008: 1,500m, 4:27.35 (21st)

### Big 12 Championships

#### Indoor

2008: Mile, 4:49.36 (6th)

2007: Mile, 4:49.86 (5th)

DMR, 11:45.38 (6th)

2006: Mile, 4:55.06 (8th)

#### Outdoor

2008: 1,500m, 4:38.11A (5th)

### Honors

Latvian Junior 1,500m Champion (2005)

Baltic Youth Games 1,500m Champion (2003)

USTFCCCA All-Academic Team (2007, 2008)

First-Team Academic All-Big 12 (2007, 2008)

Big 12 Commissioner's Honor Roll (Fall: 2006, 2007) (Spring: 2007, 2008)

### 2008 (Junior)

Natalja (pronounced nah-TAL-yuh) Callahan (formerly Zarcenko) entered the track and field season in top form after earning All-Midwest Region honors during the 2007 cross country season... started the indoor season with a victory in the 800 meters at the Holiday Inn Invite (2:17.43)... ran a personal-best 2:50.98 in the 1,000 meters at the adidas Classic on her way to earning first place... won the 800 meters at the Prairie Wolf Invite with a personal-best time of 2:11.14... medaled in the mile at the Big 12 Indoor Championships for the third straight year by finishing sixth (4:49.36)... started the outdoor season with a victory in the 1,500 meters (4:26.01) at the Jim Click Shootout... finished fourth at the Mt. SAC Relays in the 800 meters with a personal-best time of 2:07.74, the No. 8 all-time outdoor time at Nebraska... finished fifth at the Big 12 Outdoor Championships in the 1,500 meters (4:38.11A)... automatically qualified for her first NCAA Outdoor Championships in the 1,500 meters by finishing third at the NCAA Midwest Regional with a time of 4:18.63, which was a personal best and the fifth-best all-time mark at Nebraska... finished 21st at the national meet (4:27.35), despite a stress fracture.

### 2007 (Sophomore)

Callahan placed fifth in the mile (4:49.86) at the Big 12 Championships in Ames, Iowa on an oversized track during the indoor season... sustained a stress fracture in the prelims of the outdoor conference 1,500-meter run, and could not run in the finals... won the 1,500 at the prestigious Drake Relays in a time of 4:21.57 two weeks earlier... the mark ranked seventh all-time at Nebraska.

### 2006 (Freshman)

Callahan experienced a successful freshman campaign at Nebraska featuring an all-conference performance in the indoor mile... placed eighth at the Big 12 Indoor Championships with a season-best clocking of 4:55.06... set her previous personal best for the indoor mile of 4:57.27 by finishing eighth at the Tyson Invitational... also competed at the Big 12 outdoor meet, finishing 10th during the prelims of the 1,500-meter run in 4:37.79... recorded a career-best 2:53.12 for the 1,000 meters with a silver-medal finish at the adidas Classic... earned individual victories in the 800 at the Nebraska-Colorado State-Kent State Triangular (2:13.67) and in the 1,000 at the Prairie Wolf Invite (2:53.61).

### Before Nebraska (Pargauja Gymnasium)

Callahan arrived at Nebraska from Valmiera, Latvia, where she competed for the Valmiera track and field club under Coach Raitis Ravinskis... won the 2005 Latvian Junior 1,500-meter run championship with a personal-best time of 4:28.65... also won the 1,500 at the 2003 Baltic Youth Games... ran a lifetime best of 2:08.35 in the 800 meters at the 2005 Gustav Sule Memorial in Tartu, Estonia... posted a best of 9:54.16 over 3,000 meters.

### Personal

Mother is Olga Zarcenko... born Sept. 28, 1986... majors in finance and accounting.



## Rachel Carrizales

Junior / Senior  
Distance  
Morrill, Neb.  
(Morrill)

### Personal Bests

#### Indoor

Mile, 5:05.96

3,000m, 10:09.11

#### Outdoor

1,500m, 4:33.97

3,000m SC, 10:17.26

### All-Time Husker Rankings

#### Outdoor

3,000m SC (2nd); 4x1,600m (2nd)

### NCAA Championships

#### Outdoor

2007: 3,000m SC, 10:17.26 (18th)

### Big 12 Championships

#### Outdoor

2008: 3,000m SC, 11:17.51A (8th)

2007: 3,000m SC, 10:36.50 (4th)

### Honors

USTFCCCA All-Academic Team (2007, 2008)

First-Team Academic All-Big 12 (2007, 2008)

Big 12 Commissioner's Honor Roll (Fall: 2005, 2006, 2007) (Spring: 2006, 2007, 2008)

### 2008 (Sophomore / Junior)

A specialist in the 3,000-meter steeplechase and member of the Nebraska cross country team, Rachel Carrizales (pronounced Car-ri-SAL-es) scored at the Big 12 Outdoor Championships and reached the NCAA Midwest Regional for the second straight year... competed in six meets in 2008, after redshirting the 2007 indoor season... posted a personal-best mile time at the Frank Sevigne Husker Invitational (5:05.96)... started the outdoor season with a victory in the 3,000-meter steeplechase at the Jim Click Shootout (10:48.62)... knocked nearly 20 seconds off her time two weeks later at the prestigious Mt. SAC Relays to finish 14th with a time of 10:28.97... finished eighth at the Big 12 Championships (11:17.51) and ninth at the NCAA Midwest Regional with a season-best time of 10:24.91... ran the anchor leg of the 4x1,600-meter relay at the Drake Relays that set the second-fastest time in school history at 19:50.11.

### 2007 (Sophomore)

Carrizales made her first appearance at the NCAA Championships during the outdoor season after experiencing a breakout sophomore season in the 3,000-meter steeplechase... notched a career-best time of 10:17.26 at the outdoor championships... posted career-best times in the event each time out in 2007, while lowering her mark nearly 30 seconds in by the end of the season... earned a spot on Nebraska's NCAA roster with a fifth-place finish at the NCAA Midwest Regional in a then-personal-best 10:25.22, which was 11 seconds faster than her previous best, moved her past former two-time NCAA mile champion Anne Shadle into second place on the school's all-time event chart... placed a surprising fourth at the Big 12 outdoor meet after entering the meet as the conference's ninth seed... claimed her first regional qualification while finishing 11th at the Drake Relays (10:49.81)... redshirted during the indoor season with anemia... competed unattached in her only indoor meet at the Prairie Wolf Invitational, running personal bests in the mile (5:17.27) and 3,000 meters (10:29.34).

### 2006 (Freshman)

Carrizales focused on the mile and 3,000 meters during the indoor season, improving her time through each of the first four weeks... recorded personal-best times of 10:50.31 in the 3,000 and 5:19.98 in the mile at the Frank Sevigne Husker Invitational and adidas Classic, respectively... ran the 5,000 meters twice during the outdoor season, notching a career-best time of 20:02.3 at the Nebraska Invite.

### Before Nebraska (Morrill HS)

Carrizales joined NU's distance corps following an outstanding prep career at Morrill High School under coaches Scott Axt, Scott Stoltenburg and Torrey Bugher... collected 11 medals at the Nebraska Class C state meet during her high school career... earned gold in the 800-, 1,600- and 3,200-meter runs as a senior in 2005, while anchoring the Lions' fourth-place 4x800-meter relay... claimed wins in the 800 and 1,600 as a sophomore in 2003, while finishing runner-up in both events as a junior... helped boost Morrill to the 2003 team title... won the 2004 Class D individual cross country title after second-place finishes in 2002 and 2003... placed 10th at the state cross country meet as a freshman... was a member of the National Honor Society... chose Nebraska over Kansas State.

### Personal

Parents are Juan and Karen Carrizales... brother, Aaron, lettered for the Huskers from 1998 to 2001... born Nov. 29, 1986... major is elementary education.



**Lara Crofford**  
Sophomore  
Distance  
Newville, Pa.  
(Big Spring)

**Personal Bests**  
**Indoor**

Mile, 4:55.84  
3,000m, 9:43.19  
5,000m, 16:43.43 (16:28.08o)

**Outdoor**

1,500m, 4:43.99  
5,000m, 16:27.73  
10,000m, 33:56.46

**All-Time Husker Rankings**

**Indoor**

3,000m (11th); 5,000m (4th)

**Outdoor**

5,000m (4th); 10,000m (2nd)  
4x1,600m (2nd); DMR (10th)

**NCAA Championships**  
**Outdoor**

2008: 3,000m, DNF

**Big 12 Championships**  
**Indoor**

2008: 3,000m, 9:43.19 (8th)  
5,000m, 16:45.23 (3rd)

**Outdoor**

2008: 5,000m, 17:20.08A (3rd)  
10,000m, 36:16.18A (2nd)

**Honors**

USTFCCCA All-Academic Team  
(2008)  
Big 12 Commissioner's Honor Roll  
(Fall: 2007)  
(Spring: 2008)

**2008 (Freshman)**

Lara Crofford got her Husker career off to a fast start during the 2007 cross country season, earning All-Big 12 and All-Midwest Region honors while capturing a spot at the NCAA Championships... carried success to the track and field season with four medals at the Big 12 Championships... finished first at the Frank Sevigne Husker Invitational with the fifth-best indoor 5,000-meter time in NU history at 16:43.43... finished eighth in the 3,000 meters (9:43.19) and third in the 5,000 meters (16:45.23) at the Big 12 Indoor Championships... opened the outdoor season at the Stanford Invitational with the No. 2 all-time 10,000-meter time in NU history at 33:56.46... finished third at the Mt. SAC Relays in the 5,000 meters with a time of 16:27.73, the fourth-best time in school history... finished third in the 5,000 meters (17:20.08) and second in the 10,000 meters (36:16.18) at the Big 12 Outdoor Championships... was Nebraska's highest scorer at the meet with 14 points... qualified for the NCAA Outdoor Championships in the 5,000 with a fourth-place finish at the NCAA Midwest Regional (17:01.28) and provisionally qualified in 10,000 meters with her time at Stanford Invitational... only ran the 10,000 meters at the national meet... ran the second leg of the 4x1,600-meter relay that posted the second-best time in school history at the Drake Relays (19:50.11).

**Before Nebraska (Big Spring HS)**

Crofford ended her high school running career by winning the 2007 Pennsylvania Class AAA 3,200-meter title (10:30.49) under Coach Robert Jumper... captured runner-up honors at the 2007 Nike Outdoor Nationals in the 5,000-meter run (16:43.46) and finished sixth in the 2-mile (10:28.67) to earn high school All-America status... the 5,000-meter time was the third-fastest time by an American prep in 2007... took back-to-back runner-up finishes at the 2005 and 2006 Pennsylvania Class AAA state cross country meets... finished 14th at the 2006 Northeast Footlocker Cross Country Championships... was a member of the National Honor Society... chose Nebraska over Syracuse, Penn State, Richmond and Villanova.

**Personal**

Parents are Cliff and Irene Crofford... born May 29, 1989... major is nutrition science and dietetics.



**Joslyn Dalton**  
Senior  
Distance  
Fremont, Neb.  
(Fremont)

**Personal Bests**  
**Indoor**

1,000m, 2:55.23  
Mile, 4:58.36  
3,000m, 9:54.70 (9:50.54o)  
5,000m, 17:29.35

**Outdoor**

1,500m, 4:31.67  
5,000m, 17:31.06  
3,000m SC, 10:35.12

**All-Time Husker Rankings**

**Indoor**

3,000m (23rd); 5,000m (13th)  
DMR (4th)

**Outdoor**

3,000m SC (4th)

**Big 12 Championships**  
**Indoor**

2008: DMR, 11:43.11 (7th)  
2007: DMR, 11:45.38 (6th)  
2006: DMR, 11:44.68 (6th)

**Outdoor**

2007: 3,000m SC, 10:38.79 (5th)

**Honors**

Team Captain  
(2009)  
USTFCCCA All-Academic Team  
(2007, 2008)  
First-Team Academic All-Big 12  
(2006, 2007, 2008)  
Big 12 Commissioner's Honor Roll  
(Fall: 2005, 2006, 2007)  
(Spring: 2005, 2006, 2007, 2008)

**2008 (Junior)**

Joslyn Dalton followed her final cross country season with a stellar indoor track and field season that saw her set four personal bests... kicked off the indoor season at the Holiday Inn Invite with a time of 17:29.35 in the 5,000 meters to finish first and post the No. 13 all-time indoor time at NU... followed with a personal-best time of 2:55.23 in the 1,000 meters the following week at the Conference Challenge... finished sixth in the 3,000 meters the next week at the Frank Sevigne Nebraska Invitational with a personal-best time of 9:54.70... competed in the mile the following week at the adidas Classic, running a personal-best 4:58.36... earned a medal at the Big 12 Indoor Championships for the third straight year as a member of the distance-medley relay team... focused on the 3,000-meter steeplechase during the outdoor season... finished runner-up to teammate Rachel Carrizales at the Jim Click Shootout... qualified for the NCAA Midwest Regional with a season-best time of 10:36.20 at the Mt. SAC Relays... finished third at the Drake Relays and 11th at the Big 12 Outdoor Championships... finished the outdoor season at the NCAA Midwest Regional by finishing 18th.

**2007 (Sophomore)**

Dalton advanced to the NCAA Midwest Outdoor Regional in the 3,000-meter steeplechase with a fifth-place finish (10:38.79) at the Big 12 Championships... bettered her time by more than three seconds a week later with a career-best time of 10:35.12 at the regional, but failed to qualify for the NCAA Championships... moved into fourth in the NU steeplechase record books with her time at the regional... won the steeplechase at the Nebraska Invite (10:48.18)... finished second at the John Jacobs Invite with a season-best time of 4:45.06 in the 1,500 meters... grabbed her first title of the year with a first-place showing in the 5,000 meters (17:55.06) at the Holiday Inn Invite... went on to better that time (17:40.59) at the Husker Invite.

