

NEBRASKA

2010 TRACK & FIELD NOTES

3 National Titles | 76 NCAA Champions | 576 All-Americans | 29 Top-Five NCAA Finishes
101 Conference Team Titles | 22 Big 12 Team Titles | 844 Conference Champions | 41 Olympians

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This Week in Nebraska Track & Field

Meet: NCAA Outdoor Championships (*meet schedule - pgs. 6-9*)

Where: Eugene, Ore. (Hayward Field)

When: Wednesday, June 9 - Saturday, June 12

Results: www.FlashResults.com

TV: Friday - CBS College Sports: 7-9 p.m. (Central)

Saturday - CBS: Noon-3 p.m. (Central)

22 Huskers Head to Track Town USA

The Nebraska track and field team will be one of the most well represented squads at the 2010 NCAA Outdoor Championships, with 22 athletes in competition at Hayward Field in Eugene, Ore.

The Husker men are set to bring 15 qualifiers to Eugene, while the NU women will add another seven athletes that will be competing in six events.

The four-day meet is scheduled to start at 11 a.m. (Central) on Wednesday, June 9 and will carry through Saturday, June 12. Live television coverage will be available during the finals, with CBS College Sports providing coverage on Friday and CBS taking over on Saturday.

Raising the Bar

Senior Epley Bullock will enter her final collegiate meet as arguably the top female high jumper in NU history. Already a five-time All-American, Bullock will go after her sixth career honor at the NCAA Outdoor Championships.

A four-time All-America high jumper indoors and one-time honoree outdoors, Bullock has qualified for the NCAA Championships both indoors and outdoors in each of her four years at Nebraska under Head Coach and Jumps Coach Gary Pepin.

A two-time Big 12 indoor high jump champion, Bullock already has more All-America honors than any other female high jumper in school history entering the 2010 national meet. Carrie Braness is next in line with four honors.

After tying the NU outdoor high jump record earlier in 2010, Bullock broke Cris Hall's 1992 record of 6-2 1/4 with a leap of 6-2 3/4 at the Nebraska/Texas Tech Dual in Lubbock, Texas.

Huskers by the Numbers All-Time

All-Time National Champions (Women's/Men's):	44/32
All-Time All-Americans (Women's/Men's):	313/263
All-Time NCAA Top-Five Finishes (Women's/Men's):	21/8
All-Time Conference Titles (Women's/Men's):	40/61
All-Time Conference Champions (Women's/Men's):	341/503
All-Time Olympians (Women's/Men's):	18/23

2010 Husker Team Finishes

2010 Big 12 Women's Finishes (Indoor/Outdoor):	3rd/2nd
2010 NCAA Women's Finishes (Indoor/Outdoor):	27th/NA
2010 Big 12 Men's Finishes (Indoor/Outdoor):	2nd/1st
2010 NCAA Men's Finishes (Indoor/Outdoor):	t-26th/NA

2010 Indoor Schedule

Date	Meet	Location	Time/Result
Jan. 15-16	Holiday Inn Invitational	Devaney Center	NTS
Jan. 22	NWU Invite	Devaney Center	NTS
Jan. 23	adidas Classic	Devaney Center	W-1st/M-1st
Jan. 29-30	Husker Multi Challenge	Devaney Center	NTS
Jan. 30	Bill Bergan Invitational	Ames, Iowa	W-1st/M-1st
Feb. 5-6	Frank Sevigne Husker Invite	Devaney Center	NTS
Feb. 11-13	Iowa State Classic	Ames, Iowa	NTS
Feb. 12-13	Tyson Invitational	Fayetteville, Ark.	NTS
	Husky Classic	Seattle, Wash.	NTS
Feb. 19	Nebraska Tune-Up	Devaney Center	NTS
Feb. 26-27	Big 12 Championships	Ames, Iowa	W-3rd/M-2nd
March 6	Iowa State Last Chance	Ames, Iowa	NTS
	UW Final Qualifier	Seattle, Wash.	NTS
March 12-13	NCAA Championships	Fayetteville, Ark.	W-27th/M-t26th

2010 Outdoor Schedule

Date	Meet	Location	Time/Result
March 20	Baldy Castillo Invitational	Tempe, Ariz.	NTS
March 26-27	Stanford Invitational	Palo Alto, Calif.	NTS
April 2	Concordia Open	Seward, Neb.	NTS
April 3	Jim Click Shootout	Tucson, Ariz.	M-1st/W-4th
April 9-10	Nebraska Invitational	Ed Weir Stadium	NTS
April 9-10	Spec Towns National Team Invite	Athens, Ga.	NTS
April 10	UTEP Invitational	El Paso, Texas	NTS
April 14-17	KU Relays	Lawrence, Kan.	NTS
April 15-17	Mt. SAC Relays	Walnut, Calif.	NTS
April 17	Beach Invitational	Norwalk, Calif.	NTS
April 22-24	Drake Relays	Des Moines, Iowa	NTS
April 23-24	Penn Relays	Philadelphia, Pa.	NTS
April 24	GPAC Last Chance	Hasting, Neb.	NTS
May 1	Texas Tech/Nebraska Dual	Lubbock, Texas	M-1st/W-1st
May 7	Concordia Twilight	Seward, Neb.	NTS
May 8	Nebraska Open	Ed Weir Stadium	NTS
May 14-16	Big 12 Championships	Columbia, Mo.	M-1st/W-2nd
May 27-29	NCAA Preliminary Round	Austin, Texas	NTS
June 9-12	NCAA Championships	Eugene, Ore. 11 a.m./8 a.m./8 a.m./7:30 a.m.	

- Home meets in **bold**. For more information, check out Huskers.com. All times Central.



USTFCCCA Rankings (6/1/2010)

Women's Rankings

Rk.	Team	Last Week
1	Texas A&M	2
2	Oregon	1
3	LSU	3
4	Florida State	11
5	Penn State	10
6	Oklahoma	4
7	Florida	7
8	Clemson	6
9	Arkansas	9
10	Virginia Tech	5
11	Auburn	8
12	UTEP	13
13	Miami (Fla.)	12
14	Texas Tech	18
15	Arizona	15
16	Southern Illinois	26
17	Texas	21
18	BYU	16
19	Iowa State	25
20	Tennessee	33
21	Southern California	14
22	Kansas	23
23	Indiana	19
24	Illinois	22
25	North Carolina	27

Men's Rankings

Rk.	Team	Last Week
1	Texas A&M	3
2	Florida	1
3	Oregon	2
4	LSU	5
5	Texas Tech	7
6	Arizona State	6
7	Southern California	4
8	Florida State	8
9	Mississippi State	13
10	Stanford	12
11	Oklahoma	14
12	South Carolina	10
13	BYU	11
14	Auburn	9
15	Virginia Tech	17
16	Nebraska	19
17	Kansas	21
18	Washington	20
19	Mississippi	16
20	Georgia	15
21	Texas	33
22	Penn State	24
23	Baylor	18
24	Kentucky	32
25	Missouri	35

Rough Road

Over the past three years, senior Lehann Fourie has hit a rough patch at the NCA Outdoor Championships. As a sophomore in 2008, Fourie qualified for the national meet, but failed to finish the preliminaries due to a hamstring injury. He then returned as one of the top 110 hurdlers in the country as a junior last season, but was disqualified at the regional meet, which made him ineligible for the NCAA Championships.

Now as a senior, Fourie enters the national meet with high expectations as he is the No. 2 hurdler in Division I with a time of 13.44, which he ran at the Big 12 Outdoor Championships to break the NU school record.

Already an All-American in the 60-meter hurdles during the 2010 indoor season, Fourie could enter an elite status among NU hurdlers if he can also earn All-America honors in the 110 hurdles. Previously, only three other male hurdlers in school history have earned All-America accolades both indoors and outdoors in the same season, including Stephen Golding (1991), Willie Hibler (1996) and Kirkland Thornton (2009).

Third Time's a Charm

Two-time Big 12 pole vault champion Natalie Willer will be making her third appearance at the NCAA Outdoor Championships, where she will be in search of her first All-America honor. The school-record holder both indoors (14-3 1/4) and outdoors (14-4 1/2), Willer tied for 15th as a freshman with a leap of 13-1 1/2 and then failed to clear the opening bar last season as a sophomore.

Willer, who won the USA Junior Championships and Pan-Am Junior Championships last season with meet records at each, will enter the national meet tied for eighth in Division I with four other vaulters, with each posting a clearance of 14-1 1/4 in 2010.

Home-Grown Talent

Not only will the Nebraska track and field team be well represented with 22 athletes at the NCAA Outdoor Championships, but the state of Nebraska will have a strong contingent as well with eight qualifiers wearing the scarlet and cream. The Husker men will have five home-grown athletes competing, while the women's squad will have three Nebraska natives in competition.

At the Next Level

After winning two NJCAA national titles in the javelin while at Cowley Community College, Adams Wolkins will be making his first trip to the NCAA Outdoor Championships.

The NU junior recently placed second at his first Big 12 Outdoor Championships with a personal-best toss of 240-6, topping his previous best of 233-9, which he set the previous week at the Nebraska Open.

Wolkins, who enters the meet ranked seventh in Division I, will look to become the first Husker on the men's side to earn All-America honors in the javelin since school-record holder Artur Wszelaki finished fourth in 2002.

Jumps-U

Head Coach Gary Pepin will be busy in Eugene, as he personally coaches five of NU's 22 qualifiers. Pepin will coach Nicholas Gordon (long jump), Chris Phipps (long jump) and Paul Hamilton (high jump) on the men's side, as well as Epley Bullock (high jump) and Leandra McGruder (triple jump) on the women's side.

Relays Double-Dip

The Nebraska men's team will have a relay squad in both the 4x100 and 4x400 relays, where they will look to earn All-America relay honors outdoors for the first time since 2004.

The 2004 4x100-meter team of Nate Probasco, Shelldon Simpson, Dusty Stamer and Oliver Williams Jr. was the last men's team to earn All-America status at the outdoor nation meet. In 1991, the team of Mark Jackson, Jerry Marsee, Tamas Molnar and Ken Walker was the last squad to earn All-America honors in the 4x400-meter relay, with a runner-up finish.

Never before in school history has the men's team earned All-America status in both relays at the same meet. The NU women's squad has achieved the feat five times, including the 1983, 1984, 1991, 1992 and 1995 outdoor seasons.

101 and Counting

After winning 51 Big Eight titles during the conference's history from 1974-1996, the Huskers have continued to dominate since moving to the Big 12 Conference for the 1997 season. NU has won a league-high 22 team titles during the Big 12's 14-year history, including the program's historic 100th conference team title in 2009 at the Big 12

Outdoor Championships, where the men's team won in dominant fashion with four individual conference champions.

The Huskers followed 2009's performance with a second straight win in 2010, as the team became the first men's program in conference history to win back-to-back titles at the outdoor championships. NU also added to their lead in outdoor team titles, as they now have six on the men's side. Texas is the only other men's team to win more than one title outdoors, as the Longhorns have four.

Pepin back for 30th Season

The all-time winningest track and field coach in the history of the Big 12 and the former Big Eight Conference, Nebraska Head Coach Gary Pepin is coaching his historic 30th season at NU. The longest tenured active coach in Cornhusker athletics, Pepin is in his 27th season as head coach of both the Husker men's and women's teams.

Last season, Pepin passed Frank Sevigne as the longest-tenured head coach in the history of the Nebraska program, and Pepin is still at the top of his game for coaching athletes to the highest levels of competition.

Pepin has been named Big 12 Men's Outdoor Coach of the Year in 2009 and 2010, was named 2009 USTFCCCA Midwest Regional Men's Outdoor Head Coach of the Year and was also named 2010 USTFCCCA Midwest Regional Women's Indoor Head Coach of the Year.

17 Decades and Counting

The wealth of coaching knowledge at Nebraska is nearly unmatched as the Husker coaching staff holds a combined 170 years of coaching experience, including 115 seasons of coaching at NU alone.

