



SOUTHEAST MISSOURI STATE REDHAWKS • 2013-14

TRACK AND FIELD GUIDE



Southeast

Missouri State University™

Located

- ▶ Cape Girardeau, Mo.

Enrollment

- ▶ 11,510

Class Size

- ▶ Small classes with 98 percent of courses having fewer than 50 students

Academic Programs

- ▶ More than 200 areas of study including business, education, nursing, agriculture, science and technology, visual and performing arts

Athletics

- ▶ 15 NCAA Division I Teams



Table of Contents



Intro to Redhawk Track and Field

Media Information.....	2-3
Abe Stauber Complex	4-5
Sports Medicine	6
Strength & Conditioning.....	7
Success Center.....	8-9
Dr. Kenneth Dobbins	10-11
Director of Athletics Mark Alnutt	12-13
Athletics Staff.....	14-15
Mission Statement	16

Cross Country Recap

Women's Roster.....	18
Women's Recap/Results.....	19
Men's Roster.....	20
Men's Recap/Results.....	21
Cross Country Honors.....	22

Coaching Staff Section

Head Coach Eric Crumpecker.....	24-25
Assistant Coach Ryan Lane	26-27
Assistant Coach Matt Koelling	28-29
Assistant Coach Miles Smith	30-31
Graduate Asst. Sharoyah Davis	32

Women's Profiles

Returners Profiles	34-51
Newcomers Profiles	52-54

Men's Profiles

Returners Profiles	56-76
Newcomers Profiles	77-80

Records Section

Indoor Records.....	82-83
Outdoor Records.....	84-85
Relay Records.....	86-87
Women's All-Time Top 10 Lists	88-91
Men's All-Time Top 10 Lists	92-95
OVC Honors.....	96-97
OVC Champions	98-99
Southeast All-Americans	100-101
Southeast Hall of Fame.....	102-106

Ohio Valley Conference Section

This is the OVC.....	107-112
OVC Map	113
2013-14 OVC Championships	114

This is Southeast Section

Southeast Missouri State.....	116-121
NCAA Championships.....	122

Credits

The 2013-14 Southeast Missouri Track and Field Information Guide was written by Sports Information Assistant Sean Stevenson and Chad Twaro. Information Guide designed by Sean Stevenson. Cover design and additional graphics assistance provided by Tonya Wells and Krista Mayfield. Photography by Marc Mahnke, Fred Lynch, Marcus Painton, Keith Hente, Aaron Eisenhower, Pat Patterson, and Josh Russell. Other editorial assistance by Sports Information Director Jeff Honza, Sports Information Assistant Director Ryan Hilgemann, Unique Hooks, and Josh Hall.



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Credentials

Credentials are required for entrance to the track or field (for photographers). To request season or single-meet credentials, please contact the Southeast Missouri State Sports Information Office by phone at (573) 651-2294 or e-mail at sstevenson@semo.edu or rhlgemann@semo.edu.

Photographers

Please observe NCAA regulations and shoot from the designated areas. Photographers are not permitted on the playing floor and must display their credentials at all times.

Track & Field E-Mail List

If you would like to be added to the Redhawk Track & Field e-mail list to receive breaking news about the team, please e-mail Sean Stevenson. The official website, GoSoutheast.com, is the best source for up-to-date information about the team.

Interviews During the Week

Student-athletes and coaches are available upon request during the season. Team policy requires interviews conducted 30 minutes prior to practice time. Please let the sports information office know if you plan to attend practice.

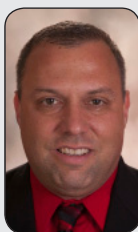


Media Information

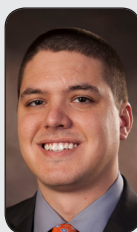
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Director



Ryan Hilgemann
Assistant Director



Sean Stevenson
Assistant



2013-14 Sport Assignments

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Softball, Women's Tennis
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Email: jhonza@semo.edu;
redhawk1@me.com

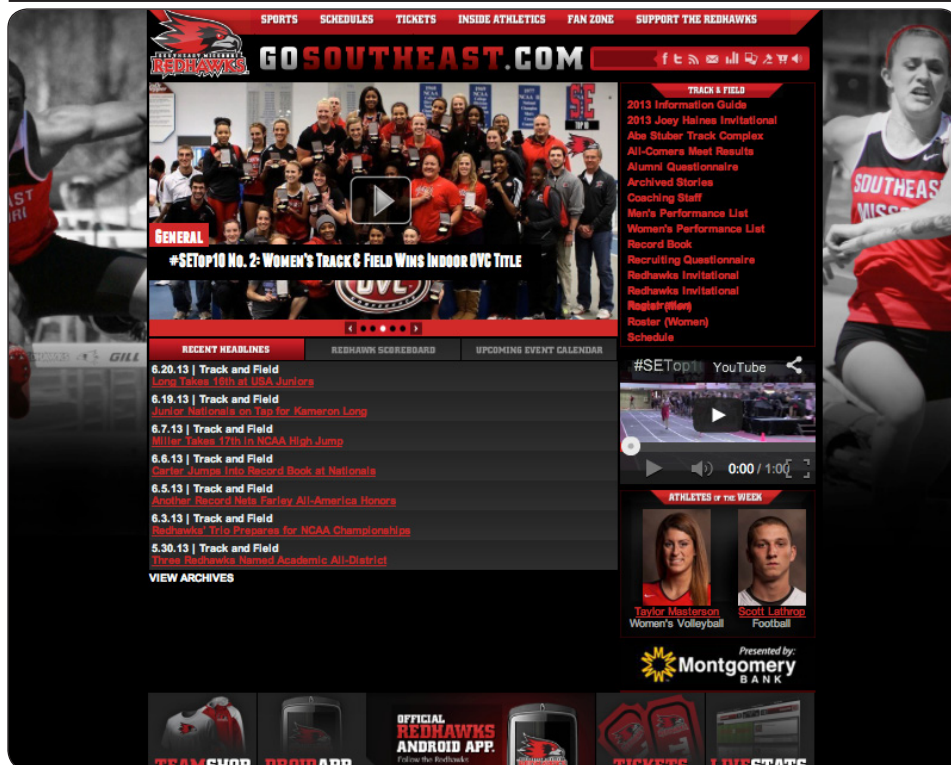
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Secondary Football Contact,
Women's Soccer, Women's Basketball,
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2013-14 TRACK & FIELD GUIDE



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Abe Stuber Complex

Abe Stuber Complex

The Southeast Missouri track and field teams train and compete at the Abe Stuber Track & Field Complex during the outdoor season. Considered one of the finest track facilities in the Midwest, it has been the host of the Ohio Valley Conference Outdoor Track & Field Championships six times, most recently the 2012 season. The facility is also the home of the annual Joey Haines Invitational, held the first weekend of every April.