**2006 (Redshirt Freshman)**

Dalton competed indoors for the Huskers as a redshirt freshman before missing the outdoor campaign while rehabbing a muscle imbalance... ran the 1,600-meter leg of NU's sixth-place distance-medley relay (11:44.68) at the Big 12 indoor meet... focused individually on the mile and 3,000 meters indoors, improving her times nearly every week during the season... set a personal-best time of 5:02.46 in the mile to finish third at the Prairie Wolf Invite... recorded her career best of 10:03.54 in the 3,000 at the Husker Invite... won the mile at the season-opening Holiday Inn Invite (5:07.92), while also running on the winning distance-medley relay.

**2005 (Freshman)**

Dalton redshirted during both the indoor and outdoor seasons in her first year at Nebraska, but competed for the Huskers in cross country.

**Before Nebraska (Fremont HS)**

Dalton joined the Huskers following an outstanding prep career at Fremont High School under Coach Eric Whitmore... was a four-time Nebraska state champion during her senior year... at the 2004 Nebraska Class A state meet, she won all-class gold medals in the 1,600 (5:02.85), 3,200 (11:27.88) and the 4x800-meter relay (9:29.55) in extremely hot, humid and windy conditions... finished fifth in the 1,600, third in the 3,200, and second in the 4x800-meter relay in the 2003 Nebraska Class A state meet... anchored

the 4x800-meter relay that finished fourth in the state meet as a sophomore... was a four-time state qualifier in cross country, winning the 2004 All-Class gold medal in 15:10.61 for the 4,000-meter distance... recorded her personal-best 3,200-meter time of 11:09.28 at the 2004 Millard South Invitational... was a member of the National Honor Society... chose Nebraska over Kansas and Texas.

**Personal**

Parents are Robyn and the late Michael Dalton... born Sept. 19, 1985... major is communication studies.



**Nikita Eades**  
Junior  
Hurdles  
Aurora, Colo.  
(Littleton, Colo.)

**Personal Bests**

**Indoor**

60m, 7.90  
200m, 26.35 (25.85o)  
400m, 57.92  
60h, 8.46

**Outdoor**

100h, 13.52A (13.45w)  
400h, 1:01.27

**All-Time Husker Rankings**

**Indoor**

60h (t-7th)

**Outdoor**

100h (9th); 400h (15th)  
4x100m Shuttle Hurdle Relay (1st)

**Big 12 Championships**

**Indoor**

2008: 4x400m, 3:46.95 (8th)  
2007: 60h, 8.56 (7th)

**Outdoor**

2008: 100h, 13.64 (5th)  
4x100m, 46.11 (8th)  
2007: 100h, 13.88 (8th)  
4x100m, 47.11 (7th)

**School Records**

Outdoor 4x100m Shuttle Hurdle Relay

**Honors**

2008 Academic Momentum Award

**2008 (Sophomore)**

Nikita Eades (pronounced EEDS) started her sophomore season with a third-place finish at the Holiday Inn Invite with a time of 8.69 in the 60-meter hurdles... posted the top time (8.75) the following week at the NWU Invite... recorded a third-place finish at the prestigious Frank Sevigne Husker Invitational with a time of 8.56... posted her top time on the season (8.52) in the preliminaries of the Big 12 Indoor Championships... started the outdoor season with a bang by sweeping the 100- and 400-meter hurdles at the Jim Click Shootout in Tucson, Ariz... finished sixth at the Drake Relays with a personal-best wind-aided time of 13.45w in the 100-meter hurdles and was a member of the 4x100-meter shuttle hurdle relay team that finish runner-up with a school-record time of 55.18... swept the hurdles at the Ward Haylett Invitational in Manhattan, Kan... recorded a personal-best time of 13.52 at the Big 12 Outdoor Championships in the 100-meter hurdle preliminaries... earned her first individual outdoor conference honor by placing fifth in the 100-meter hurdles... teamed with Karyn LaCour, Chi Kalu and Rachel Butler to finish eighth in the 4x100-meter relay at the outdoor conference meet... ended her season at the NCAA Midwest Regional with a ninth-place finish in the 100-meter hurdles (13.90).

**2007 (Freshman)**

Eades burst onto the collegiate track and field scene in 2007, quickly becoming one of Nebraska's top hurdlers... concentrated on the 60-meter hurdles during the indoor season, earning four first-place finishes and a top time of 8.46 at the Husker Invite... moved her into a tie for sixth all-time in the Nebraska record books with Frances Keating, who ran an 8.46 during the 2005 season... earned a seventh-place finish in the event at the Big 12 Championships with a time of 8.56 in the finals... focused on the 100- and 400-meter hurdles during the outdoor season, notching a top time of 13.6 (manual time) in the 100 meters for first place at the Nebraska Open... ran 100-meter hurdles season best of 13.85 at the John Jacobs Invitational and again at the NCAA Midwest Regional Prelims... was not able to run in the Big 12 100-meter hurdles final due to injury... marked a season best of 1:03.83 in the 400-meter hurdles.

**Before Nebraska (Littleton HS)**

Eades competed at the 2006 USATF Junior Championships, earning eighth place in the 400-meter hurdles (1:02.08) following a personal best during the prelims... also competed in the preliminary rounds of the 100-meter hurdles... ran her personal-best prep time of 13.82 in the 100-meter hurdles as a senior at Littleton High School at the 2006 Liberty Bell Invitational... finished runner-up in the event at the 2006 Colorado Class 5A state meet in 14.26 despite dealing with a leg injury... swept the 100- (14.02) and 300-meter (43.34) hurdle titles at the 2006 Kansas Relays while also running on the winning 4x100-meter shuttle hurdle relay that set the meet record... placed in three

events at the state meet as a junior in 2005 for Smoky Hill High School, including a third-place finish in the 300-meter hurdles (43.27) a fifth-place standing in the 100 hurdles (15.26) and a fourth-place effort in the 4x400-meter relay... competed for Eaglecrest High School as a freshman and sophomore, placing third at the state meet in the 100-meter hurdles in 2004 (14.49), as well as third in the 300-meter hurdles (45.31) and fourth in the 100 hurdles (15.20) in 2003... earned sixth place in the 60-meter hurdles at the 2006 National Scholastic Indoor Championships... ran her personal-best time in the 300 hurdles to finish as runner-up at the 2006 Great Southwest Classic, while clocking 13.86w in the 100-meter hurdles... was coached at Littleton by Brian Kula.

**Personal**

Mother is Dione Williams... born July 25, 1988... major is biological sciences.



**Arna Erega**  
Sophomore  
Hurdles  
Rijeka, Croatia  
(Grammar School of Rijeka)

**Personal Bests**

**Indoor**

60h, 8.30  
Long Jump, 18-9 3/4 (5.73)

**Outdoor**

100h, 13.56  
Long Jump, 19-2 1/2 (5.85)

**All-Time Husker Rankings**

**Indoor**

60h (6th)

**Outdoor**

100h (17th)  
4x100m Shuttle Hurdle Relay (1st)

**Big 12 Championships**

**Indoor**

2008: 60h, 8.55 (7th)

**School Records**

Outdoor 4x100m Shuttle Hurdle Relay

**2008 (Freshman)**

Arna Erega (pronounced ARE-nah AIR-reg-a) was a key addition to the Husker hurdle squad in her first year at Nebraska, earning a medal at her first Big 12 Indoor Championships... competed at seven meets during the indoor season in the 60-meter hurdles... finished first or second at five meets... recorded her season-best and the No. 6 all-time indoor time at Nebraska at the adidas Classic (8.42)... finished seventh at the Big 12 Indoor Championships with a time of 8.55... ran the 100-meter hurdles six times during the outdoor season... finished second at the Jim Click Shootout in Tucson, Ariz., with a time of 14.01... ran the opening leg on the 100-meter shuttle hurdle relay team at the Drake Relays that set the school record with a time of 55.18... posted a season-best time of 14.00 in the preliminaries of the 100-meter hurdles at the Big 12 Outdoor Championships... competed in her home country of Croatia at the senior national championships during the summer of 2008... won the long jump with a leap of 19-2 and finished runner-up in the 100-meter hurdles with a time of 14.10.

**Before Nebraska (Grammar School of Rijeka)**

Erega won the Croatian Junior National title in the 100-meter hurdles from 2005 to 2007... prior to that, won the 100 hurdles title at the Croatian Youth Championships... finished fifth in the 100 hurdles at the 2007 European Championships (13.65)... reached the semifinals of the women's 100-meter hurdles at the 2006 World Junior Championships held in Beijing, China... owns the Croatia national junior record in the 100 hurdles (13.56), a mark that would rank eighth on Nebraska's all-time list... also owns the Croatian national youth record (13.52) in the 30-inch hurdles... set the Croatian national junior record (8.30) at the 2007 Croatian Under-20 indoor championships in the prelims and won the 60-meter hurdle title in 8.36... owns the world-best result for 14-year-old females in the 100-meter hurdles (13.68).

**Personal**

Prep coach was her father, Nenad Erega... parents are Nenad Erega and Lica Silic-Erega... born July 24, 1988... major is psychology.



## Ari Goldstein

Junior  
Distance  
Soldotna, Alaska  
(Soldotna)

### Personal Bests

#### Indoor

Mile, 4:58.63  
3,000m, 9:57.07  
5,000m, 17:12.28 (17:04.49o)

#### Outdoor

1,500m, 4:39.43  
3,000m, 10:07.61  
5,000m, 17:09.61  
10,000m, 38:03.37A

### Honors

First-Team Academic All-Big 12  
(2007, 2008)  
Big 12 Commissioner's Honor Roll  
(Fall: 2005, 2006, 2007)  
(Spring: 2006, 2007, 2008)

### All-Time Husker

#### Rankings

##### Indoor

3,000m (24th); 5,000m (9th)

##### Outdoor

3,000m (24th); 5,000m (19th)  
10,000m (22nd)

### 2008 (Sophomore)

Ari Goldstein entered the track and field season after another successful cross country campaign that saw her earn her second straight All-Big 12 honor... marked the first time any Nebraska cross country athlete had earned two All-Big 12 honors... set personal best in the mile at the adidas Classic with a time of 4:58.63... set her personal bests in the 3,000 meters (9:57.07) and 5,000-meters (17:12.28) at the Big 12 Indoor Championships... 5,000-meter time ranked ninth all-time indoors at Nebraska... set three more personal bests during the outdoor season... finished third at the Mt. SAC Relays in the 3,000 meters with a personal-best time of 17:09.61... notched a personal best in the 1,500-meters two days later at the Long Beach Invitational (4:39.43)... finished 13th at the Big 12 Outdoor Championship in the 10,000 meters with a personal best of 38:03.37A and ninth in the 5,000 meters with a time of 17:59.84A.

### 2007 (Redshirt Freshman / Sophomore)

Goldstein competed in the mile, 3,000 meters and 5,000 meters, improving her time in all three events in every race on the season... finished the year with a season best of 5:11.05 in the mile for fifth-place at the Prairie Wolf Invite... added a season best of 10:03.52 in the 3,000 meters at the Frank Sevine Husker Invitational... at the Big 12 Championship ran 10:03.42 in the 3,000-meter oversize oval in Ames, Iowa... earned her only title of the season with a first-place finish in the 5,000 meters with a time of 17:31.22 at the Conference Challenge... went on to better that time by more than 26 seconds for a personal best of 17:04.49 (oversize track) at the Iowa State Classic for ninth place... redshirted during the outdoor season.

### 2006 (Freshman)

Goldstein was granted an indoor medical hardship after suffering from anemia... set then-personal-best marks each competition during the outdoor season... finished 12th in the 10,000 meters at her first Big 12 Outdoor Championships in a season-best 38:33.56... earned runner-up honors in the 5,000 at the Nebraska Invitational (17:57.6)... placed fourth in the 1,500 at the Ward Haylett Invite (4:45.38) and the 3,000 at the Kansas Relays (10:07.61)... competed only once indoors, running the 1,200-meter leg of NU's distance medley relay at the Holiday Inn Invite.

### Before Nebraska (Soldotna HS)

Goldstein posted an accomplished high school career at Soldotna High School in Soldotna, Alaska... was a six-time state champion and 12-time scorer during her career at the Alaska Class 4A state meet... captured the 1,600-meter (5:04.12) and 3,200-meter (10:59.49) titles as a senior in 2005... won four gold medals in 2004 by sweeping the 800-, 1,600- and 3,200-meter events, while also running the second leg of the winning Soldotna 4x400-meter relay... named the 2004 Gatorade Alaska Track and Field Athlete of the Year following her junior season... set personal bests in the mile (5:01.60) and two mile (10:59.53) at the 2004 adidas Outdoor Classic in Raleigh, N.C... claimed Class 4A cross country titles as a junior and senior... member of the National Honor Society... coached by former Husker assistant Mark Devenney, who currently is a volunteer assistant for NU.

### Personal

Parents are Stu and Candy Goldstein... born June 8, 1987... major is biochemistry.



