



SOUTHEAST MISSOURI TRACK & FIELD



#LETSSOAR



SOUTHEAST MISSOURI REDHAWKS
2021-22 TRACK & FIELD MEDIA GUIDE



**DO
YOU
HAVE
THE
WILL
TO**

serve all
community
members?



**SOUTHEAST MISSOURI
STATE UNIVERSITY • 1873**



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Credits

The 2021-22 Southeast Missouri Track & Field Media Guide was written, edited and designed by Assistant Strategic Communications Director Eric Mueller and Graduate Assistant Chandler Collins. Additional assistance by Jeff Honza, Sawyer Becherer and Veda Barnett of Moll Printing. Photography by Marc Mahnke, Charlie Balcom, Josh Russell, Michael Wade of Wade Event Photography, Patrick Clark of Athlete's Eye Photography, Karen McNaught, Tom Skelly, Nick South, Kate Marshall, Brendan Maloney, Illinois State Athletics, Chris Auckley, Eric Mueller, Morgan Harding and Southeast Missouri Athletics.



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MEDIA INFORMATION



MEDIA INFORMATION

COVER THE REDHAWKS

The 2021-22 Southeast Missouri track & field media guide is a source of information for the news media covering the Redhawks. News releases, clips, video footage, photographs and other information will also be available to accredited members of the media upon request.

Strategic Communications

The Southeast Missouri Strategic Communications Office is always willing to assist the media with their coverage of Redhawk track & field. All media and credential requests should be made to Assistant Strategic Communications Director Eric Mueller. Should you need any information, feel free to call any time, day or night. Mueller can be reached at (573) 651-2294 (work) or (630) 267-5145 (mobile).

In-Season Interview Policy

All of Southeast Missouri's cross country and track & field student-athletes and coaches will be available to the media throughout the 2022 season. Interviews should be arranged through the Southeast Missouri Strategic Communications Office. Interviews with student-athletes and coaches will be conducted either by phone or in-person after practice. Please let the Strategic Communications Office know at least 24 hours in advance so interview arrangements can be made.

Credentials

Credentials are required for entrance to Abe Stuber Track Complex and SEMO Rec Center (for photographers). To request season or single-game credentials, please contact Assistant Strategic Communications Director Eric Mueller in the Southeast Missouri Strategic Communications Office by phone at (573) 651-2294 or email at ejmueller@semo.edu. Credentials can be picked up at the Abe Stuber

Track Complex and SEMO Rec Center or prior to the competition day at the Southeast Athletic Administration building.

Southeast Missouri follows the guidelines set forth by the NCAA governing the issuance of credentials. Press Row credentials will be issued to accredited sports writers of daily and weekly newspapers. Photo credentials will be issued to accredited members of the photo media working for newspapers and television stations.

All credential requests should come from sports editors, directors or anchors. Spouses, dates and minors will not be permitted on Press Row at Abe Stuber Track Complex and SEMO Rec Center. Any unauthorized use of credentials will result in revocation of credentials issued by Southeast Missouri State University and credential requests will not be honored for future SEMO athletic events.

Post Meet Interviews

The Southeast Missouri Strategic Communications staff will make student-athletes available to the media at the conclusion of each competition. Post meet interviews will be held in the competition area at Abe Stuber Track Complex and SEMO Rec Center. Please contact Eric Mueller with any interview requests.

Photographers

Please observe NCAA regulations and shoot from the designated areas assigned at the Abe Stuber Track Complex or the SEMO Rec

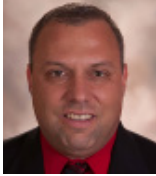
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MEDIA INFORMATION



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Redhawks on ESPN+

The Ohio Valley Conference and ESPN have a media rights agreement, which includes a minimum of 600 conference events on ESPN+, the multi-sport, direct-to-consumer subscription streaming service from The Walt Disney Company Direct-to-Consumer & International segment and ESPN. Select Southeast Missouri baseball games air live on ESPN+. ESPN+ offers fans thousands of additional live events, on-demand content and original programming not available on ESPN's linear TV or digital networks. ESPN+ is an integrated part of the completely redesigned ESPN App. Already the leading sports app, the new ESPN App is the premier all-in-one digital sports platform for fans across mobile and TV-connected devices. ESPN+ is also available through ESPN.com.

SOCIAL MEDIA

Twitter

@SEMOTrack
@SEMORedhawks

Facebook

@SEMOTrack
@SEMORedhawks

Instagram

@SEMORedhawks
@SEMODistance | @SEMO_throwzz
@SEMOsprint



Center. Photographers must display their credentials at all times. Photographers must display their credentials at all times. Flash photography is strictly prohibited inside the SEMO Rec Center

Press Box Decorum

Any cheering or outward expression is strictly prohibited on Houck Field House Press Row at all times.

Meet Results

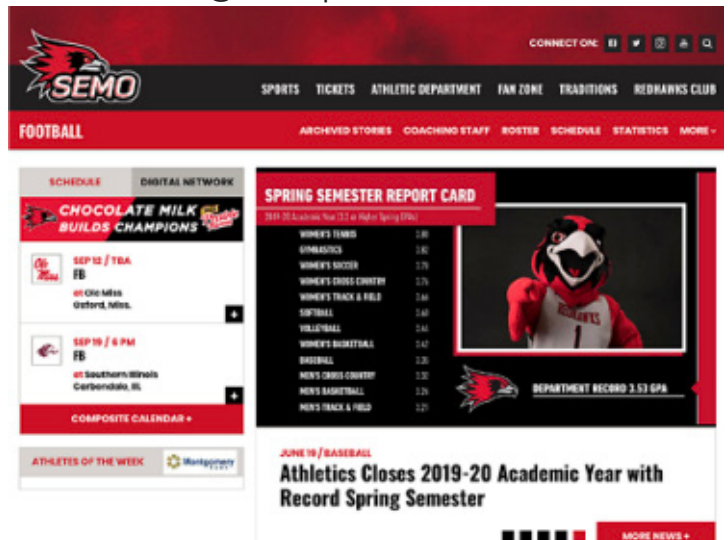
Results will be available immediately following each meet. Statistics and other information will also be available to help with your coverage of Redhawks Track & Field and Cross Country.

Redhawks on the Internet

Southeast Missouri's Official Athletics website can be found at the following address:

SEMORedhawks.com

The website is updated daily and information on all 15 sports is available. Complete schedule, results, coaches and player bios, and conference information can be accessed. If you would like to be added to the Redhawk track & field email list to receive breaking news about the team, please email Eric Mueller.



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REDHAWKS & UNDER ARMOUR



UNDER ARMOUR

OFFICIAL OUTFITTER OF SEMO ATHLETICS

Southeast Missouri and Under Armour, Inc. (NYSE: UA, UAA) announced a partnership agreement. The Baltimore-based global leader in performance footwear, apparel and equipment became the official outfitter of Southeast Missouri Athletics on July 1, 2018.

As part of the multi-year agreement, Under Armour provides on-field and training gear for 15 sports. Additionally, Under Armour outfits members of the athletic department including coaches and staff.

"We are extremely excited about our partnership with Under Armour and BSN SPORTS to outfit our student-athletes and coaches with the highest quality apparel in the market," said Director of Athletics Brady Barke. "Having two of the industry leaders in athletic apparel associated with us expands the

resources available to each of our teams and significantly benefit our student-athletes."

The new official outfitter agreement includes marketing entitlement that complements Under Armour's brand marketing campaigns through print and venue presence at the University.

Southeast Missouri's athletic programs include football, men's basketball, women's basketball, baseball, men's cross country, women's cross country, softball, women's tennis, volleyball, women's soccer, men's outdoor track & field, men's indoor track & field, women's outdoor track & field, women's indoor track & field and women's gymnastics.

The Redhawks compete at the NCAA Division I level and are part of the NCAA Football Championship Subdivision (formerly I-AA). Southeast first became a member of the Ohio Valley Conference when it moved

to NCAA Division I in 1991-92. The Redhawks have won 57 OVC regular-season championships and 20 OVC tournament titles during their first 29 years in the league. Southeast also won seven Women's All-Sports trophies in that span.

Southeast Missouri joined the growing Under Armour roster of NCAA partners that includes the University of California, Los Angeles, University of California, Berkeley, University of Wisconsin, University of Notre Dame, Naval Academy Athletic Association, University of Maryland, Texas Tech University, Northwestern University, University of Cincinnati, Boston College, University of Utah, University of South Carolina and Auburn University.

About Under Armour

Under Armour, Inc., headquartered in Baltimore, Maryland is a leading innovator, marketer and distributor of branded performance athletic apparel, footwear and accessories. Designed to make all athletes better, the brand's innovative products are sold worldwide to consumers with active lifestyles. The company's Connected Fitness™ platform powers the world's largest digitally connected health and fitness community.

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2021 OVC OUTDOOR CHAMPIONS



Southeast Missouri women's track & field captured the 2021 Ohio Valley Conference Outdoor Track & Field Championship May 15, 2021 at O'Brien Field in Charleston, Illinois, with 148 total points. The SEMO men finished second overall with 172 points behind host Eastern Illinois who totaled 197.5.

The outdoor Championship was the 10th in program history for the SEMO women and the first title since 2014.

Kaitlyn Shea was named the OVC Women's Track Athlete of the Year and Donald Hatfield Jackson was awarded OVC Men's Athlete of the Championship at the conclusion of the meet.

Head coach Eric Crumpecker was tabbed the OVC Women's Coach of the Year. It marked his first career honor on the women's outdoor side and the ninth OVC Women's Coach of the Year for

SEMO.

The SEMO women won four Gold medals in the final day of the Championship.

Carli Knott successfully defended her 1,500 meters Championship, taking Gold Saturday in 4:27.07. Knott had previously also won the event at the 2019 OVC Championship in Cape Girardeau.

Shea finished third for Bronze with a time of 4:33.11. Brianna Payton tallied a finish of 4:52.39 (10th) and Taylor Fox followed in 5:11.01 (12th).

Shea then won Gold in the 5,000 meters, her second of the 2021 Championship and third medal of the weekend. Shea captured first in the second of two heats in 17:00.60 and crossed the finish line 19 seconds ahead of Eastern Kentucky's Jeanne Charat Reix, the 2021 OVC Silver Medalist.

Knott won the opening heat in

17:37.32 for fourth overall in the race. Shea and Knott's finishes in the 5,000 meters solidified the Championship with a 15-point SEMO swing in the event.

Katie Wegmann and Knott combined for a top-two finish in the 800 meters. Wegmann and Knott secured Gold and Silver, respectively, making their decisive moves in the final 100 meters of the race. Wegmann won the event in 2:12.38 and Knott followed in 2:12.48 for her second medal of the day. Wegmann is the first SEMO runner to win the 800 meters Championship since Brooke Woodruff in 2004.

Claire Morrill was clocked at 2:14.17 for sixth as three Redhawks scored in the 800 meters.

Kendall Long took first in the 400-meter hurdles in 1:00.98 for Gold. Long is the first SEMO athlete to win the OVC 400-meter hurdles Championship since Miya Dorsey in 2017.

Serena Williams finished third overall in the triple jump to garner Bronze. Ciara Potter also scored for the Redhawks with a mark of 36-11 (11.25m, seventh).

Jaden Kight secured Bronze in the javelin. The Whitewater, Missouri native, registered a personal-best throw of 136-9 (41.68m) in her fourth attempt for third overall in the field event.

Nicole Humphreys tallied a personal-best shot put mark of 44-3.25 (13.49m) for fifth overall.

Kristen Carter crossed the finish of the women's 100-meter hurdles in 14.50 (seventh) to score for the Redhawks.

Serena Williams posted a time of 12.10 (eighth) in the 100 meters to add to the SEMO women's total.



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

ABE STUBER TRACK COMPLEX



ABE STUBER TRACK COMPLEX

HOME OF THE REDHAWKS

Abe Stuber Track Complex is the home location for meets held at Southeast Missouri during the outdoor season. Considered one of the finest track facilities in the Midwest, it has been the host of the Ohio Valley Conference Outdoor Track & Field Championships seven times and three NCAA Division II Championships. The facility is also home to the Joey Haines Invitational which is held during the first weekend of April every year.

Dedicated in the spring of 1980 and named after the late Abe Stuber - who coached the Southeast track squads from 1932-46 - the facility includes a press box and spectator seating for up to 2,000.

Recently, an \$800,000 update took place as all track and field runways were resurfaced,

jumping areas were renovated and new fencing was added to the complex. Previous updates included a brand new hammer cage added in March, 2012 and an office/weight room adjacent to the track in 2002.

The 2,000-square foot building houses a weight room, coaches offices, restrooms and storage. The weight room is equipped with seven multipower racks and lifting platforms, containing nearly 5,000 pounds of free weights, 3,000 pounds of dumbbells and numerous weight training machines.

The Abe Stuber Track Complex is located on the north edge of campus off Sprigg Street and within walking distance to the University.







2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

SEMO REC CENTER



Southeast Missouri's North Student Rec Center is the home for the Redhawk's indoor track meets. All events are held in the east gym of the facility.

The Student Recreation Center is the headquarters of the Recreation Services Department and is the primary facility for recreation activity.

The indoor track is a four lane, 170 meter running/walking track (9 laps per mile). A work out "pit" is the main attraction of the building, containing 4252 square feet of free weight, plate loaded and cable system equipment.

The facility also contains multiple levels of cardio machines, with one overlooking the track and basketball courts in the east gymnasium. The east gym also features a rock climbing wall, raquetball courts and secluded dumbell room.

The facility contains five

basketball courts in total and plays host to both men's and women's basketball practices throughout the year.







2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

ACADEMIC EXCELLENCE



ACADEMIC EXCELLENCE

ALWAYS A STUDENT FIRST

The Holcomb Success Center offers Southeast Missouri student-athletes a place to study and develop as students and campus leaders.

It is located in the Student Recreation Center, just south of Houck Field. The Holcomb Success Center offers a computer lab with 18 work terminals, study areas and rooms for group meetings. The facility houses the Southeast Academic Services staff and main weight room for Redhawk student-athletes.

The beautiful facility has enhanced the outstanding work in the classroom already enjoyed by SEMO student-athletes.

Athletics achieved a 3.23 departmental GPA for the 2020-21 academic year. A total of 67 student-athletes graduated and 14 of SEMO's 15 sports finished with a team GPA of 3.0 or higher. There were 146 student-athletes on the President's List, including

78 in the fall and 68 in the spring. Additionally, 122 student-athletes made the Dean's List in the fall and 105 student-athletes earned that distinction during the spring.

Women's soccer (3.80) had the Department of Athletics' highest GPA in the fall and women's tennis (3.82) boasted the department's highest GPA in the spring. Women's soccer led the Department of Athletics with a 3.79 cumulative GPA during the 2020-21 academic year.

Maja Lundell (women's tennis) was one of five undergraduate students to receive the 2020-21 President's Spirit of Southeast Award. Lundell (4.0 GPA) was also the recipient of the Trombetta Award which is given to a graduating female student-athlete with the highest GPA for her career.

Morgan McCourt (women's soccer) received the Department of Economics' Outstanding

Overall Student Award from the Southeast Missouri State University Harrison College of Business.

Kate Daus (women's soccer) was awarded the Southeast Missouri State University Department of Communication Studies Public Advocacy Award and Trevor Falco (cross country/track & field, 3.80 GPA) received the Jewel Award. The Jewel Award is given each year to a male senior athlete with the highest GPA for his career.

Tutors are available for all student-athletes as needed. In addition, both attendance and academic progress is monitored through regular checks with faculty.

A special course is required for all first time student-athletes at SEMO. The course, which offers three credit hours, is part of a comprehensive program developed to address study skills

and life skills topics, and thus, enhance retention and academic success for student-athletes.

Entering student-athletes are evaluated for academic preparedness and assigned to appropriate categories. Student-athletes can also receive individualized academic programs which include meeting with a mentor bi-weekly to discuss academic progress.

The Holcomb Success Center staff works to get athletes involved in campus and community projects, as well. This is done to provide a support structure and greater opportunity for academic success. Through the NCAA's CHAMPS/Life Skills Program, the Holcomb Success Center gives student-athletes personal and professional skills in order to facilitate successful and productive futures.



SOCIAL DEVELOPMENT

ALWAYS GIVING BACK & SERVING THE COMMUNITY

Student-athletes and coaches at Southeast Missouri are dedicated to giving back to the community that so generously supports them.

Redhawk student-athletes have opportunities to participate in a variety of community service activities each year. Community involvement helps provide a support structure and greater opportunity for academic success.

We are proud of the level of commitment shown by our student-athletes and always encourage them to participate in community service projects here at SEMO.

SEMO student-athletes also have the opportunity to participate in the Redhawks BRIDGE Program. The mission of the Redhawks BRIDGE Program is to develop a comprehensive student-athlete development program by Building Responsible

Individuals and Delivering Gainful Experiences. This program provides student-athletes with both leadership and life skills experiences through interactive programming that will prepare them to be successful in life after athletics. The leadership programming will teach student-athletes about SEMO's culture and allow them to learn, develop, and apply leadership skills. The life skills programming provides educational programs designed to assist studentathletes in identifying and applying transferable skills and experiences to prepare them to succeed outside of the athletic arena.





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

SPORTS PERFORMANCE



SPORTS PERFORMANCE

STRENGTH & CONDITIONING

Southeast Missouri's Sports Performance program is committed to developing the total student-athlete through their experiences within a competitive training environment.

SEMO's main weight room is located in the Holcomb Success Center.

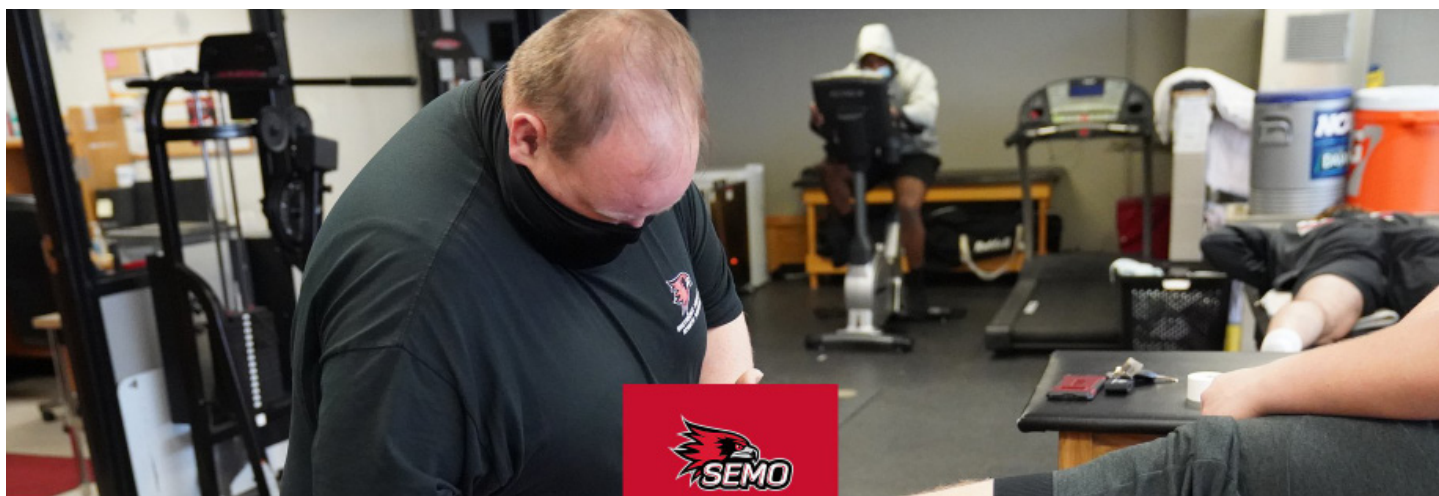
In 2019, a nutrition center was added to the facility which provides adequate space for teams to have meals. Student-athletes can visit the nutrition center for breakfast and other snacks daily to enhance their nutritional needs. The nutrition center is always equipped with

plenty of water, gatorade and milk (provided by Prairie Farms) so student-athletes can stay properly hydrated.

Prior to that, the Holcomb Success Center Weight Room received a major overhaul in January, 2016.

Indoor turf, weights, equipment and lifting platforms were added as part of the renovation, which cost \$500,000. The facility now has more space and equipment to handle SEMO's larger teams or multiple teams training at the same time. Branding and new lighting were also included in the overall project.





SPORTS MEDICINE

PROVIDING THE BEST CARE POSSIBLE

Southeast Missouri's sports medicine staff strives to provide the best care possible for its student-athletes.

On Aug. 14, 2019, SEMO and SoutheastHEALTH entered a collaborative partnership in which SoutheastHEALTH will serve as comprehensive providers of orthopedic and sports medicine services for the University's NCAA Division I athletics program, its intramural and club sport participants and for the University's performing arts students.

Under the agreement, SoutheastHEALTH orthopedic and sports medicine physicians provide orthopedic, primary medical care, athletic training and physical therapy services, and invest in the University by providing diagnostic equipment and athletic training supplies, as well as scholarships for students.

SoutheastHEALTH orthopedists Dr. Anthony McPherron, Dr. Matthew Baker and Dr. Charity Jacobs, and SoutheastHEALTH sports medicine physician Andrew Lawrence serve as the official team physicians of SEMO.

The sports medicine staff begins treatments and rehabilitation starting as early as 6 a.m., and is available until the last student-athlete is through.

There are currently four sports medicine facilities on campus. The staff treats out of the Rosengarten Athletic Complex, where the primary training room is located. There are two other satellite athletic training rooms, including one at Houck Field House and one at the Show Me Center.





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

REDHAWKS TRACK & FIELD

General Information

SchoolSoutheast Missouri State
Location.....Cape Girardeau, Mo.
Founded.....1873
Enrollment.....11,502
Nickname.....Redhawks
Colors.....Red & Black
Affiliation.....NCAA Division I (FCS)
Conference.....Ohio Valley
President.....Dr. Carlos Vargas
Director of Athletics.....Brady Barke

Facility Information

Home Facility.....Abe Stuber Track Complex
.....SEMO Rec Center





Southeast Missouri's vision of winning the Ohio Valley Conference Commissioner's Cup became a reality when the Redhawks claimed the league's ultimate symbol of overall athletic excellence in Conference-sponsored championships for the first time in school history.

In 2018, SEMO developed a comprehensive strategic plan designed to guide the athletics department into the future which included the following objective as it relates to competition.

"Win the OVC Commissioner's Cup within the next five years and compete annually thereafter."

Mission accomplished.

In 2020-21, SEMO accumulated a total of 119 points, 7.5 points ahead of second-place Belmont (111.5). While competing in the middle of a COVID-19 pandemic, the Redhawks celebrated a dominating spring season bolstered by first-place finishes in

women's tennis, women's track & field, softball and baseball, and a second-place finish in men's track & field. The Redhawks also posted third-place finishes in women's basketball, soccer and volleyball.

"This is truly a team effort. Winning the Commissioner's Cup takes everyone. From the University administration, to the coaches and staff, to the student-athletes, to our supporters. We couldn't have achieved this level of success without all of these groups buying into our vision," said SEMO Director of Athletics Brady Barke.

The Redhawks storybook season came a year after they were on track to win the OVC Commissioner's Cup. In 2019-20, SEMO was in first place following the winter championships before the remainder of the year was canceled and the honor was not awarded due to COVID.

"Not having the opportunity to finish what we started in 2019-20,

makes this year's achievement extra special," added Barke. "We felt we were poised to win the Commissioner's Cup a year ago, so it was great to be able to carry that momentum into the 2020-21 academic year and achieve our goal."

Prior to 2020-21, SEMO finished no higher than third in the OVC Commissioner's Cup standings. Jacksonville State (110.5), Murray State (109.5), Austin Peay (95.0), Morehead State (92.5), UT Martin (88.5), Eastern Kentucky (86.5), Tennessee Tech (80.0), Eastern Illinois (79.5), SIU Edwardsville (75.0) and Tennessee State (33.0) completed this year's scoring.

Since the start of the 2019 calendar year, the Redhawks have won 11 conference championships, most in the OVC. Five of those titles came during this spring alone. SEMO completed its unprecedented 2020-21 campaign with a 93-42-1 (.688) record in conference regular-season play

for its highest OVC regular-season winning percentage in school history. The Redhawks were the only OVC school that qualified for every conference championship event this season. Additionally, SEMO became the first school in OVC history to win a regular-season championship in baseball, softball and women's tennis in the same year.



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

PRESIDENT DR. CARLOS VARGAS



DR. CARLOS VARGAS

SOUTHEAST MISSOURI STATE PRESIDENT

Dr. Carlos Vargas became the 18th president of Southeast Missouri State University July 1, 2015, after having served as acting president at Kutztown University of Pennsylvania.

Since becoming president, Dr. Vargas has launched initiatives to marshal the resources, leverage opportunities and address a variety of challenges and needs of Southeast Missouri State University. He has set as primary goals for the institution the support for student persistence and retention.

He has encouraged and supported the identification and development of innovative academic programs, including bachelor's degrees in Unmanned Aircraft Systems, Geographic Information Science, and industrial and systems engineering. He has continued to support the globalization of

the campus through expansion of study-abroad experiences, extensive engagement of international students, and encouragement of students on campus and abroad to explore cultural interaction. He has championed the work of the President's Task Force on Diversity Education and continued emphasizing the expectations for enhancement of the teacher-scholar model. Under President Vargas' leadership, regional partnerships and collaborations have been solidified, including several joint initiatives with Three Rivers, Mineral Area and other community colleges.

Prior to assuming the presidency at Southeast, Dr. Vargas served one year as acting president of Kutztown University, where he also served as the provost and vice president for academic and student affairs.

Prior to his tenure at Kutztown,

Dr. Vargas was at Central State University in Wilberforce, Ohio, where he served as provost and vice president for academic affairs. He previously served in several roles at Kent State University (Ohio) for a total of 18 years, including founding director of the program on electron beam technology. He was also Kent's associate dean for research, interim assistant dean for research and interim assistant dean for the School of Technology. He started his tenure at Kent State in 1985 as a professor, and continued to teach until his departure from the

university in 2003.

Dr. Vargas began his career in higher education at the National Autonomous University of Mexico (UNAM), from which he received a Bachelor of Science in physics.

He earned his Ph.D. in physics and aerospace science from the University of Michigan and he has Master of Science degrees from Michigan in both physics and aerospace science. He is married to Pam Vargas, who currently serves as director of Research and Grant Development at Southeast, and they have a son, a daughter, and two granddaughters.



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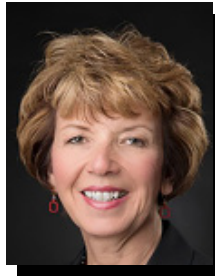
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PRESIDENT DR. CARLOS VARGAS



Southeast Missouri State Board of Regents



Edward P. Gargas
President



Tina L. Klocke
Vice President



Phillip M. Britt



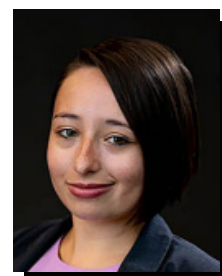
Lloyd F. Smith



James P. Limbaugh



Vivek Malik



Lauren Kohn
Student Representative





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

DIRECTOR OF ATHLETICS BRADY BARKE



Southeast Missouri Athletics has reached unprecedented success under the leadership of Brady Barke.

In 2020-21, SEMO claimed its first-ever Ohio Valley Conference Commissioner's Cup, the league's ultimate symbol of overall athletic excellence in Conference-sponsored championships.

While competing in the middle of a COVID-19 pandemic, the Redhawks won five OVC titles and one national championship. Women's tennis (regular-season), softball (regular-season), women's outdoor track & field and baseball (regular-season and tournament) all celebrated OVC championships, and gymnastics won the 2021 USA Gymnastics Women's Collegiate National Championship.

All that success came after the Redhawks were on track to win the OVC Commissioner's Cup the previous year. In 2019-20, SEMO was in first place following the winter championships before

the remainder of the year was canceled and the honor was not awarded due to COVID.

Since the start of the 2019 calendar year, the Redhawks have won a total of 11 conference championships, most in the OVC. SEMO completed its remarkable 2020-21 campaign with a 93-42-1 (.688) record in conference regular-season play for its highest OVC regular-season winning percentage in school history. The Redhawks were also the only OVC school that qualified for every conference championship event in 2020-21, the best season in SEMO's NCAA Division I history.

Barke looks forward to keeping the momentum going as he begins his sixth year as SEMO's Director of Athletics.

Barke served as the Interim Director of Athletics since July, 2015, before being named to the permanent position of Director of Athletics on June 7, 2016.

He has built a culture that thrives on academics just as much as it does on competitive success.

Academically, SEMO's athletic teams are strong year-in and year-out.

Athletics achieved a 3.23 departmental GPA for the 2020-21 academic year. Fourteen of SEMO's 15 sports finished with a team GPA of 3.0 or higher.

Before that, student-athletes overcame an enormous amount of adversity and disruption brought on by a global COVID-19 pandemic to close out the 2019-20 academic year with a Department of Athletics record 3.53 spring grade point average.

That mark was the highest GPA of any semester for the Redhawks who had a total of 12 teams achieve a 3.21 or higher GPA in the spring term alone.

Also, five different programs, including gymnastics (3.82), women's soccer (3.78), women's basketball (3.42), men's basketball (3.26) and football (2.94) registered their highest semester GPAs ever.

The upcoming 2021-22 campaign marks SEMO's fourth

year with Under Armour. Barke reached a multi-year agreement with the Baltimore-based global leader in performance footwear, apparel and equipment that made Under Armour the official outfitter of SEMO Athletics on July 1, 2018.

As part of the multi-year agreement, Under Armour provides on-field and training gear for 15 sports. Additionally, Under Armour outfits members of the athletic department including coaches and staff.

Barke also secured bids to host SEMO's first home football playoff games. Additionally, he helped the University reach a collaborative partnership with SoutheastHEALTH. Under the agreement, SoutheastHEALTH orthopedic and sports medicine physicians provide orthopedic, primary medical care, athletic training and physical therapy services, and invest in the University by providing diagnostic equipment and athletic training supplies, as well as scholarships for students.

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

DIRECTOR OF ATHLETICS BRADY BARKE



More recently, new state-of-the-art Formetco digital video scoreboards were installed at both Houck Field and the Southeast Softball Complex under Barke's leadership.

A 4,000-square foot baseball training facility was completed prior to the 2020 season. The \$400,000 indoor facility can fit up to four batting cages.

Barke hired Brad Korn as the Redhawks head men's basketball coach on Mar. 24, 2020, while navigating through the challenging times during the COVID-19 pandemic. Korn was the fourth head coach Barke hired during his tenure as Director of Athletics.

During his first year in 2016-17, Barke introduced Andy Sawyers as the Redhawks head baseball coach and worked tirelessly on two major renovation projects.

Nearly a month after Sawyers was hired, Southeast Missouri State and the City of Cape Girardeau officially broke ground on Capaha Field. New synthetic turf, new fencing and a digital scoreboard in the outfield were added as part of the \$1.8 million project that was completed before SEMO's season-opener.

Gymnastics Coach Ashley Lawson orchestrated a big turnaround in SEMO women's gymnastics during her first three years as head coach.

Women's Tennis Coach Mary Beth Gunn was Barke's other hire.

Sawyers, Lawson and Gunn each claimed Coach of the Year honors in 2021. SEMO's baseball team won the OVC regular-season and tournament titles, and made the NCAA Tournament under Sawyers. The gymnastics team won the USA Gymnastics Women's Collegiate National Championship with Lawson at the helm. And, Gunn led the women's tennis team to its first OVC regular-season title in program history.

On Feb. 3, 2017, SEMO formally dedicated Holcomb Success

Center. To honor the long-time service and philanthropy of Dr. John and Judy Holcomb, the University named the facility the Holcomb Success Center located in the Student Recreation Center-South. Indoor turf, weights, equipment and lifting platforms were added as part of the renovation at a cost of \$500,000. The facility now has more space and equipment to handle SEMO's larger teams or multiple teams training at the same time. Barke helped secure the Holcombs gift, the largest single cash gift in SEMO Athletics history. Major improvements were also made to the second floor of the building where athletic academic services are housed. This space provides student-athletes with places to study and features a computer lab with 30 work terminals and rooms for group meetings. Staff members assist student-athletes with life skills development, academic advising and academic progress toward degree requirements and NCAA eligibility.

Additional renovations have been made to the nutrition area that serves as a fueling station for SEMO student-athletes at the Holcomb Success Center.

Fundraising continues to increase under Barke's direction.

The 2018-19 campaign marked the highest level of giving to the Redhawks Club general fund in 15 years.

Barke also worked with donors to establish two new endowed scholarships for student-athletes and raised over \$60,000 to support the SEMO football program and summer school scholarships.

More than \$250,000 in pledges for the Redhawks Club unrestricted booster fund has been raised with Barke as Director of Athletics.

Improved branding has been a priority. Redhawk banners, S-E! M-O! billboards, Welcome to Redhawk Country and Redhawks yard signs are prominently

displayed all over Cape Girardeau.

On July 1, 2020, SEMO unveiled refreshed spirit marks, including a new primary logo, wordmark and variations for its 15 athletic programs. The new brand identity will allow SEMO's athletic teams to display consistent logos, lettering and numerals, and is independent of the existing University marks.

A year later on July 1, 2021, SEMO partnered with Affinity Licensing to manage its trademark licensing program. As part of the agreement, Affinity Licensing will act as the exclusive agency to manage the University's consumer products licensing relationships with manufacturers and retailers.

Barke helped develop the Redhawks Trivia Night & Auction, a sold out event that generated over \$200,000 in net revenue over five years. In addition, he launched the Redhawks BRIDGE program which provides student-athletes with both leadership and life skills experiences through interactive programming that will prepare them to be successful in life after athletics.

Barke served as Interim Associate Director of Athletics for Compliance & Student Support Services before being named the Senior Associate to the President and Secretary to the Southeast Missouri State University Board of Regents in 2013.

He began his tenure at Southeast in 2008 as Assistant Director of Athletics for Compliance & Eligibility. Barke previously served as a governance intern with the NCAA national headquarters in Indianapolis, and as a law clerk with the Southern Illinois University-Carbondale Department of Athletics Compliance Office.

Barke has served as a member of the National Association of Athletics Compliance (NAAC), chaired the NAAC Education Committee, and was a member of the NAAC Board of Directors. He has facilitated the NCAA Regional Leadership Academy, and served on both the NCAA Sports Wagering Task Force and the Olympic Sports Liaison Committee.

Barke has a juris doctorate degree from Southern Illinois University School of Law, an MBA from Southeast Missouri State University, and a bachelor of science degree in biology from Webster University. While a student at Webster, Barke was a member of both the basketball and golf teams and was inducted into the Webster Athletic Hall of Fame.

He and his wife, Halley, are parents of three children, Mabrie, Jackson, and Kolbe.





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

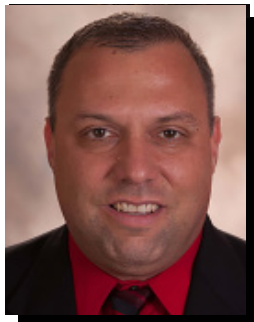
ATHLETICS STAFF



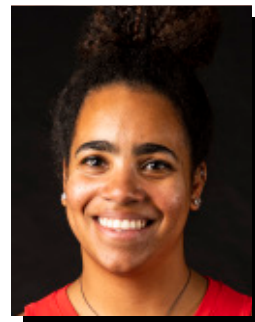
Kim Schuette
Associate Director of Athletics
Administration/SWA



Nate Saverino
Associate Director of Athletics
External Affairs



Jeff Honza
Assistant Director of Athletics for
Strategic Communications



Angela Black
Assistant Director of Athletics
Compliance & Eligibility



Adam Criblez
Faculty Athletics Representative



Kent Phillips
Coordinator of Facilities &
Event Management



TJ Bartels
Coordinator of Ticket Sales &
Service



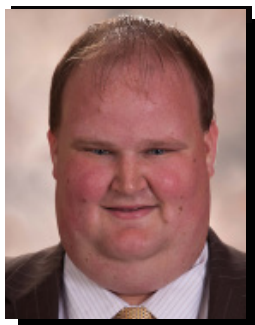
Betsy Wilcox
Coordinator of Student-Athlete
Development



Brooke Hengst
Coordinator of Student-Athlete
Development



Eric Mueller
Strategic Communications
Assistant Director



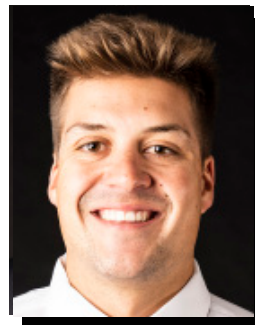
Ben Fox
Co-Head Athletic Trainer



Amanda Martin
Co-Head Athletic Trainer



Kristin Jones
Assistant Athletic Trainer



Chandler Collins
Graduate Assistant
Strategic Communications



Mike Patke
Assistant Athletic Trainer



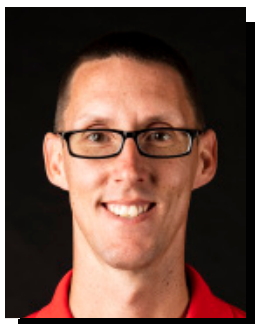
Nathan Harrison
Assistant Athletic Trainer



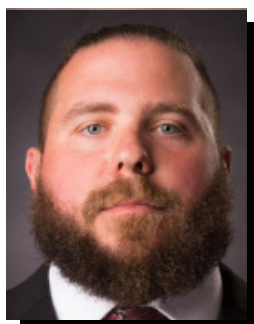
Patience Ivy
Assistant Athletic Trainer



Michael Hair
Assistant Athletic Trainer



David Hudson
Assistant Athletic Trainer



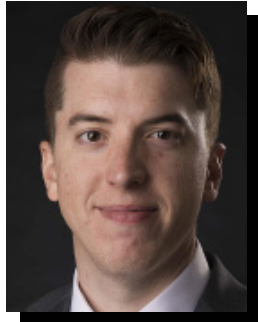
Ryan Napoli
Director of Sports Performance

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

ATHLETICS STAFF



Jessica Wilson
Business Operations



Charlie Balcom
Coordinator of Digital Media



Andy Sawyers
Head Baseball Coach



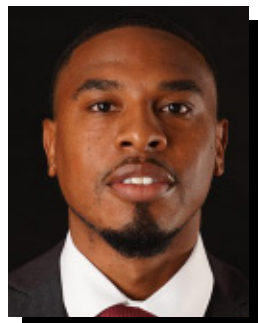
Trevor Ezell
Assistant Baseball Coach



Drew Millwood
Director of Baseball Analytics



Brad Korn
Head Men's Basketball Coach



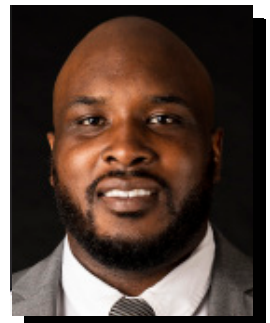
Keith Pickens
Assistant Men's
Basketball Coach



Dustin Yoder
Assistant Men's
Basketball Coach



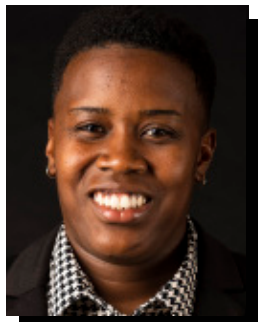
Sam McMahon
Assistant Men's
Basketball Coach



LaDon Champagnie
Director of Operations
Men's Basketball



Rekha Patterson
Head Women's Basketball Coach



Jasmine Newsome
Assistant Women's
Basketball Coach



David Midlick
Assistant Women's
Basketball Coach



Carolyn Jenkins
Assistant Women's
Basketball Coach



Dan McKinney
Assistant Baseball Coach



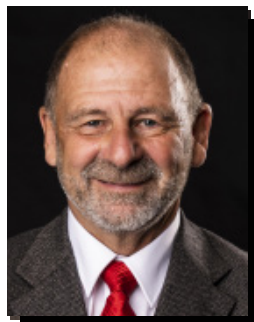
Ashley Lawson
Head Women's
Gymnastics Coach



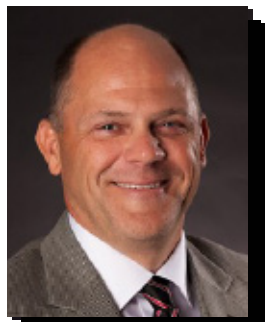
Andavea Alexander
Assistant Women's
Gymnastics Coach



Heather Nelson
Head Women's Soccer Coach



Paul Nelson
Associate Head Women's
Soccer Coach



Mark Redburn
Head Softball Coach

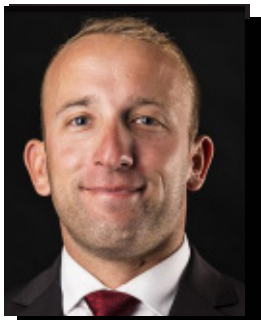


2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

ATHLETICS STAFF



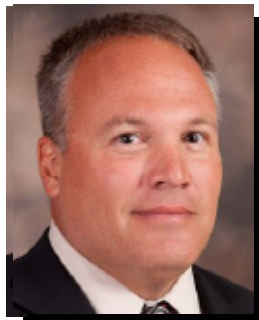
Kristen Jones
Assistant Softball Coach



Matthew Guemmer
Assistant Softball Coach



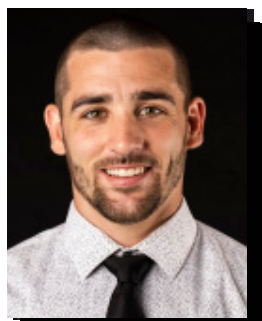
Mary Beth Gunn
Head Women's Tennis Coach



Eric Crumpecker
Head Track & Field Coach



Ryan Lane
Cross Country Coach
Assistant Track & Field Coach



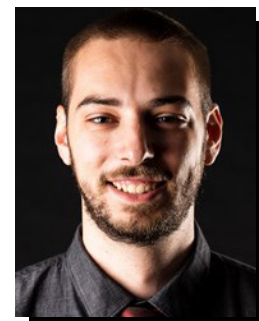
Eric Fox
Assistant Track & Field Coach



Austin Spainhour
Assistant Baseball Coach



Julie Yankus
Head Women's
Volleyball Coach



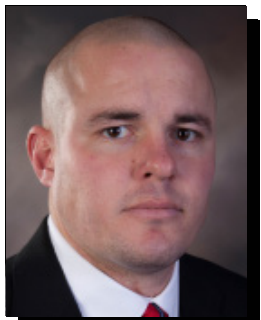
Matt Stolz
Assistant Volleyball Coach



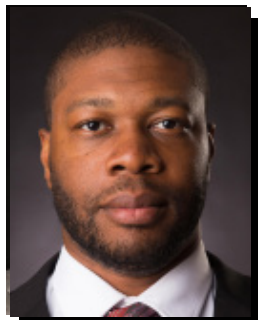
Tom Matukewicz
Head Football Coach



Jeremy McDowell
Assistant Football Coach



Matt Martin
Assistant Football Coach



Ray Smith
Assistant Football Coach



Justin Kramer
Assistant Head Football Coach



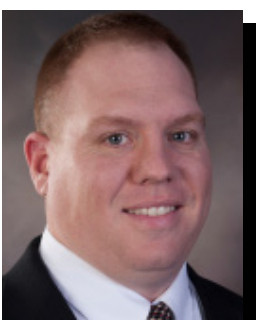
Justin Drudik
Assistant Football Coach



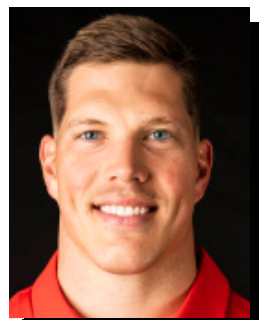
Jerone Williams
Assistant Football Coach



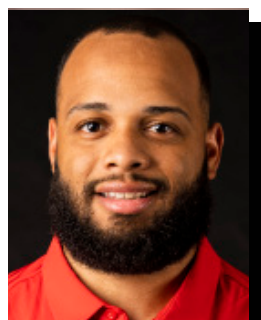
Brett Blackman
Football Director of Operations &
Equipment



Ricky Coon
Assistant Football Coach



Cooper Bassett
Assistant Football Coach



Issac Reed
Assistant Football Coach

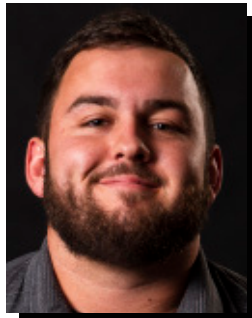
2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE
ATHLETICS STAFF



Tevin Madison
Assistant Football Coach



Luke Berblinger
Assistant Football Coach



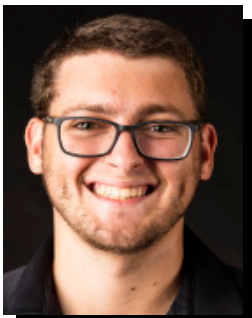
Lucas Orchard
Graduate Assistant
Football



Jesse Stilley
Graduate Assistant
Football



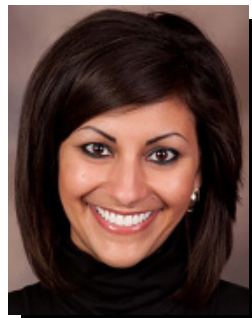
Connor Benado
Assistant Football Coach



Jake Speller
Assistant Football Coach



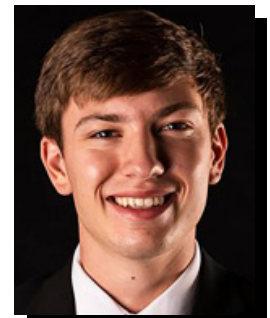
Zach Bodway
Student Assistant
Football



Tatianna Parham
Sundancer Coach



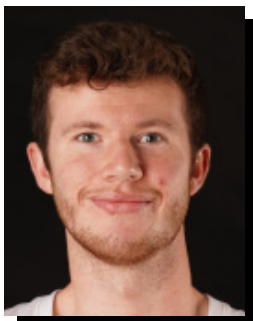
Kyle Kasten
Graduate Assistant
Facilities & Event Management



Sawyer Becherer
Graduate Assistant
Marketing & Promotions



Kseniya Zonova
Graduate Assistant
Women's Tennis



Evan Morrison
Graduate Assistant
Academic Services



Leslie Brooks
Graduate Assistant
Compliance



Josh Price
Graduate Assistant
Sports Performance



Jermima Job
Graduate Assistant
Sports Performance



Ashley Ellis
Assistant Softball Coach



Paige Williams
Graduate Assistant
Women's Gymnastics



Esmie Gonzales
Graduate Assistant
Women's Soccer



Collin Jasper
Graduate Assistant
Men's Basketball



Anthony Bello
Graduate Assistant
Athletics Administration

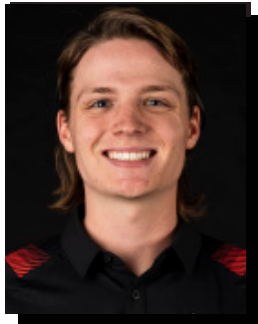


2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

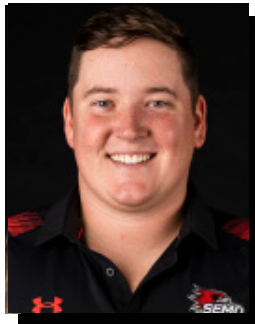
ATHLETICS STAFF



Dr. Nicholas Kenney
Band Director



Connor Rooney
Manager
Baseball



Connor Martin
Manager
Baseball



Addison McMahan
Manager
Softball



Theresa Scott
Assistant Track & Field Coach



Southeast Missouri State University Athletics Mission

Southeast Missouri State University Athletics is committed to enhancing the University's educational mission by supporting student-athletes in their academic, athletic and personal development.