Dedicated in the spring of 1980 and named after the late Abe Stuber, who coached the Southeast track squads from 1932-46, the facility includes a press box and spectator seating for up to 2,000 people. Designed strictly as a track and field complex, it has also

served as the host site of three NCAA Division II National Track & Field Championships.

The track and runways were resurfaced in 2001 and a weight room and office building added adjacent to the track in 2002. The 2,000 square foot building houses a 1,500 square foot weight room, offices, bathrooms and storage.

The spacious weight room is equipped with seven multi-power racks and lifting platforms. It contains nearly 5,000 pounds of free weights, 3,000 pounds of dumbbells and numerous weight machines.

The completion of this \$300,000 project has given the team one of the best training facilities in the region.

The complex allows the men's and women's track teams to practice at any time, in a safe and efficient manner.

The complex is located on the north edge of campus off Sprigg Street and within walking distance to the University.





SOUTHEAST MISSOURI STATE UNIVERSITY



Prevention. Treatment. Rehabilitation. Education. Those are the four primary phases of athletic training, and the Southeast Missouri athletic training staff strives to fulfill all of those areas when working with student-athletes on a daily basis.

Southeast student-athletes are offered the best care possible by the athletic training staff. Head Athletic Trainer Alfred Castillo directs the Sports Medicine department which includes four full-time athletic trainers, six graduate assistants and several student assistants.

The staff serves student-athletes around-the-clock at numerous facilities on campus.

The athletic trainers begin treatments and rehabilitation starting as early as 6 a.m., and are available until the last student-athlete is through. There are currently five athletic training facilities on campus. The staff treats out of the Rosengarten Athletic Complex, where the primary training room is located. There are four other satellite athletic training rooms, including one at Houck Field House, one off of Houck Field, one at Parker

Academic Building, and one at the Show Me Center.

The Southeast athletic training rooms are equipped with stationary bikes, hand weights, therapeutic modalities and the latest physical therapy equipment. Each component is strategically designed to not only give the student-athlete the best care, but also to aid in returning to competition as quickly as possible.

Southeast Athletic Training has strong working relationships with local physicians and two hospitals in Cape Girardeau. It is from these hospitals that the Athletic Training department is assisted by six orthopedic physicians.

The Southeast Athletic Training program prides and commits itself to providing the best comprehensive, personalized and efficient healthcare to its student-athletes. Delivery of healthcare focuses on the prevention and management of athletic-related injuries or illnesses, while adhering to the National Athletic Trainers' Board of Certification Standards of Professional Practice. Our high quality of athletic healthcare is provided in combination with the education of athletic training students.



Strength & Conditioning



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

This will be accomplished by focusing on reducing the risk of injury and maximizing athletic potential through individual evaluation and program design.

Training Principles for Southeast Athletes:

1. Reduce the risk of injuries

- If a student-athlete is injured, he/she will not be able to compete at practice or games.

2. Maximize athletic ability

- We challenge each athlete, both physically and mentally, in order to achieve optimal results.

Exercises for Southeast Athletes are based on the following Principles:

1. Ground Based Movements

- Athletes compete with their feet on the ground, and therefore, should train that way. The ability to

produce force against the ground determines how fast athletes can run and how high they can jump.

2. Three-Dimensional Movements

- Athletes must be able to stabilize themselves in all planes of movement. A fancy way of saying we use free weights (barbells/dumbbells vs. machines).

3. Multi-Joint Movements

- Very rarely in sport do athletes isolate one single joint at a time. Athletes can train more muscle mass at the same time.

The Southeast Missouri Strength and Conditioning program is under the direction of Ryan Johnson.

Redhawk student-athletes use various training facilities located inside the Student Recreation Center South.





SOUTHEAST MISSOURI STATE UNIVERSITY



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

It is located in the Student Recreation Center, just south of Houck Stadium. The Redhawk Success Center offers a computer lab with 18 work terminals, study areas and rooms for group meetings.

The area is under the guidance of Director of Academic Services Sharon Burgard, Assistant Courtney Lawson and Graduate Assistants Emily Obergönnner and Caitlyn Bamberger.

The beautiful facility has enhanced the outstanding work in the classroom already enjoyed by Southeast student-athletes. Last year, the Redhawks combined for a 3.12 cumulative grade point average in the fall and spring semesters. Over 60 percent of all student-athletes recorded a 3.0 or higher GPA. Thirteen of Southeast's 15 intercollegiate athletic teams recorded a team GPA over 3.0. The gymnastics team posted the best overall mark with a 3.85. In all, 16 student-athletes achieved a

perfect 4.0 GPA.

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

A special course is required for all first time student-athletes at Southeast. The

course, which offers three credit hours, is part of a comprehensive program developed to address study skills and life skills topics, and thus, enhance retention and academic success for student-athletes.

Entering student-athletes are evaluated for academic preparedness and assigned to



Success Center

Success Center

appropriate categories. Student-athletes can also receive individualized academic programs which include meeting with a mentor bi-weekly to discuss academic progress.

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

2012-13 Notables

- Southeast Missouri finished third in the OVC Commissioner's Cup for the 2012-13 school year. The third-place finish was the Redhawks highest in school history. Southeast accumulated a total of 104.25 points in the overall voting.
- Southeast student-athletes combined for

a 3.12 cumulative grade point average in the fall and spring semesters. A total of 192 student-athletes recorded a 3.0 or higher GPA, accounting for 60 percent of all student-athletes. Sixteen Redhawks earned a perfect 4.0 GPA in 2012-13.