## Erin Hannon

Junior  
Jumps  
Bradford, Pa.  
(Bradford Area)

### Personal Bests

#### Indoor

200m, 27.93  
800m, 2:32.86  
60h, 9.16  
High Jump, 5-10 (1.78)  
Long Jump, 18-7 3/4 (5.68)  
Shot Put, 33-11 1/2 (10.35)  
Pentathlon, 3,648

#### Outdoor

200m, 26.91  
800m, 2:30.85  
100h, 15.03 (14.98w)  
High Jump, 5-10 (1.77)  
Long Jump, 18-7 3/4 (5.68)  
Triple Jump, 40-0 (12.19)  
Shot Put, 34-0 (10.36)  
Javelin, 109-5 (33.37)  
Heptathlon, 4,783

### All-Time Husker Rankings

#### Indoor

High Jump (22nd); Pentathlon (17th)

#### Outdoor

High Jump (18th); Triple Jump (20th)

### NCAA Championships

#### Outdoor

2008: HJ, 5-7 (t-23rd)

### Big 12 Championships

#### Indoor

2008: HJ, 5-8 (t-2nd)  
Pentathlon, 3,648 (6th)  
2007: HJ, 5-8 (8th)  
Pentathlon, 3,611 (6th)

#### Outdoor

2008: HJ, 5-5 (t-6th)  
Heptathlon, 4,719 (6th)  
2007: HJ, 5-8 3/4 (6th)  
Heptathlon, 4,719 (8th)

### Honors

USTFCCCA All-Academic Team  
(2007, 2008)  
First-Team Academic All-Big 12  
(2008)  
Big 12 Commissioner's Honor Roll  
(Fall: 2006)  
(2007, 2008)

### 2008 (Sophomore)

Erin Hannon made great strides in her sophomore season, as she scored in two events at both the Big 12 Indoor and Outdoor Championships for the second straight year and received her first berth to the NCAA Outdoor Championships... finished in the top three in the high jump at six of seven indoor meets... finished first at the Conference Challenge with a leap of 5-8 3/4... tied for second at the Big 12 Indoor Championships with a jump of 5-8 and finished sixth in the pentathlon with 3,648 points... started the outdoor season with a fifth-place showing at the Jim Click Shootout in the heptathlon with a personal-best score of 4,783 points... set personal bests in the 200 meters (26.91) and javelin (109-5) at the Jim Click Shootout... finished sixth in the heptathlon (4,719 points) and tied for sixth in the high jump (5-5) at the Big 12 Outdoor Championships... tied for third at the NCAA Midwest Regional in the high jump to earn an automatic bid to the NCAA Outdoor Championships... tied for 23rd at the NCAA Outdoor Championships with a jump of 5-7 (1.70).

### 2007 (Freshman)

Hannon was one of Nebraska's most active freshmen in her debut campaign... made a particularly strong impression in the high jump, where she finished eighth indoors and sixth outdoors at the Big 12 Championships... her outdoor finish earned her a spot at the NCAA Regional, where she tied for 19th with a jump of 5-7 1/4... used her Big 12 Indoor Championships jump of 5-8 to tally a season-high score of 3,611 in the pentathlon for sixth place... finished eighth in the heptathlon at the Big 12 Outdoor Championships with a season-high score of 4,719... finished among the top 10 in both the pentathlon and the heptathlon in every meet.

### Before Nebraska (Bradford Area HS)

Hannon experienced a stellar prep career at Bradford Area High School in Pennsylvania, qualifying for the AAA state meet in four events during each of her four years under Coach Larry Stillman... claimed outdoor state titles in the triple jump (39-7 3/4) and high jump (5-7) as a senior in 2006... also placed fifth in the 100-meter hurdles (14.98w) and sixth in the long jump (17-9)... finished runner-up in the triple jump during both junior (38-10 1/2) and sophomore (38-8 1/2) seasons... also scored as a sophomore in the high jump (sixth) and long jump (seventh)... indoors, won 2006 PTFCA state crowns in the high jump (5-6) and triple jump (38-8 1/2), as well as finishing second in the long jump (18-3 1/4) and sixth in the 60-meter hurdles (9.27)... placed second in the high jump (5-10), long jump (18-3 1/4) and triple jump (39-6) at the 2005 PTFCA indoor meet... as a sophomore, placed fourth, fourth and sixth in the same three events, respectively... bounded 38-7 1/2 to claim third in the triple jump at the 2006 Nike Outdoor Nationals, while finishing fourth in her second career attempt at the pentathlon (3,297)... recorded her personal best in the triple jump at the 2006 West Central Coaches Meet in Altoona, Pa.... won the 2005 Nike Indoor Nationals title in the high jump (5-8 3/4), while finishing runner-up as a senior with the same height... scored

3,372 points to win the Bison Open pentathlon at Bucknell University as the lone high school athlete in competition... was a member of the National Honor Society... chose Nebraska over Louisville, Notre Dame, Virginia and Penn State.

**Personal**

Parents are Bob and Tammie Hannon... born Dec. 1, 1987... major is psychology.



**Jade Hodson**  
Redshirt Freshman  
Throws  
Hastings, Neb.  
(Adams Central)

**Personal Bests**

**Indoor**

Weight Throw, 50-4 1/2 (15.35)

**Outdoor**

Shot Put, 45-3 1/4 (13.79)

**Honors**

Big 12 Commissioner's Honor Roll

(Fall: 2007)

(Spring: 2008)

**2008 (Freshman)**

Jade Hodson redshirted her first year at Nebraska to learn how to throw the weight and hammer... competed unattached at six meets during the indoor season in the weight throw... recorded a personal-best mark of 50-4 1/2 at the Prairie Wolf Invite to finish seventh... competed once in the shot put indoors at the Cornhusker Last Chance, finishing fourth with a throw of 40-6 3/4... competed unattached in the shot put at both home meets during the outdoor season.

**Before Nebraska (Adams Central HS)**

Hodson was the Nebraska Class B shot put champion from her sophomore through senior seasons under coaches Kevan Extrum and Sam Colvin... threw 42-5 1/4 in 2005, 42-11 in 2006 and a personal-best 45-3 1/4 as a senior in the 2007 state meet... also competed as a freshman and was fifth in the shot (39-5 3/4).

**Personal**

Parents are Jeff and Lori Hodson... born Sept. 3, 1988... major is speech and language pathology.



**Cami Jiskra**  
Redshirt Freshman  
Pole Vault  
Lincoln, Neb.  
(North Star)

**Personal Bests**

**Indoor**

Pole Vault, 11-7 3/4 (3.55)

**Outdoor**

Pole Vault, 12-1 1/2 (3.70)

**2008 (Freshman)**

Cami Jiskra (pronounced E-skra) redshirted the indoor and outdoor seasons in her first year at Nebraska... competed unattached in the pole vault at five meets during the indoor season... set new personal bests at her first four meets... vaulted her indoor personal best of 11-7 3/4 at the Prairie Wolf Invite to finish fourth... shattered her outdoor personal best by over three inches at the Nebraska Invitational with a vault of 12-1 1/2 to tie for first with teammate Lindsey Maher.

**Before Nebraska (Lincoln North Star HS)**

Jiskra began vaulting at a late age after spending 10 years in competitive gymnastics and has progressed rapidly as a pole vaulter... produced a runner-up finish to Husker teammate Natalie Willer at the 2007 Nebraska Class A state meet in the pole vault with a career-best vault of 11-8 under Coach Chris Johnson... was third in the 2007 Kansas Relays (11-0)... cleared 11-6 at the Harold Scott Invitational... posted personal-best indoor vault of 10-9 to win the 2007 LPS Indoor Classic.

**Personal**

Parents are Mike and Deb Jiskra... born Feb. 22, 1989... major is criminal justice.



**Chi Kalu**  
Senior  
Sprints  
Zarie, Nigeria  
(Chengelo Secondary, Mkuski, Zambia)

**Personal Bests**

**Indoor**

60m, 7.73

200m, 25.22

**Outdoor**

100m, 12.22 (12.06w)

200m, 24.59

**All-Time Husker Rankings**

**Indoor**

60m (16th)

**Big 12 Championships**

**Outdoor**

2008: 4x100m, 46.11 (8th)

**Honors**

Second-Team Academic All-Big 12

(2007)

Big 12 Commissioner's Honor Roll

(Fall: 2006)

**2008 (Junior)**

Chi Kalu (pronounced CHEE KAH-loo) competed in six meets during the indoor season and five meets during the outdoor season... recorded a personal-best time of 25.22 in the 200 meters with a fourth-place finish at the Prairie Wolf Invitational... finished second at the same meet in the 60 meters (7.76)... top finish outdoors came at the Nebraska Open where she placed third in the 100 meters.

**2007 (Sophomore)**

Kalu continued to improve during her sophomore season, setting personal bests in every event and emerging as one of NU's top sprinters... ran a personal-best time of 7.73 in the 60-meter dash for a third-place finish at the Conference Challenge... added third-place finishes at both the NWU Invite (7.90) and the Prairie Wolf Invite (7.79)... was selected for Nebraska's Big 12 Championship roster in both the 60- and 200-meter dashes, but did not advance to the finals in either event... finished the indoor season with a top time of 25.28 in the 200 meters at the Prairie Wolf Invitational... continued to excel during the outdoor season in both the 100 and 200... competed in both events at the Big 12 Championships... sped to a top time of 11.8 (manual time) in the 100 meters for a second-place finish at the Nebraska Open... added a personal-best time of 24.59 at the John Jacobs Invite for fourth place in the 200 meters.

**2006 (Redshirt Freshman)**

Kalu set personal bests in every event she competed in both indoors and outdoors... made the Husker Big 12 Outdoor Championships roster, competing in the prelims of the 100-meter dash (12.33) and the 200 (25.57), while also running the lead leg of NU's 4x100-meter relay (47.79)... set outdoor season bests of 12.31 in the 100 and 25.15 in the 200 to earn sixth place in both events at the Ward Haylett Invite... ran a wind-aided 100 time of 12.17w at the Nebraska Invite... finished fourth in a career-best 7.82 in the 60-meter dash indoors at the Nebraska-Colorado State-Kent State Triangular... clocked her best indoor 200 time of 25.57 while placing fourth at the Prairie Wolf Invite.

**2005 (Freshman)**

Kalu joined the Husker track and field program midway through the indoor season... competed twice unattached outdoors, at the Nebraska Wesleyan Twilight and Nebraska Invite.

**Before Nebraska (Chengelo Secondary)**

Kalu attended Chengelo Secondary School in Mkushi, Zambia... coached by Steve Bannister.

**Personal**

Parents are Okorie and Chinyere Kalu... born Dec. 7, 1987... major is advertising.



**Katie Kelly**  
Redshirt Freshman  
Distance  
Omaha, Neb.  
(Marian)

**Personal Bests**  
**Outdoor**  
3,200m, 11:57.0

**Honors**  
Big 12 Commissioner's Honor Roll  
(Fall: 2007)  
(Spring: 2008)

**2008 (Freshman)**

Katie Kelly redshirted during the indoor and outdoor seasons in her first year at Nebraska... did not compete in any meets due to a stress fracture and mononucleosis.

**Before Nebraska (Omaha Marian HS)**

Kelly qualified for the Nebraska Class A state meet in the 3,200-meter run in 2004 and 2006 under coaches Roger Wright and Dan Neilson... holds a personal best of 11:57.0 in the 3,200... qualified for the Nebraska state cross country meet all four years, with top-eight finishes in 2004 (5th), 2005 (7th) and 2006 (8th)... chose Nebraska over Nebraska-Omaha, Xavier, Kansas, Missouri and Minnesota.

**Personal**

Parents are Chris and Jean Kelly... born Aug. 18, 1988... major is pre-law.



**Lynsey Kreikemeier**  
Sophomore  
Middle Distance  
Bellwood, Neb.  
(David City Aquinas)

**Personal Bests**  
**Indoor**  
600y, 1:25.81  
800m, 2:14.52  
**Outdoor**  
400m, 57.84  
800m, 2:16.25

**Big 12 Championships**  
**Indoor**  
2008: 4x400m, 3:46.95 (8th)  
DMR, 11:43.11 (7th)

**Honors**  
Big 12 Commissioner's Honor Roll  
(Fall: 2007)  
(Spring: 2008)

**All-Time Husker Rankings**  
**Indoor**  
DMR (4th)  
**Outdoor**  
DMR (10th)

**2008 (Freshman)**

Lynsey Kreikemeier (pronounced CRACK-meyer) contributed immediately during the indoor season as a member of the 4x400-meter relay team that finished eighth and the distance-medley relay team that took seventh at the Big 12 Indoor Championships... posted a personal-best time of 1:25.81 to finish third in the indoor 600-yard run at the adidas Classic... focused on the 800-meter run during the outdoor season... top finish was fifth at the Ward Haylett Invitational (2:19.71).

**Before Nebraska (St. Thomas Aquinas HS)**

Kreikemeier competed for St. Thomas Aquinas High School in David City, Neb., under Coach John Svec... played a big part in the Monarchs' team runner-up finish in the 2007 Nebraska Class C State Track and Field Championships... qualified for the state meet in four events every year, winning nine Class C medals including four golds... was the 2007 Class C 400- and 800-meter champion and ran the anchor on the winning 4x400-meter relay... her 800 time of 2:16.25 was a career best and allowed her to defend the 800 title she won at the 2006 state meet... was a member of the National Honor Society... chose Nebraska over Wichita State and Nebraska-Kearney.

**Personal**

Parents are Gary and Rebecca Kreikemeier... born Aug. 18, 1988... major is natural science.



**Karyn LaCour**  
Sophomore  
Hurdles  
Humble, Texas  
(Humble)

**Personal Bests**  
**Indoor**  
60m, 7.81  
200m, 25.33  
60h, 8.33  
**Outdoor**  
200m, 24.94  
100h, 13.51

**Big 12 Championships**  
**Indoor**  
2008: 60h, 8.60 (8th)  
**Outdoor**  
2008: 100h, 13.52 (4th)  
4x100m, 46.11 (8th)

**School Records**  
Outdoor 4x100m Shuttle Hurdle Relay

**All-Time Husker Rankings**  
**Indoor**  
60m (22nd); 60h (4th)  
**Outdoor**  
100h (7th)  
4x100m Shuttle Hurdle Relay (1st)

**2008 (Freshman)**

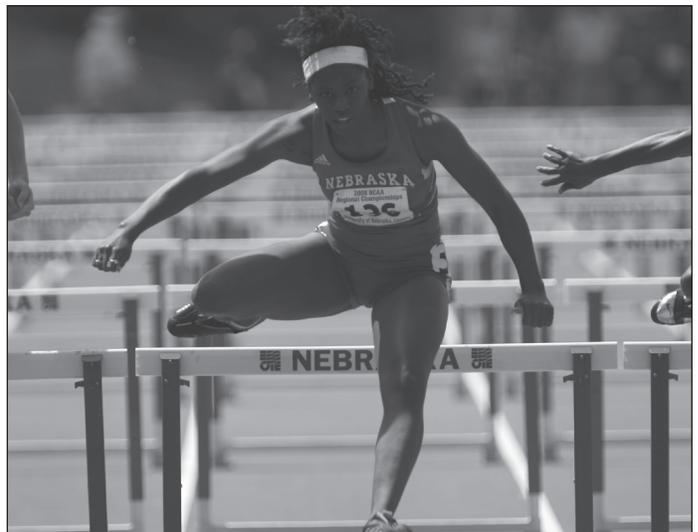
As a true freshman Karyn LaCour was Nebraska's top hurdler on the women's side... earned four straight first-place finishes in the 60-meter hurdles to start the indoor season at the Holiday Inn Invite (8.56), Conference Challenge (8.51), Frank Seigne Husker Invitational (8.39) and adidas Classic (8.40)... ran a personal-best time of 8.33 in the preliminaries at the Big 12 Indoor Championships... finished eighth in the finals (8.60)... posted the fourth-best time at Nebraska all-time indoors during the preliminaries... matched personal-best time at the Iowa State Last Chance to cap the indoor season... reached outdoor personal-best 100-meter hurdle time of 13.51 at the Kansas Relays to finish first... placed fourth at the Big 12 Outdoor Championships with a time of 13.52... advanced to the NCAA Midwest Regional to finish 15th... teamed with Arna Erega, Nikita Eades and Rachel Butler to set the school record in the 4x100-meter shuttle hurdle relay at the Drake Relays (55.18).