Our Vision

To be the premier athletics department within the Ohio Valley Conference, excelling academically and athletically, while preparing our student-athletes for life after sport.

Our Commitment to Diversity and Cultural Competence

Southeast Missouri State University Athletics strives to create an environment that fosters collaboration and facilitates an open exchange of the unique perspectives that each individual brings. These experiences will enrich the learning environment and better prepare our coaches, staff and student-athletes to make thoughtful contributions in our diverse society.

Southeast Missouri State University prohibits all forms of discrimination on the basis of race, color, ethnicity, religion, national origin, sex, sexual orientation, gender identity, age, genetic information, disability, or protected veteran status. The Department of Athletics is dedicated to this guiding principle and is committed to attracting and retaining coaches and staff who reflect the diversity of our student-athlete population.

**DO
YOU
HAVE
THE
WILL
TO**

**make a
medical
discovery?**



**SOUTHEAST MISSOURI
STATE UNIVERSITY · 1873**

2021-22



CROSS COUNTRY





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | WOMEN'S ROSTER



Name	Year	Hometown / High School
Jane Boessen	Sr.	Troy, Mo. / Troy
Hannah Eastman	Jr.	Belleville, Ill. / Belleville East
Taylor Fox	So.	Mt. Zion, Ill. / Mt. Zion
Madelyn Gray	Fr.	St. Peters, Mo. / Fort Zumwalt South
Taylor Gudde	Jr.	Sedalia, Mo. / Cole Camp R-1
Maddie Keller	Sr.	Troy, Ill. / Triad
Erika Mellor	Fr.	De Soto, Mo. / De Soto
Claire Morrill	Sr.	Cape Girardeau, Mo. / Notre Dame Regional
Brianna Payton	Jr.	Lexington, Ky. / Bates Creek
Mackenzie Pugh	Jr.	St. Peters, Mo. / Francis Howell North
Nia Rivers	So.	Tampa, Fla. / Paul R. Wharton
Sarah Russom	Fr.	St. Charles, Mo. / Francis Howell
Haley Smith	Fr.	Cape Girardeau, Mo. / Notre Dame
Katie Wegmann	R-Sr.	Mequon, Wis. / Homestead

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | WOMEN'S ROSTER



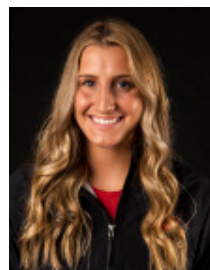
**JANE
BOESSEN**

Senior
Troy, Mo.
Troy



**HANNAH
EASTMAN**

Junior
Belleville, Ill.
Belleville East



**TAYLOR
FOX**

Sophomore
Mt. Zion, Ill.
Mt. Zion



**MADELYN
GRAY**

Freshman
St. Peters, Mo.
Fort Zumwalt South



**TAYLER
GUDDE**

Junior
Sedalia, Mo.
Cole Camp R-1



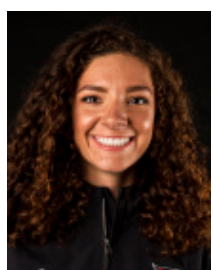
**MADDIE
KELLER**

Senior
Troy, Ill.
Triad



**ERIKA
MELLOR**

Freshman
De Soto, Mo.
De Soto



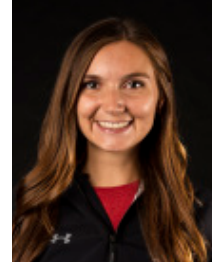
**CLAIRE
MORRILL**

Senior
Cape Girardeau, Mo.
Notre Dame Regional



**BRIANNA
PAYTON**

Junior
Lexington, Ky.
Tates Creek



**MACKENZIE
PUGH**

Junior
St. Peters, Mo.
Francis Howell North



**NIA
RIVERS**

Sophomore
Tampa, Fla.
Paul R. Wharton



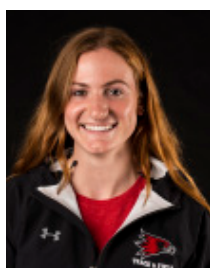
**SARAH
RUSSOM**

Freshman
St. Charles, Mo.
Francis Howell



**HALEY
SMITH**

Freshman
Cape Girardeau, Mo.
Notre Dame



**KATIE
WEGMANN**

Redshirt Senior
Mequon, Wis.
Homestead



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | MEN'S ROSTER



Name	Year	Hometown / High School
Nick Cimmarusti	Fr.	St. Charles, Mo. / Francis Howell
Markeith Crawford	Jr.	St. Louis, Mo. / Ladue Horton Watkins
Thomas Doss	So.	
Garrett Dumke	Fr.	Maryville, Mo. / Maryville
Clayton Eftink	So.	Cape Girardeau, Mo. / Notre Dame Regional
Terrico Garrett	Jr.	University City, Mo. / University City
Seth Gleason	So.	St. Louis, Mo. / Fort Zumwalt North
Noah Little	So.	Washington, Mo. / Washington
Aaron Modrow	Jr.	Junction City, Kan. / Chapman
Schuyler Ogden	Sr.	Farmington, Mo. / Ste. Genevieve / William Woods
Austin Perkins	Sr.	St. Peters, Mo. / Fort Zumwalt East
Travis Sickles	Fr.	Washburn, Mo. / Southwest Washburn
Kory Snyder	Jr.	Belton, Mo. / Belton
Byron Sowerby	So.	Preston, England / Runshaw College
Justin Splitt	Fr.	Lakemoor, Ill. / Grant Community

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | MEN'S ROSTER



**NICK
CIMMARUSTI**

Freshman
St. Charles, Mo.
Francis Howell



**MARKEITH
CRAWFORD**

Sophomore
St. Louis, Mo.
Ladue Horton Watkins



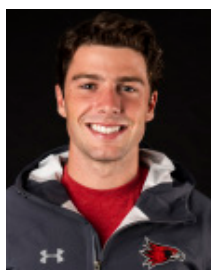
**THOMAS
DOSS**

Sophomore



**GARRETT
DUMKE**

Freshman
Maryville, Mo
Maryville



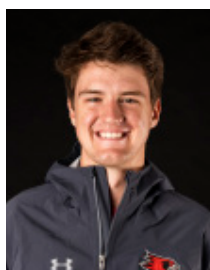
**CLAYTON
EFTINK**

Freshman
Cape Girardeau, Mo.
Notre Dame Regional



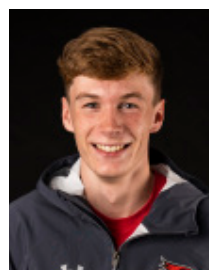
**TERRICO
GARRETT**

Sophomore
University City, Mo.
University City



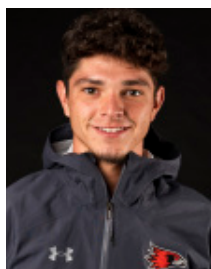
**SETH
GLEASON**

Sophomore
St. Louis, Mo
Fort Zumwalt North



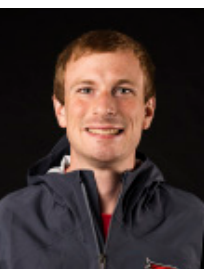
**NOAH
LITTLE**

Sophomore
Washington, Mo.
Washington



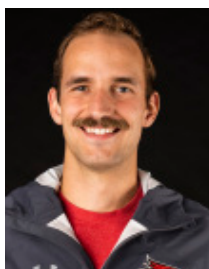
**AARON
MODROW**

Junior
Junction City, Kan.
Chapman



**SCHUYLER
OGDEN**

Senior
Farmington, Mo.
William Woods



**AUSTIN
PERKINS**

Senior
St. Peters, Mo.
Fort Zumwalt East



**TRAVIS
SICKLES**

Freshman
Washburn, Mo
Southwest Washburn



**KORY
SNYDER**

Junior
Belton, Mo.
Belton



**BYRON
SOWERBY**

Sophomore
Preston, England
Runshaw College



**JUSTIN
SPLITT**

Sophomore
Lakemoor, Ill.
Grant Community

2021 OVC WOMEN'S OUTDOOR CHAMPIONS



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | 2021 RESULTS

EVENT RESULTS	<i>2021 Soybean Invitational September 3rd Women's 3K</i>	<i>Redbird Invite September 17th Women's 6K</i>	<i>Live in the Lou Classic October, 2nd Women's 6k</i>	<i>Golden Eagle Invitational October, 15th Women's 5K</i>	<i>OVC Championship October, 30th Women's 5K</i>	<i>NCAA Regional November, 12th Women's 6K</i>
Jane Boessen	18:31.2 (12th)	DNC	19:02.4 (30th)	20:18.7 (25th)	19:42.8 (39th)	23:16.6 (167th)
Hannah Eastman	DNC	DNC	DNC	DNC	DNC	DNC
Taylor Fox	20:05.4 (30th)	25:48.6 (129th)	19:40.2 (80th)	20:10.1 (23rd)	19:48.9 (44th)	23:34.9 (182nd)
Madelyn Gray	18:03.9 (7th)	23:48.2 (88th)	18:46.5 (16th)	19:41.6 (11th)	19:14.9 (23rd)	22:54.8 (144th)
Taylor Gudde	DNC	DNC	DNC	DNC	DNC	DNC
Maddie Keller	DNC	DNC	19:47.6 (93rd)	20:19.4 (26th)	19:30.9 (30th)	23:25.9 (176th)
Erika Mellor	DNC	DNC	DNC	DNC	DNC	DNC
Claire Morrill	19:38.7 (25th)	23:29.3 (77th)	19:34.0 (71st)	20:57.9 (35th)	DNC	DNF
Brianna Payton	18:59.4 (19th)	DNC	19:34.0 (72nd)	DNC	DNC	DNC
Mackenzie Pugh	20:08.2 (31st)	25:36.0 (127th)	20:56.2 (248th)	21:06.1 (38th)	20:29.6 (61st)	DNC
Nia Rivers	25:17.8 (38th)	DNC	DNC	DNC	DNC	DNC
Sarah Russom	18:43.6 (15th)	24:50.3 (118th)	20:14.3 (148th)	21:30.7 (43rd)	21:04.9 (68th)	25:08.3 (220nd)
Haley Smith	19:51.1 (28th)	25:05.7 (122nd)	20:36.8 (190th)	21:26.0 (42nd)	20:44.4 (66th)	DNC
Katie Wegmann	DNC	23:03.0 (59th)	19:12.7 (44th)	DNC	19:05.7 (17th)	DNC



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | 2021 RESULTS



EVENT RESULTS

2021 Soybean Invitational
September, 3rd
Men's 4K

Redbird Invite
September, 17th
Men's 8K

Live In the Lou Classic
October, 2nd
Men's 8K

Golden Eagle Invite
October, 15th
Men's 8K

OVC Championship
October, 30th
Men's 8K

NCAA Regional
November, 12th
Men's 10K

Nick Cimmarusti	21:12.3 (27th)	25:56.6 (49th)	26:43.6 (154th)	27:47.6 (25th)	26:35.7 (35th)	33:25.0 (151st)
Markeith Crawford	DNC	DNC	DNC	DNC	DNC	DNC
Thomas Doss	DNC	DNC	DNC	DNC	DNC	DNC
Garrett Dumke	20:32.8 (15th)	DNC	26:41.7 (150th)	DNC	DNC	DNC
Clayton Eftink	21:35.7 (34th)	27:52.2 (103rd)	27:55.9 (305th)	27:39.8 (24th)	27:19.2 (51st)	34:39.7 (184th)
Terrico Garrett	21:54.9 (36th)	27:01.8 (90th)	DNC	DNC	DNC	DNC
Seth Gleason	20:03.5 (8th)	25:27.4 (27th)	25:12.7 (15th)	27:18.2 (22)	26:23.0 (32nd)	33:49.9 (167th)
Noah Little	DNC	DNC	DNC	28:08.6 (30th)	27:31.0 (53rd)	DNC
Aaron Modrow	19:53.5 (4th)	26:28.3 (69th)	25:22.0 (20th)	DNF	26:46.5 (40th)	DNF
Schuyler Ogden	21:02.9 (25th)	27:22.6 (95th)	26:10.4 (86th)	27:10.8 (20th)	26:46.3 (39th)	36:37.9 (196th)
Austin Perkins	DNC	DNC	DNC	DNC	DNC	DNC
Travis Sickles	21:34.1 (32nd)	27:04.9 (91st)	26:10.4 (85th)	28:50.3 (34th)	29:18.6 (76th)	DNC
Kory Snyder	21:22.0 (28th)	27:09.9 (92nd)	26:52.1 (170th)	28:01.2 (29th)	27:45.9 (60th)	DNC
Byron Sowerby	20:49.6 (20th)	26:08.8 (61st)	DNC	DNF	26:55.1 (44th)	33:46.5 (163rd)
Justin Splitt	20:47.6 (19th)	25:57.8 (50th)	25:55.3 (62nd)	26:28.4 (13th)	27:08.2 (48th)	36:55.9 (197th)





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

CROSS COUNTRY | WOMEN'S OVC HISTORY

OVC Female Runner of the Year

1998 Janelle Quigley
1999 Amy Arteme
2002 Lindsey Zeiler
2020-21 Carli Knott

OVC Freshman of the Year

2015 Kaitlyn Shea

Women's Team OVC Year-by-Year All-OVC*

1992

8. Amy Cole 19:37
10. Tracey Stockton 20:17

1993

3. Amy Cole 19:02
8. Misty McGhee 19:47
10. Kari Unterriener 20:01

1994

4. Sherry Lange 18:43
5. Terry Lange 18:50
7. Misty McGhee 19:15

1995

6. Misty Dubman 19:32
8. Jennifer Anderson 19:40
10. Amy Cole 19:43
11. Terry Lange 19:45
13. Misty McGhee 19:52

1996

3. Sherry Lange 18:53
8. Keisha Grace 19:17
11. Janelle Quigley 19:32
13. Estelle McHargue 19:40

1997

4. Leslie McNamara 18:48
8. Janelle Quigley 19:03
12. Michelle Ramsey 19:22

1998

1. Janelle Quigley 18:21
3. Tammy Wenkel 18:55
14. Leslie McNamara 19:33

1999

1. Amy Arteme 18:36
4. Tammy Wenkel 18:50
13. Celeste Ramsey 19:26
14. Leslie McNamara 19:38

2000

2. Amy Arteme 18:05
4. Kaci Pilcher 18:11

2001

5. Kaci Pilcher 18:38

2002

1. Lindsey Zeiler 17:52
8. Kaci Pilcher 18:24
10. Kris Woolf 18:32
11. Brooke Woodruff 18:38
13. Anna Verseman 18:49

2003

11. Brooke Woodruff 18:43
13. Kris Woolf 18:51

2004

9. Jen Caywood 19:20

2005

5. Lindsey Zeiler 18:22
7. Jen Caywood 18:33

2006

8. Juli Koenegstein 19:05

2007

7. Juli Koenegstein 18:41
12. Brandi Gervais 19:07

2008

2. Juli Koenegstein 18:37
9. Monica Noble 19:15
14. Linnea Woldtvedt 19:31

2009

9. Monica Noble 20:28
12. Szandra Pal 20:33

2010

13. Kasey Owens 19:11

2011

6. Rebekah Lawson 18:29
12. Jenny Govero 18:42

2012

7. Rebekah Lawson 17:33

2013

2. Rebekah Lawson 17:49

2014

7. Rebekah Lawson 17:42
12. Gloria Westlake 17:57

2015

12. Megan Parks 22:08

2016

7. Megan Parks 17:34.9
13. Kaitlyn Shea 17:43.6

2017

12. Kaitlyn Shea 17:44.8

2018

7. Kaitlyn Shea 17:36.7
8. Sydney O'Brien 17:36.9
10. Carli Knott 17:56.3

2019

5. **Maddie Keller** 17:57.3
10. Carli Knott 18:16.9

2020-21

8. **Katie Wegmann** 19:54.0

*Prior to 1995 the All-OVC Team included the Top 7 finishers in the OVC Championship race. Beginning in 1995 the Top 7 finishers were deemed First Team All-OVC while the 8-14 finishers were deemed Second Team All-OVC.

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CROSS COUNTRY | MEN'S OVC HISTORY



OVC Freshman of the Year

2008 Nate Shipley

Men's Team

OVC Year-by-Year All-OVC*

2006

- | | | |
|----|-----------------|-------|
| 2. | Kevin McNab | 25:25 |
| 7. | Brandon Karcher | 26:44 |

2007

- | | | |
|-----|--------------------|-------|
| 9. | Brandon Karcher | 25:48 |
| 10. | Brandon Funderburk | 25:54 |

2008

- | | | |
|-----|-----------------|-------|
| 4. | Brandon Karcher | 25:40 |
| 12. | Nate Shipley | 26:22 |
| 13. | Dustin Davis | 26:28 |

2009

- | | | |
|----|---------------|-------|
| 8. | Jason Lumpkin | 26:44 |
|----|---------------|-------|

2010

- | | | |
|-----|---------------|-------|
| 6. | Jason Lumpkin | 25:44 |
| 8. | Chris Loseman | 25:56 |
| 9. | Nate Shipley | 25:58 |
| 13. | Dustin Davis | 26:14 |

2011

- | | | |
|-----|---------------|-------|
| 6. | Nate Shipley | 25:20 |
| 10. | Brent Collins | 26:09 |

2012

- | | | |
|-----|--------------|-------|
| 9. | Nate Shipley | 24:54 |
| 12. | Alex Zisser | 25:06 |

2013

- | | | |
|----|-------------|-------|
| 7. | Craig Munie | 24:59 |
|----|-------------|-------|

1991

- | | | |
|-----|---------------|-------|
| 8. | Bryant Wright | 27:30 |
| 10. | Dave Baker | 27:53 |

1992

- | | | |
|----|---------------|-------|
| 5. | Joe Dandridge | 26:36 |
|----|---------------|-------|

1993

- | | | |
|-----|--------------|-------|
| 7. | Joey Russell | 26:22 |
| 9. | Steve Lewis | 26:30 |
| 10. | Jay Orr | 26:31 |

1994

- | | | |
|----|---------------|-------|
| 8. | Glen Lomenick | 26:12 |
|----|---------------|-------|

1995

- | | | |
|-----|--------------|-------|
| 8. | Brian Carter | 26:55 |
| 10. | Chris Monty | 26:58 |
| 12. | Steve Watson | 27:00 |
| 14. | Erin Roades | 27:13 |

1997

- | | | |
|-----|-------------|-------|
| 14. | Erin Roades | 26:56 |
|-----|-------------|-------|

2003

- | | | |
|----|-----------------|-------|
| 5. | Brian Whitehead | 26:50 |
| 6. | Chad Sierman | 25:52 |

2004

- | | | |
|-----|------------|-------|
| 12. | Gabe Lutes | 25:49 |
|-----|------------|-------|

2005

- | | | |
|-----|------------|-------|
| 13. | Gabe Lutes | 25:49 |
|-----|------------|-------|

*Prior to 1995 the All-OVC Team included the Top 7 finishers in the OVC Championship race. Beginning in 1995 the Top 7 finishers were deemed First Team All-OVC while the 8-14 finishers were deemed Second Team All-OVC.



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CROSS COUNTRY

/ 2021 SCHEDULE

Date	Day	Opponent	Time	Location
September 3	Friday	at Soybean Invitational*	6:20 p.m.	Martin, Tenn.
September 17	Friday	at Redbird Invite	5 p.m.	Normal, Ill.
October 2	Saturday	Live In the Lou Classic	8 a.m.	Louisville, Ky.
October 15	Friday	Golden Eagle Invitational*	3 p.m.	Cookeville, Tenn.
October 30	Saturday	OVC Championship	9 a.m.	Nashville, Tenn.
November 12	Friday	NCAA Midwest Regionals	11 a.m.	Iowa City, Iowa

* Denotes Ohio Valley Conference Meet.

All times central and subject to change.

2021-22



COACHES





ERIC CRUMPECKER

HEAD COACH

13TH YEAR // MISSOURI S&T & SOUTHEAST MISSOURI

Eric Crumpecker is in his 13th season as head coach of the Southeast Missouri men's and women's track and field teams. Crumpecker is in his 29th year at Southeast, having served 17 years as an assistant under legendary head coach Joey Haines.

Crumpecker guided the SEMO women to the 2021 Ohio Valley Conference Outdoor Track & Field Championship with 148 total points. The outdoor Championship was the 10th in program history for the SEMO women and the first title since 2014. The SEMO men finished as the team runners-up at the 2021 OVC Track & Field Championship with 172 points.

Kaitlyn Shea was named the OVC Women's Track

Athlete of the Year and Luke Hatfield-Jackson was awarded OVC Men's Athlete of the Championship at the conclusion of the meet. Shea is the 10th OVC Outdoor Athlete of Year at SEMO and Hatfield is the sixth men's Championship MVP in program history.

Crumpecker was tabbed the 2021 OVC Women's Outdoor Coach of the Year at the conclusion of the Championship. It marked SEMO's ninth OVC Women's Outdoor Coach of the Year honor and the first for Crumpecker. In his 12 seasons as head coach at SEMO, Eric Crumpecker has been awarded OVC Coach of the Year seven times including twice on the women's side (1 indoor and 1 outdoor) and five times for the men (3 outdoor and 2 indoor).

Six SEMO athletes

qualified for the 2021 NCAA Division I Outdoor Track and Field Championships West Preliminary at Texas A&M University in College Station, Texas. Dylan Clark, Terrico Garrett, Luke Hatfield-Jackson, Josiah Kilgore, Carli Knott and Kaitlyn Shea represented the Redhawks at the 2021 NCAA West Preliminary.

In the classroom, Carli Knott, Kaitlyn Shea and Terrico Garrett were also named Academic All-Americans.

SEMO's men finished as the runners-up at the 2020 OVC Indoor Track & Field Championship before the outdoor season was cancelled due to the COVID-19 pandemic. The Redhawk women placed third overall in the team standings. Nick Bryant was named the OVC Male Freshman

of the Year while Kaitlyn Shea was awarded OVC Female Track Athlete of the Year. Anya Tonga was tabbed the OVC Female Field Athlete of the Year for the second-straight season at the conclusion of the meet.

Crumpecker coached back-to-back (2019 & 2020) OVC Indoor Field Athlete of the Year Anya Tonga (three-time indoor weight throw champion in 2018, 2019 & 2020) and Logan Blomquist (indoor weight throw champion) in 2020. Nicole Humphreys also captured silver in the weight throw and Blomquist secured silver in the shot put. In 2019, the Redhawks men and women finished fourth at the indoor championship and were the runners-up at the outdoor championship held in Cape Girardeau, Missouri. Crumpecker coached 2019 OVC Indoor



Field Athlete of the Year Anya Tonga (indoor weight throw champion), 2019 OVC Outdoor Championship MVP Logan Blomquist (outdoor discus and hammer champion) and Stephen Zagurski (indoor shot put champion). Blomquist captured the hammer throw title with a Southeast program record and OVC Championship record at the outdoor championship.

In 2018, SEMO's men placed third in the conference at both the indoor and outdoor championships. The women finished fifth at the outdoor league championship and sixth at the OVC indoor meet. Crumpecker coached 2018 OVC Champions in Anya Tonga (indoor weight throw), Logan Blomquist (indoor shot put, outdoor discus) as well as OVC Field Athlete of the Year, OVC

javelin champion and Second-Team All-American Jonno Engelking.

In 2017, Crumpecker won his third OVC Outdoor Coach of the Year honor as Southeast captured their eighth outdoor championship, marking back-to-back years Crumpecker has taken home both awards. It marked the eighth time the men have won conference in program history. Zach Gordon was named OVC Men's Championship MVP and Logan Blomquist earned OVC Freshman of the Year Honors.

Earlier in 2016, Crumpecker won his second OVC Outdoor Coach of the Year laurel as the Redhawks earned their seventh outdoor championship.

He helped coach Kevin Farley towards his second championship MVP performance

as Farley took gold in the shot put, discus and hammer throw. Farley's success continued at the NCAA Outdoor Championships, earning first-team All-America honors in discus in eighth place and second-team All-America in shot put in 10th.

In 2015, Crumpecker led the Southeast men's program to its second consecutive OVC indoor title and earned his second OVC Men's Indoor Coach of the Year award. During the conference meet, 10 Redhawk athletes brought home gold medals. Following the victory, Reggie Miller and Blake Smith qualified for the NCAA Indoor Championships in the triple jump and 60-meter dash, respectively. Smith finished 10th in the nation at 6.66 seconds during the preliminary race at

nationals, falling short of the NCAA's final group of eight by just 0.05 seconds.

In 2014, Southeast Missouri won the men's indoor title followed by sweeping the outdoor championships for the first time since 2006. It was the first men's indoor championship since 1996. Crumpecker was awarded OVC Men's Coach of the Year following both the indoor and outdoor seasons.

The 2014 indoor season featured Farley as Indoor Field Athlete of the Year, Indoor Freshman of the Year Chris Martin and Smith earning OVC Athlete of the Championship. The outdoor season featured Female Field Athlete of the Year Kayla Gutierrez. His student-athletes combined to win 10 individual OVC titles during the season. Gutierrez brought





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ERIC CRUMPECKER



home gold in the indoor weight throw and outdoor discus events. Farley won the indoor shot put and outdoor hammer throw. In his first season with the Redhawks, Shon Kyle won the shot put and discus events at the outdoor championship. Courtney Gapelu took gold in

both the indoor and outdoor shot put.

In 2013, the Redhawks won their first team OVC title under Crumpecker. The women snagged the team crown at the OVC Indoor Championships, using a balanced effort that featured only one individual

conference champion, but three runner-up finishes and several strong supporting performances. Crumpecker was voted the OVC Women's Coach of the Year following the team title, marking the first time he has been voted the league's top coach. The Southeast men continued to knock on the door for a team title, finishing second at both the indoor and outdoor meets.

SEMO has also experienced tremendous postseason success individually under Crumpecker's guidance. The Redhawks sent three competitors to the NCAA Outdoor Track and Field Championships in 2013, the most individuals from the program since 2006. Farley took seventh in the shot put, breaking the school record with a throw of 61' 11 $\frac{3}{4}$ " to become the first Redhawk to earn

first-team All-American honors since Miles Smith in 2008. Craig Robinson and Gapelu also qualified for the NCAA West Region prelims. Southeast also got second-team All-American performances from Blake Carter in both the indoor and outdoor long jump while Miller earned honorable mention All-American in the outdoor high jump for the second consecutive year.

The Redhawks totaled three second-place team finishes at the OVC Indoor and Outdoor Championships during the 2011-12 season. Both the men and women finished as runner-up during the outdoor meet while the men posted another second-place point total indoors. Crumpecker works closely with the throwers group that combined for three conference titles. Josh Uchtman, the 2012 Male Field Athlete of the Year





during the indoor season, claimed the shot put indoors. Brian Grote and Robinson won gold in the javelin and shot put, respectively, at the outdoor meet. In total, the Redhawks won nine individual OVC titles in 2011-12.

In addition to the three individual conference champion throwers, Farley was named the OVC Male Freshman of the Year during the outdoor season.

During Crumpecker's tenure as head coach, the Redhawks have finished in the top three in all but eight OVC indoor or outdoor meets (32 of 40). The men have finished second 11 times while the women have been runner-up eight times.

Individually, he has mentored 112 individual OVC champions, 54 regional qualifiers and 10 NCAA National Championships qualifiers. Redhawks student-athletes have won OVC Field Athlete of the Year 15 times, Track Athlete of the Year three times, Athlete of the Year three times and Freshman of the Year nine times.

The Redhawks have also been stellar in the classroom under Crumpecker. Both the men's and women's track and field programs have earned All-Academic Team recognition from the US Track and Field and Cross Country Coaches Association (USTFCCCA) in each of the past seven seasons. Logan Blomquist has been recognized by the USTFCCCA each of the past three years and Stephen Zagurski was awarded the prestigious OVC Scholar-

Athlete Award for the 2018-19 season. Jill Schnurbusch and Farley were both placed on the USTFCCCA's All-Academic team in 2012-13. Additionally, Alex Zisser earned third-team Academic All-America honors from the College Sports Information Directors of America (CoSIDA) while Farley and Joel Krause joined Zisser on the Academic All-District team.

During his time as an assistant coach he worked primarily with the field events, Crumpecker was a part of 20 OVC team titles, coached 81 OVC individual champions, 131 All-OVC performers, six OVC Track Athletes of the Year, four NCAA national finalists, 12 NCAA provisional qualifiers, 26 NCAA regional qualifiers and five regional finalists. He guided Southeast student-athletes to 11 school records and three OVC marks.

A native of Union, Missouri, Crumpecker is a USATF Level 1 certified coach. He earned a bachelor's degree in History from Missouri S&T and a master's in Higher Education Administration from Southeast. As a collegiate athlete, Crumpecker was a starting lineman for the Miners football team and earned All-MIAA honors in the shot put and discus for the track & field team.

Crumpecker and his wife, Amy, reside in Jackson, Missouri. They are parents of a daughter, Ella, and son, Jake.



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

RYAN LANE



RYAN LANE

ASSISTANT COACH

12TH YEAR // SOUTHEAST MISSOURI, 2006 & 2009

Ryan Lane is in his 12th season at Southeast Missouri as the head cross country coach, while also serving as the assistant track coach specializing in distance running.

The Redhawk women's cross country team has finished in the top four eight of the past nine seasons.

Southeast Missouri finished fifth overall in the men's and women's races at the 2021 Ohio Valley Conference Championship held at the Vaughn's Creek Cross Country Course at Percy Warner Park in Nashville, Tennessee. The women totaled 145 points while the men accumulated 173 points.

Lane help lead the SMO women to the 2021 Ohio Valley Conference Outdoor Track

& Field Championship with 148 total points. The outdoor Championship was the 10th in program history for the SMO women and the first title since 2014. The SMO men finished as the team runners-up at the 2021 OVC Track & Field Championship with 172 points.

Kaitlyn Shea was named the OVC Women's Track Athlete of the Year. Shea is the 10th OVC Outdoor Athlete of Year at SMO.

Shea won Gold in the 3,000 meter steeplechase (10:23.48) and the 5,000 meters (17:00.60) at the Championship. She also nabbed Bronze in the 1,500 meters (4:33.11) in the final day of the competition. Shea won the 3,000-meter steeplechase in an OVC Championship record time of 10:23.48 and is the first SMO athlete to win the event

since Juli Koenegstein won the race in 2009 and 2010.

Carli Knott captured a pair of Medals at the 2021 Championship. Knott successfully defended her 1,500 meters Championship, taking Gold in 4:27.07 after winning the event at the 2019 OVC Championship in Cape Girardeau. Knott secured Silver in the 800 meters in 2:12.48 and was fourth in the 5,000 meters (17:37.32).

Katie Wegmann, a 2020-21 Second-Team All-OVC Cross Country performer, garnered Gold in the 800 meters at the 2021 Championship, crossing the finish in 2:12.38. She is the first SMO runner to win the 800 meters Championship since Brooke Woodruff in 2004.

Terrico Garrett captured Silver in the 800 meters at the

2021 Championship, crossing the finish in 1:52.92. He also earned Bronze in the 4x400 meter relay.

Carli Knott broke the SMO program-mark for the 1,500 meters at the Vanderbilt Black & Gold Invitational in April with a time of 4:23.89. The mark surpassed Laura Byrne's time of 4:24.15 set in 1989.

Kaitlyn Shea set the SMO program-records for the 3,000 meter steeplechase and 5,000 meters in 2021. Shea posted the 3,000 meter steeplechase record in 10:19.14 at the Vanderbilt Black & Gold Invitational in April. Shea improved upon her program-best 3,000 meters steeplechase time compiled (10:34.88) at the 2021 Ole Miss Classic on March 27. She also set the 5,000 meters at the Drake Relays with



a career-best time of 16:20.44. Shea improved upon her SEMO school record set earlier at Bill Cornell Spring Classic (16:27.27) on March 21 in Carbondale, Illinois.

Six SEMO athletes qualified for the 2021 NCAA Division I Outdoor Track and Field Championships West Preliminary at Texas A&M University in College Station, Texas including three distance runners in Terrico Garrett, Carli Knott and Kaitlyn Shea.

In the classroom, Carli Knott, Kaitlyn Shea and Terrico Garrett were also named Academic All-Americans.

Katie Wegmann earned Second-Team All-Ohio Valley Conference honors to lead the Redhawk women to a fourth place finish (101 points) in the 5K at the 2020-21 OVC Cross Country Championship. The SEMO men finished seventh (169) in the 8K and were lead by Terrico Garrett who finished 25th.

Wegmann paced SEMO with a time of 19:54.0 for eighth out of a field of 78 runners in the 5K Monday.

Carli Knott was named the OVC Female Athlete of the Year at the conclusion of the Championship. Knott, a senior from Jackson, Missouri, is the first Redhawk to earn the laurel voted on by OVC coaches, since Lindsey Zeiler captured the award in 2002.

In 2020, Lane coached Kaitlyn Shea (5,000 meters Silver Medalist), the OVC Female Track Athlete of the Year, who broke a pair of Redhawks Indoor

Track & Field records before the outdoor season was cancelled due to the COVID-19 pandemic.

Shea set a pair of SEMO indoor track records over a three-week span during the 2020 season. Shea broke the 5,000 meters (16:59.70) record on Feb. 1 at the Indiana University Relays before returning to Bloomington, Indiana, to secure the 3,000 meters (9:32.79) record at Hoosier Hills Invite on Valentine's Day (Feb. 14).

The women's distance medley relay team of Katie Wegmann, Kendall Long, Claire Morrill and Carli Knott concluded the opening day of the OVC Indoor Championship with Silver after finishing in 12:00.67. Maddie Keller also garnered Bronze in the 3,000 meters with a career-best time of 9:53.81.

Maddie Keller and Carli Knott both placed in the top-10 to earn All-Ohio Valley Conference honors as the Southeast women grabbed fourth as a team in the 5K at the 2019 OVC Cross Country Championship. Keller placed fifth overall in the 5K for First-Team All-OVC laurels. Keller's finish is the best Redhawk women's finish at the Championship since Rebekah Lawson was the runner-up at the 2013 Championship in Morehead, Kentucky. Knott garnered her second career Second-Team All-OVC cross country laurel with a 10th place finish.

In 2019, Lane also coached OVC Outdoor Track Champions in Carli Knott (1,500 meters) and Kaitlyn Shea (3,000 meter

steeplechase).

Kaitlyn Shea, Sydney O'Brien and Carli Knott registered three All-OVC performances for the first time since 2008 as SEMO's women finished runners-up at the 2018 OVC Cross Country Championship in Cape Girardeau at the Osage Centre.

The 2017 season was highlighted by a fourth place finish from the women at the OVC Championships. Kaitlyn Shea led the Redhawks on the season with two first-place finishes and a second team All-OVC selection.

During the 2016 season, the women placed second in conference and 16th at regionals. Megan Parks and Sydney O'Brien became the first Southeast duo to finish in the top 50 at Regionals since 1998.

In 2015, the women's team placed third in the Ohio Valley Conference. Megan Parks earned Second Team All-Conference honors with a 12th place finish at the OVC Championships. Kaitlyn Shea was named Female Freshman of the Year and was the first female in program history to win the award.

The 2014 season saw the end of Rebekah Lawson's cross country career. Lane saw Lawson through her career for four seasons. Lawson is the only Redhawk in Division I history to earn First Team All-OVC honors all four years of their career. The women's team capped a great 2014 season with a fourth-place finish at the OVC Championships. The men finished sixth at the event.

In 2011, both the men and women had one first-team and one second-team All-OVC finisher. Nate Shipley's third-place finish garnered him a spot on the all-conference first team while Brent Collins earned second team all-conference on the men's side. Rebekah Lawson took sixth as a freshman to earn the first team nod while fellow freshman Jenny Govero made second team All-OVC.

The cross country programs have combined for 24 All-OVC performers, including eight first-team runners while under Lane.

The Redhawks have also excelled in the classroom under Lane. Since 2010, at least one of the cross country programs has earned USTFCCCA academic recognition under Lane including both teams eight times in that span. In 2013, both the men's and women's programs earned All-Academic honors from the United States Track & Field and Cross Country Coaches' Association (USTFCCCA). Southeast's women posted a 3.72 team GPA, the fifth-highest mark in the nation, while the men's 3.48 GPA was good for 11th.

Lane's success with the distance runners has carried over to the track as well. Lawson notched a runner-up finish in the 5000m indoors to earn second-team All-OVC honors in 2013. During the outdoor season, Charles Johnson garnered second-team All-OVC recognition for his runner-up finish in the steeplechase.



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

RYAN LANE



The 2012 season saw Jessica Bollinger win an OVC title outdoors in the 10,000m while Lawson finished runner-up in both the 5000m and 10,000m. On the men's side, Mohammed Souleiman won an OVC title in the 800m while Chris Loseman earned second-team All-OVC honors after finishing runner-up in the 10,000m. Lane's athletes have combined for 10 All-OVC selections and three OVC titles in his first three seasons.

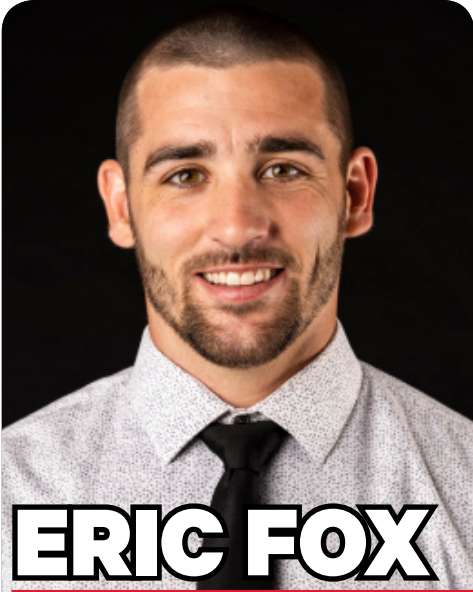
Lane returned to the SEMO program in which he interned as coach in 2008-09. That season, the Redhawk cross country teams recorded top-three finishes at the Ohio Valley Conference Championships. During that time, he received his Master's in Higher Education, finishing with a 4.0 GPA.

Prior to his coaching internship at Southeast, Lane worked as an assistant coach for the Cape Central High School cross country and track

programs. He also served as an assistant coach at his alma mater, Francis Howell North High School (2006-07). In all, Lane coached 41 All-State performers at the prep level.

Lane competed as a member Southeast Missouri cross country and track teams from 2002-2003, before an injury cut his career short.

He received his undergraduate degree from Southeast in 2006, graduating with magna cum laude distinction in Education.



ERIC FOX

ASSISTANT COACH
FIRST YEAR // LOUISVILLE, 2018 & WITTENBERG, 2021

The 2021-22 season marks the first for Eric Fox as an assistant coach with Southeast Missouri track & field. Fox will coach the Redhawks multis, pole vault, hurdles and jumps teams.