- In all, 63 student-athletes received their degrees, including 15 in the fall and 48 in the spring.
- The Redhawks won four academic team awards and had five CoSIDA/Capital One Academic All-District selections in 2012-13. The gymnastics team was second in the nation with a 3.73 GPA in the National Association of Collegiate Gymnastics Coaches/Women; the women's cross country team earned United States Track and Field and Cross Country Coaches Association All-Academic honors after ranking fifth in the nation with a 3.72 GPA; the men's cross country team ranked 11th in the nation with a 3.48 GPA to earn USTFCCCA All-Academic honors; and the women's soccer team won a National Soccer Coaches

Association of America team academic award after ranking 13th in the nation with a 3.55 GPA.

- Southeast's football, women's soccer and women's tennis teams won the OVC Team Sportsmanship Award. Southeast's three sportsmanship awards tied for most in the conference in 2012-13.
- Southeast's women's gymnastics team earned an NCAA Public Recognition Award for academic performance. The gymnastics team posted a perfect 1,000 score and won the award for the third-straight year. Eight other Redhawk teams, including volleyball, men's cross country, women's cross country, women's tennis, women's outdoor track, women's indoor track, women's soccer and baseball also exceeded the national average in multi-year APR (974).
- Thirteen of Southeast's 15 teams achieved a cumulative grade point average over 3.0, including all 10 women's programs.





SOUTHEAST MISSOURI STATE UNIVERSITY



Dr. Kenneth W. Dobbins became the seventeenth president of Southeast Missouri State University on July 1, 1999 after serving as the University's Vice President of Finance and Administration from 1991 to 1993, and Executive Vice President from 1993 until his appointment as president. He previously held several positions in higher education administration at Kent State University in Ohio.

During his tenure at Southeast, academic programs have been enhanced including the establishment of the College of Science, Technology, and Agriculture and the Earl and Margie Holland School of Visual and Performing Arts which opened in Fall 2007 on the new River Campus. A comprehensive review of all academic and non-academic programs has been accomplished to maintain quality and minimize student fee increases in the face of significant state appropriation reductions. Southeast continues to be recognized nationally for many of its outstanding accredited academic programs. For the ninth year in a row, Princeton Review recognized the Master of Business Administration program on its list of "Best Business Schools." GetEducated.com listed Southeast #1 on the list of "Top 10 Ranked Best Values Online

MBAs-AACSB-Accredited"; Southeast is recognized in the top tier of the Midwest best regional universities in U.S. News Best Colleges for 2013; and Southeast was again named among the "Best in the Midwest" by Princeton Review. Additionally, StateUniversity.com ranked Southeast the safest public college campus in Missouri, Militaryfriendlyschools.com lists Southeast among the top schools that embrace veterans as students, and recent freshmen survey data indicate that new students applied only to Southeast at a rate three times the national average.

Enrollment has increased significantly since a 20-year-low in 1994 when some 7,900 students attended Southeast. In Fall 2005, enrollment topped 10,000 for the first time, and stood at more than 11,700 in 2012. Additionally, record enrollments in higher education have occurred in the University's 25-county service region during his tenure due to the establishment of new regional campuses in Sikeston and Kennett and a higher education center at Perryville serving place-bound students in and near those rural communities.

During Dr. Dobbins' presidency, more than \$300 million in capital construction and building improvement projects have enhanced the University. The Seabaugh Polytechnic Building and the \$58 million River Campus were constructed. Additionally, The Douglas C. Greene Center for Innovation and Entrepreneurship to promote entrepreneurship and enhance the region's economy opened on the campus in 2005; Southeast dedicated its new, state-of-the-art David M. Barton Agriculture Research Center in 2009; two new 300-bed residence halls were constructed in 2002 and 2009; and the University currently is in the midst of more than \$90 million in capital renovation for maintenance and repair projects including the renovation

of the historic 107-year-old Academic Hall, the remodeling and upgrades to the Magill and Rhodes sciences complex, a new residence hall on the north end of campus, and a new classroom/residence hall building at the River Campus.

Dr. Dobbins has served a two-year term as president of the Missouri Council on Public Higher Education (COPHE), the organization for presidents and chancellors of Missouri's public colleges and universities, and is the senior member of the organization. In 2007, he was selected to serve a three-year term on the American Association of State Colleges and Universities (AASCU) Board of Directors, an organization which represents over 420 U.S. public college and university members and more than 3.7 million students or 56 percent of the enrollment at all public four-year institutions. He was elected Secretary-Treasurer of the organization in 2008, chaired the organization in 2010-2011, and currently serves on the executive committee as past chair of the AASCU Board. Also, for the past nine years, he has served as one of four faculty members for the week-long AASCU New Presidents' Academy, and currently chairs the Finance Committee of the American Academic Leadership Institute. He previously served three years as president of the Ohio Valley Conference and is currently a member of the Conference finance subcommittee. In addition, he is a vice president of the executive board of the Greater St. Louis Council, Boy Scouts of America, and was elected by local council associates to serve on the National Council, Boy Scouts of America. In 2010, he was awarded the Silver Beaver Award, the highest honor bestowed upon a Boy Scout volunteer by a council.

He earned his B.S. degree in accounting from the University of Akron (Ohio) in

President Kenneth W. Dobbins

President Kenneth W. Dobbins

1971 and served as a commissioned officer and civilian executive in the U.S. Air Force for almost 10 years. He received the M.B.A. degree in 1979 from Old Dominion University (Virginia), and the Ph.D. in higher education administration in 1987 from Kent State, where in 2011, he was awarded the Alumni Leadership Award for the College of Education, Health and Human Services Annual Hall of Fame Awards. He is also a Certified Public Accountant in Ohio.

Dr. Dobbins and his wife, Jeanine Larson Dobbins, Founder and Director Emeritus of the Missouri Statewide Early Literacy Intervention Program based at Southeast, have a son, Paul, and a daughter-in-law, Stacey, who are both Southeast graduates, and two grandsons, Lincoln Kenneth and Brady Larson Dobbins.



Board of Regents



Doyle L. Privett
President



Kendra Neely-Martin
Vice President



Donald "Brad" Bedell



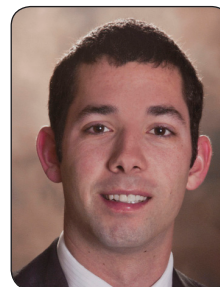
Daren Todd



Tom M. Meyer



Jay Knudtson



Kevin J. Magnan
Student Representative



SOUTHEAST MISSOURI STATE UNIVERSITY



The Southeast Missouri State University Department of Athletics is on the rise under the leadership of Mark Alnutt.