**Before Nebraska (Humble HS)**

LaCour was a two-time Texas Class 5A state champion in the 100-meter hurdles under Coach Ken Janak... won her first 100-meter hurdle state championship at the 2006 state meet in 13.83w and also placed sixth in the 300-meter hurdles (44.31)... defended her 100 hurdle title at the 2007 state meet with a personal-best 13.70... was the runner-up in the 100-meter hurdles (14.00) as a sophomore... produced a career-best long jump (18-11 3/4) at the 2006 Rice Bayou Relays... set career best in the 300 hurdles of 43.42 at the Texas District 21-5A meet in Humble, Texas.

**Personal**

Parents are Carey and Vanita LaCour... born April 27, 1989... major is pre-dentistry.



Karyn LaCour (pictured) along with Arna Erega and Nikita Eades finished 1-2-3, respectively, in the 60-meter hurdles at the 2008 Frank Seigne Husker Invitational.



**Amanda Latsch**  
Sophomore  
Throws  
Lincoln, Neb.  
(East)

**Personal Bests**

**Indoor**

Shot Put, 50-7 1/2 (15.43)  
Weight Throw, 44-2 1/2 (13.44)

**Outdoor**

Shot Put, 49-2 1/2 (15.00)  
Discus, 156-6 (47.70)

**All-Time Husker**

**Rankings**

**Indoor**  
Shot Put (8th)  
**Outdoor**  
Shot Put (11th); Discus (19th)

**2008 (Redshirt Freshman)**

Amanda Latsch competed in the shot put at nine meets during the indoor season, placing in the top 10 at seven of the nine meets... earned the first victory of her collegiate career at the adidas Classic with a throw of 48-10 1/4... tied for 13th at the Big 12 Indoor Championships... posted a personal-best indoor toss at the Nebraska Last Chance with a throw of 50-7 1/2... finished third in the shot three times during the outdoor season at the Jim Click Shootout (48-11 3/4), John Jacobs Invitational (47-7 1/4) and Nebraska Open (47-4 1/2)... set a personal-best outdoor shot put mark at the Big 12 Championships with a throw of 49-2 1/2 (15.00) to finish ninth.

**2007 (Freshman)**

Latsch redshirted her first season at Nebraska... competed unattached in five indoor and three outdoor meets... notched an indoor shot put season best of 43-11 1/4 at the Holiday Inn Invitational... outdoors, had her best shot put throw of 45-4 1/2 at the Nebraska Invitational... posted a season best in the discus at the Nebraska Wesleyan Invitational with a throw of 137-2.

**Before Nebraska (Lincoln East HS)**

Latsch arrived at Nebraska with excellent potential in the throws following a prep career as a five-time medalist at the Nebraska Class A state meet... won the 2006 Class A shot put with a mark of 45-5 for her first state title... also finished runner-up in the discus (126-0)... earned the Class A bronze medal in the shot as both a sophomore in 2004 (41-10 1/2) and a freshman in 2003 (38-11 1/2)... placed fourth as a junior in 2005 (40-8 3/4)... threw a personal best in the discus (139-11) to win the 2006 Class A-1 District title... coached by John Gingery and Ed McPherran... chose Nebraska over Iowa State, Coe and Loras.

**Personal**

Parent is Jon Kunce... born April 7, 1987... major is pre-family and consumer science education.



**Lindsey Maher**  
Junior  
Pole Vault  
Utica, Neb.  
(Centennial)

**Personal Bests**

**Indoor**

Pole Vault, 12-0 3/4 (3.68)

**Outdoor**

Pole Vault, 12-7 1/2 (3.85)

**All-Time Husker Rankings**

**Indoor**

Pole Vault (13th)

**Outdoor**

Pole Vault (t-8th)

**Big 12 Championships**

**Indoor**

2008: PV, 12-0 3/4 (t-8th)

**Honors**

USTFCCCA All-Academic Team (2008)  
First-Team Academic All-Big 12 (2008)  
Big 12 Fall Commissioner's Honor Roll (Fall: 2006, 2007) (Spring: 2007, 2008)

**2008 (Sophomore)**

Lindsey Maher (pronounced mah-HER) earned her first Big 12 medal and first trip to the NCAA Midwest Regional in 2008... won the Prairie Wolf Invite with a vault of

11-11 3/4... tied for eighth at the Big 12 Indoor Championships with a personal-best vault of 12-0 3/4... finished runner-up twice during the outdoor season at the John Jacobs Invitational (11-1 3/4) and Ward Haylett Invitational (12-1 1/2)... shattered her personal best by four inches at the Big 12 Outdoor Championships with vault of 12-7 1/2 (3.85) to finish 10th and qualify for the NCAA Midwest Regional... tied for 13th at the regional meet with a vault of 12-0.

**2007 (Freshman)**

Maher finished 11th at both the Big 12 Indoor and Outdoor Championships... marked a season-best vault of 12-0 1/2 for fourth place at the Prairie Wolf Invitational during the indoor season... added an outdoor best of 11-11 3/4, which she recorded on three occasions, including the Big 12 Championships.

**Before Nebraska (Centennial HS)**

Maher joined the Huskers following a standout prep career that featured a pair of Nebraska All-Class gold medals under Coach John Stineman... repeated as the Class B and All-Class gold medal champion as a senior in 2006 after winning with a personal-best height of 11-10... the mark ranked third on the state's all-time performance list... won her first Class B and All-Class gold medal as a junior in 2005 with a mark of 11-6 1/4... placed third at the 2006 Kansas Relays (10-11 3/4)... was a member of the National Honor Society.

**Personal**

Parents are Brian and Peg Maher... born Dec. 6, 1987... major is pre-middle grades education and pre-coaching.



**Elizabeth Marsh**  
Junior  
Distance  
Wichita, Kan.  
(East)

**Personal Bests**

**Indoor**

Mile, 5:17.85  
3,000m, 10:47.37  
5,000m, 19:06.98

**Outdoor**

1,500m, 4:59.11  
5,000m, 18:47.95

**Honors**

Second-Team Academic All-Big 12 (2008)  
Big 12 Commissioner's Honor Roll (Fall: 2007) (Spring: 2007, 2008)

**2008 (Sophomore)**

Elizabeth Marsh, also a competitor for the Nebraska cross country team, competed in four meets during the indoor season... finished seventh in the mile at the NWU Invite and seventh in the 5,000 meters at the adidas Classic... top finish during the outdoor season came at the Nebraska Open, placing sixth in the 1,500 meters.

**2007 (Freshman)**

Marsh showed good improvement during her freshman season... marked a personal-best time of 5:17.85 in the mile at the Conference Challenge... improved her time in the 5,000 meters by nearly 25 seconds over the indoor season, improving to a time of 19:06.98... bettered that time during the outdoor campaign with a personal-best race of 18:47.95 at the John Jacobs Invite.

**Before Nebraska (Wichita East HS)**

Marsh qualified for the Kansas 6A state meet all four years at Wichita East High School... coached by Michael Draut... competed in both the 1,600- and 3,200-meter events at each Kansas Class 6A state meet... registered a sixth-place finish in the 3,200 as a sophomore in 2004 with a personal-best time... earned seventh place in the event as a senior in 2006 and as a freshman in 2003... recorded her best 1,600-meter finish at the state meet (eighth) as a sophomore... was a member of the National Honor Society... chose Nebraska over Wichita State, Kansas State and South Carolina.

**Personal**

Parents are Steve and Dee Marsh... born Jan. 16, 1988... major is Spanish.



## Leandra McGruder

Junior  
Jumps  
Jefferson City, Mo.  
(Jefferson City)

### Personal Bests

#### Indoor

Long Jump, 19-9 1/2 (6.03)  
Triple Jump, 41-1 1/2 (12.53)

#### Outdoor

Long Jump, 20-4 1/2 (6.21)  
Triple Jump, 41-8 1/2 (12.71)  
41-11 3/4w (12.78)

### Honors

Big 12 "Good Works" Team  
(Spring: 2008)  
Team Captain  
(2009, 2008)  
First-Team Academic All-Big 12  
(2008)  
Big 12 Commissioner's Honor Roll  
(Fall: 2007)  
(Spring: 2007, 2008)

### NCAA Championships

#### Outdoor

2007: LJ, 17-11 (28th)

### Big 12 Championships

#### Indoor

2008: LJ, 19-4 1/4 (5th)  
2007: LJ, 19-5 1/2 (5th)

#### Outdoor

2007: LJ, 19-11 (6th)  
TJ, 41-11 1/4w (8th)

### All-Time Husker Rankings

#### Indoor

Long Jump (t16-th); Triple Jump (10th)

#### Outdoor

Long Jump (12th); Triple Jump (11th)

### 2008 (Sophomore)

Leandra McGruder started the indoor track and field season on the right foot as she swept the long jump and triple jump at the Holiday Inn Invite... jumped 19-2 3/4 at the Frank Sevigne Husker Invitational to finish third... placed fifth at the Big 12 Indoor Championships for the second straight year in the long jump with a leap of 19-4 1/4... set an indoor season best in the long jump (19-7) and a personal-best in the triple jump (41-1 1/2) at the Iowa State Last Chance, finishing runner-up in both events... started the outdoor season the same as the indoor season with a sweep of the long jump and triple jump at the Jim Click Shootout... competed in the long jump and triple jump at the Big 12 Outdoor Championships... qualified for the NCAA Midwest Regional, finishing 17th in the triple jump with a leap of 40-9 1/2 (12.43).

### 2007 (Freshman)

McGruder finished an outstanding 2007 season as one of seven freshmen on NU's NCAA roster... qualified for the national meet with a clutch performance in the long jump at the NCAA Midwest Regional... earned fourth place for shattering her previous best with a mark of 20-4 1/2 in Des Moines... the mark was nearly six inches farther than her previous best... placed 16th in the triple jump (40-2 1/4)... earned all-conference honors and registered career-bests at the Big 12 outdoor meet, placing sixth in the long jump (19-11) and eighth in the triple jump (41-11 3/4w)... the long jump effort exceeded the regional standard for the first time... hit regional qualifying for the first time in the triple jump at the Kansas Relays (40-6 1/4), when she surpassed 40 feet for the first time outdoors... started a run of success in the long jump with a wind-aided leap of 19-6 3/4w to earn second place at the Nebraska Open... claimed her second and third career meet titles by sweeping the two events at the Nebraska Wesleyan Invite... placed fifth in the Big 12 indoor long jump (19-5 1/2)... notched her first career win with a 19-9 1/2 long jump during the indoor Conference Challenge... set an indoor triple jump best of 40-11 to place fifth during the Frank Sevigne Husker Invite.

### Before Nebraska (Jefferson City HS)

McGruder experienced a distinguished prep career in the horizontal jumps at Jefferson City High School in Missouri under coaches Dennis and Roberta Lickliader... earned a pair of High School All-America honors at the 2005 Nike Outdoor Nationals, finishing fourth in the triple jump (39-9 3/4) and sixth in the long jump (18-10)... claimed three Missouri Class 4 state championships, including a sweep of the long jump (18-10 1/2) and triple jump (39-9 3/4) crowns as a senior in 2006... also won the triple jump as a junior in 2005 (39-7) and as a freshman in 2003 (38-2 1/4), while finishing runner-up (39-6) as a sophomore... earned a silver medal in the long jump behind Husker teammate Chantae McMillan in both 2004 (18-5 3/4) and 2005 (18-7 1/2w) before defeating McMillan as a senior... led Jefferson City to Class 4 team titles in both 2005 and 2006... placed third in the long jump and fifth in the triple jump in 2006 at the prestigious Golden West Invitational... was a member of the National Honor Society... chose Nebraska over LSU, Indiana and Missouri.

### Personal

Daughter of Cosandra Watson... born Aug. 12, 1988... major is psychology.