Stability has been key to the success of the track team as four of Head Coach Gary Pepin's assistants have been with the program for 10 or more years and two for 20 years or longer, including Jay Dirksen (27th season), Mark Colligan (24th season), Billy Maxwell (15th season) and Matt Martin (14th season).



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Nebraska Head Coach Gary Pepin



The all-time winningest track and field coach in the history of the Big 12 and the former Big Eight Conference, Nebraska Head Coach Gary Pepin is coaching his historic 30th season at NU. The longest tenured active coach in Cornhusker athletics, Pepin entered his 27th season this year as head coach of both the Husker men's and women's track teams.

Since 2000, Pepin's squads have combined to win 18 Big 12 team titles, 132 individual Big 12 titles, 19 individual NCAA titles and have finished in the top 10 at the NCAA Championships 12 times, including a tie for fifth at the men's indoor meet in 2009.

Last season was a banner year for the program as the men's team captured the Big 12 outdoor team title, marking the program's historic 100th conference title. In the Big 12 alone, it was the program's and Pepin's league-leading 21st team title. No other coach has had anywhere near the success of Pepin, as Texas' Beverly Kearney is a distant second with 11 conference crowns.

The 2009 Husker men also showed they are a force at the national level, as they placed in the top 20 at both the indoor and outdoor championships, with their tie for fifth at the indoor meet marking their highest finish since 2005 when they placed seventh.

For Pepin, last season he also passed Frank Sevigne as the longest-tenured head coach in the history of the Nebraska program, and Pepin is still at the top of his game for coaching athletes to the highest levels of competition. He was named 2009 Big 12 Men's Outdoor Coach of the Year and the 2009 USTFCCCA Midwest Regional Men's Outdoor Coach of the Year.

Pepin also coached Nicholas Gordon to the 2009 NCAA indoor long jump title, as well as Big 12 long jump titles both indoors and outdoors. Along with Gordon, who earned All-America honors indoors and outdoors, true freshman Chris Phipps earned All-America honors in the long jump and Epley Bullock was named an All-American in the high jump both indoors and outdoors. Paul Hamilton also won the Big 12 outdoor high jump crown, marking the Huskers' second straight win after Dusty Jonas won the title in 2008.

Pepin has coached women who have earned 140 indoor and 162 outdoor NCAA All-America awards and 18 indoor and 24 outdoor individual national championships. His male athletes have won 155 All-America certificates since 1984, nine indoor national titles (including an NCAA relay title) and five outdoor national championships.

Track & Field Staff

Head Coach/Jumps	Gary Pepin (30th Year)
Asst. Head Coach/Distance	Jay Dirksen (27th Year)
Throws	Mark Colligan (24th Year)
Sprints/Hurdles/Relays	Billy Maxwell (15th Year)
Sprints/Hurdles/Relays	Matt Martin (14th Year)
Pole Vault/Combined Events	Kris Grimes (5th Year)
Vol. Coach: Distance	Doug Martin (3rd Year)
Vol. Coach: Pole Vault/Comb. Events	Casie Witte (3rd Year)
Vol. Coach: Distance	Betsy Miller (1st Year)
Vol. Coach: Jumps	Dusty Jonas (1st Year)
Vol. Coach: Throws	Keith Lloyd (1st Year)
Director of Operations	T.J. Pierce (8th Year)
Operations and Recruiting Asst.	Da'Nelle Earl (5th Year)
Administrative Intern	Mikel Thomas (1st Year)

Last Time the Huskers Outdoors...

Women

Won an NCAA team championship	Never
Won an individual NCAA championship	2006 Dace Ruskule (Discus)
Posted a top-five NCAA finish	2006 (t-4th)
Posted a top-10 NCAA finish	2006 (t-4th)
Earned All-America honors.....	2010 Epley Bullock (High Jump)
Won a Big 12 team championship.....	2005
Won a Big 12 individual 12 title	2010 Chantae McMillan (Heptathlon)
Set a school record.....	2010 Epley Bullock (High Jump: 6-2 3/4)

Men

Won an NCAA team championship	Never
Won an individual NCAA championship	2006 Artus Abolins (Long Jump)
Posted a top-five NCAA finish	2003 (5th)
Posted a top-10 NCAA finish.....	2003 (5th)
Earned All-America honors.....	2009 Kirkland Thornton (110m Hurdles & 400m Hurdles) Nicholas Gordon (Long Jump) Seth Burney (Pole Vault) Bjorn Barrefors (Decathlon)
Won a Big 12 team championship.....	2010
Won a Big 12 individual 12 title	2009 Paul Hamilton (High Jump)
Set a school record.....	2010 Lehann Fourie (110m Hurdles: 13.44)

2010 NCAA Outdoor Championships Women's Roster



Epley Bullock (Sr.)
High Jump
Allen, Texas



Jade Hodson (So.)
Hammer Throw
Hastings, Neb.



Leandra McGruder (Sr.)
Triple Jump
Jefferson City, Mo.



Chantae McMillan (Jr.)
Heptathlon
Rolla, Mo.



Megan Wheatley (Jr.)
Heptathlon
Perth, Australia



Morgan Wilken (RFr.)
Discus
Crofton, Neb.



Natalie Willer (Jr.)
Pole Vault
Elkhorn, Neb.

2010 NCAA Outdoor Championships Men's Roster



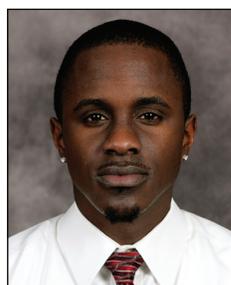
Tommy Brinn (Fr.)
4x400 Relay
Ostego, Mich.



Dan Christensen (Sr.)
4x100 Relay
Omaha, Neb.



Adam Dailey (Jr.)
4x400 Relay
Wahoo, Neb.



Dax Danns (Sr.)
4x100 Relay
Lemon Grove, Calif.



Lehann Fourie (Sr.)
110 Hurdles
Pretoria, South Africa



Nicholas Gordon (Jr.)
Long Jump
Kingston, Jamaica



Paul Hamilton (Jr.)
High Jump
Sidney, Neb.



Tyler Hitchler (So.)
Discus
Fremont, Neb.



Lukas Hulett (Sr.)
4x100 & 4x400 Relays
Bellevue, Neb.



Trey Jordan (Sr.)
Shot Put
Troy, Texas.



Chris Phipps (So.)
Long Jump
Patterson, N.J.



Tyrell Ross (Sr.)
110 Hurdles
Mullica Hill, N.J.



Cylend Simmons (Jr.)
4x400 Relay
Mesa, Ariz.
Huskers.com



Scott Wims (Sr.)
4x100 Relay
Fort Wayne, Ind.



Adam Wolkins (Jr.)
Javelin
Shelburne, Nova Scotia, Canada

Pronunciation Guide

Lukas Hulett (HUE-let)
Lehann Fourie (Lee-HON FOUR-ee)
Cylend Simmons (SY-linn)

Competition Schedule

Wednesday • June 9

All times are subject to change.

Combined Events

1:00 PM	100 Meter Hurdles	Women	Heptathlon	
2:00 PM	High Jump	Women	Heptathlon	East and west aprons
4:15 PM	Shot Put	Women	Heptathlon	East and west rings
5:30 PM	200 Meters	Women	Heptathlon	

Field Events

2:00 PM	Discus	Men	Trials & Final	Discus ring
4:00 PM	Triple Jump	Men	Trials & Final	West runway
4:45 PM	High Jump	Women	Final	East apron
5:15 PM	Discus	Women	Trials & Final	Discus ring

Running Events

3:50 PM	National Anthem		
4:00 PM	4 x 100 Meter Relay	Men	Semifinal
4:15 PM	4 x 100 Meter Relay	Women	Semifinal
4:30 PM	800 Meters	Men	Semifinal
4:45 PM	800 Meters	Women	Semifinal
5:00 PM	400 Meters	Men	Semifinal
5:15 PM	400 Meters	Women	Semifinal
5:30 PM	200 Meters	Women	Heptathlon
5:45 PM	100 Meters	Men	Semifinal
6:00 PM	100 Meters	Women	Semifinal
6:15 PM	3,000 Meter Steeplechase	Men	Semifinal
6:45 PM	400 Meter Hurdles	Men	Semifinal
7:00 PM	400 Meter Hurdles	Women	Semifinal
7:15 PM	10,000 Meters	Women	Final

Competition Schedule

Thursday • June 10

All times are subject to change.

Combined Events

10:00 AM	100 Meters	Men	Decathlon	
10:45 AM	Long Jump	Men	Decathlon	East and west runways
12:00 PM	Shot Put	Men	Decathlon	East and west rings
1:05 PM	High Jump	Men	Decathlon	East and west aprons
4:00 PM	400 Meters	Men	Decathlon	
1:45 PM	Long Jump	Women	Heptathlon	East and west runways
3:00 PM	Javelin	Women	Heptathlon	Javelin runway
5:15 PM	800 Meters	Women	Heptathlon	

Field Events

3:00 PM	Hammer	Women	Trials & Final	Hammer ring
4:00 PM	Pole Vault	Men	Final	East runway
4:00 PM	Triple Jump	Women	Trials & Final	West runway
5:15 PM	Javelin	Men	Trials & Final	Javelin runway

Running Events

3:50 PM	National Anthem			
4:00 PM	400 Meters	Men	Decathlon	
4:15 PM	200 Meters	Men	Semifinal	
4:30 PM	200 Meters	Women	Semifinal	
4:45 PM	1,500 Meters	Men	Semifinal	
5:00 PM	1,500 Meters	Women	Semifinal	
5:15 PM	800 Meters	Women	Heptathlon	
5:35 PM	110 Meter Hurdles	Men	Semifinal	
5:55 PM	100 Meter Hurdles	Women	Semifinal	
6:15 PM	3,000 Meter Steeplechase	Women	Semifinal	
6:45 PM	4 x 400 Meter Relay	Men	Semifinal	
7:05 PM	4 x 400 Meter Relay	Women	Semifinal	
7:25 PM	10,000 Meters	Men	Final	

Competition Schedule

Friday • June 11

All times are subject to change.

Combined Events

10:00 AM	110 Meter Hurdles	Men	Decathlon	
10:55 AM	Discus	Men	Decathlon	Discus ring
12:55 PM	Pole Vault	Men	Decathlon	East and west runways
4:00 PM	Javelin	Men	Decathlon	Javelin runway
6:15 PM	1,500 Meters	Men	Decathlon	

Field Events

3:30 PM	High Jump	Men	Final	East apron
4:00 PM	Pole Vault	Women	Final	East runway
4:00 PM	Hammer	Men	Trials & Final	Hammer ring
4:45 PM	Shot Put	Women	Trials & Final	West ring

Running Events

4:55 PM	National Anthem			
5:05 PM	400 Meter Hurdles	Men	Final	
5:15 PM	400 Meter Hurdles	Women	Final	
5:25 PM	100 Meters	Men	Final	
5:32 PM	100 Meters	Women	Final	
5:40 PM	800 Meters	Men	Final	
5:50 PM	800 Meters	Women	Final	
6:00 PM	3,000 Meter Steeplechase	Men	Final	
6:15 PM	1,500 Meters	Men	Decathlon	
6:25 PM	400 Meters	Men	Final	
6:32 PM	400 Meters	Women	Final	
6:40 PM	5,000 Meters	Women	Final	

Competition Schedule

Saturday • June 12

All times are subject to change.