Alnutt begins his second year at Southeast after officially taking over as Director of Athletics on April 19, 2012.

When Alnutt speaks, you will often hear him say, “academic excellence,” “social development,” “competitive success,” and the “I-55 Corridor.” The first three are the core values of Southeast’s mission, and the latter is the stretch between St. Louis and Memphis which is so important from a branding, recruiting and fundraising standpoint. Alnutt successfully hit all of those areas among other things over the course of a productive 2012-13 campaign.

Academically, Southeast student-athletes combined for a 3.12 cumulative grade point average in the fall and spring semesters. A total of 192 individuals recorded a 3.0 or higher GPA, accounting for 60 percent of all student-athletes. Thirteen of the Redhawks 15 teams achieved a cumulative grade point average over 3.0, including all 10 women’s programs.

In line with academics, Alnutt constantly encourages Southeast coaches and student-athletes to be visible in the

community. Student-athletes logged over 1,000 hours of community service in such projects like Pink Up Cape, Feed My Starving Children, Project Homeless Connect and Cape Girardeau Adopt-A-Street last year.

Competition wise, the Redhawks placed third in the Ohio Valley Conference Commissioner’s Cup, earning their highest finish in history of the award. The women’s track & field team captured the OVC Indoor Championship and the volleyball team won the OVC West Division in 2012. Southeast’s men’s basketball team finished second in the OVC West Division and turned in its first winning season since 2004-05, as well.

Alnutt was the driving force behind securing the first-ever NCAA football game at the new Busch Stadium in St. Louis. Longstanding regional-rivals Southeast Missouri and Southern Illinois will meet in that matchup on Sept. 21, 2013.

Total giving to athletics also increased by more than 12 percent under Alnutt. As a result, the department raised over \$350,000 through various fundraising

initiatives.

Alnutt launched the inaugural Redhawks Road Trip which served as a series of outreach events to give fans, alumni, supporters and community members the opportunity to meet coaches, student-athletes and administration from Southeast Athletics. Stops were made to a number of different locations along the “I-55 Corridor” from May to June.

Prior to accepting his first job as Director of Athletics, Alnutt served as the Senior Associate Athletics Director at the University of Missouri.

Alnutt was the administrative liaison for football; supervised track and field, cross country, gymnastics and golf; spearheaded the department’s project management team; served as the primary point person for the Athletic Department, overseeing all aspects of facility project master planning, development, management and implementation; and was involved with external department operations, including development, game operations, marketing, media relations, Mizzou Sports Properties and ticket operations.

Alnutt also managed postseason travel



Director of Athletics Mark Alnutt

Director of Athletics Mark Alnutt

arrangements for each of the University of Missouri's 20 intercollegiate sport programs. He oversaw Missouri's Nike contract, the Big Wheels and Flying Tiger programs and the department's relationship with Old Hawthorne Golf Club. In 2009, he managed a \$5 million video board project through the University of Missouri Sports Complex with the centerpiece being a new board at Faurot Field. He also oversaw the design and construction of the new Golden Girls/Gymnastics practice facility in the fall of 2011. Alnutt was actively involved in the solicitation and stewardship efforts of capital gift giving, as well.

Alnutt spent six years at the University of Missouri as director of football operations, adding an assistant athletic director title prior to the 2005-2006 season. In that role, his duties included coordinating the team's travel plans, overseeing the football budget, handling compliance issues, scheduling of facilities, assisting with recruiting operations and managing the day-to-day operations of the football program.

He coordinated public relations and community service events for football, and oversaw all organizational aspects for the University of Missouri's trips to the 2003 and 2005 Independence Bowl games played in Shreveport, La. He also represented the football program as part of the design team that planned the \$16 million expansion and renovation project which turned the Tom Taylor Building into the Missouri Athletics Training Complex.

Alnutt was a three-year letterman for the University of Missouri as a linebacker and tight end from 1993-1995 and was voted the team's champion of the year as a senior. He earned a degree in sociology in 1995 and went to work for Major Brands



as a senior salesman in Kansas City from February 1996 to August 1997. He returned to the University of Missouri to pursue a master's degree in public administration with an emphasis on sports psychology. He joined the Missouri football staff in 1998 as an administrative/video graduate assistant. Alnutt completed his master's degree in May 2000 and took over as director of football operations that August.

A native of Kansas City, Alnutt served as president of the board of directors for Big Brothers/Big Sisters of Boone County and was selected to participate in the 2002-2003 NCAA Leadership Institute for Ethnic Minority Males. In June 2005, he was recognized by Columbia Business Times as one of the Columbia's 40-Under-40 business leaders for his work in the community.

He has participated in the Division I-A Athletic Director's Institute, attended the NACDA Mentoring Institute and chaired the NCAA Women's Gymnastics committee. In 2010, he was the recipient of an Outstanding Chancellor's Staff recognition and the Barbara S. Uehling

Award for Administrative Excellence at the University of Missouri.

More recently, Alnutt was selected to serve a four-year term on the NCAA Minority Opportunities and Interests Committee, effective Sept. 1, 2013.

The NCAA Minority Opportunities and Interests Committee (MOIC) was formed by the Association in January 1990 to review issues related to the interests of ethnic minorities and women. These issues focus on the education and welfare of minority student-athletes, as well as the enhancement of opportunities for ethnic minorities and women in coaching, athletics, administration, officiating and the NCAA governance structure.

Alnutt and his wife, the former Kate Hankins, are the parents of four children, Jaren, Kinleigh, Mason and Aidan.