Fox comes to SEMO after serving as an assistant at Wittenberg, a NCAA Division III institution in Springfield, Ohio. As a Tiger, he coached five All-Americans and eight national qualifiers in the long jump, high jump, and heptathlon. He also was responsible for recruiting prospective student-athletes.

Fox, a Cambridge, Ohio native, earned his Master's in Athletic Coaching from Wittenberg in June 2021.

He also has high school coaching experience as an assistant at Eastern High School in Louisville, Kentucky. Fox mentored Luke Levinson, the 2019 Kentucky High School Athletic Association State champion in the pole vault.

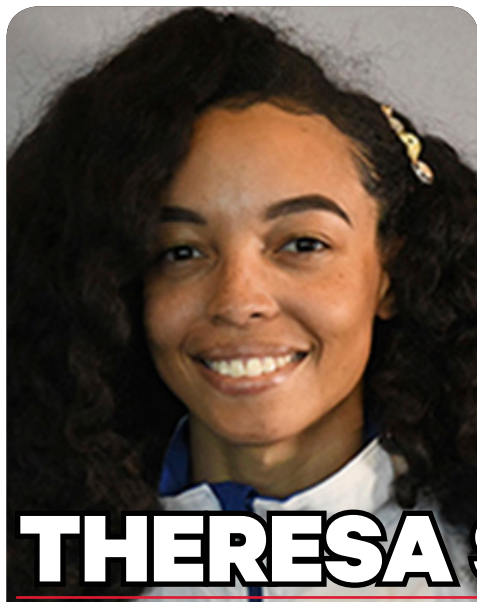
Levinson ranked first in the country for the event after clearing 15-8 as a freshman.

In both coaching stints, Fox has developed training plans for athletes as well as aided in meet management.

Prior to coaching, Fox was a standout track & field student-athlete at Louisville. Fox captured the Atlantic Coast Conference Decathlon Championship in 2018 and earned seven All-ACC honors for multi events and pole vault. He was an NCAA Division I East Preliminary Regional qualifier for pole vault in 2017.

Fox was also named to the All-ACC Academic Team and Louisville's Athletic Director Honor Roll.

Fox graduated from Louisville in 2018 with a Bachelor's in Sports Administration with a minor in Communication.



THERESA SCOTT

ASSISTANT COACH**FIRST YEAR // TIFFIN, 2016 & WASHBURN, 2018**

The 2021-22 season marks the first for Theresa Scott as an assistant coach with Southeast Missouri track & field. Fox will coach the Redhawks sprints, hurdles and relay teams.

Scott comes to SEMO after serving as an assistant at Lindsey Wilson College in Columbia, Kentucky. In three seasons with the Blue Raiders of the NAIA (National Association of Intercollegiate Athletics), Scott had the pleasure of coaching five All-Americans, 12 National Qualifiers and 48 top-8 Mid-South Conference finishers.

Her student-athletes have also broken 10 school records at Lindsey Wilson.

Scott designed and oversaw the periodization and weight training for the men's and women's sprints, hurdles and relay teams. She also was responsible for recruiting prospective student-athletes as well as providing assistance

with event selection and meet entries.

Prior to Lindsey Wilson, Scott served as the graduate assistant track coach at NCAA Division II member Washburn University in Topeka, Kansas. In her time with Washburn, she helped coach a pair of national qualifiers, 10 top-8 MIAA (Mid-America Intercollegiate Athletics Association) finishers and saw a total of 20 school records fall.

As a student-athlete at Tiffin University in Tiffin, Ohio, Scott was an NCAA Division II First Team All-American in the 4x100 meter relay and a Second-Team All-American in the 60 meters.

The Austintown, Ohio, native, holds the Great Midwest Conference and Tiffin program records in both the 60 meters and 4x100 meter relay. Scott is also the 100 meters record holder at Tiffin. She was named the Tiffin Female Breakthrough Athlete of the Year in 2016.

In the classroom, Scott was a member of the National Society of Leadership and Success, a National Honor Society Nominee and an NCAA Academic Team honoree.

Scott earned her Bachelor's in Business Administration from Tiffin in 2016. She also attained her Master's in Business Administration from Washburn in 2018.

2021-22



WOMEN'S S-A ROFILES





NICOLE HUMPHREYS

THROWS

SENIOR

JACKSON, MO.

JACKSON SENIOR

2021 Indoor: Competed in four meets...Placed first in the weight throw at the Redhawks Invite (2/5), Samford Bulldog Open (2/13), and the Redhawks Open (2/20) with throws of 57-10.25 (17.63m), 56-7.5 (17.26m), and 58-8.5 (17.89m), respectively...Placed first at the Redhawks Open (2/2) in shot put with a mark of 40-1.25 (12.22m)...Was also second in the event at the Redhawks Invite (2/5) with a heave of 40-0.5 (12.20m).

2021 Outdoor: Competed in 10 outdoor meets...Had six top-five finishes...Finished fourth in discus (142-8, 43.49m) at the Vanderbilt Black & Gold Invitational (4/16-17)...Was runner-up in hammer throw, finishing with 177-7 (54.13m) at the Sycamore Open (4/24)...Won Bronze in the hammer throw at the 2021 OVC Championship (5/13-15) with a PR throw of 191-11 (58.5m)...Also notched career bests in discus (147-0, 44.81m, fourth) and shot put (44-3.25, 13.49m, fifth) at the Championship.

2020 Indoor: Competed in nine meets...Had seven top-five finishes...Ranked third overall in the OVC for weight throw (61-0, 18.59m)...Finished second in the weight throw (59-2, 18.03m) and fifth (39-1.75, 11.93m) at the shot put at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Placed fourth in the weight throw (55-11.25, 17.05m) at the Gene Edmonds Memorial (1/10-11)

...Took third in the event with a toss of 57-7.75 (17.57m) at the Illini Invitational (1/24-25)...Finished fifth in the shot put (41-10.75, 12.77m) and sixth in the weight throw (59-4, 18.08m) at the 2020 Redhawks Open (2/21)...Captured Silver in the weight throw at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27) with a career-best mark of 61-0 (18.59m)...Also had a shot put distance of 40-4.75 (12.31m, 10th)...Named to the OVC Commissioner's Honor Roll.

2019 Outdoor: Competed in nine meets...Had six top-five finishes...Started the outdoor season with a fourth place finish in the discus with 138-1 (42.08m) at the 2019 Rhodes Invitational Track & Field Meet (3/15-16)...Placed fourth in the discus at the 2019 Drury Hotels Joey Haines Invite (3/29-30) with a toss of 123-9 (37.73m)...Took fifth (138-3, 42.14m) in discus at the Georgia Tech Invitational (4/19-20)...Was third in discus (142-1, 43.32m) and fifth in both shot put (41-1.75, 12.54m) and hammer (145-8, 44.40m) at the 2019 SIUE Gateway Classic (5/3)...Posted career best distances in discus (145-5, 44.33m) and hammer (163-2, 49.73m) for sixth at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Also was sixth in shot put with a mark of 42-6.25 (12.96m)...Named to the OVC Commissioner's Honor Roll.

2019 Indoor: Appeared in eight meets...Had four top-five finishes...Was third in weight throw (53-0, 16.15m) and fourth in shot put (42.8.25, 13-01m) at the season-opening SEMO vs. SIUE Dual Meet (12/7)...Placed fifth in both shot put (41-8.5, 12.71m) and weight throw (52-8, 16.05m) at the 2019 Illini Open (1/12)...Set a personal best shot put distance of 43-3.25 (13.19m, 13th) at the 2019 Indiana University Relays (1/25-26)...Finished sixth in both shot put (41-6.5, 12.66m) and weight throw (53-2.25, 16.21m) at the Fred Wilt Open (2/1-2)...Posted a career best weight throw mark of 54-6.5 (16.62m, seventh) at the 2019 Redhawks Open (2/15)...Finished ninth in weight throw at the OVC Indoor Track & Field Championship (2/20-21) with a toss of 51-8.5 (15.76m)...Also had a shot put throw of 40-2 (12.24m, 13th).

2018 Outdoor: Competed in nine events...Placed fourth in the hammer throw at the South Alabama Jaguar Opener (3/3) with a personal best of 154-3 (47.03m)...Finished third in the discus throw at the SLU Billiken Invitational (4/7) with a mark of 128-2 (39.06m)...Earned a personal best in discus throw at the Memphis Tiger Invitational (4/28) with 133-11(40.82m, ninth)...Posted a distance of 116-1 (35.39m, 17th) in the discus at the Ohio Valley Conference Championship (5/12)...Also had a shot put mark of 40-6.25(12.35m, 10th).

2018 Indoor: Competed in five events...Earned a personal best in shot put of 42-0.5 (12.81m, seventh) and placed fourth in weight throw with 52-2.125 (15.88m)...Finished 14th in shot put at the Ohio Valley Indoor Track and Field Championships (2/23) with a mark of 40-6.75 (12.36m)...Also placed tenth in the weight throw with 51-2.25 (15.60m).

Prep: Graduated from Jackson Senior High School in Jackson, Missouri, in 2017...Earned sixth-place in discus in state, district and sectional champ in discus and shot put, conference champion in discus as a senior...Was district and sectional and conference champion in both discus and shot put as a junior...Earned fourth-place in state in shot put, district and sectional and conference champion in shot put as a sophomore...Was district champion in shot put as a freshman...Was a member of the national honor society, A-honor roll and scholastic honor roll.

Personal: Born March 25, 1999...Daughter of James and Francine Humphreys...Majoring in Pre-Business at Southeast.



CIARA POTTER

**SOPHOMORE
ATOKA, TENN.
MUNFORD**

Prep: Attended Munford High School... Lettered all four years...Named a Track & Field Coalition of United States of America (TFCUSA) Indoor Nationals All-American for long, triple, and high jumper as a senior... Captured a 2019 Tennessee Secondary School Athletic Association (TSSAA) Indoor State Championship in the high jump... Also was a Junior Olympic Qualifier in her junior campaign...Set a pair of Munford HS records in the long jump and high jump as a sophomore...Was a two-time TSSAA State finalist in the long jump and triple jump and twice a member of the TSSAA All-State Team...Coached by Bernard Ivie at Munford...Competed for the EDA Flyers club team where she was coached by Dennis Alexander...Attended the American Legion Auxiliary Volunteer Girls State...Selected to the honor roll four times...Served as an Officer in the National Honor Society and Key Club...Graduated from Munford in 2020.

Personal: Born May 22, 2002...Daughter of Avis and Johnnie Potter...Majoring in Graphic Design.

2021 Outdoor: Competed in eight outdoor meets...Was third in the long jump at the USA Invitational (3/12), with a mark of 18-4.25 (5.59m)...Recorded a personal best high jump of 4-11 (1.50m) at the SIUC Bill Cornell Invite (3/19-20)...Registered personal bests in the triple jump and the long jump at the 2021 OVC Championship (5/13-15) with marks of 36-11 (11.25m, seventh) and 18-7.25 (5.67m, sixth).

2021 Indoor: Competed in three indoor meets...Had eight top-five finishes...Was third in the triple jump at the Sycamore Team Challenge (1/29-30) with a mark of 35-2.5 (10.73m)...Also was fourth in the long jump (17-5.5, 5.32m)...Took third in both the long jump (17-0, 5.18m) and triple jump (36-4.75, 11.09m) at the Redhawks Invite (2/5)...Recorded a personal best in the 55 meters (7.72, fourth), while also participating in the long jump (17-7.5, 5.37m, second), triple jump (36-2, 11.02m, third), and high jump (4-11, 1.50m, third) at the Redhawks Open (2/20).



EMMA SEXTON

JAVELIN

SENIOR

MOSCOW MILLS, MO.

TROY BUCHANAN

Southern Illinois (2017-2021): Scored five team points after placing sixth in the javelin throw at the 2019 Missouri Valley Conference Outdoor T&F Championships (5/10/19-5/12/19)... Took third in the javelin at the Billy Hayes Invite (5/3/19)...Took third in the javelin throw with a personal-best mark of 138'-5" to place third at the 2018 Missouri Valley Conference Outdoor T&F Championships (5/11/18-5/13/18)...Threw for a PR of 119'-2" in the hammer throw at the Bill Cornell Spring Classic (3/23/18-3/24/18)... Took third in the javelin at the Billy Hayes Invite (5/4)...Threw for 42'-11.5" as an unattached participant at the Don DeNoon Invite (2/2/18-2/3/18).

Prep: Played softball in high school, as she helped the Trojans win a program record 30 games in 2016 and claim the MSHSAA Class 4A state title...Took up throwing in April 2017, and her potential was almost immediately evident as she broke the school's javelin record in just her fourth meet with a toss of 111-10... Four-time Scholar Athlete award recipient.

Personal: Daughter of Terry and Meg Sexton... Father, Terry, works in sheet metal construction while her mother, Meg, is a stay at home mom... Has three siblings.



DAJA GORDON

SPRINTS

SENIOR

DALLAS, TEXAS

TEXAS TECH • HAMPTON PREPARATORY

Texas Tech (2018-2021): Timed her season best in the 60m at the Texas Tech Invitational, running 7.58 to place fifth in 2020...Ran sub-24.5 in the 200m at the Texas Tech Shootout at 24.47 in 2020...Was a member of Tech's 4x400 relay that ran 3:49.86 at the Corky Classic...was a strong leg of Tech's 4x100 and 4x400 relay teams in outdoors 2019...Led the 4x100 to a win and season-best time of 44.60 at the Fearless Champion Open...Relay also dipped below 45 seconds at the Corky/Crofoot Shootout, where they went 44.65...Ran the 100m and 200m at the Big 12 Championships in 2019...Also ran on a 4x100 relay that placed fourth with a 45.02...Ran on the 4x1 at the national title meet, and helped them to a 44.30. in 2019...Ran a 23.57 for a career-best in the 200 meters in 2018...Followed it up with a PR in the 100m at the 2018 Big 12 meet, where she took eighth in the final...Also scored in the 4x1 with a 44.52...Ran on the victorious 4x1 at ACU...rRan on a 4x1 that made it to nationals and placed 24th in 2018.

Prep: Member of the National Honor Society...2014, 2015 and 2017 State Champion...Three-time State Champion in the 200 meters...First-place Junior Olympian in 200m in 2015...31A 4x100-meter relay record holder...Holds the 2017 4x100-meter relay record at Texas Relays...2015 bronze medalist in the 200 meters...200m 3A State Champion in the 200m dash.

Personal: Daughter of Coquise Luckett... Sister to Darion, De'Audre and Demetria... Born in Dallas, Texas.



SERENA WILLIAMS

SPRINTS/JUMPS

JUNIOR

COLUMBIA, MO.

MARYVILLE • BATTLE

2021 Outdoor: Competed in nine outdoor meets...Had 14 top-five finishes...Placed third in the triple jump (38-5.5, 11.72m) at the USA Invitational (3/12)... Recorded a personal best at the in the 100 meter hurdles (15.25, 11th) at the Ole Miss Classic (3/26-27)...Notched a PR in the triple jump (40-9.5, 12.43m) for second at the 2021 Joey Haines Invite (4/2-3)...Also was fifth in the high jump (5-3, 1.60m) and sixth in the 100 meters (12.05)...Took eighth in the heptathlon with 4,179 points at the Tennessee Relays (4/8-10)...Also was third in the 4x100 meter relay in 48.03...Recorded a personal best in the high jump with a mark of 5-4.25 (1.63m) for fifth at the Vanderbilt Black and Gold Invitational (4/16-17)...Also won the triple jump with 39-3.25 (11.97m)...Placed sixth with a personal best heptathlon score of 4,373 at the 2021 OVC Championship (5/13-15)...Was first in the heptathlon 200 meters (24.75), second in the long jump (18-4.25, 5.59m) and fourth in the 100 meter hurdles (15.35)...Earned Bronze in the triple jump with a mark of 39-5.75 (12.03m)...Also was fourth in the 4x100 meter relay (46.30), eighth in the 100 meters after setting a PR of 11.93 in the prelims and 11th in the high jump (5-2.5, 1.59m).

2021 Indoor: Competed in three indoor meets... Had seven top-four finishes and six first place finishes...Won the 55 meters (7.39), long jump (17-9, 5.41m) and triple jump (38-2.25, 11.64m) at the Redhawks Invite (2/5)...Also was fourth in the 200 meters in 27.76...Achieved a personal best 60 meters time (7.91, 11th) at the Samford Bulldog Open (2/13)...Scored a personal best in the 55 meters (7.37) at the Redhawks Open (2/20) for first...Also was first in the triple jump (38-9, 11.81m) and high jump (5-3, 1.60m).



MAKENZIE WILLIAMS

THROWS
SOPHOMORE
EAST PRAIRIE, MO.

2021 Outdoor: Competed in 10 meets...Had four top-five finishes...Placed third at the SIUC Bill Cornell Invite (3/19-20) in the discus with a mark of 147-2 (44.85m)...Achieved a personal best in discus at the 2021 Joey Haines Invite (4/2-3) with a throw of 160-8 (48.98m), which earned her fourth place at the event...At the 2021 OVC Championship (5/13-15), posted a personal-best hammer throw distance of 165-4 (50.40m) for eighth...Also represented the Redhawks in the discus (145-3, 44.28m, fifth) and shot put (35-1.75, 10.71m, 13th).

2021 Indoor: Competed in four indoor meets...Finished in the top-four four times...Notched a personal best at the Samford Bulldog Open 2021 (2/13) in the shot put with a throw of 38-11.5 (11.87m, eighth)...Achieved another personal best at the Redhawks Open (2/20) in the weight throw with a mark of 50-11 (15.52m) for second...Was also second in the shot put (35-2.5, 10.73m).

Prep: Attended East Prairie High School...Was a four-year letter winner in Track & Field...Competed in Discus and Shotput...Coached by Chad Jamerson, Jeremy Hanlin and Ryan Smith...Captured the Missouri Class 3 State Championship in discus as a junior...Finished as the runner-up at state in discus as a sophomore and placed fifth in her freshman season...Was an All-State performer all 4 years...Awarded the Top Point Earner Award, Outstanding Field Event Award at East Prairie...Also played basketball where she was recognized with the Blue Collar Award, Most Rebounds, Best Field Goal Percentage and earned All-District honors...Named to the High Honor Roll...Was a member of Student Council, Future Teachers of America (FTA), The Future Business Leaders of America (FBLA), Science Olympiad and band...Graduated from East Prairie High School in 2020.

Personal: Born Nov. 4, 2001... Daughter of Melvin and Bridgett Williams...Has two brothers who played football collegiately, M.C. Williams, who played at Missouri Valley College and Upper Iowa University and, Edward Williams, who played at Central Methodist University...Studying Mass Communications at Southeast.



JANE BOESSEN

DISTANCE

SENIOR

TROY, MO.

TROY

2021 Outdoor: Ran in seven meets...Had three top-five finishes and six top-10 finishes... Took third in the 3,000 meter steeplechase in a personal-best 11:50.95 at the Southern Illinois Bill Cornell Invite (3/19-20)...Finished fourth in the 5,000 meters in 18:52.58 at the 2021 Drury Hotels Joey Haines Invite (4/2-3)... Notched a PR time of 18:42.29 for fourth in the 5,000 meters at the Sycamore Open (4/24)... Registered career bests in the 1,500 meters (5:03.47, 35th) and 3,000 meters (10:52.83, 18th) at the 2021 Kentucky Invitational (4/30-5/1)...Crossed the finish in a career-best 39:04.00 for seventh in the 10,000 meters at the 2021 OVC Track & Field Championship (5/13-15) to score for the Redhawks, the 2021 OVC Champions.

2020-21 Cross Country: Ran in all four meets...Scored in all four meets in 2020-21 for the women...Set a personal-best 5K time of 18:50.6 for 11th at the Redhawks Invitational (1/23) as the women finished first out of five teams...Completed the 5K at the Eastern Illinois Spring Open (2/6) in 19:35.3...Posted a top-10 finish (9th) at Tennessee Tech's Golden Eagle Invitational (2/19) 5K in 19:06.2... Crossed the finish in 20:29.0 for 20th at the 2020-21 OVC Cross Country Championship (3/1).

2020 Indoor: Ran in four meets...Competed in the 3,000 meters at each of those competitions...Opened the season with a mark of 11:23.99 at the Gene Edmonds Memorial (1/10-11)...Was seventh (11:03.54) in the 3,000 meters at the Missouri Intercollegiate (1/17)... Posted a season-best time of 10:57.78 (18th) in the 3,000 meters at the Illini Invitational (1/24-25)...Finished second overall in the 3,000 meters at the 2020 Redhawks Open (2/21) in 11:06.68...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Competed in four meets...Posted a time of 27:01.5 (100th) at Missouri's Gans Creek Classic (9/27)...Set a season-best 6K mark of 23:58.7 (141st) at the Bradley 'Pink' Classic (10/18)...Concluded the 2019 OVC Championship (11/2) 5K in 20:01.5 (58th) at SIUE in Edwardsville, Illinois...Notched a time of 24:25.3 (195th) at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma...Named to the OVC Commissioner's Honor Roll.

2019 Outdoor: Appeared in four meets... Completed the 3,000 meter steeplechase in 13:13.58 at the 2019 Drury Hotels Joey Haines Invite (3/29-30)...Earned third in the 5,000 meters (21:02.75) at the ASU Red Wolf Open (4/19-20)...Registered a season-best mark in the 3,000-meter steeplechase (seventh) of 12:49.75 at the Memphis Tiger Invitational (4/26-27)...Tallied a personal best 5:23.29 in the preliminaries for the 1,500 meters (22nd) at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Named to the OVC Commissioner's Honor Roll.

2019 Indoor: Ran in four meets...Finished sixth in the 3,000 meters at the SEMO vs. SIUE Dual Meet (12/7) in 11:20.12 and was a member of the third place finishing 4x400 meter relay team (4:36.22)...Notched a time of 19:24.76 in the 5,000 meters at the Samford Open (1/18-19).

2018 Cross Country: Ran in six meets... Finished 14th at the Saluki Cross Country Invitational (8/31), clocking in at 19:59.0... Placed 10th (20:31.4) at the SIUE John Flamer Invite (9/14)...Ran a 24:28.3 (101st) 6K at the Wisconsin Pre-National Meet (10/13)... Registered a time of 19:28.5 for 55th at the OVC Cross Country Championship (10/27)... Recorded a career-best 6K time of 23:50.4 (209th) at the NCAA Division I Midwest Region Cross Country Championships (11/9)...Named to the OVC Commissioner's Honor Roll.

2018 Outdoor: Participated in four meets... Placed fifth in the 3000m steeplechase at the 2018 Drury Hotels Joey Haines Invite (3/30-31)...Finished eighth in the 5000m at the Memphis Tiger Invitational (4/27-28) with a personal-best time of 18:42.59...Posted a career-best time of 12:05.29 (12th) in the 3000m steeplechase at the OVC Outdoor Track & Field Championships (5/10-12)...Named to the OVC Commissioner's Honor Roll.



2018 Indoor: Ran in six meets... Finished eighth in the 3000m at the SEMO vs. SIUE Dual (12/8) in 11:01.75...Posted a time of 18:47.03 (9th) in the 5000m at the 2018 Indiana University Relays (1/26-27)...Improved her mark in the 3000m at the Don DeNoon Invitational (2/2-3), clocking in at 10:59.27...Won the event at the 2018 Redhawks Open (2/16) with a personal-best time of 10:57.59... Finished 20th (PR, 5:30.60) in the mile race at the OVC Indoor Track & Field Championships (2/23-24).

2017 Cross Country: Raced at five meets...Had two top-20 finishes...Ran a personal-best 19:03.6 (55th) at the OVC Championship (10/28)...Named to the OVC Commissioner's Honor Roll.

Prep: Attended Troy Buchanan High School in Troy, Missouri... Lettered all four years in track and cross country...Cross country state qualifier 2015-2017...Cross country academic honors 2014-2016...Track state qualifier 2016, 2017...Track scholar athlete 2015-2017...St. Louis post dispatch scholar athlete for both cross country and track...School record holder for 1600m, 3200m, and 5K.

Personal: Born July 20, 1999... Daughter of Scott and Joan Boessen...Majoring in Exceptional Child/Mild Moderate Cross Categorical.



BREANNA MILES

SPRINTS

SOPHOMORE

MEMPHIS, TENN.

SOUTHWIND

2021 Outdoor: Competed in eight meets... Had 10 top-five finishes...Was a member of the 4x400 meter relay team (3:58.04) that placed first at the USA Invitational (3/12)... Took second in the 200 (24.83) and fifth in the 400 meters (59.16)...Notched a personal best in the 200 meters (24.83) at the Tennessee Relays (4/8-10) for seventh...Also was third in the 4x100 meter relay (48.03) and fifth in the 4x400 meter relay (3:53.41)...Was a member of the 4x100 meter (46.30) and 4x400 meter (3:53.64) relay teams that placed fourth at the 2021 OVC Championship (5/13-15)...Also was seventh in the 400 meters with a PR time of 55.82 (seventh).

2021 Indoor: Competed in three meets... Had five top-two finishes and won four event events...Placed first in the 200 meters (25.66) at the Sycamore Team Challenge (1/29-30)... Was a member of the 4x400 meters relay team that placed first (4:19.85) at the Redhawks Invite (2/5)...Also, placed second individually in the 200 meters (25.66)...Took first in the 400 meters (1:02.91) and the 200 meters (26.71) at the Redhawks Open (2/20).

Prep: Attended Southwind High School where she lettered on the Track & Field team all four years...Coached by Alisa Seymour at Southwind...As a junior, won the 400 meter dash indoor state championship... Also was the runner-up in the outdoors 400 meters...Captured the 400 meters outdoor state championship as a sophomore... Posted a personal-best 400 meters time of 55.3...Member of the cross country state championship team as a freshman and the track & field state championship team in 2018... Broke the 4x100 meter relay, 4x200 meter relay, and 4x400 meter relay school records

at Southwind...Competed for the Memphis Jaguars club track & field team where she was coached by Yerritt and Anita Long who are the parents of Redhawks teammate Kendall Long... Graduated from Southwind in 2020.

Personal: Born Sept. 16, 2002...Daughter of Benjamin and Dalphinie Miles...Majoring in Biology at Southeast...Loves eating, shopping with friends, and sleeping.



NICOLE SILVERLAKE

POLE VAULT

JUNIOR

TEMECULA, CALIF.

VISTA MURRIETA

2021 Outdoor: Did not compete.

2021 Indoor: Competed in four indoor meets...Finished in the top-3 at all four meets...Took third in the pole vault at the Sycamore Team Challenge (1/29-30) with a mark of 11-3.5 (3.44m)...At the Redhawks Invite (2/5), achieved a personal best pole vault height of 11-5.75 (3.50m) for first overall...Matched the PR at the Samford Bulldog Open 2021 (2/13) for third...Reached a mark of 10-8 (3.25m) for second in pole vault at the Redhawks Open (2/20).

2020 Indoor: Did not compete.

Prep: Attended Vista Murrieta High School in Temecula, California...Four-year letter winner for track and field at Vista Murrieta...Coached by Coley Candaele...Competed in pole vault and long jump...Set the Vista Murrieta school record and Southwestern League record with a height of 12-4 as a senior...Also, won the Southwestern League pole vault title with the feat...As a senior, also posted marks of 16-4.5 in long jump and a triple jump distance of 33-6.5...Posted a height of 12-0 in pole vault for the junior pole vault record at Vista Murrieta...Graduated from Vista Murrieta in 2019...Also competed in gymnastics...Was a member of Ultimate Pole Vault in Eastvale, California...Coached by Livio and Rosario Centenaro.

Personal: Born February 16, 2001...Daughter of Shawn Silverlake...Majoring in Physical Therapy.



JADEN KIGHT

JAVELIN

JUNIOR

WHITEWATER, MO.

CAPE CENTRAL

2021 Outdoor: Competed in seven meets in javelin...Had four top-four finishes...Won javelin at the Sycamore Open (4/24) with a mark of 120-7 (36.75m)...Placed third at the 2021 Kentucky Invitational (4/30-5/1) with a throw of 124-4 (37.89m)...Recorded a personal best at the 2021 OVC Championship (5/13-15) of 136-9 (41.68m) for Bronze.

2021 Indoor: Did not compete.

2020 Indoor: Did not compete...Named to the OVC Commissioner's Honor Roll.

Prep: Attended Cape Central High School in Cape Girardeau, Missouri...Coached by Scott Schneinbold...Was a four-year letter winner in track and field...Was a two-time all-state javelin performer...Notched a throw of 128-11 as a senior...Finished fifth at state with a distance of 122-11 as a sophomore...Placed eighth at state as a freshman, posting a feat of 108-5...Named the Cape Central Female Thrower of the Year and the Female Athlete of the Year...Graduated from Cape Central in 2019.

Personal: Born May 17, 2001...Daughter of Roger and Libby Guilliams...Her brother Caleb Guilliams, played baseball at Shawnee Community College...Majoring in Elementary Education...Favorite food is ribs and mac and cheese.



BAILY GRIFFITHS

POLE VAULT

SENIOR

ST. CHARLES, MO.

ST. CHARLES WEST

2021 Outdoor: Competed in three meets... Overcame a pole vault height of 9-5.75 (2.89m, 11th) at the 2021 OVC Championship (5/13-15).

2021 Indoor: Competed in three meets... Achieved a personal-best pole vault mark of 10-0 (3.05m) for third at the Redhawks Invite (2/5)...Ran a PR in the 55 meters (8.14, seventh) at the Redhawks Open (2/20).

2020 Indoor: Competed in pole vault at five meets...Finished fourth at the season-opening SEMO vs. SIUE Dual Meet (12/6/19) with a height of 7-10.5 (2.40m)...Posted a pole vault mark of 8-11.75 (2.74m, 13th) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Named to the OVC Commissioner's Honor Roll.

2019 Outdoor: Did not compete.

2019 Indoor: Appeared in three meets, competing in pole vault...Took fifth at the season-opening SEMO vs. SIUE Dual Meet (12/7) with a mark of 9-9 (2.97m)...Posted a career best height of 10-0 (3.05m) for sixth in pole vault at the 2019 Redhawks Open (2/15)...Named to the OVC Commissioner's Honor Roll.



KATIE WEGMANN

DISTANCE
REDSHIRT SENIOR
MEQUON, WIS.
HOMESTEAD

2021 Outdoor: Ran in eight meets...Had 14 top-five finishes and three first place finishes...Captured the 2021 OVC Championship in the 800 meters...Opened the season with a second place finish in the 4x400 meter relay (4:02.79), third in the 800 meters (2:16.59) and fifth in the 1,500 meters (4:42.55) at the Southern Illinois Bill Cornell Invite (3/19-20)...Won the 800 meters in 2:12.08 at the Ole Miss Classic (3/26-27)...Also took fourth in the 4x400 meter relay (3:56.90)...Finished as the runner-up in the 1,500 meters in a personal-best time of 4:36.05 at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also was fourth in the 4x400 meter relay (3:57.37)...Grabbed a pair of second place finishes in the distance medley relay (11:41.74) and 4x800 meter relay (9:10.64)...In the 4x400 meter relay, placed fifth (3:53.41) and completed the 1,500 meters in 4:38.89 (16th)...Concluded the 800 meters in 2:09.85 for fifth at the Vanderbilt Black & Gold Invitational (4/16-17)...Notched PRs in the 800 meters (2:09.27) for third and in the 3,000 meters (10:38.51, 10th) at the 2021 Kentucky Invitational (4/30-5/1)...

Closed the season with back-to-back first place finishes in the 800 meters...Won the event in 2:11.79 at the Pacesetter Sports Invitational (5/7)...Also secured Gold in the 800 meters, finishing in 2:12.38 at the 2021 OVC Track & Field Championship (5/13-15) to score for the Redhawks, the 2021 OVC Champions.

2020-21 Cross Country: Ran in four meets...Scored in all four meets in 2020-21 for the women...Finished in the top-10 four times and in the top-five twice...Secured 2020-21 Second-Team All-OVC honors...Opened the campaign with a career-best time of 18:06.8 (5K) for third overall at the Redhawks Invitational (1/23) as the women finished first out of five teams...Placed sixth in the 5K at the Eastern Illinois Spring Open (2/6) in 19:02.7...Named the OVC Female Runner of the Week on Feb. 25 after she captured first at the Tennessee Tech Golden Eagle Invitational (2/19), for her first career top cross country finish...Finished the 5K in 18:27.4...Completed the 5K at the 2020-21 OVC Cross Country Championship (3/1) in 19:54.0 for eighth to earn 2020-21 Second-Team All-OVC honors.

2020 Indoor: Ran in seven meets...Had six top-five finishes...Made her Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), finishing third in the mile (5:24.30)...Also posted a personal-best 3,000 meters mark of 11:45.33 for fifth...Took first in the 4x800 meter relay in 10:07.60 at the Missouri Intercollegiate (1/17)...Also was third in the 800 meters, setting a personal record of 2:20.51...Completed the 4x400 meter relay in 4:07.00 (fifth) and concluded the mile in 5:10.65 (eighth) at the Illini Invitational (1/24-25)...Captured Silver in the distance medley relay at the 2020 Ohio Valley Conference Indoor Track & Field

Championship (2/26-27), finishing in 12:00.67...Also was seventh in the 4x400 meter relay (3:59.77) and ninth in the mile with a PR mark of 5:02.86...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Ran in all six meets...Made Redhawks cross country debut with an eighth-place finish of 19:34.1 at the 2019 Saluki Invite (9/30)...Completed the Bradley Intercollegiate (9/20) in a personal-best three mile mark of 18:35.5 (27th)...Set a 6K personal record at Missouri's Gans Creek Classic (9/27), crossing the finish in 24:47.8 (73rd)...Finished 30th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in a personal best 19:03.6...Completed the 6K at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in 24:48.0 (212th)...Named to the OVC Commissioner's Honor Roll.

2018 Redshirt Freshman Soccer: Appeared in 11 games, started in seven...Notched an assist against Illinois-Springfield (8/24)...Finished the season with three shots and an assist...Totaled 587 minutes of playing time.

2017 - Freshman Soccer: Appeared in the first three games of the season...Played a total of 103 minutes.



Prep/Club: Attended Homestead High School in Mequon, Wisconsin, the same school and hometown that produced former Redhawk Shay Darga...Did not compete for Homestead on the soccer pitch, but played club soccer for FC Wisconsin Eclipse ECNL year-round for head coach Christian Lavers...Was the starting midfielder all four club seasons for ECNL...The team qualified for the ECNL playoffs the last three seasons of her career...Eclipse were the runners-up for the ENCL...Was an honor roll student and a member of the "Champions" community group...Also competed in track & field, earning team MVP honors as a freshman, sophomore, and junior...Was the conference and regional runner up in the 800 and 1600m those three years...Qualified for state as a freshman and junior...Competed for Homestead HS her senior year and won the Susan B. Award for exemplary character and leadership on and off the field.

Personal: Born Feb. 4, 1999...Daughter of David and Rebecca Wegmann...Majoring in Corporate Communication.



MADDIE KELLER

DISTANCE

SENIOR

TROY, ILL.

TRIAD

2021 Outdoor: Ran in four meets...Opened the outdoor season with back-to-back fourth place finishes in the 5,000 meters (18:49.55, season-best) at the Southern Illinois Bill Cornell Invite (3/19-20) and in the 3,000 meter steeplechase (11:50.24, season-best) at the Ole Miss Classic (3/26-27)...Took sixth in the 5,000 meters at the 2021 Drury Hotels Joey Haines Invite (4/2-3) in 18:54.40...Posted a mark of 11:57.90 for eighth in the 3,000 meter steeplechase at the Tennessee Relays (4/8-10).

2020-21 Cross Country: Ran in all four meets...Finished in the SEMO top-five in all four races...Opened the campaign with a season-best time of 18:43.5 for ninth (5K) at the Redhawks Invitational (1/23) as the women finished first out of five teams...Was 11th in back-to-back races at the Eastern Illinois Spring Open (2/6, 19:33.6) and at Tennessee Tech's Golden Eagle Invitational (2/19, 19:10.8)... Completed the 5K at the 2020-21 OVC Cross Country Championship (3/1) in 20:16.0 (16th).

2020 Indoor: Ran in seven meets...Had five top-five finishes and one first place finish...Won the mile (5:19.13) and was third in the 3,000 meters (11:09.07) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Finished the mile in 5:18.92 (eighth) at the Gene Edmonds Memorial (1/10-11)...Captured second in both the 3,000 meters (10:21.20) and the 4x800 meter relay (10:07.66) at the Missouri Intercollegiate (1/17)...Set a new personal-best time in the mile of 5:06.51 for sixth at the Illini Invitational (1/24-25)...Earned Bronze in the 3,000 meters at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), posting a personal-best time of 9:53.81...Also was sixth in the 5,000 meters with a career best 17:13.18 to add to the Redhawks total...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Ran in all six races...Posted three-top five finishes, four top-15 finishes and five top-20 finishes...Opened the season with a fourth-place finish of 18:48.3 at the 2019 Saluki Invite (9/30)...Finished third at the Bradley Intercollegiate (9/20) three-mile race in a personal-best 17:28.8...Completed Missouri's Gans Creek Classic (9/27) 6K in 22:24.3 for 15th...Placed 20th at the Bradley 'Pink' Classic (10/18) 6K, crossing the finish in a career-best 21:43.6...Was fifth at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, with a personal-best 5K time of 17:57.3 to earn First-Team All-OVC laurels...Her finish is the best Redhawk women's finish at the Championship since Rebekah Lawson was the runner-up at the 2013 Championship in Morehead, Kentucky...Concluded the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, with a top-100 finish (78th) in 22:16.8...Named to the OVC

Commissioner's Honor Roll.

2019 Outdoor: Appeared in seven meets...Set a PR in the 2,000-meter steeplechase at the Vanderbilt Black & Gold Invitational (3/22-23) in 7:30.69...Placed sixth in the 1,500 meters in 5:01.26 at the 2019 Drury Hotels Joey Haines Invite (3/29-30)...Was second in the 3,000-meter steeplechase with a mark of 11:23.42 at the Gibson Invitational (4/6)...Notched a career best 4:49.69 (18th) in the 1,500 meters at the Joe Walker Classic (4/12-13)...Earned second in the 5,000 meters at the Memphis Tiger Invitational (4/26-27) with a PR of 18:44.03...Finished fifth in the 3,000-meter steeplechase at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau with a personal-best time of 11:09.01...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Indoor: Ran in six meets...Made Redhawks debut at the SEMO vs. SIUE Dual Meet (12/7), finishing fifth in the mile (5:39.13) and fourth in the 4x400 meters (4:38.99)...Completed the mile in 5:26.69 for eighth at the Samford Open (1/18-19)...Also had a PR of 2:28.06 in the 800 meters (10th)...Set a personal best 3,000-meters mark of 10:43.08 for fifth at the Fred Wilt Open (2/1-2)...Finished second in the distance medley relay in 12:39.42 at the 2019 Hoosier Hills (2/8)...Also was eighth in the mile (5:18.64)...Concluded the mile in a personal-best time of 5:14.86 (12th) at the OVC Indoor Track & Field Championship (2/20-21).



2018 Cross Country: Ran in five meets...Finished 100th at the Wisconsin Pre-National Meet (10/13) with a personal-best 6K time of 24:24.0...Registered a career-best 5K, clocking in at 19:38.1 for 59th at the OVC Cross Country Championship (10/27)...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

Prep: Graduated from Triad High School in 2018...Coached by Andy Brendal...Started competing in cross country in sixth grade...Lettered all four years...Also played soccer and ran track & field...Competed in the 800m, 4x400m, 600m, 3200m, and 4x800m...Earned the Citizenship Award at Triad.

Personal: Born November 5, 1999...Daughter of Matthew and Jennifer Keller...Full name is Madeline Keller...Majoring in Nursing at Southeast.



CLAIRE MORRILL

DISTANCE

SENIOR

CAPE GIRARDEAU, MO.

NOTRE DAME

19:49.0 (20th) in the 5K at Tennessee Tech's Golden Eagle Invitational (2/19)...Completed the 5K at the 2020-21 OVC Cross Country Championship (3/1) in 22:07.0 (52nd).

2020 Indoor: Ran in eight meets...Had 10 top-five finishes and four first-place finishes... Ranked fourth overall in the conference for 800 meters (2:16.17)...Won the 800 meters (2:23.60) and 4x400 meter relay (4:14.68) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Finished as the runner-up in the 800 meters in 2:18.28 at the Gene Edmonds Memorial (1/10-11)...Grabbed first in both the 800 meters (2:16.90) and the 4x800 meter relay (10:07.60) at the Missouri Intercollegiate (1/17)...Crossed the finish for the 800 meters at the Illini Invitational (1/24-25) in 2:16.17... Was also fifth in the 4x400 meter relay with a time of 4:07.00...Set a new personal-record mark in the 600 meters, completing the race in 1:36.64 (eighth) at the 2020 Indiana University Relays (1/31-2/1)...Tallied a career-best mile mark of 5:14.33 (18th) at the 2020 Hoosier Hills (2/14)...Was also a member of the third place finishing distance medley relay team (12:27.98)... Captured Silver in the distance medley relay at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), finishing in 12:00.67...Also was fifth in the 800 meters (2:16.93) and seventh in the 4x400 meter relay (3:59.77)...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Ran in five meets...Made Redhawks cross country debut at the 2019 Saluki Invite (9/30), where she posted a time of 20:22.4 for 14th...Notched a personal-best three mile mark of 19:33.5 (64th) at the Bradley Intercollegiate (9/20)...Completed the 6K at the Bradley 'Pink' Classic (10/18) in a career-best 23:18.7 (103rd)...Finished 55th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in a personal best 19:51.2...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Outdoor: Ran in seven meets...Had seven top-five finishes...Completed the 1,500 meters in a personal best 4:52.40 (55th) at the Vanderbilt Black & Gold Invitational (3/22-23)... Won the 800 meters at the 2019 Drury Hotels Joey Haines Invite (3/29-30) in 2:22.86... Finished the 800 meters in a PR time of 2:12.49 for fourth at the Georgia Tech Invitational (4/19-20)...Was the runner-up in the 4x400 meter relay at the meet, crossing the finish in 3:51.41...Captured silver in the 800 meters (2:13.84) and bronze in the 4x400 meter relay (3:55.76) at the OVC Outdoor Track & Field Championship (5/9-11)...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2021 Outdoor: Ran in nine meets...Posted 10 top-five finishes...Finished second in the 800 meters (2:16.65) and first in the 4x400 meter relay (3:58.04) at the South Alabama Invitational (3/12)...Took fourth in both the 800 meters (2:14.89, 2:15.59) and 4x400 meter relay (3:56.90, 3:57.37) at the Ole Miss Classic (3/26-27) and at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Notched a season-best 800 meters time of 2:13.72 (11th) at the Tennessee Relays (4/8-10)...Also ran in the 4x400 meter relay (3:53.41, fifth) and 4x800 meter relay (9:10.64, second)... Crossed the finish in 2:14.17 for sixth in the 800 meters at the 2021 OVC Track & Field Championship (5/13-15) to score for the Redhawks, the 2021 OVC Champions...Also took fourth in the 4x400 meter relay in 3:53.64.Commissioner's Honor Roll.

