



MEDIA GUIDE

2023 SOUTHEAST MISSOURI TRACK & FIELD



SEMOREDHAWS.COM



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEDIA INFORMATION

The 2023 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 Strategic Communications Graduate Assistant Chandler Collins. Should you need any information, feel free to call any time, day or night. Collins can be reached at (417) 861-7504 or ccollins1s@semo.edu.

In-Season Interview Policy

All of Southeast Missouri's track & field student-athletes and coaches will be available to the media throughout the 2023 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 upon request. 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 the Abe Stuber Track Complex and SEMO Student Rec Center. To request credentials, please contact Strategic Communications Graduate Assistant Chandler Collins in the Southeast Missouri Strategic Communications Office by phone at (417) 861-7504 or email at ccollins1s@semo.edu. Credentials can be picked up at the Athletic Administration Building located at 1221 Broadway Street.

Southeast Missouri follows the guidelines set forth by the NCAA governing the issuance of credentials. 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 credentialed. 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

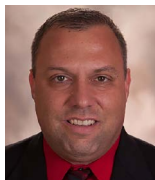
The Southeast Missouri Strategic Communications staff will make student-athletes available to the media at the conclusion of each meet. Please contact Chandler Collins with any interview requests.

STRATEGIC COMMUNICATIONS

One University Plaza MS 0200

Cape Girardeau, MO 63701

Phone: (573) 651-2294 | Fax: (573) 651-2810



Jeff Honza

Associate Director of Athletics

(573) 651-2933

(618) 528-1145 (cell)

redhawk1@me.com // jhonza@semo.edu

Responsibilities: Administration, ESPN+/Instant Replay Liaison, Football, Men's Basketball, Softball, Baseball, Tennis

TBA

Assistant Director

-



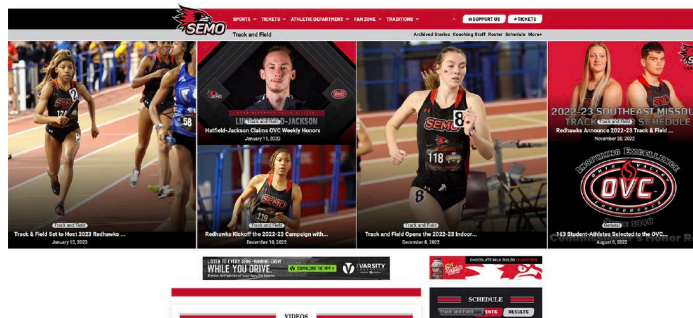
Chandler Collins

Graduate Assistant

(417) 861-7504 (cell)

ccollins1s@semo.edu

Responsibilities: Women's Basketball, Cross Country/Track & Field, Gymnastics, Soccer, Volleyball



SEMOredhawks.com

Southeast Missouri's official athletics website is updated daily and information on all 15 sports is available. Complete schedule, results, coaches and player bios, and other information can be accessed.

Media Decorum

Any cheering or outward expression is strictly prohibited in working media areas of Houck Field House at all times.



Southeast Missouri or SEMO

is the preferred reference for Southeast Missouri State University athletic teams. Southeastern Missouri State is NOT an acceptable reference.



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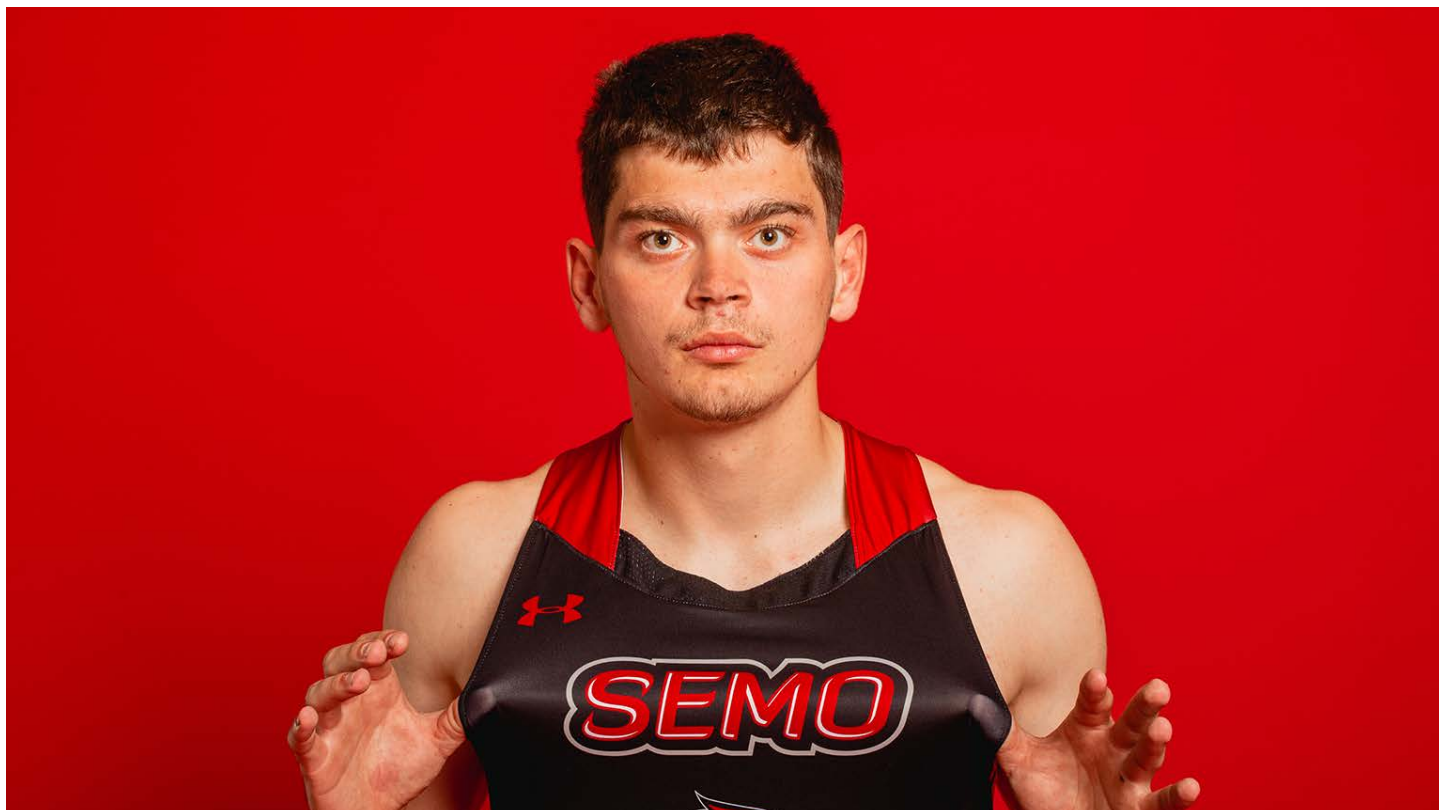
#LetsSoar

Live Results

Live results for Southeast Missouri's home track & field meets will be available online at SEMORedhawks.com.

Photographers

Please observe NCAA regulations and shoot from the designated areas assigned at the SEMO Rec Center and Abe Stuber Track Complex. Photographers are not permitted to shoot in the official team areas. Photographers must display their credentials at all times. Flash photography is strictly prohibited inside the SEMO Rec Center.





2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S ROSTER

Name	Event(s)	Cl.	Hometown	High School/College
Clay Alewelt	Throws	So.	Rochester, Ill.	Rochester
Connor Ayers	Distance	Fr.	Springfield, Mo.	Parkview
Xzavier Bartlett	Sprints	So.	Poplar Bluff, Mo.	Poplar Bluff
Colin Beers	Pole Vault	Fr.	Marion, Ill.	Marion
Jon Bissell	Multi-Events	Gr.	Hallowell, Maine	Hall-Dale/Iowa Western CC
Jacob Blassingame	Distance	Fr.	St. Charles, Mo.	St. Charles West
Justin Breault	Javelin	Jr.	Edson, Alberta, Canada	Holy Redeemer
Momoh Brema	Sprints	Sr.	St. Louis, Mo.	Riverview Gardens
Luke Busateri	Jumps	Fr.	Wentzville, Mo.	Timberland
Nick Cimmarusti	Distance	So.	St. Charles, Mo.	Francis Howell
Dylan Clark	Throws	Gr.	Arnold, Mo.	Seckman
Mason Clough	Jumps	So.	Herrin, Ill.	Herrin
Luke Collins	Sprints	Fr.	Greenville, Ind.	Floyd Central
Markeith Crawford	Distance	Jr.	St. Louis, Mo.	Ladue Horton Watkins
Shea DeGraaf	Multi-Events	Jr.	Knoxville, Tenn.	Knoxville West
Garrett Dumke	Distance	Fr.	Maryville, Mo.	Maryville
Clayton Eftink	Distance	Jr.	Cape Girardeau, Mo.	Notre Dame
Parker Feuerborn	Throws	Gr.	St. Michael, Minn.	St. Michael Albertville/St. Thomas
Terrico Garrett	Distance	Jr.	University City, Mo.	University City
Seth Gleason	Distance	Jr.	O'Fallon, Mo.	Fort Zumwalt North
Sullivan Gleason	Pole Vault	Fr.	O'Fallon, Mo.	Fort Zumwalt North
Micah Grawer	Pole Vault	Fr.	Maplewood, Mo.	Maplewood-Richmond Heights
Luke Hatfield-Jackson	Jumps	Jr.	Arnold, Mo.	Fox/Maryville
Aarion Jackson	Jumps	Fr.	Edwardsville, Ill.	Edwardsville
Christopher Johnson	Sprints/Jumps	Fr.	Frisco, Texas	Liberty
Josh Kile	Throws	Sr.	Perryville, Mo.	Perryville
Josiah Kilgore	Javelin	So.	Poplar Bluff, Mo.	Poplar Bluff
Tanner Koontz	Pole Vault	Fr.	Mt. Vernon, Ill.	Mt. Vernon
Noah Little	Distance	Jr.	Washington, Mo.	Washington
Quinton Maxwell	Throws	Fr.	Show Low, Ariz.	Show Low
Jacob Miller	Sprints/Jumps	Fr.	St. Louis, Mo.	Maplewood-Richmond Heights
Aaron Modrow	Distance	Jr.	Junction City, Kan.	Chapman
Connor Moore	Sprints	Fr.	Cape Girardeau, Mo.	Central
Brenden Parham	Sprints	Jr.	Gibbstown, N.J.	Paulsboro/Lindsey Wilson College
Isaac Readnour	Multi-Events	Jr.	Festus, Mo.	Hillsboro
Byron Sowerby	Distance	Jr.	Preston, England	Runshaw College
Justin Splitt	Distance	Jr.	Lakemoor, Ill.	Grant Community
Marshall Swadley	Throws	So.	Willard, Mo.	Willard
Michael Weaver	Sprints	Sr.	Madison, Ala.	Meridian CC
Brock Wood	Jumps	Jr.	Clarence, Mo.	South Shelby

Head Coach: Eric Crumpecker (15th Year)

Associate Head Coach: Ryan Lane (14th Year)

Assistant Coach (Sprints, Hurdles, Relays): Theresa Scott (Second Year)

Assistant Coach (Multis, Pole Vault, Hurdles, Jumps): Eric Fox (Second Year)

2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S ROSTER



Name	Event(s)	Cl.	Hometown	High School/College
Megan Aubuchon	Hurdles	So.	Ste. Genevieve, Mo.	Ste. Genevieve/Central Methodist
Clara Billing	Pole Vault/Hurdles	Fr.	Rudbecksskolan, Sweden	-
Sandrea Cogio	Sprints	Jr.	St. Louis, Mo.	Gateway STEM
Megan Deimeke	Throws	Gr.	Aviston, Ill.	Mater Dei Catholic/USC Upstate
Lexie Dockstader	Distance	Fr.	Olathe, Kan.	Olathe North
Sophie Dubis	Jumps	So.	Windsor, Mo.	Windsor
Leanza Dwaah	Sprints	Jr.	London, England	La Sainte Union
Lilly Earley	Distance	Fr.	Farmington, Mo.	Farmington
Hannah Eastman	Distance	Jr.	Belleville, Ill.	Belleville East
Marysa Flieg	Throws	So.	Ste. Genevieve, Mo.	Ste. Genevieve
Layla Fliege	Distance	Fr.	Jackson, Mo.	Jackson
Taylor Fox	Distance	Jr.	Mt. Zion, Ill.	Mt. Zion
Daja Gordon	Sprints	Gr.	Dallas, Texas	Hampton Preparatory/Texas Tech
Madelyn Gray	Distance	So.	St. Peters, Mo.	Fort Zumwalt South
Taylor Gudde	Distance	Jr.	Sedalia, Mo.	Cole Camp R-1
Laila Hardin	Sprints	So.	Memphis, Tenn.	Kirby/Lindsey Wilson College
Kendall Holweg	Sprints/Jumps	Fr.	Delta, Mo.	Delta
Bailee Hux	Throws	Fr.	Essex, Mo.	Richland
Jaden Kight	Javelin	Jr.	Whitewater, Mo.	Cape Central
Piper Klinger	Throws	Gr.	Selinsgrove, Pa.	Selinsgrove/Penn State
Kaitlyn McGinnitey	Jumps	Jr.	De Soto, Mo.	De Soto
Erika Mellor	Distance	So.	De Soto, Mo.	De Soto
Breanna Miles	Sprints	Jr.	Memphis, Tenn.	Southwind
Natalie Minor	Pole Vault	Fr.	Union, Mo.	Union
Brianna Payton	Distance	Jr.	Lexington, Ky.	Tates Creek
Ciara Potter	Jumps	Jr.	Atoka, Tenn.	Munford
Skylar Prescott	Pole Vault	So.	O'Fallon, Mo.	St. Dominic
Mackenzie Pugh	Distance	Jr.	St. Peters, Mo.	Francis Howell North
Todjai Ross	Sprints	Fr.	Kansas City, Mo.	Ruskin
Sarah Russom	Distance	So.	St. Charles, Mo.	Francis Howell
Nicole Silverlake	Pole Vault	Jr.	Temecula, Calif.	Vista Murrieta
Haley Smith	Distance	So.	Cape Girardeau, Mo.	Notre Dame
Alayna Sparr	Distance	Fr.	Farmington, Mo.	Farmington
Anna Thomason	Sprints/Jumps	Fr.	Cape Girardeau, Mo.	Saxony Lutheran
Kayla Vogelsang	Distance	Fr.	De Soto, Mo.	De Soto
Katie Wegmann	Distance	Gr.	Mequon, Wis.	Homestead
Makenzie Williams	Throws	Jr.	East Prairie, Mo.	East Prairie
Serena Williams	Sprints/Jumps	Jr.	Columbia, Mo.	Battle/Maryville

Head Coach: Eric Crumpecker (15th Year)

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Assistant Coach (Multis, Pole Vault, Hurdles, Jumps): Eric Fox (Second Year)



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SCHEDULE

INDOOR

December 10	at Edmonds-Wilt invitational	West Lafayette, Ind.
January 14	Redhawks Invite	Cape Girardeau, Mo.
January 20	at John Gartland Invite	Terre Haute, Ind.
January 27	at Indiana Relays	Bloomington, Ind.
February 3	at PNC Bank Bellarmine Classic	Louisville, Ky.
February 10	at Hoosier Hills Invite	Bloomington, Ind.
February 17	Redhawks Open	Cape Girardeau, Mo.
February 22	OVC Championships	Birmingham, Ala.
March 10	NCAA Championships	Albuquerque, N.M.

OUTDOOR

March 17-18	at South Alabama Invite	Mobile, Ala.
March 23-25	at Mississippi State Invite	Starkville, Miss.
March 31-Apr. 1	Joey Haines Invitational	Cape Girardeau, Mo.
April 7-8	at Joe Walker Invite	Oxford, Miss.
April 15	at SIUE Invite	Edwardsville, Ill.
April 21-22	at Georgia Tech Invite	Atlanta, Ga.
April 28-29	at Memphis Invite	Memphis, Tenn.
May 5	at Billy Hayes Invite	Bloomington, Ind.
May 5	at Arkansas Twilight	Fayetteville, Ark.
May 11-13	OVC Championships	Edwardsville, Ill.
May 24-27	NCAA West Preliminary	Sacramento, Calif.
June 7-10	NCAA Championships	Austin, Texas

SEMO
TRACK & FIELD



COACHES

2023 SOUTHEAST MISSOURI TRACK & FIELD



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2023 SOUTHEAST MISSOURI TRACK & FIELD COACHES



REDHAWK TRACK & FIELD

Eric CRUMPECKER

Head Coach // 15th Year // Missouri S&T, 1991

Eric Crumpecker is in his 15th season as head coach of the Southeast Missouri men's and women's track and field teams. Crumpecker is in his 32nd year at SEMO, having served 17 years as an assistant under legendary head coach Joey Haines.

Most recently, Crumpecker led the Redhawk men's team to a sweep of the Ohio Valley Conference indoor and outdoor titles in 2022. Along the way, he picked up his third OVC Indoor Coach of the Year honor and was tabbed OVC Outdoor Coach of the Year for the fourth time. Crumpecker coached Logan Blomquist (hammer throw), the first NCAA Division I Outdoor National Champion in program history.

Academically, Crumpecker guided the SEMO men to their highest fall term grade point average (3.47) in program history in 2022, while the women posted a 3.52 mark.

Crumpecker guided the SEMO women to the 2021 OVC 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.

The year before, Crumpecker won his third OVC Outdoor Coach of the Year honor in 2017. SEMO captured its eighth outdoor championship, marking back-to-back years Crumpecker has taken home both awards. It marked the eighth time the men won conference in program history. Zach Gordon was named OVC Men's Championship MVP and 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.

During the 2015 campaign, 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 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 (33 of 41). The men have finished second 11





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COACHES

times while the women have been runner-up eight times.

Individually, he has mentored 124 individual OVC champions, 58 regional qualifiers and 11 NCAA National Championships qualifiers. Redhawks student-athletes have won OVC Field Athlete of the Year 17 times, Track Athlete of the Year five times, Athlete of the Year three times and Freshman of the Year 11 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 nearby Jackson, Missouri. They are parents of a daughter, Ella, and son, Jake.





Ryan LANE

Associate Head Coach/Cross Country // 14th Year // Southeast Missouri, 2006

Ryan Lane is in his 14th season at Southeast Missouri. Lane was elevated to Associate Head Coach for the track & field and cross country teams on July 6, 2022.

The Redhawk women's cross country team has finished in the top four nine of the last 10 seasons.

SEMO placed fourth on the women's side and sixth in the men's race at the 2022 Ohio Valley Conference Championship. Before that, both the men and women took fifth in 2021. Lane's men's cross country team recorded a program record 3.68 fall term GPA in 2022.

Lane helped lead the SEMO women to the 2021 OVC Outdoor Track & Field Championship with 148 total points. It was the 10th championship in program history for the SEMO women and first in seven years.

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

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

claimed 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 SEMO 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 two-time 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 SEMO 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.

Knott broke the SEMO 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.

Shea set the SEMO 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 Garrett, Knott and Shea.

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

Knott was named the OVC Female Athlete of the Year at the conclusion of the Championship.

In 2020, Lane coached 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.

The women's distance medley relay team of Wegmann, Kendall Long, Morrill and Knott concluded the opening day of the OVC Indoor Championship with Silver after finishing in 12:00.67.

The Redhawks have

consistently excelled in the classroom under Lane. Since 2010, at least one of the cross country programs has earned USTFCCA 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 (USTFCCA).

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 SEMO's 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.



2023 SOUTHEAST MISSOURI TRACK & FIELD COACHES



REDHAWK TRACK & FIELD

Eric **FOX**

Assistant Coach // Second Year // Louisville, 2018

The 2023 season marks the second for Eric Fox as an assistant coach with the Southeast Missouri track & field program. Fox is in charge of the Redhawks multi, pole vault, hurdle and jump events.

Fox coached Luke Hatfield-Jackson to back-to-back Ohio Valley Conference outdoor high jump titles, one indoor high jump crown and one outdoor long jump championship. Nick South also claimed one indoor pole vault title and both Laila Hardin and Kendall Long won the 400m hurdles with Fox as their coach.

Fox came to SEMO after working as an assistant at Wittenberg, an 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 aid in meet management.

Prior to coaching, Fox was a standout track & field student-athlete at Louisville. He won 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.

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



REDHAWK TRACK & FIELD

Theresa **SCOTT**

Assistant Coach // Second Year // Tiffin, 2016

Theresa Scott begins her second year as an assistant coach at Southeast Missouri. Scott coaches the Redhawk sprint and relay teams, and assists with hurdles.

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

Her student-athletes also broke 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.

Before Lindsey Wilson, Scott served as the graduate assistant track coach at NCAA Division II

member Washburn University. In her time at 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.



PROFILES

2023 SOUTHEAST MISSOURI TRACK & FIELD



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2023 SOUTHEAST MISSOURI TRACK & FIELD MEN'S PROFILES



Clay ALEWELT

Throws // So. // Rochester, Ill. // Rochester H.S.

2022 Outdoor: Competed in 10 meets...Had three top-three finishes...Opened the season with a third-place finish in the discus at the Jaguar Opener, throwing for 166' 8" (50.79m)...Achieved at personal record in the hammer, throwing for 189' 6" (57.75m) at the 2022 Joey Haines Invite which earned him a fifth-place showing... Set a PR at the 2022 Tennessee Relays in the discus with a 172' 4" (52.52m) mark for eighth place... Placed second at the Memphis Tigers Invitational in the discus (159' 3", 48.54m)...At the 2022 Ohio Valley Conference Outdoor Track & Field Championships, finished fifth in the shot put (51' 5.75", 15.69m), placed second in the discus (168' 5", 51.34m) and sixth in the hammer (176' 5", 53.77m).

2022 Indoor: Appeared in eight meets...Had a total of eight top-five finishes and three top-three performances...Set a PR in weight throw at the Fred Wilt Invitational, throwing for 56' 8.75" (17.29m) en route to fourth place...Placed second at the Redhawk Invite in the shot put (50' 4", 15.34m)...Set a personal best in the shot put at Indiana University Relays, throwing for 53' 4.5" (16.27m) which earned him a fourth...At the 2022 Don

DeNoon Invitational, placed third in the shot put (51' 1", 15.57m)...Earned a fifth place finish in the weight throw (55' 9.75", 17.01m) and second in the shot put (53' 2.75", 16.22m) at the 2022 OVC Indoor Track & Field Championships.

2021 Outdoor: Competed in 10 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.

Prep: At 10th grade at 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 canceled 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.

Personal: Born 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... Majoring in Entrepreneurship.

2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES



REDHAWK TRACK & FIELD

Connor AYRES

Distance // Fr. // Springfield, Mo. // Parkview H.S.

Prep: Member of the cross country and track & field teams at Parkview High School...Finished second at the district cross country meet and qualified for the state championships...Posted a personal record and first-place time of 2:06.89 in the 800m at the Nixa Quad Meet...Also finished first in the 1600m with a 4:39 mark...Had

another first-place finish with a personal best time of 9:35.81 in the 3200m at the SBU High School Invitational.

Personal: Born April 12, 2004...Son of Mike and Linda Ayres...Majoring in xxxxxx.

Opened the season setting two PR's at the Fred Wilt in the 60 meter with a time of 7.42 (12th) and in the 300 meter, posting a time of 37.63 (4th)...Finished first in the 4x400 meters (3:34.72), second in the 400 meter (53.55), and third in the 200 meter (24.04) at the 2022 Redhawks Invite...Was a member of the third place finishing 4x400 meter relay team (3:25.76) at the John Gartland Invitational (2/55)...Posted two third place finishes at the 2022 Don DeNoon Invite in the 4x400 (3:38.84) and in the 400 meter (53.72)...Set a new personal best in the 400 meter with a time of 51.47 (11th) and earned a sixth place finish in the 4x400 (3:30.72) at the

2022 OVC Indoor Track & Field Championships.

Prep: Attended Poplar Bluff High School...Was a member of the Mules' 4x800 relay team that holds the third-best time of 8:22.82 in school history...Also a part of the school's top two sprint medley relay teams that recorded times of 3:42.12 (2019) and 3:59.72 (2017)...Had a personal best time of 50.05 in the 400m at the 2019 MSHSAA Class 5 State Championships.