## Chantae McMillan

Sophomore / Junior  
Multi-Events  
Rolla, Mo.  
(Rolla)

### Personal Bests

#### Indoor

200m, 26.52  
800m, 2:26.89  
60h, 8.98  
High Jump, 5-4 1/4 (1.63)  
Long Jump, 19-2 1/2 (5.85)  
Shot Put, 40-2 1/2 (12.25)  
Pentathlon, 3,827

#### Outdoor

200m, 24.90A  
800m, 2:28.27A  
100h, 14.18  
High Jump, 5-5 (1.65)  
Long Jump, 20-1 (6.12), 20-6 1/4w (6.25)  
Triple Jump, 40-0 (12.19)  
Shot Put, 38-9 (11.81)  
Javelin, 136-6A (41.60)  
Heptathlon, 5,444A

### NCAA Championships

#### Outdoor

2008: Heptathlon, 5,261 (22nd)  
2007: LJ, 19-8 1/4w (23rd)

### Big 12 Championships

#### Indoor

2008: LJ, 19-2 1/2 (6th)  
Pentathlon, 3,827 (3rd)

#### Outdoor

2008: Heptathlon, 5,444 (2nd)  
2007: LJ, 20-3 3/4w (4th)

### Honors

Team Catpain  
(2009)  
Big 12 Commissioner's Honor Roll  
(Fall: 2006)

### All-Time Husker Rankings

#### Indoor

60h (21st); Long Jump (25th)  
Pentathlon (10th)

#### Outdoor

100h (t-23rd); Long Jump (t-16th)  
Javelin (9th); Heptathlon (11th)

### 2008 (Redshirt Freshman / Sophomore)

Following a trip to the NCAA Outdoor Championships in the long jump as a freshman, Chantae McMillan transitioned to the multi-events during the summer of 2007, and the move paid off as she scored at both conference meets and made a return trip to the NCAA Championships in 2008... competed in her first pentathlon at the Frank Sevigne Husker Invitational, placing seventh with 3,713 points... improved her score by 114 points at the Big 12 Indoor Championships to finish third with 3,827 points, the No. 10 all-time score at Nebraska... added a sixth-place finish in the long jump (19-2 1/2) at the conference meet... competed in her first outdoor heptathlon at the Kansas Relays, finishing third with 5,226 points... exploded for 5,444 points at the Big 12 Outdoor Championships to finish runner-up to teammate Megan Wheatley... was the top scorer in the 100-meter hurdles, long jump and javelin at the conference meet... earned a bid to the NCAA Outdoor Championships with her NCAA provisional-qualifying score at the conference meet... finished 22nd at the national meet with 5,261 points.

### 2007 (Freshman)

McMillan joined the Huskers for the outdoor season and was one of seven freshmen to qualify for the NCAA Championships... stood out in her first year at Nebraska by reaching the national meet after redshirting the indoor season while recovering from ankle surgery... paced the Huskers in the long jump for much of the season, including a fourth-place finish at the Big 12 outdoor meet (20-3 3/4w)... qualified for the NCAA Championships by placing fifth at the Midwest Regional (20-3w)... surpassed 19 feet during each meet in 2007 and closed the season with four straight competitions over 20 feet... recorded a wind-aided personal-best leap of 20-6 1/4 for her first career victory at the Nebraska Open... opened her Husker career with a runner-up finish at the Stanford Invitational (19-10 1/4).

### Before Nebraska (Rolla HS)

McMillan had a standout prep career at Rolla High School in Missouri under Coach Don Knapp... earned High School All-America accolades by finishing third in the long jump with a leap of 19-4w at the 2005 Nike Outdoor Nationals... qualified for the long jump at the Missouri Class 4 state meet all four years, winning titles as a junior in 2005 (19-5 1/2) and as a sophomore in 2004 (18-11)... edged Husker teammate Leandra McGruder for top honors both times... finished second to McGruder in the long jump as a senior in 2006 (18-9) and in her only triple jump appearance at the state meet as a junior (38-7)... also earned a silver medal in the long jump as a freshman in 2003 (18-2 1/2)... chose Nebraska over Missouri, Louisville, TCU, Indiana and Ohio State.

### Personal

Parents are Badger and Peggy McMillan... born May 1, 1988... major is middle grades education.



## Ashley Miller

Redshirt Freshman  
Distance  
Tipton, Iowa  
(Tipton)

### Personal Bests

#### Indoor

1,000m, 3:01.00

#### Outdoor

800m, 2:10.10

1,500m, 4:41.63

### Honors

Big 12 Commissioner's Honor Roll

(Fall: 2007)

(Spring: 2008)

### 2008 (Freshman)

Due to a stress fracture, Ashley Miller was only able to compete one time for the Big Red... competed in her only meet at the Holiday Inn Invite on Jan. 19... ran a personal-best time of 3:01.00 in the 1,000 meters to finish sixth... was granted a medical hardship for the indoor season, redshirted the outdoor season.

### Before Nebraska (Tipton HS)

Miller was a 15-time Iowa Class 2A state champion with titles in the 400-meter dash, 800 meters, 1,500 meters, 4x400-meter relay, 4x800-meter relay and distance medley relay under coaches Jenny King and Dave Fetterman... was the winningest track athlete in Iowa history... helped Tipton High School to four consecutive state championships (2004-07) in track, as well as four in cross country... was the 2004 and 2006 Iowa Class 2A individual state cross country champion... claimed consecutive Drake Relays high school 800-meter crowns in 2004 and 2005 before adding her third victory in 2007 with a personal-best time of 2:10.10... named the Iowa Wendy's High School Heisman winner... was the 2005 Gatorade Iowa Girls Track and Field Athlete of the Year... named the 2007 Class 2A basketball player of the year... was a member of the National Honor Society.

### Personal

Parents are Darren and Ann Miller... born March 16, 1989... major is nutrition science and dietetics.



## Betsy Miller

Senior  
Distance  
Lodgepole, Neb.  
(Lodgepole)

### Personal Bests

#### Indoor

1,000m, 2:57.81

Mile, 5:00.04

3,000m, 10:08.63

#### Outdoor

800m, 2:17.99

1,500m, 4:45.64

### Big 12 Championships

#### Indoor

2006: DMR, 11:44.68 (6th)

### Honors

Team Captain

(2007, 2009)

Cross Country Co-Captain

(2006, 2008)

Big 12 "Good Works" Team

(Fall: 2006)

2007-08 SAAC President

First-Team Academic All-Big 12

(2006, 2007, 2008)

Big 12 Commissioner's Honor Roll

(Fall: 2004, 2005, 2006, 2007)

(Spring: 2005, 2006, 2007, 2008)

### 2008 (Junior)

After redshirted the 2007 cross country season due to injury, Betsy Miller returned in time to compete in three meets during the indoor track and field season... posted top finish of the indoor season at the Prairie Wolf Invite with a time of 3:05.60 in the 1,000 meters to finish sixth... competed in the 800 meters twice and the 1,500 meters four times during the outdoor season... produced top finish of the outdoor season at the Concordia Invitational with a season-best time of 4:52.47 in the 1,500 meters to finish third... earned her third consecutive first-team academic All-Big 12 honor and her seventh and eighth Big 12 Commissioner's Honor Roll honor during the 2007-08 school year.

### 2007 (Junior / Sophomore)

Miller redshirted the indoor track season before a solid outdoor campaign that saw her set career-best marks in both the 800- (2:17.99) and 1,500-meter runs (4:45.64)... placed ninth with a personal-best mark in the unseeded 1,500 meters at the Kansas Relays... named to the Big 12 Fall Good Works Team for community involvement and leadership activities.

### 2006 (Sophomore)

Miller earned her first appearance on the Huskers' Big 12 Indoor Championships squad as a sophomore before redshirted the outdoor season... claimed indoor all-conference honors as the 1,200-meter leg on NU's sixth-place distance medley relay (11:44.68)... ran the 3,000 meters at Big 12 indoors, finishing 17th in a career-best 10:08.63... notched her personal best of 5:00.04 in the mile run to earn eighth place at the Frank Sevigne Husker Invitational... clocked a career best of 2:57.81 in the 1,000 meters (fifth place) at the adidas Classic.

### 2005 (Freshman)

Miller made consistent improvement during her first season at Nebraska... set personal bests each time out during the indoor season in the 1,000-meter and mile runs... opened the season with a seventh-place finish in the 1,000 at the Holiday Inn Invite (3:12.76)... set a then-career-best mile time of 5:22.46 clocking at the Husker Invite... closed the indoor season with her previous career best of 3:11.29 in the 1,000 at the Prairie Wolf Invite... garnered runner-up honors in the 1,500 meters outdoors at the Nebraska Wesleyan Twilight with a personal-best 4:50.5, while finishing third in the 800 (2:23.4)... set her best 800-meter time of 2:20.20 at the Nebraska Invite.

### Before Nebraska (Lodgepole HS)

Miller finished fourth in the 1,600-meter run (5:29.77) as a senior at the 2004 Nebraska Class D state meet under Coach Tom Weber... won the bronze medal in the 2003 Class D 800 meters (2:22.89)... had fourth-place finishes in the 2002 Class D 4x800-meter relay and in the 2001 Class D 800-meter run (2:22.75).

### Personal

Parents are Arden and Sue Miller... born March 7, 1986... enrolled in NU's Honors Program... major is biological sciences.



## Lisa Minnick

Junior  
Throws  
Cambridge, Neb.  
(Cambridge)

### Personal Bests

#### Indoor

Weight Throw, 53-8 (16.37)

#### Outdoor

Hammer Throw, 172-11 (52.71)

### All-Time Husker Rankings

#### Indoor

Weight Throw (14th)

#### Outdoor

Hammer Throw (12th)

### Honors

First-Team Academic All-Big 12

(2008)

Big 12 Commissioner's Honor Roll

(Fall: 2005, 2006, 2007)

(Spring: 2006, 2007, 2008)

### 2008 (Sophomore)

Lisa Minnick continued her development in the weight and hammer throws by setting personal bests in both events... placed in the top 10 in the weight throw at five out of six meets during the indoor season... posted a personal-best toss of 53-8 to finish fifth at the adidas Classic, which ranked 14th all-time at Nebraska... broke her personal best by nine feet in the hammer throw (160-10) at the Jim Click Shootout to open the outdoor season... earned back-to-back victories at the Doane Relays (161-5) and Nebraska Open (168-6)... set personal best and the No. 12 all-time throw at Nebraska at the Ward Haylett Invitational with a throw of 172-11 (52.71) ... finished 13th at the Big 12 Outdoor Championships (151-8) for the second straight year.

### 2007 (Redshirt Freshman)

Minnick made her collegiate debut during the outdoor season, competing in the hammer throw... was selected for Nebraska's Big 12 roster, where she finished 13th with a season-best throw of 151-10... notched best finish at her first collegiate competition with a toss of 136-8 for fifth place at the Nebraska Wesleyan Invitational on April 9.

### 2006 (Freshman)

Minnick redshirted during both the indoor and outdoor seasons while learning to throw the weight and hammer... competed unattached indoors in the shot put (34-2) and weight throw (132-11 1/4) at the Nebraska Wesleyan Triangular, as well as the shot (34-5) at the Prairie Wolf Invitational... also competed unattached outdoors in the shot (36-7 3/4) and hammer throw (130-8) at the Nebraska Invite.

**Before Nebraska (Cambridge HS)**

Minnick was a three-time qualifier to the Nebraska state meet for the shot put and discus at Cambridge High School under coaches Lauri Farr and Mike Shoff... finished runner-up in the shot put at the Class D state meet as a senior in 2005 with a heave of 39-10, while also placing fourth in the discus with a personal-best spin of 120-11... competed in both events at the Class C state meet as a junior in 2004 and a sophomore in 2003... was class valedictorian and also a member of the National Honor Society.

**Personal**

Parents are William and Nancy Minnick... born Aug. 23, 1986... major is nutrition science and dietetics.



## Samantha Musil

Sophomore  
Throws  
DuBois, Neb.  
(Pawnee City, Neb. / Georgia Tech)

**Personal Bests****Indoor**

Shot Put, 42-6 3/4 (12.97)  
Weight Throw, 44-1 1/4 (13.44)

**Outdoor**

Shot Put, 47-8 1/2 (14.54)  
Discus, 167-5 (51.02)  
Hammer Throw, 159-3 (48.53)

**NCAA Championships****Outdoor**

2007: Discus, 163-7 (12th)

**Honors**

USTFCCCA All-Academic Team  
(2007)

**2008 (Redshirt Freshman / Sophomore)**

Samantha Musil (pronounced Muscle) redshirted the indoor and outdoor track seasons after transferring to Nebraska from Georgia Tech... worked on throwing the weight during the indoor season... recorded a mark at three meets, including a personal-best throw of 44-1 1/4 at the adidas Classic... competed at both home meets during the outdoor season, posting a personal-best throw of 159-3 in the hammer throw at the Nebraska Invitational.

**Before Nebraska (Pawnee City HS / Georgia Tech)**

Musil transferred from Georgia Tech where she redshirted during the 2007 indoor season and competed during the outdoor season... placed 12th in the discus at the NCAA Outdoor Championships with a toss of 163-7... recorded a throw of 167-5 in the prelims... placed second in the discus at the USA Junior Track and Field Championships with a mark of 162-0... earned a spot on Team USA for the 2007 Pan American Junior Athletics Championships in Brazil... placed second in the discus at 152-7... earned All-Academic Track and Field honors from U.S. Track and Field and Cross Country Coaches Association... graduated from Pawnee City (Neb.) High School in 2006... coached by Alan Strong and Mark Leonard... set the Nebraska Class D record in the discus with a throw of 157-2... won back-to-back-to-back discus titles at the state meet from 2004 to 2006 after finishing runner-up as a freshman in 2003... won the shot put in her junior and senior seasons at the state meet... added third-place finishes as a member of the 4x800-meter relay team as a sophomore and junior... won the shot put at the USATF Junior Olympics National Championships in the young women's division with a toss of 44-11... posted back-to-back shot put and discus titles at the USA National Championships in the young women's division in 2005 and 2006... was a four-year letterwinner in track, basketball and volleyball... was a member of the National Honor Society.

**Personal**

Parents are Bob and Tammy Musil... born Feb. 9, 1988... major is elementary education.