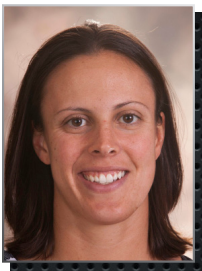




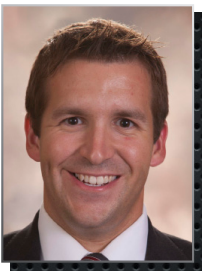
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Cindy Gannon
Senior Associate Director of
Athletics/Senior Woman
Administrator



Rachel Blunt
Assistant Director of
Athletics for Compliance



Nate Saverino
Assistant Director of
Athletics for External
Affairs



Sara Cummings
Administrative
Assistant



Elizabeth Maldonado
Director of Business
Operations



Marcia Hendrix
Assistant Ticket
Manager/Insurance



Barb Kinsey
Administrative Assistant
for Development



Alfred Castillo
Head Athletic
Trainer



Ryan Johnson
Strength &
Condition Coach



Jeff Honza
Sports Information
Director



Kent Phillips
Coordinator of Facilities
& Event Management



Phillip Lady
Marketing Coordinator



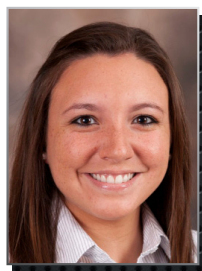
Sharon Burgard
Academic Services
Coordinator



Beth Easter
Faculty Athletics
Representative



Courtney Lawson
Academic Services
Assistant



Maria Dominguez
Assistant Athletic
Trainer



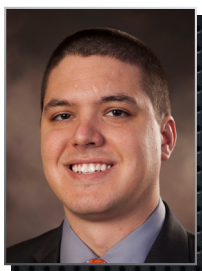
Ben Fox
Assistant Athletic
Trainer



Amanda Martin
Assistant Athletic
Trainer



Christopher Brown
Assistant Director
of Compliance



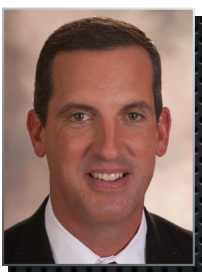
Ryan Hilgemann
Assistant Sports
Information Director



Steve Bieser
Head Baseball
Coach



Dickey Nutt
Head Men's
Basketball Coach



Ty Margenthaler
Head Women's
Basketball Coach



Kristi Ewasko
Head Women's
Gymnastics Coach



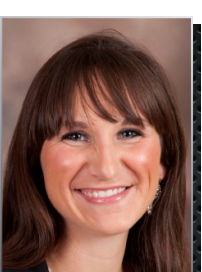
Heather Nelson
Head Women's
Soccer Coach



Lana Richmond
Head Softball
Coach



Julie Yankus
Head Women's
Volleyball Coach



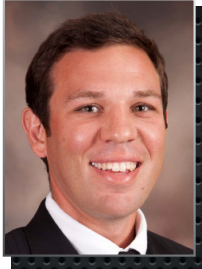
Kodie Bennett
Cheerleading
Coach

Athletics Staff

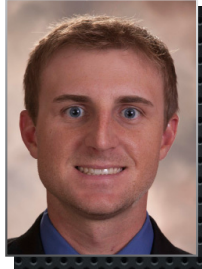
Athletics Staff



Tatianna Parham
Sundancers
Coach



Dillon Lawson
Assistant Baseball
Coach



Lance Rhodes
Assistant Baseball
Coach



Jesse Evans
Assistant Men's
Basketball Coach



Jamie Rosser
Assistant Men's
Basketball Coach



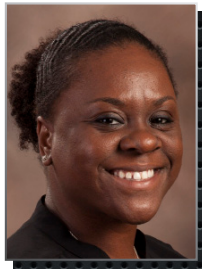
Jon Cremins
Assistant Men's
Basketball Coach



Ben Coomes
Assistant Women's
Basketball Coach



Heather Ezell
Assistant Women's
Basketball Coach



LaToya Howell
Assistant Women's
Basketball Coach



Tim McGuire
Assistant Head Football
Coach/Off. Coordinator



Brian Mohnsen
Assistant Football Coach/
Defensive Coordinator



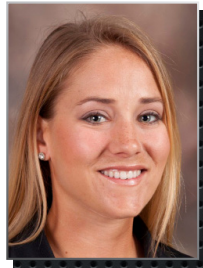
Sarah Shire Brown
Assistant Women's
Gymnastics Coach



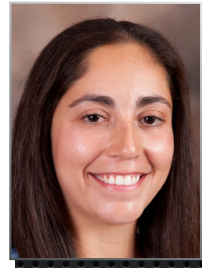
Paul Nelson
Associate Head Women's
Soccer Coach



Lindsay Pickering
Assistant Women's
Soccer Coach



Sarah Willis
Assistant Softball
Coach



Stephanie Mata
Assistant Softball
Coach



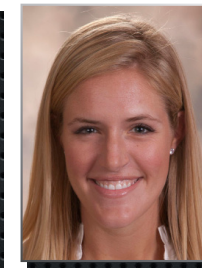
Kayani Turner
Assistant Women's
Volleyball Coach



Nikki Buchholz
Assistant Women's
Volleyball Coach



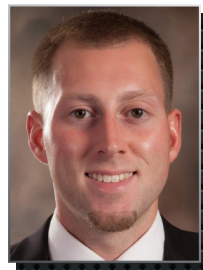
Robby Rasco
Equipment Manager



Emily Obergoenner
Graduate Assistant
Academic Services



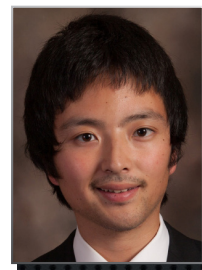
Sean Stevenson
Sports Information
Assistant



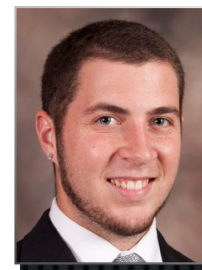
Taylor Grayson
Facilities & Event
Management Assistant



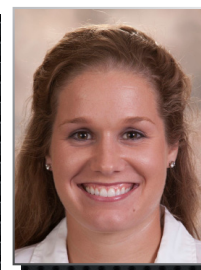
Ricky Zum Mallen
Graduate Assistant
Marketing & Promotions



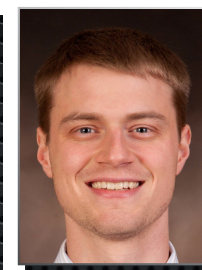
Yuichiro Yoshida
Graduate Assistant
Athletic Trainer



Ben Krueger
Graduate Assistant
Athletic Trainer



Megan Rottler
Strength & Conditioning
Specialist



Andrew Salter
Graduate Assistant
Strength & Conditioning





SOUTHEAST MISSOURI STATE UNIVERSITY



The mission of Southeast Missouri State University Department of Athletics is to provide a first class, student-athlete centered collegiate experience emphasizing the core values of academic excellence, social development, and competitive success. The Department of Athletics strives to compete at the highest possible level in the Ohio Valley Conference and other conference affiliations. The principles of integrity, student welfare, sportsmanship, ethical conduct, rules compliance, equity and diversity, and the prudent management of resources are the foundation on which we operate.