Personal: Born September 15, 2000...Son of Travis and Katrina Hill...Majoring in Nutrition.



REDHAWK TRACK & FIELD

Xavier BARTLETT

Sprints // So. // Poplar Bluff, Mo. // Poplar Bluff H.S.

2022 Outdoor: Ran in six meets...Had one top-five finish...Finished fifth in the 400 meter (51.62) at the Rhodes College Track & Field Invitational (3/18-19)...Set two PRs at the Ole Miss Classic in the 800 meter with a time of 2:05.30 and in the 200 meter with a time of 23.39...Set another personal best in the

400 hurdles (1:02.24)...Earned an 11th-place finish in the 400 meter (51.61) and a 12th place finish in the 200 meter (23.41) at the 2022 Ohio Valley Conference Outdoor Championships.

2022 Indoor: Ran in six meets...Had seven top three finishes...



REDHAWK TRACK & FIELD

Colin BEERS

Pole Vault // Fr. // Marion, Ill. // Marion H.S.

Prep: Finished sixth overall with a 14' 9" mark in the pole vault at the Illinois High School Association 2A State Track & Field meet...Earned First-Team Southern Illinois Coaches Association All-South honors...One of 15 individuals from Marion High School who signed national letters of intent for the 2022-23 campaign.

Personal: Born March 31, 2004...Son of Greg and Kerrie Beers...Majoring in Cybersecurity.



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES



Jon BISSELL

Multi-Events // Gr. // Hallowell, Maine // Hall-Dale H.S. // Iowa Western CC.

2022 Outdoor: Did not compete.

2022 Indoor: Participated in seven meets...Recorded seven top-five finishes...Earned a third-place finish in the high jump with a mark of 6' 2.75" (1.90m) at the 2022 Redhawks Invite...Set a new PR at the Indiana University Relays in the heptathlon 1000 meter (3:07.18) which earned a fifth-place finish...Posted a new personal best in the 55 meter hurdles with a time of 8.36 (3rd) and finished second in the pole vault at 14' 1.25" (4.30m) in the Redhawks Open...Totaled a career best 4,698 points for third in the heptathlon and earned a sixth-place finish in the pole vault 14' 2.5" (4.33m) at the Ohio Valley Conference Championships.

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 OVC Championships 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.

2020 Indoor: Competed in five meets...Ranked sixth in the OVC for heptathlon...Made Redhawks debut with a mark of 19-2.75 (5.86m, eighth) in the long jump at the SEMO vs. SIUE Dual Meet (12/6/19)...Finished fourth in the high jump with a mark of 6-0.75 (1.85m) at the 2020 Redhawks Open (2/21)...Also set a PR in the 55 meter hurdle prelims of 8.74...Totaled a career best 3,982 points for sixth in the heptathlon at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27)...Was second in the heptathlon pole vault (12-9.5, 3.90m), fourth in the 60 meters (7.59), long jump (19-5.25, 5.92m) and 60 meter hurdles (9.48) and fifth in the shot put (32-7.5, 9.94m)...Also had a

personal-best high jump mark of 6-2 (1.88m, ninth)...Named to the OVC Commissioner's Honor Roll.

Iowa Western CC: Won the pole vault conference championship twice...Also was a conference decathlon champion and conference heptathlon champion...Finished fifth in the decathlon at the 2019 NJCAA DI Outdoor Track & Field Championships with a personal high 5,954 points.

Prep: Attended Hall-Dale High School in Farmingdale, Maine...Competed in high jump and pole

vault...Coached by Jarot Richmond...Lettered four years at Hall-Dale High School...Was a two-time state champion in high jump...Won the conference championship in high jump three times...Also won the pole vault conference title...Named the Kennebec Journal Athlete of the Year...Named a two-time Academic All-American and four-time Academic All-Conference...Graduated from Hall-Dale in 2017 with a 3.95 grade point average.

Personal: Born March 17, 1999...Son of Brema Bissell...Majoring in Exercise Science.



Jacob BLASSINGAME

Distance // Fr. // St. Charles, Mo. // St. Charles West H.S.

Prep: Member of the cross country, track & field and baseball teams at St. Charles West High School...Finished first in the 1600m (4:34.79) and 3200m (9:57.22) at the Class 4 Sectional as a senior...Earned Academic All-GAC honors in baseball.

Personal: Born April 16, 2004...Son of Josh and Chris Blassingame...Majoring in Mass Communication.



REDHAWK TRACK & FIELD

Justin BREAUT

Javelin // Jr. // Edson, Alberta, Canada // Holy Redeemer H.S.

2022 Outdoor: Competed in nine meets...Had six top-five finishes and three top three finishes...Nocthed a third-place finish in the javelin with a throw of 181' 11" (55.44m) at the Rhodes College Track & Field Invitational...Finished second in the javelin at the Redbird Challenge with a throw of 178' 10" (54.52m)...Achieved a personal best javelin throw of 202' 7" (61.75m) which earned a second-place finish at the Ohio Valley Conference Outdoor Track & Field Championships.

2022 Indoor: Did not compete.

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 played 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 Biomedical Sciences



REDHAWK TRACK & FIELD

Momoh BREMA

Sprints // Sr. // St. Louis, Mo. // Riverview Gardens H.S.

2022 Outdoor: Did not compete.

2022 Indoor: Did not compete.

2020 Indoor: Ran in seven meets...Had two top-five finishes...Finished first in the 4x400 meters (3:24.76) and second in the 200 meters (23.06) at the season-opening SEMO vs. SIUE Dual Meet (12/6/19)...Posted a mark of 23.14 in the 200 meters (sixth) at the Gene Edmonds Memorial (1/10-11)...Set a new personal-best of 7.21 in the preliminaries for the 60 meters at the 2020 Ohio Valley Conference Indoor Track & Field Championship (2/26-27).

2019 Outdoor: Appeared in seven meets...Had four top-five finishes...Set a personal-best 400 meter time of 51.46 (10th) at the ASU Red Wolf Open (4/19-20)...Also finished the 200 meters in 22.57 (ninth)...Was a member of the third place finishing 4x400 meter relay team (3:18.31) at the Memphis Tiger Invitational (4/26-27)...Posted new career bests in the 100 meters (11.19) and 200 meters (22.53) to finish fifth in both events at the SIUE Gateway Classic (5/3)...Finished fourth in the 4x100 meters, clocking in at 42.50 at the OVC Outdoor Track & Field Championship (5/9-11) in Cape Girardeau.

2019 Indoor: Competed in eight meets...Posted six top-five finishes...Won the 200 meters (23.55) and the 4x400 meter relay (3:33.97) at the SEMO vs. SIUE Dual Meet (12/7)...Also was third in the 55 meters in a personal-best 6.84...Placed third in both the 200 meters (22.78) and 4x400 meter (3:26.93) relay at the Illini Open (1/12)...Completed the 400 meters in 52.94 for sixth at the Hoosier Hills (2/8).

Prep: Graduated from Riverview Gardens High School in 2018...Lettered all four years...Finished third in the 200m, fourth in the 400m and fifth in the 4x200m at the Class 4 State Championships...Also was a first-team Missouri Great Southwest honoree and placed third in the 4x200m at the Great Southwest...Personal bests are 21.85 in the 200m and 48.98 in the 400m...Also ran cross country and recorded a career best time of 19:38 (3 mile)...Competed on the St. Louis Blues Track Club...Named to the Senior Honor Roll and earned the Student of the Week Award and Senior Top 10 Class Rank Award.

Personal: Born in Bamako, Mali (West Africa) May 5, 2000...Majoring in Computer Science.



2023 SOUTHEAST MISSOURI TRACK & FIELD MEN'S PROFILES



REDHAWK TRACK & FIELD

Luke BUSATERI

Jumps // Fr. // Wentzville, Mo. // Timberland H.S.

Prep: Won the triple jump with a leap of a personal record 14.10 meters as a senior at Timberland High School...That mark tied the area's longest and was the second-best in Class 5 at the GAC Championships...Also placed second at the GAC Championships in the high jump (1.67m) and fourth in the long jump (5.94m)...Won

the triple jump in all six meets he competed in.

Personal: Born September 29, 2003...Son of Joseph and Tammy Busateri...Majoring in Applied Mathematics.

2022 Indoor: Ran in five meets... Named OVC Male Freshman of the Week once...Had four top-five finishes...Won the 3,000 meters (9:00.20) and was fourth in the mile (4:27.45) at the Redhawks Invite (1/15)...Finished second in the 5,000 meters at the John Gartland Invitational (1/21-22) in 15:42.26... Set a personal best 3,000 meters time of 8:39.12 (41st) at the Indiana University Relays (1/28-29)... Notched a PR of 4:25.87 in the mile (12th) at the Hoosier Hills (2/11)... Also took second in the DMR (10:30.39)...Ran in the 3,000 meters (8:59.82, 15th) and 5,000 meters (15:39.02, 14th) at the 2022 OVC Indoor Championships (2/23-24).

2021 Cross Country: Competed in six meets in the Fall of 2021... Set a personal best in the 4M at the Soybean Invitational finishing in 27th place with an overall time of 21:12.3...Set a personal best in the men's 8K in the ISU Redbird

Invitational finishing in 25:56.6 (49th)...Recorded a new personal best at the NCAA Division I Midwest Region Cross Country Championships in the 10k with an overall time of 33:25.0 (151st).

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.

Personal: Born May 15, 2002...Son of Jeff and Michelle Cimmarusti... Majoring in Cybersecurity at SEMO.



REDHAWK TRACK & FIELD

Nick CIMMARUSTI

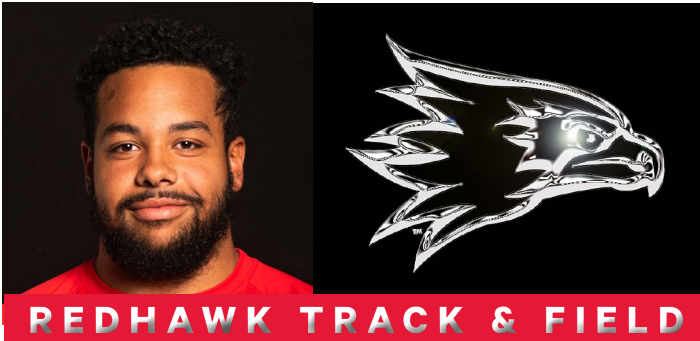
Distance // So. // St. Charles, Mo. // Francis Howell H.S.

2022 Outdoor: Competed in five meets...Opened the season with a personal best in the 800 meters of 2:01.43 (35th) at the Ole Miss Classic (3/25-26)...Also finished the 1,500 meters in 4:06.58 (18th)... Won the 5,000 meters with a PR of 15:20.93 at the 2022 Joey Haines (4/1-2)...Posted a career high 1,500

meters of 4:05.05 for 11th at the Memphis Tiger Invitational (4/29-30)...Finished the 800 meters in 2:08.70 (18th) and ran a leg of the 4x400 meter relay (3:32.49, fifth)... Completed the 10,000 meters in 34:44.92 (15th) at the 2022 Ohio Valley Conference Outdoor Track & Field Championships (5/11-13).



TRACK & FIELD



Dylan CLARK

Throws // Gr. // Arnold, Mo. // Seckman H.S.

2022 Outdoor: Competed in 10 meets...Had nine top three finishes...Earned two second-place finishes at the Jaguar Open in the hammer with a throw of 190' 4" (58.02m) and in the discus with a new personal best throw of 172' 11" (52.72m)...Notched a third-place finish in the hammer with a throw of 194' 1" (59.15m) at the Rhodes College Track & Field Invitational...Posted a throw of 172' 1" (52.46m) in the discus earning a third-place finish in the Joey Haines Invite...Finished second overall in the hammer with a mark of 200' 7" (61.14m) at the Redbird Challenge...Won the discus with a throw of 165' 3" (50.38m) and took third in the hammer with a mark of 199' 10" (60.90m) at the Memphis Tiger Invitational...Earned a second-place finish at the Wichita State Shocker Open in hammer with a throw of 199' 0" (60.67m)...At the Ohio Valley Conference Outdoor Championships, he placed second in the hammer with a throw of 196' 7" (59.91m), fourth in the discus with a mark of 168' 2" (51.27m) and seventh in the shot put with a throw of 50' 11" (15.52m).

2022 Indoor: Won the weight throw title at the OVC Indoor Championships...Saw action in eight meets...Had seven top-

three finishes...Began the season with a third-place finish in the weight throw with a throw of 62' 6.75" (19.07m) at the Fred Wilt Invitational...Finished second in the weight throw with a throw of 63' 5" (19.33m) and third in the shot put with a throw of 47' 5" (14.45m) at the Redhawks Invite...Placed first at the John Gartland Invitational in the weight throw with a throw of 61' 11" (18.87m)...Posted a second place finish in the weight throw with a 61' 10.25" (18.85m) mark at the 2022 Hoosier Hills...At the Redhawks Open, he earned a third-place finish in the weight throw at 64' 2.25" (19.56m)...Set a new PR in the weight throw with a throw of 65' 3.25" (19.89m) which earned a first-place finish and finished sixth in the shot put (49' 9.25" (15.17m) at the OVC Indoor Track & field Championships.

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).

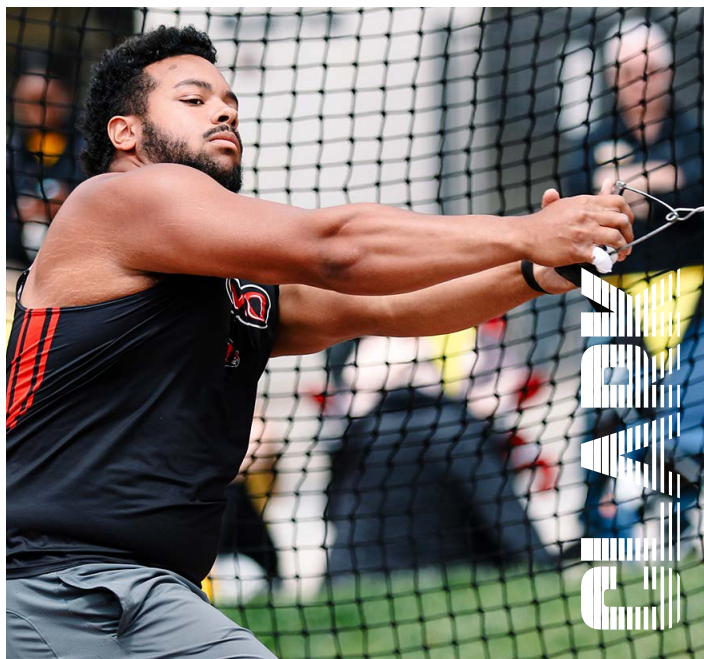
Prep: Three-time Class 5 State Qualifier at Seckman High School...Finished eighth in the discus as a senior, seventh as a junior and third as a sophomore...Finished first at the De Soto Invitational with a throw of 180-9.

Personal: Born December 27, 1999...Son of Lewis Clark and Michelle Bickers...Majoring in General Studies.



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES



REDHAWK TRACK & FIELD Mason CLOUGH

Jumps // So. // Herrin, Ill. // Herrin H.S.

2022 Outdoor: Participated in six meets...Had three finishes in the top four...Achieved a new personal best at the 2022 Joey Haines in the long jump with a mark of 18' 5.75" (5.63m)...Registered a jump of 6' 0.75" (1.85m) in the high jump at the Redbird Challenge earning a third place finish...At the Memphis Tiger Invitational placed third in the High Jump 6' 0.75" (1.85m)...Finished 10th in the triple jump with a jump of 41' 10" (12.75) and eighth in the high jump, jumping for 6' 4" (1.93m) at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: Competed in eight meets...Had four top five finishes...Set a PR in the season opener at the Fred Wilt Invitational in the high jump with a jump of 6' 4.25" (1.94m)...Won the high jump with

a 6' 2.75" (1.90m) mark and took second in the triple jump with a 42' 2.75" (12.87m) in the Redhawks Open...Established a new personal best in the triple jump with a jump of 42' 5.5" (12.94) taking eighth overall and placing 10th in the high jump with a jump of 6' 0.75" (1.85m) at the OVC Indoor Track & Field Championships.

Prep: Attended Herrin High School...Collected five first-place finishes in the high jump and one in the triple jump as a senior...His personal record in the high jump was 6' 4" at the Murphysboro Boys Open.

Personal: Born September 15, 2002...Son of Jeffrey and Summer Clough...Majoring in Social Studies.

SEMO
TRACK & FIELD



Luke COLLINS

Sprints // Fr. // Greenville, Ind. // Floyd Central H.S.

Prep: Sectional Champion in the 100m dash, 200m dash and 4x100m relay at Floyd Central High School... Won the 100m in four meets and the 200m three times... Personal record in the 100m was 10.87 at the Indiana High School Athletic Association State Championships.

Personal: Born December 16, 2003... Son of David and Hannah Collins... Majoring in Health Sciences.



Markeith CRAWFORD

Distance // Jr. // St. Louis, Mo. // Ladue Horton Watkins H.S.

2022 Outdoor: Ran in six meets... Had seven top-five finishes... Finished the 800 meters in 1:56.10 (11th) and completed the 4x400 meter relay in 3:21.35 (fourth) at the Joey Haines (4/1-2)... Crossed the finish in 1:55.31 during the 800 meters (35th) at the Indiana Invitational (4/22-23)... Was also eighth in the 4x400 meter relay (3:29.48)... Took second in the

800 meters (1:57.73) and third in the 4x400 meter relay (3:21.11) at the Memphis Tiger Invitational (4/29-30)... Captured Silver in the 800 meters with a time of 1:54.07 at the Ohio Valley Conference Outdoor Championships (5/11-13) after setting a PR of 1:54.02 in the prelims... Earned Bronze in the 4x400 meter relay with 3:18.89.

2022 Indoor: Ran in six meets... Had 13 top-five finishes... Set a pair of career bests in the 300 meters (37.62, third) and 500 meters (1:06.29, third) at the Fred Wilt Invitational (12/4)... Also was fourth in the 4x400 meter relay (3:33.52)... Finished fourth in the 200 meters in the Redhawks Invite (1/15) in a personal best 24.14... Also won the 4x400 meter relay (3:34.72) and was third in the 800 meters (2:00.02)... Was second in the 800 meters (1:56.34) and third in the 4x400 meter relay (3:25.76) at the John Gartland Invitational (1/21-22)... Posted a personal best 600 meters time of 1:21.47 (fifth) at the Indiana University Relays (1/28-29)... Completed the 800 meters in 1:55.06 for fourth at the Hoosier Hills (2/11)... Was fifth in the 4x400 meter relay (3:22.91), as well... Secured Bronze in the DMR at the OVC Indoor Championships (2/23-24) in 10:13.62... Placed fifth in the 800 meters (1:54.49) and sixth in the 4x400 meter relay (3:30.72).

2021 Cross Country: Did not compete.

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).

2020-21 Cross Country: Did not compete.

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



2023 SOUTHEAST MISSOURI TRACK & FIELD MEN'S PROFILES

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 September 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 Administration at SEMO.



REDHAWK TRACK & FIELD
Shea DEGRAAF

Multi-Events // Jr. // Knoxville, Tenn. // Knoxville West H.S.

2022 Outdoor: Ohio Valley Conference Athlete of the Championships...Won the OVC decathlon title for the second year in a row...Had four top five finishes in seven meets...Set two new PR's in the decathlon pole vault 15'11" (4.85m) and the decathlon high jump with a jump of 6' 10.25" (2.09m) at the Tennessee Relays...Finished second at the Memphis Tiger Invitational in the high jump with a jump of 6' 8.75" (2.05m)...Placed first in the decathlon with 6,501 total points while setting a PR in the decathlon javelin (190' 1" (57.94m) and a PR in the decathlon 100 meter with a time of 11.29, finished fifth in the javelin with a mark of 168' 7" (51.38m), fourth in the pole vault at 14' 8" (4.47m), and set another PR in the 110 meter hurdles earning seventh place with a time of 14.84 at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: OVC Athlete of the Year and Athlete of the Championships...Competed in seven meets...Had 13 top five finishes and nine top three finishes...Opened the season with a first-place finish in the pole vault with a mark of 15' 4.25" (4.68m) and a third-place finish in the 60 meter hurdles (8.50) at the Fred Wilt Invitational...Set a new PR in the 55 meter with a time of 6.93 (14th), finished second in the high jump with a jump of 6' 4.75" (1.95m) and finished third in the long jump at 22' 6.5" (6.87m) during the Redhawks Invite...Placed third in the pole vault with a 15' 1.5" (4.61m) mark at the John Gartland Invitational...Totaled a new personal best at the Indiana University Relays earning first in the heptathlon with 5,334 total points, while setting two more PR's in the heptathlon 60 meter with a time of 7.30 (3rd) and heptathlon 1000 meter with a time of 3:10.34 (10th)...Posted another personal best in the 60 meter hurdles with a time of 8.30 earning a fourth-place finish...At the

OVC Indoor Championships, placed first in the heptathlon with 5,040 total points and placed first with a new PR in the heptathlon shot put with a throw of 43' 8.5" (13.32m)...Came in second in the pole vault with a vault of 15' 4.25 (4.68m), second in the high jump with a mark of 6' 9.75" (2.08m) and sixth with a time of 8.51 in the 60 meter Hurdles.

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...Majoring in Accounting at SEMO.



Garrett DUMKE

Distance // Fr. // Maryville, Mo. // Maryville H.S.

2022 Outdoor: Did not compete.

2022 Indoor: Did not compete.

2021 Cross Country: Competed in two events in the Fall of 2021... Set a personal best at the Soybean Invitational in the 4M, finishing in 20:32.8 (15th)...At the Louisville Classic, finished the men's 8K in 26:41.7 (150th).

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 High School in May 2021.

Personal: Born December 16, 2002...Son of Howard and Sharlet Dumke Majoring in Middle School Education.

SEMO

TRACK & FIELD



Clayton EFTINK

Distance // Jr. // Cape Girardeau, Mo. // Notre Dame H.S.

2022 Outdoor: Competed in six meets...Opened the outdoor campaign with a personal best 2,000 meter steeplechase of 6:27.15 (11th) at the Ole Miss Classic (3/25-26)...Notched a PR 3,000 meter steeplechase time of 9:45.26 (14th) at the Indiana Invitational (4/22-23)...Took fifth in the 5,000 meters in 15:56.67 at the Memphis Tiger Invitational (4/29-30)... Scored for the Redhawks in the 3,000 meter steeplechase at the Ohio Valley Conference Outdoor Championships (2/23-24), finishing sixth in 9:48.73.

2022 Indoor: Ran in five meets... Began the season with a PR of 4:37.74 in the mile at the Redhawks Invite (1/15)...Was fourth in the 3,000 meters (9:19.81)...Won the 3,000 meters at the Don DeNoon Invite (2/5) in 9:04.33...Improved on that event with a career best mark of 8:57.12 (13th) at the Hoosier Hills (2/11)...Completed the 5,000 meters at the OVC Indoor Championships with a personal best 15:39.65 (15th).

2021 Cross Country: Competed in six meet in the Fall of 2021...At the Soybean Invitational recorded a new personal best with an overall time of 21:35.7 (34th)...Competed at the ISU Redbird Invitational (8K,

27:52.2, 103rd) and the Golden Eagle Invitational (8K, 27:39.8, 24th)...Set a new personal best at the 2021 OVC Championship finishing the 8K race in 27:19.2 (51st)...Recorded a 10K personal best at the NCAA Division I Midwest Region Cross Country Championships with a 34:39.7 finishing time (184th).

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).

2020-21 Cross Country: Ran in two meets...Made Redhawks debut with a personal-best 8K time of 27:27.7 (36th) at the Eastern Illinois Spring Open (2/6)... Was clocked at 24:52.6 (31st) in the 4.5 mile race at the Tennessee Tech Golden Eagle Invitational (2/19).



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES

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...Majoring in Finance at SEMO.