Field Events

9:25 AM	National Anthem			
9:30 AM	Javelin	Women	Trials & Final	Javelin runway
9:30 AM	Long Jump	Women	Trials & Final	East runway
9:30 AM	Long Jump	Men	Trials & Final	West runway
9:40 AM	Shot Put	Men	Trials & Final	West ring

Running Events

10:03 AM	4 x 100 Meter Relay	Women	Final
10:11 AM	4 x 100 Meter Relay	Men	Final
10:18 AM	1,500 Meters	Women	Final
10:30 AM	1,500 Meters	Men	Final
10:41 AM	200 Meters	Women	Final
10:49 AM	200 Meters	Men	Final
10:54 AM	3,000 Meter Steeplechase	Women	Final
11:09 AM	100 Meter Hurdles	Women	Final
11:16 AM	110 Meter Hurdles	Men	Final
11:21 AM	5,000 Meters	Men	Final
11:40 AM	4 x 400 Meter Relay	Women	Final
11:50 AM	4 x 400 Meter Relay	Men	Final

2010 Women's Performance List

2010 Personal Best

Athlete	Mark	Wind	Meet	Date
100 Meters:				
1. Karyn LaCour	12.09A*	+2.0	Texas Tech Dual	5/1
2. Allison Jorgensen	12.45	+1.0	Jim Click Shootout	4/3
3. Sammy Hansen	12.61A	+2.0	Texas Tech Dual	5/1
200 Meters:				
1. Karyn LaCour	24.94*	0.0	Jim Click Shootout	4/3
2. Arna Erega	25.52*	0.0	Jim Click Shootout	4/3
3. Allison Jorgensen	25.78	0.0	Jim Click Shootout	4/3
4. Lorena Menghia	25.82*	+0.4	Big 12 Heptathlon	5/14
5. Megan Wheatley	25.83	+0.4	Big 12 Heptathlon	5/14
6. Sammy Hansen	25.99	+1.6	Nebraska Invitational	4/10
7. Chantae McMillan	26.23	+0.5	Big 12 Heptathlon	5/14
Wind Aided				
1. Alyssa Vierregger	25.13A*	+4.0	Texas Tech Dual	5/1
2. Sammy Hansen	25.31A	+4.0	Texas Tech Dual	5/1
3. Megan Wheatley	25.58	+3.4	KU Relays Heptathlon	4/14
400 Meters:				
1. Alyssa Vierregger	57.28A*	--	Texas Tech Dual	5/1
2. Kayla Ubel	58.32	--	Nebraska Invitational	4/10
800 Meters:				
1. Blaire Dinsdale	2:08.29	--	Nebraska Open	5/8
2. Erica Hamik	2:08.55*	--	Nebraska Open	5/8
3. Brooke Dinsdale	2:08.70	--	Nebraska Open	5/8
4. Ashley Miller	2:09.30*	--	Beach Invitational	4/17
5. Suzanne Higgins	2:12.39A*	--	Texas Tech Dual	5/1
6. Megan Wheatley	2:18.25	--	KU Relays Heptathlon	4/15
7. Lorena Menghia	2:27.43*	--	KU Relays Heptathlon	4/15
8. Chantae McMillan	2:43.13	--	Big 12 Heptathlon	5/16
1,500 Meters:				
1. Ashley Miller	4:22.01*	--	Mt. SAC Relays	4/16
2. Erica Hamik	4:33.10*	--	Stanford Invitational	3/26
3. Brooke Dinsdale	4:33.50*	--	Stanford Invitational	3/26
4. Jen Pancoast	4:34.71	--	Jim Click Shootout	4/3
5. Jen Webers	4:35.33*	--	Nebraska Open	5/8
6. Suzanne Higgins	4:37.97*	--	Nebraska Open	5/8
7. Elizabeth Marsh	4:52.46*	--	Nebraska Invitational	4/10
3,000 Meters:				
1. Jen Pancoast	10:12.93*	--	Jim Click Shootout	4/3
2. Ari Goldstien	10:19.72	--	Jim Click Shootout	4/3
5,000 Meters:				
1. Jen Pancoast	16:37.88*	--	Mt. SAC Relays	4/16
2. Jen Webers	17:39.24	--	Big 12 Championships	5/16
3. Ari Goldstein	18:20.52A	--	Texas Tech Dual	5/1
4. Elizabeth Marsh	18:30.18*	--	Concordia Open	4/2
10,000 Meters:				
1. Ari Goldstein	38:00.34	--	Drake Relays	4/22
100-Meter Hurdles:				
1. Arna Erega	13.44A*	+1.4	Texas Tech Dual	5/1
2. Karyn LaCour	13.56	-0.8	Baldy Castillo Invitational	3/20
	13.56A	+1.4	Texas Tech Dual	5/1
3. Megan Wheatley	14.32	+1.3	Big 12 Heptathlon	5/14
4. Chantae McMillan	14.41	+1.4	Big 12 Heptathlon	5/14
5. Lorena Menghia	15.52*	0.0	Big 12 Heptathlon	5/14
Wind Aided				
1. Lorena Menghia	15.32A*	+3.6	Texas Tech Dual	5/1
400-Meter Hurdles:				
1. Blaire Dinsdale	1:02.76*	--	Beach Invitational	4/17
2. Karyn LaCour	1:02.98A*	--	Texas Tech Dual	5/1
3. Arna Erega	1:03.90A*	--	Texas Tech Dual	5/1
4. Suzanne Higgins	1:05.06	--	Stanford Invitational	3/26
3,000-Meter Steeplechase:				
1. Jen Webers	10:58.03	--	Big 12 Championships	5/16

All-Time Outdoor Personal Best

Mark	Date
Same	5/1/10
12.27	4/14/08
12.26	4/30/09
Same	4/5/08 & 4/3/10
Same	4/3/10
25.73	5/7/09
Same	5/14/10
24.47A	5/15/09
25.05	4/24/09
24.90A	5/16/08
Same	5/1/10
25.05	4/24/09
24.47A	5/15/09
Same	5/1/10
57.50	5/1/10
57.50	5/26/07
2:07.39	6/23/06
Same	5/8/10
2:08.52	8/2/06
Same	4/17/10
Same	5/1/10
2:16.81	7/11/09
Same	4/15/10
2:28.27A	5/17/08
Same	4/16/10
Same	3/26/10
Same	3/26/10
4:29.45	4/18/08
Same	5/8/10
Same	5/8/10
Same	5/8/10
Same	4/10/10
Same	4/3/10
10:07.61	
Same	4/16/10
17:28.19	4/11/09
17:09.61	4/17/08
Same	4/2/10
36:21.53	
Same	5/1/10
13.51	4/19/08
13.76A	5/15/09
14.18	6/13/08
Same	4/10/10
Same	5/1/10
Same	5/1/10
Same	5/1/10
1:03.64	5/2/09
10:47.19	4/25/09

Key

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2010 Women's Performance List

2010 Personal Best

Athlete	Mark	Wind	Meet	Date
4x100-Meter Relay:				
1. McGruder, LaCour, Jorgensen, Erega	46.73	--	Kansas Relays	4/17
4x400-Meter Relay:				
1. Vierregger (57.1), Hamik (56.7), Br. Dinsdale (56.5), Ubel (56.4)	3:46.88	--	Big 12 Championships	5/16
4x800-Meter Relay:				
1. Miller (2:09.1), Bl. Dinsdale (2:08.6), Higgins (2:13.6), Br. Dinsdale (2:11.7)	8:43.11	--	Drake Relays	4/23
4x1,600-Meter Relay:				
1. Pancoast (4:52.8), Br. Dinsdale (5:04.8), Hamik (5:01.6), Webers (4:59.5)	19:58.65	--	Drake Relays	4/24
Distance-Medley Relay:				
1. Hamik (3:33.8), Bl. Dinsdale (57.7), Higgins (2:16.6), Pancoast (4:55.8)	11:42.09	--	Drake Relays	4/23
High Jump:				
1. Epley Bullock	6-2 3/4 (1.90)A#*	--	Texas Tech Dual	5/1
2. Audrey Svane	5-9 1/4 (1.76)*	--	Nebraska Open	5/8
t-3. Lorena Menghia	5-8 3/4 (1.75)	--	Jim Click Shootout	4/3
	5-8 3/4 (1.75)A	--	Texas Tech Dual	5/1
	5-8 3/4 (1.75)	--	Big 12 Heptahtlon	5/14
t-3. Chantae McMillan	5-8 3/4 (1.75)*	--	Big 12 Heptahtlon	5/14
5. Megan Wheatley	5-4 1/4 (1.63)	--	Big 12 Heptahtlon	5/14
6. Lynsey Kreikemeier	5-3 (1.60)*	--	Concordia Open	4/2
Pole Vault:				
1. Natalie Willer	14-1 1/4 (4.30)	--	Kansas Relays	4/17
2. Cami Jiskra	12-11 3/4 (3.96)*	--	Nebraska Open	5/8
3. Rachel Birtles	12-10 1/4 (3.92)A	--	Texas Tech Dual	5/1
4. Breanna Busse	12-9 1/2 (3.90)*	--	NCAA West Regional	5/27
5. Lindsey Maher	12-6 (3.81)	--	Nebraska Open	5/8
6. Kailey Ryan	11-0 1/4 (3.36)*	--	Nebraska Open	5/8
Long Jump:				
1. Chantae McMillan	19-9 3/4 (6.04)	+0.5	Kansas Relays	4/17
2. Leandra McGruder	19-9 1/2 (6.03)	+0.4	Big 12 Championships	5/15
3. Zarinah Suluki-Drakes	19-0 1/2 (5.80)	+0.9	Drake Relays	4/24
4. Megan Wheatley	18-5 1/4 (5.62)	+1.0	KU Relays Heptathlon	4/15
5. Lorena Menghia	18-4 1/2 (5.60)A*	+1.5	Texas Tech Dual	5/1
Wind Aided				
1. Leandra McGruder	20-1 (6.12)A	+3.1	Texas Tech Dual	5/1
2. Lorena Menghia	18-5 3/4 (5.63)A*	+4.7	Texas Tech Dual	5/1
Triple Jump:				
1. Leandra McGruder	43-1 (13.22)*	+1.7	NCAA West Regional	5/29
2. Zarinah Suluki-Drakes	41-11 1/4 (12.78)	+0.8	Nebraska Open	5/8
3. Arna Erega	41-7 3/4 (12.69)*	+0.0	Big 12 Championships	5/16
Wind Aided				
1. Leandra McGruder	43-2 1/4 (13.16)A	+2.6	UTEP Invitational	4/10
2. Zarinah Suluki-Drakes	42-0 1/2 (12.81)	+2.7	Kansas Relays	4/16
3. Arna Erega	41-10 3/4 (12.77)*	+2.9	NCAA West Regional	5/29
Shot Put:				
1. Veronica Grizzle	50-9 1/2 (15.48)*	--	NCAA West Regional	5/27
2. Amanda Latsch	50-8 (15.44)*	--	Nebraska Open	5/8
3. Samantha Musil	47-8 (14.53)	--	Kansas Relays	4/16
4. Chantae McMillan	44-11 1/2 (13.70)*	--	Big 12 Heptahtlon	5/14
5. Megan Wheatley	40-9 1/2 (12.43)	--	Big 12 Heptahtlon	5/14
6. Lorena Menghia	34-11 1/4 (10.65)*	--	Big 12 Heptahtlon	5/14
Discus:				
1. Morgan Wilken	166-9 (50.84)*	--	Big 12 Championships	5/15
2. Samantha Musil	162-6 (49.54)	--	Nebraska Open	5/8
3. Amanda Latsch	161-3 (49.15)*	--	Big 12 Championships	5/15

All-Time Outdoor Personal Best

Mark	Date
43.44	6/4/83
3:29.61	6/6/02
8:36.61	4/25/81
19:41.97	4/25/09
11:26.21	4/23/93
Same	5/1/10
Same	5/8/10
5-10 3/4 (1.80)	7/24/05
Same	5/14/10
5-7 3/4 (1.72)	2/26/04
Same	4/2/10
14-4 1/2 (4.38)	5/8/09
Same	5/8/10
13-1 1/2 (4.00)	6/9/07
Same	5/27/10
12-7 1/2 (3.85)	5/17/09
Same	5/8/10
20-1 (6.12)	4/27/07
20-4 1/4 (6.21)	5/26/07
19-9 1/2 (6.03)	5/7/05 & 5/12/07
20-2 1/2 (6.16)	6/12/08
Same	5/1/10
20-10 (6.35)w	5/16/09
Same	5/1/10
Same	5/29/10
42-9 (13.03)	5/18/08
Same	5/16/10
43-5 1/4 (13.24)w	5/30/09
42-9 (13.03)	5/18/08
Same	5/29/10
Same	5/27/10
Same	5/8/10
47-8 1/2 (14.54)	
Same	5/14/10
44-3 1/4 (13.49)	5/15/09
Same	5/14/10
Same	5/15/10
167-5 (51.04)p	6/6/07
Same	5/15/10