CROSS COUNTRY RECAP



SOUTHEAST MISSOURI STATE UNIVERSITY



2013 Southeast Missouri Women's Cross Country

NAME	YEAR	HOMETOWN	LAST SCHOOL
Alison Barker	So.	St. Peters, Mo.	Francis Howell HS
Nichole Beffa	Jr.	Festus, Mo.	Festus High School HS
Laura Chavez	So.	Cape Girardeau, Mo.	Cape Central HS
Mary Dohogne	Jr.	Cape Girardeau, Mo.	Cape Central HS
Madeline Gaul	Fr.	Swansea, Ill.	Belleville East HS
Jenny Govero	Jr.	Fenton, Mo.	Rockwood Summit HS
Melanie Lacey	Jr.	Scott City, Mo.	Scott City HS
Rebekah Lawson	Jr.	Fenton, Mo.	Rockwood Summit HS
Megan Parks	Fr.	Bonne Terre, Mo.	North County HS
Alyssa Rebecca	So.	Wildwood, Mo.	Eureka HS
Kristen Richardet	So.		
Lindsey Seabaugh	So.	Cape Girardeau, Mo.	Jackson HS
Madalyn Stichnot	Sr.	Lexington, Ky.	Tates Creek HS
Angela Sumner	Fr.	Wildwood, Mo.	Eureka HS
Maria Trowbridge	So.	Meshoppen, Pa.	Elk Lake HS
Gloria Westlake	Jr.	St. Peters, Mo.	Fort Zumwalt East HS

Women's Recap

Women's Recap

2013 Women's Cross Country Season Review

The Redhawk women's cross country team put together a pretty good 2013 season. As a team, the women began the season with two-straight first-place finishes. Junior Rebekah Lawson paced the women with two top-place finishes of her own.

The women placed 16th of 20 at the Louisville Classic Oct. 5 but rebounded at the Bradley "Pink" Classic with a 10th-place finish with Lawson leading the way with a ninth-place rank; earning her OVC Runner of the Week for the second time in 2013.

Picked fifth in the Preseason Poll, the women exceeded expectations at the Ohio Valley Conference Championships when they placed 4th of 12 OVC teams in Morehead, Ky. Lawson finished with her best OVC Championship finish of her career in second place, earning All-OVC recognition.

In all this season, the women turned in 12 total top-ten finishes.

Lawson was also one of six student-athletes in the OVC to be named OVC Scholar-Athlete Award winner.

2013 Women's Cross Country Results

	Big River Early Bird Washington U St. Louis, Mo. Aug. 31, 2013	SIUE XC Challenge SIUE Edwardsville, Ill. Sept. 13, 2013	Saluki Invitational Southern Illinois Carbondale, Ill. Sept. 21, 2013	Louisville Classic Louisville Louisville, Ky. Oct. 5, 2013	Bradley "Pink" Classic Bradley Peoria, Ill. Oct. 18, 2013	OVC Championships Morehead State Morehead, Ky. Nov. 2, 2013	Midwest Regional Iowa State Ames, Iowa Nov. 15, 2013
WOMEN'S TEAM							
Alison Barker	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Nichole Beffa	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Laura Chavez	13th, 15:47	9th, 19:15	DNC	124th, 19:42	100th, 22:39	31st, 19:24	157th, 22:59
Mary Dohogne	8th, 15:29	5th, 19:05	DNC	85th, 19:03	71st, 22:22	27th, 19:17	149th, 22:49
Madeline Gaul	49th, 19:34	38th, 23:04	56th, 23:25	DNC	DNC	DNC	DNC
Jenny Govero	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Melanie Lacey	19th, 15:58	8th, 19:14	DNC	107th, 19:22	127th, 22:55	30th, 19:23	187th, 23:36
Rebekah Lawson	1st, 14:45*	1st, 17:59	DNC	44th, 18:23	9th, 21:20*	2nd, 17:49	43rd, 21:29
Megan Parks	24th, 16:09	12th, 19:26	DNC	121st, 19:39	133rd, 23:02	51st, 19:55	DNC
Alyssa Rebecca	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Kristen Richardet	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Lindsey Seabaugh	26th, 16:27	11th, 19:23	DNC	88th, 19:03	155th, 23:18	46th, 19:44	188th, 23:38
Madalyn Stichnot	9th, 15:34	4th, 19:01	DNC	111th, 19:23	163rd, 23:25	45th, 19:44	DNC
Angela Sumner	3rd, 15:02	2nd, 18:26	DNC	DNC	DNC	DNC	DNC
Maria Trowbridge	44th, 16:40	22nd, 20:18	DNC	169th, 21:30	225th, 25:25	DNC	DNC
Gloria Westlake	DNC	DNC	20th, 19:33	103rd, 19:20	63rd, 22:20	16th, 19:01	118th, 22:27
TEAM FINISH	1ST OF 10	1ST OF 5	-	16TH OF 20	10TH OF 24	4TH OF 12	26TH OF 30

* - Denotes OVC Runner of the Week





SOUTHEAST MISSOURI STATE UNIVERSITY



2013 Southeast Missouri Men's Cross Country

NAME	YEAR	HOMETOWN	LAST SCHOOL
Ryan Anderson	Jr.	Springfield, Ill.	Chatman-Glenwood HS
Sean Brown	So.	Festus, Mo.	Festus HS
Shane Brown	So.	Festus, Mo.	Festus HS
Andrew Gordon	Fr.	Kirkville, Mo.	Kirkville HS
Tyler Holmes	Jr.	Arnold, Mo.	Fox HS
Charles Johnson	Sr.	St. Louis, Mo.	Hazelwood East HS
Kameron Long	So.	Memphis, Tenn.	Southwind HS
Marc Maton	Fr.	Chatham, Ill.	Chatham-Glenwood HS
Craig Munie	Jr.	O'Fallon, Ill.	O'Fallon Township HS
Cole Ross	Fr.	Marble City, Mo.	Notre Dame Regional HS
Adam Shivers	So.	High Ridge, Mo.	Northwest (Cedar Hills)
Tyson Stoverink	Sr.	Jackson, Mo.	Jackson HS
Colten Strotheide	Jr.	Breese, Ill.	Mater Dei HS
Curt Wood	So.	Fenton, Mo.	Rockwood Summit HS
Hayden Young	Fr.	Paxton, Ill.	Paxton-Buckley-Loda HS

Men's Recap

Men's Recap

2013 Men's Cross Country Season Review

The Southeast Missouri men's squad had a strong showing this season. The men opened the 2013 campaign with a second-place finish followed by a first-place win at the SIUE Cross Country Challenge. Craig Munie led the way with a first-place finish of his own.