Parker FEUERBORN

Throws // Gr. // St. Michael, Minn. // St. Michael Albertville H.S. // St. Thomas

St. Thomas University: Had a pair of top 10 finishes at the 2022 Summit League Championships... Finished fourth in the hammer throw and 10th in the discus... Earned 2022 All-Summit League honors in the weight throw during the indoor season...2021 Outdoor National Qualifier in the hammer, where he finished 11th...Placed ninth in the shot put and 18th in

the weight throw at the 2019 MIAC Championships.

Prep: School record holder in the shot put at St. Michael Albertville High School.

Personal: Born November 1, 1999...Son of Sam and Jennifer Feuerborn...Majoring in Trauma/Resiliency Studies.



Terrico GARRETT

Distance // Jr. // University City, Mo. // University City H.S.

2022 Outdoor: Ohio Valley Conference 800m Champion... Competed in six meets...Had nine top-five finishes...Took third in the 800 meters at the Joey Haines Invite (4/1-2) in 1:52.03...Was fourth in 4x400 meter relay (3:21.35)... Finished first in the 800 meters (1:56.40), second in the 1,500

meters with a personal best 3:54.91 and third in the 4x400 meter relay (3:21.11) at the Memphis Tiger Invitational (4/29-30)...Captured Gold in the 800 meters in 1:53.31 after qualifying first overall at the Ohio Valley Conference Outdoor Championships (5/11-13)...Claimed Bronze in the 4x400 meter

SEMO
TRACK & FIELD

2023 SOUTHEAST MISSOURI TRACK & FIELD MEN'S PROFILES



relay (3:18.89) and was eighth in the 1,500 meters (4:00.48).

2022 Indoor: Won the 800m at the OVC Championships...Ran in six meets...Had 10 top-five finishes...Named OVC Male Track Athlete of the Week twice...Set a pair of personal bests in the 300 meters (38.00, sixth) and 500 meters (1:06.26, second) at the Fred Wilt Invitational (12/4)...Was third in the 4x400 meter relay (3:29.22)...Won the 800 meters in the Redhawks Invite (1/15) in 1:59.30 and was second in the 4x400 meter relay (3:35.37)...Set a PR in the 200 meters (24.70, seventh)...Won the 800 meters in 1:55.24 at the John Gartland Invitational (1/21-22)...Took was third in the 4x400 meter relay (3:25.76)...Notched a personal best in the 600 meters (1:21.65, seventh) at the Indiana Relays (1/28-29)...Completed the 800 meters in 1:51.86 for third at the Hoosier Hills (2/11)...Secured Gold in the 800 meters at the OVC Indoor Championships (2/23-24) in 1:53.13...Picked up Bronze in the DMR with 10:13.62 and was sixth in the 4x400 meter relay (3:30.72).

2021 Cross Country: Competed in two events in the Fall of 2021...Set a new personal record at the Soybean Invitational in the 4M completing the race in 21:54.9 (36th)...Ran the ISU Redbird Invitational 8K in 27:01.8 (90th).

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).

2020-21 Cross Country: Ran in four meets...Scored in all four meets in 2020-21 for the men...Opened the campaign with a personal-best 8K time of 26:24.2 (29th) at the Redhawks Invitational (1/23)...Completed the 8K at the Eastern Illinois Spring Open (2/6) in 26:49.0 (27th)...Posted a PR 4.5 mile mark of 24:20.4 (17th) at the Tennessee Tech Golden Eagle Invitational (2/19)...Crossed the finish line in the 8K in 28:56.2 (25th) at the 2020-21 OVC Cross Country Championship

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 August 26, 2000...Son of Starr Lambus...Majoring in Criminal Justice.





2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES



REDHAWK TRACK & FIELD

Seth GLEASON

Distance // So. // O'Fallon, Mo. // Fort Zumwalt North H.S.

2022 Outdoor: Appeared in six meets...Opened the season with a PR time of 4:08.22 in the 1,500 meters at the Ole Miss Classic (3/25-26)...Placed in the 3,000 meters with a time of 9:03.45 (12th)...Was third in the 5,000 meters (15:44.43) at the Joey Haines Invite (4/1-2)...Finished fourth in the same race at 15:28.78 at the Redbird Challenge (4/15-16)...Completed the 10,000 meters in 33:35.14 (12th) at the Ohio Valley Conference Outdoor Championships (2/23-24)...Finished the 5,000 meters in 15:56.35 (18th).

2022 Indoor: Ran in five meets...Finished third in the 3,000 meters (9:11.36) and sixth in the mile (4:33.49, PR) at the Redhawks Invite (1/15)...Took third in the 3,000 meters in 8:46.18 at the John Gartland Invitational (1/21-22)...Registered a 3,000 meters personal best time of 8:41.27 (10th) at the Hoosier Hills (2/11)...Completed the 3,000 meters in 8:48.93 (11th) and the 5,000 meters in 15:10.78 (10th) at the OVC Indoor Championships (2/23-24).

2021 Cross Country: Competed in six events in the Fall of 2021...Set a personal record at the Soybean

Invitational finishing the 4M in 20:03.5 which resulted in an eighth place finish...At the Louisville Classic set a personal best in the 8K finishing in 25:12.7 (15th)...Took 32nd at the OVC Championship 8K, finishing in 26:23.0...Recorded a personal best at the NCAA Division I Midwest Region Cross Country Championships with a 33:49.9 (167th) finish in the 10K.

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.

Personal: Born July 28, 2003...Son of Brian and Sarah Gleason...Majoring in Engineering Physics...His brother, Sullivan, is also on the SEMO track team.



SEMO

TRACK & FIELD



REDHAWK TRACK & FIELD

Sullivan GLEASON

Pole Vault // Fr. // O'Fallon, Mo. // Fort Zumwalt North H.S.

Prep: Attended Fort Zumwalt High School...Won the Class 5 State Championship in the pole vault with a 15-6.5 mark as a senior...That mark was a state record...Overcame a hand injury to qualify for the Class 5 State Championships as a junior...Also finished first in the pole

vault at the Timberland Wolfpack Invitational.

Personal: Born March 26...Son of Brian and Sarah Gleason...Majoring in Computer Science...His brother, Seth, is also on SEMO's track & field team.



REDHAWK TRACK & FIELD

Luke HATFIELD-JACKSON

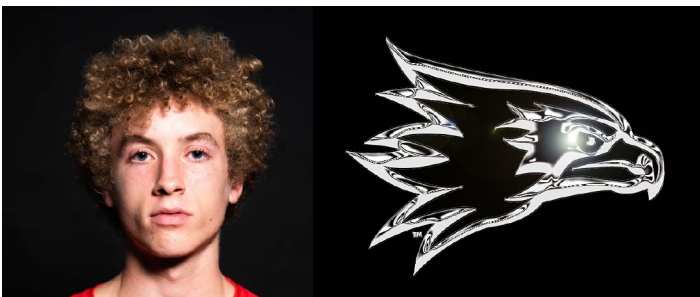
Jumps // Jr. // Arnold, Mo. // Fox H.S. // Maryville

2022 Outdoor: Ohio Valley Conference High Jump Champion...Competed in seven meets...Recorded seven top five finishes and placed first five times...Opened the season by setting a new PR at the Rhodes College Track & Field Invitational in the 100 meter with a time of 11.34...Placed first in the long jump 24' 11" (7.59m) and first in the high jump with a 6' 9" (2.06m) mark at the Ole Miss Classic...At the Joey Haines Invite, placed first in the long jump with a jump of 24' 11" (7.59m) and first in the high jump 7' 0.25" (2.14m)...Finished first in the high jump (7' 0.25") (2.14m), second in the long jump (24' 11.75" (7.61m), and fourth in the triple jump (46' 6.75" (14.19m) at the OVC Outdoor Championships...Competed in the NCAA West Preliminary and registered a long jump of 24' 10" (7.57m) for 17th overall and notched a high jump feat of 6' 10.75" (2.10m) also for 17th overall...Named OVC Male Field Athlete of the Week once.

high jump (6' 10.75") (2.10m) at the Fred Wilt Invitational...Notched two more first-place finishes at the Redhawks Invite in the long jump (24' 10.5") (7.58m) and high jump (6' 9.75") (2.08m)...Placed first in the high jump with a mark of 6' 11.5" (2.12m) at the John Gartland Invitational...Finished first in the high jump (6' 8.75") (2.05m) and second in the long jump (23' 6") (7.16m) at the Indiana Relays...At the Hoosier Hills, placed first in the triple jump with a mark of 48' 0.5" (14.64m)...Set a new Personal best earning fourth in the 55 meter with a time of 6.70 in the preliminaries of the Redhawks Open...Finished first in the high jump at 6' 11" (2.11m), second in the long jump with a jump of 24' 7.25" (7.50m), and second in the triple jump with a mark of 48' 2.75" (14.70m) at the OVC Indoor Championships...Named OVC Male Field Athlete of the Week once.

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

2022 Indoor: Won the OVC high jump indoor title...Had 14 top five finishes and eight first-place showings...Started the season with a pair of first-place finishes in the long jump (24' 4.5") (7.43m) and



REDHAWK TRACK & FIELD

Micah GRAWER

Pole Vault // Fr. // Maplewood, Mo. // Maplewood-Richmond Heights H.S.

Prep: Attended Maplewood-Richmond Heights High School...Placed second in the 800m at the Class 3 District meet as a senior...Also played basketball.

Personal: Born January 15, 2004...Son of Kevin and Allegra Grawer...Majoring in Biomedical Sciences.



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MEN'S PROFILES

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...Tabbed OVC Co-Male Field Athlete of the Week on April 8.

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).

Personal: Born November 12, 2000...Majoring in General Studies.



REDHAWK TRACK & FIELD

Adairion JACKSON

Jumps // Fr. // Edwardsville, Ill. // Edwardsville H.S.

Prep: Member of the football and track & field teams at Edwardsville High School...Jumped 7.25 meters for the school record and first-place showing at the SWC meet...Later participated in the long jump at the IHSA Class 3A State Championships...Had five first-place

finishes as a senior...Also competed in the 100m dash, 200m dash and 800m relay.

Personal: Born August 16, 2004... Son of Devonnie Robinson and Ashley Jackson...Majoring in Psychology.



REDHAWK TRACK & FIELD

Christopher JOHNSON

Sprints/Jumps // Fr. // Frisco, Texas // Liberty H.S.

Prep: Competed in sprints and jumps at Liberty High School...Picked up three first-place finishes in sprints and another two in jumps as a senior...State Champion 5A in the long jump with a personal record 24' 4.5"...Won the 100m at the North Mesquite Norris/Robertson Relays...Took first in the 200m at Colony Cougar Invitational...Also won the 4x100 relay in that meet.

Personal: Born November 13, 2003... Son of Wayne Johnson and Jinel Rachel...Majoring in Corporate Communication.



REDHAWK TRACK & FIELD

Josh KILE

Throws // Sr. // Perryville, Mo. // Perryville H.S. // Lindenwood-Belleville

2022 Outdoor: Competed in eight meets...Had one top five finish...Set a PR earning seventh in the javelin with a throw of 171' 3" (52.19m) at the Jaguar Open...Placed fifth in the javelin with a mark of 162' 8" (49.58m) at the Redbird Challenge...Registered a sixth-place finish in the javelin (158' 2") (48.22m) at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: Did not compete.

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 Kenneth Kile and Lori Swift...Majoring in Pre-Physical Therapy.



REDHAWK TRACK & FIELD

Josiah KILGORE

Javelin // So. // Poplar Bluff, Mo. // Poplar Bluff H.S.

2022 Outdoor: Competed in one meet...Placed third in the javelin with a throw of 210' 8" (64.22m) at the Joey Haines Invite.

2022 Indoor: Did not compete.

2021 Outdoor: Competed in ten 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).

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.

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



2023 SOUTHEAST MISSOURI TRACK & FIELD MEN'S PROFILES



REDHAWK TRACK & FIELD

Tanner KOONTZ

Pole Vault // Fr. // Mt. Vernon, Ill. // Mt. Vernon H.S.

Prep: Illinois High School Athletic Association Class 2A Sectional Champion in the pole vault at Mt. Vernon High School...Won his sectional title with a vault of 15' 0"...Had a total of six first-place finishes his senior year...Posted a personal record of 15' 3.75" at the Collinsville Boys Invitational.

Personal: Born April 28, 2004...Son of Vic and Tammy Koontz...Majoring in Business Administration.



REDHAWK TRACK & FIELD

Noah LITTLE

Distance // So. // Washington, Mo. // Washington H.S.

2022 Outdoor: Appeared in six meets...Finished third in the 1,500 meters (3:59.87) and completed the 4x400 meter relay in 3:34.42 (eighth) at the Joey Haines (4/1-2)...Registered a 1,500 meter time of 3:59.47 (eighth) and added a 800 meter mark of 2:01.86 (11th) at the Memphis Tiger Invitational (4/29-30)...Completed the 1,500

meters in 4:01.39 (ninth) at the Ohio Valley Conference Outdoor Championships (2/23-24) after setting a personal best 3:57.14 during the preliminaries.

2022 Indoor: Ran in five meets...Had six top-five finishes...Opened the indoor season finishing second in the 3,000 meters (9:08.88) and

third in the mile (4:27.00) at the Redhawks Invite (1/15)...Posted a PR time of 8:48.89 for fourth in the 3,000 meters at the John Gartland Invitational (1/21-22)...Took second in the DMR in 10:30.39 and finished the mile in 4:23.17 (11th) at the Hoosier Hills (2/11)...Secured Bronze in the DMR at the 2022 OVC Indoor Track & Field Championships (2/23-24) in 10:13.62...Also was sixth in the mile in a personal best 4:15.20 to add to the Redhawks total...Completed the 3,000 meters in 8:51.11.

2021 Cross Country: Competed in two events in the Fall of 2021...Took 30th place at the Golden Eagle Invitational finishing the 8K in 28:08.6...At the OVC Championships placed 53rd in the men's 8K with a final time of 27:31.0.

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.



REDHAWK TRACK & FIELD
Quinton MAXWELL

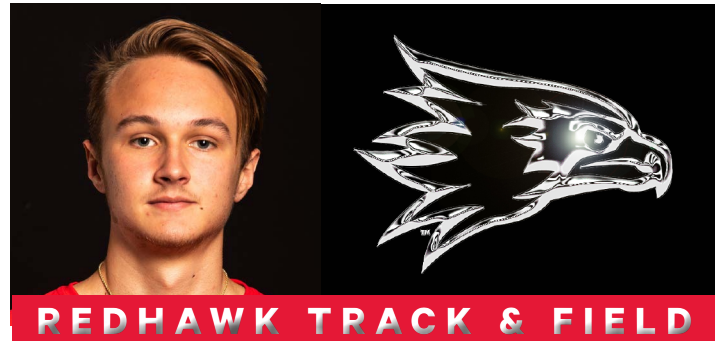
Throws // Fr. // Show Low, Ariz. // Show Low H.S.

Prep: Registered 13 first-place finishes in the shot put and 12 first-place showings in the discus as a senior at Show Low High School...Won the AIA D3 State Championship titles in both the shot put and discus...Had a personal record 178' 3" in the discus at the Show Low Cougar Invitational...His personal record of 63' 0" in the shot put came at the AIA D3 State Track & Field Championships...Competed

unattached at the Arizona USATF Phoenix Invitational where he finished first in the shot put with a throw of 55' 11.75"...Also competed unattached at the Great Southwest Classic, finishing third in the shot put with a 59' 9.25" mark.

Personal: Born August 31, 2003...Son of Monte and Tasha Maxwell...Majoring in Construction.

SEMO
TRACK & FIELD



REDHAWK TRACK & FIELD
Jacob MILLER

Sprints/Jumps // Fr. // St. Louis, Mo. // Maplewood Richmond Heights H.S.

Prep: Ran the 100m, 200m and 4x200 relay events, and competed in the long jump and triple jump at Maplewood Richmond Heights High School...Finished first in the triple jump at the SCAA Conference Meet and placed sixth in the MSHSAA Class 3 District...Class 3 State Champion in the long jump with a personal record of 22' 7.25"...Was

also the Class 3 District Champion in the long jump...Was part of the MSHSAA Class 3 Sectional 4x200 relay team and won the SCAA Conference Meet in the 200m.

Personal: Born March 31, 2004...Son of Joe and Laura Miller...Majoring in Exercise Science.



REDHAWK TRACK & FIELD
Aaron MODROW

Distance // Jr. // Junction City, Kan. // Chapman H.S.

2022 Outdoor: Appeared in six meets...Finished fourth in the 5,000 meters in 15:47.93 at the Joey Haines Invite (4/1-2)...Completed the 4x400 meter relay in 3:41.07 (11th) during that meet...Took third in the 5,000 meters (15:21.54) at the Redbird Challenge (4/15-16)...Completed the 10,000 meters in

33:10.99 (11th) at the Ohio Valley Conference Outdoor Championships (2/23-24)...Also finished the 5,000 meters in 15:30.02 (15th).

2022 Indoor: Ran in five meets...Took ninth in the mile in 4:47.39 at the Redhawks Invite (1/15)...Ran the 5,000 meters in 15:24.67 (17th) at



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES

the Indiana Relays (1/28-29)...Set a PR in the 3,000 meters of 8:35.21 for seventh at the Hoosier Hills (2/11)... Completed the 3,000 meters with a time of 8:52.88 (13th) and the 5,000 meters in 15:34.16 (13th) at the OVC Indoor Championships (2/23-24).

2021 Cross Country: Competed in six events in the Fall of 2021... Finished fourth overall at the Soybean Invitational 4M with a personal-best time of 19:53.5...Set a new personal best in the men's 8K at the Louisville Classic, finishing in 25:22.0 for 20th place...At the Ohio Valley Championship 8K finished the race in 26:46.5 (40th).

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).

2020-21 Cross Country: Ran in three meets...Finished in the SEMO top-five three times...Posted a career-best 8K time of 25:58.4 (15th) at the Eastern Illinois Spring Open (2/6)...Finished eighth overall

at the Tennessee Tech Golden Eagle Invitational (2/19) 4.5 mile race in a personal-best 23:37.2... Crossed the finish line in the 8K in 29:53.4 (40th) at the 2020-21 OVC Cross Country Championship (3/1).

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... Son of Lisa Modrow...Majoring in Tech Management: Construction Management/Design.



Connor MOORE

Sprints // Fr. // Cape Girardeau, Mo. // Central H.S.

Prep: Attended Cape Central High School...Ran a career-best 50.03 in the 400m dash at the SEMO Conference Meet and was on pace to possibly win a state championship in the event before a hamstring injury sidelined him at the Class 4 District 1 meet...

Competed in the 4x200m relay at the MSHSAA Class 4 State Championships.

Personal: Born July 7, 2004...Son of Philip and Suzane Moore...Majoring in Cybersecurity.



Brenden PARHAM

Sprints // Jr. // Gibbstown, N.J. // Paulsboro H.S. // Lindsey Wilson College

Lindsey Wilson College: Competed two years at Lindsey Wilson College...Posted six first-place finishes...Won the 100m (11.53) and long jump (21' 10.75") at the Campbellsville University Last Chance meet...Claimed the 4x200 and 4.400 titles at the Anderson Indoor Invite...Personal bests were 7.28 in the 60m, 11.36 in the 100m, 22.31 in the 200m, 49.73 in the

400m, 1:32.19 in the 600 and 21' 10.75" in the long jump.

Prep: Attended Paulsboro High School.

Personal: Born September 27, 2001...Son of Darnell and Peachie Parham...Majoring in Health Management.

points while setting a new personal best in the 100 meter (11.204m)... Reached two more PRs in the long jump 22' 11.75" (7.00m) and triple jump 46' 2" (14.07m) while placing fifth in both of those events at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: Participated in eight meets...Placed among the top five a total of 11 times...Set a PR in the 55 meter hurdles with a time of 6.81 and won the 4x400 meter (3:34.72) at the Redhawks Invite... Finished third in the 4x400 with a time of 3:25.76 at the John Gartland Invitational...At the Indiana Relays, set a new personal best in the heptathlon scoring 4,747 points to get fourth...Set two more PRs in the heptathlon high jump at 6' 0.75" (1.85m) and in the heptathlon 1000 meter with a time of 3:00.76 in that meet...Took fourth in the 55 meter hurdles (8.21) in the preliminaries which was a new personal best and second in the pole vault with a vault of 14' 1.25" (4.30m) at the Redhawks Open...At the OVC Indoor Championships, placed second in the heptathlon with a total score of 4,738 points while also setting four PRs in the heptathlon 60 meter (7.27), heptathlon shot put (33' 5.25") (10.19m), heptathlon 60 meter hurdles (8.66), and heptathlon pole vault (14' 9") (4.50m).

(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.



Isaac READNOUR

Multi-Events // Jr. // Festus, Mo. // Hillsboro H.S.

2022 Outdoor: Competed in seven meets...Had five top five finishes... Set a PR in the 110 meter Hurdles with a time of 15.81 at the Ole Miss Invitational...Set another personal best in the javelin at the Joey Haines Invite with a throw of 150' 0" (45.71m) earning 13th...In the decathlon, set a PR with a score

of 6,224 total points while also setting a PR in the decathlon 1500 meter (5:00.22) at the Tennessee Relays...Finished second in the 4x100 (43.15) and set a PR in the discus throw with a throw of 108' 8" (33.13m) at the Memphis Tiger Invitational...Placed second in the decathlon with a total score of 6,199

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

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

Personal: Born November 20, 2000...Son of Scott and Annette Readnour...Majoring in Chemistry Education.



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES



REDHAWK TRACK & FIELD

Byron **SOWERBY**

Distance // Jr. // Preston, England // Runshaw College

2022 Outdoor:

Ran in six meets... Posted a personal best 6:11.46 (eighth) in the 2,000 meter steeplechase at the Ole Miss Classic (3/25-26)...Notched a PR in the 800 meters of 1:56.24 (12th) at the Joey Haines Invite (4/1-2)...Completed the 3,000 meter steeplechase in a career best 9:29.13 (13th) at the Indiana Invitational (4/22-23)...Was sixth in the 1,500 meters (3:58.73) and fifth in the 4x400 meter relay (3:32.49) at the Memphis Tiger Invitational (4/29-30)...Finished third in the prelims for the 1,500 meters in 3:57.22 during the Ohio Valley Conference Outdoor Championships (2/23-24).

2022 Indoor:

Saw action in six meets...Had six top-five finishes... Won the DMR (11:11.55) and was third in the mile (4:31.59) at the John Gartland Invitational (1/21-22)...Took first in the mile in 4:22.34 at the Redhawks Open (2/18)... Captured Silver in the mile and Bronze in the DMR at the OVC Indoor Championships (2/23-24)... Clocked a personal best mile time of 4:11.73 for Silver...Secured Bronze in the DMR in 10:13.62.

2021 Cross Country: Competed in five meets in the Fall of 2021...Set a new personal best at the Soybean

Invitational in the 4M (20:49.6) finishing in 20th place...At the ISU Redbird Invitational, ran the 8K in 26:08.8 for a personal best, finishing in 61st...At the OVC Championship completed the 8K race in 26:55.1 (44th)...Set a new personal best in the men's 10K at the NCAA Division I Midwest Region Cross Country Championships, finishing in 33:46.5 (263rd).

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 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...Majoring in Mathematics.





Justin SPLITT

Distance // Jr. // Lakemoor, Ill. // Grant Community H.S.

2022 Outdoor: Participated in six meets...Registered eight top-five finishes...Completed the 800 meters in 1:55.05 (ninth) and finished the 4x400 meter relay in 3:21.35 for fourth at the Joey Haines Invite (4/1-2) in 4:44.24...Placed fourth in both the 800 meters (1:58.25) and 1,500 meters (3:58.07) at the Memphis Tiger Invitational (4/29-30)...Was fifth in the 4x400 meter relay (3:32.49)...Finished fourth in both the 800 meters (1:54.31) and 1,500 meters (3:56.30, PR) at the Ohio Valley Conference Outdoor Championships (2/23-24) to score for the Redhawks...Set a PR in the 800 meters of 1:53.13 during the preliminaries.