Key

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2010 Women's Performance List

2010 Personal Best

Athlete	Mark	Wind	Meet	Date
Hammer Throw:				
1. Jade Hodson	193-9 (59.07)*	--	Big 12 Championships	5/15
2. Victoria Zimmerman	189-11 (57.90)A*	--	Texas Tech Dual	5/1
3. Samantha Musil	185-10 (56.65)A*	--	Texas Tech Dual	5/1
Javelin:				
1. Roxie Grizzle	163-3 (49.75)	--	Kansas Relays	4/16
2. Chantae McMillan	139-8 (42.58)*	--	Nebraska Open	5/8
3. Veronica Grizzle	137-6 (41.92)	--	Kansas Relays	4/16
4. Megan Wheatley	129-11 (39.59)	--	Jim Click Shootout	4/3
5. Lorena Menghia	98-9 (30.10)*	--	Nebraska Invitational	4/10

All-Time Outdoor Personal Best

Mark	Date
Same	5/15/10
Same	5/1/10
Same	5/1/10
Javelin:	
170-3 (51.89)	6/20/08
Same	5/8/10
144-9 (44.14)	5/30/09
131-4 (40.04)	7/11/09
Same	4/10/10

Heptathlon: (Day 1: 100h, HJ, SP, 200m | Day 2: LJ, JV, 800m)

1. Chantae McMillan	5,349	--	Big 12 Championships	5/14-15	5,444A	5/16-17/08
(Day 1: 14.41 [+1.4], 5-8 3/4, 44-11 1/2, 26.23 [+0.5] Day 2: 18-4 1/4 [+0.8], 136-6, 2:43.13)						
2. Megan Wheatley	5,341	--	Big 12 Championships	5/14-15	5,800	5/15-16/09
(Day 1: 14.32 [+1.3], 5-4 1/4, 40-9 1/2, 25.83 [+0.4] Day 2: 17-11 3/4 [0.0], 125-3, 2:21.14)						
2. Lorena Menghia	4,903*	--	Big 12 Championships	5/14-15	Same	5/14-15/10
(Day 1: 15.52 [0.0], 5-8 3/4, 34-11 1/4, 25.82 [+0.4] Day 2: 17-5 1/2 [0.0], 98-3, 2:29.14)						

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2010 Men's Performance List

2010 Personal Best

Athlete	Mark	Wind	Meet	Date
100 Meters:				
1. Dax Danns	10.35p*	+1.4	Big 12 Championships	5/15
2. Scott Wims	10.70	-0.7	Jim Click Shootout	4/3
	10.70	+0.5	Nebraska Open	5/8
3. Kendall Bacchus	10.92	+0.3	Nebraska Invitational	4/10
4. Teran Walford	11.53*	-1.1	Big 12 Decathlon	5/14
Wind Aided				
1. Dax Danns	10.30A*	+3.7	Texas Tech Dual	5/1
2. Kendall Bacchus	10.66A	+3.7	Texas Tech Dual	5/1
3. Teran Walford	11.34*	+5.0	KU Relays Decathlon	4/14
200 Meters:				
1. Dax Danns	20.81*	+0.4	Big 12 Championships	5/15
2. Lukas Hulett	21.18p*	+0.2	NCAA West Regional	5/28
3. Scott Wims	21.32p	+1.5	NCAA West Regional	5/28
4. Dan Christensen	21.77p	+0.1	NCAA West Regional	5/28
5. Lehann Fourie	21.94	0.0	Baldy Castillo	3/20
6. Kendall Bacchus	22.09	-0.4	Nebraska Open	5/8
Wind Aided				
2. Lukas Hulett	21.17	+2.4	Jim Click Shootout	4/3
3. Scott Wims	21.21	+2.4	Jim Click Shootout	4/3
4. Dan Christensen	21.27A	+3.1	Texas Tech Dual	5/1
5. Kendall Bacchus	21.49A	+3.1	Texas Tech Dual	5/1
400 Meters:				
1. Lukas Hulett	46.90A	--	Texas Tech Dual	5/1
2. Dan Christensen	47.67A	--	Texas Tech Dual	5/1
3. Adam Dailey	47.73*	--	Nebraska Invitational	4/10
4. Tommy Brinn	48.50	--	Nebraska Invitational	4/10
5. Aaron Engel	49.50	--	Nebraska Open	5/8
6. Zach Simon	50.11*	--	GPAC Last Chance	4/24
	50.11*	--	Nebraska Open	5/8
7. Teran Walford	50.19*	--	Big 12 Decathlon	5/14
8. Jamelle Ross	51.94	--	Nebraska Invitational	4/10
800 Meters:				
1. Tommy Brinn	1:49.53	--	Jim Click Shootout	4/3
2. Blaise Rewaka	1:49.94	--	Beach Invitational	4/17
3. Ethan Luebbe	1:52.04*	--	Nebraska Open	5/8
4. Dani Dapo	1:53.65*	--	Jim Click Shootout	4/3
5. Matt Shipp	1:53.68*	--	Nebraska Open	5/8
6. Kyle Custer	1:55.81	--	Nebraska Invitational	4/10
7. Brett Gooden	1:56.90	--	Kansas Relays	4/15
8. Matt Schilling	1:57.51	--	Kansas Relays	4/15
9. Adam Mittels	1:59.03	--	Nebraska Invitational	4/10
10. Brett Grieb	2:04.74*	--	GPAC Last Chance	4/24
1,500 Meters:				
1. Kyle Custer	3:48.30	--	Drake Relays	4/24
2. Ethan Luebbe	3:56.07*	--	Jim Click Shootout	4/3
3. Tommy Brinn	3:58.51*	--	Beach Invitational	4/17
4. David Adams	4:00.71A	--	Texas Tech Dual	5/1
5. Todd Gulizia	4:01.47	--	Nebraska Invitational	4/10
6. Blaise Rewaka	4:02.75*	--	Nebraska Invitational	4/10
7. Dani Dapo	4:05.86*	--	Nebraska Invitational	4/10
8. Adam Mittels	4:06.67	--	Kansas Relays	4/15
9. Anthony Oberle	4:07.92*	--	Nebraska Invitational	4/10
10. Brett Grieb	4:08.17*	--	Nebraska Invitational	4/10
11. Matt Conahan	4:10.10	--	Nebraska Invitational	4/10
12. Bryce Somer	4:13.03*	--	Nebraska Invitational	4/10
13. Eric Thies	4:13.98	--	Nebraska Invitational	4/10
14. Teran Walford	4:35.76*	--	KU Relays Decathlon	4/15
3,000 Meters:				
1. Kyle Custer	8:37.57	--	Jim Click Shootout	4/3
2. Todd Gulizia	8:41.61	--	Jim Click Shootout	4/3
3. Anthony Oberle	8:47.62*	--	Jim Click Shootout	4/3

All-Time Outdoor Personal Best

Mark	Date
Same	5/15/10
10.24	6/21/07
10.32	
Same	5/14/10
Same	5/1/10
10.32	2/21/08
Same	4/14/10
200 Meters:	
Same	5/15/10
Same	4/4/09 & 5/28/09
20.61	6/7/07
21.41	5/17/08
21.86	3/21/09
21.13	3/22/09
Wind Aided	
20.80w	5/5/07
20.61s	6/7/07
21.18w	4/12/08
20.78w	3/24/08
400 Meters:	
45.96pA	5/17/08
47.64	4/18/09
Same	4/10/10
48.08	5/30/09
48.97	4/23/06
Same	4/24/10
Same	5/14/10
50.34	5/2/09
800 Meters:	
1:49.27	6/13/09
1:49.66	5/2/09
Same	5/8/10
Same	4/3/10
Same	5/8/10
1:54.93	5/8/09
1:54.77	5/8/09
1:55.59	5/20/06
1:55.62	5/17/08
Same	4/2/10
1,500 Meters:	
3:47.82	3/27/09
Same	4/3/10
Same	4/17/10
3:51.27	4/11/09
3:57.49	4/11/09
Same	4/10/10
Same	4/10/10
4:06.02	4/11/09
Same	4/10/10
Same	4/10/10
4:06.95	7/3/05
Same	4/10/10
4:08.27	5/2/09
Same	4/15/10
3,000 Meters:	
8:21.62	4/11/09
8:30.30	4/4/09
Same	4/3/10

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2010 Men's Performance List

2010 Personal Best

Athlete	Mark	Wind	Meet	Date
5,000 Meters:				
1. David Adams	14:06.38*	--	Stanford Invitational	3/26
2. Todd Gulizia	14:47.14*	--	Kansas Relays	4/15
3. Jesse Adams	15:12.34	--	Concordia Twilight	5/7
4. Anthony Oberle	15:17.46	--	Kansas Relays	4/15
5. Bryce Somer	15:46.60*	--	Concordia Open	4/2
6. Eric Thies	16:13.12	--	Concordia Open	4/2
10,000 Meters:				
1. Todd Gulizia	31:39.24*	--	Drake Relays	4/22
2. Anthony Oberle	31:53.63	--	Drake Relays	4/22
110-Meter Hurdles:				
1. Lehann Fourie	13.44*#	+0.9	Big 12 Championships	5/16
2. Tyrell Ross	13.68*	+0.8	NCAA West Regional	5/29
3. Eric Lund	14.34	-1.0	Baldy Castillo Invitational	3/20
	14.34	-0.6	Nebraska Open	5/8
4. Teran Walford	15.25*	+0.2	Jim Click Shootout	4/3
Wind Aided				
1. Lehann Fourie	13.41A*	+2.5	Texas Tech Dual	5/1
2. Eric Lund	14.14A*	+2.5	Texas Tech Dual	5/1
3. Teran Walford	15.22A*	+2.5	Texas Tech Dual	5/1
400-Meter Hurdles:				
1. Adam Dailey	50.44	--	Big 12 Championships	5/16
2. Eric Lund	51.04*	--	Nebraska Open	5/8
3. Lehann Fourie	51.55A	--	Texas Tech Dual	5/1
4. Cylend Simmons	52.16	--	Drake Relays	4/24
5. Nick Makukutu	52.54	--	Nebraska Open	5/8
6. Tyrell Ross	53.54	--	Spec Towns Invitational	4/10
7. Jon Love	53.92*	--	Nebraska Open	5/8
3,000-Meter Steeplechase:				
1. David Adams	8:55.74	--	Big 12 Championships	5/16
2. Kyle Custer	9:08.19	--	Big 12 Championships	5/16
3. Mikel Thomas	9:27.64	--	Jim Click Shootout	4/3
4x100-Meter Relay: 39.84 -- NCAA West Regional 5/29				
1. Wims, Hulett, Christensen, Danns				
4x400-Meter Relay: 3:06.61 -- NCAA West Regional 5/29				
1. Dailey (47.8), Simmons (46.6), Brinn (46.5), Hulett (45.5)				
4x1,600-Meter Relay: 17:19.14 -- Drake Relays 4/23				
1. Custer (4:16.6), Adams (4:16.5), Brinn (4:17.3), Luebbe (4:28.6)				
4x110 Shuttle Hurdle Relay 56.53 -- Penn Relays 4/23				
1. Lund, Walford, Fourie, Ross				
High Jump:				
1. Paul Hamilton	7-2 1/2 (2.20)	--	Jim Click Shootout	4/3
2. Brandon Sheppard	6-11 (2.11)*	--	Drake Relays	4/24
3. Sam Haase	6-10 3/4 (2.10)	--	Jim Click Shootout	4/3
4. Tyrell Ross	6-8 (2.03)A*	--	Texas Tech Dual	5/1
5. Derrell Bradford	6-5 (1.96)	--	GPAC Last Chance	4/24
6. Teran Walford	6-2 1/4 (1.89)*	--	KU Relays Decathlon	4/14
	6-2 1/4 (1.89)*	--	Big 12 Decathlon	5/15
Pole Vault:				
1. Seth Burney	17-0 1/4 (5.19)	--	Nebraska Open	5/8
2. Nate Polacek	16-7 1/2 (5.07)	--	Nebraska Invitational	4/10
3. Erik Sutterfield	16-2 3/4 (4.95)*	--	NCAA West Regional	5/28
4. Luke Franssen	16-2 1/2 (4.94)	--	Nebraska Open	5/8
5. Rob Babcock	15-2 3/4 (4.64)*	--	Nebraska Open	5/8
6. Teran Walford	14-5 1/4 (4.40)*	--	KU Relays Decathlon	4/15