Southeast followed that up with a 13th-place finish at the Louisville Classic, followed by a ninth-place mark at the Bradley "Pink" Classic. Munie placed fourth, individually, in Peoria.

The men fell behind expectations this season. Southeast was picked to finish fourth; however, the men finished fifth at the 2013 Ohio Valley Conference Championships in Morehead, Ky. Munie earned All-OVC honors with a seventh-place finish.

The men totaled six top-ten finishes this season.

2013 Men's Cross Country Results

	Big River Early Bird Washington U St. Louis, Mo.	SIUE XC Challenge SIUE Edwardsville, Ill.	Saluki Invitational Southern Illinois Carbondale, Ill.	Louisville Classic Louisville Louisville, Ky.	Bradley "Pink" Classic Bradley Peoria, Ill.	OVC Championship Morehead State Morehead, Ky.	Midwest Regional Iowa State Ames, Iowa
	Aug. 31, 2013	Sept. 13, 2013	Sept. 21, 2013	Oct. 5, 2013	Oct. 18, 2013	Nov. 2, 2013	Nov. 15, 2013
MEN'S TEAM							
Ryan Anderson	16th, 20:16	9th, 26:15	DNC	109th, 26:57	76th, 25:45	40th, 26:34	169th, 34:06
Sean Brown	21st, 21:09	39th, 28:51	30th, 28:43	DNC	218th, 29:20	DNC	DNC
Shane Brown	14th, 20:02	10th, 26:20	DNC	126th, 27:17	99th, 25:59	46th, 26:50	178th, 34:23
Andrew Gordon	15th, 20:10	28th, 27:48	17th, 27:22	157th, 29:03	173rd, 27:05	DNC	DNC
Tyler Holmes	23rd, 21:31	15th, 26:37	DNC	101st, 26:46	59th, 25:33	20th, 25:45	150th, 33:18
Charles Johnson	12th, 19:58	4th, 25:44	DNC	56th, 25:57	DNC	28th, 25:59	164th, 33:53
Kameron Long	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Marc Maton	11th, 19:57	12th, 26:26	DNC	62nd, 26:04	74th, 25:40	58th, 27:31	140th, 33:02
Craig Munie	4th, 19:29	1st, 25:06	DNC	27th, 25:33	4th, 24:31	7th, 24:59	60th, 31:38
Cole Ross	DNC	46th, 30:12	37th, 29:08	DNC	DNC	DNC	DNC
Adam Shivers	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Tyson Stoverink	29th, 22:17	29th, 27:59	23rd, 28:07	149th, 28:14	147th, 26:36	55th, 27:22	DNC
Colten Strotheide	21st, 21:12	24th, 27:13	11th, 26:55	90th, 26:38	DNC	34th, 26:25	DNC
Curt Wood	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Hayden Young	DNC	DNC	DNC	DNC	DNC	DNC	DNC
TEAM FINISH	2ND OF 10	1ST OF 7	-	13TH OF 19	9TH OF 22	5TH OF 12	22ND OF 29





SOUTHEAST MISSOURI STATE UNIVERSITY

OVC Female Runner of the Year

1998 Janelle Quigley
1999 Amy Arteme
2002 Lindsey Zeiler

OVC Freshman of the Year

2008 Nate Shipley

Women's Team OVC Year-by-Year Top-10

1992
8. Amy Cole 19:37
10. Tracey Stockton 20:17

1993
3. Amy Cole 19:02
8. Misty McGhee 19:47
10. Kari Unterriener 20:01

1994
4. Sherry Lange 18:43
5. Terry Lange 18:50
7. Misty McGhee 19:15

1995
6. Misty Dubman 19:32
8. Jennifer Anderson 19:40
10. Amy Cole 19:43

1996
3. Sherry Lange 18:53
8. Keisha Grace 19:17

1997
4. Leslie McNamara 18:48
8. Janelle Quigley 19:03

1998
1. Janelle Quigley 18:21
3. Tammy Wenkel 18:55

1999
1. Amy Arteme 18:36
4. Tammy Wenkel 18:50

2000
2. Amy Arteme 18:05
4. Kaci Pilcher 18:11

2001
5. Kaci Pilcher 18:38

2002
1. Lindsey Zeiler 17:52
8. Kaci Pilcher 18:24
10. Kris Woolf 18:32

2004
9. Jen Caywood 19:20

2005
5. Lindsey Zeiler 18:22
7. Jen Caywood 18:33

2006
8. Juli Koenegstein 19:05

2007
7. Juli Koenegstein 18:41

2008
2. Juli Koenegstein 18:37
9. Monica Noble 19:15

2009
9. Monica Noble 20:28

2011
6. Rebekah Lawson 18:29

2012
7. Rebekah Lawson 17:33

2013
2. Rebekah Lawson 17:49

Men's Team OVC Year-by-Year Top-10

1991
8. Bryant Wright 27:30
10. Dave Baker 27:53

1992
5. Joe Dandridge 26:36

1993
7. Joey Russell 26:22
9. Steve Lewis 26:30

1994
8. Glen Lomenick 26:12

1995
8. Brian Carter 26:55
10. Chris Monty 26:58

2003
5. Brian Whitehead 26:50
6. Chad Sierman 25:52

2006
2. Kevin McNab 25:25
7. Brandon Karcher 26:44

2007
9. Brandon Karcher 25:48
10. Brandon Funderburk 25:54

2008
4. Brandon Karcher 25:40

2009
8. Jason Lumpkin 26:44

2010
6. Jason Lumpkin 25:44
8. Chris Loseman 25:56
9. Nate Shipley 25:58

2011
6. Nate Shipley 25:20
10. Brent Collins 26:09

2012
9. Nate Shipley 24:54

2013
7. Craig Munie 24:59



COACHING STAFF



SOUTHEAST MISSOURI STATE UNIVERSITY



ERIC CRUMPECKER

Head Coach
Sixth Season
Missouri S&T
1991



Eric Crumpecker's fifth season as the head coach of the Southeast Missouri track and field program was the Redhawks' finest yet, raising expectations for the successful program even higher heading into year six. Crumpecker is in his 23rd season at Southeast, serving 17 of those campaigns as an assistant under legendary head coach Joey Haines.