## Jen Pancoast

Senior / Junior  
Distance  
Cape Girardeau, Mo.  
(Central)

**Personal Bests****Indoor**

1,000m, 2:53.86  
Mile, 4:54.23  
3,000m, 9:52.95 (9:46.37o)

**Outdoor**

800m, 2:12.83  
1,500m, 4:29.45

**All-Time Husker Rankings****Indoor**

1,000m (21st); Mile (21st)  
3,000m (18th); DMR (4th)

**Outdoor**

1,500m (21st); 4x1,600m (2nd); DMR (10th)

**Big 12 Championships****Indoor**

2008: DMR, 11:43.11 (7th)  
2007: 3,000m, 9:46.37 (5th)  
DMR, 11:45.38 (6th)

**Outdoor**

2008: 1,500m, 4:45.37A (8th)

**Honors**

First-Team Academic All-Big 12  
(2007, 2008)  
Big 12 Commissioner's Honor Roll  
(Fall: 2005, 2006, 2007)  
(Spring: 2006, 2007, 2008)

**2008 (Junior / Sophomore)**

Jen Pancoast started the indoor season with a fourth-place showing at the Holiday Inn Invite in the 1,000-meter run... earned a victory two weeks later at the Frank Seignie Husker Invitational in the 1,000 meters with a time of 2:56.72... won the 3,000 meters the following week at the adidas Classic in 9:57.85... ran a personal-best time of 9:52.95 in the 3,000 meters to finish 15th, and ran the opening 1,200 meters of the distance-medley relay that finished fourth (11:43.11) at the conference indoor meet... started the outdoor season with a fifth-place showing in the 800 meters and a fourth-place finish in the 1,500 meters at the Jim Click Shootout... ran a personal-best time of 4:29.45 in the 1,500 meters at the Mt. SAC Relays to finish fourth... ran the third leg on the 4x1,600-meter relay team that set the fourth-best time in school history at the Drake Relays with a time of 19:50.11... ran the 1,500 meters at her first Big 12 Outdoor Championships, finishing eighth with a time of 4:45.37.

**2007 (Sophomore)**

Pancoast capped an outstanding indoor season at the Big 12 Championships by placing fifth in the 3,000-meter run (9:46.37) and leading off the sixth-place distance-medley relay team... ran personal bests in the 1,000 meters (2:53.86) and mile (4:54.23) at the Prairie Wolf Invite and Big 12-Mountain West Challenge... ran at the Stanford Invitational in her only meet of the outdoor season and set personal-best times in the 800- (2:12.83) and 1,500- (4:29.52) meter runs... was granted a medical hardship for the outdoor season due to a foot injury.

**2006 (Freshman)**

Pancoast became acclimated to the increased workload of collegiate distance running during her freshman season... made progress throughout the indoor and outdoor seasons, improving her times on a weekly basis... posted a season-best indoor mile time of 5:05.01 to finish fifth at the Prairie Wolf Invitational... finished fourth with a season-best 10:27.24 in the 3,000 meters at the Nebraska-Colorado State-Kent State Triangular... outdoors, ran lifetime bests of 18:54.46 in the 5,000 at the Kansas Relays and 4:44.44 in the 1,500 (third) at the Ward Haylett Invite.

**Before Nebraska (Cape Girardeau HS)**

Pancoast joined her older sister, Kim, on the Nebraska track and field team after a stellar prep career at Central High School in Cape Girardeau, Mo., under Coach Mark Hahn... was a three-year qualifier for the Missouri Class 4 state meet, but missed her entire senior track season with a stress fracture... finished runner-up in the 1,600 meters at the state meet as a sophomore in 2003 (5:02.38)... was a member of Central's 4x800-meter relay team that reached state during her freshman through junior seasons... the 2002 edition of the relay placed fifth... was a four-time state qualifier in cross country... was a member of the National Honor Society... chose Nebraska over Kansas State and Missouri.

**Personal**

Parents are Charles and Cathy Pancoast... born Feb. 4, 1987... major is nutritional science and dietetics.



## Kacie Sharp

Senior  
Throws  
Plattsmouth, Neb.  
(Plattsmouth)

### Personal Bests

#### Indoor

Shot Put, 47-10 (14.58)  
Weight Throw, 50-2 3/4A (15.31)

#### Outdoor

Shot Put, 50-4 1/2 (15.35)  
Discus, 155-8 (47.44)  
Hammer Throw, 148-2 (45.16)

### All-Time Husker Rankings

#### Indoor

Shot Put (18th); Weight Throw (17th)

#### Outdoor

Shot Put (8th); Discus (20th)  
Hammer Throw (18th)

### Honors

Team Captain  
(2009)  
First-Team Academic All-Big 12  
(2006)  
Second-Team Academic All-Big 12  
(2007)  
Big 12 Commissioner's Honor Roll  
(Fall: 2005, 2006)  
(Spring: 2005)

### 2008 (Junior)

Kacie Sharp set three personal bests on the year while earning a trip to the NCAA Midwest Regional for the first time in her career... finished third in the shot put during the indoor season at the adidas Classic (46-10 3/4), Prairie Wolf Invite (47-3) and Nebraska Last Chance (45-10 3/4)... threw a personal-best 47-10 at the Iowa State Classic... finished ninth at the Big 12 Indoor Championships in the shot put (47-5 1/4)... started the outdoor season with a personal-best mark and first-place finish in the shot put with a throw of 50-4 1/2 at the Jim Click Shootout... recorded her personal best in the discus one week later at the John Jacobs Invitational with a throw of 155-8... finished ninth in the shot put (44-0 3/4) and discus (150-9) at the Big 12 Outdoor Championships... ended the year with a 23rd-place showing at the NCAA Midwest Regional.

### 2007 (Sophomore)

Sharp tossed a season-best throw of 45-6 1/4 in the shot put for fifth place at the Conference Challenge... added a new best of 50-2 3/4 in the weight throw at the Holiday Inn Invite to win the unseeded division... competed in both the shot put (44-0 3/4) and discus (151-10) at the Big 12 Outdoor Championships, finishing 14th and 12th, respectively.

### 2006 (Redshirt Freshman)

Sharp set personal bests in every event except the indoor shot put and javelin during her redshirt freshman season... indoors, recorded season bests of 44-8 3/4 in the shot put at the Iowa State Classic and 48-2 1/2 in the weight throw at the adidas Classic.

### 2005 (Freshman)

Sharp redshirted during both indoor and outdoor seasons in her first year at Nebraska... competed unattached outdoors in the shot put and hammer throw at the Nebraska Invite... recorded a personal-best throw of 112-6 in the javelin at the Doane Relays.

### Before Nebraska (Plattsmouth HS)

Sharp was the runner-up in the shot put at the 2004 Nebraska Class B state meet with a throw of 43-11 under Coach Jeff Wiles... also finished fifth in the discus (121-5)... won bronze in the shot (41-6 1/4) at the 2003 Class B state meet, while also competing in the discus... qualified for the state meet in the shot as a sophomore, but did not place... set a personal-best mark of 43-11 and 127-5 at the 2004 Mike Lehl Invitational... was a member of the National Honor Society... chose Nebraska over Oklahoma State and Doane.

### Personal

Parents are Dale and Kathy Sharp... born Feb. 4, 1986... major is biological sciences.



## Zarinah Suluki-Drakes

Senior  
Jumps  
Orlando, Fla.  
(Colonial)

### Personal Bests

#### Indoor

Long Jump, 19-1 1/4 (5.82)  
Triple Jump, 41-10 3/4 (12.77)

#### Outdoor

Long Jump, 19-9 1/2 (6.03) (20-0 1/2; 6.10w)  
Triple Jump, 42-9 (13.03)

### All-Time Husker Rankings

#### Indoor

Triple Jump (9th)

#### Outdoor

Long Jump (18th); Triple Jump (6th)

### NCAA Championships

#### Outdoor

2007: TJ, 41-5 (25th)

### Big 12 Championships

#### Indoor

2008: LJ, 18-7 1/4 (8th)  
TJ, 41-5 (5th)

2007: TJ, 41-3 (7th)

#### Outdoor

2008: TJ, 42-9 (5th)  
2007: LJ, 19-9 1/2 (8th)  
TJ, 42-8 3/4 (7th)

### 2008 (Junior)

Zarinah Suluki-Drakes (pronounced zar-REE-nah SUH-LOO-kee) scored at both conference championships in the triple jump for the second straight year while also setting the No. 6 all-time triple jump mark outdoors at Nebraska... placed first in the triple jump three times during the indoor season at the NWU Invite (39-6 3/4), adidas Classic (40-9 1/2) and Iowa State Last Chance (41-1 1/2)... finished ninth at the Big 12 Indoor Championships in the long jump (18-7 1/4) and fifth in the triple jump (41-5)... started the outdoor season with a pair of runner-up finishes at the Jim Click Shootout in the long jump and triple jump... finished second at the Kansas Relays with a wind-aided jump of 41-1 1/2 in the triple jump... posted the No. 6 all-time mark at Nebraska with a personal-best jump of 42-9 at the Big 12 Outdoor Championships to finish fifth... competed in the triple jump (23rd) and long jump (10th) at the NCAA Midwest Regional.

### 2007 (Sophomore)

Suluki-Drakes placed fourth at the NCAA Midwest Regional (42-8 1/4) to earn an automatic NCAA bid after entering the weekend ranked 10th in the region... fell just short of her then-personal-best 42-8 3/4 set while earning seventh place at the Big 12 outdoor meet... previously owned a best of 42-0 1/2, in finishing second at the Kansas Relays... reached at least 40 feet in all but one of her seven competitions after entering the spring with an outdoor best of 39-11 1/4 (wind aided)... also qualified in the long jump for regionals, where she placed ninth at 19-6 1/4... set her wind-aided career best of 20-0 1/4 (+4.2 wind) to win the College section at the KU Relays... earned her first regional qualification in the long jump by leaping 19-9 1/2 to place eighth at the Big 12 meet... made strides during the indoor season, as she surpassed 40 feet in the triple jump five out of six times... reached a top distance of 41-10 3/4 to finish third at the Frank Sevigne Husker Invite and record her first NCAA provisional qualification... finished seventh during the Big 12 indoor triple jump competition (41-3)... posted her top indoor long jump mark of 19-1 1/4 during the Husker Invite.

### 2006 (Freshman)

Suluki-Drakes fell just short of earning all-conference honors during her freshman season with ninth-place finishes in the triple jump at the Big 12 Indoor Championships (39-5) and the long jump at the Big 12 outdoor meet (19-8 1/4)... the long jump performance tied a season best and met the NCAA regional-qualifying standard for the second straight meet... set a wind-aided season best of 39-11 1/4 while placing second in the triple jump at the Ward Haylett Invitational... also finished 14th in the triple jump indoors and 12th in the long jump outdoors... placed 24th in the long jump at her first NCAA Midwest Regional... earned indoor wins in the triple jump at the Holiday Inn Invite (season-best 39-10) and adidas Classic (38-10 1/4) and the long jump at the Prairie Wolf Invite (18-3).

### Before Nebraska (Colonial HS)

Suluki-Drakes claimed three individual Florida Class 4A state titles, two in the long jump and one in the triple jump for Colonial High School in Orlando under Coach Henry Krennitzer... won both events as a senior in 2005 after recording career-best marks of 39-10 in the triple jump and 19-9 1/2 in the long jump... earned the Class 4A long jump title as a junior in 2004 with a mark of 18-7 3/4, while finishing eighth in the triple jump (37-10) and running on Colonial's 10th-place 4x400-meter relay... finished 10th in both the long jump (17-10 3/4) and triple jump (36-9 3/4) at the 2005 U.S. Junior Championships.

### Personal

Parents are Malone and Donna Drakes... born Sept. 1, 1987... major is sociology.



## Audrey Svane

Sophomore  
Jumps  
Tioqa, Texas  
(Pilot Point)

### Personal Bests

#### Indoor

High Jump, 5-7 1/4 (1.71)

#### Outdoor

High Jump, 5-9 (1.75)

### All-Time Husker Rankings

#### Outdoor

High Jump (t-21st)

### Big 12 Championships

#### Indoor

2008: HJ, 5-6 (7th)

#### Outdoor

2008: HJ, 5-8 3/4 (5th)

### Honors

Big 12 Commissioner's Honor Roll

(Fall: 2007)

(Spring: 2008)

### 2008 (Freshman)

High jumper Audrey Svane (pronounced SV-ane) had a stellar freshman campaign as she scored at both conference championship meets and earned a trip to the NCAA Midwest Regional... placed in the top seven at seven of eight meets during the indoor season... finished runner-up at the Holiday Inn Invite (5-6) and adidas Classic (5-7)... jumped an indoor personal-best 5-7 1/4 at the NWU Invite to finish third... earned a medal at the Big 12 Indoor Championships with a jump of 5-6 to finish seventh... earned first victory of her collegiate career during the outdoor season at the Nebraska Open with an NCAA Regional-qualifying jump of 5-8 3/4... cleared the same height at the Big 12 Outdoor Championships to finish fifth... ended her freshman year at the NCAA Midwest Regional with a jump of 5-7 1/4 to tie for 14th.

### Before Nebraska (Pilot Point HS)

Svane made four trips to the Texas Class 3A state meet, while winning the state championship in the high jump in both 2007 (5-7) and 2006 (5-8) under Coach Andrew Cook... was fifth at the state meet in 2005 (5-7) and sixth in 2004 (5-4)... personal-best jump of 5-9 won the 2006 Pilot Point Relays... was a member of the National Honor Society... chose Nebraska over TCU, Texas Tech, Kansas State and North Texas.

### Personal

Parents are Mark and Susan Svane... born July 11, 1989... major is chemical engineering.



## Kayla Ubel

Sophomore  
Middle Distance / Hurdles  
Overland Park, Kan.  
(Blue Valley West)

### Personal Bests

#### Indoor

600y, 1:28.59

#### Outdoor

400m, 57.0

400h, 1:07.44

### Honors

Big 12 Commissioner's Honor Roll

(Fall: 2007)

(Spring: 2008)

### 2008 (Freshman)

Kayla Ubel (pronounced U-bell) earned her first collegiate victory during the indoor season with a time of 1:00.05 in the 400 meters at the Nebraska Last Chance... set an indoor personal best in the 400 meters at the Prairie Wolf Invite with a time of 1:00.01... ran the 400-meter hurdles at six meets during the outdoor season, placing in the top 10 at every meet but the Kansas Relays (24th)... set a personal-best time at the Nebraska Open with a time of 1:07.44... claimed her highest finish of the outdoor season by taking third in the at the Nebraska Invitational (1:09.38).