2022 Indoor: Ran in five meets...Had eight top-five finishes...Finished second in both the mile (4:26.29) and 4x400 meter relay (3:35.37) at the Redhawks Invite (1/15)...Was also fourth in the 800 meters in 2:00.09...Won the DMR in 11:11.55 at the John Gartland Invitational (1/21-22)...Took fourth in the DMR in 10:24.54 at the Indiana Relays (1/28-29)...Captured fourth in the mile in a personal best 4:12.63 at the OVC Indoor Championships (2/23-24)...Placed sixth in the 800 meters in 1:55.07 to add to the Redhawks team total.

2021 Cross Country: Competed in six meets in the Fall of 2021...Set a personal best at the Soybean Invitational in the men's 4M, finishing in 20:47.6 (19th)...Completed the men's 8K in 25:55.3 (62nd) at the Louisville Classic, setting a new personal best...Competed at the ISU Redbird Invitational (25:57.8, 50th), the Golden Eagle Invitational (26:28.4, 13th), and the OVC Championship (27:08.2, 48th)...Set a personal best in the men's 10K at the NCAA Division I Midwest Region Cross Country Championships finishing in a final time of 36:55.9 (197th).

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 December 28, 2001...Son of Kristin and Randy Splitt...Father, Randy Splitt, played collegiate baseball at Northeastern Illinois University...Majoring in Construction Management and Design.



Marshall SWADLEY

Throws // So. // Willard, Mo. // Willard H.S.

2022 Outdoor: Saw action in 10 meets...Had 10 top five finishes and three top three finishes...Placed third in the shot put at 55' 11.75" (17.06m) which was a new personal best during the Joey Haines Invite...

Set another PR in the hammer throw earning a third-place finish while throwing for 192' 2" (58.57m) at the Wichita State Shocker Open...Placed fourth in the shot put (54' 1.75") (16.50m), third in the hammer



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S PROFILES

throw (189' 5") (57.73m) and set a new PR in the discus to garner sixth at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: OVC Freshman of the Year...Competed in eight meets... Had nine top five finishes and seven top three showings...Opened the season with a third-place finish at the Fred Wilt Invitational in the shot put (52' 8.75") (16.07m)...Finished first in the Shot Put with a throw of 53' 2.75" (16.22m) and third in the weight throw with a mark of 56' 10" (17.32m) at the Redhawks Invite...At the Don DeNoon Invite, registered second in the shot put with a throw of 53' 9.25" (16.39m)...Set a PR in

the weight throw with a throw of 60' 0.25" (18.29m) at the Redhawks Open which earned him a seventh-place finish...Finished first in the shot put (53' 11.25") (16.44m) and second in the weight throw with a throw of (59' 10.5") (18.25m) at the OVC Indoor Championships.

Prep: Attended Willard High School.

Personal: Born April 21, 2003... Son of Adam and Amanda Swadley...Majoring in Hospitality Management.



Brock WOOD

Jumps // Jr. // Clarence, Mo. // South Shelby H.S.

2022 Outdoor: Competed in seven meets...Had nine top five finishes and three top three finishes...Finished second in the sprint medley relay with a time of 3:39.35 at the Tennessee Relays... At the Memphis Tiger Invitational, registered second in the 4x100 with a time of 43.15...Set a PR in the 110 meter hurdles with a time of 15.17 (10th), finished second in the 400 meter hurdles (53.53), fifth in the 4x100 with a time of 42.77, seventh in the long jump with a mark of 22' 3.5" (6.79m), and 12th in the 100 meter with a time of 11.04 at the Ohio Valley Conference Outdoor Championships.

the 60 meter hurdles with a time of 8.38 (5th), finished second in the 60 meter hurdles with a time of 8.46 and fourth in the 200 meter hurdles with a time of 22.22 at the OVC Championships.

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.

2022 Indoor: Participated in eight meets...Had 16 top five finishes and five top three finishes...Opened the season setting a PR in the 60 meter with a time of 7.09 (5th) and finished third in the 4x400 (3:29.22) at the Fred Wilt Invitational... Finished second in the 55 meter (6.68) at the Redhawks Invite... At the John Gartland Invitational, set a new personal best in the 600 meter with a time of 1:32.71 (5th)... Finished third in the 55 meter with a time of 6.71 and second in the long jump 22' 2.25" (6.76m) at the Redhawks Open...Set another PR in

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



Michael WEAVER

Sprints // Sr. // Madison, Ala. // Meridian CC

Meridian CC: Ran two years at Meridian Community College... Was part of the 4x800 team that finished first at the NJCAA Championships...Took second in the 800m at the Carey Last Chance meet.

Prep: Attended Madison High School.

Personal: Born June 6, 1999...Son of James and Sheila Weaver...Majoring in Economics.



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.

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)... 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)... 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 March 25, 2001... Son of Brent Wood and Rachelle Hunter... Majoring in Finance.



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES



REDHAWK TRACK & FIELD

Megan AUBUCHON

Hurdles // So. // Ste. Genevieve, Mo. // Ste. Genevieve H.S. // Central Methodist

Central Methodist: Participated in the hurdles and high jump as a freshman at Central Methodist... Placed 15th in the 100 hurdles at the NAIA Outdoor Championships... Finished second in that event with a time of 14.70 at the Heart of American Athletic Conference Championships... Won the 60m hurdles with a 9.16 time at the Bearcat Invitational.

Prep: Competed in the 100m hurdles, 300m hurdles, 4x400, high jump and triple jump at Ste. Genevieve High School... School record holder in the 100m hurdles with a time of 14.9 seconds... Also played basketball.

Personal: Born June 6, 2003... Daughter of Barb Aubuchon... Majoring in Physical Education.



REDHAWK TRACK & FIELD

Clara BILLING

Pole Vault/Hurdles // Fr. // Rudbecksskolan, Stockholm, Sweden

Prep: Is from Rudbecksskolan, Stockholm, Sweden.

Personal: Born November 19, 2002... Daughter of Ola and Anita Billing... Majoring in Environmental Science.



REDHAWK TRACK & FIELD

Sandrea COGIO

Sprints // Jr. // St. Louis, Mo. // Gateway STEM

2022 Outdoor: Ran in six meets... Had four top ten finishes... Finished ninth in her opening race in the 100 meter (12.77) at the Rhodes College Track & Field Invitational... Recorded a 12.44 time (10th) in the 100 meter at the Ole Miss Classic (3/25-26)... Finished 20th at the Ohio Valley Conference Championships in the 200 meter time of 27.10.

2022 Indoor: Ran in seven meets... Began the season with a first place finish in the 200 meter with a 27.24 time (12/4)... Finished second at the Redhawks invite with a 27.94 in the 200 meter and third in the 55 meter (7.43)... Posted a PR in the 60 meter time of 7.81 (5th) at the Don DeNoon Invite... Finished 11th in the 60 meter time of 7.89 and 19th in the 200 meter time of 26.45 at the 2022 OVC Indoor Track & Field Championships

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).

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).

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

2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES



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 Corporate Communications at SEMO.

Championships, she finished fourth in weight throw, throwing 18.13m 59' 5.75" and sixth in shot put, throwing 13.07m 42' 10.75".

USC Upstate: Competed in the shot put, discus, weight throw, hammer throw and javelin at USC Upstate... Finished second in the hammer at the Hub-City Invitational...Placed second in the shot put at the Buccaneer Invitational.

Kaskaskia College: Played volleyball for two years at Kaskaskia College.

Prep: Attended Mater Dei Catholic High School.

Personal: Born December 31, 1998...Daughter of Dave and Irma Deimeke...Majoring in General Studies.



REDHAWK TRACK & FIELD
Megan **DEIMEKE**

Throws // Gr. // Aviston, Ill. // Mater Dei Catholic H.S. // USC Upstate

2022 Outdoor: Competed in nine meets...Finished among the top 10 a total of 13 times.. Had three top five finishes...Started the season at the Jaguar Opener with three top ten finishes, including sixth in shot put (12.85m 42' 2") third in hammer throw (43.00m 141' 1") and a PR in discus throwing 141'1" (38.91m) (5th)...Threw 48.72m 159' 10" (7th) in the hammer at the Redbird Challenge (4/15-16)...Notched a PR in hammer, throwing 54.27m 178' 1" (5th) and finished 12th in shot put and discus (11.47m 37' 7.75")

(36.54m 119' 10") at the Ohio Valley Conference Championships.

2022 Indoor: Appeared in eight meets...Posted a PR in shot put 13.37m 43' 10.5" (2nd) and took second in weight throw (17.54m 57' 6.5")...Registered six top five finishes and four second-place finishes...At the Redhawks Invite, placed second in both shot put and weight throw (13.10m 42' 11.75") (17.78m 58' 4")...At the Redhawks Open (2/18), she chalked up a PR in weight throw, throwing 18.13m 59' 5.75" (4th)...At the OVC Indoor



REDHAWK TRACK & FIELD
Lexie **DOCKSTADER**

Distance // Fr. // Olathe, Kan. // Olathe North H.S.

Prep: Ran in the state meet all four years at Olathe North High School... Completed in both cross country and track & field...

Personal: Born May 14, 2004... Daughter of Matt and Natasha Dockstader...Majoring in Nursing.



REDHAWK TRACK & FIELD
Sophie **DURIS**

Jumps // So. // Windsor, Mo. // Windsor H.S.

2022 Outdoor: Jumped in six meets...Finished among the top 10 three times...Recorded a PR in

the high jump at the 2022 Joey Haines Invite jumping 1.65m 5' 5" (6th)...Finished fifth at the Redbird



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES

Challenge (4/15-16) with a 1.50m 4' 11" mark...Jumped 1.55m 5' 1" for a second-place showing at the Memphis Tiger Invitational.

2022 Indoor: Jumped at seven meets...Finished top 10 in all but one meet...At the 2022 Redhawks Invite finished first in the high jump, jumping for 1.57m 5' 1.75"...Attained a second place finish jumping 1.50m 4' 11 at the Redhawks

Open... Jumped 1.53m 5' 0.25" (9th) at the OVC Indoor Track & Field Championships.

Prep: Attended Windsor High School.

Personal: Born April 3, 2003... Daughter of Daughter of Mike and Patti Dubis...Majoring in Mass Communications.

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.

Personal: Born February 17, 1999... Majoring in Interior Design.



REDHAWK TRACK & FIELD
Leanza **DWAH**

Sprints // Jr. // London, England // La Sainte Union H.S.

2022 Outdoor: Ran in seven meets...Posted four top five finishes...Began the season placing eighth in 100 meter (12.60) at the Rhodes College Track & Field Invitational...Posted a time of 47.05 (2nd) at the Joey Haines Invite in the 4x100...Had top 10 times on three occasions at the Memphis Tiger Invitational, placing eighth in the 100 meter (12.55), eighth in the 200 meter (26.04) and first in the 4x100 (47.09)...Secured a PR in the 100 meter with a time of 12.52 (16th), and ran the 200 meter in 26.19 (17th), while also placing third in the 4x100 running 46.33 at the OVC Outdoor Championships.

2022 Indoor: Ran in two meets...Opened the season running a 8.00 60 meter (9th)...Notched a PR in the 55 meter with a time of 7.36 (3rd)

and finished fourth the next 55 meter running 7.47 at the Redhawks Invite.

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.

2021 Outdoor: Did not compete.

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



REDHAWK TRACK & FIELD
Lilly **EARLEY**

Distance // Fr. // Farmington, Mo. // Farmington H.S.

Prep: Seven-time state track medalist at Farmington High School...Helped the Knights capture second-place at the Class 4 State Cross Country Meet...Became a two-time state medalist on the 4x800 and 4x400 track relay teams...Claimed three district titles

in the individual 400 and 800 events, along with the 4x800.

Personal: Born July 24, 2004... Daughter of Shane and Brittany Earley...Majoring in Nursing.



REDHAWK TRACK & FIELD
Hannah **EASTMAN**

Distance // Jr. // Belleville, Ill. // Belleville East H.S.

2022 Outdoor: Ran in six meets...Notched four top-five finishes...Posted a PR 800 meters time of 2:25.47 (18th) and concluded the

1,500 meters in 4:50.53 (17th) at the Ole Miss Classic (3/25-26)...Finished second in the 1,500 meters at the Joey Haines (4/1-2) in 4:44.24...

2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES



Set a new SEMO 4x800 meter relay program record of 9:02.86 at the Tennessee Relays (4/7-9)... Completed the 5,000 meters in a personal best 17:18.21 (23rd) at the Indiana Invitational (4/22-23)... Took fifth in the 1,500 meters at the Ohio Valley Conference Outdoor Championships (5/11-13) in a personal best 4:39.81... Was also seventh in the 5,000 meters in 17:44.83 and scored for the Redhawks in both events.

2022 Indoor: Ran in five meets... Had seven top-five finishes... Finished second three times... Began the season with a second-place finish in the mile (5:21.88) and fourth in the 3,000 meters (11:06.64) at the Redhawks Invite (1/15)... Set a PR in the mile, finishing in 5:01.59 for sixth at the Hoosier Hills (2/11)... Also was second in the DMR (13:01.05)... Earned Bronze in the DMR at the OVC Indoor Championships (2/23-24) in 12:07.00... Took fourth in the mile (5:02.78) and completed the 3,000 meters in 10:31.03 (12th).

2021 Cross Country: Did not compete in the Fall of 2021.

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).

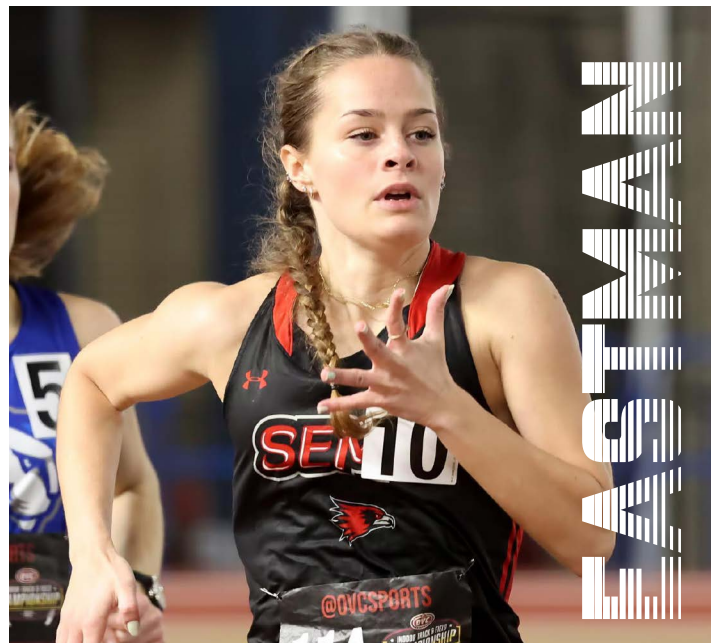
2020 Indoor: Ran in seven meets... Had five top-five finishes... Made her Redhawks debut at the SEMO vs. SIUE Dual Meet (12/6/19), competing in the mile and 3,000 meters (11:44.79, fourth)... Finished runner-up in the mile in a personal-best 5:22.92... Was a member of the second place 4x800 meters relay 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)... Completed 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... Completed 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 at SEMO. individual 400 and 800 events, along with the 4x800.

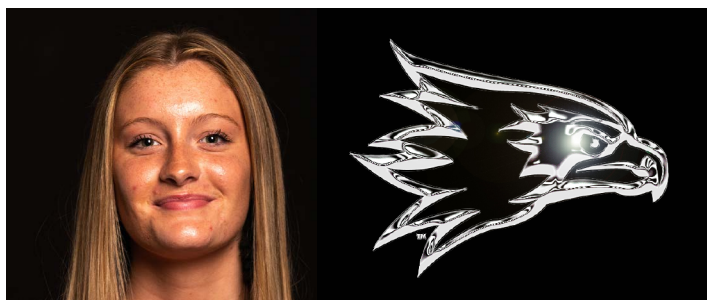


SEMO
TRACK & FIELD



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES



REDHAWK TRACK & FIELD

Marysa FLIEG

Throws // So. // Ste. Genevieve, Mo. // Ste. Genevieve H.S.

2022 Outdoor: Ohio Valley Conference Freshman of the Year and javelin champion...Threw at 10 meets...Posted nine top three finishes and placed first four times...Opened the season with a first-place finish, throwing the javelin 146' 3" (44.58m) at the Jaguars Open...Notched a PR in the javelin throw at the Joey Haines Invite, throwing 161' 4" (49.18m) (2nd)...Was first in the javelin in back to back meets, throwing 156' 11" (47.83m) and 155' 3" (47.33m) at the Tennessee Relays (4/7-9), and Redbird Challenge (4/15-16), respectively...Finished second at the Memphis Tiger Invitational,

throwing 151' 8" (46.23m)...Recorded another first-place throw at the Ohio Valley Conference Outdoor Track & Field Championships, throwing 148' 4" (45.22m) securing her spot at the NCAA Preliminaries...Threw 144' 7" (44.07m) (33rd) at the NCAA West Preliminary Round...Four-time OVC Freshman of the Week.

2022 Indoor: Did not Compete.

Prep: Attended Ste. Genevieve High School.

Personal: Born January 21, 2003...Daughter of Jason and Julie Flieg...Exploratory major.



REDHAWK TRACK & FIELD

Layla FLIEGE

Distance // Fr. // Jackson, Mo. // Jackson H.S.

Prep: Star runner at nearby Jackson High School...Won the 800m five times, the 1600m twice, the 3200m two times and the 4x800 relay twice her senior year...Finished ninth at the MSHSAA Class 5 State Championships with a personal record 2:17.78 in the 800m...Placed 10th at state in the

1600m with a personal best time of 5:12.80...Also finished 11th in the 3200m at the State Championships.

Personal: Born September 8, 2003...Daughter of Paul Fliege and Cecily Masters...Majoring in Biochemistry.



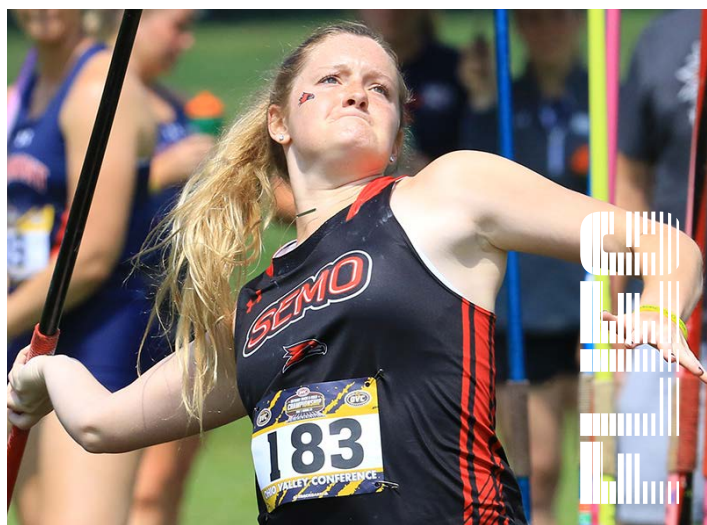
REDHAWK TRACK & FIELD

Taylor FOX

Distance // Jr. // Mt. Zion, Ill. // Mt. Zion H.S.

2022 Outdoor: Ohio Valley Conference 1500m Champion...Competed in six meets...Had seven top-five finishes...Set a new SEMO 4x800 meter relay program record of 9:02.86 at the Tennessee Relays (4/7-9)...Posted a PR 1,500 meters time of 4:29.73 (23rd) at the Indiana Invitational (4/22-23)...Also added an 800 meters mark of 2:11.82 (15th)...Took third in the

800 meters in 2:20.89 and was fourth in the 4x400 meter relay (4:02.40) at the Memphis Tiger Invitational (4/29-30)...Captured Gold in the 1,500 meters at the Ohio Valley Conference Outdoor Championships (5/11-13) in 4:34.55 after qualifying first overall...Finished fifth in the 800 meters in 2:13.75 following the second-fastest qualifying time (2:11.70, PR).





2022 Indoor: Ran in five meets... Had six top-five finishes...Opened the season with a third-place showing in the 800 meters (2:24.12), fourth in the mile (5:23.61) and second in the 4x400 meter relay (4:21.68) at the Redhawks Invite (1/15)...Won the DMR in 12:56.95 at the John Gartland Invitational (1/21-22)...Was also fifth in the mile (5:14.04)...Set a personal best mile time of 5:03.07 (22nd) at the Indiana University Relays (1/28-29)...Earned Bronze in the DMR at the OVC Indoor Championships (2/23-24) in 12:07.00...Took sixth in the mile in 5:15.75.

2021 Cross Country: Competed in six meets in the Fall of 2021... Set a personal best at the Soybean Invitational in the 3M finishing in 20:05.4 (30th)...Set a personal best at the Louisville Classic in the women's 5K with a 19:40.2 finish (80th)...At the NCAA Division I Midwest Region Cross Country Championships set a personal best in the women's 6K finishing in 23:34.9.

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.



Daja GORDON

Sprints // Gr. // Dallas, Texas // Hampton Preparatory // Texas Tech

2022 Outdoor: Ran in seven meets...Opened the season with a PR in the 200 meter, running 25.33 (5th) at the Rhodes College Invitational...Notched five top five finishes...At the 2022 Joey Haines Invite, she placed second in the 4x100 with a time of 47.05... Finished first in the 4x100 (47.09) at the Memphis Tiger Invitational... Posted three top ten finishes at the Ohio Valley Conference Outdoor Championships, placing third in the 4x100 (46.33), eighth in the 100 meter (12.13), and notched a PR 12.05 (6th) in the second 100 meter sprint.

2022 Indoor: Ran in seven meets... Recorded four top ten finishes... Ran a 7.63 (9th) 55 meter at the Redhawks Invite...Placed seventh and 14th at the John Gartland Invitational (1/21-22), running 4:41.36 in the 4x400 and 27.43 in the 200 meter...At the 2022 Redhawks Open, she placed second (7.40) in the 55 meter and notched a PR in the second 55 meter, running it in 7.34 seconds (1st)... Recorded another PR at the OVC Indoor Championships running the 60 meter in 7.99 (17th).



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES

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...Ran 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...Majoring in Higher Education Administration and Trauma/Resiliency Studies.

the 1,500 meters (4:48.58)...Secured Bronze in the 1,500 meters with a personal-best time of 4:36.41 at the Ohio Valley Conference Outdoor Championships (5/11-13)...Ran the 5,000 meters in 18:46.84 (14th).

2022 Indoor: Appeared in five meets...Posted seven top-five finishes...Named OVC Female Freshman of the Week once...Opened the campaign with a pair of second-place finishes in the 800 meters (2:22.97) and 4x400 meters (4:21.68) to go with third in the mile (5:22.46) at the Redhawks Invite (1/15)...Completed the 3,000 meters in a PR time of 10:28.91 for third at the John Gartland Invitational (1/21-22)...Finished the mile in 5:08.03 (ninth) at the 2022 Hoosier Hills (2/11)...Placed second in the DMR (13:01.05)...Took fifth in the mile at the OVC Indoor Championships (2/23-24) in 5:03.98...Placed eighth in the 800 meters with a 2:20.43.

2021 Cross Country: Competed in six meets in the Fall of 2021...Set a personal best and finished seventh at the Soybean Invitational (18:03.9) in the 3M...Set another personal best at the Louisville Classic in the 5K, finishing in 18:46.5 (16th)...In the 6K at the NCAA Division I Midwest Region Cross Country Championships set a personal best, finishing in 22:54.8 (144th).

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.

Personal: Born October 10, 2002...Daughter of Michael and Missy Gray...Majoring in Nutrition.



REDHAWK TRACK & FIELD

Madelyn GRAY

Distance // So. // St. Peters, Mo. // Fort Zumwalt South H.S.

2022 Outdoor: Ran in six meets...Posted eight top-five finishes...Opened the outdoor season with a personal-best 2,000 meter steeplechase of 7:43.46 (eighth) at the Ole Miss Classic (3/25-26)...Took third in the 1,500 meters in 4:46.59 at the Joey Haines (4/1-2)...Set a new SEMO 4x800 meter relay program record of 9:02.86

at the Tennessee Relays (4/7-9)...Completed the 1,500 meters in 4:50.50 (36th)...Was clocked at a PR time of 12:03.91 (10th) in the 3,000 meter steeplechase at the Indiana Invitational (4/22-23)...Finished second in the 800 meters at the Memphis Tiger Invitational (4/29-30) in 2:18.16...Also was fourth in the 4x400 meters (4:02.40) and fifth in





REDHAWK TRACK & FIELD

Taylor GUDDE

Distance // Jr. // Sedalia, Mo. // Cole Camp R-1 H.S.