2020-21 Cross Country: Ran in all four meets...Finished in the SEMO top-five two times...Opened the campaign with a career-best time of 19:30.6 (16th, 5K) at the Redhawks Invitational (1/23) as the women finished first out of five teams...Took 15th at the Eastern Illinois Spring Open (2/6), finishing the 5K in 19:42.5...Was clocked at



2019 Indoor: Appeared in seven meets...Notched nine top-five finishes...Made Redhawks debut at the SEMO vs. SIUE Dual Meet (12/7), finishing first in the 4x400 meter relay (4:12.68) and second in the 800 meters (2:23.83)... Finished fourth in the 1,000 meters with a personal-best time of 3:03.98 at the Samford Open (1/18-19)...Also was third in the 4x400 meter relay with a mark of 3:58.25...Registered a Southeast school record of 11:48.52 in the distance medley relay with Carli Knott, Kendall Long and Kaitlyn Shea for second at the Indiana University Relays (1/25-26)...Was the runner-up in the 800 meters at the Fred Wilt Open (2/1-2) in 2:19.16...Also set a career best 1:46.30 in the 600 meters...Won the 800 meters at the Hoosier Hills (2/8) with a mark of 2:14.78... Also took third in the 4x400 meter relay in 3:56.13...Finished fifth in the 4x400 meter relay at the OVC Indoor Track & Field Championship (2/20-21), clocking in at in 3:51.24...Also finished seventh in the 800 meters in 2:21.35.

2018 Cross Country: Did not compete.

Prep: Competed in cross country and track & field at Notre Dame Regional High School in Cape Girardeau, Missouri...Graduated in 2018...Coached by Paul Unterreiner...Was a five-time USA Track & Field All-American and five-time State medalist at Notre Dame competing in sprints and middle distances...As a senior was third at State for the 800 meters and fourth for the 4x400 meter relay...Holds the school record at Notre Dame for the 800 meters (2:17.1) and 4x400

meter relay (4:01.75)...As a junior finished fifth at State for the 800 meters and 4x400 meter relay.

Personal: Born May 10, 2000... Daughter of Richard and Marge Kirkpatrick...Mother, Marge Kirkpatrick, is a Southeast Missouri alumna...Majoring in Biomedical Sciences at Southeast.



ELLIE GAMRADT

JUMPS

SENIOR

WRENSHALL, MINN.

HERMANTOWN SENIOR

Took second at the 2020 Redhawks Open (2/21) with 5-3 (1.60m)...Earned Bronze in the high jump at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), overcoming a career-best 5-6.5 (1.69m)...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Outdoor: Competed in seven meets as a high jumper...Placed fourth in the event at both the 2019 Drury Hotels Joey Haines Invite (3/29-30) and at the Gibson Invitational (4/6) with marks of 5-1 (1.55m)...Finished 10th (5-3, 1.60m) in high jump at the Memphis Tiger Invitational (4/26-27)...Overcame a height of 5.25 (1.59m) for 10th at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Indoor: Appeared in eight meets, competing in high jump...Posted six top-five finishes...In her Redhawks debut, won the event with a personal-best height of 5-4.25 (1.63m) at the season-opening SEMO vs. SIUE Dual Meet (12/7)...Was fifth in high jump with 5-3 (1.60m) at the Samford Open (1/18-19)...Placed fourth in the event at the Fred Wilt Open (2/1-2) with a mark of 5-1.25 (1.56m)...Was third at both the 2019 Hoosier Hills (2/8, 5-2.5, 1.59m) and 2019 Redhawks Open (2/15, 5-3, 1.60m)...Finished fifth in the high jump after she overcame 5-3.75 (1.62m) at the OVC Indoor Track & Field Championship (2/20-21).

Prep: Attended Hermantown High School in Hermantown, Minnesota...Coached by Kevin Leonard at Hermantown...Competed in high jump on the track & field team...Started and lettered five seasons...Finished sixth at State

in high jump in 2017 and notched a personal record height of 5-6...Earned third as a senior in the Section 7AA high jump competition...Was named the women's track & field MVP...Won the Section 7AA high jump championship as a sophomore...Was sixth at the Minnesota State High School League State Meet...Placed fifth in high jump at the Section 7AA meet as a sophomore and as a freshman...Was the Lake Superior Conference high jump Champion in her final three high school seasons as a sophomore, junior and a senior...Four-time Lake Superior Conference All-Conference honoree and four time Minnesota Academic All State...Also played basketball and volleyball...Member of the Section 7AA Volleyball Championship team in 2015 and 2016...Selected as the volleyball MVP from 2017-2018...Named to the Lake Superior Conference All-Conference basketball team twice...Graduated from Hermantown High School in 2018.

Personal: Born on March 14, 2000...Daughter of Tim and Carla Gamradt...Her mother Carla, ran track & field at St. Cloud State University in St. Cloud, Minnesota...Her father Tim, played football at St. Cloud State University...Majoring in Biomedical Sciences.

2021 Indoor: Competed in four meets...Placed top-five at each meet in the high jump competition...Won the event twice...At the Sycamore Team Challenge (1/29-30), placed fourth with a height of 5-3 (1.60m)...Won the event at the Redhawks Invite (2/5) with a jump of 5-1 (1.55m)...Placed fifth at the Samford Bulldog Open (2/13, 5-1, 1.55m)...Placed first with a jump of 5-3 (1.60m) at the Redhawks Open (2/20).

2021 Outdoor: Competed in eight meets...Had two top-three finishes on the campaign...At the Sycamore Open (4/24), overcame 5-1 (1.55) for third...Earned Bronze in the high jump at the 2021 OVC Championship (5/13-15) with a mark of 5-6.5 (1.69m).

2020 Indoor: Competed in high jump at eight meets...Had seven top-five finishes and two first-place finishes...Was third in the conference for high jump (5-6.5, 1.69m)...Won the event at the season-opening SEMO vs. SIUE Dual Meet (12/6/19) with a height of 5-3 (1.60m)...Posted a mark of 5-5 (1.65m) for fourth at the Illini Invitational (1/24-25)...Captured first in high jump at the 2020 Hoosier Hills (2/14) with a feat of 5-6 (1.68m)...



LAURYN JAMES

SPRINTS

SENIOR

CORDOVA, TENN.

CORDOVA

2021 Indoor: Competed in two meets...Placed fourth at the Sycamore Team Challenge (1/29-30) in the 60 meters with a time of 7.91... Also, was seventh in the long jump (17-0.75, 5.20m)...Finished second in the 55 meters (7.43) and third in the 200 meters (26.58) at the Redhawks Invite (2/5).

2021 Outdoor: Competed in six meets...Had eight top-five finishes...Was second in the long jump at the SIU Bill Cornell Invite (3/19-20) with a mark of 18-85 (5.70m)...Recorded a personal best long jump at the 2021 Joey Haines Invite (4/2-3) with a mark of 19-8 (5.99m, third)...Took third in the 4x100 meters relay (48.03) and long jump (19-7, 5.97m) at the Tennessee Relays (4/8-10)...Placed second at the 2021 Kentucky Invitational (4/30-5/1) in long jump with a feat of 19-2 (5.84m)...Was a member of the 4x100 meter (46.30) and 4x400 meter (3:53.64) relay teams that placed fourth at the 2021 OVC Championship (5/13-15)...Also was fifth in long jump (19-3.25, 5.87m)...Set a PR in the prelims for the 100 meters (12.22).

2020 Indoor: Appeared in eight meets... Had six top-five finishes...Ranked fourth in the OVC for long jump (18-8.5, 5.70m)...Won the 55 meter dash (7.35), 200 meters (26.86) and long jump (17-11.5, 5.47m) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)... Finished as the runner-up in the 60 meters in 7.82 and completed the 200 meters in 26.62 (sixth) at the Missouri Intercollegiate (1/17)...Took third in the long jump at the Illini Invitational (1/24-25) with a mark of 17-9 (5.41m)...Was fourth in the same event at the 2020 Hoosier Hills (2/14), posting a feat of 17-6.25 (5.34m)...Finished the 4x400 meters relay (seventh) in 3:59.77 and tallied a long jump distance of 16-10 (5.13m, 15th) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

2019 Outdoor: Appeared in seven meets... Had four top-five finishes...Placed fifth in the 4x400 meter relay at the Vanderbilt Black & Gold Invitational (3/22-23) in 3:56.86... Was the runner-up in the 100 meter dash in 12.46 at the 2019 SIUE Gateway Classic (5/3)...Also placed fifth in the long jump with a feat of 18-2.25 (5.54m)...Earned a bronze medal in the 4x400 meter relay, finishing with a time of 3:55.76 at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Also posted a long jump of 18-7 (5.66m, ninth) and competed in the 4x100 meter relay, crossing the finish in 48.90...Set a personal best 100 meters time of 12.30 in the preliminaries.

2019 Indoor: Competed in seven meets... Tallied nine top-five finishes...Made her Redhawks debut with a trio of first place finishes in the 55 meters (7.25, PR), 200 meters (26.60) and the 4x400 meter relay

(4:12.68) at the season-opening SEMO vs. SIUE Dual Meet (12/7)...Finished third in both the 60 meters (7.67, PR) and long jump (19-0, 5.79m) at the 2019 Illini Open (1/12)...Was fifth in both the 60 meters (7.86) and long jump (18-3.75, 5.58m) at the Fred Wilt Open (2/1-2)...Set a personal best 200 meter time of 25.82 (ninth) at the 2019 Hoosier Hills (2/8)... Concluded the 60 meters at the OVC Indoor Track & Field Championship (2/20-21) in 7.78 (eighth)...Also had a long jump mark of 16-10 (5.13m).

Prep: Attended Cordova High School in Cordova, Tennessee...Coached by Frederick Collier...Competed in the 100 meters, 200 meters, long jump and 400 meters on the Cordova Track & Field team...As a senior posted marks of 12.21 in the 100 meters, 25.39 in the 200 meters, 1:00.91 in the 400 meters and a long jump distance of 19-2...Finished third in the long jump at the Tennessee Secondary School Athletic Association as a junior...Also was second in the 4x200 meters, sixth in the 200 meters and was nominated for the TSSAA Women's All Around Award... Was a TSAA Championship qualifier as a sophomore and placed fourth in the long jump...Qualified for TSAA Championship as a freshman and was sixth in the long jump.

Personal: Born Oct. 31, 1999...Daughter of Lloyd and Jermika James...Majoring in Criminal Justice.



KAYLEE EAKIN

JUMPS

SENIOR

POPLAR BLUFF, MO.

POPLAR BLUFF

2019 Outdoor: Competed in six meets... Finished the 200 meters in 27.89 (PR, 75th) at the Vanderbilt Black & Gold Invitational (3/22-23)...Was third in the long jump with 17-1.5 (5.22m) at the 2019 Drury Hotels Joey Haines Invite (3/29-30)...Set a new personal record in the 100 meters of 13.18 at the Gibson Invitational (4/6)...Posted a long jump mark of 17-6.75 (5.35m, 18th) at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Named to the OVC Commissioner's Honor Roll.

Prep: Attended Poplar Bluff High School... Graduated from Poplar Bluff in 2018.

Personal: Born December 7, 1999...Daughter of Chris Eakin and Mandy Eddy...Twin sister, Krisman Eakin, is a member of Harding University's (DII) Track & Field team in Searcy, Arkansas.

2019 Indoor: Appeared in seven meets...Had four top-five finishes...Made her Redhawks debut at the season-opening SEMO vs. SIUE Dual Meet (12/7) where she competed in the 55 meter dash (7.66, fourth), 200 meters (28.22, fifth) and long jump (17-0.5, 5.19m, fourth)...Set a personal record in the 60 meters in 8.27 in the preliminaries at the Samford Open (1/18-19)...Was seventh in long jump at the Fred Wilt Open (2/1-2) with a distance of 16-10.5 (5.14m)...Finished third in long jump with a career best feat of 17-7.5 (5.37m) at the 2019 Redhawks Open (2/15)...Also had a PR of 7.49 in the 55 meter dash...Posted a long jump mark of 16-10.75 (5.15m, 18th) at the OVC Indoor Track & Field Championship (2/20-21).

2021 Outdoor: Did not compete.

2021 Indoor: Did not compete.

2020 Indoor: Competed in six meets...Had four top-five finishes...Was second in the 4x400 meter relay (4:39.31) and third in both the 400 meters (1:04.27) and the long jump (17-6, 5.33m) at the SEMO vs. SIUE Dual Meet (12/6/19)...Placed third in the 400 meters in 1:05.92 at the Missouri Intercollegiate (1/17)...Was sixth in the long jump at the 2020 Redhawks Open (2/21) with 16-7.75 (5.07m)...Posted a long jump mark of 16-6 (5.03m, 19th) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).



KATIE SCHUMER

POLE VAULT

SENIOR

CAPE GIRARDEAU, MO.

JACKSON

2020 Indoor: Competed in pole vault at eight meets...Had three top-five finishes... Won the event at the season-opening SEMO vs. SIUE Dual Meet (12/6/19) with a height of 10-5.5 (3.19m)...Set a personal-best mark of 11-6.25 (3.51m) for fourth at the Missouri Intercollegiate (1/17)...Finished as the runner-up in pole vault at the 2020 Redhawks Open (2/21), overcoming 11-5.75 (3.50m)...

Had a pole vault mark of 10-11.5 (3.34m, ninth) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

2019 Outdoor: Competed in six meets...Set a personal record pole vault mark of 11-6.25 (3.51m) for third at the Gibson Invitational (4/6)...Was also fifth at the Joe Walker Classic (11-0.25, 3.36m, 4/12-13) and the Memphis Tiger Invitational (11-1, 3.38m, 4/26-27)... Overcame a height of 11-5.25 (3.49m) for sixth in the pole vault at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Indoor: Appeared in seven meets, competing in pole vault...Made Redhawks debut with a 55 meters time of 8.08 (sixth, PR) and a pole vault height of 10-8.75 (3.27m) for third at the season-opening SEMO vs. SIUE Dual Meet (12/7)...Placed fifth in pole vault at the 2019 Redhawks Open (2/15) with a mark of 10-6 (3.2 m)...Overcame a height of 11-2.5 (3.42m) for sixth at the OVC Indoor Track & Field Championship (2/20-21).

Prep: Attended Jackson Senior High School... Was a four-year pole vaulter and letter-winner at Jackson...Coached by Tim Rademaker and Bob Sink...Earned all-state honors each of those four seasons...As a senior, placed third in pole vault at state and second at the Kansas Relays...Took fourth in pole vault at state as a junior...Placed fifth at the state meet her freshman and sophomore seasons... Lifetime personal-best pole vault mark is 12-6...Graduated third in her class at Jackson in 2018.

Personal: Born on Oct. 25, 1999...Daughter of Kristi and Matthew Schumer who are both Southeast alumni...Majoring in Health Sciences: Pre-Physical/Occupational Therapy.

2021 Outdoor: Competed in eight meets... Notched six top-five finishes...Was fourth at the USA Invitational (3/12), with a mark of 14-5.25 (3.51m) in the pole vault...Posted a career-best long jump of 14-5.25 (4.40m, 18th) at the SIUC Bill Cornell Invite (3/19-20)...Took third in the pole vault (11-7.75, 3.55m) at the Vanderbilt Black & Gold Invitational (4/16-17) for third... Captured Bronze in the pole vault 2021 OVC Championship (5/13-15) with a personal-best height of 12-7.25 (3.84m).

2021 Indoor: Competed in four indoor meets... Registered four top-five finishes...Finished in first place in the pole vault at the Redhawks Invite (2/5) with a mark of 11-5.75 (3.65m)... Overcame a height of 11-11.75 (3.65m) for second at the Samford Bulldog Open 2021 (2/13)...Achieved a personal best time in the 55 meters (7.88) for sixth at the Redhawks Open (2/20)...Also was first in pole vault (11-7.75, 3.55m).



HANNAH EASTMAN

DISTANCE

JUNIOR

BELLEVILLE, ILL.

BELLEVILLE EAST

2021 Outdoor: Ran in two meets...Set career-best times in the 1,500 meters (4:54.53, eighth) and 800 meters (2:26.74, 15th) at the Southern Illinois Bill Cornell Invite (3/19-20).

2020-21 Cross Country: Ran in all four meets...Finished in the SEMO top-five three times...Opened the campaign with a 5K time of 19:32.3 (17th) at the Redhawks Invitational (1/23) as the women finished first out of five teams...Crossed the finish in 19:40.8 (14th) at the Eastern Illinois Spring Open (2/6)...Posted a season-best 5K mark of 19:26.9 (18th) at Tennessee Tech's Golden Eagle Invitational (2/19)...Completed the 5K at the 2020-21 OVC Cross Country Championship (3/1) in 21:21.0 (35th).

2020 Indoor: Ran in seven meets...Had five top-five finishes...Made her Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), competing in the mile and 3,000 meters (11:44.79, fourth)...Finished runner-up in the mile in a personal-best 5:22.92...Was a member of the second place 4x800 meters relay team (10:07.66) at the Missouri Intercollegiate (1/17)...Also was fourth in the mile (5:27.95)...Placed third overall in the 3,000 meters with a career-best mark of 10:20.60 at the Illini Invitational (1/24-25)...Set a personal-record 5,000 meters time of 18:02.10 at the 2020 Indiana University Relays (1/31-2/1)...Competed in the 3,000 meters (10:34.66, 18th) and 5,000 meters (18:36.24, 14th) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Competed in all six meets...Made Redhawks debut at the 2019 Saluki Invite (9/30), crossing the finish for the 5K in 19:17.3 for sixth...Completed the Bradley Intercollegiate (9/20) three-mile race in 18:14.6 for 16th...Finished in the top-50 (45th) at Missouri's Gans Creek Classic (9/27) 6K in 23:48.7...Posted a career-best 6K time of 22:55.4 (82nd) at the Bradley 'Pink' Classic (10/18)...Tallied a personal-best 5K mark of 19:02.2 for 29th at the 2019 OVC Championship (11/2) 5K in 19:02.2 at SIUE in Edwardsville, Illinois...Concluded the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in 19:02.2...Named to the OVC Commissioner's Honor Roll.

Prep: Attended Belleville East High School...Was a member of both the cross country and track & field teams...Competed in the 800m, 1,600m, 3,200m, 4x800m relay...Posted a three mile cross country time of 17:58.4 as a senior...Clocked at 5:22.28 for the mile...Was an IHSA 3A State Qualifier in both track and field during senior campaign...Named to All-St. Louis Metro, All-County, All-Conference, All-Regional and All-Sectional teams...Qualified for the IHSA 3A State Track & Field meet...Was the cross country and track & field captain during her junior and senior seasons...Coached by Brad Pfeiffer...Graduated from Belleville East in 2019.

Personal: Born Sept. 27, 2000...Daughter of Michael and Michelle Eastman...Majoring in Biology: Biomedical Sciences.



TAYLER GUDDE

MULTIS
JUNIOR
SEDALIA, MO.
COLE CAMP R-1

2021 Outdoor: Competed in eight meets...Opened the season with a career-best javelin throw of 115-4 (35.15m) for fourth at the Southern Illinois Bill Cornell Invite (3/19-20)...Also was fifth in the 4x400 meter relay (4:11.70) and ninth in the 800 meters (2:20.63)...Notched a long jump of 15-10.25 (4.83m, 13th) at the Ole Miss Classic (3/26-27)...Also had a javelin mark of 99-3(30.25m, ninth)...Set a personal-best long jump of 16-11.5 (5.17m, 19th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Competed in the field events of shot put (26-10.5, 8.19m, 18th) and javelin (109-4, 33.33m, 14th)...Was seventh in the 4x400 meters in 4:08.84 and crossed the finish in the 27:16 (28th) for the 200 meters...Overcame a career-best high jump height of 4-7 (1.40m, 13th) at the Sycamore Open (4/24)...Also completed the 100 meter hurdles in 20.03 (13th) and was fourth in the javelin competition (101-3, 30.87m)...Finished 14th in the heptathlon with a career-best 3,874 points at the 2021 OVC Track & Field Championship (5/13-15)...She won the 800 meters in the second day of the multis competition in 2:18.70...Also had a javelin distance of 99-6 (30.33m, 14th).

2020 Indoor: Competed in six meets...Made her Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), competing in the 800 meters (2:29.69, third) and 4x400 meter relay (4:14.68, first)...Completed the mile in a personal-best 5:58.09 (10th) at the Missouri Intercollegiate (1/17)...Set career-bests in the 55 meter hurdles (11.79) and long jump (15-7.5, 4.76m, seventh) at the 2020 Redhawks Open (2/21)...Also had a high jump mark of 4-3.25 (1.30m, eighth) and shot put throw of 23-7.5 (7.20m, 11th)...Competed in the Pentathlon at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), accumulating a career-high 2,394 points (15th)...Finished first overall in the 800 meters (2:23.18)...Also had a long jump of 15-4 (4.67m, 10th), shot put throw of 23-8.25 (7.22m, 14th), high jump of 4-4.75 (1.34m, 16th) and completed the 60 meter hurdles in 12.30 (16th)...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Did not compete.

Prep: Attended Cole Camp R-1 High School...Competed in the 4x800m, 4x400m, 800m, and 1600m track events...Letter winner and starter from 2015 to 2019...Named to all-district, all-conference, all-state and academic all-state teams each year on the track team...Was a member of the Cole Camp R-1 conference and district champion teams...Coached by Tom Ward...Also played softball and basketball...Earned all-conference and all-district honors...Graduated from Cole Camp R-1 in 2019...Finished with a 4.0 GPA and ranked 12th in her graduating class.

Personal: Born March 5, 2001...Daughter of Phillip and Melissa Gudde...Sister, Mackenzie Gudde, played softball for Central Methodist University in Fayette, Missouri, and State Fair Community College in Sedalia, Missouri...Loves to hunt, fish, ride horses and be outdoorsy...Majoring in Pre-veterinary/Animal Science.



MACKENZIE PUGH

DISTANCE

JUNIOR

ST. PETERS, MO.

FRANCIS HOWELL NORTH

2021 Outdoor: Did not compete.

2020-21 Cross Country: Ran in four meets... Opened the campaign with a season-best time of 20:03.2 (25th, 5K) at the Redhawks Invitational (1/23) as the women finished first out of five teams...Completed the 5K at the Eastern Illinois Spring Open (2/6) in 20:38.5 (26th)...Was clocked at 20:23.9 (26th) in the 5K at Tennessee Tech's Golden Eagle Invitational (2/19)...Completed the 5K at the 2020-21 OVC Cross Country Championship (3/1) in 21:44.0 (46th).

2020 Indoor: Ran in five meets...Made her Redhawks debut at the Gene Edmonds Memorial (1/10-11), completing the 3,000 meters in 11:23.94 (21st)...Finished sixth in 800 meters with a personal-best time of 2:37.27 (sixth) at the Missouri Intercollegiate (1/17)... Also completed the mile in 5:39.59 (ninth)... Set a personal-best mile time of 5:31.52 (20th) at the Illini Invitational (1/24-25)...Won the 3,000 meters at the 2020 Redhawks Open (2/21) in a career-best time of 10:56.90... Completed the 5,000 meters at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27) with a PR mark of 19:32.20...Earned the OVC Academic Medal of Honor...Named to the OVC Commissioner's Honor Roll.

2019 Cross Country: Ran in all six meets... Made Redhawks debut with a 11th-place finish of 19:58.4 at the 2019 Saluki Invite (9/30)...Posted a time of 19:13.1 for a personal-best three mile mark of 53rd at the Bradley Intercollegiate (9/20)...Set a 6K personal record at the Bradley 'Pink' Classic (10/18), crossing the finish in 23:41.7 (129th)...Finished 54th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in a personal best 19:48.4...Completed the 6K at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in 24:38.2 (202nd)... Earned the OVC Academic Medal of Honor... Named to the OVC Commissioner's Honor Roll.

Prep: Competed in Cross Country and Track & Field at Francis Howell North High School... Coached by Kimberly Martin...Was a four-year letterwinner...Ran in the 800 meters, 4x800 meter relay and 1,600 meters...Graduated from Francis Howell North in 2019.

Personal: Born November 17, 2000...Daughter of Richard Pugh and Dawn Bell-Pugh... Majoring in Dietetics at Southeast.



BRIANNA PAYTON

DISTANCE

JUNIOR

LEXINGTON, KY.

TATES CREEK

2021 Outdoor: Ran in nine meets...Had five top-five finishes and 11 top-10 finishes... Took fourth in the 800 meters at the South Alabama Invitational (3/12) in 2:19.97 to open the season... Finished second in the 4x400 meter relay (4:02.79) and fourth in the 800 meters (2:18.33) at the Southern Illinois Bill Cornell Invite (3/19-20)...Took second in the 4x800 meter relay in 9:10.64 at the Tennessee Relays (4/8-10)...Also posted an 800 meters time of 2:16.31 (19th)...Set a career-best 1,500 meters mark of 4:48.13 (10th) at the Vanderbilt Black & Gold Invitational (4/16-17)...Crossed the finish in 4:52.39 (10th) in the 1,500 meters at the 2021 OVC Track & Field Championship (5/13-15)...Also ran in the prelims for the 800 meters (2:16.23).

2021 Indoor: Ran in two meets...Finished fourth in the mile at the Sycamore Team Challenge (1/30) in a personal-best 5:27.59... Won the 800 meters at the Redhawks Open (2/20) in 2:23.67.

2020 Indoor: Ran in seven meets...Had five top-five finishes and two first-place finishes... Won the 4x400 meter relay (4:14.68) in her Redhawks debut at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Also was the runner-up in the 800 meters in 2:28.71... Finished second in the 4x800 meter relay in 10:07.66 at the Missouri Intercollegiate (1/17)...Placed fifth in the 4x400 meter relay with a time of 4:07.00 at the Illini Invitational (1/24-25)...Set a personal record in the 600

meters at the 2020 Indiana University Relays (1/31-2/1), finishing the race in 1:40.77 (13th)... Took first in the 600 meters at the 2020 Redhawks Open (2/21) in 1:42.90...Ran in the preliminaries for the 800 meters (2:21.37, 16th) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

2019 Cross Country: Did not compete.

Prep: Ran Track & Field at Bates Creek High School in Lexington, Kentucky...Coached by Jonathan Hawks...Competed in the 800 meters and 400 meters...Graduated from Bates Creek in 2019.

Personal: Born December 1, 2000...Daughter of Langston Payton and Kathleen Snodgrass.



SANDREA COGIO

SPRINTS

SOPHOMORE

ST. LOUIS, MO.

GATEWAY STEM

2021 Indoor: Competed in four meets...Had three top-three finishes...Placed second in the 55 meters (7.37) at the Redhawks Open (2/20) with a career best time...Finished third in the 55 meters (7.44) at the Redhawks Invite (2/5)...Notched a career-best 60 meters time of 8.2 (eighth) at the Sycamore Team Challenge (1/29-30).

2021 Outdoor: Competed in eight meets...Was a member of the fourth place 4x100 meter relay team (46.30) at the 2021 OVC Championship (5/13-15)...Posted career bests in 200 meters (25.95, eighth) at the SIU Bill Cornell Invite (3/19-20), and in the 100 meters (12.30) at the 2021 Joey Haines Invite (4/2-3).

Prep: Attended Gateway STEM in St. Louis...Coached by Juanita Coleman and Kathryn Coleman at Gateway STEM...State qualifier for the 100 meters, 200 meters, 4x100 meter relay and 4x200 meter relay as a junior...Finished third in the 100 meters and eighth in the 200 meters at the State of Missouri meet...Earned All-State Missouri honors for the 100 meters, 200 meters, 4x100 meter relay and 4x200 meter relay...Awarded Saint Louis Public Schools (SLPS) Superintendent Public High League (PHL) Female Athlete of The Year for Track & Field as a junior...Crowned the PHL 100 meters and 200 meters Conference Champ...Competed in the Great Southwest Classic and the AAU Junior Olympic Games as a sophomore and junior...Nabbed All-State Missouri honors for the 4x100 meter relay and 4x200 meter relays after qualifying for both events along with the 100 meters as a sophomore...Won the PHL 100 meters Conference Champ...Finished ninth in the 100 meters as a freshman at the State of Missouri meet and also qualified for

the 4x100 meter relay (All-State honors), 200 meters and 4x200 meter relay...Named Gateway STEM Athlete of the Year as a freshman...Captured the 100 meters and 200 meters PHL Conference Championships...Also played volleyball and competed in cross country...Played libero in volleyball and was named captain...Competed for the Saint Louis PAL club team where she was coached by Symantha Betts...Named to the Excellence Honor Roll all four years...Recognized as the Tuskegee Airmen Inc. United States Air Force Junior ROTC Top Performer...Earned a multitude of awards for her academics in Science, Geometry, Business and Social Studies at Gateway STEM...Received the Certificate of Achievement from the Wyman Teen Outreach Program...Graduated from Gateway STEM in 2020.

Personal: Born Jan. 13, 2002...Daughter of Hercule Cogio and Venus Sanders...Likes to have fun and take naps...Studying Physical Therapy at Southeast.



LEANZA DWAAH

SPRINTS JUNIOR

2021 Outdoor: Did not compete

2021 Indoor: Competed in two meets...Earned four top-three finishes....Placed third in the 200 meters (26.04) at the Sycamore Team Challenge (1/29-30) ... Won the 200 meters (26.00) and 4x400 meter relay (4:19.85) at the Redhawks Invite (2/5)...Also, was second in the 400 meters in 1:00.68.

2020 Indoor: Ran in six meets...Had five top-five finishes...Placed first in both the 60 meters (7.73) and 200 meters (25.78) in her Redhawks debut at the Missouri Intercollegiate (1/17)...Was fifth in the 60 meters in a personal best 7.71 at the Illini Invitational (1/24-25)...Placed third in both the 60 meters (7.76) and 200 meters (25.02)...Concluded the 200 meters in 25.02 (sixth) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Set a PR time of 24.96 in the preliminaries for the 200 meters.



TAYLOR FOX

DISTANCE
SOPHOMORE
MT. ZION, ILL.
MT. ZION

2021 Outdoor: Ran in six meets...Opened the outdoor season with a time of 5:06.23 in the 1,500 meters at the Southern Illinois Bill Cornell Invite (3/19-20)...Improved upon her 1,500 meters mark (5:01.08, 16th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also completed the 4x400 meter relay in 4:08.84...Set career-best marks in the 800 meters (2:21.04, 22nd) and 1,500 meters (4:52.39, 12th) at the Vanderbilt Black & Gold Invitational (4/16-17)...Concluded the 1,500 meters in 5:11.01 (12th) at the 2021 OVC Track & Field Championship (5/13-15).

2021 Indoor: Competed in three meets...Took fifth in the mile in a personal-best time of 5:28.20 at the Sycamore Team Challenge (1/30) in her Redhawks debut...Won the 800 meters at the Redhawks Invite (2/5) in 2:24.09...Also notched a career-best 200 meters mark of 29.91 (11th)...Concluded the indoor season with 2:29.08 in the 800 meters at the Redhawks Open (2/20).

2020-21 Cross Country: Did not compete.

Prep: Attended Mt. Zion High School...Lettered all four years at Mt. Zion, competing in the 400 meters (1:01.38), 4x400 meter relay, 800 meters (2:20.09) and 4x800 meter relay...Coached by her mother, Kelly Fox, at Mt. Zion...Earned All-State honors for the 4x800 meter relay and 800 meters as a junior...Also was All-Conference in 4x800 meter relay...As a sophomore, she was named All-State in the 4x800 meter relay after capturing All-Conference accolades for the 4x800 meter relay, 800 meters and the 1,600 meters...Awarded All-Conference for the 4x800 meter relay in her freshman season...Helped Mt. Zion finish seventh at state as a team in 2019...Also competed in Cross Country and played Basketball...Earned All-Conference status for Cross Country all four years and was a state qualifier in 2018 and 2019...Helped the Basketball team capture a Regional Championship in 2020...Competed for the Vipers club team where she was coached by Marques Lowe...Garnered the Women of Will Award...Was a member of the National Honor Society...Graduated from Mt. Zion in 2020.

Personal: Born Feb. 13, 2002...Daughter of Doug and Kelly Fox...Brother, Kyler Fox, played baseball at Lindenwood Belleville...Majoring in Nursing.



NIA RIVERS

DISTANCE

SOPHOMORE

TAMPA, FLA.

PAUL R. WHARTON

2021 Outdoor: Ran in three meets...Made Redhawks debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing the 1,500 meters in 5:39.38 (26th)...Posted a personal-best time of 2:39.69 in the 800 meters (28th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also notched a PR mark of 5:29.60 (34th) at the Sycamore Open (4/24).

Prep: Attended Paul R. Wharton High School and graduated in 2020...Lettered all four years at Wharton, competing in the 800 meters, 1,600 meters and 1,500 meters track and field events along with cross country...Was coached by Kyle Lojacono at Wharton...Was a member of three Florida State qualifying cross country teams at Wharton including a fifth place finish...Qualified three times for State in the 800 meters and placed third in the event at the District Meet...Named Junior of the Year, Sophomore of the Year, and earned the Horizon Award and Freshmen of the Year awards at Wharton...Competed for the Trailblazers Youth Athletic Ministry (TYAM) club team and was coached by Regina McBride-Smith...Qualified for Amateur Athletic Union (AAU) Nationals as a member of Trailblazers Youth Athletic Ministry (TYAM)...Competed in swimming and danced ballet for 13 years...Has received the Academic Excellence Award and been recognized on the Principal's and High Honor Roll at Paul R. Wharton High School...Involved with the marching band, the Legacy Club (Christian Community service), Splash

Club (Marine Environmental Cleanups) and qualified for the 2019 STEM (Science, Technology, Engineering, and Math) Fair while at Wharton...Served as a representative for Cross Out Cancer (cross country fundraiser for Pediatric Cancer Patients).

Personal: Born on May 20, 2002...Daughter of Neil and Andrea Rivers...Is the third child in her family to compete in cross country and track & field at the collegiate level...Her brother, Tre Rivers, attends Illinois-Chicago and her sister, Bryanna Rivers, competes at Massachusetts...Has a passion for helping animals and plans to major in Pre-Veterinary (Animal Sciences) at Southeast.



MADELYN GRAY

DISTANCE

FRESHMAN

ST. PETERS, MO.

FORT ZUMWALT SOUTH

Prep: Personal-bests include a cross-country time of 19:10 along with 5:05 in the 1,600 meters and 2:19 in the 800 meters on the track...Graduated from Fort Zumwalt South High School in May 2021.

**ERIKA MELLOR****DISTANCE****FRESHMAN****DE SOTO, MO.****DE SOTO**

Prep: Attended De Soto High School...As a Dragon, was a member of the 2020 Jefferson County Activities Association cross country championship team and two Missouri State High School Activities Association final four teams (fourth in 2018 and second in 2019)... Has a cross country PR time of 20:10...Captured the conference and district championship in both the 400 meters and 800 meters...Placed 5th at the MSHSAA state meet in the 800 meter run to earn All-State honors...Helped De Soto capture the 2019 JCAA championship...Career bests on the track include 2:20 in the 800 meters and 0:59 in the 400 meters...Graduated from De Soto HS in May 2021.



SARAH RUSSOM

DISTANCE

FRESHMAN

ST. CHARLES, MO.

FRANCIS HOWELL

Prep: Attended Francis Howell High School...
Career-best times include 18:56 in cross
country and 11:29 in the 3,200 meters on the
track...Graduated from Francis Howell HS in
May 2021.



HALEY SMITH

DISTANCE

FRESHMAN

CAPE GIRARDEAU, MO.

NOTRE DAME

Prep: Attended Notre Dame High School...
Notched personal-best times of 19:51 in cross
country and 5:23 in the 1,600 meters on the
track...Captured first in the 5K at the 2020
SEMO North Conference Cross Country
meet...Graduated from Notre Dame HS in May
2021.



KAITLYN MCGINNITEY

JUMPS

JUNIOR

DE SOTO, MO.

DE SOTO

MEGAN DEIMEKE

THROWS

GRADUATE STUDENT

AVISTON, ILL.

USC UPSTATE • KASKASKIA COLLEGE



SOPHIE DUBIS

FRESHMAN

MARYSA FLIEG

JAVELIN

FRESHMAN

STE. GENEVIEVE, MO.

STE. GENEVIEVE



SKYLAR PRESCOTT

POLE VAULT

FRESHMAN

O'FALLON, MO.

2021-22



MEN'S S-A ROFILES





LOGAN BLOMQUIST

THROWS

SENIOR

PLEASANT HILL, MO.

PLEASANT HILL

2021 Outdoor: Competed in two outdoor meets...Saw a first place finish in the Men's Hammer throw with a throw of 212' 11" (64.89m) at the 2021 Joey Haines Invite... Earned another first place finish in the Men's Hammer Throw with a throw of 222' 4" (67.77m) at the Sycamore Open.

2021 Indoor: Did not compete

2020 Indoor: Competed in nine meets... Had 16 top-five finishes...Had six first-place finishes...Selected as the OVC Male Field Athlete of the Week three times in 2020 including back-to-back weeks (1/29 & 2/5, also 1/8)...Led the conference in weight throw and ranked second in the OVC for shot put... Won the shot put (54-3.25, 16.54m) and placed second in the weight throw (65-1.25, 19.84m) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Flipped the script and place first in weight throw (65-2.75, 19.88m) while taking second in shot put (54-1.75, 16.50m) at the Gene Edmonds Memorial (1/10-11) and then at the Missouri Intercollegiate (1/17, weight throw, 63-5.5, 19.34m, first | shot put, 54-7.25, 16.64m, second) the next week... Captured first in both the shot put (53-4.25, 16.26m) and weight throw (66-0.5, 20.13m) at the Illini Invitational (1/24-25).

2020 Indoor: Competed in nine meets... Had 16 top-five finishes...Had six first-place finishes...Selected as the OVC Male Field Athlete of the Week three times in 2020 including back-to-back weeks (1/29 & 2/5, also 1/8)...Led the conference in weight throw and ranked second in the OVC for shot put... Won the shot put (54-3.25, 16.54m) and placed second in the weight throw (65-1.25, 19.84m) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Flipped the script and place first in weight throw (65-2.75, 19.88m) while taking second in shot put (54-1.75, 16.50m) at the Gene Edmonds Memorial (1/10-11) and then at the Missouri Intercollegiate (1/17, weight throw, 63-5.5, 19.34m, first | shot put, 54-7.25, 16.64m, second) the next week...Captured first in both the shot put (53-4.25, 16.26m) and weight throw (66-0.5, 20.13m) at the Illini Invitational (1/24-25)...Set a new personal-best in the weight throw of 67-11.5 (20.71m) for fourth at the 2020 Indiana University Relays (1/31-2/1)... Captured Gold in the weight throw (65-11.75, 20.11m) and Silver in the shot put (56-3.75, 17.16m) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Named an All-Academic Athlete by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA)...Selected to the OVC Commissioner's Honor Roll.

2019 Outdoor: Appeared in 11 meets... Captured 13 titles and had 27 top-five finishes...Tabbed OVC Male Field Athlete of the Week four consecutive weeks from April 10-May 1...Won the hammer throw (196-2, 59.79m) and was second in both the discus (168-8, 51.40m) and shot put (52-4.75, 15.97m) at the Rhodes Invitational (3/15-16)...Grabbed the discus title (159-7, 48.64m), was second in shot put (52-6.5, 16.01m) and finished fourth in hammer (197-10, 60.29m) at the Drury Hotels Joey Haines Invite (3/29-30)...Swept the shot put (54-0, 16.46m), discus (166-7, 50.77m) and hammer (199-10, 60.90m) events at the Gibson Invitational (4/6)...Named the OVC Co-Male Field Athlete of the Week on April 10 after his three titles at the Gibson Invitational (4/6)...Followed that up with a first place finish in discus (150-11, 46.01m) and was the runner-up in hammer throw (201-6, 61.43m) at the Joe Walker Classic (4/12-13)...Was first, second and third in shot put (55-6.25), discus (154-5, 47.08m), and hammer (201-1, 61.30m) at the Georgia Tech Invitational (4/19-20)...Placed first, second and fourth in shot put (56-8.75, 17.29m), hammer (206-4, 62.89m) and discus (162-0, 49.38m) at the Memphis Tiger Invitational (4/26-27)... Swept the shot put (55-5.75, 16.91m), discus (169-7, 51.70m) and hammer (210-5, 64.14m) at the SIUE Gateway Classic (5/3)...Earned a pair of Gold medals in hammer and discus along with a silver in shot put at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Captured the hammer throw title with a Southeast program record and OVC Championship record of 213-5 (65.06m, PR)...Garnered his second Gold of the Championships with a discus mark of 171-3 (52.19m)...Was second overall in the shot put with a feat of 54-2 (16.51m)...Also finished fourth in javelin (160-11, 49.06m)...Named OVC Men's Athlete of the Championship with a Championship-best 33



points for SEMO over the three-day meet as Southeast placed second as a team to become SEMO's fifth Championship MVP and first since Zach Gordon in 2017...Led the conference in hammer (28th in the NCAA Division I West Region and 49th in NCAA Division I), discus and shot put and was fifth in javelin... Finished ninth in hammer throw at the NCAA Division I West Preliminary (5/23-25) with a mark of 212-2 (64.66m)...Tallied a distance of 198-4 (60.45m, 24th) at the NCAA Division I Outdoor Track & Field Championships (6/5-8)...Named to the OVC Commissioner's Honor Roll.

2019 Indoor: Competed in eight meets...Posted 12 top-five finishes and won three titles...Opened the season with a shot put mark of 52-4 (15.95) to win the event at the SEMO vs. SIUE Dual Meet (12/7)...Also was second in weight throw (62-3, 18.97m)...Finished runner-up in weight throw at the Illini Open (1/12, 60-6, 18.44m) and at the Indiana University Relays (1/25-26, 62-1, 18.92m)...Captured the weight throw title with a feat of 62-9.5 (19.14m) at the Fred Wilt Open (2/1-2)...Also had a shot put throw of 51-11.75 (15.84m, sixth)...Named the OVC Co-Male Field Athlete of the Week after his performance at Purdue's Fred Wilt Open (2/1-2)...Placed third in the event with 60-1 (18.31m) at the Hoosier Hills (2/8)...Posted a personal-best weight throw distance of 65-3.25 (19.89) to win the event at the Redhawks Open (2/15)...Also was fifth in shot put (52-1.75, 15.89m)...Earned silver in the weight throw and bronze in the shot put at the OVC Indoor Track & Field Championship (2/20-21)...Notched a weight throw mark of 63-5.5 (19.34m, second) and a shot put distance of 53-5.5 (16.29m, third).

2018 Outdoor: Competed in ten meets...Won shot put with 56-11.5 (17.36m), placed second in discus throw with a distance of 162-6 (49.52m) and fourth in hammer throw with a mark of 181-3 (55.24m) at the South Alabama Jaguar Opener (3/2-3)...Finished third in hammer throw (179-3, 54.65m) at the Rhodes Invitational...Placed third in shot put (54-8.25, 16.67m) and third in hammer throw (185-9, 56.62m) at the Mississippi State Bulldog Relays (3/23-24)...Was the runner-up in discus throw with a mark of 160-9 (49.01m) and third in hammer throw with a distance of 180-1 (54.90m) at the SLU Billiken Invitational (4/6-7)...Won discus title with a throw of 164-0 (49.98m) and second in shot put (52-7.5, 16.04m) along with a fourth place finish in hammer throw (190-2, 57.96m) at the Georgia Tech Invitational (4/20-21)...Named adidas® Ohio Valley Conference Male Field Athlete of the Week on April 25 after his performance at the at the Georgia Tech Invitational...Was third in hammer with 190-8 (58.13m) at the Memphis Tiger Invitational (4/27-28)...Finished second in discus (168-1, 51.23m), third in hammer with a personal-best throw of 194-5 (59.26m) and fourth in shot with a mark of 52-9.25 (16.08m) at the Arkansas Twilight (5/4)...Earned a gold and two bronze medals at the Ohio Valley Conference Track & Field Championship (5/10-12)...Captured the discus title with a throw of 171-4 (52.23m)...Notched bronze in shot put (55-11.25, 17.05m) and hammer (193-11, 59.10m)...Also posted a personal-best throw of 168-2 (51.26m) in javelin for sixth.