### Before Nebraska (Blue Valley West HS)

Ubel competed at the 2007 Kansas Class 6A state meet, finishing third in the 400 with a time of 57.50... qualified in the 200 and 4x400 relay but did not score under Coach Mark Hanson... at the 2005 Class 5A state meet was a member of the silver medal winning

4x100-meter relay and the seventh place 4x400-meter relay... in the 2004 Class 6A state meet her 4x100-meter relay finished third... was a member of the National Honor Society.

### Personal

Parents are Doug and Lynette Ubel... born Sept. 14, 1989... major is psychology.



## Alyssa Vierregger

Sophomore  
Sprints  
Springfield, Neb.  
(Platteview)

### Personal Bests

#### Indoor

60m, 8.08

200m, 25.49

400m, 57.90

#### Outdoor

100m, 12.1

200m, 25.5 (25.57w)

400m, 58.41

### Honors

First-Team Academic All-Big 12

(2008)

Big 12 Commissioner's Honor Roll

(Fall: 2006, 2007)

(Spring: 2007, 2008)

### 2008 (Redshirt Freshman)

Alyssa Vierregger (pronounced VAR-eh-gur) focused on the 200 and 400 meters during the indoor season... ran a personal best at the adidas Classic in the 200 meters with a time of 25.49... posted a personal-best time in the 400 meters at the Conference Challenge with a time of 57.90... ran the 400 meters three times during the outdoor season... ran a time of 58.80 at the Nebraska Invitational to finish runner-up... recorded a personal best of 58.41 at the Jim Click Shootout.

### 2007 (Freshman)

Vierregger redshirted her first season at Nebraska... competed unattached in two indoor and one outdoor meet... ran indoor personal best of 8.08 in the 60 meters and posted a 25.53 in the 200-meters at the Holiday Inn Invitational and Nebraska Wesleyan Invitational, respectively.

### Before Nebraska (Platteview HS)

Vierregger arrived at NU following four consecutive appearances in the Nebraska Class B state meet under Coach Rich Arch... earned her highest state meet placings as a junior in 2005 with a runner-up finish in the 100-meter dash (12.49) and third-place efforts in the 200 meters (26.76) and 4x100-meter relay (50.90)... placed sixth in the 100 (13.02) as a freshman in 2003, while also competing in the 200... qualified for the state meet in the 100, 200 and 4x100-meter relay as a senior in 2006 and as a sophomore in 2004, but did not score either year... was a member of the National Honor Society.

### Personal

Parents are Roger and Teresa Vierregger... born April 6, 1988... major is nutritional science and dietetics.



Audrey Svane scored at the indoor and outdoor Big 12 Championships with seventh- and fifth-place finishes, respectively, while also competing at her first NCAA Midwest Regional.



**Jen Webers**  
Sophomore  
Distance  
Conifer, Colo.  
(Conifer)

**Personal Bests**

**Indoor**

Mile, 5:05.14  
3,000m, 10:04.73  
5,000m, 18:10.67

**Outdoor**

1,500m, 4:47.47  
5,000m, 18:01.20  
3,000m SC, 10:59.43

**All-Time Husker Rankings**

**Outdoor**

3,000m SC (5th)

**Honors**

Big 12 Commissioner's Honor Roll  
(Fall: 2007)  
(Spring: 2008)

**2008 (Freshman)**

Jen Webers started her first track and field season at Nebraska with a runner-up finish in the 5,000 meters at the Holiday Inn Invite (18:10.67) during the indoor season... finished ninth at the Frank Sevigne Husker Invitational two weeks later in the 3,000 meters with a personal-best time of 10:04.73... ended the indoor season with her first collegiate victory in the 3,000 meters at the Nebraska Last Chance... focused on the 3,000-meter steeplechase during the outdoor season... won the first three meets she competed, including the Concordia Invitational (11:17.03), Ward Haylett Invitational (10:59.43) and Nebraska Invitational (11:15.99)... finished 14th in the 3,000-meter steeplechase at the Big 12 Outdoor Championships with a time of 12:01.98.

**Before Nebraska (Conifer HS)**

Webers finished runner-up in both the 1,600- and 3,200-meter runs at the 2006 Colorado Class 4A state track meet under Coach Brian Stotts... was fourth at the 2006 Colorado Class 4A state cross country meet as a senior... went on to compete at the 2007 Footlocker Midwest Regional, finishing 25th in a 5K then-personal-best time of 18:36.

**Personal**

Parents are Bob and Pat Webers... born May 11, 1989... has not declared a major.



**Natalie Willer**  
Sophomore  
Pole Vault  
Elkhorn, Neb.  
(Elkhorn)

**Personal Bests**

**Indoor**

Pole Vault, 13-1 1/2 (4.00)

**Outdoor**

Pole Vault, 13-9 3/4 (4.21)

**All-Time Husker Rankings**

**Indoor**

Pole Vault (t-5th)

**Outdoor**

Pole Vault (3rd)

**NCAA Championships**

**Outdoor**

2008: PV, 13-1 1/2 (t-15th)

**Big 12 Championships**

**Indoor**

2008: PV, 13-0 3/4 (2nd)

**Outdoor**

2008: PV, 13-1 1/2 (2nd)

**Honors**

2008 USATF National Junior Olympic Pole Vault Champion  
USATF National Junior Olympic Pole Vault Record Holder (13-9 3/4)  
USTFCCCA All-Academic Team (2008)  
Big 12 Commissioner's Honor Roll (Fall: 2007) (Spring: 2008)

**2008 (Freshman)**

Natalie Willer had a breakout season under Pole Vault Coach Kris Grimes, as she finished runner-up at both conference meets, earned a berth at the NCAA Outdoor Championships and set the USATF National Junior Olympic pole vault record... posted four victories during the indoor season at the Holiday Inn Invite (12-3 1/2), adidas Classic (12-0), Nebraska Last Chance (13-1 1/2) and Iowa State Last Chance (13-1)... No. 6 all-time Nebraska indoor pole vault mark at the Nebraska Last Chance... finished runner-up at the Big 12 Indoor Championships to senior Kate Sultanova of Kansas with a vault of 13-0 3/4... posted back-to-back runner-up finishes to kickoff the outdoor season at the Jim Click Shootout (12-7 1/2) and John Jacobs Invitational (13-1 1/2)... won the Nebraska Invitational with a vault of 12-1 1/2... finished runner-up to Sultanova at the Big 12 Outdoor Championships with a vault of 13-1 1/2... set a then outdoor personal best at the NCAA Midwest Regional with a vault of 13-3 3/4 to finish fifth and automatically qualify for the NCAA Outdoor Championships... tied for 15th at the national meet by reaching a height of 13-1 1/2... following the collegiate season she shattered the national youth record in the pole vault by four and one-half inches at the USATF National Junior Olympics with a vault of 13-9 3/4... posted the No. 3 all-time mark at Nebraska outdoors and the No. 11 vault in the world on the under-20 list in 2008.

**Before Nebraska (Elkhorn HS)**

Willer won the 2007 Nebraska Class A and All-Class gold medals in both the pole vault (12-0) and the long jump (18-4 1/4) under Coach Linda Gdowski... vault at the state meet set the Class A state meet record... set the Nebraska Class A record (12-10) at the 2007 Nebraska District A-1 meet, the second-highest vault by a Nebraska prep behind former Husker great Jenny Green... improved career best in the postseason to 13-1 1/2 at the USA Junior Championships in Indianapolis, Ind., to garner the bronze medal... eighth-highest prep vaulter in the United States in 2007... won the 2007 Kansas Relays with a meet record 12-4... vaulted 11-9 3/4 to win the young women's pole vault at the 2007 USA Youth Track and Field Championships... named the 2007 Gatorade Nebraska Girls' Track and Field Athlete of the Year... 2006 Class A pole vault champion (11-8)... chose Nebraska over Kansas State.

**Personal**

Parents are Jeff and Michele Willer... born Feb. 10, 1990... major is biological sciences.



**Victoria Zimmerman**  
Redshirt Freshman  
Throws  
Arlington Heights, Ill.  
(John Hersey)

**Personal Bests**

**Indoor**

Weight Throw, 46-6 3/4 (14.19)

**Outdoor**

Hammer Throw, 139-1 (42.40)

**Honors**

Big 12 Commissioner's Honor Roll  
(Fall: 2007)  
(Spring: 2008)

**2008 (Freshman)**

Victoria Zimmerman redshirted her first season at Nebraska to learn to throw the weight and hammer... competed unattached at five meets during the indoor season... ended the indoor season with personal-best throw of 46-6 3/4 at the Cornhusker Last Chance... competed at both home meets during the outdoor season... recorded a personal best of 139-1 in the hammer throw at the Nebraska Invitational.

**Before Nebraska (John Hersey HS)**

Zimmerman competed in the 2007 Illinois Class AA state meet as a senior and finished 11th in the shot put (39-5) under Coach Jim Miks... also competed in the 2005 state meet in the shot but did not qualify for the finals... career best in the shot put came at the 2007 Buffalo Grove Girls Class Sectional with a mark of 41-10 to qualify for state... indoor shot personal-best 40-4 won the 2007 Mid-Suburban League Indoor... was a member of the National Honor Society.

**Personal**

Parents are Klaus and Felicitas Zimmerman... born Jan. 6, 1989... major is biological sciences and Spanish.



**Blaire Dinsdale**  
Freshman  
Middle Distance  
Traer, Iowa  
(North Tama)

#### Prep Bests

400m, 56.39  
800m, 2:07.39  
1,500m, 4:37.75  
400h, 1:02.82

#### Before Nebraska (North Tama HS)

Blaire Dinsdale comes to Nebraska as a nine-time individual Iowa Class 1A state champion under Coach Kent Hanser... helped the Redhawks to team titles in 2006, 2007 and 2008, including the most team points in Class 1A state history in 2008... won the 400 hurdles (1:02.82) as a sophomore... earned state championships in the 400 (56.39), 800 (2:11.65) and 400 hurdles (1:02.86) as well as being a member of the champion DMR (4:05.27) team as a junior... won the 800 (2:14.55), 1,500 (4:37.75) and 400 hurdles (1:03.29) as a senior... set class 1A state meet records in the 400 and DMR in 2007 as well as the 1,500 meters in 2008... was a four-time participant in the state cross country meet... won the individual title as a senior in 2007 and broke the Class 1A state meet record... totaled three Drake Relays titles with two in the 400 hurdles and one in the 4x800-meter relay... placed fifth in the 800-meter run at the 2006 USA Junior Championships and finished runner-up in the 800 at both the AAU and USATF Nationals... set the Iowa all-time best in the 800 meters (sister Brooke ranks second)... competed in the 800 meters at the 2007 World Youth Championships in the Czech Republic... finished sixth at the Nike Outdoor Games... member of the National Honor Society... honored as class salutatorian... chose Nebraska over Kansas, Wisconsin, Missouri, Iowa, Northern Iowa and Iowa State.

#### Personal

Parents are Mark and Shelby Dinsdale... born July 24, 1990... twin sister Brooke is also on the Nebraska track and field team... major is business administration.



**Brooke Dinsdale**  
Freshman  
Middle Distance  
Traer, Iowa  
(North Tama)

#### Prep Bests

400m, 56.69  
800m, 2:08.52  
1,500m, 4:35.71

#### Before Nebraska (North Tama HS)

Brooke Dinsdale comes to Nebraska as a 10-time individual Iowa state champion at North Tama High School in Traer, Iowa... competed at the state meet all four years in high school... helped the team to back-to-back-to-back team championships in 2006, 2007 and 2008, including highest team points total in Class 1A state history in 2008... won the 800, 1,500 and 3,000 meters as a sophomore... returned as a junior to win the 1,500 and 3,000 meters... helped the DRM win titles in 2006, 2007 and 2008... set the Iowa class 1A state meet record in the 800 meters (2:09.60) and 3,000 meters (10:06.10) in 2006 as well as the DMR (4:05.37) in 2006... two-time Iowa Class 1A state cross country champion in 2005 and 2006... propelled North Tama to a team championship in 2005... was the 2006 AAU Junior Olympic intermediate girls 800 meter and 1,500 meter champion and was a member of the winning 4x800-meter relay... set national record in the 800 meters at the 2006 AAU Junior Olympics to win the Joel Ferrell Award for best athlete... placed seventh at the 2006 USA Junior Championships in the 800-meter run... named the Iowa Gatorade Female Track and Field Athlete of the Year in 2006... earned all-state, elite all-state and academic honor awards in track and cross country... was a member of the National Honor Society and was the class valedictorian... chose Nebraska over Missouri, Kansas and Wisconsin.

#### Personal

Parents are Mark and Shelby Dinsdale... born July 24, 1990... twin sister Blaire is also on the Nebraska track and field team... major is marketing.



**Michelle Fluitt**  
Freshman  
Distance  
Lincoln, Neb.  
(East)

#### Prep Bests

800m, 2:21.34  
1,600m, 5:20.58

#### Before Nebraska (Lincoln East HS)

Michelle Fluitt (pronounced FLU-it) was a four-time participant at both the Nebraska Class A State Track and Field Championships and Class A Cross Country Championships for Lincoln East High School under coaches Brian Kabourek and John Gingery... member of the 4x800-meter relay team in freshman, sophomore and senior seasons... helped the team to a fourth-place finish in 2008... finished fifth in the 800 meters (2:21.34) and 1,600 meters (5:20.58) while also a member of the sixth-place 4x400-meter relay team (4:09.34) in 2007... finished 22nd at the state cross country meet as a freshman, helping the team to a seventh-place finish... was the Spartans' top runner as a junior when the team finished runner up in Class A... finished 12th individually at the 2006 state cross country meet with a time of 15:36.14... missed most of the 2007-08 season with an injury during the fall and mononucleosis in the spring... chose Nebraska over Concordia (Neb.) and Nebraska-Kearney.