2022 Outdoor: Did not compete.**2022 Indoor:** Did not compete.**2021 Cross Country:** Did not compete in Fall 2021.

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).

2021 Indoor: Ran in three meets...Opened the season with a time of 2:23.70 for fourth in the 800 meters at the Sycamore Team Challenge (1/30)...Finished as the runner-up in the 800 meters at the Redhawks Invite (2/5) in 2:32.39...Also was a member of the 4x400 meters that finished first in 4:19.85...Took third in the 800 meters at the Redhawks Open (2/20) in 2:24.99.

2020-21 Cross Country: Did not compete.

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 Agribusiness: Animal Science.



REDHAWK TRACK & FIELD

Laila HARDIN

Sprints // So. // Memphis, Tenn. // Kirby H.S. // Lindsey Wilson College

2022 Outdoor: Ohio Valley Conference Champion in the 400m hurdles...Ran in seven meets...Started the season with a first-place finish in the 400 meter hurdles (1:03.56) at the Rhodes College Invitational...Finished the season with seven top five finishes...Notched a PR by running a 2:26.04 in the 800m (20th) at the Ole Miss Classic...At

the Tennessee Relays, she ran the 400m hurdles in 1:05.18 (5th)...At the Ohio Valley Conference Outdoor Championships, she placed sixth in the 4x400m (3:51.22), first with a PR (1:01.70) in the 400m hurdles and seventh with another PR (57.23) in the 400m.

2022 Indoor: Ran in three meets...Posted seven top ten



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES

performances...Began the season at the Indiana Relays and placed seventh in the 400m (1:01.14)... Finished third in the 4x400 with a time of 3:55.93 at the Hoosier Hills meet...Finished sixth and ninth in the 4x400m (3:53.27) and the 400m (58.52)...Recorded a PR in the 200m, running 26.08 (18th) at the OVC Indoor Championships.

Lindsey Wilson College: Went to Lindsey Wilson College in 2020-21.

Prep: Attended Kirby High School.

Personal: Born July 25, 2002... Daughter of Laterrica and Wanetas Pegues...Majoring in Physical Education.



Bailee HUX

Throws // Fr. // Essex, Mo. // Richland H.S.

Prep: State Champion in the shot put and discus at Richland High School...Won the shot put and discus in every meet she competed in as a senior...Recorded a personal record throw of 41' 1.75" in the shot put at the MSHSAA Class 1 State Championships...Posted a personal best throw of 128' 6.25" in the

discus at the Malden High School Invitational.

Personal: Born January 19, 2004... Daughter of Kyle Hux and Nichele McClung...Majoring in Health Sciences.



Kendall HOLWEG

Sprints/Jumps // Fr. // Delta, Mo. // Delta H.S.

2022 Outdoor: Attended Delta High School...Won the 100m in seven meets...Posted nine first-place finishes in the 200m...Won the high jump on three occasions and the long jump four times...Claimed the MSHSAA Class 1 state title in the 300m hurdles, 200m and 100m events...Her 12.54 in the 100m was a personal record...Four-sport athlete (cross country, basketball, softball,

track & field) who earned several All-Conference and All-District honors.

Personal: Born November 12, 2003... Daughter of Jason and Natasha Holweg...Majoring in English Education.



Jaden KIGHT

Javelin // Jr. // Whitewater, Mo. // Cape Central H.S.

2022 Outdoor: Competed in nine meets...Tallied seven top five finishes...Began the season with a second-place finish at the Jaguar Opener where she threw the javelin 141' 9" (43.20m)...Finished the Rhodes College Invitational with a throw for 140' 1" (42.70m) (1st)... Placed fifth, fourth, and third in back to back to back weekends,

throwing for 141' 2" (43.04m) at the Joey Haines Invite, 134' 4" (40.94m) at the Tennessee Relays meet and 133' 9" (40.77m) at the Redbird Challenge...Notched a PR in the javelin at the Indiana Invitational, throwing 147' 5" (44.93m) (5th)...At the Ohio Valley Conference Outdoor Championships, she



finished third, throwing the Javelin 143' 0" (43.60m)

2022 Indoor: Did not compete.

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, and Michael Kight and Amber Johnson...Her brother Caleb Guilliams, played baseball at Shawnee Community College...Majoring in Sport Management and Business at SEMO...Favorite food is ribs and mac and cheese.



REDHAWK TRACK & FIELD
Kaitynn **MCGINNITEY**

Jumps // Jr. // De Soto, Mo. // De Soto H.S.

2022 Outdoor: Competed in seven meets...Recorded three top five finishes...Took fourth in the 100m hurdles to begin the year at the Rhodes College Invitational...At the Memphis Tiger Invitational, she placed fifth in the high jump with a mark of 4' 11" (1.50m)...Ended the year with a fifth-place finish and a PR in the heptathlon with 4,493 points, while also setting five PRs during the event -- in the 800m (2:29.23), the javelin (81' 5", 24.82m), 200m (26.34), shot put (31' 8.75", 9.67m) and 100m hurdles (14.93).

2022 Indoor: Appeared in eight meets...Had 11 top five finishes...Began the season with two fourth-place finishes, one in the 60m hurdles (9.11) and a PR in the high jump (5' 3.25", 1.61m) at the Fred Wilt Invitational...At the Redhawks Invite, she took home three first-place finishes, one in the high jump, jumping for 5' 1.75" (1.57m), one for the 55m hurdles with a time of 8.58 and one with a PR also in the 55m hurdles (8.48)...Placed second and recorded another PR in the

long jump, jumping for 17' 10.75" (5.45m)...Placed fifth and second in 60m hurdles with times of 9.16 and 9.01 at the Don DeNoon Invite...Took home two more first-place finishes in the high jump, jumping for 5' 1" (1.55m) and the 55m hurdles with a time of 9.39 at the Redhawks Open...Competed in the pentathlon at the OVC Indoor Championships where she took fourth and recorded a PR with 3,319 total points and posted a PR in the 60m hurdles (8.93) during the event.

Prep: District Champion in the 100 and 300m hurdles at De Soto High School...Anchored the 4x400 relay team that finished first and the 4x200m team that finished second.

Personal: Born May 14, 2001...Daughter of Michael McGinnitey and Marcia Moore...Majoring in Entrepreneurship.





2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES



REDHAWK TRACK & FIELD

Erika **MELLOR**

Distance // So. // De Soto, Mo. // De Soto H.S.

2022 Outdoor: Competed in six meets...Posted a personal best 1,500 meters time of 5:09.17 (21st) at the Joey Haines (4/1-2)... Added career bests in the 200 meters (27.84, 26th) at the Redbird Challenge (4/15-16), the 800 meters (2:15.77, 26th) at the Indiana Invitational (4/22-23) and the 400 meters (1:00.56, sixth) at the Memphis Tiger Invitational (4/29-30)...Finished the 4x400 meter relay at the Indiana Invitational (4/22-23) in 3:57.29 (7th)...Completed the 4x400 meter relay in 3:51.22 for sixth at the Ohio Valley Conference Outdoor Championships (5/11-13)... Also ran in the 800 meter prelims (2:18.55, 13th).

2022 Indoor: Participated in five meets...Had six top-five finishes... Finished second in the 600 meters in a PR time of 1:45.99 at the Fred Wilt Invitational (12/4), her Redhawks debut...Placed fourth in the 200 meters (28.45) and 800 meters (2:25.54) at the Redhawks Invite (1/15)...Was second in the 4x400 meter relay with a time of 4:21.68...Took first in the DMR at the John Gartland Invitational (1/21-22) in 12:56.95...Placed fourth in the 800 meters (2:24.39) at the Don DeNoon Invite (2/5)...Competed in the preliminaries of the 800 meters

(2:20.68, 12th) at the OVC Indoor Championships (2/23-24).

2021 Cross Country: Did not compete in the Fall of 2021.

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.

Personal: Born April 8, 2003... Daughter of Robert and Ingrid Mellor...Majoring in Health Sciences.



REDHAWK TRACK & FIELD

Breanna **MILES**

Sprints // Jr. // Memphis, Tenn. // Southwind H.S.

2022 Outdoor: Named Ohio Valley Conference Female Track Athlete of the Week once... Ran in seven meets...Posted 13 top five finishes... Started the year at the Rhodes College Invitational where she placed first in the 200m with a time of 24.04 and second in the 100m with a 11.88 mark...At the Ole Miss Classic, she ran in the 4x400 posting a time of 3:59.51 (4th)... Recorded a second-place finish in the 4x100 (47.05) at the Joey Haines Invite...Took home two first-place medals at the Memphis Tiger Invitational in the 4x100 (47.09) and the 100m (11.69)...At the Ohio Valley Conference Outdoor Championships she finished top five in five events -- fifth in the 100m (12.04), fourth with a PR in the 100m (11.90), fourth with a PR in the 200m (24.09), fifth in the second 200m (24.11) and third in the 4x100 (46.33)

2022 Indoor: Awarded OVC Female Freshman of the Year after she broke the SEMO indoor record for 200 meters at the OVC Indoor Championships (2/23-24) for Bronze...Finished in 24.35 for third which surpassed Torvia Bradley's mark of 26.44 set in 1994... Ran in seven meets...Chalked up 20 top five finishes and five first-place

finishes...Began the year with a PR in the 500m (1:23.63) and two fifth- place finishes in the 60m with times of 7.76 and 7.84 at the Fred Wilt Invitational...At the Redhawks Invite, she took home three first-place medals in the 4x400 (4:11.32), 400m (1:02.64), and 55m (7.27)... Posted a time of 4:06.46 (3rd) in the 4x400, 25.28 (2nd) in the 200m, and 7.85 (5th) In the 60m at the John Gartland Invitational... At the Indiana Relays she placed fifth twice in the 400m (58.60), and in the 200m (24.99)...During the Hoosier Hills meet she placed top five in four events, including third in the 4x400m (3:55.93), fourth in the 400m (56.47), first in the 60m (7.69) and a PR in the second 60m, running it in 7.64 seconds for first again...Ran the 400m in 56.96 (4th) and 56.28 (4th), the 200m in 24.41 (2nd) and 24.35 (3rd) at the OVC Indoor Championships.

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).

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).

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 Corporate Communications at SEMO...Loves eating and shopping with friends.



REDHAWK TRACK & FIELD
Natalie MINER

Pole Vault // Fr. // Union, Mo. // Union H.S.

Prep: Attended Union High School, where she finished 10th in the pole vault at the MSHSAA Class 4 State Championships with a 10' 2.75" mark.

Personal: Born October 3, 2003... Daughter of Brian and Jenn Miner... Exploratory major



REDHAWK TRACK & FIELD
Brianna PAYTON

Distance // Jr. // Lexington, Ky. // Tates Creek H.S.

2022 Outdoor: Competed in six meets...Finished the 800 meters in 2:27.29 at the Ole Miss Classic (3/25-26)...Ran in the 1,500 meters (5:10.75, 35th) and 4x400 meter relay (4:16.29, ninth) at that meet... Posted a 1,500 meters time of 4:47.15 (47th) at the Indiana Invitational (4/22-23)...Finished ninth in the 1,500 meters in 4:53.77 at the Ohio Valley Conference Outdoor Championships (5/11-13)... Qualified for third in the event with a PR time of 4:46.01...Also

posted a personal best 800 meters (2:15.42) during the prelims.

2022 Indoor: Ran in seven meets... Posted six top-five finishes... Won the 600 meters in 1:45.72 at the Fred Wilt Invitational (12/4)... Took first in the DMR at the John Gartland Invitational (1/21-22) in 12:56.95...Also had an 800 meters time of 2:27.82 (12th)...Completed the 800 meters in 2:21.20 (34th) at the Indiana Relays (1/28-29)... Was fifth in the DMR (12:07.92) and eighth in the 4x400 meter relay





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(4:00.76) in that meet...Was third in both the 800 meters (2:21.19) and 4x400 meter relay (3:55.93) at the Hoosier Hills (2/11)... Earned Bronze in the DMR at the OVC Indoor (2/23-24) in 12:07.00...Was also sixth in the 4x400 meter relay (3:53.27) and ran in the prelims for the 800 meters (2:20.40, 10th).

2021 Cross Country: Competed in three meets in the Fall of 2021... At the Soybean Invitational set a personal best in the 3M, finishing in 18:59.4 (19th)...Set a new personal best in the women's 5k at the Louisville Classic, crossing the line in 19:34.5 (72nd).

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.

2020-21 Cross Country: Ran in one meet...Completed the 5K at the Eastern Illinois Spring Open (2/6) in a career-best 20:18.1 (23rd).

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...Majoring in Social Work.



Ciara POTTER

Jumps // Jr. // Atoka, Tenn. // Munford H.S.

2022 Outdoor: Jumped in six meets...Finished second with a long jump of 18' 0.5" (5.50m) at the Redbird Challenge...Jumped 18' 2.25" (5.54m) in the long jump for 13th place at the Indiana Invitational...Finished 11th in the triple jump with a 35' 10.5" (10.93m) mark and 14th in the long jump with a jump of 17' 3.25" (5.26m) at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: Competed in six meets...Posted five top five finishes...Began the season with a PR, running the 60m in 8.34 (13th) and a fourth-place finish in the long jump (7' 3.5") (5.27m)...Notched a long jump of 17' 2.25" (5.24m) (4th) at the Redhawks Invite...At the John Gartland Invitational, she recorded a PR running the 200m in 29.63 (25th)...Finished fifth in the triple jump and third in the long jump, jumping 34' 3.5" (10.45m), and 17' 11.75" (5.48m) at the Redhawks Open...Posted a 35' 3.75" (10.76m) (12th) in the triple jump and 18' 4.25" (5.59m) to finish fourth in the long jump at the OVC Indoor Championships.

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).

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).

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 Art.



Mackenzie PUGH

Distance // Sr. // Jt. Peters, Mo. // Francis Howell North H.S.

2022 Outdoor: Competed in four meets...Posted a PR in the 2,000 meter steeplechase of 8:08.63 (10th) at the Ole Miss Classic (3/25-26)...Also clocked a time of 2:44.91 (29th) in the 800 meters... Completed the 1,500 meters in a personal best 5:09.74 (22nd) at the Joey Haines (4/1-2)...Registered a career high 3,000 meter steeplechase of 12:30.37 for fourth at the Redbird Challenge (4/15-16)... Was also fourth in that event at the Memphis Tiger Invitational (4/29-30) with a time of 12:56.74.

(38th)...Completed the women's 5K at the OVC championship finishing in 20:29.6 (61st).

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).

2022 Indoor: Ran in three meets... Was fifth in the 3,000 meters at the Redhawks Invite (1/15) in 11:41.88... Also finished the mile in 5:44.05 (eighth)...Clocked at 5:35.02 (13th) in the mile at the John Gartland Invitational (1/21-22)...Ran in the 4x400 meter relay (4:41.36) for a seventh-place showing in that meet...Crossed the finish line in 11:13.29 for eighth in the 3,000 meters at the Don DeNoon Invite (2/5).

2021 Cross Country: Competed in five meets in the Fall of 2021... Finished in 31st at the Soybean Invitational with an overall time of 20:08.2...Ran the women's 5K at the Golden Eagle Invitational in 21:06.1

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



Pole Vault // So. // O'Fallon, Mo. // St. Dominic H.S.

2022 Outdoor: Competed in four meets...Placed eighth in the pole vault at the Ohio Valley Conference Outdoor Championships with a vault of 10' 3.25" (3.13m).

4" (3.15m) to finish 11th at the OVC Indoor Championships.

Prep: State Qualifier in the pole vault at St. Dominic High School.

2022 Indoor: Participated in seven meets...Chalked up three top-three finishes...Opened the season at the Fred Wilt Invitational, where she finished seventh with a vault of 10' 0" (3.05m)...Placed first with a vault of 9' 6.25" (2.90m) at the Redhawks Invite...Notched a 10' 6" (3.20m) vault for third-place at the Don DeNoon Invite...At the Redhawks Open, she finished first and established a PR with a vault of 10' 11.75" (3.35m)...Recorded a 10'

Personal: Born March 23, 2003... Daughter of Scott and Kim Prescott...Majoring in Nursing.



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WOMEN'S PROFILES

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 Biology.



REDHAWK TRACK & FIELD

Sarah **RUSSOM**

Distance // So. // St. Charles, Mo. // Francis Howell H.S.

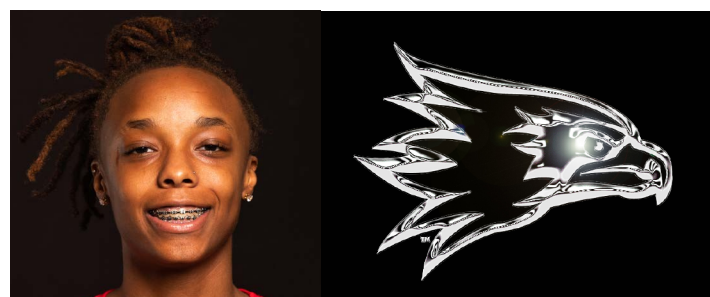
2022 Outdoor: Competed in five meets...Completed the 3,000 meters in 11:11.01 (19th) at the Ole Miss Classic (3/25-26)...Posted a season best 5,000 meters of 19:18.72 (8th) at the Joey Haines (4/1-2)...Also ran in the distance at both the Redbird Challenge (4/15-16, 19:28.53, 16th) and Memphis Tiger Invitational (4/29-30, 20:07.67, fifth)...Completed the 10,000 meters in a personal best time of 43:20.28 for ninth at the Ohio Valley Conference Outdoor Championships (5/11-13).

2021 Cross Country: Competed in six meets in the Fall of 2021...Set personal bests at the Soybean Invitational (3M, 18:43.6, 15th), ISU Redbird Invitational (6K, 24:50.3, 118th), and the Louisville Classic (5K, 20:14.3, 148th)...At the OVC Championship, finished the women's 5K in 21:04.9 for 68th place...Finished the NCAA Division I Midwest Region Cross Country Championships 6K in 25:08.3 (220th).

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.

Personal: Born May 1, 2003...Daughter of Cary and Bonnie Russom...Majoring in Elementary Education.

2022 Indoor: Ran in four meets...Finished second in the 3,000 meters with a personal best 11:04.06 at the Redhawks Invite (1/15) and added a PR of 5:44.94 (9th)...Was third in the 5,000 meters at the John Gartland Invitational (1/21-22) in 19:02.13...Tallied a 3,000 meters finish of 11:04.64 (7th) at the Don DeNoon Invite (2/5)...Placed 11th in the 5,000 meters at the OVC Indoor Championships (2/23-24) in a personal best 18:22.54.



REDHAWK TRACK & FIELD

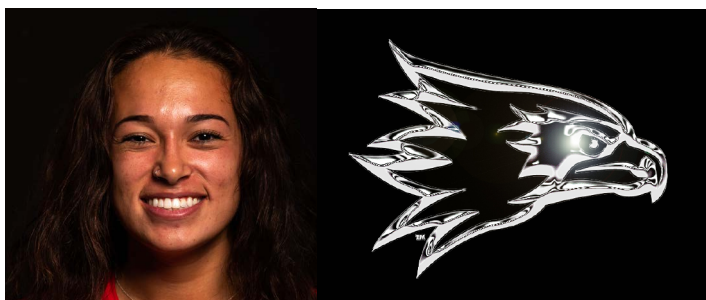
Todjai **ROSS**

Sprints // Fr. // Kansas City, Mo. // Ruskin H.S.

Prep: Posted three first-place finishes in the 4x100m relay as a senior at Ruskin High School...Also competed in the 100m, 200m and 400m events...Set a season record time of 1:06.25 in the 400m at the USATF Missouri Grandview

Invitational...Established a personal best 27.14 in the 200m.

Personal: Born January 23, 2004...Daughter of Todd Ross and Eugina Taylor...Majoring in Criminal Justice.



REDHAWK TRACK & FIELD

Nicole SILVERLAKE

Pole Vault // Jr. // Temecula, Calif. // Vista Murrieta H.S.

2022 Outdoor: Participated in five meets...Recorded two top 10 finishes...At the Joey Haines Invite she placed seventh with a vault of 10' 10" (3.30m)...Grabbed another seventh-place finish with a vault of 10' 9" (3.28m) at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: Competed in six meets...Collected three top 10 finishes...Posted a 11' 0.75" (3.37m) mark at the John Gartland Invitational where she placed seventh...Finished eighth with a vault of 11' 0.75" (3.37m) at the Hoosier Hills meet...Notched an eighth-place finish at the OVC Indoor Championships with a vault of 10' 10" (3.30m).

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).

2021 Outdoor: Did not compete.

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 General Health Science.



REDHAWK TRACK & FIELD

Haley SMITH

Distance // So. // Cape Girardeau, Mo // Notre Dame H.S.

2022 Outdoor: Ran in five meets... Opened the outdoor campaign with a pair of personal bests in the 800 meters (2:28.89, 24th) and 1,500 meters (4:56.79, 23rd) at the Ole Miss Classic (3/25-26)... Notched a PR 5,000 meters time of 18:59.92 at the Joey Haines (4/1-2)... Scored for the Redhawks at the Ohio Valley Conference Outdoor Championships (5/11-13) finishing the 10,000 meters in a personal best 41:38.54 for sixth.

2022 Indoor: Appeared in four meets...Posted a pair of sixth-place finishes in the 800 meters (2:31.44) and the mile (5:28.22) at the Redhawks Invite (1/15)...Was also second in the 4x400 meter relay (4:21.68)...Posted a personal best mile time of 5:24.31 (ninth) at the John Gartland Invitational (1/21-22)...Took seventh in the 4x400 meter relay (4:41.36) during that meet...Won the 3,000 meters in a PR time of 10:41.28 at the Don DeNoon Invite (2/5)...Finished second in the DMR with 13:01.05 at the Hoosier Hills (2/11).

2021 Cross Country: Competed in five meets in the Fall of 2021...At the Soybean Invitational set a personal best in the 3M, finishing in 19:51.1 for 28th place...Set a new personal best in the women's 6K at the ISU Redbird Invitational, crossing the line in 25:05.7 (122nd)...At the Louisville Classic, ran the women's 5K, setting a personal best with a 20:36.8 finish (190th)...Completed the 5K at the Golden Eagle Invitational in 21:26.0 (42nd) before wrapping the season at the OVC Championship (20:44.4, 66th, 5K).

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.

Personal: Born March 2, 2003... Daughter of Chris and Kelly Smith... Majoring in Early Childhood Education.



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S PROFILES



REDHAWK TRACK & FIELD

Alayna **SPARR**

Distance // Fr. // Farmington, Mo. // Farmington H.S.

Prep: Ran in the 3200m, 2-mile and 5000m events at Farmington High School...State Qualifier in the 5000m where she finished 13th with a personal record time of 19:18.3... Won the 3200m with a personal

best 11:46.2 at the Farmington Postal Meet.

Personal: Born September 8, 2003... Daughter of Brad and Kelli Sparr... Majoring in Nursing.



REDHAWK TRACK & FIELD

Kayla **VOGELSANG**

Distance // Fr. // De Soto, Mo. // De Soto H.S.

Prep: State Qualifier in the 5000m at De Soto High School...Placed 16th with a personal record time of 19:20 at the MSHSAA Class 4 State Cross Country Championships...Finished ninth at the Stan Nelson Invitational

and 10th at the Festus Bowles Invitational.

Personal: Born November 3, 2003...Daughter of Gloria Pinson... Exploratory major.



REDHAWK TRACK & FIELD

Anna **THOMASON**

Sprints/Jumps // Fr. // Cape Girardeau, Mo. // Saxony Lutheran H.S.

Prep: Attended nearby Saxony Lutheran High School...State Qualifier in the long jump, triple jump and 100m hurdles...Registered five first-place finishes in the 100m hurdles, three in the 4x100 relay, four in the high jump and four in the triple jump...Placed second in both the long jump and triple jump at the MSHSAA Class 2 State Championships...Set a personal record 36' 7.25" in the triple jump

during the state meet...Ran a personal best 15.25 in the 100m hurdles to finish first at the Class 2 State Championships...Was also on the volleyball, basketball, soccer and cross country teams.