All-Time Outdoor Personal Best

Mark	Date
Same	3/26/10
Same	4/15/10
15:09.80	5/9/08
15:05.80	4/13/08
Same	4/2/10
15:27.21	4/11/09
Same	4/22/10
31:40.52	4/24/08
Same	5/16/10
Same	5/29/10
14.18	3/21/09
Same	4/3/10
Same	5/1/10
Same	5/1/10
Same	5/1/10
50.33	5/31/08
Same	5/8/10
51.22	5/17/09
51.92	4/18/09
50.99	5/2/09
52.20	5/16/09
Same	5/8/10
8:43.79	5/2/09
9:04.90	4/11/09
8:58.67	6/22/08
39.19	5/28/05
3:02.81	6/1/91
16:21.87	4/25/86
54.90	4/24/09
7-3 (2.21)	5/18/08
Same	5/30/08 & 4/24/10
6-11 (2.11)	5/19/06
Same	5/1/10
6-6 (2.00)	4/23/07
Same	4/14/10
17-9 (5.41)	5/8/09
16-10 (5.13)	5/2/09
Same	5/28/10
16-6 3/4 (5.05)	4/4/09 & 4/24/09
Same	5/8/10
Same	4/15/10

Key

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2010 Men's Performance List

2010 Personal Best

Athlete	Mark	Wind	Meet	Date
Long Jump:				
1. Chris Phipps	26-3 1/2 (8.01)*	+0.5	NCAA West Regional	5/28
2. Nicholas Gordon	26-0 (7.92)	+0.6	NCAA West Regional	5/28
3. Bobby Carter	24-11 3/4 (7.61)A*	+1.4	UTEP Invitational	4/10
4. Derrell Bradford	22-2 1/2 (6.77)*	+0.5	Nebraska Open	5/8
5. Teran Walford	21-1 1/4 (6.43)*	+1.2	KU Relays Decathlon	4/14
Wind Aided				
1. Bobby Carter	25-0 1/2 (7.63)A*	+3.6	Texas Tech Dual	5/1
Triple Jump:				
1. Chris Phipps	52-6 (16.00)*	0.0	Big 12 Championships	5/16
2. Nicholas Gordon	52-1 1/4 (18.88)A*	+1.8	Texas Tech Dual	5/1
3. Bobby Carter	49-2 1/4 (14.99)A*	+0.8	Texas Tech Dual	5/1
4. Chris Nuttelman	45-3 3/4 (13.81)	+1.3	Kansas Relays	4/16
Shot Put:				
1. Trey Jordan	58-5 3/4 (17.82)	--	Big 12 Championships	5/15
2. Tyler Hitchler	56-4 3/4 (17.19)*	--	Nebraska Invitational	4/10
3. Sam Siegel	48-11 1/2 (14.92)	--	Jim Click Shootout	4/3
4. Carter Wasem	46-10 1/4 (14.28)*	--	GPAC Last Chance	4/24
5. Teran Walford	36-11 3/4 (11.27)*	--	Jim Click Shootout	4/3
Discus:				
1. Tyler Hitchler	185-0 (56.38)A	--	Texas Tech Dual	5/1
2. Brett Suckstorf	154-11 (47.22)A	--	Texas Tech Dual	5/1
3. Trey Jordan	153-1 (46.66)A*	--	Texas Tech Dual	5/1
4. Chris Brown	146-8 (44.70)	--	Nebraska Open	5/8
5. Teran Walford	117-10 (35.93)*	--	Nebraska Open	5/8
Hammer Throw:				
1. Brett Suckstorf	203-8 (62.08)*	--	Big 12 Championships	5/14
2. Eric Petersen	199-1 (60.68)*	--	Mt. SAC Relays	4/16
3. Carter Wasem	183-6 (55.93)*	--	Big 12 Championships	5/14
4. Matt Giesselmann	182-10 (55.74)*	--	GPAC Last Chance	4/24
5. Cole Ingram	147-11 (45.08)*	--	Nebraska Open	5/8
Javelin:				
1. Adam Wolkins	240-6 (73.31)*	--	Big 12 Championships	5/14
2. Ryan Petrocchi	204-7 (62.36)	--	Big 12 Championships	5/14
3. Dave Schutter	199-3 (60.73)*	--	Nebraska Open	5/8
4. Teran Walford	159-3 (48.53)*	--	Big 12 Decathlon	5/15
Decathlon: (Day 1: 100m, LJ, SP, HJ, 400 Day 2: 110h, DT, PV, JV, 1,500m)				
1. Teran Walford	6,731*	--	Big 12 Championships	5/14-15
(Day 1: 11.53 [-1.1], 20-7 [-1.0], 36-5, 6-2 1/4, 50.19 Day 2: 15.33 [-0.1], 110-5, 13-9 1/4, 159-3, 4:38.68)				
Wind Aided				
1. Teran Walford	6,785*	--	Kansas Relay	4/14-15
(Day 1: 11.34 [+5.0], 21-1 1/4 [+1.2], 35-2, 6-2 1/4, 50.71 Day 2: 15.56 [+2.2], 113-5, 14-5 1/4, 149-10, 4:35.76)				

All-Time Outdoor Personal Best

Mark	Date
Same	5/28/10
26-7 1/4 (8.11)	6/28/09
Same	4/10/10
Same	5/8/10
Same	4/14/10
Same	5/1/10
Same	5/1/10
Same	5/1/10
49-10 (15.19)	4/21/07
60-8 3/4 (18.51)	5/8/09
Same	4/10/10
54-3 1/4 (16.54)	5/8/09
Same	4/24/10
Same	4/3/10
189-0 (57.62)	5/16/09
157-5 (47.99)	5/8/09
Same	5/1/10
161-5 (49.19)	5/9/09
Same	5/8/10
Same	5/14/10
Same	4/16/10
Same	5/14/10
Same	4/24/10
Same	5/8/10
Same	5/16/10
Same	5/14/10
209-3 (63.77)	4/11/09
Same	5/8/10
Same	5/16/10

Key

* = personal best

w = wind aided

p = prelims

s = semifinals

= school record A = altitude

2010 Women's Individual Meet-by-Meet Breakdown

Athlete	Event	Date	Meet	Mark (Wind)	Athlete	Event	Date	Meet	Mark (Wind)			
Rachel Birtles	Pole Vault	4/3	Jim Click Shootout	12-0	Veronica Grizzle	Shot Put	3/26	Stanford Invitational	46-6 3/4			
		4/10	Nebraska Invitational	12-2 1/2			4/3	Jim Click Shootout	44-7 1/2			
		4/17	Kansas Relays	12-5 1/2			4/10	Nebraska Invitational	47-9			
		4/23	Drake Relays	12-7 1/2			4/16	Kansas Relays	47-6 1/4			
		5/1	Texas Tech Dual	12-10 1/4			4/24	Drake Relays	48-0 3/4			
		5/8	Nebraska Open	12-6			5/1	Texas Tech Dual	46-5 1/4			
		5/16	Big 12 Championships	13-3			5/8	Nebraska Open	48-4			
		5/27	NCAA West Regional	12-3 1/2			5/16	Big 12 Championships	46-11 3/4			
Epley Bullock	High Jump	4/3	Jim Click Shootout	6-2 1/4#		Veronica Grizzle	Javelin	5/27	NCAA West Regional	50-9 1/2		
		4/10	Spec Towns Invite	5-9 1/4				3/27	Stanford Invitational	124-6		
		4/17	Mt. SAC Relays	6-0 3/4				4/3	Jim Click Shootout	133-5		
		4/23	Penn Relays	5-10 1/2				4/10	Nebraska Invitational	131-5		
		5/1	Texas Tech Dual	6-2 3/4#				4/16	Kansas Relays	137-6		
		5/8	Nebraska Open	5-7 1/4				4/23	Drake Relays	129-7		
5/29	NCAA West Regional	5-11 1/4	5/1	Texas Tech Dual				127-9				
Breanna Bussel	Pole Vault	4/3	Jim Click Shootout	12-10				Erica Hamik	800m	3/27	Stanford Invitational	2:11.96
		4/10	Nebraska Invitational	12-2 1/2	4/10		Nebraska Invitational			2:13.47		
		5/8	Nebraska Open	12-0	4/17		Beach Invitational			2:16.88		
		5/16	Big 12 Championships	12-11	5/8		Nebraska Open			2:08.55		
		5/27	NCAA West Regional	12-9 1/2	5/15		Big 12 Championships			2:11.05p		
				5/27	NCAA West Regional		2:13.81p					
				1,500m	3/26		Stanford Invitational		4:33.10			
					4/16		Mt. SAC Relays		4:33.68			
Blairst Dinsdale	800m	3/27	Stanford Invitational	2:12.15	Sammy Hansen		100m		4/10	Nebraska Invitational	12.65 (+1.6)	
		4/3	Jim Click Shootout	2:11.27		4/16			Kansas Relays	12.62p (+2.5)		
		4/10	Nebraska Invitational	2:11.85		5/1			Texas Tech Dual	12.61 (+2.0)		
		4/16	Mt. SAC Relays	2:10.85		200m			4/10	Nebraska Invitational	25.99 (+1.6)	
		5/1	Texas Tech Dual	2:10.09			5/1		Texas Tech Dual	25.31 (+4.0)		
		5/8	Nebraska Open	2:08.29			Suzanne Higgins		800m	3/27	Stanford Invitational	2:12.48
		5/15	Big 12 Championships	2:09.28p						4/3	Jim Click Shootout	2:18.50
		5/16	Big 12 Championships	2:08.66		4/15				Kansas Relays	2:13.76	
	5/27	NCAA West Regional	2:12.78p	5/1		Texas Tech Dual		2:12.39				
	400h	3/26	Stanford Invitational	1:04.07		5/15		Big 12 Championships	2:12.46p			
		4/17	Beach Invitational	1:02.76		5/8		Nebraska Open	4:37.97			
	Brooke Dinsdale	800m	3/27	Stanford Invitational		2:13.09		Suzanne Higgins	1,500m	5/8	Nebraska Open	4:37.97
			4/3	Jim Click Shootout		2:09.24				3/26	Stanford Invitational	1:05.06
4/16			Mt. SAC Relays	2:14.55		4/10				Nebraska Invitational	1:06.04	
5/1			Texas Tech Dual	2:14.23		Jade Hodson	400h		3/27	Stanford Invitational	172-11	
5/8			Nebraska Open	2:08.70					4/3	Jim Click Shootout	182-5	
5/15			Big 12 Championships	2:11.61p	4/9				Nebraska Invitational	175-11		
2/27			NCAA West Regional	2:11.84p	4/15		Kansas Relays		176-8			
1,500m			3/26	Stanford Invitational	4:33.50		4/24		Drake Relays	173-8		
		4/10	Nebraska Invitational	4:34.05	5/1		Texas Tech Dual		184-8			
		4/17	Beach Invitational	4:35.40	5/8		Nebraska Open	191-11				
		5/1	Texas Tech Dual	5:03.90	5/14		Big 12 Championships	193-9				
							5/29	NCAA West Regional	187-0			
Arna Erega		200m	4/3	Jim Click Shootout	25.52 (0.0)	Cami Jiskra	Pole Vault	4/3	Jim Click Shootout	12-6		
	100h		3/20	Baldy Castillo	13.61 (-0.8)			4/10	Nebraska Invitational	12-8 1/4		
	400h	4/3	Jim Click Shootout	13.55 (0.0)	4/17			Kansas Relays	12-9 1/2			
		4/16	Kansas Relays	13.91p (+2.5)	4/23			Drake Relays	12-1 1/2			
		4/17	Kansas Relays	13.78 (-1.8)	5/1			Texas Tech Dual	12-4 1/4			
		5/1	Texas Tech Dual	13.44 (+1.4)	5/8			Nebraska Open	12-11 3/4			
		5/8	Nebraska Open	13.63 (-0.7)	5/16			Big 12 Championships	12-1 1/4			
		5/15	Big 12 Championships	13.64p (-0.5)	5/27			NCAA West Regional	12-9 1/2			
		5/16	Big 12 Championships	13.57 (+2.1)	Allison Jorgenson			100m	4/3	Jim Click Shootout	12.45 (+1.0)	
		5/28	NCAA West Regional	13.63p (+2.6)					4/10	Nebraska Invitational	12.71 (+1.6)	
		5/29	NCAA West Regional	13.76 (+1.8)			4/16		Kansas Relays	12.71p (+2.5)		
		400h	5/1	Texas Tech Dual			1:03.90	5/8	Nebraska Open	12.58 (+2.1)		
	5/8		Nebraska Open	40-11 3/4 (+0.2)			200m	4/3	Jim Click Shootout	25.78 (0.0)		
	5/16	Big 12 Championships	41-7 3/4 (0.0)	4/10				Nebraska Invitational	26.32 (+1.1)			
	5/29	NCAA West Regional	41-10 3/4 (+2.9)	Lynsey Kreikemeier	High Jump			4/2	Concordia Open	6-3 (1.60)		
	Ari Goldstein	3,000m	4/3				Jim Click Shootout	10:19.72				
5,000m		5/1	Texas Tech Dual			18:20.52						
10,000m		4/22	Drake Relays	38:00.34								
Roxie Grizzle	Javelin	3/27	Stanford Invitational	139-8								
		4/3	Jim Click Shootout	154-11								
		4/10	Nebraska Invitational	148-11								
		4/16	Kansas Relays	163-3								
		5/1	Texas Tech Dual	146-4								
		5/16	Big 12 Championships	150-4								
5/27	NCAA West Regional	142-10										