2018 Indoor: Appeared in six meets...Finished fourth (shot put, 53-8.5, 16.37m) and fifth (weight throw, 58-1.75, 17.72m) at the 2018 Hoosier Hills (2/9)...Placed second in weight throw with a mark of 57-3.5 (17.46m) and fourth in shot put with a distance of 55-3.75 (16.86m) at the 2018 Redhawk Open (2/16)...Won gold in the shot put with a personal-best throw of 58-2 (17.73m) at the Ohio Valley Indoor Track and Field Championships (2/23-24)...Also was fourth in the weight throw with a PR of 58-8.5 (17.89m).

2017 Outdoor: Appeared in 11 meets...Record 12 top-five finishes...Won shot put at the Jaguar Open (3/3) with a throw of 53' 3.5"...Placed third in both shot put (53' 1.75") and discus (PR 174' 0", seventh best in SEMO History) at the Gibson Invitational (4/14)...Set a personal-best in the hammer throw with 178' 0" (ninth in SEMO History) for sixth at the Wisconsin Alumni Classic (5/5)...Won silver in the shot put (PR 54' 10.25") and discus (166' 6") at the OVC Championship (5/11)...Also placed sixth in javelin (161' 5") and sixth in hammer throw (172' 0")...Tabbed Ohio Valley Conference Outdoor Track & Field Male Freshman of the year...Finished seventh at the USA Track & Field Junior Outdoor Championships (6/22-25) in Sacramento, California with a discus throw of 176-7...Named to the OVC Commissioner's Honor Roll.

2017 Indoor: Competed in seven meets...Had six top-five finishes...Took second in shot put (50' 10.25") and third in weight throw (46' 0.5") at the SEMO vs. SIUE-Edwardsville Dual (12/9)...Placed fourth in both weight throw (50' 6.75") and shot put (53' 6.25") at the 2017 Redhawks Invite (2/17)...Took fifth in the shot put (PR 53' 9.75") and 11th in the weight throw (PR 51' 8.25") at the OVC Championship (2/24).

Prep: Set personal records of 60-7 in shot put and 186-8 in discus while at Pleasant Hill...During senior season, won state championship in shot put and took second in discus...Won state title in discus during junior year and runner up in shot put...Three time conference, district and sectional champ in discus...Two time conference, district, and sectional champ in shot put...Winner of the 2016 Kansas relays in both shot put and discus...Earned high-point plaque during both junior and senior seasons...Lettered all four years.



NICK SOUTH

MULTIS

SENIOR

MUSCLE SHOALS, ALA.

MUSCLE SHOALS

Also scored for the Redhawks in the high jump (6-2, 1.88m) and 60 meter hurdles (8.57).

2019 Outdoor: Appeared in five meets... Finished fourth in the pole vault at both the Gibson Invitational (4/6, 15-1, 4.60m) and Joe Walker Classic (4/12-13, 15-1.5, 4.61m)... Captured gold in the pole vault at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau to sweep the event in 2019... Registered a career-best height of 15-9.25 (4.81m) en route to gold... Also placed fifth in the 110-meter hurdles in 15.21 after setting a personal-record with the same time in the preliminaries.

2019 Indoor: Competed in seven meets... Posted four top-five finishes... Opened the season with a first place finish in the 55-meter hurdles (8.15) and a high jump of 6-0 (1.83m, sixth) at the SEMO vs. SIUE Dual Meet (12/7)... Placed eighth in the heptathlon at the Indiana University Relays (1/25-26), totaling 4,403 points... Was fourth in high jump (5-10.75, 1.80m) and fifth in 60-meter hurdles (8.89), pole vault (13-9.25, 4.20m) and long jump (20-5.75, 6.24m)... Won gold in the pole vault at the OVC Indoor Track & Field Championship (2/20-21), overcoming a height of 15-5 (4.70m)... Also earned silver in the heptathlon, totaling 4,821 points... In the heptathlon, won pole vault (15-7, 4.75m), was second in 60-meter hurdles (8.60) and the 60 meters (7.36), and was third in long jump (20-10.75, 6.37m) and high jump (6-4.25, 1.94m).

2018 Outdoor: Did not compete.

2017 Indoor: Did not compete.

2017 Outdoor: Competed in seven meets... Had 20 top-five finishes... Finished second in pole vault (14' 5.25") and javelin (143' 4") at the Ole Miss/Joe Walker Invitational (3/24)... Also, threw a personal-best in shot put (32' 7", eighth)... Set a personal-best in the javelin throw with 153' 11" for 11th at the 2017 Drury Hotels Joey Haines Invite (3/31)... Took silver in the decathlon at the OVC Championship with 6168 points... Set personal-bests in 100m (11.41), 400m (52.07), 1500m (5:22.18), 110m hurdles (15.25), high

jump (6' 2"), long jump (21' 1.25") and discus (97' 9").

2017 Indoor: Appeared in six meets... Had 12 top-five finishes... Won the pole vault (14' 11") and high jump (6' 0") at the SEMO vs. SIUE-Edwardsville Dual (12/9)... Set a PR in the 55m hurdles in the preliminary round at the 2017 Redhawks Invite (2/17)... OVC Champion in the heptathlon after he broke several personal records on the way to first-place that included; the 60m (7.28, third), 60m hurdles (8.41), shot put (32' 6.5"), high jump (6' 0.5"), pole vault (15' 8.5", first) and the 1000m (3:03.47).

Prep: Graduated from Muscle Shoals High School in 2016... Lettered all three years of competition... Two-time state champion pole vaulter (2015-2016)... Three-time state qualifier in hurdles.

Personal: Born March 4, 1998... Son of Todd and Gail South... Studying Physical Therapy at Southeast Missouri.

2021 Outdoor: Competed in eight outdoor competitions in 2021... Recorded a personal best and a second place finish in the pole vault (16' 2.75, 4.95m) at the USA Invitational... First place finish at the SIUC Bill Cornell Invite in the pole vault with a final mark of 15' 9" (4.80m)... Another first place finish at the 2021 Joey Haines Invite in the pole vault recording a mark of 16' 0.75" (4.90m)... Placed first at the Vanderbilt Black & Gold Invitational with a 15' 9" (4.80m) mark.

2021 Indoor: Competed in one indoor competition in 2021... Placed first at the Redhawks Open in the pole vault with a mark of 15' 10.5" (4.84m).

2020 Indoor: Competed in six meets... Had three top-five finishes... Led the OVC in pole vault with Tanner Teigen... Finished second in the high jump with a mark of 6-2 (1.88m) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)... Took second in pole vault with a height of 15-3 (4.65m) at the Gene Edmonds Memorial (1/10-11)... Overcame a pole vault mark of 15-7.25 (4.76m, 13th) at the 2020 Frank Sevigne Husker Invitational (2/7-8)... Successfully defended his indoor pole vault Championship with a personal-best height of 15-11.75 (4.87m) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...



JON BISSELL

MULTIS

SENIOR

HALLOWELL, MAINE

IOWA WESTERN CC • HALL-DALE

2021 Outdoor: Competed in eight outdoor meets...Earned a personal best in the Men's Discus Throw at the 2021 Joey Haines Invite with a throw of 126' 4" (38.52m) earning him nineteenth place. Earned another personal best at the same event in the Men's Pole Vault with a mark of 14' 7.25" (4.45m) earning him fourth place...Achieved personal bests at the Sycamore Open in the Men's 400 meters (53.09) and the Men's Long Jump with a mark of 20' 2.25" (6.15m)...Achieved a personal best at the Ohio Valley Conference Championship in the Men's Decathlon with an overall score of 6268 earning him third place for the event.

2021 Indoor: Competed in three indoor meets... Achieved a personal best at the Redhawks Open in the Men's High Jump with a mark of 6'4" (1.93m) earning him fourth place, as well as the Men's 55 meter hurdles with a time of 8.56 earning him seventh place.



JUSTIN BREAULT

JAVELIN

JUNIOR

EDSON, ALBERTA, CANADA

HOLY REDEEMER

2021 Outdoor: Competed in nine outdoor meets...Achieved a personal best at the SIUC Bill Cornell Invite in the Men's Javelin Throw with a throw of 195' 10" (59.70m)...Finished first in the Men's Javelin Throw at the Pacesetter Sports Invitational with a throw of 184' 10" (56.33m)...Finished first at the Ohio Valley Conference Championships in the Men's Javelin Throw with a throw of 190' 3" (57.99m).

2021 Indoor: Did not compete

2020 Indoor: Did not compete...Named to the OVC Commissioner's Honor Roll.

Prep: Attended Holy Redeemer High School in Edson, Alberta, Canada...Competed in javelin and was coached by Karl Meissner and Jaimee Springer...Personal best throw is 180-0... Finished seventh at the 420 Legion Nationals... Was a three-time Provincial Champion in javelin...Held the record for all of Alberta for javelin in 2017, 2018 and 2019...Represented Team Alberta at the Legion Nationals twice... Named captain for Team Alberta...Also play football, basketball and volleyball...Graduated from Holy Redeemer in 2019.

Personal: Born August 28, 2001...Son of Alvin and Kari Breault...Last name is pronounced 'Bro'...Majoring in Microbiology/Biotechnology.



VICTOR MATHUTHU

JUMPS

SENIOR

BULAWAYO, ZIMBABWE

UNC ASHEVILLE

2021 Outdoor: Competed in six outdoor competitions in 2021...Earned a second place finish in the triple jump at the Ole Miss Classic with a jump of 47' 10" (14.66m)...Placed first in the triple jump at the 2021 Joey Haines Invite with an overall jump of 48' 1.25 (14.66m) which resulted in a personal best...At the Ohio Valley Conference championships, recorded a personal best in the Long Jump with a mark of 22' 6.5" (6.87m).

2021 Indoor: Competed in three indoor competitions in 2021...Finished second in the triple jump at the Sycamore Team Challenge sponsored by Gill Athletics recording a 46' 0.75" (14.04m) a personal best...At the same competition recorded a personal best in the 60 meters race with a time of 7.20 which was good enough for 9th place...Recorded a first place finish at the Redhawk Invite in the Triple Jump with a final mark of 45' 7" (13.89m)...Two personal bests at the Redhawk Open saw two second place finishes in the Long Jump (22' 3.5", 6.79m) and the 55 meter race with a final time of 6.63.



DYLAN CLARK

THROWS

SENIOR

SECKMAN, MO.

SECKMAN

2021 Outdoor: Earned a personal best at the Ole Miss Classic in the Men's Discus Throw with a throw of 169' 3" (51.60m)...Earned a first place finish and a personal best in the Men's Hammer Throw at the Ohio Valley Conference Championships with a throw of 208' 7" (63.59m)...Earned another personal best and a second place finish in the Men's Shot Put at the Ohio Valley Conference Championship with a 54' 2" (16.51m)...Competed in the NCAA Division I Preliminary Round in the Men's Hammer Throw with a throw of 202' 2" (61.63m).

2021 Indoor: Competed in four indoor meets...Placed second at the Sycamore Team Challenge sponsored by Gill Athletics in the Men's Weight Throw with a mark of 53' 2.75" (16.22m)...Placed first at the Redhawks Invite in the Men's Shot Put with a throw of 48' 8" (14.83m)...Placed second at the Redhawks Invite in the Men's Weight Throw with a throw of 55' 2.25" (16.82m)...Earned a personal best and placed first at the Redhawks Open in the Men's Weight Throw with a throw of 57' 11.25" (17.66m).

2020 Indoor: Competed in eight meets...Had three top-five finishes...Ranked fifth in the OVC for shot put...Was third in the shot put (48-5.5, 14.77m) and fifth in the weight throw (51-11.25, 15.83m) at the SEMO vs. SIUE Dual Meet (12/6/19)...Took fifth in the weight throw (50-9.25, 15.47m) at the 2020 Hoosier Hills (2/14)...Notched a season high weight throw mark of 52-0 (15.85m, ninth)...Also set a PR in the shot put of 49-10 (15.19m, seventh)...Finished ninth in both the shot put (47-2.25, 14.38m) and the weight throw (51-7.25, 15.73m) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

2019 Outdoor: Appeared in nine meets...Notched two top-five finishes...Set a new personal-best shot put throw of 46-2 (14.07m, ninth) at the Rhodes Invitational (3/15-16)...Was also 10th in hammer throw (144-3, 43.98m)...Posted a discus mark of 147-1 (44.83m) for eighth at the Vanderbilt Black & Gold Invitational (3/22-23)...Finished fourth overall in discus with a mark of 104-8 (31.90m) at the Drury Hotels Joey Haines Invite (3/29-30)...Registered a career best discus distance of 147-8 (45.01m) for fifth at the Georgia Tech Invitational (4/19-20)...Added a personal-best hammer throw feat of 163-5 (49.81m, seventh) at the SIUE Gateway Classic (5/3)...Placed sixth in the hammer throw (161-0, 49.07m) and seventh in the discus (146-11, 44.78m) at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Also tallied a shot put mark of 41-0.25 (12.50m, 12th).

2019 Indoor: Competed in eight meets...Posted two top-five finishes...Finished fifth in both the shot put (43-2.25, 13.16m) and the weight throw (51-5.75, 15.69m) at the SEMO vs. SIUE Dual Meet (12/7)...Posted a personal-best weight throw distance of 53-11.25 (16.44m, eighth) at the Redhawks Open (2/15)...Notched a weight throw mark of 49-11.25 (15.22m, ninth) and a shot put feat of 43-4.5 (13.22m, 12th) at the OVC Indoor Track & Field Championship (2/20-21).



MARKEITH CRAWFORD

DISTANCE

JUNIOR

ST. LOUIS, MO.

LADUE HORTON WATKINS

2020 Indoor: Ran in seven meets...Had seven top-five finishes and two first-place finishes...Made his Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), finishing fourth in the 4x400 meter relay (3:47.20) and fifth in the 800 meters (2:03.69)...Set a personal-best 600 meters time of 1:25.22 (ninth) at the Gene Edmonds Memorial (1/10-11)...Also was fourth in the 4x400 meter relay (3:29.15) and sixth in the 800 meters (2:03.45)...Placed first in the 4x800 meter relay at the Missouri Intercollegiate (1/17), clocking in at 8:33.60...Also completed the 800 meters in 2:03.66 for third overall...Finished the 4x400 meter relay in 3:28.91 for fifth at the Illini Invitational (1/24-25)...Won the 800 meters at the 2020 Redhawks Open (2/21) in 2:01.08...Scored for the Redhawks at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), finishing sixth in the 800 with a PR time of 1:55.20.

2019 Cross Country: Did not compete.

Prep: Attended Ladue Horton Watkins High School...Ran cross country and track & field...Coached by Dan Sebbon...Competed in the 800m, 400m, 4x800m relay and 1,600m...Lettered and started all four years...Named MVP as a senior...Set PRs of 1:57 in the 800 meters, 00:49 in the 400 meters and 4:45 in the 1,600 meters...Earned Rookie of the Year during his freshman season...Was a member of the 4x400 meter State Championship relay team as a senior...Finished runners-up at State for the 4x800 meter relay during his junior season and fourth in both his sophomore and senior campaigns...Awarded the Coach Jorgeson Leadership Award...Competed for the Herbert Hoover Boys & Girls Club where he was coached by Melvin Cromer...Graduated from Ladue Horton Watkins in 2019.

Personal: Born Sept. 24, 2000...Son of Markeith and Leah Crawford...Sister, Kaitlen Crawford, is a member of the DePaul track & field team...Father, Markeith, ran track & field at Southeast...Majoring in Business/Management: Marketing.

2021 Outdoor: Did not compete.

2021 Indoor: Ran in three meets...Had four top-five finishes...Finished fourth in the distance medley relay (11:29.47) and sixth in the 800 meters (1:59.82) at the Sycamore Team Challenge (1/30)...Won the 800 meters at the Redhawks Invite (2/5) in 2:00.74...Also was part of the first-place finishing 4x400 meter relay team (3:33.81)...Set a PR time of 24.59 in the 200 meters...Finished as the runner-up in the 800 meters at the Redhawks Open (2/20).



SHEA DEGRAAF

MULTIS
JUNIOR
KNOXVILLE, TENN.
KNOXVILLE WEST

2021 Outdoor: Competed in six outdoor meets...Earned a personal best in the Men's Javelin Throw with a throw of 180'5" (54.99m) at the USA Invitational...Earned a personal best in the Men's Pole Vault at the 2021 Joey Haines Invite with a mark of 15' 7" (4.75m) earning him second place...Achieved a personal best in the Men's 110 meter hurdles (14.91) at the 2021 Kentucky Invitational...Recorded a personal best and a first place finish at the Ohio Valley Conference Championships in the Men's Decathlon with an overall score of 6,886.

2021 Indoor: Competed in four indoor meets...Placed second at the Sycamore Team Challenge sponsored by Gill Athletics in the Men's Pole Vault with a mark of 15' 1" (4.60m)...Earned a personal best at the Redhawks Invite in the Men's Shot Put with a throw of 42' 6" (12.95m) which resulted in a fifth place finish...Earned another personal best at the Samford Bulldog Open in the Men's 60 meter hurdles (8.66)...Earned a personal best at the Redhawks Open in the Men's High Jump with a mark of 6' 8.25" (2.04m) which resulted in second place for the event.

2020 Indoor: Competed in eight meets...Had seven top-five finishes...Ranked second in the OVC for high jump and the heptathlon...Placed third in the 55 meter hurdles (8.08), 4x400 meter relay (3:31.07) and high jump (6-0, 1.83m) while taking sixth in long jump (20-10, 6.35m) in his Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19)...Finished fourth in the heptathlon at the Gene Edmonds Memorial (1/10-11), totaling 4,561 points...Was third in the high jump (6-3.25, 1.91m), fourth in the pole vault (13-5.25, 4.10m) and fifth in both the 60 meter hurdles (8.97) and shot put (38-2, 11.63m)...Was the runner-up in the heptathlon at the 2020 Indiana University Relays (1/31-2/1), compiling a career-best 4,638 points...Won the pole vault (14-7.25, 4.45m), was second in 60 meter hurdles (9.10), third in high jump (6-2, 1.88m), fourth in shot put (38-3.5, 11.67m), long jump (20-5.75, 6.24m) and 1,000 meters (3:11.06) and fifth in the 60 meters (7.58)...Earned Silver in the heptathlon at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), registering 4,353 points...Was first in the pole vault (13-1.5, 4.00m), high jump (6-6.75, 2.00m), shot put (41-8.75, 12.72m), second in the 60 meter hurdles (9.11) while concluding the 60 meters (7.56) and long jump (20-8.5, 6.31m) in third in the two-day heptathlon competition...Also finished fourth overall in the high jump, overcoming 6-4 (1.93m) to score for the Redhawks.

Prep: Attended Knoxville West High School in Knoxville, Tennessee...Competed in the 110 meter hurdles, pole vault and the decathlon at Knoxville West...Finished second in the pole vault at the Tennessee Secondary School Athletic Association meet as a senior...Graduated from Knoxville West in 2019.

Personal: Born March 27, 2001...Son of Kurt and Julie DeGraaf.



AUSTIN PERKINS

DISTANCE

SENIOR

ST. PETERS, MO.

FORT ZUMWALT EAST

2021 Outdoor: Ran in 10 meets...Had 10 top-10 finishes... Captured Bronze in the 4x400 meter relay at the 2021 OVC Championship...Started the outdoor campaign with an 800 meters time of 1:59.97 (12th) at the South Alabama Invitational (3/12)...Also completed the 4x400 meter relay in 3:38.05 (10th)... Finished first in the 4x800 meter relay (8:30.13) and third in the 4x1,500 meter relay (17:09.39) at the Tennessee Relays (4/8-10)...Also concluded the 800 meters in 1:56.52 (15th)...Set a personal-best 800 meters time of 1:55.28 (ninth) at the Vanderbilt Black & Gold Invitational (4/16-17)...Also was second in the 4x400 meter relay (3:19.47) and crossed the finish in the 1,500 meters in 4:24.70 (14th)...Was fifth in the 800 meters at the Sycamore Open (4/24) in 1:56.01... Grabbed Bronze in the 4x400 meter relay at the 2021 OVC Track & Field Championship (5/13-15) in 3:18.36...Also ran in the prelims for the 800 meters (1:58.48).

2021 Indoor: Ran in three meets...Had three top-five finishes...Opened the season with a fourth place finish in the distance medley relay (11:29.47) at the Sycamore Team Challenge (1/30)...Also completed the mile in 4:50.82 (11th)...Was a member of the first place finishing 4x400 meter relay time in 3:33.81 Redhawks Invite (2/5)...Completed the 800 meters in 2:03.31 (fourth) after setting a PR 200 meters time of 26.99 (11th)...Finished the 800 meters in 2:02.60 for fifth at the Redhawks Open (2/20).

2020 Indoor: Ran in seven meets...Had six top-five finishes...Finished fourth in the 4x400 meter relay (3:47.20), fifth in the 3,000 meters (10:17.05) and sixth in the mile (4:39.85) at the SEMO vs. SIUE Dual Meet (12/6/19)...Completed the 4x400 meter relay in 3:29.15 for fourth at the Gene Edmonds Memorial (1/10-11)...Won the 3,000 meters in a personal best 9:20.08 at the Missouri Intercollegiate (1/17)...Also was a member of the first place 4x800 meter relay team in 8:33.60...Set a personal record in the mile of 4:27.82 (14th) at the 2020 Indiana University Relays (1/31-2/1)...Was third in the distance medley relay (10:45.47) and seventh in the 800 meters (1:56.92) at the 2020 Hoosier Hills (2/14)...Placed sixth in the distance medley relay (10:37.00) and eighth in the 800 meters (1:57.57) at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

2019 Cross Country: Ran in all six meets...Opened the campaign with a 12th-place finish at the 2019 Saluki Invite (9/30) in a personal best 17:27.9...Posted a career-best time of 29:08.7 (85th) at the Bradley Intercollegiate (9/20)...Notched a PR 8K mark of 27:35.8 (137th) at the Bradley 'Pink' Classic (10/18)...Finished 60th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in 27:37.4...Concluded the 10K at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in a personal best 37:25.7 (195th).

2019 Outdoor: Appeared in eight meets...Had two top-five finishes...Won the 1,500 meters at the 2019 Drury Hotels Joey Haines Invite (3/29-30), crossing the finish in 4:12.43...Was the runner-up in the 1,500 meters at the 2019 SIUE Gateway Classic (5/3) in 4:05.78...Completed the 1,500 meters in a personal best 4:02.00 for 11th at the OVC Outdoor Track & Field Championship (5/9-11).

2019 Indoor: Competed in seven meets...Posted six top-five finishes...Placed third in both the 800 meters (2:03.67) and the 4x400 meter relay (3:38.69) at the SEMO vs. SIUE Dual Meet (12/7)...Also was third in the

1,000 meters with a personal best time of 2:34.46 at the Samford Open (1/18-19)...Set a PR of 1:23.97 for fourth in the 600 meters at the Hoosier Hills (2/8)...Finished fourth in the same event with a mark of 1:26.23 at the 2019 Redhawk Open (2/15)...Was fifth in the distance medley relay in 10:45.10 at the OVC Indoor Track & Field Championship (2/20-21)...Also was 12th in the mile in 4:29.74.

2018 Cross Country: Appeared in two meets...Set a 5K personal-best time of 18:33.1 (35th) in the season-opening Saluki Cross Country Invitational (8/31)...Posted a mark of 30:44.8 (12th) at the SIUE John Flamer Invite (9/14).

2018 Outdoor: Competed in seven meets...Finished fourth in the 4x800m (7:52.79) at the Mississippi State Bulldog Relays (3/23-24)...Placed third in the 4x400m in 3:30.52 and was seventh in the 800m (1:59.45) at the 2018 Drury Hotels Joey Haines Invite (3/30-31)...Clocked a PR time of 4:13.68 in the 1500m at the SLU Billiken Invitational (4/6-7)...Set a personal-best mark of 1:55.85 (24th) in the 800m at the Georgia Tech Invitational (4/20-21)...Competed in the 800m (2:02.70, 18th in preliminaries) at the OVC Outdoor Track and Field Championships (5/10-12).

2018 Indoor: Ran in seven meets...Placed second (4x400, 3:33.37) and third (800, 2:03.54) at the SEMO vs. SIUE Dual Meet (12/8)...Ran a personal-best 600m in 1:26.39 (12th) at the 2018 Indiana University Relays (1/26-27)...Clocked a PR time of 2:37.73 in the 1000m at the Don DeNoon Invitational (2/2-3)...Finished fifth in the 400 (PR, 53.75) at the 2018 Redhawks Open (2/16)...Placed eighth overall in the 800m (2:00.86) at the OVC Indoor Track and Field Championships (2/23-24)...

2017 Cross Country: Ran in one meet...Finished 48th at the Forest Park Cross Country Festival (9/8).

Personal: Majoring in Engineering Technology: Mechanical/Manufacturing Systems.



COLIN SCHWAB

SPRINTS

SENIOR

BALLWIN, MO.

MARQUETTE

2021 Outdoor: Competed in seven outdoor competitions in 2021...Finished in first place as a part of the 4x400 meter relay at the 2021 Joey Haines Invite...Placed fourth at the USA Invitational in the men's 400-meter dash finishing in 49.67 seconds.

2021 Indoor: Competed in four indoor competitions in 2021...Recorded a personal best in the 800 meter race at the Sycamore Team Challenge sponsored by Gill Athletics with a final time of 2:09.39 for 14th place overall...Placed first as a part of the 4x400 meter relay team at the Redhawks Invite with an overall time of 3:33.81...Earned two personal bests at the Fred Wilt Invitational in both the 60 meter race (7.24, 4th) and the 300 meter race (36.42, 2nd).

2020 Indoor: Ran in eight meets...Had nine top-five finishes...Ranked sixth in the OVC for the 400 meters...Finished first in the 400 meters (51.80) and 4x400 meter relay (3:24.76) at the SEMO vs. SIUE Dual Meet (12/6/19)...Took first in the 4x400 meter relay in 3:22.42 and was fourth in the 400 meters (50.86) at the Gene Edmonds Memorial (1/10-11)...Also set a personal-best 600 meters time of 1:25.14...Finished fourth in the 600 meters in 1:30.04 at the Missouri Intercollegiate (1/17)...Took fifth in the 400 meters, clocking in at 51.15 at the Illini Invitational (1/24-25)...Posted a time of 49.56 in the 400 meters to finish as the runner-up at the 2020 Hoosier Hills (2/14)...Earned Bronze in the 4x400 meter relay, finishing with a mark of 3:16.61 at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Also scored for the Redhawks with a fifth place finish in the 400 meters (48.97).

2019 Outdoor: Ran in eight meets...Notched 10 top-five finishes...Was the runner-up in the 4x100 meter relay in 44.19 at the 2019 Drury Hotels Joey Haines Invite (3/29-30)...Placed third in the 4x400 meter relay in 3:18.31 at the Memphis Tiger Invitational (4/26-27)...Was a member of the first place 4x400 meter relay team (3:17.23) at the SIUE Gateway Classic (5/3)...Also was second in the 200 meters in 22.28...Grabbed silver in the 4x400, completing the relay in 3:18.11 at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau...Also was fourth in both the 4x100 meter relay (42.50) and 400 meters (48.73) and fifth in the 200 meters (22.66).

2019 Indoor: Competed in seven meets...Had six top-five finishes...Won the 4x400 meter relay in 3:33.97 at the season-opening SEMO vs. SIUE Dual Meet (12/7)...Finished second in the 400 meters in 50.99 at the 2019 Illini Open (1/12)...Placed third and fourth, respectively in the 200 meters (22.92) and 400 meters (51.71) at the Fred Wilt Open (2/1-2)...Was also third in the 4x400 meter relay in 3:19.53 at the 2019 Hoosier Hills (2/8)...Also finished seventh in the 400 meters in 49.29...Earned bronze in the 4x400 meter relay with a time of 3:18.34 at the OVC Indoor Track & Field Championship (2/20-

21)...Also was eighth in the 200 meters (22.66).

2018 Outdoor: Competed in seven meets...Set a PR of 11.27 (22nd) in the 100m at the Rhodes Invitational (3/16-17)...Added a career best in the 200m of 22.00 (16th) at the Mississippi State Bulldog Relays (3/23-24)...Was fourth in the 400m (49.70) at the 2018 Drury Hotels Joey Haines Invite (3/30-31)...Finished second in the 4x400m (3:17.86) and third in the 400 with a personal best of 48.23 at the Joe Walker Invite (4/13-14)...Earned a silver and bronze medal in the 4x400m (3:14.12) and 4x100m (41.39) at the Ohio Valley Conference Outdoor Track & Field Championship (5/10-12)...Also was fifth in the 400m (48.32).

2018 Indoor: Appeared in eight meets...Finished first in the 400m (51.58) and second in the 4x400m (3:33.37) at the SEMO vs. SIUE Dual Meet (12/8)...Was third in both the 400m (50.64) and the 4x400m (3:26.95) at the Illinois Open (1/13)...Posted a career-best time of 7.36 in the 60m (26th) at the Don DeNoon Invitational (2/2-3)...Placed third in the 4x400m, clocking in at 3:23.03 at the 2018 Hoosier Hills (2/9)...Was a member of the first place 4x400m team (3:27.61) at the 2018 Redhawks Open (2/16)...Earned silver in the 4x400m at the Ohio Valley Indoor Track and Field Championships (2/23-24) with a mark of 3:23.99...Also was fourth in the 400m (50.03) and 14th in the prelims for 200 (23.55).

Prep: Graduated from Marquette High School in 2017...Was named to the all-state track and field team twice, placed sixth in state in the 400m, placed seventh in state in the 4x200m, was two time All-American junior Olympian in 4x800m and 4x400m.

Personal: Born September 9, 1998...Son of Shane Schwab and Courtney Kelly...Majoring in Business Marketing and Sales.



CLAY ALEWELT

THROWS

SOPHOMORE

ROCHESTER, ILL.

ROCHESTER

Prep: Attended Rochester High School... Competed in the shot put and discus on the Track & Field team at Rochester... Coached by Bill Owens at Rochester... Four year letter-winner at Rochester... Registered a personal-best and school record shot put distance of 54-9 as a senior... Earned all-conference honors during his freshman, sophomore and junior seasons (senior season cancelled due to the COVID-19 pandemic)... Captured the Central State Eight Conference Championship in shot put and discus as a junior... Placed sixth (158-9) in the discus and seventh in shot put (53-0.75) at state during his junior season... As a sophomore, took fifth in the discus (160-0)... Set a personal-best discus mark of 166-11... Awarded all-conference honors for discus and qualified for state as a freshman... Also played football, golf and was a member of the wrestling team... Nabbed all-conference and all-area honors for football as a senior... Started on the varsity team at tight end and defensive as a junior and senior... Also was a kicker all four years at Rochester... Holds the Rochester school and state record for extra points made... Was a member of the 4A Illinois High School Association State Championship team as a freshman and sophomore and the 5A IHSA State Championship team during his senior season... Kicked the 24-yard game-winning field goal as a sophomore to clinch the state title... Holds the Rochester school record for the 195 lbs. weight class in wrestling with a record of 28-7... Selected all-conference and all-areas in golf his senior year and qualified for state, the only HS season he played... Secured academic all-conference accolades for all four sports... Named Academic All-State in Illinois his junior and senior seasons for football... Member of the National Honor Society and Spanish National Honor Society as a junior and senior... Graduated from Rochester in 2020.

2021 Outdoor: Competed in ten outdoor meets... Achieved a personal best at the 2021 Joey Haines Invite in the Men's Javelin Throw with a throw of 127' 8" (38.91m)... Achieved a personal best at the Vanderbilt Black and Gold Invitational in the Men's Hammer Throw with a throw of 163' 9" (49.92m)... Achieved two personal bests at the Ohio Valley Conference Championships in the Men's Shot Put with a throw of 49' 4.25" (15.04m) earning eighth place, and in the Men's Discus Throw with a throw of 159' 11" (48.74m) which earned him third place for the event.

2021 Indoor: Competed in four indoor meets... Placed third at the Redhawks Invite in the Men's Weight Throw (48' 5.5", 14.77m) and the Men's Shot Put (46' 4.25", 14.13m)... Achieved a personal best in the Men's Weight Throw with a throw of 48' 10" (14.88m) which earned him seventh place at the Samford Bulldog Open 2021... Scored a 48' 1.25" (14.66m) in the Men's Shot Put at the Redhawks Open. At the same meet, Clay had a 47' 11" (14.60m) in the Men's Weight Throw, which earned him second place in the event.

Personal: Born on October 12, 2001... Son of Lynn and Brad Alewelt... Sister, Lindsay Alewelt, was a member of the Golf and Track & Field teams at Illinois College... Sister, Morgan Alewelt, also played Golf at Illinois College.



THOMAS DOSS

DISTANCE

SOPHOMORE

2021 Outdoor: Ran in five meets...Made Redhawks outdoor track & field debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing 15:59.24 (13th) in the 5,000 meters... Set a personal-best 800 meters time of 2:02.51 (22nd) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also ran in the 4x400 meter relay (3:34.36, ninth)...Was fifth in the 5,000 meters in a PR time of 15:35.90 at the Sycamore Open (4/24)...Also notched a career-best time of 4:07.76 in the prelims for the 1,500 meters at the 2021 OVC Track & Field Championship (5/13-15).

2020-21 Cross Country: Ran in three meets... Finished in the SEMO top-five once...Made Redhawks debut with a personal-best 8K time of 26:50.7 (35th) at the Redhawks Invitational (1/23)...Completed the 8K in 27:30.3 (37th) at the Eastern Illinois Spring Open (2/6)...Was clocked at 25:05.1 (36th) in the 4.5 mile race at the Tennessee Tech Golden Eagle Invitational (2/19)



CLAYTON EFTINK

DISTANCE

SOPHOMORE

CAPE GIRARDEAU, MO.

NOTRE DAME REGIONAL

Prep: Attended Notre Dame Regional High School in Cape Girardeau, Missouri...Lettered all four years in Cross Country and Track & Field...Posted a track & field 1,600 meters time of 4:37...Won the conference championship in the 800 meters...Holds the Notre Dame school record for the Distance Medley Relay...Notched a cross country 5K mark of 16:48...Earned Cross Country All-Conference honors all four years...Was named All-District for Cross Country as a junior...Also played basketball and baseball...Awarded the Presidential Scholarship and Bright Flight Scholarship...Graduated from Notre Dame with Summa Cum Laude honors in 2020.

Personal: Born May 15, 2002...Son of Adrian Eftink and Kim Eftink, who are both Southeast Missouri State University alumni...Ran 18 miles on his 18th birthday...Plans to study Business and Finance at Southeast.

2021 Outdoor: Ran in five meets...Made Redhawks outdoor track & field debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing 4:12.79 (17th) in the 1,500 meters...Set a personal-best 800 meters in 2:01.47 (18th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also notched a PR time of 4:08.89 (18th) in the 1,500 meters at the Sycamore Open (4/24)...Concluded the season with a career-high 5,000 meters mark of 16:08.78 (20th) at the 2021 OVC Track & Field Championship (5/13-15).



GARRETT DUMKE

DISTANCE

FRESHMAN

MARYVILLE, MO.

Prep: Attended Maryville High School... Career-best cross country mark is 16:23...Posted a PR time of 9:54 in the 3,200 meters on the track...Helped the Spoofhounds capture the 2020 Class 3 District 8 cross country championship with a first place time of 17:16...Graduate from Maryville HS in May 2021.



ANTHONY FORREST

JUMPS

SOPHOMORE

BIG BEAR CITY, CALIFORNIA

2021 Outdoor: Competed in nine outdoor meets...Earned a personal best in the Men's 400 meter hurdles at the SIUC Bill Cornell Invite with a time of 1:00.83 earning him seventh place...Earned a personal best in the Men's 400 meters (56.08) at the Ole Miss Classic...Earned a personal best at the 2021 Joey Haines Invite in the Men's 200 meters (23.50)...Earned a personal best and a third place finish at the Ohio Valley Conference Championship in the Men's 110 meter hurdles (14.68).

2021 Indoor: Competed in three indoor meets... Earned a personal best at the Sycamore Team Challenge sponsored by Gill Athletics in the Men's 60 meter hurdles (8.75)...Placed second at the Redhawks Invite in the Men's 55 meter hurdles (7.97)...Earned a personal best and a third place finish at the Redhawks Open in the Men's 55 meter hurdles (7.96), along with the Men's 55 meters (7.02) which resulted in a personal best and a seventh place finish.

Prep: Attended Big Bear High School in Big Bear City, California...Lettered all four years... Coached by Ron Perkins at Big Bear...Competes in the 110 meter hurdles (14.98), 300 meter hurdles (40.01), 4x400 meter relay and triple jump...Graduated from Big Bear High School in 2020.

Personal: Born Nov. 27, 2002...Son of Nathan and Jennifer Forrest...Majoring in Biomedical Sciences.



DILLON LAY

HURDLES

SENIOR

RIVERSIDE, CALIFORNIA

2021 Outdoor: Competed in seven outdoor meets...Placed third in the Men's 400 Meter Hurdles (57.05) at the 2021 Joey Haines Invite...Earned a personal best in the Men's 400 Meter Hurdles (56.27) and earned a personal best with a third place finish in the Men's 100 Meter (10.80) at the Ohio Valley Conference Championships.

2021 Indoor: Competed in four indoor meets...Finished third at the Redhawks Invite in the Men's 55 meter hurdles (8.00)... Achieved a personal best at the Samford Bulldog Open 2021 in the Men's 400 meters (52.86)...The Redhawks Open saw a lot of success for Dillon; Took second in the Men's 55 meter hurdles (7.89), Placed first and recorded a personal best in the Men's 200 meters (23.73) and placed first in the Men's 55 meter (6.62) which was good enough for a personal best.

2020 Indoor: Competed in eight meets... Ranked third in the OVC for the 60 meter hurdles...Finished second in the 55 meter hurdles (8.03) and third in the 4x400 meter relay (3:31.07) in Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19)...Also set PRs in the long jump (20-10, 6.35m, sixth) and 55 meters (6.72, seventh)...Placed fifth in the 60 meter hurdles in 8.44 at the Gene Edmonds Memorial (1/10-11)...Also completed the 400 meters in a personal-best 56.86 (23rd)...Set a PR 60 meters mark of 7.29 in the prelims at the 2020 Indiana University Relays (1/31-2/1)...Won the triple jump with a personal-best mark of 41-7.75, 12.69m at the 2020 Redhawks Open (2/21)...Also set a PR in the 55 meter hurdles in the prelims in 7.94...Took fourth in the 60 meter hurdles in 8.38 at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-

27) to score for the Redhawks...Set a PR in the event during qualifying, clocked at 8.34 for second in the prelims...Also had a triple jump distance of 39-5.75 (12.03m, 11th)... Named to the OVC Commissioner's Honor Roll.

Riverside City College: Member of the 2019 California Community College Athletic Association (CCCCAA) State Championship and Orange Empire Conference (OEC) Championship team...Won the 110 meter hurdles (14.97), while finishing second in the 400 meter hurdles (53.60) at the 2019 OEC Championship...Grabbed Gold in the 110 meter hurdles in 14.99 and Silver in the 400 meter hurdles (56.30) at the 2018 OEC Championship...Coached by Jim McCarron at Riverside City College.

Prep: Attended Martin Luther King Jr. High School in Riverside, California...Competed in the 110 and 400 meter hurdles and long jump at Martin Luther King Jr...Was a two-time letterwinner in track and field...Graduated from Martin Luther King Jr. HS in 2017.



JOSIAH KILGORE

JAVELIN

SOPHOMORE

POPLAR BLUFF, MO.

2021 Outdoor: Competed in 10 outdoor meets...Finished second in the Men's Javelin Throw in at the SIUC Bill Cornell Invite with a throw of 163' 3" (49.75m)...Threw a personal best at the Tennessee Relays with a throw of 226' 3" (68.96m) for a second place finish...Finished first at the Sycamore Open in the Men's Javelin Throw with a throw of 193' 7" (59.01m)...Took third at the Ohio Valley Conference Championship in the Men's Javelin Throw with a throw of 186' 0" (54.05m)...Competed in the NCAA Division I West Preliminary Round with his best throw coming in at 177' 4" (54.05m, 45th).

Personal: Born January 31, 2002...Son of Mike and April Kilgore...Is a craftsman...Majoring in Physical Education.

2021 Indoor: Did not compete.

Prep: Attended Poplar Bluff High School...Competed in the javelin, 100 meters, 200 meters, 4x100 meter relay and 4x200 meter relay...Was a four year letter winner at Poplar Bluff...Named academic all-state as a senior...Captured first place in javelin at districts his junior year...Was a three-time state qualifier in the 4x100 meter relay...Posted a career best javelin throw of 178-0 (54m) and a time of 11.4 in the 100 meter dash...Helped Poplar Bluff secure conference championships in 2017 and 2018...Member of the district championship team in 2018...Coached by Mark Barousse at Poplar Bluff...Also played football, basketball and baseball...Awarded second-team all regional honors for football in 2019...Part of basketball district champs team in 2018 and football conference championship team in 2017...Three-year letter winner for football and basketball...Graduated from Poplar Bluff High School in 2020.



ISAAC READNOUR

POLE VAULT/JUMPS

JUNIOR

2021 Outdoor: Competed in nine outdoor competitions in 2021...Recorded three personal bests at the 2021 Joey Haines Invite. 147' 11" (4.15m) in the Javelin, 13'7.25 (4.15m) in the Pole Vault and 11.40 in the men's 100 meter dash resulted in a 14th, 7th and 14th place finish respectively...Placed ninth at the Sycamore Open in the men's 200 meter competition with a mark of 22.98 a personal best...Two personal bests at the 2021 Kentucky Invitational in the 400 and the 110 meter hurdles with times of 51.30 and 15.85 respectively...At the Ohio Valley Conference Championship placed fourth in the Decathlon with an overall score of 6127 a personal best. Along with a personal best in the triple jump (46' 0.75") and the Long Jump (22' 11.25") to round out the championship.

2021 Indoor: Competed in three indoor competitions in 2021...Recorded a new personal best in the Long Jump with a 21' 10" mark (6.65m) to finish third at the Redhawks Invite...Recorded a personal best in the Pole Vault at the Redhawks Open with a final mark of 12' 11" (3.94m). Then recorded a new personal best in the 55-meter hurdles with a time of 8.34 for a sixth-place finish. Lastly, recorded a personal best in the 400-meter dash with an overall time of 55.77 which saw a third-place finish...At the Fred Wilt Invitational recorded a personal best in the 60-meter hurdle with a time of 8.85 and a seventh-place finish.



SCHUYLER OGDEN

DISTANCE

REDSHIRT SENIOR

FARMINGTON, MO.