Personal: Born August 5, 2004... Daughter of JT and Andrea Thomason...Exploratory major.



REDHAWK TRACK & FIELD

Katie **WEGMANN**

Distance // Gr. // Mequon, Wis. // Homestead H.S.

2022 Outdoor: Did not compete due to a season-ending injury suffered during the indoor season.

2022 Indoor: Ran in three meets before suffering a season-ending injury...Notched three first-place finishes and five top-five finishes... Won both the mile (5:16.47) and the 4x400 meter relay (4:11.32) at the Redhawks Invite (1/15)...Placed fifth in the 800 meters in 2:25.70...

Took first in the DMR (12:56.95) and fifth in the 800 meters (2:19.99) at the John Gartland Invitational (1/21-22)...Posted a personal best mile time of 4:59.30 (21st) at the Indiana Relays (1/28-29)...Was also fifth in the DMR (12:07.92) and eighth in the 4x400 meter relay (4:00.76).

2021 Cross Country: Competed in five meets in the Fall of 2021...Set a personal best at the ISU Redbird



Invitational in the women's 6k finishing in 23:03.0 (59th)...At the OVC Championship ran the women's 5k in 19:05.7, finishing in 17th place.

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.

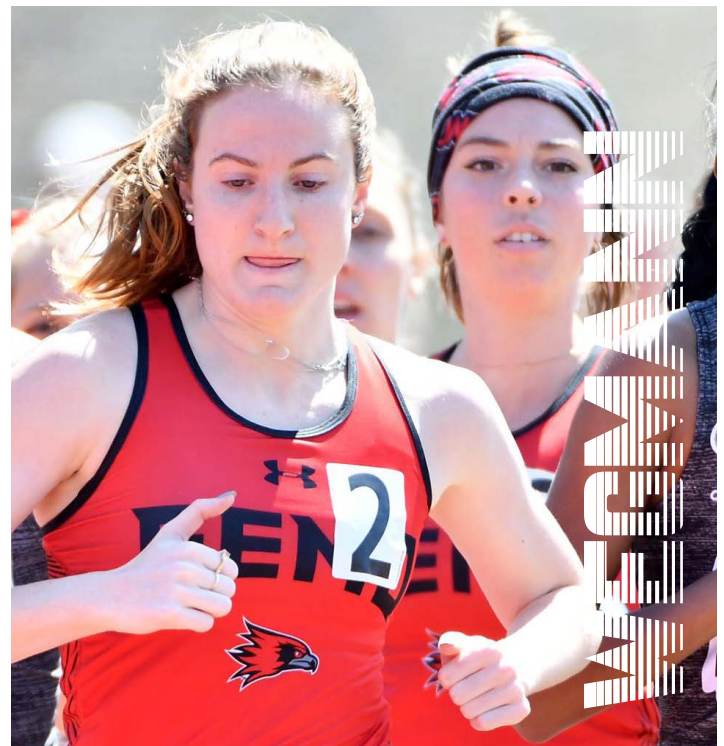
2019 Cross Country: Ran in all six meets...Made Redhawks cross country debut with an eighth-

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.

Prep: Attended Homestead High School in Mequon, Wisconsin, the same school and hometown that produced former Redhawk soccer player 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 High School her senior year and won the Susan B. Award for exemplary character and leadership on and off the field.

Personal: Born February 4, 1999...Daughter of David and Rebecca Wegmann...Majoring in Management.





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WOMEN'S PROFILES



REDHAWK TRACK & FIELD

Makenzie WILLIAMS

Throws // Jr. // East Prairie, Mo. // East Prairie H.S.

2022 Outdoor: Competed in nine meets...Posted seven top five throws during the season...Began her season with two second-place finishes in hammer and discus with a throw of 151' 8" (46.23m) in HT and 144' 3" (43.97m) in discus...Also tacked on an eighth-place finish with a 36' 6.75" (11.14m) in the shot put at the Jaguar Opener...At the Redbird Challenge, she threw the hammer 176' 0" (53.66m), the discus 137' 5" (41.88m) and the shot put 36' 11" (11.25) for second, third and 11th, respectively...Notched a third-place finish at the Memphis Tiger Invitational in the discus with a toss of 148' 11" (45.38m)...Posted three PRs at the Ohio Valley Conference Outdoor Championships, throwing the shot put 40' 1.5" (12.23m) for an eighth-place finish, the discus 160' 9" (49.01m) for a second-place finish and the hammer 181' 10" (55.43m) for a fourth-place effort.

2022 Indoor: Competed in eight meets...Recorded four top five finishes...Opened the season with a PR in the weight throw (54' 4") (16.56m) for a third-place finish and a fifth-place shot put throw (36' 7.75") (11.17m) at the Fred Wilt Invitational...Posted two third-place finishes at the Redhawks Invite with a 54' 4" (16.56m) in the weight

throw and a 36' 7.75" (11.17m) in the shot put...Took 10th in the weight throw and 14th in the shot put at the OVC Indoor Championships throwing 51' 0.75" (15.56m) and 37' 3" (11.35m).

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).

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).

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 November 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...Majoring in Mass Communications.



REDHAWK TRACK & FIELD

Serena WILLIAMS

Sprints/Jumps // Jr. // Columbia, Mo. // Battle H.S. // Maryville

2022 Outdoor: Competed in eight meets...Notched 11 top five finishes...Opened the season with two fourth-place runs clocking 12.13 in the 100m and 25.29 in the 200m at the Rhodes College Invitational...Notched a 47.05 (2nd) run at the Joey Haines Invite...At the Memphis Tiger Invitational, she jumped 40' 4.75" (12.31m) in the triple jump for a second-place finish, ran the 4x100 in 47.09 for a first place showing and placed third in the 100m (12.17)...She placed second, third,

and fourth, in the long jump, triple jump and high jump...Recorded a PR jump of 18' 11.75" (5.78m), 39' 6" (12.04m) and another PR jump of 5' 5" (1.65m)...Also placed third in the 4x100 (46.33) and 10th in the 100m (12.25) at the Ohio Valley Conference Outdoor Championships.

2022 Indoor: Participated in seven meets...Posted a total of 11 top five finishes...Began the year with a 17' 6" (5.33m) long jump to take third,



a high jump of 4' 11.75" (1.52m) to place fourth and a PR in the 55m hurdles with a time of 9.94 to get fifth at the Redhawks Invitational... Took the first place medal at the John Gartland Invitational in the triple jump, jumping 39' 1.75" (11.93m)...At the Indiana Relays she posted a PR in the pentathlon with 2,974 points (8th)...Placed second and fourth in the triple jump and the 200m, jumping 39' 5.25" (12.02m) and running 26.06 in the 200m at the Hoosier Hills meet...At the Redhawks Open, she jumped 39' 3" (11.96m) (2nd) in the triple jump, ran the 55m in 7.46 (3rd) and ran her second 55m in 7.38 (2nd)...Took 11th place in the pentathlon with 2,677 points while setting a PR in the 60m hurdles (9.63) and a PR in shot put (25' 10", 7.87m)...She also placed fourth and fifth in the triple jump and high jump, jumping 38' 5.5" (11.72m) and 18' 1.75" (5.53m).

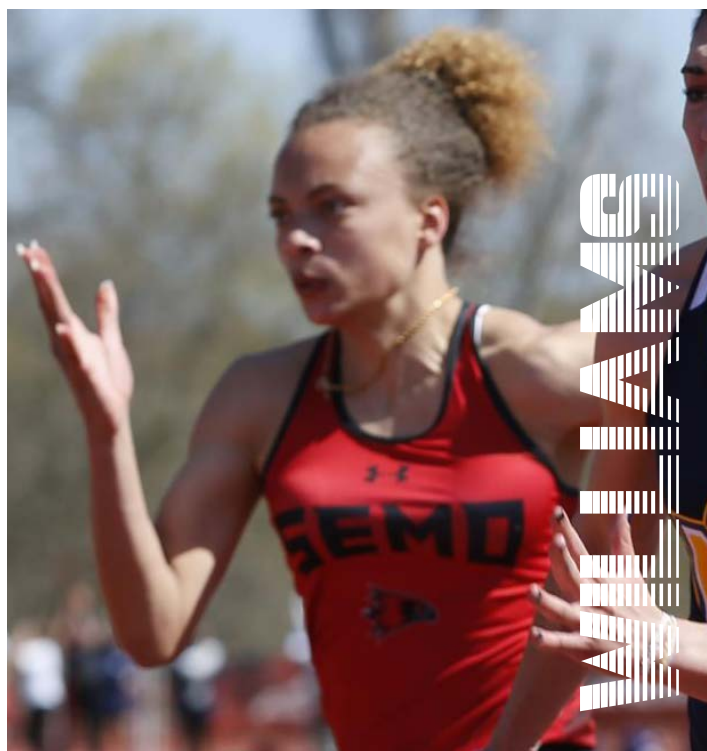
2021 Indoor: Competed in three indoor meets...Had seven top-four finishes and six first place finishes... Won the 55 meters (7.39), long jump (17-9, 5.41m) and triple jump (38-2.25, 11.64m) at the Redhawks Invite (2/5)...Also was fourth in the 200 meters in 27.76...Achieved a personal best 60 meters 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).

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).

Maryville: Was at Maryville University in 2019-20.

Prep: Four-time District Champion in the 100m at Battle High School... Also won district titles in the triple jump, long jump, 200m, 4x100 relay and 4x200 relay...State Qualifier in the 100m, triple jump, long jump, 200m and 4x100 relay.



TRACK & FIELD





RECORDS

2023 SOUTHEAST MISSOURI TRACK & FIELD



SEMOREDHAWS.COM



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S INDIVIDUAL RECORDS

Women's Individual Indoor Records

Event	Mark	Name	Year
55m	6.83	Ayonna Cartwright	2015
60m	7.42	Ayonna Cartwright	2015
200m	24.35	Breanna Miles	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	8.69	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 Schnurbuch	2013

Women's Individual 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 Throw	204' 2"	Nicole Humphreys	2022
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

Women's Indoor Relay Records

Event	Mark	Name	Year
4x400m	3:43.23	Shannon O'Dell Kim Stewart Tammy Wenkel Yvonne Hente	1997
Distance Medley	11:48.52	Carli Knott Kendall Long Claire Morrill Kaitlyn Shea	2019

Women's Outdoor Relay Records

Event	Mark	Name	Year
4x100m	44.92	Michelle Hicks Kehinde Vaughan Lisa Like Benita Thomas	1987
4x200m	1:37.15	Heather Keltner Shauna Birge Hannah Stuckenschneid Natalie Talley	2000
4x400m	3:41.13	Kim Stewart Hannah Stuckenschneid Natalie Talley Heather Keltner	2000
4x800m	9:09.09	Laura Byrne Debbie Kilpatrick Pam Palmer Jennella Torrence	1985
Sprint Medley	3:54.13	Natalie Talley Yvonne Hente Heather Keltner Tammy Wenkel	1998
Distance Medley	11:39.26	Kaci Pilcher Natasha Fortenberry Brooke Woodru Lindsey Zeiler	2004

2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S INDIVIDUAL RECORDS



Men's Individual 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

Men's Individual 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
Shoi Put	62' 1.25"	Kevin Farley	2016
Discus	192' 4"	Neil Rock	1986
Javelin	242' 5"	Jonno Engelking	2018
Hammer Throw	240' 8"	Logan Blomquist	20
Long Jump	28' 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 Relay Records

Event	Mark	Name	Year
4x400	3:43.23	Shannon O'Dell	1997
		Kim Stewart	
		Tammy Wenkel	
		Yvonne Hente	
Distance Medley	11:48.52	Carli Knott	2019
		Kendall Long	
		Claire Morrill	
		Kaitlyn Shea	

Men's Indoor Relay Records

Event	Mark	Name	Year
4x400m	3:09.16	Walter Washington	2006
		Chris Gill	
		Alonzo Nelson	
		Miles Smith	
Distance Medley	9:55.52	Jordan Brown	2016
		Kameron Long	
		Cole Davis	
		Marc Maton	

Men's Outdoor Relay Records

Event	Mark	Name	Year
4x100m	39.86	Rob Thomas	1984
		Mike Dwyer	
		Barry Hibbert	
		David Jackson	
4x200m	1:24.51	Ken McNair	1984
		Rob Thomas	
		David Jackson	
		Mike Dwyer	
4x400m	3:05.54	Alonzo Nelson	2006
		Chris Poindexter	
		Walter Washington	
		Miles Smith	
4x800m	7:24.84	Carl Bell	1985
		Ken Franklin	
		Shaun Carlile	
		Norm Kellar	
Sprint Medley	3:19.00	Rob Thomas	1984
		Mike Dwyer	
		David Jackson	
		Joe Lackner	
Distance Medley	9:54.87	Pedro Caceres	1986
		Carl Perkins	
		Shaun Carlile	
		Brian Radle	



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S OVC CHAMPIONS

Indoor

OVC Indoor Champions

1997
1998
2000
2004
2005
2006
2013

Coach of the Year

1997 Joey Haines
1998 Joey Haines
2000 Joey Haines
2004 Joey Haines
2005 Joey Haines
2006 Joey Haines
2013 Eric Crumpecker

Athlete of the Year

2003 Heather Jenkins
2004 Heather Jenkins
2005 Brooke Woodruff (T)
Kathy Coleman (F)
2011 Brianna Egbuka (F)
2015 Kayla Gutierrez (F)
2019 Anya Tonga (F)
2020 Kaitlyn Shea (T)
Anya Tonga (F)
2022 Nicole Humphreys (F)

Freshman of the Year

2005 Kathy Coleman
2006 Whitney Thomas
2009 Shemeika Brewer
2022 Breanna Miles

Championship MVP

2005 Kathy Coleman

55m Dash

1998 Natalie Talley

60m Dash

2005 Kathy Coleman
2015 Ayonna Cartwright

55m Hurdles

1993 Trena Anderson
1995 Trena Anderson
2008 Whitney Thomas

200m Run

1999 Heather Keltner
2015 Ayonna Cartwright

400m Run

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

800m Run

1998 Tammy Wenkel
2003 Brooke Woodruff
2004 Brooke Woodruff
2005 Brooke Woodruff
2022 Claire Morrill

Mile Run

2004 Lindsay Zeiler
2005 Lindsay Zeiler
2006 Lindsay Zeiler

3000m Run

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

5000m Run

1994 Amy Cole
2006 Jennifer Caywood

4 x 400m Relay

1997
1998
2000
2009

Distance Medley Relay

1996
1999
2004

High Jump

1996 Heather Fisher
1997 Heather Fisher

Long Jump

1998 Heather Denihan
2012 Jessica Brown

Triple Jump

2005 Kathy Coleman
2006 Heather West
2009 Shemeika Brewer

Shot Put

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

Pole Vault

2004 Michelle Jett
2006 Michelle Jett

20lb Weight Throw

2003 Heather Jenkins
2004 Heather Jenkins
2006 Heather Jenkins
2011 Briana Egbuka
2014 Kayla Gutierrez
2015 Kayla Gutierrez
2018 Anya Tonga
2019 Anya Tonga
2020 Anya Tonga
2022 Nicole Humphreys

Outdoor

OVC Outdoor Champions

1995
1997
1998
2000
2003
2004
2005
2006
2014
2021

Coach of the Year

1995 Joey Haines
1997 Joey Haines
1998 Joey Haines
2000 Joey Haines
2003 Joey Haines
2004 Joey Haines
2005 Joey Haines
2006 Joey Haines
2021 Eric Crumpecker

Athlete of the Year

2000 Lutricia Purham
Heather Keltner
2001 Heather Keltner
2003 Heather Jenkins
2004 Heather Jenkins
2009 Ashley Brewer (F)
2011 Samantha Espiricueta (F)
2014 Kayla Gutierrez (F)
2015 Sarah Hall (F)
2021 Kaitlyn Shea (T)
2022 Nicole Humphreys (F)

Freshman of the Year

2010 Jerika Lewis
2022 Marysa Flieg

100m Dash

1998 Natalie Talley
2001 Natalie Talley

200m Dash

1999 Heather Keltner
2001 Heather Keltner

**400m Dash**

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

800m Run

2003 Brooke Woodruff
 2004 Brooke Woodruff
 2021 Katie Wegmann

1,500m Run

2004 Lindsay Zeiler
 2005 Brooke Woodruff
 2006 Lindsay Zeiler
 2007 Lindsay Zeiler
 2019 Carli Knott
 2021 Carli Knott
 2022 Taylor Fox

3000m Steeplechase

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

5000m Run

1994 Amy Cole
 2021 Kaitlyn Shea

10,000m Run

2003 Kris Woolf
 2012 Jessica Bollinger
 2017 Sydney O'Brien

100m Hurdles

1995 Trena Anderson
 1997 Shannon O'Dell

400m Hurdles

1995 Shannon O'Dell
 1997 Shannon O'Dell
 2017 Miya Dorsey
 2021 Kendall Long
 2022 Laila Hardin

4x100m Relay

1997
 1998
 1999
 2000
 2004
 2005
 2011

4x400m Relay

1997
 1998

High Jump

1997 Heather Fisher
 2003 Courtney Haman

Long Jump

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

Triple Jump

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

Discus

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

Javelin

1992 Dana Patek
 1993 Dana Patek
 1995 Denise Ford
 1996 Jennifer Phillips
 1997 Denise Ford
 1999 Rebecca Shull
 2001 Courtney Haman
 2002 Courtney Haman
 2003 Courtney Haman
 2006 Lindsay Hearne

2009 Samantha Espiricueta
 2010 Samantha Espiricueta
 2011 Samantha Espiricueta
 2014 Bethany Pfeiffer
 2016 Taylor Coffelt
 2022 Marysa Flieg

Shot Put

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

Pole Vault

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

Hammer Throw

2010 Brianna Egbuka
 2011 Brianna Egbuka

Heptathlon

2016 Taylor Coffelt



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S OVC CHAMPIONS

Indoor

OVC Indoor Champions

1996
2014
2015
2022

Coach of the Year

1996 Joey Haines
2014 Eric Crumpecker
2015 Eric Crumpecker
2022 Eric Crumpecker

Athlete of the Year

2003 Shelton Scott
2005 Miles Smith (T)
Brian Knippen (F)
2006 Miles Smith (T)
2008 Miles Smith (T)
Brandon Colbert (F)
2009 Josh Uchtman (F)
2011 Brandon Colbert (F)
2012 Josh Uchtman (F)
2013 Reggie Miller (F)
2014 Kevin Farley (F)
2015 Kevin Farley (F)
2022 Shea DeGraaf (F)

Freshman of the Year

2006 Chris Williams
2009 Nate Shipley
2010 Tyler Mullen
2012 Jacob Kent
2014 Chris Martin
2020 Nick Bryant
2022 Marshall Swadley

Championship MVP

2006 Miles Smith
2010 Brandon Colbert
2014 Blake Smith
2015 Kevin Farley
2022 Shea DeGraaf

55m Dash

2014 Blake Smith
2016 Haile Wilson

60m Dash

2001 Emmanuel Opoku
2014 Blake Smith

60m Hurdles

2001 Glenn Haley
2004 David Herman
2015 Chris Navarro
2022 Anthony Forrest

200m Run

2006 Miles Smith
2007 Chris Williams

400m Run

1996 Markeith Crawford
2005 Miles Smith
2006 Miles Smith
2008 Chris Gill
2016 Jarred Pasley
2020 Nick Bryant

800m Run

1995 Deryl Gardner
1996 Deryl Gardner
2022 Terrico Garrett

1500m Run

1993 Joe Dandridge
1995 Glenn Lomenick

3000m Run

1993 Joe Dandridge

5000m Run

2009 Nate Shipley
2010 Jason Lumpkin

Distance Medley Relay

1995

4x400m Relay

2005
2006
2007
2016
2017

4x800m Relay

1993

High Jump

2000 Adrian Barnhill
2001 Garvin Ambrose
2012 Jacob Kent
2014 Reggie Miller Jr.
2022 Luke Hatfield-Jackson

Long Jump

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

Triple Jump

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

Pole Vault

1995 Tim Davis
1996 Tim Davis
1998 Jim Fox
2001 Jaret Willi
2002 Jaret Willi
2003 Jordan Willi
2004 Jordan Willi
2015 Christian Locke
2016 Christian Locke
2018 Tanner Teigan
2019 Nick South
2020 Nick South
2022 Nick South

Shot Put

1995 Cleon Mitchell
1996 Matt Gaylor
1997 Bryan Alftis
2001 Jay Heddell
2002 Jay Heddell
2003 Jay Heddell
2004 Jay Heddell
2005 Brian Knippen
2008 Brandon Colbert
2009 Josh Uchtman
2010 Josh Uchtman
2011 Craig Robinson
2012 Josh Uchtman
2013 Kevin Farley
2014 Kevin Farley
2015 Kevin Farley
2018 Logan Blomquist
2019 Stephen Zagurski
2022 Marshall Swadley

35lb Weight Throw

2004 Daniel Jones
2005 Daniel Jones
2008 Brandon Colbert
2010 Brandon Colbert
2011 Brandon Colbert
2013 Craig Robinson
2015 Kevin Farley
2020 Logan Blomquist
2022 Dylan Clark

Heptathlon

2014 Chris Navarro
2015 Chris Navarro
2017 Nick South
2022 Shea DeGraaf

Outdoor

OVC Outdoor Champions

1995
1996
2005
2006
2008
2014
2016
2017
2022

Coach of the Year

1995 Joey Haines
1996 Joey Haines
2005 Joey Haines
2006 Joey Haines
2008 Joey Haines
2014 Eric Crumpecker
2016 Eric Crumpecker
2017 Eric Crumpecker
2022 Eric Crumpecker

Athlete of the Year

1996 Jon Riley
2005 Brian Knippen (F)
2006 Miles Smith (T)
2007 Brandon Karcher (T)
Brandon Colbert (F)
2008 Jon Berry (F)
2010 Chris Gill (T)
Brandon Colbert (F)
2013 Kevin Farley (F)
2015 Shon Kyle (F)
2018 Jonno Engelking (F)
2022 Logan Blomquist (F)

2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S OVC CHAMPIONS



Freshman of the Year

2012 Kevin Farley
2014 Chris Martin
2017 Logan Blomquist

Championship MVP

2005 Brian Knippen
2013 Kevin Farley
2016 Kevin Farley
2017 Zach Gordon
2019 Logan Blomquist
2021 Luke Hatfield-Jackson
2022 Shea DeGraaf

100m Dash

2011 DeAndre Simmons
2015 Blake Smith

200m Dash

2017 Zach Gordon

400m Dash

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

800m Run

1996 Deryl Gardner
2001 Tyson Brown
2012 Mohamed Souleman
2022 Terrico Garrett

3000m Steeplechase

2003 Chad Sierman
2006 Kevin McNab
2007 Chris Herren

1500m Run

1993 Joe Dandridge
2016 Marc Maton

5000m

2007 Brandon Karcher

10,000m

2007 Brandon Karcher
2008 Brandon Karcher
2011 Jason Lumpkin

110m Hurdles

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

400m Hurdles

1995 Markeith Crawford
2001 Glenn Haley
2005 Alonzo Nelson
2006 Alonzo Nelson

4x100m Relay

1994
1996
2001
2005
2008
2016

4x400m Relay

2004
2005
2006
2007
2008
2016

High Jump

1995 Chad Tipton
2001 Garvin Ambrose
2005 Andrew Lambert
2012 Reggie Miller Jr.
2013 Reggie Miller Jr.
2019 Titouan Sajous
2021 Luke Hatfield-Jackson
2022 Luke Hatfield-Jackson

Long Jump

1996 Jon Riley
2002 Jaret Willi
2008 John Berry
2010 Tyler Terry
2011 Tyler Terry
2013 Blake Carter
2021 Luke Hatfield-Jackson