Key

s = prelims

= school record

p = prelims

2010 Women's Individual Meet-by-Meet Breakdown

Karyn LaCour	100m	5/1	Texas Tech Dual	12.09 (+2.0)		
		4/3	Jim Click Shootout	24.94 (0.0)		
		4/10	Nebraska Invitational	25.10 (+1.6)		
	100h	3/20	Baldy Castillo	13.56 (-0.8)		
		4/3	Jim Click Shootout	13.85 (0.0)		
		4/10	Nebraska Invitational	13.87 (+1.0)		
		4/16	Kansas Relays	13.81p (+2.6)		
		4/17	Kansas Relays	13.70 (-1.8)		
	400h	4/23	Penn Relays	13.73p (+0.3)		
		5/1	Texas Tech Dual	13.56 (+1.4)		
		5/16	Big 12 Championships	13.87p (+0.2)		
		5/28	NCAA West Regional	13.87p (+1.4)		
		5/1	Texas Tech Dual	1:02.98		
		5/15	Big 12 Championships	1:07.04p		
		Amanda Latsch	Shot Put	4/3	Jim Click Shootout	47-0 1/4
4/10				Nebraska Invitational	46-4	
4/16				Kansas Relays	48-10	
4/24				Drake Relays	45-1	
5/1	Texas Tech Dual			48-2 1/2		
5/8	Nebraska Open			50-8		
5/16	Big 12 Championships			46-7 1/4		
5/27	NCAA West Regional			48-0 3/4		
Discus	4/3			Jim Click Shootout	140-6	
	4/10		Nebraska Invitational	148-11		
	4/17		Kansas Relays	158-11		
	4/23		Drake Relays	144-6		
	5/1		Texas Tech Dual	159-8		
	5/8		Nebraska Open	156-4		
Lindsey Maher	Pole Vault		4/3	Jim Click Shootout	11-6 1/4	
		4/10	Nebraska Invitational	11-8 1/2		
		4/17	Kansas Relays	12-5 1/2		
		4/23	Drake Relays	12-1 1/2		
		5/1	Texas Tech Dual	12-4 1/2		
		5/8	Nebraska Open	12-6		
		5/16	Big 12 Championships	12-11		
		5/27	NCAA West Regional	11-9 3/4		
		1,500m	4/10	Nebraska Invitational	4:52.46	
	4/24		GPAC Last Chance	4:56.81		
	5,000m		4/2	Concordia Open	18:30.18	
			4/15	Kansas Relays	18:44.96	
			Elizabeth Marsh	Long Jump	4/3	Jim Click Shootout
	4/10				UTEP Invitational	19-8 (+3.1)
	4/17	Kansas Relays			18-8 (+1.5)	
4/24	Drake Relays	19-9 3/4 (+2.7)				
5/1	Texas Tech Dual	20-1 (+3.1)				
Triple Jump	5/15	Big 12 Championships		19-9 1/2 (+0.4)		
	5/28	NCAA West Regional		19-2 1/2 (+0.6)		
	4/3	Jim Click Shootout		41-8 1/2 (+1.6)		
	4/10	UTEP Invitational		43-2 1/4 (+2.6)		
	4/24	Drake Relays		42-10 1/4 (+3.9)		
	5/1	Texas Tech Dual		41-10 3/4 (+1.7)		
	5/16	Big 12 Championships		40-9 (1.2)		
	5/29	NCAA West Regional		43-1 (+1.4)		
	Leandra McGruder	200m		5/14	Big 12 Heptathlon	26.23 (+0.5)
				5/15	Big 12 Heptathlon	2:43.13
4/16			Kansas Relays	14.89p (+2.5)		
800m		5/14	Big 12 Heptathlon	14.41 (+1.4)		
		4/10	Nebraska Invitational	5-5		
100h		5/14	Big 12 Heptathlon	5-8 3/4		
		4/17	Kansas Relays	19-9 3/4 (+0.5)		
High Jump		5/15	Big 12 Heptathlon	18-4 1/4 (+0.8)		
		4/3	Jim Click Shootout	43-3 3/4		
Long Jump		4/10	Nebraska Invitational	43-5 3/4		
		5/14	Big 12 Heptathlon	44-11 1/2		
Shot Put		4/3	Jim Click Shootout	134-7		
		4/10	Nebraska Invitational	124-3		
Javelin		5/8	Nebraska Open	139-8		
		5/15	Big 12 Heptathlon	136-6		
Heptathlon	5/16	Big 12 Championships	137-0			
	5/14-15	Big 12 Championships	5,349			

Lorena Menghia	200m	4/14	KU Relays Hept.	25.89 (+3.3)	
		5/1	Texas Tech Dual	26.17 (+4.0)	
		5/14	Big 12 Heptathlon	25.82 (+0.4)	
	800m	4/15	KU Relays Hept.	2:27.43	
		5/15	Big 12 Heptathlon	2:29.14	
		4/10	Nebraska Invitational	15.94 (+1.4)	
	100h	4/14	KU Relays Hept.	15.47 (+2.8)	
		5/1	Texas Tech Dual	15.32 (+3.6)	
		5/14	Big 12 Heptathlon	15.52 (0.0)	
		High Jump	4/3	Jim Click Shootout	5-8 3/4
			4/10	Nebraska Invitational	5-5
	4/14		KU Relays Hept.	5-5 3/4	
	Long Jump	4/23	Drake Relays	5-5	
		5/1	Texas Tech Dual	5-8 3/4	
		5/8	Nebraska Open	5-7 1/4	
5/14		Big 12 Heptathlon	5-8 3/4		
5/29		NCAA West Regional	5-8 1/2		
4/15		KU Relays Hept.	17-2 1/4 (+3.3)		
5/1		Texas Tech Dual	18-5 3/4 (+4.7)		
5/15		Big 12 Heptathlon	17-5 1/2 (0.0)		
Shot Put		4/3	Jim Click Shootout	33-9 1/4	
		4/14	KU Relays Hept.	33-6 1/2	
Javelin	5/14	Big 12 Heptathlon	34-11 1/4		
	4/3	Jim Click Shootout	89-1		
	4/10	Nebraska Invitational	98-9		
Heptathlon	4/15	KU Relays Hept.	87-9		
	5/8	Nebraska Open	89-1		
	5/15	Big 12 Heptathlon	98-3		
	4/14-15	Kansas Relays	4,716		
	5/14-15	Big 12 Championships	4,903		
Ashley Miller	800m	3/27	Stanford Invitational	2:10.30	
		4/10	Nebraska Invitational	2:12.11	
		4/17	Beach Invitational	2:09.30	
	1,500m	3/26	Stanford Invitational	4:28.83	
		4/16	Mt. SAC Relays	4:22.01	
		4/24	Drake Relays	4:25.44	
		5/1	Texas Tech Dual	4:36.42	
		5/15	Big 12 Championships	4:25.43p	
	5,000m	5/16	Big 12 Championships	4:23.85	
		5/27	NCAA West Regional	4:28.87p	
	Samantha Musil	Shot Put	3/26	Stanford Invitational	47-0 1/4
			4/3	Jim Click Shootout	45-10 1/2
			4/10	Nebraska Invitational	46-9
		Discus	4/16	Kansas Relays	47-8
			4/24	Drake Relays	47-4 1/4
5/1			Texas Tech Dual	45-5 3/4	
5/16			Big 12 Championships	47-0 3/4	
5/27			NCAA West Regional	46-3 1/4	
Hammer Throw		3/27	Stanford Invitational	148-7	
		4/3	Jim Click Shootout	144-5	
		4/10	Nebraska Invitational	156-7	
		4/17	Kansas Relays	158-1	
		4/23	Drake Relays	155-6	
		5/1	Texas Tech Dual	156-2	
		5/8	Nebraska Open	162-6	
	5/15	Big 12 Championships	160-5		
	5/28	NCAA West Regional	152-3		
	3/27	Stanford Invitational	175-9		
Jen Pancoast	1,500m	4/3	Jim Click Shootout	4:34.71	
		4/3	Jim Click Shootout	10:12.93	
		3/26	Stanford Invitational	16:59.66	
	3,000m	4/16	Mt. SAC Relays	16:37.88	
		5/1	Texas Tech Dual	17:27.24	
	5,000m	5/16	Big 12 Championships	16:47.80	
		5/29	NCAA West Regional	17:39.83	
	Kailey Ryan	Pole Vault	5/8	Nebraska Open	11-0 1/4