#### Personal

Parents are Mark and Cynthia Fluitt... mother earned four letters as a Husker in both cross country and track and field... father was an indoor national champion (4x800-meter relay) and three-time letterwinner in track and field while at Nebraska... born May 22, 1990... major is psychology.



**Jessica Furlan**  
Freshman  
Distance  
Regina, Saskatchewan, Canada  
(Dr. Martin Leboldus)

#### Prep Bests

800m, 2:16.30  
1,500m, 4:39.75  
3,000m, 9:44.19  
2,000m SC, 6:39.36  
3,000m, SC, 10:16.32

#### Before Nebraska (Dr. Martin Leboldus HS)

Jessica Furlan joins the Husker program as a decorated distance runner from Dr. Martin Leboldus High School in Regina, Saskatchewan, Canada... won the junior division of the Saskatchewan Provincial Cross Country Championships as a sophomore... ran in the senior division as a junior and senior, placing second and third, respectively... was a four-time Saskatchewan Provincial champion in track and field... competed in the midget division in 2005... won the 800-meter run with a time of 2:19.58, placed second in the 1,500 meters and third in the 3,000 meters... returned in 2006 to compete in the junior division, sweeping the 800, 1,500 and 3,000 meters... competed in the senior division in 2007 and finished runner-up in the 800, 1,500 and 3,000 meters... finished runner-up in the 1,500 meters as a senior... competed nationally at the Canadian Junior Track and Field Championships, IAAF World Youth Track and Field Championships, IAAF World Junior Cross Country Championships, Canadian Junior Cross Country Championships and IAAF World Junior Track and Field Championships... was the Canadian Junior 3,000-meter steeplechase champion in 2006 with a time of 10:43.27 and the 2008 Canadian Junior 2,000-meter steeplechase champion with a time of 6:39.97... finished ninth in 2008 at the IAAF World Junior Championships in the 3,000-meter steeplechase with a time of 10:16.32 in Bydgoszcz, Poland... named Dr. Martin Leboldus High School Track Athlete-of-the-Year (2005, 2006, 2008), Cross Country Athlete-of-the-Year (2005 to 2008) and Athlete-of-the-Year (2008).

#### Personal

Parents are Mark Furlan and Kerry Avery... born on March 15, 1990... has not declared a major at Nebraska.



**Roxi Grizzle**  
Freshman  
Javelin  
DeSoto, Kan.  
(Tonganoxie, Kan.)

#### Prep Best

Javelin, 170-3 (51.89)

#### Before Nebraska (Tonganoxie HS)

Roxi Grizzle joins Nebraska as a highly recruited javelin thrower out of Tonganoxie High School in DeSoto, Kan... earned Gatorade/Rise Magazine Kansas Girls Track and Field Athlete-of-Year honors in 2007 and 2008... won the 2007 Kansas Class 4A title with the longest throw in the state (160-2)... placed third at the U.S. Junior Championships with a toss of 150-0... was the only prep girl in the country with three throws in the national top 20 in 2007... returned in 2008 to post the top prep mark in the United States at 170-3 while also setting the Kansas Class 4A and All-Class state meet record with a throw of 165-5... finished second at the 2008 U.S. Junior Championships with a toss of 170-3, the fifth-longest throw in U.S. prep history and the second-longest throw in Kansas history... personal-best throw would rank No. 3 all time at Nebraska... earned 12 letters in high school... tracked one letter in basketball and soccer, three in softball and volleyball and four in track and field... coached in high school by David St. Cyr... chose Nebraska over Kansas.

#### Personal

Parents are James and Beth Grizzle... born Feb. 18, 1990... major is elementary education.



**Erica Hamik**  
Freshman  
Distance  
Kearney, Neb.  
(Catholic)

#### Prep Bests

400m, 57.65  
800m, 2:15.97  
1,600m, 5:18.7  
3,200m, 11:32.97

#### Before Nebraska (Kearney Catholic HS)

Erica Hamik joins the Nebraska track and field team as a seven-time Nebraska Class C track and field champion... won the 1,600-meter run (5:20.25), 4x400 relay (4:06.33) and 4x800 relay (9:49.28) as a sophomore... returned in 2007 to defend title in the 1,600 meters... placed second in both the 400 and 800 meters and finished third in the 3,200-meter run... capped prep career in 2008 with three more state titles, winning the 400 (57.71), 800 (2:15.97) and 1,600 (5:20.39) meters... made trips to the state cross country and track and field meets all four years under Coach Fred Carnahan at Kearney Catholic High School... finished second in 2005 at the state cross country meet to propel her team to a fourth-place finish... battled bronchitis and pneumonia as a senior, but finished second with a time of 15:46.92... earned four letters in both track and field and cross country and two in basketball... was member of the Stars' state tournament basketball teams during sophomore and senior seasons... member of the National Honor Society... named class salutatorian.

#### Personal

Parents are Dan and Janine Walker... born March 25, 1990... major is pre-pharmacy.



**Suzanne Higgins**  
Freshman  
Hurdles  
Grand Island, Neb.  
(Grand Island)

#### Prep Bests

400m, 57.87  
300h, 45.2

#### Before Nebraska (Grand Island HS)

Suzanne Higgins will specialize in the hurdles at Nebraska after winning 11 Nebraska Class A state medals and one team championship at Grand Island High School under Coach Jeff Stern... competed at the Nebraska State Track and Field Championships all four years in high school... was a member of the Islanders' state championship team in 2007, and runner-up teams in 2006 and 2008... earned first medal in 2005 as a member of the fifth-place 4x400-meter relay team... finished fifth in the 400 meters and was a member of the fourth-place 4x400-meter relay team in 2006... returned in 2007 to place fourth in the 400 meters (57.87) and third in the 300-meter hurdles while also helping the 4x100-meter relay to a third-place finish and the 4x400-meter relay squad to a runner-up showing... capped her career at the 2008 state meet with third-place finishes in the 400 meters and 300-meter hurdles, a fifth-place finish in the 4x100-meter relay and third-place finish in the 4x400-meter relay... was also a member of two state runner-up volleyball teams... elected vice-president of the National Honor Society and earned the First in Class Rotary Youth Leadership Award.

#### Personal

Parents are John and Dr. Karen Higgins... born Sept. 28, 1989... major is biological systems engineering.



**Tara Korshoj**  
Freshman  
Jumps  
Omaha, Neb.  
(Millard West)

#### Prep Bests

400m, 56.40  
Long Jump, 18-8 3/4 (5.69)  
Triple Jump, 39-10 1/4 (12.14)

#### Before Nebraska (Millard West HS)

Tara Korshoj (pronounced Tear-UH CORE-shaw) will specialize in the jumps at Nebraska after a stellar high school career for Coach Seth Turman at Millard West High School... competed at the Class A state meet as a freshman... placed second in the 400-meter dash and third in the long jump... returned as a sophomore to take the All-Class medal in the long jump (18-8 3/4) and triple jump (39-10 1/4) as well as winning the 400-meter dash (56.40)... soared 39-10 1/4 to set the Class A state record and meet record in the triple jump... finished third in the long jump at the state meet in 2007, despite being hampered by a stress fracture... returned in 2008 to win the triple jump... was a three-time letterwinner for the Millard West volleyball team... excelled in the classroom with a 4.0 GPA... nominated for the Wendy's High School Heisman Award.

#### Personal

Parents are former Nebraska track and field athletes Erik and Tami (Essington) Korshoj... father was a four-time letterwinner in the throws from 1978 to 1981 and mother earned three NCAA All-America honors and six Big Eight Championships while lettering from 1979 to 1982 as a middle distance runner... born March 27, 1990... has not declared a major at Nebraska.



**Katie White**  
 Freshman  
 Distance  
 Broken Bow, Neb.  
 (Broken Bow)

**Prep Bests**

800m, 2:17.68  
 1,600m, 5:09.70  
 3,200m, 10:51.81

**Before Nebraska (Broken Bow HS)**

Katie White joins Nebraska with a proven record while at Broken Bow High School under Coach Kirk Petit... totaled 10 Nebraska state championships... won seven medals at the Nebraska Class B State Track and Field Meet and another three titles in cross country in Class C... won the 1,600-, and 3,200-meter runs at the state track and field meet as a freshman... followed freshman year performance with wins in the 800, 1,600 and 3,200 in 2006... competed with a sprained tendon as a junior, placing second in the 1,600-meter run and third in the 3,200-meter run at the 2007 state track and field meet... finished her prep career in 2008 with gold medals in the 1,600 (5:09.70) and 3,200 meters (10:51.81)... won the state cross country championship in her sophomore, junior and senior seasons... led the Indians to runner-up finishes in her junior and senior seasons... selected as National Honor Society vice-president... carried a 4.0 GPA... chose Nebraska over Nebraska-Kearney.

**Personal**

Parents are Jason and Teresa White... born on June 11, 1990... major is pre-pharmacy.



**Morgan Wilken**  
 Freshman  
 Throws  
 Crofton, Neb.  
 (Crofton)

**Prep Bests**

Shot Put, 38-5 1/2 (11.72)  
 Discus, 150-8 (45.92)

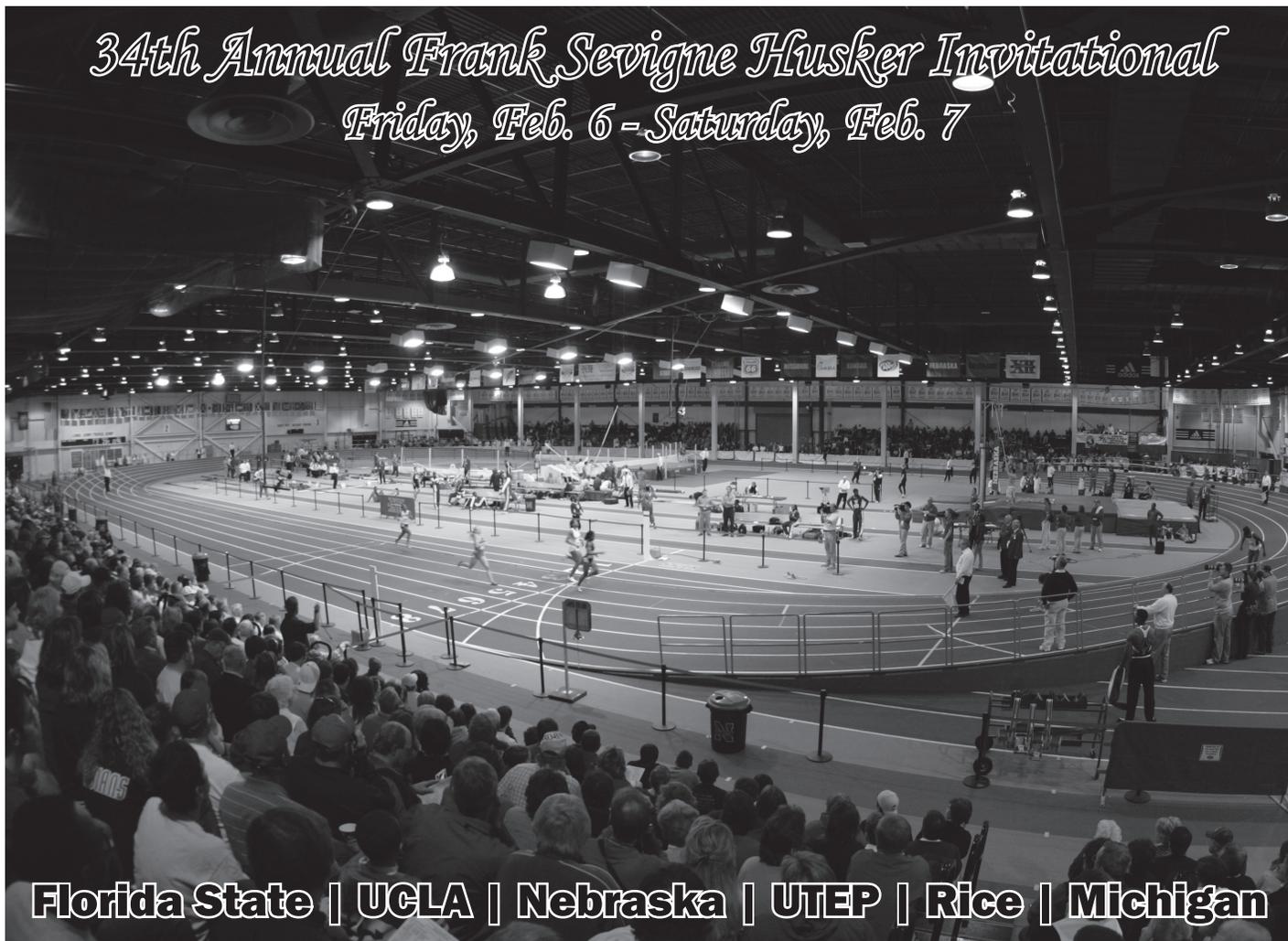
**Before Nebraska (Crofton HS)**

Morgan Wilken will continue to grow in the discus at Nebraska under Throws Coach Mark Colligan... competed at the Nebraska State Track and Field Meet in Class C as a sophomore, junior and senior under Coach Rod Hegge... helped Crofton to team titles in 2006 and 2007 and a runner-up finish in 2008... won the discus with a throw of 135-3 and finished sixth in the shot put at 37-7 as a sophomore... finished runner-up in the discus with a throw of 138-7 as a junior... won the All-Class medal as senior with a throw of 145-6 in the discus... set personal best in the discus (150-8) and shot put (38-5 1/2) at the Pierce Invitational in Pierce, Neb., on April 17, 2008... finished third at the 2008 USATF Junior Olympic Track and Field Championships in the discus with a throw of 136-11... was a member of the three-time state champion Warrior basketball team... earned four letters in track and field, three in basketball and two in volleyball... member of the National Honor Society.

**Personal**

Parents are Dean and Sandy Wilken... born April 15, 1990... major is pre-pharmacy.

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