Triple Jump

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

Discus

1992 Terrance Parker
1996 Bryan Alfultis
1997 Matt Gaylor
1998 Bryan Alfultis
1999 Bryan Alfultis
2001 Jay Heddell
2002 Jay Heddell
2003 Jay Heddell
2004 Jay Heddell
2005 Brian Knippen
2007 Brandon Colbert
2009 Brandon Colbert
2013 Kevin Farley
2014 Shon Kyle
2015 Shon Kyle
2016 Kevin Farley
2018 Logan Blomquist
2019 Logan Blomquist

Javelin

1995 Randy Johnson
1996 Randy Johnson
1997 Randy Johnson
1998 Randy Johnson
1999 Bryan Alfultis
2005 Jason Theodorakos
2008 Ben Stricklin
2009 Richard Martin
2011 Ed Draper
2012 Brian Grote
2014 Brian Grote
2016 Kevin Farley
2017 Richard Vinson
2018 Jonno Engelking
2021 Justin Breault
2022 Mason Brock

Pole Vault

1995 Jim Davis
1998 Jim Fox
1999 Jaret Willi
2000 Colin Sheridan
2001 Jaret Willi
2002 Jaret Willi
2003 Jordan Willi
2015 Christian Locke
2017 Christian Locke
2018 Tanner Teigan
2019 Nick South

Shot Put

1996 Bryan Alfultis
1997 Matt Gaylor
2000 Brandon Myer
2001 Brandon Myer
2002 Jay Heddell
2003 Brandon Myer
2004 Jay Heddell
2005 Brian Knippen
2008 Andy Glass
2009 Josh Uchtman
2010 Brandon Colbert
2011 Brandon Colbert
2012 Craig Robinson
2013 Kevin Farley
2014 Shon Kyle
2015 Shon Kyle
2016 Kevin Farley
2022 Logan Blomquist

Hammer Throw

2010 Brandon Colbert
2011 Brandon Colbert
2013 Jared Siemers
2014 Kevin Farley
2016 Kevin Farley
2019 Logan Blomquist
2021 Dylan Clark
2022 Logan Blomquist

Decathlon

2014 Chris Navarro
2015 Chris Navarro
2016 Eric Gordon
2021 Shea DeGraaf
2022 Shea DeGraaf



2023 SOUTHEAST MISSOURI TRACK & FIELD ALL-AMERICANS

Women

Year	Name	Event(s)
1981	Pat Washington	Discus
	Beverly Slaughter	Long Jump
	Candace Williams	Hurdles, Relay
	Kathleen Hudson	400m, Relay
	Shirley Walton	Relay
	Margaret Hertenstein	Cross Country
	Debbi Kilpatrick	Cross Country
1982	Pat Washington	Discus
	Candace Williams	Hurdles
	Pat Smith	4x400 Relay
	Robin Long	4x400 Relay
	Shirley Walton	4x400 Relay
	Chris Ridenour	Cross Country
1983	Chris Ridenour	Cross Country
	LaRita Hawes	Long Jump
	Jackie Gregware	Heptathlon
1984	Margaret Hertenstein	Cross Country
	Debbie Kilpatrick	Cross Country
	Chris Ridenour	Cross Country
1985	Pam Palmer	1500m (i)
	Jennella Torrence	800m (i)
	Jennella Torrence	800m
	Debbie Kilpatrick	10,000m
1986	Lizz Barringer	Heptathlon
	Laura Byrne	1500m
	LeAnn Powers	Shot Put
1987	LeAnn Powers	Shot Put (i), Shot Put
	Linda Wilson	Shot Put (i), Shot Put
	Laura Byrne	1500m, Cross Country
	Kehinde Vaughan	400m (i), 400m Relay, 1600m Relay (i)
	Benita Thomas	55m, 400m Relay, 100m
	Lizz Barringer	High Jump (i), Heptathlon
	Jan Gautier	3000m (i), 10,000m (i), Cross Country
	Lisa Like	1600m Relay, 400m Relay
	Diana Brown	1600 Relay (i)
	Regina Little	1600 Relay (i)
	Michelle Hicks	200m, 100m, 400 Relay (i)
1988	Laura Byrne	Cross Country
	Jan Gautier	Cross Country
	Kehinde Vaughan	400m (i), 1600 Relay
	Janice Gibson	800m (i), 800m
	Kelly Cracchiolo	1500m (i), 1500m
	Linda Wilson	Shot Put (i), Shot Put
	Lisa Like	1600 Relay (i)
	LeAnn Powers	Shot Put
	Lizz Barringer	Heptathlon
	Peggy McFarland	1600 Relay (i)
	Ramona Spencer	1600 Relay (i)

1989

Laura Byrne

Cross Country, 1500m (i), 3000m (i), 5000m (i)

Lizz Barringer

Long Jump (i), Hurdles (i), Heptathlon

Linda Wilson

Shot Put (i)

Peggy McFarland

400m Hurdles

Laura Tenaglia

3000m

Jan Gautier

Cross Country

Kelly Cracchiolo

1500m (i)

1990

Lisa Durham

Cross Country

Lucie Mays

1500m (i), 3000m, Cross Country

Linda Wilson

Shot Put (i), Shot Put

Laura Tenaglia

3000m (i), 5000m

1991

Kathy Taylor

Long Jump (i)

Lucie Mays

3000m (i), 3000m,

5000m

Torvia Bradley

55m (i), 100m

Angela James

High Jump (i), High Jump

Charlene Cortez

Shot Put

Lisa Like

400m (i), 1600m Relay

Angie Rohrschieb

(i), 1600m Relay

1600m Relay (i), 1600m

Relay

Lisa Crawford

400m (i), 400m, 1600m

Lisa Williams

Relay (i), 1600m Relay

1600m Relay (i),

1600m Relay

Men

Year	Name	Event(s)
1957	Rex Miller	Cross Country
1969	Marty Corcoran	Mile Relay
	Mike Ervin	Mile Relay
	Clarence Finley	Mile Relay
	Art Miller	Mile Relay
1970	Clark Wille	120 yd. High Hurdle
1971	Rick Wadlington	Shot Put
	Steve Parker	Cross Country
	Bob Kauffman	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	Hurdles, Mile Relay
	Mike Vanatta	Steeplechase
	Robin Thomas	Mile Relay
	Leonard Scott	Mile Relay
	Shay Lewis	Mile Relay
	Ken Hoffman	Cross Country
1982	Mike Vanatta	Steeplechase
	Andrew Presberry	Hurdles
	Rob Thomas	600 (i)
1983	Mike Vanatta	Steeplechase
	Ken McNair	High Hurdles

2023 SOUTHEAST MISSOURI TRACK & FIELD

ALL-AMERICANS



1984	Ken Brown	Intermediate Hurdles		Tim Williams	200m, 400 Relay, 100m, 1600 Relay
	Carl Bell	800m		Jerome McDonald	400 Relay, 1600 Relay
	Joe Lackner	1500m		Terry Harrison	400 Relay, 1600 Relay
	Tim Williams	100m, 200m		Darryl Grady	400 Relay
	Joe Leuchtmann	Cross Country		Bob Ferguson	Pole Vault
	Rob Thomas	500m (i)		Rich Schwepker	Pole Vault
	Carl Bell	800m		Ted McMillan	1600 Relay
	Mike Dwyer	100m		Norman Kellar	Cross Country
	Bob Ferguson	Pole Vault		Jay Townsend	Cross Country
	Barry Hibbert	400 Relay		Jimmy Hearld	Cross Country
	Dave Jackson	100m, Relays	1988	Art Waddle	Cross Country
	Joe Lackner	1500m, Cross Country		Brian Radle	1500m (i), 1500m, 5000m(i), Steeplechase, Cross Country
	Joe Leuchtmann	10,000m, Cross Country			Pole Vault (i), Pole Vault Decathlon
1985	Jim Lohr	High Jump		John Schwepker	Long Jump (i)
	Rob Thomas	400m, Relays		Rashid Ward	Triple Jump (i), Triple Jump
	Mike Vanatta	5000m, Steeplechase		Mike Roberson	Discus
		Cross Country		Mike Hintz	Javelin
	Earl Whiting	Triple Jump		John Hogan	1500m
	Art Waddle	Cross Country		John Daly	5000m (i), 10,000m, 5000m
	Carl Bell	800m (i)		Jimmy Hearld	400 (i), Mile Relay (i)
	Bob Ferguson	Pole Vault (i)	1989	Terry Harrison	Mile Relay (i)
	Dave Jackson	Relays (i), 55m (i)		Fred Jones	Mile Relay (i)
	Norm Kellar	500 (i)		Jerome McDonald	Mile Relay (i), 800m
	Jim Lohr	High Jump (i)		Ted McMillan	CrossCountry,1500(i), 1500m, 5000m
	Kevin Lyons	Relays (i)		Brian Radle	Long Jump (i)
	Earl Nichols	Relays (i)		Rashid Ward	Javelin
1986	Tim Pigg	Shot Put (i)		Bob Cahoon	1500m
	Keith Presberry	Triple Jump (i)		John Daly	5000m (i), 5000m
	Jeff Randle	Relays (i), 55m (i)	1990	Jimmy Hearld	1500m
	John Schwepker	Pole Vault (i)		Steve Sawyer	400m(i), 1600m Relay(i), 1600m Relay
	Earl Whiting	Long Jump (i), Triple Jump (i)		Terry Harrison	800m(i), 1600m Relay(i), 1600m Relay
		1500m		Eric Van Matre	1600m Relay (i), 1600m Relay
	Norm Kellar	100m, 200m		Jerome McDonald	Long Jump (i), Long Jump
	David Jackson	10,000m		Glen Norwood	400m(i), 1600m Relay(i), 1600m Relay
	Joe Leuchtmann	High Jump		Terrence Branch	1600m Relay (i), 1600m Relay
	Jim Lohr	Discus		Virgil Lucas	1600m Relay (i), 1600m Relay
	Mike Hintz	Long & Triple Jump		Brian Coleman	1600m Relay (i), 1600m Relay
	Earl Whiting	Cross Country		Donnie Phillips	800m Relay (i), 800m Relay
	Brian Radle	Steeplechase	1991	Jamal Carson	1600m Relay (i), 1600m Relay
1987	Pedro Caceres	800m		Jimmy Hearld	1600m Relay (i), 1600m Relay
	Shaun Carlile	Pole Vault		Terrence Branch	400m
	Bob Ferguson	100m, 200m		Terrance Branch	400m
	Dana Garner	1500m		Miles Smith	400m
	Norm Kellar	Triple Jump (i), Triple Jump		Miles Smith	400m
	Keith Presberry	Decathlon	1994	Miles Smith	400m
	John Schwepker	10,000m		Kevin Farley	Shot Put
	Art Waddle	Triple Jump	2001	Blake Smith	Long Jump
	Earl Whiting	1500 (i), Steeplechase, 5000m, Cross Country	2005	Kevin Farley	Shot Put, Discus
	Derec Haynes	55 Hurdles (i)	2006	Jonno Engelking	Javelin
	Brian Radle	1500m (i), 1500m, Steeplechase	2008	Logan Blomquist	Hammer Throw
	John Schwepker	Pole Vault (i), Decathlon	2013		
	Art Waddle	500m (i), 10,000m, 5000m	2015		
	Neil Rock	Discus	2016		
			2018		
			2022		



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S TOP 10 RECORDS

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
	Shauna Birge	11.83	2000
9.	Prenecia Ponds	11.84	2014
	Jerika Lewis	11.84	2013

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.	Taylor Fox	4:29.73	2022
8.	Kelly Cracchiolo	4:29.94	1988
9.	Janelle Quigley	4:30.34	1988
10.	Brooke Woodruff	4:30.49	2005

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 Schriefer	36:39.40	1987
10.	Lisa Durham	36:40.24	1991

200 Meter

1.	Jerika Lewis	23.91	2013
2.	Yvonne Hente	23.99	1997
3.	Rachel Kahle	24.00	2010
4.	Torvia Bradley	24.04	1994
5.	Angelica Larrier	24.06	2012
6.	Breanna Miles	24.09	2022
7.	Kehinde Vaughan	24.10	1987
8.	Breanna Miles	24.11	2022
9.	Michelle Hicks	24.13	1987
10.	Prenecia Ponds	24.15	2014

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
	Debbie Kilpatrick	9:56.40	1985
9.	Lindsay Zeiler	9:58.30	2003
10.	Janelle Quigley	9:58.59	1999

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
	Peggy McFarland	14.58	1988

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.	H. Stuckenschneider	54.43	2003
8.	Cheyenne Tunti	54.47	2016
9.	Jennella Torrence	55.06	1985
10.	Kathleen Hudson	55.08	1981

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 Trowbridge	11:14.81	2013
9.	Kristan Richardet	11:18.90	2015
10.	Gloria Westlake	11:20.86	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.	Laila Hardin	1:01.70	2022
8.	Peggy McFarland	1:01.90	1989
9.	Lyndsey Stevenson	1:02.55	2003
10.	Natalie Dansberry	1:02.56	1986

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

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

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.	Nicole Humphreys	49' 9.25"	2022
6.	Linda Wilson	49' 3"	1989
7.	Kayla Gutierrez	48' 8.25"	2015
8.	Sarah Hall	48' 6.25"	2015
9.	Anya Tonga	48' 2"	2021
10.	LeAnn Powers	48' 1"	1986

2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S TOP 10 RECORDS



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' 9"	2022
6.	Makenzie Williams	160' 8"	2021
7.	Lutricia Purham	154' 3"	2000
8.	Any Tonga	153' 10"	2018
9.	Makenzie Williams	153' 5"	2022
10.	Megan Youse	150' 9"	2004

Javelin

1.	Samantha Espiricueta	166' 8"	2009
2.	Lizz Barringer	162' 1"	1989
3.	Marysa Flieg	161' 4"	2022
4.	Marysa Flieg	160' 0"	2022
5.	Marysa Flieg	159' 7"	2022
6.	Marysa Flieg	158' 8"	2022
7.	Marysa Flieg	156' 11"	2022
8.	Marysa Flieg	155' 4"	2022
9.	Marysa Flieg	155' 3"	2022
10.	Bethany Pfeiffer	154' 3"	2014

Hammer Throw

1.	Nicole Humphreys	204' 2"	2022
2.	Nicole Humphreys	203' 10"	2022
3.	Nicole Humphreys	203' 1"	2022
4.	Nicole Humphreys	198' 11"	2022
5.	Nicole Humphreys	197' 6"	2022
6.	Nicole Humphreys	196' 11"	2022
7.	Nicole Humphreys	196' 10"	2022
8.	Nicole Humphreys	196' 7"	2022
9.	Nicole Humphreys	195' 11"	2022
10.	Nicole Humphreys	195' 6"	2022

Weight Throw

1.	Kayla Gutierrez	65' 7"	2014
2.	Nicole Humphreys	64' 11.5"	2022
3.	Any Tonga	64' 7.25"	2020
4.	Nicole Humphreys	63' 3.25"	2022
5.	Nicole Humphreys	63' 2.75"	2022
6.	Nicole Humphreys	62' 6.5"	2022
7.	Nicole Humphreys	62' 4"	2022
	Heather Jenkins	62' 4"	2004
9.	Nicole Humphreys	62' 3.25"	2022
10.	Nicole Humphreys	62' 3"	2022

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.	Lauryn James	19' 2.5"	2022
	Lindsey Meyr	19' 2.5"	2005

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
	Lizz Barringer	5' 7"	1991
	Carla Beatie	5' 7"	1983
	Lainie Bohnsack	5' 7"	1983
9.	Ellie Gamradt	5' 6.5"	2020
10.	Four tied	5' 6"	-

Triple Jump

1.	Shemeika Brewer	41' 6"	2011
2.	Serena Williams	40' 9.5"	2021
	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.	Serena Williams	39' 6"	2022
9.	Serena Williams	39' 5.25"	2022
	Grey C. Harris	39' 5.25"	1997

Pole Vault

1.	Jill Schnurbusch	13' 1.5"	2013
2.	Katie Schumer	12' 7.25"	2021
	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.	Katie Schumer	11' 9.75"	2022

Pentathlon

1.	Taylor Coffelt	3532	2016
2.	Kaitlyn McGinnitey	3319	2022
3.	Macy Ritter	3230	2016
4.	Kristen Carter	3093	2019
5.	Serena Williams	2974	2022
6.	Kim Moye	2831	2014
7.	Serena Williams	2677	2022
8.	Taylor Gudde	2394	2020

Heptathlon

1.	Liz Barringer	5468	1988
2.	Jackie Gregware	5069	1981
3.	Taylor Coffelt	4877	2016
4.	Macy Ritter	4774	2016
5.	Kaitlyn McGinnitey	4493	2022
6.	Serena Williams	4373	2021
7.	Sheila Robinson	4288	1985
8.	Kristen Carter	4261	2019
9.	Briann Jenkins	3992	2021
10.	Kaitlyn McGinnitey	3951	2022



2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S TOP 10 RECORDS

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
	Rick Reynolds	10.41	1982
9.	Mike Dwyer	10.43	1984
10.	Three tied	10.44	-

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

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

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
	Richard Williams	21.14	1977
10.	Rich Wilson	21.24	1976

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

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
	Deric Haynes	52.68	1987
10.	Mike Peters	52.74	2015

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
	Walter Washington	47.22	2006
8.	Shaun Jackson	47.23	1986
	Nick Bryant	47.23	2021
10.	Jason Campbell	47.32	2002

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

Shot Put

1.	Kevin Farley	62' 1.25"	2016
2.	Josh Uchtman	60' 11.25"	2012
3.	Jay Heddell	59' 7.75"	2003
4.	Logan Blomquist	59' 5"	2022
5.	Logan Blomquist	59' 2"	2022
6.	Logan Blomquist	59' 0.75"	2022
7.	Rick Wadlington	59' 0.5"	1971
8.	Logan Blomquist	58' 10.25"	2022
9.	Brandon Colbert	58' 4.5"	2008
10.	Logan Blomquist	58' 3.25"	2022

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

10,000 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
	Ron Ayers	30:50.30	1981

Discus

1.	Neil Rock	192' 4"	1986
2.	Kevin Farley	191' 5"	2016
3.	Brandon Myer	181' 9.5"	2001
4.	Logan Blomquist	180' 4"	2022
5.	Brandon Colbert	179' 2"	2009
6.	Shon Kyle	178' 9"	2015
7.	Mike Hintz	175' 7"	1985
8.	Logan Blomquist	174' 10"	2022
9.	Logan Blomquist	174' 4"	2022
10.	Logan Blomquist	174' 0"	2017

2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S TOP 10 RECORDS



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.	Mason Brock	204' 9"	2022
10.	Chris Navarro	204' 7"	2014

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

Decathlon

1.	John Schwepker	7881	1988
2.	Shea DeGraaf	6886	2021
3.	Chris Navarro	6577	2014
4.	Shea DeGraaf	6513	2022
5.	Shea DeGraaf	6501	2022
6.	Jon Bissell	6268	2021
7.	Isaac Readnour	6224	2022
8.	Isaac Readnour	6199	2022
9.	Nick South	6168	2017
10.	Isaac Readnour	6127	2021

Hammer Throw

1.	Logan Blomquist	240' 8"	2022
2.	Logan Blomquist	240' 1"	2022
3.	Logan Blomquist	237' 11"	2022
4.	Logan Blomquist	237' 3"	2022
5.	Logan Blomquist	236' 3"	2022
6.	Logan Blomquist	235' 2"	2022
7.	Logan Blomquist	235' 1"	2022
8.	Logan Blomquist	235' 0"	2022
9.	Logan Blomquist	234' 0"	2022
10.	Logan Blomquist	232' 11"	2022

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.	Luke Hatfield-Jackson	7' 0.25"	2022
6.	William Johnson	7' 0"	1983
7.	Kevin Market	7' 0"	1983
	Adrian Barnhill	6' 11.75"	2000
9.	Luke Hatfield-Jackson	6' 11.5"	2022
10.	Four tied	6' 11"	-

Weight Throw

1.	Kevin Farley	69' 6.25"	2015
2.	Logan Blomquist	67' 11.5"	2020
3.	Brandon Colbert	66' 7.25"	2010
4.	Dylan Clark	65' 3.25"	2022
5.	Craig Robinson	64' 9.25"	2012
6.	Dylan Clark	64' 2.25"	2022
7.	Dylan Clark	64' 1"	2022
8.	Dylan Clark	63' 6.75"	2022
9.	Dylan Clark	63' 5"	2022
	Josh Uchtman	63' 5"	2010

Pole Vault

1.	Bob Ferguson	17' 10.25"	1987
2.	Jaret Willi	17' 2.5"	2002
3.	Christian Locke	17' 0"	2016
	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.	Nick South	zs16' 1.25"	2022
10.	Nick South	16' 0.75"	2022

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.	Luke Hatfield-Jackson	24' 11.75"	2022
9.	Luke Hatfield-Jackson	24' 7.25"	2022
10.	Earl Whiting	24' 10.25"	1984

Heptathlon

1.	Shea DeGraaf	5334	2022
2.	Shea DeGraaf	5040	2022
3.	Chris Navarro	4935	2015
4.	Nick South	4871	2017
5.	Cal Urycki	4835	2018
6.	Chris Martin	4832	2014
7.	Isaac Readnour	4747	2022
8.	Isaac Readnour	4738	2022
9.	Jon Bissell	4698	2022
10.	Shea DeGraaf	4638	2020



2023 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S RELAY RECORDS

4x100 Meter

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

4x200 Meter

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

Distance Medley

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

4x400 Meter

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

4x800 Meter

1.	Claire Morrill Madalyn Gray Hannah Eastman Taylor Fox	9:02.86	2022
2.	Laura Byrne Debbie Kilpatrick Pam Palmer Jenella Torrence	9:09.09	1985
3.	Carli Knott Katie Wegmann Brianna Payton Claire Morrill	9:10.64	2021
4.	Jen Burke Pam Palmer Laura Byrne Jenella Torrence	9:15.71	2004
5.	Diane Barlow Sue Hopson Andrea Talley Karen McMillan	9:20.36	1985

Sprint Medley

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

2023 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S RELAY RECORDS



4x100 Meter

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

4x200 Meter

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

Distance Medley

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

4x400 Meter

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

4x800 Meter

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

Sprint Medley

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



2023 SOUTHEAST MISSOURI TRACK & FIELD FACILITY RECORDS

Abe Stuber Track Complex

Mark	Year	Men		Mark	Year	Women
10.24	1986	Dana Gardner, SEMO	100m Dash	11.28	2012	Alexis Love, Murray State
20.66	1987	Tim Williams, SEMO	200m Dash	3.32	1987	Kim Walker, Abilene Christian
45.12	1983	Charles Phillips, Abilene Christian	400m Dash	52.36	1987	Jearl Miles, Alabama A&M
1:47.81	1984	Fred Williams, Abilene Christian	800m Run	2:03.71	1987	Treena Colebrook, Cal Poly
13.62	1983	Jack Pierce, Morgan State	100m Hurdles	13.36	1988	Jackie Humphrey, Eastern Kentucky
49.11	1984	Tranel Hawkins, Angelo State	400m Hurdles	57.45	1987	Yolanda Henry, Abilene Christian
3:38.91	1987	Kip Cheruiyot, Mt. St. Mary's	1500m Run	4:14.77	1987	Treena Colebrook, Cal Poly
13:52.05	1987	Charles Cheruiyot, Mt. St. Mary's	5000m Run	16:15.37	1987	Lesley White, Cal Poly
28:58.80	1985	Keith Hanson, Marquette	10,000m Run	33:40.60	1986	Andrea Everett, Purdue
8:37.50	1982	Ed Wedderborn, Murray State	3000m Steeplechase	10:48.49	2008	Mary Ballinger, Southern Indiana
39.20	1984	Abilene Christian	4x100m Relay	44.80	1987	Hampton
3:03.38	1984	Abilene Christian	4x400m Relay	3:36.42	1987	Abilene Christian
2.27m	1991	Steve Smith, Indiana State	High Jump	1.91m	1987	Yolanda Henry, Abilene Christian
8.38m	1987	Yussof Alli, Puma	Long Jump	6.56m	1992	Dedra Davis, Missouri State
16.66m	1987	Stan Oporski, Cal State - LA	Triple Jump	13.49m	2016	Malaikah Love, Unattached
5.54m	1984	Dale Jenkins, Abilene Christian	Pole Vault	4.09m	2015	Carolina Carmichael, Memphis
77.08m	1986	S. Einarsson, Alabama	Javelin	55.98m	1983	Sonya Smith, Abilene Christian
19.97m	2017	Josh Freeman, Unattached	Shot Put	18.28m	1990	Connie Price, Nike
63.42m	1986	Vestein Hafsteinson, Alabama	Discus	60.37m	1987	Connie Price, Nike TC
68.60m	2010	Steffen Nerdal, Memphis	Hammer Throw	72.12m	2017	Deanna Price, NYAC

SEMO Student Recreation Center

Mark	Year	Men		Mark	Year	Women
6.19	2014	Blake Smith, SEMO	55m Dash	6.83	2015	Ayonna Cartwright, SEMO
22.22	2000	Emmanuel Opoku, SEMO	200m Dash	24.88	2015	Ayonna Cartwright, SEMO
49.07	2017	Jarred Pasley, SEMO	400m Dash	54.76	2000	Heather Keltner, SEMO
1:19.35	2017	Kameron Long, SEMO	600m Run	1:40.86	2017	Carli Knott, SEMO
1:54.20	1998	Jason McKinney, Murray State	800m Run	2:14.40	1998	Tammy Wenkel, SEMO
2:26.3	2016	Marc Maton, SEMO	1000m Run	2:53.3	2016	Megan Parks, SEMO
4:13.03	2018	Marc Maton, SEMO	Mile Run	5:04.30	2008	Juli Koenegstein, SEMO
8:38.00	2014	Nick Happe, Arizona State	3000m Run	10:13.91	2017	Kaitlyn Shea, SEMO
7.44	2000	Gabe Spezia, EIU	55m Hurdles	7.83	2016	LaDonna Caston, SIUE
3:24.31	2013	SIU Edwardsville	4x400m Relay	3:53.66	2001	Southeast Missouri
10:55.0	2016	SIU Edwardsville	Distance Medley Relay	12:13.7	2013	SIU Edwardsville
2.15m	2009	Al Winsley, Unattached	High Jump	1.73m	2007	Cheri Edri, Memphis
2.15m	2017	Jordan Wesner, Memphis				
5.22m	2014	Pauls Pujats, Memphis	Pole Vault	4.24m	2017	Carolina Carmichael, Unattached
5.22m	2014	Austin Crenshaw, Memphis				
7.77m	2013	Blake Carter, SEMO	Long Jump	6.16m	1998	Heather Denihan, SEMO
15.71m	2018	Chris Martin, Unattached	Triple Jump	12.99m	2015	Malaikah Love, Unattached
18.79m	2017	Kevin Farley, Unattached	Shot Put	17.58m	2008	Gail Lee, Unattached
21.14m	2009	Steffan Nerdal, Memphis	Weight Throw	19.99m	2014	Kayla Gutierrez, SEMO

**Laura Byrne, Track and Cross Country (1986-89) // Class of 2002**

Laura 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 // Class of 2002

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

Abe Stuber, Track Coach (1932-46) // Class of 2002

Abe Stuber was football and track coach at SEMO 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) // Class of 2002

Mike 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 SEMO to the team title.