Key

p = prelims

s = semifinals

= school record

2010 Women's Individual Meet-by-Meet Breakdown

Zarinah Suluki-Drakes	Long Jump	4/24	Drake Relays	19-0 1/2 (+0.9)	
		5/1	Texas Tech Dual	17-8 (+3.8)	
	Triple Jump	4/3	Jim Click Shootout	40-3 1/2 (0.0)	
		4/10	UTEP Invitational	41-0 1/4 (+2.6)	
		4/16	Kansas Relays	42-0 1/2 (+2.7)	
		4/24	Drake Relays	41-8 3/4 (+2.3)	
		5/1	Texas Tech Dual	40-5 (+1.8)	
		5/8	Nebraska Open	41-11 1/4 (+0.8)	
		5/16	Big 12 Championships	40-7 3/4 (0.0)	
5/29	NCAA West Regional	41-10 (+1.4)			
<hr/>					
Audrey Svane	High Jump	4/10	Spec Towns Invite	5-7 1/4	
		4/17	Mt. SAC Relays	5-8 3/4	
		4/23	Penn Relays	5-7 1/4	
		5/1	Texas Tech Dual	5-8 3/4	
		5/8	Nebraska Open	5-9 1/4	
		5/15	Big 12 Championships	5-7	
		5/29	NCAA West Regional	5-8 1/2	
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Kayla Ubel	400m	4/3	Jim Click Shootout	58.71	
		4/10	Nebraska Invitational	58.32	
		4/16	Kansas Relays	58.38p	
		5/1	Texas Tech Dual	58.59	
		5/8	Nebraska Open	58.92	
		5/15	Big 12 Championships	58.77p	
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Alyssa Vierregger	200m	5/1	Texas Tech Dual	25.13 (+4.0)	
	400m	4/3	Jim Click Shootout	57.70	
		4/10	Nebraska Invitational	57.59	
		4/16	Kansas Relays	58.69p	
		5/1	Texas Tech Dual	57.28	
		5/8	Nebraska Open	57.75	
5/15	Big 12 Championships	57.80p			
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Jen Webers	1,500m	5/8	Nebraska Open	4:35.33	
	5,000m	4/10	Nebraska Invitational	17:57.70	
		5/16	Big 12 Championships	17:39.24	
	3,000SC	3/26	Stanford Invitational	11:06.84	
		4/3	Jim Click Shootout	11:09.61	
		4/22	Drake Relays	10:59.56	
		5/1	Texas Tech Dual	11:20.67	
5/16		Big 12 Championships	10:58.03		
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Megan Wheatley	200m	4/14	KU Relays Hept.	25.58 (+3.4)	
		5/1	Texas Tech Dual	25.82 (+4.0)	
		5/14	Big 12 Heptathlon	25.83 (+0.4)	
	800m	4/15	KU Relays Hept.	2:18.25	
		5/15	Big 12 Heptathlon	2:21.14	
	100h	4/10	Nebraska Invitational	14.74 (+1.0)	
		4/14	KU Relays Hept.	14.36 (+1.6)	
		5/1	Texas Tech Dual	14.58 (+1.4)	
	High Jump	5/14	Big 12 Heptathlon	14.32 (+1.3)	
		4/10	Nebraska Invitational	5-1	
		4/14	KU Relays Hept.	5-3 1/4	
	Long Jump	5/1	Texas Tech Dual	5-3	
		5/14	Big 12 Heptathlon	5-4 1/4	
		4/15	KU Relays Hept.	18-5 1/4 (+1.0)	
	Shot Put	5/15	Big 12 Heptathlon	17-11 3/4 (0.0)	
		4/3	Jim Click Shootout	40-9	
	Javelin	4/14	KU Relays Hept.	39-7 3/4	
		5/1	Texas Tech Dual	40-7 3/4	
		5/14	Big 12 Heptathlon	40-9 1/2	
	Heptathlon	4/3	Jim Click Shootout	129-11	
		4/10	Nebraska Invitational	116-0	
		4/15	KU Relays Hept.	113-11	
		5/15	Big 12 Heptathlon	125-3	
		4/14-15	Kansas Relays	5,323	
		5/14-15	Big 12 Championships	5,341	
	<hr/>				
	Morgan Wilken	Discus	3/27	Stanford Invitational	158-0
4/3			Jim Click Shootout	159-10	
4/10			Nebraska Invitational	149-9	
4/17			Kansas Relays	154-11	
4/23			Drake Relays	154-3	
5/1			Texas Tech Dual	165-7	
5/8			Nebraska Open	166-8	
5/16			Big 12 Championships	166-9	
5/28			NCAA West Regional	166-1	

Natalie Willer	Pole Vault	4/3	Jim Click Shootout	14-0
		4/17	Kansas Relays	13-1 1/2
		4/17	Kansas Relays (Invite)	14-1 1/4
		4/23	Drake Relays	13-5 1/4
		5/1	Texas Tech Dual	13-6 1/4
		5/8	Nebraska Open	14-0
		5/16	Big 12 Championships	13-11
		5/27	NCAA West Regional	13-9 1/4

Victoria Zimmerman	Hammer Throw	3/27	Stanford Invitational	168-6
		4/3	Jim Click Shootout	173-9
		4/9	Nebraska Invitational	170-9
		4/15	Kansas Relays	174-10
		4/24	GPAC Last Chance	184-10
		5/1	Texas Tech Dual	189-11
5/14	Big 12 Championships	175-0		
5/29	NCAA West Regional	184-8		

4x100 Relay				
Hansen, LaCour, Jorgensen, Erega	4/10	Nebraska Invitational	47.15	

McGruder, LaCour, Jorgensen, Erega	4/16	Kansas Relays	47.78p
	4/17	Kansas Relays	46.73

Hansen, LaCour, Jorgensen, Vierregger	5/16	Big 12 Championships	47.46
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4x400 Relay				
Bl. Dinsdale, Hamik, Br. Disdale, Miller	3/27	Stanford Invitational	3:57.59	

Vierregger, Jorgensen, Hansen, Ubel	4/16	Kansas Relays	3:58.00p
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Hansen, Ubel, Jorgensen, Vierregger	4/17	Kansas Relays	3:54.06
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Hansen, Ubel, Br. Dinsdale, Bl. Dinsdale	5/1	Texas Tech Dual	4:01.26
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Vierregger, Hamik, Br. Dinsdale, Ubel	5/16	Big 12 Championships	3:46.88
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4x800 Relay				
Miller, Bl. Dinsdale, Higgins, Br. Dinsdale	4/23	Drake Relays	8:43.11	

DMR				
Hamik, Bl. Dinsdale, Higgins, Pancoast	4/23	Drake Relays	11:42.09	

4x1,600 Relay				
Pancoast, Br. Dinsdale, Hamik, Webers	4/24	Drake Relays	19:41.97	

Key

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2010 Men's Individual Meet-by-Meet Breakdown

Athlete	Event	Date	Meet	Mark (Wind)
David Adams	1,500m 5,000m 3,000SC	5/1	Texas Tech Dual	4:00.71
		3/26	Stanford Invitational	14:06.38
		4/22	Drake Relays	9:03.77
		5/16	Big 12 Championships	8:55.74
		5/28	NCAA West Regional	8:59.68
Jesse Adams	5,000m	4/2	Concordia Open	15:38.98
		4/10	Nebraska Invitational	15:17.09
		4/24	GPAC Last Chance	15:37.97
		5/1	Texas Tech Dual	15:33.02
		5/7	Concordia Twilight	15:12.34
Rob Babcock	Pole Vault	5/8	Nebraska Open	15-2 3/4
Kendall Bacchus	100m	4/3	Jim Click Shootout	11.05 (-0.7)
		4/10	Nebraska Invitational	10.92 (+0.3)
		5/1	Texas Tech Dual	10.66 (+3.7)
		4/3	Jim Click Shootout	22.23 (+2.4)
	200m	4/16	Kansas Relays	21.96p (+2.3)
		5/1	Texas Tech Dual	21.49 (+3.1)
		5/8	Nebraska Open	22.09 (-0.4)
		Derrell Bradford	High Jump	4/10
		4/24	GPAC Last Chance	6-5
	Long Jump	5/8	Nebraska Open	6-2 3/4
		5/8	Nebraska Open	22-2 1/2 (+0.5)
Tommy Brinn	400m	4/10	Nebraska Invitational	48.50
		3/27	Stanford Invitational	1:51.85
	800m	4/3	Jim Click Shootout	1:49.53
		4/16	Mt. SAC Relays	1:51.56
		4/24	Drake Relays	1:49.84
		5/1	Texas Tech Dual	1:50.53
		5/8	Nebraska Open	1:51.21
		5/15	Big 12 Championships	1:50.38p
		5/16	Big 12 Championships	1:49.79
		5/27	NCAA West Regional	1:52.38p
		4/17	Beach Invitational	3:58.51
Chris Brown	Discus	4/3	Jim Click Shootout	144-3
		4/10	Nebraska Invitational	143-2
		5/8	Nebraska Open	146-8
Seth Burney	Pole Vault	4/16	Kansas Relays	16-11 1/2
		4/23	Drake Relays	16-4 3/4
		5/8	Nebraska Open	17-0 1/4
		5/15	Big 12 Championships	17-4 1/4
		5/28	NCAA West Regional	16-2 3/4
Bobby Carter	Long Jump	4/3	Jim Click Shootout	24-8 1/4 (0.0)
		4/10	UTEP Invitational	24-11 3/4 (+1.4)
		4/17	Kansas Relays	24-9 1/4 (+2.0)
		4/23	Penn Relays	24-6 1/4 (+2.1)
		5/1	Texas Tech Dual	25-0 1/2 (+3.6)
		5/15	Big 12 Championships	24-2 1/4 (+1.8)
	Triple Jump	5/27	NCAA West Regional	23-11 1/2 (+0.9)
		4/3	Jim Click Shootout	48-9 (0.0)
		4/10	UTEP Invitational	46-3 1/2 (+3.6)
		4/16	Kansas Relays	47-5 3/4 (+3.4)
		5/1	Texas Tech Dual	49-2 1/4 (+0.8)
Dan Christensen	200m	4/3	Jim Click Shootout	21.53 (+2.4)
		4/10	Nebraska Invitational	21.94 (+0.4)
		5/1	Texas Tech Dual	21.27 (+3.1)
	400m	5/28	NCAA West Regional	21.77 (+0.1)
		4/3	Jim Click Shootout	48.31
		5/1	Texas Tech Dual	47.67
		5/15	Big 12 Championships	48.91p
Matt Conahan	1,500m	4/10	Nebraska Invitational	4:10.10
		4/15	Kansas Relays	4:10.79

Kyle Custer	800m	4/10	Nebraska Invitational	1:55.81	
		3/26	Stanford Invitational	3:49.06	
	1,500m	4/16	Mt. SAC Relays	3:50.32	
		4/24	Drake Relays	3:48.30	
		4/3	Jim Click Shootout	8:37.57	
		4/3	Jim Click Shootout	9:23.66	
		4/17	Beach Invitational	9:11.04	
		5/1	Texas Tech Dual	9:40.97	
		5/16	Big 12 Championships	9:08.19	
		Adam Dailey	400m	4/10	Nebraska Invitational
		4/24	GPAC Last Chance	48.20	
	400h	4/3	Jim Click Shootout	51.43	
		4/10	Nebraska Invitational	51.27	
		4/24	GPAC Last Chance	52.33	
		5/1	Texas Tech Dual	51.55	
		5/8	Nebraska Open	51.06	
		5/15	Big 12 Championships	51.64p	
		5/16	Big 12 Championships	50.44	
		5/27	NCAA West Regional	52.06p	
		5/28	NCAA West Regional	50.90	
Dani Dapo	800m	4/3	Jim Click Shootout	1:53.65	
		4/15	Kansas Relays	1:54.47	
		4/24	GPAC Last Chance	1:56.26	
			5/1	Texas Tech Dual	1:54.87
			5/8	Nebraska Open	1:56.87
		1,500m	4/10	Nebraska Invitational	4:05.86
Dax Danns	100m	5/1	Texas Tech Dual	10.30 (+3.7)	
		5/8	Nebraska Open	10.61 (+0.5)	
		5/15	Big 12 Championships	10.35p (+1.4)	
		5/16	Big 12 Championships	10.39 (+1.4)	
		5/27	NCAA West Regional	10.57p (+1.0)	
	200m	5/28	NCAA West Regional	10.56 (-0.3)	
		5/1	Texas Tech Dual	20.97 (+3.1)	
		5/8	Nebraska Open	21.46 (-0.4)	
		5/15	Big 12 Championships	20.81p (+0.4)	
		5/16	Big 12 Championships	20.93 (+0.5)	
		5/28	NCAA West Regional	21.13p (0.0)	
		5/29	NCAA West Regional	21.29 (+1.5)	
Aaron Engel	400m	4/10	Nebraska Invitational	50.30	
		5/8	Nebraska Open	49.50	
Lehann Fourie	200m	3/20	Baldy Castillo	21.94 (0.0)	
		3/20	Baldy Castillo	13.80 (-0.1)	
	110h	4/10	Spec Towns Invite	13.67 (-1.0)	
		4/16	Kansas Relays	14.43p (+2.0)	
		4/17	Kansas Relays	13.68 (+2.6)	
		4/23	Penn Relays	13.83p (0.0)	
		4/24	Penn Relays	13.62 (-0.1)	
		5/1	Texas Tech Dual	13.41 (+2.5)	
		5/8	Nebraska Open	13.58 (-0.6)	
		5/15	Big 12 Championships	13.85p (+0.9)	
5/16	Big 12 Championships	13.44 (+0.9)			
5/28	NCAA West Regional	13.79p (-1.1)			
5/29	NCAA West Regional	13.60 (+2.0)			
	400h	4/10	Spec Towns Invite	52.42	
		5/1	Texas Tech Dual	51.55	
		5/15	Big 12 Championships	52.13p	
		5/16	Big 12 Championships	51.97	
Luke Franssen	Pole Vault	5/8	Nebraska Open	16-2 1/2	
		5/15	Big 12 Championships	15-8 1/2	
Matt Giesselmann	Hammer Throw	3/27	Stanford Invitational	167-1	
		4/3	Jim Click Shootout	169-9	
		4/9	Nebraska Invitational	170-8	
		4/15	Kansas Relays	170-11	
		4/24	GPAC Last Chance	182-10	
		5/1	Texas Tech Dual	175-4	
		5/8	Nebraska Open	177-1	
		5/14	Big 12 Championships	179-2	