WILLIAM WOODS | STE. GENEVIEVE

2021 Outdoor: Ran in seven meets...Had five top-10 finishes...Made SEMO outdoor debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing the 5,000 meters in 15:45.12 (10th)...Completed the 10,000 meters at the 2021 Drury Hotels Joey Haines Invite (4/2-3) in a personal-best time of 32:13.27 (seventh)...Finished the 3,000 meters at the Vanderbilt Black & Gold Invitational (4/16-17) in a PR time of 9:08.33 (ninth)...Also concluded the 5,000 meters in 15:45.73 (23rd)...Finished as the runner-up in the 5,000 meters at the Sycamore Open (4/24) with a personal-best 15:26.37...Completed the 10,000 meters in 33:05.93 (16th) at the 2021 OVC Track & Field Championship (5/13-15)...Also finished the 5,000 meters in 16:20.27 (21st).

William Woods: Competed in Cross Country and Track & Field at NAIA's William Woods from fall 2017 to spring 2020...Captured Gold in the 5,000 meters (15:43.27) at the 2020 American Midwest Conference (AMC) Indoor Championships (2/8/20)...Also was fifth in the 3,000 meters (9:32.88)...Finished fourth in the 10,000 meters in 32:14.13 at the 2019 AMC Outdoor Championships (4/26-27/19)...Earned AMC All-Conference honors for cross country in 2018 (third, 26:12.6, 11/2/18) and 2019 (fourth, 26:17.0, 11/8/19)...Member of the 2019 Cross Country AMC Co-Conference Championship Team... Qualified for the NAIA Cross Country Championship in 2018 and 2019...Secured 2018 AMC All-Conference honors for the Indoor 5,000 meters (second, 15:35.92, 2/16/18)...Also was fourth in the 3,000 meters (9:09.45)...Personal bests include Cross Country 8K: 25:33, Track: 1,500 meters: 4:25, 3,000 meters: 9:07, 5,000 meters: 15:35, 10,000 meters: 32:14...Named to the Fall 2017 William Woods University Deans List.

Prep: Attended Ste. Genevieve High School... Lettered all four years in cross country and track & field...Coached by Brian Jet at Ste. Genevieve...Graduated from Ste. Genevieve in 2017.

Personal: Born Dec. 1, 1998...Son of Ralph Ogden, a Southeast Missouri State University alum, and Phyllis Ogden...His first name is pronounced Skyler...Brother, Nathaniel Ogden, is a member of the Cross Country and Track & Field teams at William Woods University... Studying History at Southeast.



JOSH KILE

THROWS
JUNIOR
PERRYVILLE, MO.

2021 Outdoor: Competed in eight outdoor meets... Earned a personal best at the Ole Miss Classic in the Men's Javelin Throw with a throw of 155' 0" which resulted in a fifth place finish...Placed fourth at the Vanderbilt Black and Gold Invitational in the Men's Javelin Throw with a throw of 146' 11" (44.78m).

2021 Indoor: Did not compete.

Mineral Area Community College

(Season cancelled due to the COVID-19

pandemic): Named a NJCAA Track and Field Coaches Association Division III All-Academic student-athlete in 2020.

Lindenwood-Belleville: Competed in javelin, discus and shot put for Lindenwood-Belleville of the NAIA in 2019...Set personal-best marks of 130-2 (39.69m, javelin), 82-5 (25.13m, discus) and 29-5.5 (8.98m, shot put).

Prep: Attended Perryville High School... Graduated in 2018.

Personal: Born May 8, 2000...Son of Lori Swift...Majoring in Pre-Physical Therapy at Southeast.



TERRICO GARRETT

DISTANCE

JUNIOR

UNIVERSITY CITY, MO.

UNIVERSITY CITY

2021 Outdoor: Ran in nine meets...Had 16 top-five finishes including two first place finishes...Captured Silver in the 800 meters and Bronze in the 4x400 meter relay at the 2021 OVC Championship...Qualified for the 2021 NCAA Division I West Preliminary in the 800 meters...Ranked 45th overall in the NCAA West Region for the 800 meters...Opened the season with a pair of fifth place finishes in the 800 meters (1:56.24) and 4x400 meter relay (3:23.04) at the South Alabama Invitational (3/12)...Took third in both the 1,500 meters (4:02.76) and the 4x400 meter relay (3:25.86) at the Southern Illinois Bill Cornell Invite (3/19-20)...Also was fourth in the 800 meters in 1:56.48...Won the 800 meters (1:55.02) and 4x400 meter relay (3:19.65) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Set a personal-best 800 meters time of 1:49.44 for third at the Tennessee Relays (4/8-10)...

Also was a member of the 4x400 meter relay (3:17.60, sixth) and 4x1,500 meter relay (17:09.39, third) teams at the meet...Notched a PR 1,500 meters mark of 4:01.07 (sixth) at the Vanderbilt Black & Gold Invitational (4/16-17)...Also was the runner-up in the 800 meters (1:50.48) and 4x400 meter relay (3:19.47)...Took third in both the 800 meters (1:52.37) and 4x400 meter relay (3:14.72) at the 2021 Kentucky Invitational (4/30-5/1)...Won Silver in the 800 meters at the 2021 OVC Track & Field Championship (5/13-15) in 1:52.92, after qualifying fourth...Also grabbed Bronze in the 4x400 meter relay in 3:18.36...Completed the 800 meters at the 2021 NCAA West Preliminary (5/26-29) in in College Station, Texas, in 1:52.31 (39th, prelims).

2020 Indoor: Ran in eight meets...Had 10 top-five finishes...Notched the fifth fastest 800 meters time in the OVC of 1:54.08...Placed first in two races...Made his Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), finishing second in the 800 meters in 1:58.76 and fourth in the 4x400 meter relay (3:47.20)...Placed fourth in both the 800 meters (1:59.15) and 4x400 meter relay (3:29.15) at the Gene Edmonds Memorial (1/10-11)...Also was sixth in 600 meters (1:23.99)...Won both the 800 meters (1:58.04) and the 4x800 meter relay (8:33.60) at the Missouri Intercollegiate (1/17)...Set a personal-best 600 meters time of 1:23.02 (sixth) at the 2020 Indiana University Relays (1/31-2/1)...Took third in both the 800 meters (1:56.37) and distance medley relay (10:45.47) at the 2020 Hoosier Hills (2/14)...Earned Bronze in the 800 meters at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27) with a personal best 1:54.08...Also added to the Redhawks team total with a sixth place finish in the distance medley relay (10:37.00)...Named to the OVC

Commissioner's Honor Roll.

2019 Cross Country: Ran in all six meets...Made Redhawks debut with a 10th-place finish in a personal best 16:59.0 at the 2019 Saluki Invite (9/30)...Completed the Bradley Intercollegiate (9/20) in a PR time of 27:52.2 (52nd)...Finished 58th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in career best 27:34.0...Concluded the 10K at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in a personal best 36:47.9 (193rd)...Named to the OVC Commissioner's Honor Roll.

Prep: Attended University City High School in University City, Missouri...Graduated in 2019...Lettered in both track and cross country all four years...All-State in 2019...Coached by Rachel Bromber...Competes in the 400 meters and 800 meters.

Personal: Born Aug. 26, 2000...Son of Starr Lambus...Intends to major in Pre-Law.



LUKE HATFIELD-JACKSON

JUMPS
JUNIOR
ARNOLD

2021 Outdoor: Competed in seven outdoor events...Earned a first place finish and a personal best in the Men's Long Jump at the 2021 Joey Haines Invite with a SEMO program mark of 25' 8.25" (7.83m)...Placed first in the Men's High Jump with a jump of 7' 05" (2.15m) at the same event...Placed first and earned a personal best at the Ohio Valley Conference Championship in the Men's High Jump with a jump of 7' 1.75" (2.18m)...Also achieved a personal best in the Men's Triple Jump with a jump of 48' 9.5" (14.87m)...Captured Gold in both the high jump (7-1.75, 2.18m) and long jump (25-2.50, 7.68m) while also grabbing Silver in the triple jump for a haul of three medals...Secured the 2021 OVC high jump crown with a SEMO program-best and PR mark of 7-1.75 (2.18m) on his third and final attempt at the height...Also posted a personal-best triple jump feat of 48-9.50 (14.87m) for second overall in the third and final day of the Championship...Awarded OVC Men's Athlete of the Championship at the conclusion of the meet...Competed in the NCAA Division I West Preliminary Round...Registered a long jump feat of 24-9.75 (7.56m) for 21st overall in the event at the 2021 NCAA West Preliminary...Cleared a high jump height of 6-7 (2.01m) on his first attempt for 40th overall in the third day of the Preliminary

2021 Indoor: Competed in three indoor meets...Placed first in the Men's High Jump at the Samford Bulldog Open 2021 with a mark of 6' 10.75" (2.10m)...Placed first in the Men's High Jump at the Redhawks Open with a mark of 6' 11.5" (2.12m).



JACK RINEHART

POLE VAULT

JUNIOR

JACKSON, MO.

JACKSON SENIOR

2021 Outdoor: Competed in eight outdoor competitions in 2021...Recorded a personal best at the SIUC Bill Cornell Invite in the Long Jump with an final mark of 19' 0.75" good enough for seventh place...Placed third at the Vanderbilt Black and Gold Invitational finished third in the pole vault with a 14' 9"... Finished third in Pole Vault at the Sycamore Open with a mark of 15' 3"...Finished fourth in the pole vault at the Ohio Valley Championship with a final mark of 14' 9.5".

2021 Indoor: Competed in five indoor competitions in 2021...Placed first in the pole vault at the Redhawks Invite with a mark of 15' 1" (4.6m)...Recorded a personal best in the pole vault at the Samford Bulldog Open 2021 with a tally of 15' 5" (4.70m)... 2020 Indoor: Competed in six meets as a pole vaulter... Had five top-five finishes...Ranked fourth in the OVC for high jump...Won the event in Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), overcoming 14-11.5 (4.56m)... Finished fifth in pole vault at the Missouri Intercollegiate (1/17, 13-7.25, 4.15m) and Illini Invitational (1/24-25, 14-1.75, 4.31m)...Took third in the event at the 2020 Redhawks Open (2/21), with a career-best mark of 15-1 (4.60m)...Finished fourth in pole vault at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27), posting a height of 14-6 (4.42m) to score for the Redhawks.

Prep: Attended Jackson Senior High School in Jackson, Missouri...Was a four-year pole vaulter at Jackson Senior...As a senior, broke the Jackson Senior pole vault record and finished third at State after winning the District and Conference Championship... Finished seventh at State as a junior... Named an All-Missouri and Semoball award recipient...Was also named captain of the track and field team at Jackson Senior... Also was an all-state swimmer and diver... Graduated from Jackson Senior High School in 2019.

Personal: Born October 18, 2000...Son of David and Merrily Rinehart who are both Southeast alumni...Majoring in Electrical Engineering.



MICHAEL JENKINS

JUMPS

SOPHOMORE

2021 Outdoor: Competed in two outdoor meets...Placed third in the USA Invitational in the Men's Triple Jump with a jump of 46' 6.25" (14.18m)...Earned a personal best and a first place finish in the Men's Triple Jump with a mark of 48' 2.5" (14.69m) at the Ole Miss Classic.

2021 Indoor: Competed in three indoor meets...Placed third in the Men's Triple Jump with a jump of 44' 6.25" at the Sycamore Team Challenge sponsored by Gill Athletics. Along with a second place finish in the Men's High Jump with a 6' 4.75" (1.95m)... Earned a personal best at the Redhawks Invite in the Men's Long Jump with a jump of 20' 6.5" (6.26m) for a seventh place finish.



KORY SNYDER

DISTANCE

JUNIOR

BELTON, MO.

METROPOLITAN COMMUNITY COLLEGE-KANSAS CITY

2020 Indoor: Ran in seven meets...Made his Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), finishing third in the mile (4:36.66) and sixth in the 3,000 meters (10:30.12)...Set a personal-best time of 9:28.64 (21st) in the 3,000 meters at the Gene Edmonds Memorial (1/10-11)...Was the runner-up in the mile in 4:34.57 at the Missouri Intercollegiate (1/17)...Completed the 800 meters with a PR mark of 2:06.29 at the Illini Invitational (1/24-25)...Added a career best in the mile (4:26.12, 12th) at the 2020 Indiana University Relays (1/31-2/1)...Was third in the distance medley relay (10:45.47) and finished the mile in 4:30.69 (13th) at the 2020 Hoosier Hills (2/14)...Was clocked at 4:27.62 (15th) in the mile at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

10K at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in 36:59.0 (194th, PR).

Metropolitan Community

College - Kansas City: Set the 5K and 8K cross country school records...Coached by Jessica Hammer and Charlie Gilkison.

Prep: Competed in track & field and cross country at Belton High School...Coached by Philip Miller...Was a four-year letterwinner and graduated from Belton in 2018.

Personal: Born July 1, 1999...Full name is Kory Race Snyder...Majoring in Environmental Science-Business.

2021 Outdoor: Ran in three meets...Opened the outdoor season at the Southern Illinois Bill Cornell Invite (3/19-20), running in the 800 meters (2:05.86, 15th) and 1,500 meters (4:22.25, 19th)...Posted a personal-best 1,500 meters time of 4:13.92 (44th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also completed the 800 meters in 2:07.39 (40th)...Completed the 1,500 meters at the Sycamore Open (4/24) in 4:15.00 (25th).

2021 Indoor: Ran in two meets...Finished in the top-10 twice...Set a personal-best 800 meters time of 2:03.72 (sixth) at the Redhawks Invite (2/5)...Completed the same race in 2:03.97 (seventh) at the Redhawks Open (2/20).

2019 Cross Country: Ran in four meets...Made Redhawks debut at Missouri's Gans Creek Classic (9/27), completing the 8K in 28:11.8 (62nd)...Posted a personal-best 8K mark of 27:29.5 (133rd) at the Bradley 'Pink' Classic (10/18)...Finished 69th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in 27:55.1...Concluded the



NOAH LITTLE

DISTANCE

SOPHOMORE

WASHINGTON, MO.

2021 Outdoor: Ran in seven meets...Had three top-10 finishes...Made SEMO outdoor debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing the 1,500 meters in 4:11.22 (12th) and compiling a 4x400 meter relay mark of 3:37.97 (eighth)...Set a personal-best 800 meters time of 2:01.18 (17th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also competed in the 1,500 meters (4:05.03, 23rd) and 4x400 meter relay (3:38.34, 12th)...Notched a career-best time of 15:26.42 (19th) at the Tennessee Relays (4/8-10)...Finished fifth in the 1,500 meters, clocking in at 3:59.87 at the Vanderbilt Black & Gold Invitational (4/16-17)...Compiled a career-best 3,000 meters mark of 9:24.40 (17th) at the 2021 Kentucky Invitational (4/30-5/1)...Completed the 1,500 meters in 4:08.72 (12th) at the 2021 OVC Track & Field Championship (5/13-15) after advancing through the preliminary round.

2020-21 Cross Country: Ran in all four meets...Scored in all four meets in 2020-21 for the men...Made Redhawks debut with a career-best 8K of 26:07.8 (26th) at the Redhawks Invitational (1/23)...Completed the 8K at the Eastern Illinois Spring Open (2/6) in the top-20 in 26:15.5 (19th)...Posted a season-best finish of 11th in the 4.5 mile race at the Tennessee Tech Golden Eagle Invitational (2/19) in a personal-best time of 23:41.6...Crossed the finish line in the 8K in 29:27.5 (34th) at the 2020-21 OVC Cross Country Championship (3/1).

Prep: Attended Washington High School and graduated in 2020...Earned Gateway Athletic Conference (GAC) All-Conference and Class 4 All-District honors for cross country in 2019...Was a Missouri State High School Activities Association (MSHSAA) State qualifier...Named to the Class 4 All-State track team for the 3,200 meters his junior season...

Also earned GAC All-Conference and Class 4 All-District laurels for both cross country and track (3,200m and 1,600m) as a junior...Captured the Class 4 District Championship in the 3,200 meters as a sophomore at Washington...Awarded GAC All-Conference for both cross country and track (3,200m and 1,600m) and was named to the Class 4 All-District Cross Country Team as a sophomore...Coached by Mike Olszowka at Washington High School where he lettered all four years as a Blue Jay...Recognized as an All-GAC All-Academic and Academic All-State honoree for both cross country and track & field...Earned the Academic Achiever Award for Computer Science and named to the A Honor Roll...Was a member of the National Honor Society, Key Club, Cyber Patriot Team and Link Crew.

Personal: Born on Dec. 6, 2001...Son of Travis and Sue Little...Majoring in Computer Science at Southeast.



BROCK WOOD

JUMPS

JUNIOR

CLARENCE, MO.

SOUTH SHELBY

2020 Indoor: Competed in nine meets... Had nine top-five finishes... Ranked fifth in the OVC for 60 meter hurdles... Won the 55 meter hurdles (8.00), placed third in both the 55 meters (6.56, PR) and 4x400 meter relay (3:31.07) and was fourth in the long jump (21-10.75, 6.67m) in his Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19)... Took fifth in both the 60 meter hurdles (8.57) and long jump (22-1.75, 6.75m) at the Missouri Intercollegiate (1/17)... Placed fourth in the 400 meters in 50.94 at the Illini Invitational (1/24-25)... Set a new PR in the 60 meters of 7.11 in the prelims at the 2020 Indiana University Relays (1/31-2/1)... Also was fifth in the 60 meter hurdles with a time of 8.57... Improved on 60 meter hurdles time with a personal best 8.42 in the 2020 Hoosier Hills (2/14) prelims... Won the 55 meter hurdles in a career best 7.89 and was second in the long jump with a PR mark of 22-5.75 (6.85m) at the 2020 Redhawks Open (2/21)... Earned Bronze in the 4x400 meter relay, finishing with a mark of 3:16.61 at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)... Also scored for the Redhawks in the 60 meter hurdles (8.54, sixth) and in the 400 meters (49.87, seventh)... Set a personal high 200 meters time of 22.17 in the preliminary heats and also competed in long jump (21-6.75, 6.57m, 11th).

Prep: Attended South Shelby High School in Shelby, Missouri... Competed in long jump and hurdles... Graduated from South Shelby in 2019.

Personal: Born on March 25, 2001... Son of Brent Wood and Rachelle Hunter... Majoring in Historic Preservation.

2021 Outdoor: Competed in eight outdoor competitions in 2021... Recorded a personal best at the USA Invitational in the 100-meter dash finishing in 10.98 seconds for a ninth-place finish... A part of the 4x400 relay that took first place at the 2021 Joey Haines Invite (3:19.65). Also took first place in the 400-meter hurdles finishing in 54.92... Recorded a personal best at the 2021 Kentucky Invitational in the 110-meter hurdles finishing in 12th place with a time of 15.30 seconds... At the Ohio Valley Championships, recorded a personal best and finish in the 400-meter hurdles with an overall time of 53.22 seconds finishing in fourth place.

2021 Indoor: Competed in five indoor competitions in 2021... Placed second in the 60-meter hurdle dash finishing in 8.52 seconds at the Sycamore Team Challenge sponsored by Gill Athletics... Recorded a personal best and a first-place finish in the 55-meter hurdle with an overall time of 7.85 at the Redhawks Invite. Continued the success in the 55-meter dash, finishing first place in 7.85 seconds... Recorded a third-place finish in the 400-meter dash at the Samford Bulldog Open 2021 with a final time of 50.06... Earned a personal best at the Fred Wilt Invitational in the men's 60-meter dash finishing in 7.09 in the preliminaries, finishing in fifth place.



AARON MODROW

DISTANCE

JUNIOR

JUNCTION CITY, KAN.

CHAPMAN

2021 Outdoor: Ran in seven meets...Had two-top-five finishes...Made SEMO outdoor debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing fifth in the 5,000 meters in 15:22.89...Was the runner-up in the 5,000 meters in 15:24.59 at the Ole Miss Classic (3/26-27)...Posted a PR 800 meters time of 2:06.90 (37th) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)...Also ran in the 1,500 meters (4:10.40, 35th) and the 4x400 meter relay (3:38.34, 12th)...Compiled a pair of career-bests in the 3,000 meters (8:50.88, seventh) and 5,000 meters (15:12.57, 16th) at the Vanderbilt Black & Gold Invitational (4/16-17)...Notched PR mark of 4:07.37 (29th) in the 1,500 meters at the 2021 Kentucky Invitational (4/30-5/1)...Also finished the 3,000 meters in 8:59.10 (11th)...Completed the 10,000 meters in 31:54.14 (13th) at the 2021 OVC Track & Field Championship (5/13-15).

2020 Indoor: Ran in one meet...Won the 3,000 meters in 9:26.60 (PR) and completed the mile in 4:41.69 (PR, seventh) at the SEMO vs. SIUE Dual Meet (12/6/19).

2019 Cross Country: Ran in all six meets...Made Redhawks debut with a 6th-place finish in a personal best 16:35.0 at the 2019 Saluki Invite (9/30)...Completed the Bradley Intercollegiate (9/20) in a PR time of 28:00.6 (57th)...Posted a mark of 28:00.5 for 59th at Missouri's Gans Creek Classic (9/27)...Registered a career-best 8K mark of 27:00.3 (127th) at the Bradley 'Pink' Classic (10/18)...Finished 54th at the 2019 OVC Championship (11/2) at SIUE in Edwardsville, Illinois, in 27:21.8...Concluded the 10K at the NCAA Midwest Regional (11/15) at Oklahoma State in Stillwater, Oklahoma, in a personal best 35:11.5 (181st).

Prep: Competed in cross country and track & field at Chapman High School in Kansas...Graduated in 2019 with a 4.0 GPA and was named to the High Honor Roll in 2016, 2017 and 2018...As a senior was the Kansas 4A 1,600 meters and 3,200 meters State Champion...Was named an AAU All-American for the 3,000 meters (fourth)...As a junior, earned USA Track & Field All-American honors in the 3,000 meters as the runner-up...Also, was an AAU All-American for the 1,500 meters (second) and 3,000 meters (fifth)...Was awarded Cross Country Most Valuable Runner and Hardest Working Runner in 2017, 2018 and 2019...Competed for Track & Field United and was coached by Forika and Fawn McDougald.

Personal: Born September 7, 2000...Majoring in Engineering Physics-Mechanical Applications at Southeast.



BYRON SOWERBY

DISTANCE

SOPHOMORE

PRESTON, ENGLAND

2021 Outdoor: Ran in eight meets...Had six top-10 finishes and four top-five finishes... Finished as the runner-up in the 3,000 meter steeplechase in a personal-best 10:03.68 at the Southern Illinois Bill Cornell Invite (3/19-20)...Also was eighth in the 4x400 meter relay (3:37.97) in Redhawks outdoor debut...Was first in the 4x800 meter relay (8:30.13) and third in the 4x1,500 meter relay (17:09.39) at the Tennessee Relays (4/8-10)...Also ran in the 1,500 meters (3:58.74, 23rd)...Finished fourth in the 3,000 meters in a PR mark of 8:44.16 at the Vanderbilt Black & Gold Invitational (4/16-17)...Set a personal-best 1,500 meters mark of 3:55.15 (16th) at the 2021 Kentucky Invitational (4/30-5/1)...Notched career-best 800 meters mark of 1:57.23 (18th) at the Pacesetter Sports Invitational (5/7)...Also was fifth in the 4x400 meters relay (3:30.84)...Ran in the prelims for the 1,500 meters (3:59.86) at the 2021 OVC Track & Field Championship (5/13-15).

2020-21 Cross Country: Ran in all four meets... Made Redhawks debut at the Redhawks Invitational (1/23), completing the 8K in a personal-best 26:57.7 (37th)...Finished the 8K at the Eastern Illinois Spring Open (2/6) in 27:02.6 (32nd)...Posted a career-best 4.5 mile time of 24:49.3 (30th) at the Tennessee Tech Golden Eagle Invitational (2/19)...Crossed the finish line in the 8K at the 2020-21 OVC Cross Country Championship (3/1) in 30:37.9 (51st).

Prep: Graduated from Runshaw College in Lancashire, England, in 2019...Competed in the 800 meters (1:57), 1,500 meters (4:01) and the steeplechase...Won the Lancashire U20 Steeplechase Championship in 2017... Earned Bronze in the indoor 1,500 meters at the Northern England U20 in 2019...Crowned the Lancashire U20 1,500 meters Champion... Competed for the Preston Harriers club team where he was coached by Peter Crook.

Personal: Born Jan. 10, 2000...Son of Caroline Sowerby...Studying Actuarial Science at Southeast.



SETH GLEASON

DISTANCE

SOPHOMORE

FORT ZUMWALT NORTH

2021 Outdoor: Ran in seven meets...Had two top-five finishes and five top-10 finishes... Made SEMO outdoor debut at the Southern Illinois Bill Cornell Invite (3/19-20), finishing the 5,000 meters in 15:48.63 (11th)...Took fifth in the 5,000 meters in 15:39.98 at the Ole Miss Classic (3/26-27)...Completed the 10,000 meters with a time of 32:14.30 (eighth) at the 2021 Drury Hotels Joey Haines Invite (4/2-3)... Set a personal-best 5,000 meters mark of 14:54.75 (eighth) at the Vanderbilt Black & Gold Invitational (4/16-17)...Also ran in the 3,000 meters, finishing in 9:00.77 (eighth)... Took third in the 5,000 meters in 15:32.26 at the Sycamore Open (4/24)...Completed the 3,000 meters at the 2021 Kentucky Invitational (4/30-5/1) in a personal-best 9:00.13...Ran in both the 10,000 meters (32:08.08, PR, 15th) and 5,000 meters (15:48.10, 17th) at the 2021 OVC Track & Field Championship (5/13-15).

2020-21 Cross Country: Ran in three meets... Finished in the SEMO top-five twice...Made Redhawks debut at the Eastern Illinois Spring Open (2/6), clocking in at a personal-best 26:18.4 (21st) for the 8K...Finished the Tennessee Tech Golden Eagle Invitational (2/19) 4.5 mile race in a PR time of 24:16.0 (16th)... Crossed the finish line in the 8K in 30:14.3 (45th) at the 2020-21 OVC Cross Country Championship (3/1).

Prep: Attended Fort Zumwalt North High School...Personal-bests included 16:05 for cross country and 9:59 for the 3,200 meters on the track...Graduated from Fort Zumwalt North in 2020.



JUSTIN SPLITT

DISTANCE

SOPHOMORE

LAKEMOOR, ILL.

2021 Outdoor: Ran in eight meets...Had nine top-10 finishes...Made SEMO outdoor debut at the Southern Illinois Bill Cornell Invite (3/19-20), taking third in the 3,000 meter steeplechase in 10:12.12...Also completed the 4x400 meter relay in 3:37.97 (eighth)...Was first in the 4x800 meter relay (8:30.13) and third in the 4x1,500 meter relay (17:09.39) at the Tennessee Relays (4/8-10)...Also ran in the 1,500 meters (4:10.90, 33rd)...Finished fourth in the 3,000 meter steeplechase with a personal-best time of 10:03.78 at the Vanderbilt Black & Gold Invitational (4/16-17)...Notched PRs in the 1,500 meters (4:00.65, 25th) and 3,000 meters (9:28.01, 18th) at the 2021 Kentucky Invitational (4/30-5/1)...Ran in the prelims for the 1,500 meters (4:03.78) and 800 meters (1:56.16, PR) at the 2021 OVC Track & Field Championship (5/13-15).

2020-21 Cross Country: Ran in three meets...Made Redhawks debut at the Redhawks Invitational (1/23), completing the 8K in a personal-best 27:12.6 (40th)...Finished the 8K at the Eastern Illinois Spring Open (2/6) in 27:15.7 (34th)...Posted a career-best 4.5 mile time of 24:44.4 (26th) at the Tennessee Tech Golden Eagle Invitational (2/19).

Prep: Attended Grant Community High School in Fox Lake, Illinois...Was a four-year letter winner at Grant Community, competing in track & field and cross country...Was a Top 21 (10th Place) finisher at the 2019 Nike Cross Midwest Regional during his senior year...Captured the 2019 Illinois High School Association (IHSA) Class 3A State Championship in the 4x400 meter relay...Earned 2019 IHSA Class 3A All-State honors for the 800 meters (sixth place)...Named Northern Lake County Conference (NLCC) All-Conference for cross country and track & field all four years...Holds five individual or relay school records at Grant Community...Career-best times include 1:56 for the 800 meters, 4:23 for the 1,600 meters and 15:10 for a three-mile Cross Country race...Recognized as a Scholar Athlete all four years...Coached by Nick Nenni at Grant Community...Also played Basketball...Graduated from Grant Community in 2020.

Personal: Born Dec. 28, 2001...Son of Kristin and Randy Splitt...Father, Randy Splitt, played collegiate baseball at Northeastern Illinois University...Majoring in Engineering at Southeast.



NICK BRYANT

SPRINTS

JUNIOR

MEMPHIS, TENN.

SOUTHWIND

2021 Outdoor: Competed in eight outdoor meets...Placed second in the Men's 400 meters (48.60) at the USA Invitational...Finished first in the Men's 400 meters (49.08) at the SIUC Bill Cornell Invite...Was a member of the Men's 4x400 meter relay team (3:19.65) that placed first at the 2021 Joey Haines Invite. At the same meet, placed second in the Men's 400 meters (48.89)...Recorded a personal best at the Vanderbilt Black and Gold Invitational in the Men's 400 meters (47.23) which earned him second place at the event...Placed first in the Men's 400 meters (47.65) at the Ohio Valley Conference Championships...Recorded a personal best in the Men's 200 meters (21.67) which earned him fourth place at the Ohio Valley Conference Championships.

2021 Indoor: Competed in three indoor meets...Was a member of the Men's 4x400 meter relay (3:33.81) at the Redhawks Invite that finished first at the event.

2020 Indoor: Ran in eight meets...Had 11 top-five finishes...Posted five first place finishes...Named the OVC Male Freshman of the Year...Led the conference with the top time in the 400 meters...Awarded OVC Co-Male Track Athlete of the Week (2/19) honors after he took first in the 400 meters at the 2020 Hoosier Hills Invite (2/14) in 48.47...Made Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), taking first in the 4x400 meter relay (3:24.76) and fourth in the 800 meters (1:59.42)...Took first in both the 600 meters (1:23.30) and 4x400 meter relay (3:22.42), while also setting a PR time of 1:57.61 in the 800 meters (third) at the Gene Edmonds Memorial (1/10-11)...Was the runner-up in the 600 meters at both the Missouri Intercollegiate (1/17, 1:23.15) and the Illini Invitational (1/24-25, 1:21.55)...Placed third in the event

with personal-best time of 1:21.16 at the 2020 Indiana University Relays (1/31-2/1)...Crossed the finish line first in the 400 meters in 48.47 at the 2020 Hoosier Hills (2/14)...Earned Gold in the 400 meters with a personal-best mark of 47.89 after qualifying first overall at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Also captured Bronze in the 4x400 meter relay in 3:16.61.

Prep: Attended Southwind High School in Memphis, Tennessee...Ran the 200m, 400m and 800m track and field events at Southwind...Graduated from Southwind in 2019...Competed for the Memphis Jaguars club team where he was coached by Yerritt Long who is the father of Redhawks teammate Kendall Long.

Personal: Born Dec. 7, 2000...Son of Curtis and Marcia Bryant...Majoring in Criminology.



NICK CIMMARUSTI

DISTANCE

FRESHMAN

ST. CHARLES, MO.

Prep: Attended Francis Howell High School... Personal-bests include a cross-country time of 15:38, a 3,200 meters mark of 9:27 and 4:23 in the 1,600 meters... Won his third-straight Gateway Athletic Conference South Division crown in 2020 before finishing 21st in the Class 5 state cross country meet in 16:11.6... Placed third at the Class 5 District 3 meet and earned First All-Metro honors... Graduated from Francis Howell HS in May 2021.



TRAVIS SICKLES

DISTANCE

FRESHMAN

WASHBURN, MO.

Prep: Attended Southwest Washburn High School...Career-best marks include 15:38 on the cross country course, 9:27 in the 3,200 meters and a time of 4:23 in the 1,600 meters... Finished second overall in the 3,200 meters (9:34.61) and third in the 1,600 meters (4:27.88) at the Missouri State Track Meet in 2021...Anchored the 4x800 meter relay team, which took ninth...Graduated from Southwest Washburn High School in May 2021 as the salutatorian.



MARSHALL SWADLEY

THROWS
FRESHMAN

MASON CLOUGH

FRESHMAN



MASON BROCK
FRESHMAN

XZAVIER BARTLETT
FRESHMAN

2021-22



RECORDS



**Indoor Records**

<i>Event</i>	<i>Mark</i>	<i>Name</i>	<i>Year</i>
55m	6.83	Ayonna Cartwright	2015
60m	7.42	Ayonna Cartwright	2015
200m	24.44	Torvia Bradley	1994
400m	54.35	Michelle Chambliss	1992
600m	1:32.49	Tammy Wenkel	1997
800m	2:08.29	Tammy Wenkel	1998
1000m	2:53.33	Megan Parks	2016
Mile	4:51.94	Janelle Quigley	1998
3000m	9:32.79	Kaitlyn Shea	2020
5000m	16:59.70	Kaitlyn Shea	2020
55m Hurdles	7.99	Lyndsey Stevenson	2004
60m Hurdles	8.68	Lyndsey Stevenson	2004
Shot Put	51' 9"	Courtney Gapelu	2013
Weight Throw	65' 7"	Kayla Gutierrez	2014
Long Jump	20' 2.5"	Heather Denihan	1997
Triple Jump	40' 5"	Shemeika Brewer	2011
High Jump	5' 7.25"	Angela James	1991
Pole Vault	13' 1.5"	Jill Schnurbusch	2013



Indoor Records

Event	Mark	Name	Year
55m	6.19	David Jackson	1985
	6.19	Blake Smith	2014
60m	6.65	Blake Smith	2015
200m	21.14	Miles Smith	2008
400m	46.13	Miles Smith	2008
600m	1:19.10	Deryl Gardner	1996
800m	1:50.42	Carl Bell	1984
1000m	2:26.25	Marc Maton	2016
Mile	4:03.82	Brian Radle	1989
3000m	8:17.40	Brian Radle	1989
5000m	14:20.10	Art Waddle	1987
55m Hurdles	7.34	Andrew Presberry	1982
60m Hurdles	8.07	Chris Navarro	2015
Shot Put	60' 11.25"	Josh Uchtman	2012
Weight Throw	69' 6.25"	Kevin Farley	2015
Long Jump	25' 6"	Blake Carter	2013
Triple Jump	53' 5"	Keith Presberry	1986
High Jump	7' 0.25"	Reggie Miller	2013
Pole Vault	17' 0"	Christian Locke	2016

**Outdoor Records**

Event	Mark	Name	Year
100m	11.50	Benita Thomas	1987
200m	23.91	Jerika Lewis	2013
400m	53.40	Jerika Lewis	2011
800m	2:07.06	Brooke Woodruff	2004
1500m	4:23.89	Carli Knott	2021
3000m	10:19.14	Kaitlyn Shea	2021
5000m	16:20.44	Kaitlyn Shea	2021
10,000m	34:56.95	Debbie Kilpatrick	1985
100 Hurdles	13.84	Candace Williams	1981
400m Hurdles	59.29	Shannon O'Dell	1997
Shot Put	52' 1"	Courtney Gapelu	2013
Discus	173' 11"	Heather Jenkins	2002
Javelin	166' 8"	Samantha Espiricueta	2009
Hammer	194' 2"	Sarah Hall	2015
Long Jump	20' 4.5"	Kathy Coleman	2005
Triple Jump	41' 6"	Shemeika Brewer	2011
High Jump	5' 9"	Courtney Haman	2003
Pole Vault	12' 11.5"	Jill Schnurbusch	2013
Decathlon	5,468	Lizz Barringer	1988



Outdoor Records

Event	Mark	Name	Year
100m	10.11	Blake Smith	2015
200m	20.40	Tim Williams	1987
400m	45.16	Miles Smith	2005
800m	1:48.85	Carl Bell	1984
1500m	3:41.82	Brian Radle	1989
3000m	8:31.14	Mike Vannatta	1984
5000m	14:01.64	Brian Radle	1989
10,000m	29:17.40	Art Waddle	1986
100m Hurdles	13.84	Andrew Presberry	1981
400m Hurdles	50.77	Alonzo Nelso	2005
Shot Put	62' 1.25"	Kevin Farley	2016
Discus	192' 4"	Neil Rock	1986
Javelin	242' 5"	Jonno Engelking	2018
Hammer	213' 5"	Logan Blomquist	2019
Long Jump	25' 8.25"	Luke Hatfield-Jackson	2021
Triple Jump	53' 1"	Keith Presberry	1986
High Jump	7' 1.75"	Luke Hatfield-Jackson	2021
Pole Vault	17' 10.25"	Bob Ferguson	1987
Decathlon	7,881	John Schwepker	1988



Women's Indoor Relays Records

4 x 400m Relay

3:43.23 (1997)

Shannon O'Dell

Kim Stewart

Tammy Wenkel

Yvonne Hente

Distance Medley Relay

11:48.52 (2019)

Carli Knott

Kendall Long

Claire Morrill

Kaitlyn Shea

Women's Outdoor Relay Records

4 x 100m Relay

44.92 (1987)

Michelle Hicks

Kehinde Vaughan

Lisa Like

Benita Thomas

4 x 200m Relay

1:37.15 (2000)

Heather Keltner

Shauna Birge

Hannah Stuckenschneid

Natalie Talley

4 x 400m Relay

3:41.13 (2000)

Kim Stewart

Hannah Stuckenschneid

Natalie Talley

Heather Keltner

4 x 800m Relay

9:09.09 (1985)

Laura Byrne

Debbie Kilpatrick

Pam Palmer

Jennella Torrence

Sprint Medley Relay

3:54.13 (1998)

Natalie Talley

Yvonne Hente

Heather Keltner

Tammy Wenkel

Distance Medley Relay

11:39.26 (2004)

Kaci Pilcher

Natasha Fortenberry

Brooke Woodru

Lindsey Zeiler



Men's Indoor Relay Records

4 x 400m Relay

3:09.16 (2006)

Walter Washington
Chris Gill
Alonzo Nelson
Miles Smith

Distance Medley Relay

9:55.52 (2016)

Jordan Brown
Kameron Long
Cole Davis
Marc Maton

Men's Outdoor Relay Records

4 x 100m Relay

39.86 (1984)

Rob Thomas
Mike Dwyer
Barry Hibbert
David Jackson

4 x 200m Relay

1:24.51 (1984)

Ken McNair
Rob Thomas
David Jackson
Mike Dwyer

4 x 400m Relay

3:05.54 (2006)

Alonzo Nelson
Chris Poindexter
Walter Washington
Mile Smith

4 x 800m Relay

7:28.84 (1985)

Carl Bell
Ken Franklin
Shaun Carlile
Norm Kellar

Sprint Medley Relay

3:19.00 (1984)

Rob Thomas
Mike Dwyer
David Jackson
Joe Lackner

Distance Medley Relay

9:54.87 (1986)

Pedro Caceres
Carl Perkins
Shaun Carlile
Brian Radle



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

WOMEN'S OVC HONORS

Indoor

OVC Indoor Champions

2013 2006 2005
2004 2000 1998 1997

Coach of the Year

2013 Eric Crumpecker

2006 Joey Haines
2005 Joey Haines
2004 Joey Haines
2000 Joey Haines
1998 Joey Haines
1997 Joey Haines

Athlete of the Year

2020 Kaitlyn Shea (T)
2020 Anya Tonga (F)
2019 Anya Tonga (F)
2015 Kayla Gutierrez (F)
2011 Brianna Egbuka (F)
2004 Brook Woodru (T)
2004 Kathy Coleman (F)
2003 Heather Jenkins

Freshman of the Year

2009 Shemeika Brewer
2006 Whitney Thomas
2005 Kathy Coleman

Championship MVP

2005 Kathy Coleman

55m Dash

1998 Natalie Talley

60m Dash

2015 Ayonna Cartwright
2005 Kathy Coleman

55m Dash

2008 Whitney Thomas
1995 Trena Anderson
1993 Trena Anderson

200m Run

1999 Heather Keltner

400m Run

2013 Jerika Lewis
2010 Jerika Lewis
2002 H. Stuckenschneider
2000 Heather Keltner
1999 Heather Keltner
1998 Heather Keltner
1997 Yvonne Hente
1994 Michelle Chambliss

800m Run

2005 Brooke Woodruff
2004 Brooke Woodruff
2003 Brooke Woodruff
1998 Tammy Wenkel

Mile Run

2006 Lindsay Zeiler
2005 Lindsay Zeiler
2004 Lindsay Zeiler

3000m Run

2006 Lindsay Zeiler
2004 Lindsay Zeiler
1997 Janelle Quigley
1994 Amy Cole

5000m Run

2013 Brittney Whitehead
2006 Jennifer Caywood
1994 Amy Cole

4 x 400m Relay

2009 2000 1998 1997

Distance Medley Relay

2004 1999 1996

High Jump

1997 Heather Fisher
1996 Heather Fisher

Long Jump

2012 Jessica Brown
1998 Heather Denihan

Triple Jump

2009 Shemeika Brewer
2006 Heather West
2005 Kathy Coleman

Shot Put

2014 Courtney Gapelu
2011 Courtney Gapelu
2007 Ashley Brewer
2004 Heather Jenkins
2003 Heather Jenkins
2000 Lutricia Purham
1999 Lutricia Purham
1992 Charlene Cortez

Pole Vault

2006 Michelle Jett
2004 Michelle Jett

20lb Weight Throw

2020 Anya Tonga
2019 Anya Tonga
2018 Anya Tonga
2015 Kayla Gutierrez
2014 Kayla Gutierrez
2011 Briana Egbuka
2006 Heather Jenkins
2004 Heather Jenkins
2003 Heather Jenkins

OVC Outdoor Champions

2021 2014 2006 2005 2004 2003
2000 1998 1997 1995

Coach of the Year

2021 Eric Crumpecker

2006 Joey Haines
2005 Joey Haines
2004 Joey Haines
2003 Joey Haines
2000 Joey Haines
1998 Joey Haines
1997 Joey Haines
1995 Joey Haines

Athlete of the Year

2021 Kaitlyn Shea (T)
2015 Sarah Hall (F)
2011 Samantha Espiricueta (F)
2014 Kayla Gutierrez (F)
2009 Ashley Brewer (F)
2004 Heather Jenkins
2003 Heather Jenkins
2001 Heather Keltner
2000 Heather Keltner
2000 Lutricia Purham

Freshman of the Year

2010 Jerika Lewis

100m Dash

2001 Natalie Talley
1998 Natalie Talley

200m Dash

2001 Heather Keltner
1999 Heather Keltner

400m Dash

2011 Jerika Lewis
2001 Heather Keltner
2000 Heather Keltner
1999 Heather Keltner
1998 Heather Keltner
1997 Yvonne Hente
1993 Lisa Crawford