1984 Men's Cross Country Team // Class of 2002

The team won the NCAA Division II National Championship.

1985 Men's Indoor Track & Field Team // Class 2002

The team won the NCAA Division II National Championship.

Rick Attig, Track & Field (1970-73) // Class of 2003

Rick 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 SEMO 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 & Field (1939-42) // Class of 2003

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 & Field (1965-68) // Class of 2003

Walter Smallwood was a two-time all-MIAA football selection who still holds SEMO 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 & Field (1967-71) // Class of 2003

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 & Field (1964-67) // Class of 2003

Curtis Williams was the first African-American student-athlete at SEMO. 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.

Lizz Barringer, Track & Field (1986-89) // Class of 2004

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 & Field (1934-37) // Class of 2004

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

Dutch Meyr, Track & Field (1958-61) // Class of 2004

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) // Class of 2004

Rex Miller was SEMO 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 SEMO Hall of Famer Mike Vanatta.

Rob Thomas, Track & Field (1981-84) // Class of 2004

Rob Thomas ranks as SEMO 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.

John Schwepker, Track & Field (1984-88) // Class of 2006

John Schwepker won two individual national championships at SEMO 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 SEMO record holder in the decathlon with 7,881 points, Schwepker participated in the 1988 Olympic Trials.

Royal Tibe, Track and Field (1919-23) // Class of 2006

Royal Tibe is believed to be the only athlete at SEMO 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.



2023 SOUTHEAST MISSOURI TRACK & FIELD SEMO HALL OF FAMERS

Ed White, Track and Cross Country (1973-77) // Class of 2007

Ed White is the only SEMO 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 SEMO Athletic Hall of Fame inaugural class of 2002.

Joey Haines, Track and Cross Country Coach (1982-2008) // Class of 2007

Joey Haines was named Ohio Valley Conference Coach of the Year 20 times during a career that saw his teams win one NCAA Division II National Indoor Title, one NCAA Division II National Cross Country Title and earn 18 NCAA Division 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 & Field (1968-71) // Class of 2007

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

Andrew Presberry, Track & Field (1978-82) // Class of 2009

Andrew Presberry was a four-time All-American at SEMO, winning honors in the hurdles and on the mile relay team. He still holds the SEMO 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.

Terrance Branch, Track & Field (1982-2008) // Class of 2010

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.

Bob Ferguson, Track & Field (1983-86) // Class of 2011

Bob 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.

Christine Ridenour, Track and Cross Country (1982-84) // Class of 2012

Christine Ridenour 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 & Field (1981) // Class of 2012

Beverly Slaughter 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.

Kathleen Hudson, Track & Field (1979-81, 1983) // Class of 2013

Kathleen 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 & Field (2004-08) // Class of 2013

Miles 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.

**Heather Jenkins, Track & Field (2002-06) // Class of 2016**

A Cape Girardeau native, Heather 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 NAAs 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.

Tom Brennecke, Track & Field/Football (1954-57) // Class of 2018

Tom 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 & Field (1997-2000) // Class of 2018

Lutricia 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.

Tim Rademaker, Assistant Track & Field Coach (1975-82, 1980s-2017) // Class of 2018

Dr. Tim 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.

Gerald Jones, Cross Country/Track & Field (1959-62) // Class of 2019

Gerald 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 // Class of 2019

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.

Kevin Farley, Track & Field (2011-2016) // Class of 2022

Thrower Kevin Farley was a three-time All-American at Southeast Missouri. Farley qualified for the NCAA Championships on three occasions, including twice in the shot put (2013, 2016) and once in the discus (2016). He recorded three top-10 finishes in those appearances earning First-Team All-America honors with a seventh-place finish in the shot put in 2013 and an eight-place showing in the discus in 2016. Farley was a 10-time Ohio Valley Conference Champion (Discus, 2013 & 2016; Hammer, 2014 & 2016; Outdoor Shot Put, 2013 & 2016; Indoor Shot Put, 2013, 2014 & 2015; 35-Pound Weight Throw, 2015). He won OVC Championship MVP honors three times (Indoor, 2015; Outdoor, 2013 & 2016), OVC Indoor Field Athlete of the Year accolades on two occasions (2014 & 2015), OVC Outdoor Field Athlete of the Year laurels once (2013) and was tabbed OVC Outdoor Freshman of the Year (2012) in his career. Farley still holds the OVC record in the 35-pound weight throw and was a member of four OVC Championship teams. He set three SEMO records, including the outdoor shot put, 35-pound weight throw and hammer. His outdoor shot put and 35-pound weight throw records still stand today, while his hammer record has been broken. He ranks first all-time at SEMO in the shot put and weight throw, and second in both the discus and



2023 SOUTHEAST MISSOURI TRACK & FIELD SEMO HALL OF FAMERS

hammer. Farley was a four-time USTFCCA Academic All-American and OVC Scholar-Athlete, as well.

Heather Keltner, Track & Field (1997-2001) // Class of 2022

Heather Keltner helped lead Southeast Missouri to four Ohio Valley Conference titles during her career. Keltner was named OVC Track Athlete of the Year in both 2000 and 2001. She was a 16-time OVC Champion as a sprinter

(Indoor 200m, 1999; Indoor 400m, 1998, 1999 & 2000; Indoor 4x400m Relay, 1998 & 2000; Outdoor 200m, 1999 & 2001; Outdoor 400m, 1998, 1999, 2000 & 2001; Outdoor 4x100m Relay, 1998, 1999 & 2000; Outdoor 4x400m Relay, 1998). Keltner was also part of three school record relay teams, including Outdoor 4x400m, Sprint Medley Relay and 4x200m. She ranked third all-time at SEMO in the 400m and ninth in the 200m. Keltner was a four-time Southeast Scholar-Athlete, as well.



Blomquist Wins 2022 NCAA Hammer Throw National Championship

Logan Blomquist captured the 2022 NCAA Hammer Throw National Championship Wednesday at Hayward Field for Southeast Missouri track & field's first-ever NCAA Division I Outdoor Track & Field Championships title in program history.

Blomquist, the 2022 Ohio Valley Conference Male Field Athlete of the Year and Hammer Throw Champion, won the National Championship with a career-best mark of 240-8 (73.37m) in the final round Wednesday to etch his name in the SEMO record books.

The distance also improved upon his Southeast Missouri program-record hammer throw.

"I came into the [2022 NCAA Division I Outdoor Track & Field Championships] thinking that I was capable of throwing far," Blomquist said after securing the National Championship. "I was nervous, knowing it came down to one final throw and that was it. I've worked so hard for so long for this moment. It was anybody's ballgame coming in [to the 2022 NCAA Championships]."

Blomquist was sixth overall through three rounds of competition before climbing up the

leaderboard in the ensuing final three rounds.

Blomquist, a Pleasant Hill, Missouri, native, donned white Under Armour sunglasses for the finals as the sun peaked out for rounds four, five and six, Wednesday.

He opened up his second career NCAA National Championship with a feat of 231-5 (70.54m) on his first attempt and concluded finals qualifying with 231-4 (70.51m) on try #3.

In the finals, Blomquist moved up to third on the leaderboard with a heave of 235-1 (71.66) in the fourth round.

Blomquist then tied Minnesota's Kostas Zaltos for the lead with 237-10 (72.51m) on the fifth try before being surpassed by Penn State's Tyler Merkley, the 2022 NCAA East Preliminary Hammer Throw Champion.

Zaltos took third overall Wednesday at the 2022 NCAA Division I Outdoor Track & Field Championships.

Merkley registered a throw of 238-6 (72.70m) in the fifth round, after qualifying for the finals second overall Wednesday. He finished second on the podium Wednesday.

Sitting tied for third in the standings, Blomquist then unleashed his personal-best and improved on his SEMO program record in the sixth and final round. Blomquist, the 2022 NCAA Hammer Throw leader, notched a distance of 240-8 (73.37m) to secure the title and earn SEMO's first-ever NCAA Division I Outdoor Track & Field title.

Blomquist's previous career best was 240-1 (73.18) set at the Memphis Tiger Invitational (April 29-30) earlier in 2022.

The 2022 season marked Blomquist's second career NCAA National Championship appearance after advancing through the NCAA West Preliminary in 2019 and finishing 24th overall in the hammer competition at the 2019 Championships.

Blomquist was also named a 2022 First-Team All-American for his National Championship performance Wednesday.



CROSS COUNTRY

2023 SOUTHEAST MISSOURI TRACK & FIELD



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2023 SOUTHEAST MISSOURI TRACK & FIELD

2022 CROSS COUNTRY



Women's Roster

Name	Class	Hometown	High School
Lexie Dockstader	Fr.	Olathe, Kan.	Olathe North
Lilly Earley	Fr.	Farmington, Mo.	Farmington
Hannah Eastman	Sr.	Belleville, Ill.	Belleville East
Layla Fliege	Fr.	Jackson, Mo.	Jackson
Taylor Fox	Jr.	Mt. Zion, Ill.	Mt. Zion
Madelyn Gray	So.	St. Peters, Mo.	Fort Zumwalt South
Erika Mellor	So.	De Soto, Mo.	De Soto
Brianna Payton	Sr.	Lexington, Ky.	Tates Creek
Mackenzie Pugh	Sr.	St. Peters, Mo.	Francis Howell North
Sarah Russom	So.	St. Charles, Mo.	Francis Howell
Haley Smith	So.	Cape Girardeau, Mo.	Notre Dame
Alayna Sparr	Fr.	Farmington, Mo.	Farmington
Kayla Vogelsang	Fr.	De Soto, Mo.	De Soto
Katie Wegmann	Sr.	Mequon, Wis.	Homestead

Men's Roster

Name	Class	Hometown	High School
Connor Ayers	Fr.	Springfield, Mo.	Parkview
Jacob Blassingame	Fr.	St. Charles, Mo.	St. Charles West
Nick Cimmarusti	So.	St. Charles, Mo.	Francis Howell
Markeith Crawford	Sr.	St. Louis, Mo.	Ladue Horton Watkins
Thomas Doss	Jr.	St. Charles, Mo.	St. Charles
Garrett Dumke	So.	Maryville, Mo.	Maryville
Clayton Eftink	Jr.	Cape Girardeau, Mo.	Notre Dame
Terrico Garrett	Sr.	University City, Mo.	University City
Seth Gleason	Jr.	O'Fallon, Mo.	Fort Zumwalt North
Noah Little	Jr.	Washington, Mo.	Washington
Aaron Modrow	Sr.	Junction City, Kan.	Chapman
Byron Sowerby	Jr.	Preston, England	Runshaw College
Justin Splitt	Jr.	Lakemoor, Ill.	Grant Community

Associate Head Coach for Cross Country and Track & Field: Ryan Lane

2023 SOUTHEAST MISSOURI TRACK & FIELD

2022 FINAL RESULTS



	Redhawks CC Invite (4K)	McKendree Bearcat Classic (5K)	Live in the Lou Classic	Bradley Pink Classic (6K)	OVC Championship (5K)	NCAA Midwest Regionals (6K)
Women	9/2/22	9/23/22	10/1/22	10/14/22	10/29/22	11/11/22
Lexie Dockstader	15:19.1 (12th)	19:46.9 (9th)	19:35.5 (313th)	24:11.3 (271st)	24:10.8 (45th)	24:15.6 (222nd)
Lilly Earley	--	--	--	--	--	--
Hannah Eastman	14:38.9 (6th)	18:41.3 (1st)	18:14.9 (120th)	22:17.9 (133rd)	22:11.5 (5th)	21:40.7 (90th)
Layla Fliege	--	20:16.3 (13th)	19:33 (310th)	23:40.8 (236th)	23:47.9 (30th)	23:59.8 (216th)
Taylor Fox	14:28.3 (5th)	18:56 (2nd)	18:28.1 (156th)	22:35.7 (166th)	23:31.7 (24th)	22:53.5 (170th)
Madelyn Gray	14:53.6 (7th)	19:16.9 (4th)	18:47.9 (204th)	23:19.8 (213th)	23:42.9 (27th)	23:27.8 (201st)
Erika Mellor	--	--	--	--	--	--
Brianna Payton	15:14.7 (10th)	--	--	23:34 (38th)	DNF	--
Mackenzie Pugh	15:27 (14th)	19:30.4 (6th)	20:11.4 (351st)	23:25.2 (218th)	23:46.3 (28th)	23:02.8 (180th)
Sarah Russom	15:12.6 (9th)	20:33.9 (17th)	20:24.3 (358th)	23:49.3 (54th)	24:38.3 (52nd)	--
Haley Smith	15:33.6 (16th)	20:02.3 (10th)	20:07.3 (346th)	24:09 (65th)	24:12.2 (46th)	--
Alayna Sparr	16:14.7 (29th)	21:11.8 (26th)	--	24:50.4 (86th)	DNS	--
Kayla Vogelsang	15:37.5 (17th)	20:44.6 (19th)	20:17.5 (355th)	25:06.7 (98th)	DNS	--
Katie Wegmann	14:25.3 (3rd)	19:17.8 (5th)	18:45.4 (199th)	22:10 (117th)	22:26.5 (7th)	DNF

	Redhawks CC Invite (6K)	McKendree Bearcat Classic (8K)	Live in the Lou Classic	Bradley Pink Classic (8K)	OVC Championship (8K)	NCAA Midwest Regionals (10K)
Men	9/2/22	9/23/22	10/1/22	10/14/22	10/29/22	11/11/22
Connor Ayers	--	25:48.9 (5th)	25:31.3 (180th)	DNF	DNF	34:02.7 (193rd)
Jacob Blasingame	20:09.4 (32nd)	26:56 (21st)	26:56 (282nd)	26:36.4 (252nd)	27:43.5 (63rd)	--
Nick Cimmarusti	--	26:06.7 (8th)	27:20.8 (291st)	25:38.2 (183rd)	26:36.2 (34th)	32:25.1 (169th)
Markeith Crawford	--	--	--	--	--	--
Thomas Doss	--	--	--	--	--	--
Garrett Dumke	19:47.5 (25th)	26:15.8 (11th)	26:33.6 (267th)	26:28.4 (247th)	26:54.9 (43rd)	34:06.6 (194th)
Clayton Eftink	19:44 (24th)	26:11.3 (9th)	26:02.5 (234th)	25:52.9 (204th)	27:38.3 (61st)	33:00.7 (183rd)
Terrico Garrett	18:59.2 (11th)	25:35.6 (1st)	25:52.7 (221st)	25:25.1 (162nd)	26:49.3 (39th)	--
Seth Gleason	18:39 (5th)	--	--	--	--	--
Noah Little	18:26.4 (3rd)	25:47.5 (3rd)	25:08.3 (141st)	25:16.4 (143rd)	25:37.3 (10th)	31:56.8 (146th)
Aaron Modrow	18:46.2 (7th)	25:47.6 (4th)	26:13.9 (249th)	24:58.7 (110th)	26:15.5 (24th)	31:37.5 (124th)
Byron Sowerby	--	--	--	--	--	--
Justin Splitt	19:35.6 (20th)	26:37 (17th)	25:51.8 (219th)	25:33 (177th)	26:53.7 (40th)	33:41.2 (190th)

2022 Schedule/Results

Date	Meet	Location	Results
September 2	Redhawks Cross Country Invitational	Cape Girardeau, Mo.	Women: 1st; Men: 2nd
September 23	at McKendree Bearcat Classic	Lebanon, Ill.	Women: 1st; Men: 1st
October 1	at Live in the Lou Classic	Louisville, Ky.	Women: 35th; Men: 31st
October 14	at Bradley Pink Classic	Peoria, Ill.	Women: 29th; Men: 26th
October 22	OVC Championships	Cookeville, Tenn.	Women: 4th; Men: 6th
November 11	NCAA Midwest Regionals	Columbia, Mo.	Women: 31st; Men: 26th

SEMO
CROSS COUNTRY

OVC WOMEN'S INDOOR CHAMPIONS | 1997 • 1998 • 2000 • 2004 • 2005 • 2006 • 2013
OVC WOMEN'S OUTDOOR CHAMPIONS | 1995 • 1997 • 1998 • 2000 • 2003 • 2004 • 2005 • 2006 • 2014 • 2021



2023 SOUTHEAST MISSOURI TRACK & FIELD

OVC HISTORY

OVC Female Runner of the Year

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

OVC Female Freshman of the Year

2015	Kaitlyn Shea
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Women's All-OVC

1992	Amy Cole	8th/19:37
1992	Tracey Stockton	10th/20:17
1993	Amy Cole	3rd/19:02
1993	Misty McGhee	8th/19:47
1993	Kari Unterreiner	10th/20:01
1994	Sherry Lange	4th/18:43
1994	Terry Lange	5th/18:50
1994	Misty McGhee	7th/19:15
1995	Misty Dubman	6th/19:32
1995	Jennifer Anderson	8th/19:40
1995	Amy Cole	10th/19:43
1995	Terry Lange	11th/19:45
1995	Misty McGhee	13th/19:52
1996	Sherry Lange	3rd/18:53
1996	Keisha Grace	8th/19:17
1996	Janelle Quigley	11th/19:32
1996	Estelle McHargue	13th/19:40
1997	Leslie McNamara	4th/18:48
1997	Janelle Quigley	8th/19:03
1997	Michelle Ramsey	12th/19:22
1998	Janelle Quigley	1st/18:21
1998	Tammy Wenkel	3rd/18:55
1998	Leslie McNamara	14th/19:33
1999	Amy Arteme	1st/18:36
1999	Tammy Wenkel	4th/18:50
1999	Celeste Ramsey	13th/19:26
1999	Leslie McNamara	14th/19:38
2000	Amy Arteme	2nd/18:05
2000	Kaci Pilcher	4th/18:11
2001	Kaci Pilcher	5th/18:38
2002	Lindsey Zeiler	1st/17:52
2002	Kaci Pilcher	8th/18:24
2002	Kris Woolf	10th/18:32
2002	Brooke Woodruff	11th/18:38
2002	Anna Verseman	13th/18:49
2003	Brooke Woodruff	11th/18:43
2003	Kris Woolf	13th/18:51
2004	Jen Caywood	9th/19:20
2005	Lindsey Zeller	5th/18:22
2005	Jen Caywood	7th/18:33
2006	Juli Koenegstein	8th/19:05
2007	Juli Koenegstein	7th/18:41
2007	Brandi Gervais	12th/19:07
2008	Juli Koenegstein	7th/18:37
2008	Monica Noble	9th/19:15
2008	Linnea Woldtvedt	14th/19:31

2009	Monica Noble	9th/20:28
2009	Szandra Pal	12th/20:33
2010	Kasey Owens	13th/19:11
2011	Rebekah Lawson	6th/18:29
2011	Jenny Govero	12th/18:42
2012	Rebekah Lawson	7th/17:33
2013	Rebekah Lawson	2nd/17:49
2014	Rebekah Lawson	7th/17:42
2014	Gloria Westlake	12th/17:57
2015	Megan Parks	12th/22:08
2016	Megan Parks	7th/17:34.9
2016	Kaitlyn Shea	13th/17:43.6
2017	Kaitlyn Shea	12th/17:44.8
2018	Kaitlyn Shea	7th/17:36.7
2018	Sydney O'Brien	8th/17:36.9
2018	Carli Knott	10th/17:56.3
2019	Maddie Keller	5th/17:57.3
2019	Carli Knott	10th/18:16.9
2020	Katie Wegmann	8th/19:54
2022	Hannah Eastman	5th/22:11.5
2022	Katie Wegmann	7th/22:26.5

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 1st Team All-OVC while the 8-14 finishers were deemed 2nd Team All-OVC.

OVC Male Freshman of the Year

2008	Nate Shipley
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Men's All-OVC

1991	Bryant Wright	8th/27:30
1991	Dave Baker	10th/27:53
1992	Joe Dandridge	5th/26:36
1993	Joey Russell	7th/26:22
1993	Steve Lewis	9th/26:30
1993	Jay Orr	10th/26:31
1994	Glen Lomenick	8th/26:12
1995	Brian Carter	8th/26:55
1995	Chris Monty	10th/26:58
1995	Steve Watson	12th/27:00
1995	Erin Roades	14th/27:13
1997	Erin Roades	14th/26:56
2003	Brian Whitehed	5th/26:50
2003	Chad Sierman	6th/25:52
2004	Gabe Lutes	12th/25:49
2005	Gabe Lutes	13th/25:49
2006	Kevin McNab	2nd/25:25
2006	Brandon Karcher	7th/26:44
2007	Brandon Karcher	9th/25:48
2007	Brandon Funderburk	10th/25:54
2008	Brandon Karcher	4th/25:40
2008	Nate Shipley	12th/26:22
2008	Dustin Davis	13th/26:28

2009	Jason Lumpkin	8th/26:44
2010	Jason Lumpkin	6th/25:44
2010	Chris Loseman	8th/25:56
2010	Nate Shipley	9th/25:58
2010	Dustin Davis	13th/26:14
2011	Nate Shipley	6th/25:20
2011	Brent Collins	10th/26:09
2012	Nate Shipley	9th/25:54
2012	Alex Zisser	12th/25:06
2013	Craig Munie	7th/24:59
2022	Noah Little	10th/25:37.3

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 1st Team All-OVC while the 8-14 finishers were deemed 2nd Team All-OVC.