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2010 Men's Individual Meet-by-Meet Breakdown

Brett Gooden	800m	4/2	Concordia Open	1:59.12
		4/10	Nebraska Invitational	1:59.67
		4/15	Kansas Relays	1:56.90
		4/24	GPAC Last Chance	1:58.63
		5/8	Nebraska Open	1:57.06
Nicholas Gordon	Long Jump	4/10	UTEP Invitational	24-11 3/4 (+1.7)
		4/23	Penn Relays	25-0 3/4 (+2.3)
		5/1	Texas Tech Dual	25-6 (+3.1)
		5/15	Big 12 Championships	25-7 1/2 (0.0)
		5/27	NCAA West Regional	26-0 (+0.6)
	Triple Jump	4/10	UTEP Invitational	49-10 1/2 (+3.1)
		4/16	Kansas Relays	49-11 (+2.6)
		5/1	Texas Tech Dual	52-1 1/4 (+1.8)
		5/16	Big 12 Championships	50-8 3/4 (0.0)
5/29	NCAA West Regional	50-4 1/2 (+0.4)		
Brett Grieb	800m	4/2	Concordia Open	2:04.28
		4/24	GPAC Last Chance	2:02.74
	1,500m	4/2	Concordia Open	4:14.84
		4/10	Nebraska Invitational	4:08.17
		4/15	Kansas Relays	4:11.12
		4/24	GPAC Last Chance	4:09.93
5/8		Nebraska Open	4:17.67	
Todd Gulizia	1,500m	4/10	Nebraska Invitational	4:01.47
	3,000m	4/3	Jim Click Shootout	8:41.61
	5,000m	4/15	Kansas Relays	14:47.14
		5/1	Texas Tech Dual	15:21.21
	10,000m	4/22	Drake Relays	31:39.24
Sam Haase	High Jump	4/3	Jim Click Shootout	6-10 3/4
		4/24	Drake Relays	6-6 3/4
		5/1	Texas Tech Dual	6-8
		5/8	Nebraska Open	6-8 3/4
		5/16	Big 12 Championships	6-6 3/4
		5/28	NCAA West Regional	6-9
Paul Hamilton	High Jump	4/3	Jim Click Shootout	7-2 1/2
		4/10	Spec Towns Invite	7-0 1/2
		4/17	Mt. SAC Relays	7-0 1/2
		5/1	Texas Tech Dual	7-0 1/4
		5/8	Nebraska Open	7-1
		5/16	Big 12 Championships	7-1 3/4
		5/28	NCAA West Regional	7-1
		Tyler Hitchler	Shot Put	3/26
4/3	Jim Click Shootout			55-4 1/4
4/10	Nebraska Invitational			56-4 3/4
4/16	Kansas Relays			54-8 3/4
5/1	Texas Tech Dual			55-4 1/4
5/8	Nebraska Open			53-3
5/15	Big 12 Championships			54-7 1/4
5/27	NCAA West Regional			54-5 1/2
Discus	3/27		Stanford Invitational	176-2
	4/3		Jim Click Shootout	176-1
	4/10		Nebraska Invitational	174-3
	4/17		Kansas Relays	171-0
	5/1		Texas Tech Dual	185-0
	5/8		Nebraska Open	177-5
5/29	NCAA West Regional	180-0		
Lukas Hulett	200m	4/3	Jim Click Shootout	21.17 (+2.4)
		4/10	Nebraska Invitational	21.64 (+0.4)
		5/28	NCAA West Regional	21.18p (+0.2)
	400m	5/29	NCAA West Regional	21.22 (+2.5)
		4/3	Jim Click Shootout	47.15
		5/1	Texas Tech Dual	46.90
5/15	Big 12 Championships	47.15p		
Cole Ingram	Hammer Throw	4/2	Concordia Open	134-11
		5/8	Nebraska Open	147-11
Trey Jordan	Shot Put	4/3	Jim Click Shootout	55-5
		4/10	Nebraska Invitational	57-2
		4/23	Drake Relays	52-0
		5/1	Texas Tech Dual	57-6 1/4
		5/15	Big 12 Championships	58-5 3/4
		5/27	NCAA West Regional	57-9 3/4
		5/29	NCAA West Regional	57-9 3/4
	Discus	5/1	Texas Tech Dual	153-1

Jon Love	400h	4/10	Nebraska Invitational	54.86	
		4/16	Kansas Relays	54.74p	
		4/24	GPAC Last Chance	54.29	
		5/8	Nebraska Open	53.92	
Ethan Luebbe	800m	3/27	Stanford Invitational	1:52.62	
		4/10	Nebraska Invitational	1:58.71	
		5/8	Nebraska Open	1:52.04	
	1,500m	4/3	Jim Click Shootout	3:56.07	
		5/1	Texas Tech Dual	4:11.76	
Eric Lund	110h	3/20	Baldy Castillo	14.34 (-0.1)	
		4/3	Jim Click Shootout	14.37 (-0.6)	
		4/10	Nebraska Invitational	14.49 (+1.0)	
		4/16	Kansas Relays	14.50p (+2.0)	
		5/1	Texas Tech Dual	14.14 (+2.5)	
		5/8	Nebraska Open	14.34 (-0.6)	
		5/15	Big 12 Championships	14.44p (+0.9)	
		3/20	Baldy Castillo	52.24	
		4/3	Jim Click Shootout	51.58	
		4/10	Nebraska Invitational	51.47	
		4/16	Kansas Relays	53.39p	
		4/17	Kansas Relays	51.24	
		4/23	Penn Relays	52.15	
		5/1	Texas Tech Dual	51.16	
5/8	Nebraska Open	51.04			
5/15	Big 12 Championships	51.72p			
5/16	Big 12 Championships	51.34			
5/27	NCAA West Regional	51.05p			
5/28	NCAA West Regional	51.73			
Nick Makukutu	400h	4/10	Nebraska Invitational	54.74	
		4/24	Drake Relays	54.24	
		5/8	Nebraska Open	52.54	
Adam Mitteis	800m	4/10	Nebraska Invitational	1:59.03	
		4/2	Concordia Open	4:12.36	
	1,500m	4/15	Kansas Relays	4:06.67	
		4/24	GPAC Last Chance	4:08.56	
		5/8	Nebraska Open	4:08.31	
Chris Nuttelman	Triple Jump	4/16	Kansas Relays	45-3 3/4 (+1.3)	
Anthony Oberle	1,500m	4/10	Nebraska Invitational	4:07.92	
		3,000m	4/3	Jim Click Shootout	8:47.62
		5,000m	4/15	Kansas Relays	15:17.46
		10,000m	4/22	Drake Relays	31:53.63
Eric Petersen	Hammer Throw	3/27	Stanford Invitational	186-1	
		4/3	Jim Click Shootout	195-7	
		4/9	Nebraska Invitational	198-7	
		4/16	Mt. SAC Relays	199-1	
		4/24	Drake Relays	190-8	
		5/1	Texas Tech Dual	189-1	
		5/8	Nebraska Open	181-8	
		5/14	Big 12 Championships	193-4	
5/28	NCAA West Regional	192-10			
Ryan Petrocchi	Javelin	4/3	Jim Click Shootout	191-9	
		4/10	Nebraska Invitational	186-8	
		4/16	Kansas Relays	198-11	
		4/23	Drake Relays	188-0	
		5/1	Texas Tech Dual	197-10	
		5/8	Nebraska Open	202-4	
		5/14	Big 12 Championships	204-7	
5/27	NCAA West Regional	195-0			
Chris Phipps	Long Jump	4/3	Jim Click Shootout	25-4 3/4 (+0.4)	
		4/10	UTEP Invitational	25-3 1/2 (+3.3)	
		4/17	Kansas Relays	23-9 1/2 (-1.4)	
		5/1	Texas Tech Dual	24-1 1/2 (+3.8)	
		5/15	Big 12 Championships	24-1 3/4 (+1.8)	
	Triple Jump	5/27	NCAA West Regional	26-3 1/2 (+0.5)	
		4/10	UTEP Invitational	50-8 (+1.8)	
		4/16	Kansas Relays	51-5 3/4 (+2.0)	
		5/1	Texas Tech Dual	50-7 1/4 (+1.6)	
		5/16	Big 12 Championships	52-6 (0.0)	
5/29	NCAA West Regional	51-8 1/4 (+0.2)			

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2010 Men's Individual Meet-by-Meet Breakdown

Scott Wims	100m	4/3	Jim Click Shootout	10.70 (-0.7)
		4/10	Nebraska Invitational	10.83 (+0.8)
		5/8	Nebraska Open	10.70 (+0.5)
	200m	5/15	Big 12 Championships	10.80p (+1.4)
		4/3	Jim Click Shootout	21.21 (+2.4)
		4/10	Nebraska Invitational	21.75 (+0.4)
		4/16	Kansas Relays	21.90p (+2.2)
		4/17	Kansas Relays	21.93 (+0.8)
		5/8	Nebraska Open	21.54 (-0.4)
5/15	Big 12 Championships	21.77p (+1.0)		
5/28	NCAA West Regional	21.32p (+1.5)		

Adam Wolkins	Javelin	3/26	Stanford Invitational	223-4
		4/3	Jim Click Shootout	222-10
		4/10	Nebraska Invitational	220-8
		4/16	Kansas Relays	230-10
		4/23	Drake Relays	219-0
		5/1	Texas Tech Dual	222-5
		5/8	Nebraska Open	233-9
		5/14	Big 12 Championships	240-6
		5/27	NCAA West Regional	225-8

4x100 Relay

Wims, Bacchus, Christensen, Hulett	4/10	Nebraska Invitational	40.34
Wims, Bacchus, Hulett, Christensen	4/16	Kansas Relays	41.03p
Wims, Hulett, Christensen, Danns	4/17	Kansas Relays	40.58
	4/23	Penn Relays	40.70p
	5/16	Big 12 Championships	40.31
	5/29	NCAA West Regional	39.84
Danns, Hulett, Ross, Fourie	5/1	Texas Tech Dual	40.64
Wims, Hulett, Bacchus, Danns	5/8	Nebraska Open	41.18

4x400 Relay

Brinn, Dailey, Lund, Simmons	4/3	Jim Click Shootout	3:12.17
Christensen, Simmons, Danns, Hulett	4/17	Kansas Relays	3:10.88
Christensen, Rewaka, Danns, Hulett	4/23	Penn Relays	3:12.16p
Dailey, Fourie, Lund, Brinn	5/1	Texas Tech Dual	3:08.40
Dailey, Brinn, Simmons, Hulett	5/16	Big 12 Championships	3:08.36
Dailey, Simmons, Brinn, Hulett	5/29	NCAA West Regional	3:06.61

4x1,600 Relay

Custer, Adams, Brinn, Luebbe	4/23	Drake Relays	17:19.14
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4x110 Shuttle Hurdle Relay

Lund, Walford, Fourie, Ross	4/23	Penn Relays	56.53
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