800m Run

2021 Katie Wegmann

2004 Brooke Woodruff
2003 Brooke Woodruff

Outdoor

1,500m Run

2021 Carli Knott
2019 Carli Knott
2007 Lindsay Zeiler
2006 Lindsay Zeiler
2005 Brooke Woodruff
2004 Lindsay Zeiler

3000m Steeplechase

2021 Kaitlyn Shea
2019 Kaitlyn Shea
2010 Juli Koenegstein
2009 Juli Koenegstein
2007 Juli Koenegstein

5000m Run

2021 Kaitlyn Shea
1994 Amy Cole

10,000m Run

2017 Sydney O'Brien
2012 Jessica Bollinger
2003 Kris Woolf

100m Hurdles

1997 Shannon O'Dell
1995 Trena Anderson

400m Hurdles

2021 Kendall Long
1997 Shannon O'Dell
1995 Shannon O'Dell

4 x 100m Relay

2011 2005 2004 2000 1999
1998 1997

4 x 400m Relay

1998 1997

High Jump

2003 Courtney Haman
1997 Heather Fisher

Long Jump

2005 Kathy Coleman
1998 Heather Denihan
1997 Heather Denihan
1995 Tiffany Ford

Triple Jump

2012 Shemika Brewer
2011 Shemika Brewer
2009 Shemeika Brewer
1995 Tiffany Ford

Discus

2015 Tonia Pratt
2014 Kayla Gutierrez
2011 Samantha Espiricueta
2009 Ashley Brewer
2006 Heather Jenkins
2004 Heather Jenkins
2003 Heather Jenkins
2002 Heather Jenkins
2000 Lutricia Purham
1992 Charlene Cortez

Javelin

2016 Taylor Coffelt
2014 Bethany Pfeiffer
2011 Samantha Espiricueta
2010 Samantha Espiricueta
2009 Samantha Espiricueta
2006 Lindsay Hearne
2003 Courtney Hamman
2002 Courtney Hamman
2001 Courtney Hamman
1999 Rebecca Shull
1997 Denise Ford
1996 Jennifer Phillips
1995 Denise Ford
1993 Dana Patek
1992 Dana Patek

Shot Put

2015 Kayla Gutierrez
2014 Courtney Gapelu
2013 Courtney Gapelu
2011 Brianna Egbuka
2009 Ashley Brewer
2006 Heather Jenkins
2004 Heather Jenkins
2003 Heather Jenkins
2002 Heather Jenkins
2000 Lutricia Purham
1999 Lutricia Purham
1998 Lutricia Purham
1993 Charlene Cortez
1992 Charlene Cortez

Pole Vault

2006 Michelle Jett
2004 Michelle Jett
2003 Michelle Jett
2002 Sara Kaznica

Hammer Throw

2011 Brianna Egbuka
2010 Brianna Egbuka

Heptathlon

2016 Taylor Coffelt

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

MEN'S OVC HONORS



Indoor

OVC Indoor Champions

2015 2014 1996

Coach of the Year

2015 Eric Crumpecker

2014 Eric Crumpecker

1996 Joey Haines

Athlete of the Year

2015 Kevin Farley (F)
2014 Kevin Farley (F)
2013 Reggie Miller (F)
2012 Josh Uchtman (F)
2011 Brandon Colbert (F)
2009 Josh Uchtman (F)
2008 Miles Smith (T)
Brandon Colbert (F)
2006 Miles Smith (T)
2005 Miles Smith (T)
Brian Knippen (F)
2003 Shelton Scott

Freshman of the Year

2020 Nick Bryant

2014 Chris Martin
2012 Jacob Kent
2010 Tyler Mullen
2009 Nate Shipley
2006 Chris Williams

Championship MVP

2015 Kevin Farley
2014 Blake Smith
2010 Brandon Colbert
2006 Miles Smith

55m Dash

2016 Haile Wilson
2014 Blake Smith

60m Dash

2014 Blake Smith
2001 Emmanuel Opoku

60m Hurdles

2015 Chris Navarro

2004 David Herman
2001 Glenn Haley

200m Run

2007 Chris Williams
2006 Miles Smith

400m Run

2016 Jarred Pasley
2008 Chris Gill
2006 Miles Smith
2005 Miles Smith
1996 Markeith Crawford

800m Run

1996 Deryl Gardner
1995 Deryl Gardner

1500m Run

1995 Glenn Lomenick
1993 Joe Dandridge

3000m Run

1993 Joe Dandridge

5000m Run

2010 Jason Lumpkin
2009 Natex Shipley

Distance Medley Relay

1995

4 x 400m Relay

2017 2016 2007 2006 2005

4 x 800m Relay

1993

High Jump

2014 Reggie Miller Jr.
2012 Jacob Kent
2001 Garvin Ambrose
2000 Adrian Barnhill

Long Jump

2014 Blake Smith
2013 Blake Carter
2010 Tyler Terry
2009 Tyler Terry
2008 John Berry
2003 Shelton Scott
1996 Jon Riley
1995 Jon Riley

Triple Jump

2015 Reggie Miller Jr.
2010 Tyler Terry
2009 Tyler Terry
2008 Bilal Hameed
2003 Shelton Scott
2002 Shelton Scott
2001 Shelton Scott
1996 Jon Riley

Pole Vault

2020 Nick South

2019 Nick South

2018 Tanner Teigen
2016 Christian Locke
2015 Christian Locke
2004 Jordan Willi
2003 Jordan Willi
2002 Jaret Willi
2001 Jaret Willi
1998 Jim Fox
1996 Tim Davis
1995 Tim Davis

Shot Put

2019 Stephen Zagurski

2018 Logan Blomquist

2015 Kevin Farley
2014 Kevin Farley
2013 Kevin Farley
2012 Josh Uchtman
2011 Craig Robinson
2010 Josh Uchtman
2009 Josh Uchtman
2008 Brandon Colbert
2005 Brian Knippen
2004 Jay Heddell
2003 Jay Heddell
2002 Jay Heddell
2001 Jay Heddell
1997 Bryan Alfultis
1996 Matt Gaylor
1995 Cleon Mitchell

35lb Weight Throw

2020 Logan Blomquist

2015 Kevin Farley
2013 Craig Robinson
2011 Brandon Colbert
2010 Brandon Colbert
2008 Brandon Colbert
2005 Daniel Jones
2004 Daniel Jones

Heptathlon

2017 Nick South

2015 Chris Navarro
2014 Chris Navarro

OVC Outdoor Champions

2017 2016 2014 2008 2006
2005 1996 1995

Coach of the Year

2017 Eric Crumpecker

2016 Eric Crumpecker

2014 Eric Crumpecker

2008 Joey Haines
2006 Joey Haines
2005 Joey Haines
1996 Joey Haines
1995 Joey Haines

Athlete of the Year

2018 Jonno Engelking (F)
2015 Shon Kyle (F)
2013 Kevin Farley (F)
2010 Chris Gill (T)
2010 Brandon Colbert (F)
2008 John Berry (F)
2007 Brandon Karcher (T)
Brandon Colbert (F)
2006 Miles Smith (T)
2005 Brian Knippen (F)
1996 Jon Riley

Freshman of the Year

2017 Logan Blomquist

2014 Chris Martin
2012 Kevin Farley

Championship MVP

2021 Luke Hatfield-Jackson

2019 Logan Blomquist

2017 Zach Gordon
2016 Kevin Farley
2013 Kevin Farley
2005 Brian Knippen

100m Dash

2015 Blake Smith
2011 DeAndre Simmons

200m Dash

2017 Zach Gordon

400m Dash

2021 Nick Bryant
2016 Jarred Pasley
2008 Miles Smith
2006 Miles Smith
2005 Miles Smith
2004 Miles Smith
2002 Jason Campbell
1994 Terrence Branch

800m Run

2012 Mohamed Souleman
2001 Tyson Brown
1996 Deryl Gardner

3000m Steeplechase

2007 Chris Herren
2006 Kevin McNab
2003 Chad Sierman

1500m Run

2016 Marc Maton
2008 Paul Stemmerman
1993 Joe Dandridge

5000m

2007 Brandon Karcher

10,000m

2011 Jason Lumpkin
2008 Brandon Karcher
2007 Brandon Karcher

110m Hurdles

2017 Wesley White
2015 Chris Navarro
2005 Alonzo Nelson
2001 Glenn Haley

Outdoor

400m Hurdles

2005 Alonzo Nelson
2001 Glenn Haley
1995 Markeith Crawford

4 x 100m Relay

2016 2008 2005
2001 1996 1994

4 x 400m Relay

2016 2008 2007 2006
2005 2004

High Jump

2021 Luke Hatfield-Jackson

2019 Titouan Sajous
2013 Reggie Miller Jr.
2012 Reggie Miller Jr.
2005 Andrew Lambert
2001 Garvin Ambrose
1995 Chad Tipton

Long Jump

2021 Luke Hatfield-Jackson

2013 Blake Carter
2011 Tyler Terry
2010 Tyler Terry
2008 John Berry
2002 Jaret Wil
1996 Jon Riley

Triple Jump

2016 Chris Martin
2015 Reggie Miller Jr.
2014 Chris Martin
2013 Reggie Miller Jr.
2011 Tyler Terry
2010 Tyler Terry
2008 Bilal Hameed
2003 Shelton Scott
2002 Shelton Scott
2001 Shelton Scott
1996 Jon Riley

Discus

2019 Logan Blomquist

2018 Logan Blomquist

2016 Kevin Farley
2014 Shon Kyle
2013 Kevin Farley
2009 Brandon Colbert
2007 Brandon Colbert
2005 Brian Knippen
2004 Jay Heddell
2003 Jay Heddell
2002 Jay Heddell
2001 Jay Heddell
1999 Bryan Alfultis
1998 Bryan Alfultis
1997 Matt Gaylor
1996 Bryan Alfultis
1992 Terrance Parker

Javelin

2021 Justin Breault

2018 Jonno Engelking
2017 Richard Vinson
2016 Jason Walker
2014 Brian Grote
2012 Brian Grote
2011 Ed Draper
2009 Richard Martin
2008 Ben Stricklin
2005 Jason Theodorakos
1999 Bryan Alfultis
1998 Randy Johnson
1997 Randy Johnson
1996 Randy Johnson
1995 Randy Johnson

Pole Vault

2019 Nick South

2018 Tanner Teigen
2017 Christian Locke
2015 Christian Locke
2003 Jordan Willi
2002 Jaret Willi
2001 Jaret Willi
2000 Colin Sheridan
1999 Jaret Willi
1998 Jim Fox
1995 Jim Davis

Shot Put

2016 Kevin Farley
2015 Shon Kyle
2014 Shon Kyle
2013 Kevin Farley
2012 Craig Robinson
2011 Brandon Colbert
2010 Brandon Colbert
2009 Josh Uchtman
2008 Andy Glass
2005 Brian Knippen
2004 Jay Heddell
2003 Brandon Myer
2002 Jay Heddell
2001 Brandon Myer
2000 Brandon Myer
1997 Matt Gaylor
1996 Bryan Alfultis

Hammer Throw

2021 Dylan Clark

2019 Logan Blomquist

2016 Kevin Farley
2014 Kevin Farley
2013 Jared Siemers
2011 Brandon Colbert
2010 Brandon Colbert

Decathlon

2021 Shea DeGraaf

2016 Eric Gordon
2015 Chris Navarro
2014 Chris Navarro



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

WOMEN'S ALL-AMERICANS

Year	Athlete	Event						
1981	Pat Washington	Discus	1988	Lisa Like	1600 Relay, 400 Relay	1991	Kathy Taylor	Long Jump (i)
	Beverly Slaughter	Long Jump		Diana Brown	1600 Relay (i)		Lucie Mays	3000m Q,
	Candace Williams	Hurdle, Relay		Regina Little	1600 Relay (i)		Torvia Bradley	55m (i), 100m
	Kathleen Hudson	400m, Relay		Michelle Hicks	200m, 100m		Angela James	High Jump (i)
	Shirley Walton	Relay			400 Relay (i)			High Jump
	Margaret Hertenstein	Cross Country					Charlene Cortez	Shot Put
	Debbie Kilpatrick	Cross Country		Laura Byrne	Cross Country		Lisa Like	400m (i), 1600m Relay (i), 1600m Relay
1982	Pat Washington	Discus	Jan Gautier	Cross Country				
	Candace Williams	Hurdles	Kehinde Vaughan	400M (i), 1600 Relay				
	Pat Smith	4x400 Relay	Janice Gibson	800m (i), 800m		Angie Rohrschieb	1600m Relay (i), 1600m Relay	
	Robin Long	4x400 Relay	Kelly Cracchiolo	1500m Q, 1500m				
	Shirley Walton	4x400 Relay	Linda Wilson	Shot Put (i), Shot Put		Lisa Crawford	400m (i), 400m 1600m Relay (i), 1600m Relay	
	Chris Ridenour	Cross Country	Lisa Like	1600 Relay (i)				
			LeAnn Powers	Shot Put				
1983	Chris Ridenour	Cross Country	Lizz Barringer	Heptathlon		Lisa Williams	1600m Relay (i), 1600m Relay	
	LaRita Hawes	Long Jump	Peggy McFarland	1600 Relay (i)				
	Jackie Gregware	Heptathlon	Ramona Spencer	1600 Relay (i)				
1984	Margaret Hertenstein	Cross Country	1989	Laura Byrne	Cross Country, 1500m Q, 3000 Q, 5000m			
	Debbie Kilpatrick	Cross Country						
1985	Chris Ridenour	Cross Country	Lizz Barringer	Long Jump (i), Hurdles (i), Heptathlon				
	Pam Palmer	1500m (i)						
	Jennella Torrence	800m (i)						
	Jennella Torrence	800m						
1986	Debbie Kilpatrick	10,000m	Linda Wilson	Shot Put (i)				
			Peggy McFarland	400m Hurdles				
	Lizz Barringer	Heptathlon	Laura Tenaglia	3000M				
	Laura Byrne	1500m	Jan Gautier	Cross Country				
1987	LeAnn Powers	Shot Put	Kelly Cracchiolo	1500m (i)				
		Shot Put (i),						
	Linda Wilson	Shot Put (i),						
		Shot Put						
	Laura Byrne	1500m,						
		Cross Country						
	Kehinde Vaughan	400m Q, 400 Relay						
		1600 Relay (i)						
	Benita Thomas	55m, 400 Relay						
1988	Lizz Barringer	High Jump (i), Heptathlon						
	Jan Gautier	3000 (i), 10,000m, Cross Country						
1989								
1990								
1991								

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

MEN'S ALL-AMERICANS



Year	Athlete	Event
1957	Rex Miller	Cross Country
1969	Marty Corcoran Mike Ervin Clarence Finley Art Miller	Mile Relay Mile Relay; Mile Relay Mile Relay
1970	Clark Wille	120 yd. High Hurdle
1971	Rick Wadlington Steve Parker Bob Kauffman	Shot Put Cross Country Cross Country
1972	Rick Attig	Javelin
1973	Ed White	Cross Country
1974	Ed White	Cross Country
1975	Ed White	Cross Country
1976	Richard Wilson	100m, 200m
1977	Eric Hornsby	200m
1978	Charles Taylor	Triple Jump
1979	Rick Wadlington	Shot Put
1981	Andrew Presberry Mike Vanatta Robin Thomas Leonard Scott Shay Lewis Ken Hoffman	Hurdles, Mile Relay Steeplechase Mile Relay Mile Relay Mile Relay Cross Country
1982	Mike Vanatta Andrew Presberry Rob Thomas	Steeplechase Hurdles 600 (i)
1983	Mike Vanatta Ken McNair Ken Brown Carl Bell Joe Lackner Tim Williams Joe Leuchtmann	Steeplechase High Hurdles Intermediate Hurdles 800m 1500m 100m, 200m Cross Country
1984	Rob Thomas Carl Bell Mike Dwyer Bob Ferguson Barry Hibbert Dave Jackson Joe Lackner Joe Leuchtmann Jim Lohr Rob Thomas Mike Vanatta Earl Whiting Art Waddle	500m (i) 800m 100m Pole Vault 400 Relay 100m, Relays 1500m, Cross Country 10000m, Cross Country High Jump 400m, Relays 5000m, Steeplechase, Cross Country Triple Jump Cross Country

1985	Carl Bell Bob Ferguson Dave Jackson, Norm Kellar Jim Lohr Kevin Lyons Earl Nichols Tim Pigg Keith Presberry Jeff Randle John Schwepker Earl Whiting Norm Kellar David Jackson Joe Leuchtmann Jim Lohr Mike Hintz Earl Whiting Brian Radle	800m (i) Pole Vault (i) Relays (i), 55m (i) 500 (i) High Jump (i) Relays (i) Relays (i) Shot Put (i) Triple Jump (i) Relays (i), 55m (i) Pole Vault (i) Long Jump (i), Triple Jump (i) 1500m 100m, 200m 10,000m High Jump Discus Long & Triple Jump Cross Country
1986	Pedro Caceres Shaun Carlile Bob Ferguson Dana Garner Norm Kellar Keith Presberry John Schwepker Art Waddle Earl Whiting	Steeplechase 800m Pole Vault 100m, 200m 1500m Triple Jump (i), Triple Jump Decathlon 10,000m Triple Jump
1987	Pedro Caceres Derec Haynes Brian Radle John Schwepker Decathlon Art Waddle Neil Rock Tim Williams Jerome McDonald Terry Harrison Darryl Grady Bob Ferguson Rich Schwepker Ted McMillan Norman Kellar Jay Townsend	1500 (i), Steeplechase 5000m, Cross Country 55 Hurdles (i) 1500m (i), 1500m Steeplechase Pole Vault (i), 500m (i), 10,000m, 5000m Discus 200m, 400 Relay, 100m, 1600 Relay 400 Relay, 1600 Relay 400 Relay Pole Vault Pole Vault 1600 Relay Cross Country Cross Country

1988	Jimmy Hearld Art Waddle Brian Radle John Schwepker Rashid Ward Mike Roberson Mike Hintz John Hogan	Cross Country Cross Country 1500m (i), 1500m, 5000m (i), Steeplechase, Cross Country Pole Vault (i), Pole Vault Decathlon Long Jump (i) Triple Jump (i) Triple Jump Discus Javelin
1989	John Daly Jimmy Hearld Terry Harrison Fred Jones Jerome McDonald Ted McMillan Brian Radle Rashid Ward	1500m 5000m (i), 10,000m 5000m 400 (i), Mile Relay (i) Mile Relay (i) Mile Relay (i) Mile Relay (i), 800m Cross Country, 1500 (i), 1500m, 5000m Long Jump (i)
1990	Bob Cahoon John Daly Jimmy Hearld Steve Sawyer Terry Harrison Eric Van Matre Jerome McDonald	Javelin 1500m 5000m (i), 5000m 1500m 400m (i), 1600m Relay (i), 1600m Relay 800m (i), 1600m Relay (i), 1600m Relay 1600m Relay (i), 1600m Relay
1991	Glen Norwood Terrence Branch Virgil Lucas Brian Coleman Donnie Phillips Jamal Carson Jimmy Hearld	Long Jump (i) Long Jump 400m (i), 1600m Relay (i), 1600m Relay 1600m Relay (i), 1600m Relay 1600m Relay (i), 1600m Relay 800m Relay (i), 800m Relay 1600m Relay (i), 1600m Relay (i), 1600m Relay
1994	Terrence Branch	400m
2001	Terrance Branch	400m
2005	Miles Smith	400m
2006	Miles Smith	400m
2008	Miles Smith	400m
2013	Kevin Farley	Shot Put
2015	Blake Smith	Long Jump
2016	Kevin Farley	Shot Put, Discus
2018	Jonno Engelking	Javelin



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

WOMEN'S TOP 10

100 Meter

1. Benita Thomas	11.50	1987
2. Torvia Bradley	11.54	1994
3. Michelle Hicks	11.67	1987
4. Angelica Larrier	11.68	2012
5. Ayonna Cartwright	11.69	2015
6. Rachel Kahle	11.78	2009
7. Mariam Ajiroba	11.83	2016
7. Shauna Birge	11.83	2000
9. Prenecia Ponds	11.84	2014
9. Jerika Lewis	11.84	2013

200 Meter

1. Jerika Lewis	23.91	2013
2. Yvonne Hente	23.99	1997
3. Rachel Kahle	24.00	1210
4. Torvia Bradley	24.04	1994
5. Angelica Larrier	24.06	2012
6. Kehinde Vaughan	24.10	1987
7. Michelle Hicks	24.13	1987
8. Prenecia Ponds	24.15	2014
9. Heather Keltner	24.16	1999
10. Lisa Crawford	24.28	1991

400 Meter

1. Jerika Lewis	53.40	2011
2. Kehinde Vaughan	53.50	1987
3. Heather Keltner	53.61	2001
4. Lisa Crawford	54.18	1991
5. Yvonne Hente	54.26	1997
6. Michelle Chambliss	54.30	1992
7. Hannah Stuckenschneider	54.43	2003
8. Cheyenne Tunti	54.47	2016
9. Jennella Torrence	55.06	1985
10. Kathleen Hudson	55.08	1981

800 Meter

1. Brooke Woodruff	2:07.06	2004
2. Tammy Wenkel	2:08.29	1998
3. Jennella Torrence	2:08.62	1985
4. Katie Wegmann	2:09.27	2021
5. Janice Gibson	2:09.55	1988
6. Carli Knott	2:09.56	2019
7. Megan Parks	2:09.97	2016
8. Laura Byrne	2:10.46	1987
9. Janelle Quigley	2:10.61	1998
10. Jen Burke	2:11.37	1999

1500 Meter

1. Carli Knott	4:23.89	2021
2. Laura Byrne	4:24.15	1989
3. Chris Ridenour	4:27.96	1983
4. Lindsay Zeiler	4:28.24	2004
5. Kaitlyn Shea	4:28.32	2021
6. Pam Palmer	4:29.67	1985
7. Kelly Cracchiolo	4:29.94	1988
8. Janelle Quigley	4:30.34	1998
9. Brooke Woodruff	4:30.49	2005
10. Angie Sumner	4:31.78	2018

3000 Meter

1. Lucie Mays	9:25.53	1991
2. Laura Byrne	9:32.14	1987
3. Kaitlyn Shea	9:32.79	2020
4. Chris Ridenour	9:33.91	1984
5. Laura Tenaglia	9:50.22	1989
6. Maddie Keller	9:53.81	2020
7. Jan Gautier	9:56.40	1988
7. Debbie Kilpatrick	9:56.40	1985
9. Lindsay Zeiler	9:58.30	2003
10. Janelle Quigley	9:58.59	1999
11. Juli Koenegstein	10:00.48	2008

3000 Meter Steeplechase

1. Kaitlyn Shea	10:19.14	2021
2. Juli Koenegstein	10:34.98	2009
3. Angie Sumner	10:47.94	2018
4. Mary Dohogne	10:56.38	2015
5. Anna Thomas	11:07.39	2019
6. Coleen Burke	11:07.46	2005
7. Maddie Keller	11:09.31	2019
8. Maria Trowbidge	11:14.81	2013
9. Kristen Richardet	11:18.90	2015
10. Gloria Westlake	11:20.86	2013

5000 Meter

1. Kaitlyn Shea	16:20.44	2021
2. Laura Byrne	16:35.00	1989
3. Lucie Mays	16:48.47	1991
4. Rebekah Lawson	16:54.85	2013
5. Chris Ridenour	16:55.34	1983
6. Juli Koenegstein	16:59.02	2009
7. Janelle Quigley	17:02.26	1999
8. Sydney O'Brien	17:05.21	2017
9. Debbie Kilpatrick	17:13.00	1985
10. Maddie Keller	17:13.18	2020

10,000 Meter

1. Debbie Kilpatrick	34:56.95	1985
2. Sydney O'Brien	34:57.12	2018
3. Kaitlyn Shea	35:56.84	2017
4. Laura Tenaglia	36:03.36	1990
5. Jessica Bollinger	36:04.18	2012
6. Gloria Westlake	36:05.72	2015
7. Rebekah Lawson	36:08.44	2012
8. Margaret Hertenstein	36:12.70	1985
9. Mary Beth Schrieffer	36:39.40	1987
10. Lisa Durham	36:40.24	1991

100 Meter Hurdles

1. Candace Williams	13.84	1981
2. Shannon O'Dell	14.00	1997
3. Lyndsey Stevenson	14.08	2003
4. Whitney Thomas	14.12	2007
5. Trena Anderson	14.19	1995
6. Orie Ibe	14.20	2007
7. Kristen Carter	14.24	2019
8. Jacquelyn Gregware	14.40	1983
9. Taylor Coffelt	14.58	2015
9. Peggy McFarland	14.58	1988
11. Unique Hooks	14.59	2013

400 Meter Hurdles

1. Shannon O'Dell	59.29	1997
2. Miya Dorsey	1:00.25	2017
3. Laura Vanhoevelaak	1:00.28	2003
4. Tammy Wenkel	1:00.33	1997
5. Kendall Long	1:00.61	2019
6. Candace Williams	1:00.69	1981
7. Peggy McFarland	1:01.90	1989
8. Lyndsey Stevenson	1:02.55	2003
9. Natalie Dansberry	1:02.56	1986
10. Kim Demers	1:02.98	2000



Shot Put

1. Courtney Gapelu	52' 1"	2013
2. Heather Jenkins	51' 0"	2004
3. Lutricia Purham	50' 9.5"	2000
4. Ashley Brewer	50' 7.25"	2009
5. Linda Wilson	49' 3"	1989
6. Kayla Gutierrez	48' 8.25"	2015
7. Sarah Hall	48' 6.25"	2015
8. Anya Tonga	48' 2"	2021
9. LeAnn Powers	48' 1"	1986
10. Megan Youse	47' 8"	2004
11. McKenna Baker	46' 11"	2019

Discus

1. Heather Jenkins	173' 11"	2002
2. Kayla Gutierrez	171' 8"	2014
3. Ashley Brewer	163' 3"	2010
4. Pat Washington	160' 10"	1983
5. Makenzie Williams	160' 8" 2021	
6. Lutricia Purham	154' 3"	2000
7. Anya Tonga	153' 10"	2018
8. Megan Youse	150' 9"	2004
9. Sarah Hall	149' 10"	2015
10. Samantha Espiricuet	149' 2"	2010

Javelin

1. Samantha Espiricueta	166' 8"	2009
2. Lizz Barringer	162' 1"	1989
3. Bethany Pfeiffer	154' 3"	2014
4. Courtney Haman	153' 9"	2003
5. Kathy Day	153' 0"	1985
6. Lindsey Hearne	148' 6"	2008
7. Rebecca Martin	141' 10"	2009
8. Madison Goss	140' 7"	2019
9. Taylor Coffelt	139' 6"	2016
10. Jaden Kight	136' 9" 2021	

Hammer Throw

1. Sarah Hall	194' 2"	2015
2. Nicole Humphreys	191' 11" 2021	
3. Kayla Gutierrez	191' 3"	2014
4. Bethany Pfeiffer	179' 11"	2014
5. Brianna Egbuka	179' 0"	2011
6. Heather Jenkins	176' 6"	2004
7. Anya Tonga	169' 9"	2018
8. Courtney Gapelu	166' 0"	2014
9. Samantha Espiricueta	165' 6"	2011
10. Makenzie Williams	165' 4" 2021	

Weight Throw

1. Kayla Gutierrez	65' 7"	2014
2. Anya Tonga	64' 7.25"	2020
3. Heather Jenkins	62' 4"	2004
4. Courtney Gapelu	62' 2.5"	2014
5. Nicole Humphreys	61' 0" 2020	
6. Bethany Pfeiffer	60' 6"	2014
7. Ashley Brewer	60' 3"	2010
8. Sarah Hall	57' 11.75"	2015
9. Brittney Ivory	57' 8.25"	2020
9. Megan Youse	57' 8.25"	2004
11. Aaliah Herron	54' 8.75"	2016

Long Jump

1. Kathy Coleman	20' 4.5"	2005
2. Heather Denihan	20' 2.5"	1998
3. Meleisa Greene	20' 0.5"	2004
3. Beverly Slaughter	20' 0.5"	1981
5. Jessica Brown	19' 11"	2014
6. Kathy Taylor	19' 8.25"	1991
7. Lauryn James	19' 8" 2021	
8. LaRita Hawes	19' 4.5"	1983
9. Shemeika Brewer	19' 4"	2012
10. Lindsey Meyr	19' 2.5"	2005
10. Rachel Kahle	19' 1.25"	2009

High Jump

1. Courtney Haman	5' 9"	2003
2. Chante Mosby	5' 8.75"	2016
3. Angela James	5' 8"	1981
4. Heather Fisher	5' 7.5"	1996
5. Jessica Brown	5' 7"	2014
5. Lizz Barringer	5' 7"	1991
5. Carla Beatie	5' 7"	1983
5. Lainie Bohnsack	5' 7"	1983
9. Ellie Gamradt	5' 6.5" 2020	
10. Abi Sowash	5' 6"	2015
10. Cara Harbstreet	5' 6"	2012
10. Trena Anderson	5' 6"	1993
10. Sandy Delling	5' 6"	1986

Triple Jump

1. Shemeika Brewer	41' 6"	2011
2. Serena Williams	40' 9.5" 2021	
2. Ahshane Johnson	40' 9.5"	2014
4. Kim Moye	40' 6"	2014
5. Kathy Coleman	40' 4.75"	2005
6. Tiffany Ford	40' 1.5"	1995
7. Heather West	39' 8"	2005
8. Grey C. Harris	39' 5.25"	1997
9. Leslie Brooks	39' 3.25"	2019
10. Jessica Brown	39' 2.5"	2015
10. N'Kia Jones	39' 2.25"	2016

Pole Vault

1. Jill Schnurbusch	13' 1.5"	2013
2. Katie Schumer	12' 7.25" 2021	
2. Sierra Maddox	12' 7.25"	2016
4. Nikki Buchheit	12' 4"	2013
5. Madison McPeak	12' 3.5"	2018
6. Erica Grajales	12' 0.5"	2014
7. Michele Jett	11' 11.75"	2005
8. Audrey Harwood	11' 11.75"	2007
9. Haley Holton	11' 10"	2016
10. Jennifer Leaman	11' 8"	1999

Pentathlon

1. Taylor Coffelt	3532	2016
2. Macy Ritter	3230	2016
3. Kristen Carter	3093	2019
4. Kim Moye	2831	2014
5. Tayler Gudde	2394 2020	
6. Lindsay Peters	1866	2018

Heptathlon

1. Liz Barringer	5468	1988
2. Jackie Gregware	5069	1981
3. Taylor Coffelt	4877	2016
4. Macy Ritter	4774	2016
5. Serena Williams	4373 2021	
6. Sheila Robinson	4288	1985
7. Kristen Carter	4261	2019
8. Briann Jenkins	3992	2021
9. Tayler Gudde	3874 2021	



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MEN'S TOP 10

100 Meter

1. Blake Smith	10.11	2015
2. Dana Gardner	10.24	1986
3. David Jackson	10.28	1985
4. Tim Williams	10.30	1987
5. Rich Wilson	10.34	1977
6. Lee Brock	10.37	1982
7. Zach Gordon	10.41	2017
7. Rick Reynolds	10.41	1982
9. Mike Dwyer	10.43	1984
10. Rick Stovall	10.44	1988
10. Dereck Robinson	10.44	1986
10. Rob Thomas	10.44	1984

200 Meter

1. Tim Williams	20.40	1987
2. Dana Gardner	20.48	1986
3. Zach Gordon	20.70	2017
4. David Jackson	20.89	1985
5. Terrance Branch	20.94	1994
6. Brannon Wright	20.96	2017
7. Miles Smith	20.99	2005
8. Mike Dwyer	21.14	1984
8. Richard Williams	21.14	1977
10. Rich Wilson	21.24	1976

400 Meter

1. Miles Smith	45.16	2005
2. Terrance Branch	45.52	1994
3. Rob Thomas	45.95	1984
4. Jarred Pasley	46.79	2016
5. Terry Harrison	46.95	1990
6. Chris Gill	47.22	2010
6. Walter Washington	47.22	2006
8. Shaun Jackson	47.23	1986
8. Nick Bryant	47.23	2021
9. Jason Campbell	47.32	2002

800 Meter

1. Carl Bell	1:48.85	1984
2. Terrico Garrett	1:49.44	2021
3. Glen Lomenick	1:49.51	1996
4. Donnie Phillips	1:49.80	1992
5. Ted McMillan	1:50.69	1990
6. Shaun Carlile	1:50.77	1986
7. Ken Franklin	1:51.10	1985
8. Norm Kellar	1:51.30	1985
9. Tyson Brown	1:51.39	2001
10. Chaz Brown	1:51.45	2005
10. Brian Radle	1:51.54	1986

1500 Meter

1. Brian Radle	3:41.82	1989
2. Norm Kellar	3:44.58	1985
3. Joe Lackner	3:44.73	1984
4. Marc Maton	3:46.31	2016
5. Pedro Caceres	3:47.08	1986
6. John Daly	3:49.00	1989
7. Pat Ratcliff	3:49.59	1982
8. Mike Byrne	3:50.11	1984
9. Edgar White	3:50.80	1976
10. Art Waddle	3:51.59	1987

3000 Meter Steeplechase

1. Mike Vanatta	8:31.14	1984
2. Pedro Caceres	8:46.57	1986
3. Brian Radle	8:48.91	1988
4. Ken Hoffmann	9:00.72	1982
5. Kevin McNab	9:03.05	2006
6. Ken White	9:07.13	1983
7. Chad Sierman	9:08.70	2003
8. Paul Skie	9:08.99	1986
9. Charles Johnson	9:11.41	2014
10. Brent Collins	9:12.05	2012

5000 Meter

1. Brian Radle	14:01.64	1989
2. Jimmy Hearld	14:02.32	1991
3. Mike Vanatta	14:08.90	1984
4. John Daly	14:14.50	1990
5. Pedro Caceres	14:16.20	1987
6. Art Waddle	14:20.10	1987
7. Steve Sawyer	14:22.70	1990
8. Marc Maton	14:25.03	2016
9. Mike Hillyard	14:31.10	1990
10. Steve Harmon	14:32.90	1977

10,000 Meter

1. Art Waddle	29:17.40	1986
2. Joe Leutchmann	29:51.50	1985
3. Jimmy Hearld	29:53.70	1990
4. Brandon Karcher	30:14.75	2007
5. Steve Sawyer	30:32.37	1990
6. John Pendergraft	30:43.00	1986
7. Craig Munie	30:46.47	2013
8. Jason Lumpkin	30:47.86	2011
9. Ken Hoffmann	30:50.30	1982
9. Ron Ayers	30:50.30	1981

110 Meter Hurdles

1. Andrew Presberry	13.84	1981
2. Ken McNair	13.92	1984
3. Wesley White	14.05	2017
4. Elmo Thorton	14.06	1979
5. Deric Haynes	14.10	1987
6. Glenn Haley	14.15	2002
7. Virgil Lucas	14.17	1991
8. Darrel Hilkerbaumer	14.19	1977
9. Leonard Scott	14.25	1982
10. Chris Navarro	14.31	2014

400 Meter Hurdles

1. Alonzo Nelson	50.77	2005
2. Andrew Presberry	51.35	1981
3. Markeith Crawford	51.69	1995
4. Ken Brown	52.11	1983
5. Glenn Haley	52.16	1998
6. Darrel Hilkerbaumer	52.34	1976
7. Art Miller	52.64	1969
8. Ted McMillan	52.68	1988
8. Deric Haynes	52.68	1987
10. Mike Peters	52.74	2015



Shot Put

1. Kevin Farley	62' 1.25"	2016
2. Josh Uchtman	60' 11.25"	2012
3. Jay Heddell	59' 7.75"	2003
4. Rick Wadlington	59' 0.5"	1971
5. Brandon Colbert	58' 4.5"	2008
6. Brian Knippen	58' 2.5"	2005
7. Logan Blomquist	58' 2"	2018
8. Craig Robinson	57' 11"	2012
9. Shon Kyle	57' 3.75"	2015
10. Terry Coff	56' 8"	1969

Discus

1. Neil Rock	192' 4"	1986
2. Kevin Farley	191' 5"	2016
3. Brandon Myer	181' 9.5"	2001
4. Brandon Colbert	179' 2"	2009
5. Shon Kyle	178' 9"	2015
6. Mike Hintz	175' 7"	1985
7. Logan Blomquist	174' 0"	2017
8. Jay Heddell	173' 7"	2003
9. Josh Uchtman	172' 2"	2009
10. Jason Walker	172' 1"	2016

Javelin

1. Jonno Engelking	242' 5"	2018
2. Richard Vinson	226' 7"	2018
3. Josiah Kilgore	226' 3"	2021
4. Randy Johnson	222' 3"	1997
5. John Hogan	221' 9"	1988
6. Bob Cohoon	218' 11"	1990
7. Brian Grote	214' 8"	2014
8. Ben Stricklin	214' 6"	2008
9. Chris Navarro	204' 7"	2014
10. Ed Draper	202' 9"	2011
10. Matt Krich	201' 8"	1987

Hammer Throw

1. Logan Blomquist	213' 5"	2019
2. Kevin Farley	211' 4"	2016
3. Dylan Clark	208; 7"	2021
4. Stephen Zagurski	207' 1"	2019
5. Brandon Colbert	206' 1"	2011
6. Jared Siemers	189' 2"	2013
7. Craig Robinson	188' 10"	2013
8. Shon Kyle	185' 3"	2014
9. Jason Walker	182' 4"	2016
10. Seth Sievers	180' 11"	2014
10. Josh Uchtman	173' 1"	2012

Weight Throw

1. Kevin Farley	69' 6.25"	2015
2. Logan Blomquist	67' 11.5"	2020
3. Brandon Colbert	66' 7.25"	2010
4. Craig Robinson	64' 9.25"	2012
5. Josh Uchtman	63' 5"	2010
6. Stephen Zagurski	57' 2.25"	2018
7. Shon Kyle	60' 1.25"	2015
8. Dylan Clark	57' 1.25"	2021
9. Jared Siemers	57' 5.75"	2013
10. Daniel Jones	56' 1"	2005

Long Jump

1. Luke Hatfield-Jackson	25 8.25"	2021
2. Blake Smith	25' 8"	2015
3. Blake Carter	25' 6.25"	2013
4. John Berry	25' 5.5"	2008
5. Jon Riley	25' 5"	1996
6. Rashid Ward	25' 0.75"	1989
7. Mark Daye	25' 0"	1977
8. Earl Whiting	24' 10.25"	1984
9. Tyler Terry	24' 9.75"	2011

Triple Jump

1. Keith Presberry	53' 5"	1986
2. Earl Whiting	52' 10.25"	1986
3. Reggie Miller	52' 9.5"	2015
4. Mike Roberson	52' 7.5"	1988
5. Shelton Scott	52' 2"	2003
6. Chris Martin	52' 1.75"	2015
7. Jon Riley	51' 8.5"	1998
8. Charles Taylor	51' 6"	1978
9. Mark Daye	51' 4.5"	1977
10. Bilal Hameed	50' 7.5"	2008

High Jump

1. Luke Hatfield-Jackson	7' 1.25"	2021
2. Jim Lohr	7' 1.25"	1984
3. Reggie Miller	7' 1"	2013
4. Alex Neophytou	7' 0.5"	1990
5. William Johnson	7' 0"	1983
6. Kevin Market	7' 0"	1983
6. Adrian Barnhill	6' 11.75"	2000
7. Garvin Ambrose	6' 11"	2001
7. Thad Tipton	6' 11"	1995
7. Scott Cant	6' 11"	1986

Pole Vault

1. Bob Ferguson	17' 10.25"	1987
2. Jaret Willi	17' 2.5"	2002
3. Christian Locke	17' 0"	2016
3. John Schwepker	17' 0"	1988
5. Dylan Rush	16' 5.5"	2016
6. Tim Davis	16' 5.25"	1997
7. Rich Schwepker	16' 4"	1989
8. Nick South	16' 2.75"	2021
9. Jordan Willi	16' 0.5"	2004
10. Chris Moore	16' 0"	1998
9. Jim Fox	16' 0"	1998

Heptathlon

1. Chris Navarro	4935	2015
2. Nick South	4871	2017
3. Cal Urycki	4835	2018
4. Chris Martin	4832	2014
5. Shea DeGraaf	4638	2020
6. Chris Davis	4437	2016
7. Duncan Ross	4312	2016
8. Nick Yaeger	4275	2020
9. Ty Crowden	4239	2019
10. John Bissell	3982	2020

Decathlon

1. John Schwepker	7881	1988
2. Shea DeGraaf	6886	2021
3. Chris Navarro	6577	2014
4. Jon Bissell	6268	2021
5. Nick South	6168	2017
6. Isaac Readnour	6127	2021
7. Chris Martin	6043	2014
8. Chris Davis	6017	2016
9. Ty Crowden	5817	2019



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

WOMEN'S RELAY RECORDS

4 x 100 METER

1. 44.92	Michelle Hicks Kehinde Vaughan Lisa Like Benita Thomas	1987
2. 45.40	Heather Keltner Shauna Birge Kim Stewart Natalie Talley	2000
3. 45.63	Shannon O'Dell Yvonne Hente Kim Stewart Shauna Birge	1997
4. 45.66	Rachel Kahle Angelica Larrier Magan Edwards Jerika Lewis	2011
5. 45.91	Natasha Fortenberry LaQuita Andrews Nyisha Porter Rose Fulton	2004

4 x 400 METER

1. 3:41.13	Hannah Stuckenschneider Kim Stewart Natalie Talley Heather Keltner	2000
2. 3:41.75	Laura Vanhoevelaak Hannah Stuckenschneider Brooke Woodruff LaQuita Andrews	2003
3. 3:42.76	Hannah Stuckenschneider Kim Stewart Robbi Durham Heather Keltner	2000
4. 3:43.23	Shannon O'Dell Kim Stewart Tammy Wenkel Yvonne Hente	1997
5. 3:43.36	Kim Stewart Heather Keltner Tammy Wenkel Yvonne Hente	1998

4 x 200 METER

1. 1:37.15	Heather Keltner Shauna Birge Hannah Stuckenschneider Natalie Talley	2000
2. 1:37.18	Rachel Kahle Angelica Larrier Megan Edwards Jerika Lewis	2011
3. 1:37.30	Shannon O'Dell Kim Stewart Shauna Birge Yvonne Hente	1997
4. 1:37.35	Heather Keltner Shauna Birge Hannah Stuckenschneider Kim Stewart	2000
5. 1:37.82	Kim Stewart Natalie Talley Sarah Junkin Shauna Birge	1999

4 x 800 METER

1. 9:09.09	Laura Byrne Debbie Kilpatrick Pam Palmer Jennella Torrence	1985
2. 9:10.64	Carli Knott Katie Wegmann Brianna Payton Claire Morrill	2021
3. 9:15.71	Jen Burke Pam Palmer Laura Byrne Jenella Torrence	2004
4. 9:20.36	Diane Barlow Sue Hopson Andrea Talley Karen McMillan	1985
5. 9:27.59	Kathleen Hudson	1981

Distance Medley

1. 11:39.26	Kaci Pilcher Natasha Fortenberry Brooke Woodruff Lindsay Zeiler	2004
2. 11:41.74	Carli Knott Kendall Long Katie Wegmann Kaitlyn Shea	2021
3. 11:48.52	Carli Knott Kendall Long Claire Morrill Kaitlyn Shea	2019
4. 11:50.65	Tammy Wenkel Heather Keltner Yvonne Hente Janelle Quigley	1998
5. 11:57.26	Anna Assenmacher Angela Rohrscheib Kari Unterreiner Lucie Mays	1991

Sprint Medley

1. 3:54.13	Natalie Talley Yvonne Hente Heather Keltner Tammy Wenkel	1998
2. 3:54.43	Shannon O'Dell Shauna Birge Yvonne Hente Tammy Wenkel	1997
3. 3:55.43	Rose Fulton LaQuita Andrews Hannah Stuckenschneider Brooke Woodruff	2003
4. 3:55.55	Natalie Talley Yvonne Hente Tammy Wenkel Janelle Quigley	1998
5. 3:56.36	Kim Stewart Shauna Birge Heather Keltner Tammy Wenkel	1999

**4 x 100 METER**

1. 39.86	Rob Thomas	1984
	Mike Dwyer	
	Barry Hibbert	
	David Jackson	
2. 40.00	Deric Haynes	1987
	Darrel Grady	
	Terry Harrison	
	Tim Williams	
3. 40.25	Keith Hubbard	1982
	Andrew Presberry	
	Rob Thomas	
	Rick Reynolds	
4. 40.44	James Williams	1977
	Richard Williams	
	Rich Wilson	
	Eric Hornsby	
5. 40.49	Jon Jefferson	2005
	Miles Smith	
	Alonzo Nelson	
	Chris Poindexter	

4 x 400 METER

1. 3:05.54	Alonzo Nelson	2006
	Chris Poindexter	
	Walter Washington	
	Miles Smith	
2. 3:05.88	David Jackson	1984
	Mike Dwyer	
	Carl Bell	
	Rob Thomas	
3. 3:06.49	Alonzo Nelson	2005
	Chris Poindexter	
	Chaz Brown	
	Miles Smith	
4. 3:08.74	Brian Coleman	1991
	Terrance Branch	
	Donnie Phillips	
	Jamal Carson	
5. 3:08.89	Brannon Wright	2016
	Brandon Chunn	
	Jordan Barber	
	Jarred Pasley	

4 x 200 METER

1. 1:24.51	Ken McNair	1984
	Rob Thomas	
	David Jackson	
	Mike Dwyer	
2. 1:25.52	Chris Gill	2007
	David Reid	
	Brandon Simpson	
	Chris Poindexter	
3. 1:25.64	Rick Townsend	1977
	Eric Hornsby	
	Richard Williams	
	Rich Wilson	
4. 1:25.84	Brian Cowan	1996
	Dewayne Johnson	
	Markeith Crawford	
	Eric Wade	
5. 1:25.87	Deric Haynes	1987
	Darrel Grady	
	Terry Harrison	
	Tim Williams	

4 x 800 METER

1. 7:28.84	Carl Bell	1985
	Ken Franklin	
	Shaun Carlile	
	Norm Kellar	
2. 7:35.97	Ted McMillan	1990
	Fred Jones	
	Eric VanMatre	
	John Daly	
3. 7:37.40	Edgar White	1977
	R. McGowan	
	G. Williams	
	C. Logan	
4. 7:38.18	Kameron Long	2013
	Alex Zisser	
	Charles Johnson	
	Tyler Holmes	
5. 7:41.24	Norm Kellar	1986
	Pedro Caceres	
	Shaun Carlile	
	Carl Bell	

Distance Medley

1. 9:45.87	Pedro Caceres	1986
	Carl Perkins	
	Shaun Carlile	
	Brian Radle	
2. 9:47.30	Joe Lackner	1984
	Ken McNair	
	Shaun Carlile	
	Mike Vanatta	
3. 9:51.20	Brian Radle	1987
	Terry Harrison	
	Fred Jones	
	Pedro Caceres	
4. 9:54.34	Jon Langhans	1995
	Markeith Crawford	
	Deryl Gardner	
	Glen Lomenick	
5. 9:55.52	Jordan Brown	2016
	Kameron Long	
	Cole Davis	
	Marc Maton	

Sprint Medley

1. 3:19.00	Rob Thomas	1984
	Mike Dwyer	
	David Jackson	
	Joe Lackner	
2. 3:19.55	Rob Thomas	1984
	Barry Hibbert	
	David Jackson	
	Joe Lackner	
3. 3:22.00	Brian Cowan	1995
	Dewayne Johnson	
	Markeith Crawford	
	Deryl Gardner	
4. 3:22.03	Emmanuel Opoku	2001
	Derrick Brown	
	Jason Campbell	
	Tyson Brown	
5. 3:22.20	Brian Cowan	1996
	Dewayne Johnson	
	Markeith Crawford	
	Deryl Gardner	



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

FACILITY RECORDS

ABE STUBER TRACK COMPLEX

Men

10.24	1986	Dana Gardner, SEMO
20.66	1987	Tim Williams, SEMO
45.12	1983	Charles Phillips, Abilene Christian
1:47.81	1984	Fred Williams, Abilene Christian
13.62	1983	Jack Pierce, Morgan State
49.11	1984	Tranel Hawkins, Angelo State
3:38.91	1987	Kip Cheruiyot, Mt. St. Mary's
13:52.05	1987	Charles Cheruiyot, Mt. St. Mary's
28:58.80	1985	Keith Hanson, Marquette
8:37.50	1982	Ed Wedderbom, Murray State
39.20	1984	Abilene Christian
3:03.38	1984	Abilene Christian
2.27M	1991	Steve Smith, Indiana State
8.38M	1987	Yusuf Alli, Puma
16.66M	1987	Stan Oporski, Cal State - LA
5.54M	1984	Dale Jenkins, Abilene Christian
77.08M	1986	S. Einarsson, Alabama
19.97M	2017	Josh Freeman, Unattached
63.42M	1986	Vestein Hafsteinson, Alabama
68.60M	2010	Steffen Nerdal, Memphis

100 Meter Dash	11.28	2012
200 Meter Dash	3.32	1987
400 Meter Dash	52.36	1987
800 Meter Run	2:03.71	1987
100 Meter Hurdles	13.36	1988
400 Meter Hurdles	57.45	1987
1500 Meter Run	4:14.77	1987
5000 Meter Run	16:15.37	1987
10,000 Meter Run	33:40.60	1986
3000 Meter Steeplechase	10:48.49	2008
4x100 Meter Relay	44.80	1987
4x400 Meter Relay	3:36.42	1987
High Jump	1.91m	1987
Long Jump	6.56m	1992
Triple Jump	13.49M	2016
Pole Vault	4.09M	2015
Javelin Throw	55.98M	1983
Shot Put	18.28m	1990
Discus Throw	60.37m	1987
Hammer Throw	72.12M	2017

Women

Alexis Love, Murray State
Kim Walker, Abilene Christian
Jearl Miles, Alabama A&M
Treana Colebrook - Cal Poly
Jackie Humphrey, Eku
Yolanda Henry, Abilene Christian
Treana Colebrook, Cal Poly
Lesley White, Cal Poly
Andrea Everett, Purdue
Mary Ballinger, Southern Ind.
Hampton
Abilene Christian
Yolanda Henry, Abilene Christian
Dedra Davis, SW Mo. State
Malaikah Love, Unattached
Carolina Carmichael, Memphis
Sonya Smith, Abilene Christian
Connie Price, Nike
Connie Price, Nike TC
Deanna Price, NYAC

SEMO STUDENT REC CENTER

MEN

6.19	2014	Blake Smith, SEMO
22.22	2000	Emmanuel Opoku, SEMO
49.07	2017	Jarred Pasley, SEMO
1:19.35	2017	Kameron Long, SEMO
1:54.20	1998	Jason McKinney, Murray State
2:26.3	2016	Marc Maton, SEMO
4:13.03	2018	Marc Maton, SEMO
8:38.00	2014	Nick Happe, Arizona State
7.44	2000	Gabe Spezia, EIU
3:24.31	2013	SIUE
10:55.0	2016	SIUE
2:15m	2009	Al Winsley, Unattached
2:15m	2017	Jordan Wesner, Memphis
5.22m	2014	Pauls Pujats, Memphis
5.22m	2014	Austin Crenshaw, Memphis
7.77m	2013	Blake Carter, SEMO
15.71m	2018	Chris Martin, Unattached
18.79m	2017	Kevin Farley, Unattached
21.14m	2009	Steffan Nerdal, Memphis

55 Meter Dash	6.83	2015
200 Meter Dash	24.88	2015
400 Meter Dash	54.76	2000
600 Meter Run	1:40.86	2017
800 Meter Run	2:14.40	1998
1000 Meter Run	2:53.3	2016
Mile Run	5:04.30	2008
3000 Meter Run	10:13.91	2017
55m Hurdles	7.83	2016
4x400 Meter Relay	3:53.66	2001
Distance Medley Relay	12:13.7	2013

High Jump	1.73m	2007
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Pole Vault	4.24m	2017
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Long Jump	6.16m	1998
Triple Jump	12.99m	2015
Shot Put	17.58m	2008
Weight Throw	19.99m	2014

WOMEN

Ayonna Cartwright, SEMO
Ayonna Cartwright, SEMO
Heather Keltner, SEMO
Carli Knott, SEMO
Tammy Wenkel, SEMO
Megan Parks, SEMO
Juli Koenegstein, SEMO
Kaitlyn Shea, SEMO
LaDonna Caston, SIUE
SEMO
SIUE
Cheri Edri, Memphis
Carolina Carmichael, Unattached
Heather Denihan, SEMO
Malaikah Love, Unattached
Gail Lee, Unattached
Kayla Gutierrez, SEMO

2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE HALL OF FAME



INAUGURAL CLASS OF 2002

LAURA BYRNE: TRACK AND CROSS COUNTRY (1986-89)

Byrne, a track and cross country athlete from 1986-1989, won four NCAA II individual titles during the 1988-89 school year when she won the cross country national championship and the indoor 1,500 and 3,000-meters and the outdoor 5,000-meters.

MARVIN ROSENGARTEN: TRACK COACH, DIRECTOR OF ATHLETICS

Rosengarten was a football player at Southeast who later served as an assistant football coach, track coach, athletics director and director of athletic development. The Marvin Rosengarten Athletic Complex on the Southeast campus is named in his honor.

ABE STUBER: TRACK COACH (1932-46)

Stuber was football and track coach at Southeast from 1932-1946 and also served as basketball coach from 1932-1935 and from 1943- 1946. His track teams won seven MIAA championships and his football teams claimed three league titles including the 1937 team that was unbeaten and untied.

MIKE VANATTA: TRACK AND CROSS COUNTRY (1981-84)

Vanatta, track and cross country from 1981-1984, won four NCAA II individual national championships. He won the steeplechase title in 1982, 1983 and 1984 and claimed the cross country championship in 1984 while leading Southeast to the team title.

1984 MEN'S CROSS COUNTRY TEAM

The team won the NCAA Division II National Championship.

1985 MEN'S INDOOR TRACK TEAM

The team won the NCAA Division II National Championship.

CLASS OF 2003

RICK ATTIG: TRACK (1970-73)

Attig, a football and track standout, was honorable mention All-American and team captain for the football team, and an All-American in the javelin for the track team. He is the Southeast and MIAA record holder in the javelin. He is currently an assistant track coach at Nebraska after having served as an assistant at Kansas.

HERB MULKEY: TRACK (1939-42)

Herb Mulkey was a star in both basketball and track. He was a two-time all-MIAA selection and team captain in basketball and held school records in the low hurdles, high hurdles and high jump. At one time, Mulkey held 11 high jump records at tracks throughout the Midwest.

WALTER SMALLWOOD: TRACK (1965-68)

Walter Smallwood was a two-time all-MIAA football selection who still holds Southeast records for touchdowns in a game (5), season (16) and career (38) and held the career rushing record until 1994. Smallwood was the MIAA 60-meter champion.

CLARK WILLE: TRACK (1967-71)

Clark Wille was a five-time MIAA champion in the high hurdles. He claimed All-American honors in the hurdles in 1971. After graduation he coached Herculaneum High School to ten state championships in cross country and track. Wille coached over 160 collegiate All- Americans at Lindenwood and Missouri Baptist. He guided the Lindenwood women to the NAIA cross country championship and the Lindenwood men to the NAIA men's indoor track title.

CURTIS WILLIAMS: TRACK (1964-67)

Curtis Williams was the first African-American student-athlete at Southeast. He lettered four years in track and three years in basketball. He was the basketball MVP in 1967 and was MIAA champion in the high jump, triple jump and long jump.



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HALL OF FAME

CLASS OF 2004

LIZZ BARRINGER: TRACK (1986-89)

Lizz Barringer was a four-time Division II All-American in the heptathlon. She was the 1989 NCAA Division II heptathlon national champion and was an Olympic trials qualifier in the heptathlon.

BILL MCLANE: TRACK (1934-37)

Bill McLane ranks as one of the all-time great track athletes at Southeast. When he graduated in 1937 he held 24 track and field records at Southeast.

RYLAND “DUTCH” MEYR: TRACK (1958-61)

Ryland “Dutch” Meyr was a four-year starter at tackle and was honored as a Little All-American in 1961. Three of the four teams he played on won MIAA championships. He served as an assistant coach from 1969-1977. He had a record of 25-7 as head coach at Cape Central High School.

REX MILLER: TRACK AND CROSS COUNTRY (1955-58)

Rex Miller was Southeast Missouri State's first cross country All-American. He was 24th in the 1957 NCAA championships for all divisions held at Michigan State. He was undefeated for three years in the two-mile and was the MIAA mile and two-mile champion. Miller was also the high school coach of Southeast Hall of Famer Mike Vanatta.

ROB THOMAS: TRACK (1981-84)

Rob Thomas ranks as Southeast Missouri State's only NCAA Division I national champion. He won the 1984 indoor 600-meters at the NCAA Division I championships. He was also a Division I All-American in 1982 and was a Division II All-American in 1982, 1983 and 1984. He was a U.S. Olympic trials qualifier in 1984 and a U.S. National Team member in 1985.

CLASS OF 2006

JOHN SCHWEPKER, TRACK (1984-88)

Schweper won two individual national championships at Southeast while earning seven All-America awards. He won the NCAA Division II indoor pole vault championship in 1985 and was the decathlon national champion in 1988. The Southeast record holder in the decathlon with 7,881 points, Schweper participated in the 1988 Olympic Trials.

ROYAL TIBE: TRACK (1919-23)

Tibi is believed to be the only athlete at Southeast to earn varsity letters in five sports. He lettered in football, basketball, baseball, track and tennis. An outstanding punter on the football team, he also served as captain of the track team and was described as an outstanding defensive player on the basketball team.

CLASS OF 2007

ED WHITE: TRACK AND CROSS COUNTRY (1973-77)

White is the only Southeast cross country runner to earn All-America honors for three straight years. He was honored in 1974, 1975 and 1976 with his highest national finish ninth in 1975. White is retired after coaching track and cross country at Fox High School in Arnold for over 30 years. His wife, the former Laura Byrne, is a member of the Southeast Athletic Hall of Fame inaugural class of 2002.



CLASS OF 2008

JOEY HAINES: TRACK AND CROSS COUNTRY COACH (1982-2008)

Ohio Valley Conference "Coach of the Year" 20 times during a career that saw his teams win one NCAA II National Indoor Title, one NCAA II National Cross Country Title and earn 18 NCAA II National Top Four Finishes. He was the NCAA II National Coach of the Year in 1985, the NCAA Division I Regional Coach of the Year in 1998, MIAA Coach of the Year six times and Missouri Track & Field Coaches Association Coach of the Year six times. He coached one NCAA Division I national champion, 23 NCAA II national champions, 10 NCAA I All-Americans and 145 NCAA II All-Americans.

RICK WADLINGTON: TRACK (1968-71)

An All-American in 1971 after placing second in the shot put at the NCAA II national finals, he established a Southeast outdoor shot put record with a throw of 59-0 1/2 while winning the MIAA championship. Helped lead the Southeast team to the MIAA title in 1971 by winning both the shot put and discus.

CLASS OF 2009

ANDREW PRESBERRY: TRACK AND FIELD (1978-82)

Presberry was a four-time All-American at Southeast, winning honors in the hurdles and on the mile relay team. He still holds the Southeast record in the 110-meter hurdles with a time of 13.84. The record, established in 1981, has stood for 28 years. Presberry also recorded the second fastest 400-meter hurdle time of 51.35.

CLASS OF 2010

TERRANCE BRANCH: TRACK AND FIELD (1982-2008)

Terrance Branch, of McCluer High School in St. Louis, Mo., tore through the record books during his career as a Southeast Missouri Student-Athlete. As a freshman, Branch ran the 400 meters in 47.74 at the indoor National Championships, earning All-American honors. In 1992, Southeast Missouri moved up to Division I, and Branch ran a 45.8 at nationals, but was disqualified for running out of the lane. He was given a medical redshirt in 1993, and came back to run a school record 45.52 400 meter dash, placing fourth at the NCAA National Championships. Branch earned a degree in Mass Communications, while placing himself in the record books in the 200 meters, 400 meters, 4x400 meter relay, and earning an OVC Outdoor Championship in the 400. Branch hung up his cleats as a four-time All-American.

CLASS OF 2011

BOB FERGUSON: TRACK AND FIELD (1983-86)

Ferguson was part of the 1985 National Championship track & field team which is in the Southeast Hall of Fame. He was a five-time NCAA Division II All-American and eight-time MIAA indoor and outdoor conference champion in the pole vault. Ferguson was the 1987 NCAA Division II Outdoor Pole Vault Champion. He was a world championship team member for the 1987 Pan Am Games. In addition, Ferguson won a silver medal at the 1986 Commonwealth Games.



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HALL OF FAME

CLASS OF 2012

CHRISTINE (RIDENOUR) VANATTA: TRACK AND CROSS COUNTRY (1982-84)

Highlighted her athletic career at Southeast by winning the 1984 NCAA Division II Women's Cross Country Championship, leading her team to a third-place finish. She was a three-time NCAA Division II All-American in cross country and a two-time NCAA Division II national qualifier in track & field. By the time she left Southeast, Ridenour had set school records in the 1500m, mile run, 3000m, 2-mile run and 5000m events. She is married to Southeast Hall of Famer Michael Vanatta.

BEVERLY SLAUGHTER: TRACK AND FIELD (1981)

She was one of the first great female athletes at Southeast. She held the long jump record at 20-5 for a period of 17 years. Slaughter was an All-American in 1981 and won numerous MIAA titles. She currently ranks third on the school's all-time long jump list. Two-time national high jump champion who won both the NCAA II indoor and outdoor championships in 1985. He won the indoor title with a jump of 6-11 in Fargo, North Dakota to lead Southeast to the national team title. He won the outdoor title with a jump of 7-1 in Los Angeles, California. A three-time All-American, he still holds the Southeast high jump record at 7-1 1/2.

CLASS OF 2013

KATHLEEN HUDSON: TRACK AND FIELD (1979-1981, 1983)

Hudson began her career at Southeast in 1978-79 and helped lay the foundation for the women's track and field program that has remained strong and extremely competitive for the past 35 years. During her time at Southeast, Hudson became an Association of Intercollegiate Athletics for Women two-time All-American in 1981. In the national championships that year, she finished sixth in the finals after going into the meet with the second-best time in the nation at 55.8, a time that remains outstanding even today. She followed that performance by anchoring the 1600m relay that achieved All-American status by also finishing sixth. While Hudson was an outstanding individual competitor in the 400m dash and long jump, she was versatile and indispensable as a member of all the relay teams. She ran on, and almost always anchored teams that broke 13 school records (nine in the mile relay, three in the 880 yard/800m medley relay, and one in the 400m dash).

MILES SMITH: TRACK AND FIELD (2004-2008)

Smith might very well be the greatest Division I athlete Southeast Missouri State University has produced in any sport. A native of St. Louis, Smith was a five-time All-American in the 400m, earning the prestigious honors in 2005, 2006 and 2008. He was named the Ohio Valley Conference Male Track Athlete of the Year four times (2005 indoors, 2006 indoors & outdoors and 2008 indoors) and still owns Southeast school records in the 200m (indoors), 400m (indoors and outdoors) and 4x400m relay (indoors and outdoors). Southeast enjoyed tremendous team success with Smith, winning OVC Outdoor Championships in 2005, 2006 and 2008. He won seven individual OVC Championships in his collegiate career and was named the 2006 OVC Athlete of the Championship at the OVC Indoor Track & Field Championships. Smith was also an elite competitor on the international stage. He ran for the US National Team in the 2005 IAAF World Championships in Helsinki, Finland, where he won a gold medal with the 4x400m relay team. He also qualified for the USA Olympic Trials in both 2008 and 2012. Smith returned to his alma mater as a sprinters coach in 2013-14. Prior to that, he spent the 2012-13 season as a volunteer assistant coach at Tennessee State.



CLASS OF 2016

HEATHER JENKINS: TRACK AND FIELD (2002-2006)

A Cape Girardeau native, Jenkins had a decorated career as a thrower for the Southeast women's track & field program. As a freshman in 2002, Jenkins won the OVC shot put and discus titles, and established a school discus record of 173-11. She went on to finish 15th at the NCAA Championships in the discus that year. A year later, Jenkins set an OVC record in the shot put with a throw of 50' 5.5" and won the discus crown at the OVC Outdoor Championships. She was an NCAA Regional qualifier in the shot put and discus, and also set a conference record in the 20lb weight throw (59' 11"), and won the shot put at the OVC Indoor Championships that season. A year later, Jenkins won the weight throw at the OVC Indoor Championships and again broke the school and conference record in the process. During outdoor competition, she won the OVC shot put and discus crowns, while qualifying for the NCAA's in the shot, discus and hammer. Jenkins was named both the OVC Indoor and Outdoor Track Athlete of the Year, and claimed First-Team All-OVC accolades. In all, Jenkins was a two-time OVC Indoor shot put champion, three-time OVC Indoor weight throw champion, four-time OVC Outdoor discus champion and four-time OVC Outdoor shot put champion during her illustrious career. She still holds the school's all-time discus record today.

CLASS OF 2018

TOM BRENNECKE FOOTBALL AND TRACK AND FIELD (1954-1957)

Brennecke, who is deceased, played running back at SEMO for two Mid-America Intercollegiate Athletics Association (MIAA) championship teams (1955, 1957) during his career. He was part of two unbeaten teams with the 1955 squad going 9-0 under the direction of head coach Kenneth Knox. Brennecke played every game during the last two seasons of his career and started 12 contests. He scored 12 total touchdowns twice during the 1957 campaign. His 12 touchdowns tied for eighth among the school's all-time single-season leaders. Brennecke earned All-MIAA honors in 1957 and Second-Team All-MIAA accolades in 1956. He was a unanimous pick by the conference coaches as the Captain of the MIAA Conference All-Star squad and voted Most Valuable Back. Brennecke led the 1957 SEMO team in scoring with 72 points and was named SEMO's Most Improved Player as a freshman. He was also a member of the school's track & field team and becomes the 19th multiple sport athlete to be inducted into the Southeast Missouri Athletics Hall of Fame.

LUTRICIA PURHAM: TRACK AND FIELD (1997-2000)

Purham was a six-time OVC Champion at SEMO. She was a three-time OVC individual champion in the outdoor shot put (1998, 1999, 2000), two-time individual champion in the indoor shot put (1999, 2000) and discus champion (2000). Purham was named the 2000 OVC Track Athlete of the Year. She was an NCAA Qualifier in the shot put during both the 1999 and 2000 seasons. Purham finished 15th at the national meet each of those years and was part of four OVC Championship teams.

DR. TIM RADEMAKER: ASSISTANT TRACK & FIELD COACH (1975-1982, 1980s-2017)

Dr. Rademaker has been a mainstay in the SEMO Track and Field family for decades and once represented the program as a top athlete in the pole vault and as its team captain. He is an outstanding events coach, particularly and certainly not limited to the pole vault. Rademaker has produced numerous MIAA and OVC champion athletes as well as NCAA national champions throughout the years either as a paid or volunteer assistant coach. In all, he coached 18 OVC pole vault champions and one OVC high jump champion. All of SEMO's pole vault records have come with Rademaker as coach of that event. He has been a great recruiter for the track and field and cross country programs during his coaching tenure. In addition to coaching, Rademaker has been a clinician, presenter and has published articles in journals regarding the pole vault and methods in the teaching and coaching profession. As an educator, he taught in the physical education and recreation department for many years and continues to be a positive influence, role model and mentor to countless teachers, coaches and students at SEMO.



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE HALL OF FAME

CLASS OF 2019

GERALD JONES: CROSS COUNTRY/TRACK & FIELD (1959-1962)

Jones was captain of the SEMO track & field team in 1961 and was a three-year letterman. He was honored as an outstanding track athlete and was the team's highest point scorer in 1961. Jones set the school record for the mile with a time of 4:20.3. He garnered four varsity letters in cross country and was captain each of his final two seasons. Jones broke a total of 28 records between track and cross country his senior year alone. That total included MIAA, school, course and stadium records. He was inducted into the Missouri Track & Field Hall of Fame in 2010 and has been a registered track referee and starter for the Missouri State High School Activities Association (MSHSAA) for many years.

1984 WOMEN'S CROSS COUNTRY TEAM

SEMO's 1984 Women's Cross Country team ended the season with a third-place finish at the NCAA Division II National Championships. The team won five of its six regular-season meets (mainly against Division I competition), a MIAA Conference title and Great Lakes Regional Championship (national qualifying meet). The team had three All-Americans, including Christine Ridenour, Margaret Hertenstein and Debbie Kilpatrick. Ridenour was the individual National Champion that year. Pam Palmer, Jenella Torrence and Laura Byrne were also members of the team. Palmer, Torrence and Byrne went on to be All-Americans later in their careers. The 1984 team stands as the greatest women's cross country team in school history. Coach: Fred Binggeli. Student Assistant: Glenda Bales. Athletes: Diane Barlow, Laura Byrne, Margaret Hertenstein, Debra Kilpatrick, Pamela Palmer, Christine Ridenour, Jenella Torrence, Debra Wilding.



SINCE 1948

2021-22



THE OVC



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

OVC HISTORY

Now in its 74th year, the Ohio Valley Conference continues to build on the success that has made it the nation's eighth-oldest NCAA Division I conference.

Beth DeBauche was named the seventh full-time Commissioner in league history on July 28, 2009. The last three commissioners of the OVC have moved onto jobs as the commissioner of the Big Ten, Big 12 and the Mid-American Conferences.

The OVC's proud history dates back to 1948, but seeds for the new league were actually planted in 1941. It was then that Roy Stewart, the athletics director at Murray State, Charles "Turkey" Hughes, the athletics director at Eastern Kentucky, and Kelly Thompson, the public relations director at Western Kentucky, first broached the idea of forming a new conference. Discussions were put on hold by World War II, but reemerged February 27-28, 1948 at the Kentucky Hotel in Louisville as the three original institutions combined with Morehead State, Louisville and Evansville to form the OVC.

In the 1950s, the OVC became a pioneer on a much more significant scale socially. During times of racial segregation, league member Morehead State became one of the first non-traditionally black mid-southern institutions to accept a black student. In 1958 Marshall Banks earned athletically-related aid at Morehead, which signed a second black athlete, Howard Murphy, a year later. In 1961 Murphy earned all-conference recognition as a halfback in football. With racial barriers broken, the rest of the institutions in the league began to provide educational and athletic opportunities to African-Americans.

After Title IX legislation passed in 1972, women's athletics began a rebirth on the national scene as the NCAA began sponsoring and marketing women's sports. Recognizing the need to provide increased opportunities for female athletes, the OVC began formulating plans for women's athletics in 1975 and established women's championships in the sports of basketball, tennis and track in 1977, with cross country and volleyball added over the next four years. Those sports were initially governed by the Association of Intercollegiate Athletics for Women (AIAW), but the overall strength of women's programs in the league was demonstrated by the automatic bids the OVC instantly received when the NCAA became the governing body in 1982. The

conference added women's golf and softball in 1994 and women's soccer in 1998.

In 2007, Eastern Kentucky's Jacob Korir won his fourth-straight Conference cross country title becoming just the third OVC student-athlete and 13th athlete nationally to accomplish that feat. Korir was a three-time All-American in cross country, earning two top-10 finishes at the NCAA Cross Country Championship. The Nairobi, Kenya, native was also named a track and field All-American twice during his career, was selected as the OVC Male Athlete of the Year in 2006-07 and received the NCAA post graduate scholarship in 2008.

In 2011 the Eastern Kentucky men's cross country team earned a national ranking in the USTFCCCA poll, climbing to as high as No. 17; the ranking was the highest for an OVC team since the polls began in the early 1980s. The EKU men would qualify for the NCAA Championship, becoming the first OVC team to reach the national championship meet since 1980. Eastern Kentucky finished 26th overall at the event as junior Soufiane Bouchikhi was 47th in a field of 252 runners. On the women's side Eastern Kentucky senior Lydia Kosgei became the first EKU woman to ever qualify for the NCAA Championship and went on to finish 37th at the national meet to earn All-American honors.

A year later (2012) the EKU men's cross country team was ranked as high as No. 11 nationally and finished 24th at the NCAA Championship. Wade Meddles led the team with a 38th place finish at the event while Bouchikhi was 40th. In 2013 Eastern Kentucky placed 15th at the NCAA Championship, the highest national finish for an OVC team since 1980. Soufiane Bouchikhi capped his career by winning his fourth-straight OVC Championship and earning National Runner of the Week honors during the season. Bouchikhi finished 26th at the NCAA Championship in 2013, earning All-American honors for the second-straight season. In 2014 EKU qualified for its fourth-straight NCAA Championship and finished 23rd overall and in 2015 earned its fifth-straight bid and finished 17th overall. EKU is only the second OVC team to ever qualify for five-straight NCAA Championships (ETSU being the other).

In 2016, Eastern Kentucky's Charlotte Imer finished 31st at the NCAA Championship, the second-highest finish ever by

an OVC female (trailing only a 24th place finish by Samford's Lauren Blankenship in 2007).

In 2017, the Eastern Kentucky women's team earned its first national ranking as well as becoming the first OVC women's team to qualify for the NCAA Championship. The Colonels finished 23rd at the National Championship meet.

Following the 2017-18 season, long-time coaches Tom Akers (Eastern Illinois) and Rick Erdmann (Eastern Kentucky) retired. The duo combined for 118 OVC Championships and 115 OVC Coach of the Year Awards.

In March 2020 due to the COVID-19 public health emergency, spring sports were canceled across the OVC and the NCAA (including all winter and spring NCAA Championships). Conference play for Fall 2020 sports (football, soccer, volleyball, cross country) was pushed to the spring which saw every OVC Championship successfully completed in just a 112-day span (and all but one taking place in a 90-day span).

The playing field is not the only place where OVC athletes are working hard. The league also recognizes excellence in the classroom. Six Scholar-Athlete Awards are presented yearly to male and female athletes, while others are commended for their academic success by being Medal of Honor recipients or earning a spot on the Commissioner's Honor Roll. Additionally, the league annually presents one institutional Academic Achievement Award, as well as separate team awards in each Conference-sponsored sport. Since the College Sports Information Directors of America (CoSIDA) Academic All-America program began, the Ohio Valley Conference has had 298 student-athletes honored with the award.

Through the early years of the league, administrators wrestled with fan behavior due to the close proximity of the Conference members and the intense rivalries which developed. Just as it did decades ago, the OVC took the leadership role on what has become a national issue. In 1995, the OVC implemented a first-of-its-kind "Sportsmanship Statement," a policy which promotes principles of fair play, ethical conduct and respect for one's opponent. The statement has become a model for others to follow across the nation and has answered the challenge of the NCAA Presidents



Commission to improve sportsmanship in collegiate athletics.

Additionally, the OVC annually presents the Steve Hamilton Sportsmanship Award, in honor of the former Morehead State student-athlete, coach and athletics director, to a junior or senior student-athlete with significant athletic contributions who best exemplifies the characteristics of sportsmanship and citizenship. Most recently, the Conference has also implemented the OVC Institutional and Team Sportsmanship Awards, which are presented to one institution and 18 sport-specific teams voted by their peers to have best exhibited the standards of sportsmanship and ethical conduct as outlined by the OVC and NCAA.

The vision of leadership demonstrated by the Founding Fathers in 1948 remains alive today as the Ohio Valley Conference prepares for the future. One example is in regard to the current trend in collegiate athletics administration for increased involvement of university presidents in setting policies and making rules. The presidents of OVC institutions, however, have always governed the Conference, long before presidential governance became a national theme.

The Ohio Valley Conference sponsors the following sports: baseball, basketball, cross country, football, golf, tennis and track for men, and basketball, cross country, golf, soccer, softball, tennis, track, volleyball and beach volleyball for women. In addition, the OVC also sponsors the combined men's and women's sport of rifle.

Now in its seventh decade of competition, the Ohio Valley Conference has grown significantly from its humble beginnings while increasing the number of athletics opportunities it provides for students. Current league representatives include charter members Morehead State University and Murray State University, along with Austin Peay State University, Belmont University, Eastern Illinois University, Southeast Missouri State University, Southern Illinois University Edwardsville, Tennessee State University, Tennessee Technological University and the University of Tennessee at Martin. The University of Tennessee at Chattanooga is an affiliate member for the sport of beach volleyball.





2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

OVC CHAMPIONSHIPS



2022 OVC Indoor Track & Field Championship

The 2022 OVC Men's and Women's Indoor Track & Field Championship will be held February 23-24 at the Birmingham CrossPlex in Birmingham, Alabama. It will mark the third time (2019, 2020) the event has been held at the world class venue.

The CrossPlex, which hosted the 2019 NCAA Indoor Championships (and will host the 2022 event as well), houses one of the fastest indoor hydraulic tracks in the world.

Due to challenges with the COVID-19 pandemic, the 2021 Indoor Championship was not held. The last time it was held (2020), the Eastern Illinois men claimed its 18th OVC Indoor Championship while the Austin Peay women claimed its first championship since 2001.

2022 OVC Outdoor Track & Field Championship

The 2022 OVC Men's and Women's Outdoor Track & Field Championship will be held May 11-13 at Roy Stewart Stadium on the campus of Murray State University.

Last year the Eastern Illinois men and Southeast Missouri women claimed championships. It marked the second-straight and 18th overall title for the EIU men, while it was the 10th title (and first since 2014) for the SEMO women.



/ Ohio Valley Conference Office Staff



Beth DeBauche
Commissioner



Stephanie Castera
Assistant Commissioner
for Institutional
Services/Senior Woman
Administrator



Kyle Schwartz
Assistant Commissioner for
Strategic Communications



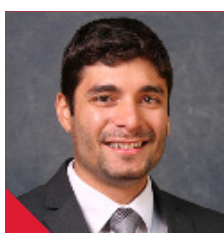
Travis Tellitocci
Assistant Commissioner
for Football, Basketball and
Officiating



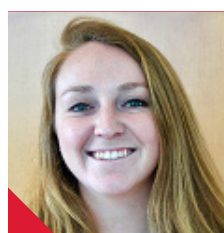
Lauren Berst
Director of Administration



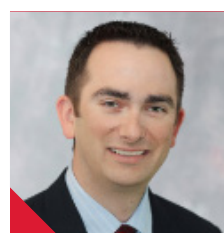
Heather Brown
Director of
Communications



Bryce Robinson
Director of Digital Media

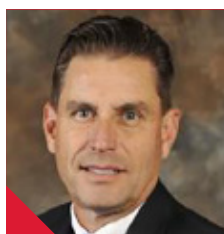


Logan Brooks
Assistant Commissioner for
Sports Administration and
Championships

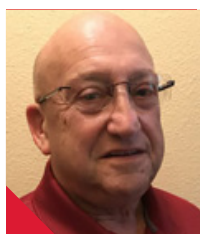


Jon Kuka
General Manager,
OVC Sports Properties

/ Officials Coordinators



Tony Backert
Coordinator of Football
Instant Replay



Mickey Call
Co-Coordinator of Softball
Officials



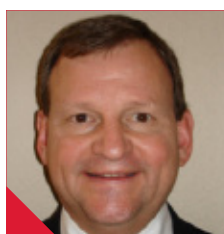
Christie Cornwell
Co-Coordinator of Softball
Officials



Paul Guillie
Coordinator of Baseball
Officials



Lisa Mattingly
Coordinator of Women's
Basketball Officials



Michael Blalock
Coordinator of Volleyball
Officiating



Curtis Shaw
Coordinator of Men's
Basketball Officials



Kim Vieria
Coordinator of Soccer
Officials



Matt Young
Coordinator of Football
Officiating



Keith Murless
Coordinator of Beach
Volleyball Officials



2021-22 SOUTHEAST MISSOURI TRACK & FIELD GUIDE

OVC MAP



2021-22



SEMO



BRING YOUR BIG IDEAS.

**And make
them count.**

Your big ideas will be in good company here. Whatever you choose to study, chances are the program is at the head of its class. And if you're at the head of yours, you can join our honors program and elevate your learning experience even further.

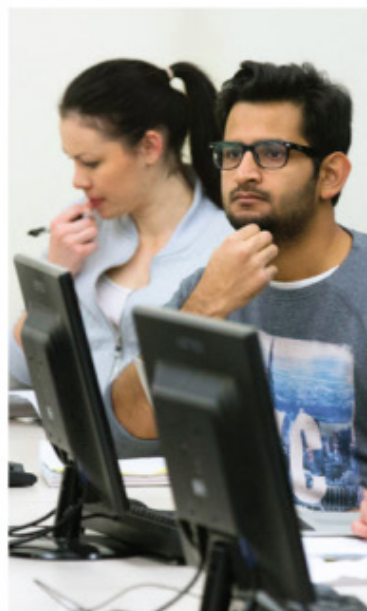


SOUTHEAST MISSOURI
STATE UNIVERSITY • 1873



**SOUTHEAST BOASTS 20+ NATIONALLY
AND INTERNATIONALLY ACCREDITED
PROGRAMS, INCLUDING:**

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- / BUSINESS
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- / ENGINEERING PHYSICS
- / INTERIOR DESIGN
- / MASS COMMUNICATION
- / MUSIC
- / NURSING
- / SOCIAL WORK
- / THEATRE



**GETTING INTO MEDICAL
SCHOOL ISN'T EASY —
WE JUST MAKE IT LOOK
THAT WAY. SOUTHEAST'S
PRE-MED STUDENTS ARE
ACCEPTED TO**

**medical
school well
above the
national
average.**

Like our students, Southeast faculty members come from around the country, hailing from leading institutions such as:

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- / Carnegie Mellon University
- / Harvard University
- / Pennsylvania State University
- / Purdue University
- / Texas A&M University
- / Tulane University
- / University of Florida
- / University of Michigan
- / Vanderbilt University
- / Yale University



**COME HERE
AS A STUDENT.**

**And go
anywhere
as a
teacher.**

Southeast education graduates work as faculty members in school districts across the nation, and in more than 35 countries around the world.

1:21
faculty-
student
ratio

**Full-time
faculty**

**lead most classes, not
teaching assistants —
starting with freshman year.**

**THE DONALD L. HARRISON
COLLEGE OF BUSINESS
CONSISTENTLY MAKES THE
PRINCETON REVIEW'S LIST OF**

**top business
schools.**



ROLL UP YOUR SLEEVES AND GET DOWN TO BUSINESS.

Or education, public policy, communications or journalism — whatever your major, expect to learn a lot in class and even more in practice. And here, that practice happens on the latest technology and in real-world settings. You'll experiment and collaborate in just about all of your coursework. And you'll put new knowledge into action right from the start.



YOUR NEXT BIG IDEA could happen anywhere. But you'll give it legs and watch it run at **Catapult Creative House**, our **student-run idea incubator** and launchpad for innovation. Get to work in our creative labs, 3D modeling and printing gallery, and impact studio. It's where you'll turn your concepts into prototypes, your prototypes into products, and your products into sales.

THE BEST PLACE TO LEARN ABOUT U.S. POLICY is where it's actually being shaped. So you'll go to the **Center for Strategic and International Studies (CSIS) in Washington, D.C.**, for part of our University Studies course. For four exhilarating days, you'll work directly with researchers and consultants who advise national leaders. And if you're really on top of your game, you may end up influencing the strategies you've come to study.

INTERNSHIPS

RÉSUMÉS ARE BUILT—NOT WRITTEN.

The workforce is just that: a force. And it's one you'll meet head on at Southeast Missouri State. We'll help you find internships (that's plural on purpose) and coach you through any challenges or questions that come your way.



SET OUT AND JOIN IN.

Earn your wings early. Chew your way into campus history. Share your musical gift. Meet your new brothers or sisters. Whatever you do — whether it's joining a club or carrying on a tradition — just know that you won't do it alone (except the chewing part).

21

SOCIAL FRATERNITIES AND SORORITIES

Representing the IFC, Panhellenic and NPHC Councils. Many of them call Greek Hill home.

And in Fall 2016, a new Greek Village will open on campus, providing an expanded Greek community where thousands of students will make new memories of brotherhood and sisterhood.



180+ student groups

With organizations on campus from A (Adult Recess improv group) to Z (Zeta Phi Beta Sorority), there's something to meet every professional, social, recreational or religious interest. And if you can't find what you're looking for, form your own group.

We honor our heritage by sticking to our traditions.

Some of them, quite literally. For years, students have been making the trek up **Cardiac Hill** (a tradition in its own right) to add their chewing gum to our infamous **Gum Tree**.

MAKE ART THAT INSPIRES.

And do it on
a campus
that's equally
inspiring.



Dobbins River Campus Center

Inside this living-learning center, you can make a masterpiece, make dinner and make your bed without ever leaving the **River Campus**.

In addition to a residence hall, dining facilities and contemporary classrooms, the **Cultural Arts Center** offers professional-level theatres, costume and scene shops, music rehearsal and gallery space, and dance and art studios — each equipped to inspire ovation-worthy works of art.



Built
our R
Miss
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in the
Perfo
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the la
breat





on the banks of the Mississippi,
River Campus is the only one in
ouri dedicated entirely to the
But you don't have to be a student
e Holland School of Visual and
orming Arts to appreciate it.
e catch a performance. Explore
atest exhibits. Or just enjoy the
htaking river views.

Five venues for exhibiting your
talent — including theatres, a
recital hall and galleries — set
the stage for

more than
a hundred
different
events
each year.

Among our student-produced
musical performances, you'll hear
everything from the classics to the
contemporary — including Brahms'
Double Concerto in A Minor and
Andrew Lipka's *The Addams Family*.



Southeast makes it
affordable to do what
you dream of doing,
and we're recognized
as one of the country's
institutions with
the least indebted
students.

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about our \$17 million in
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Academic Hall 100D
Cape Girardeau, Missouri 63701

573.651.2590
admissions@semo.edu

APPLY
We can't wait to see what you do.
But first, you'll need to get in.
semo.edu/apply

2021-22 SCHEDULE



2021-22 INDOOR

Dec. 4, 2021
at Purdue

Jan. 15, 2022
REDHAWKS INVITE
SEMO REC CENTER

January 22, 2022
at Indiana State

January 28, 2022
at Indiana

February 5, 2022
at Southern Illinois

February 11, 2022
at Indiana

February 18, 2022
REDHAWKS' OPEN
SEMO REC CENTER

February 23-24, 2022
OVC Indoor Championships
Birmingham, Ala.

March 11-12, 2022
NCAA Indoor Championships
Fayetteville, Ark.

2021-22 OUTDOOR

March 4, 2022
at South Alabama

March 18, 2022
at Rhodes College

March 25, 2022
at Mississippi

April 1, 2022
DRURY HOTELS JOEY HAINES INVITE
ABE STUBER TRACK COMPLEX

April 7, 2022
at Tennessee

April 15, 2022
at Illinois State

April 22, 2022
at Indiana

April 29, 2022
at Memphis

May 6, 2022
at Indiana

May 6, 2022
at Arkansas

May 11-13, 2022
OVC Outdoor Championships
Birmingham, Ala.

May 25-28, 2022
NCAA Outdoor Preliminary Championships
Fayetteville, Ark.

June 8-11, 2022
NCAA Outdoor Championships
Eugene, Ore.