In 2013, the Redhawks won their first team Ohio Valley Conference 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 Redhawks' team title, 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.

Crumpecker, who coaches the Redhawks' throwers, continued to have his group shine the brightest in the OVC. His competitors combined to win six individual OVC titles in 2013. Sophomore Kevin Farley, the OVC Co-Male Field Athlete of the Year and OVC Athlete of the Championship outdoors, won gold in the discus and the indoor and outdoor shot put. Other champions were Craig Robinson (indoor weight throw), Jared Siemers (outdoor hammer throw) and Courtney Gapelu (outdoor shot put).

Southeast experienced tremendous postseason success individually as well. The Redhawks sent three competitors to the NCAA Outdoor Track and Field Championships, their most individuals at the

meet since 2006. Farley took seventh in the shot put, breaking the school record with a throw of 61-11 3/4 to the first Redhawk to earn first-team All-America honors since Miles Smith in 2008. Robinson and Gapelu also qualified for the NCAA West Region prelims. Southeast also got second-team All-America performances from Blake Carter in both the indoor and outdoor long jump while Reggie Miller earned All-America honorable mention in the outdoor high jump.

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 runner-up during the outdoor meet while the men posted another second-place point total indoors. Crumpecker works closely with the throwers and that group 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 Craig 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, Kevin Farley was named the OVC Male Freshman of the Year during the outdoor season.

In Crumpecker's time as head coach, the Redhawks have finished in the top three of all but one OVC indoor or outdoor meet (19 out of 20). The men have finished second in eight of the 10 conference meets while the women have been runner-up six times and won the 2013 OVC indoor title.

Individually, he has mentored 62 individual OVC champions, 37 regional qualifiers and five NCAA National Championships qualifiers. Redhawk student-athletes have won OVC Field Athlete of the Year 10 times, Track Athlete of the Year once, Athlete of the Year twice and Freshman of the Year five times.

The Redhawks have been stellar in the classroom under Crumpecker. Both the men's and women's track and field programs have earned All-Academic

Coaches

Team recognition from the US Track and Field and Cross Country Coaches Association (USTFCCCA) in four of his five years as head coach. The women notched a 3.30 team GPA during the 2012-13 while the men followed with a 3.20 mark of its own. Jill Schnurbusch and Kevin Farley were both placed on the USTFCCCA's All-Academic team as well.

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 years as a Southeast assistant, working primarily with the field events, Crumpecker was a part of 20 OVC team titles, coached 81 OVC individual champions, 131 OVC All-Conference 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, Mo., Crumpecker is a USATF Level 1 certified coach. He has a Bachelor of Arts degree in history from Missouri-Rolla and a Master of Science in Administration from Southeast Missouri. As a collegiate athlete, Crumpecker was a starting lineman for the UMR football team and earned All-MIAA honors in the shot and discus for the Miners' track team.

He and his wife, Amy, reside in Jackson, Mo. They have a daughter, Ella, and a son, Jake.





SOUTHEAST MISSOURI STATE UNIVERSITY



RYAN LANE

Assistant Coach

Distance

Southeast Missouri

2006



Ryan Lane is in his fourth season as Southeast's head cross country coach and assistant track coach (distance).

Over his first three seasons, the Redhawks' cross country team has posted four top-three finishes at the OVC Championships. The men took second in 2010 while both programs placed third at the 2011 conference meet. The programs have combined for 12 All-OVC performers, including four first-team runners.

The 2012 season saw three Redhawks earn All-OVC honors, including first-team performer Rebekah Lawson. Southeast's men took third while the women placed fifth, giving the Redhawks at least one top-three team finish in all three of Lane's seasons at the helm.

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

The Redhawks have also excelled in the classroom under Lane. In 2013, both the men's and women's programs earned All-Academic honors from the United States Track & Field and Cross Country Coaches' Association (USTFCCCA). Southeast's women posted a 3.72 team GPA, the fifth-highest mark in the nation, while the men's 3.48 GPA was good for 11th. The achievement marks the third-

straight year at least one of the cross country programs earned academic recognition under Lane.

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

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

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

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

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

Lane competed as a member Southeast 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 magna cum laude distinction in Education.

Lane is an accomplished marathon runner. In 2008, he placed ninth at the St. Louis Marathon and in 2009, he finished 147th at the Boston Marathon.



Ryan

LANE



SOUTHEAST MISSOURI STATE UNIVERSITY



MATT KOELLING

Assistant Coach

Jumps

Emporia State

2010



In only three years, Matt Koelling has improved the Southeast jumpers into one of the elite groups in the Ohio Valley Conference.

During this time, Koelling has mentored 10 OVC Champions and 12 OVC Runner-Up finishes. His athletes have also broken six school records and he has coached 11 Southeast Top-Ten Performances in the jump events.

Koelling led several of the Redhawk jumpers to broken records and personal bests during the 2013 indoor season. Sophomore Reggie Miller broke the high jump record with a jump of 7-0 1/4 while junior Blake Carter broke the school record in the 60m dash with a time of 6.76 seconds and also broke the long jump record with a jump of 25-6. Koelling also coached Carter to a 13th Place finish in the long jump at the NCAA Indoor Championships, garnering second team All-America honors.

During the 2013 outdoor season, the Redhawks made another national appearance in the jumps. Carter placed 10th at the NCAA Outdoor Championships with a school-record long jump of 25-6 1/4, earning second team All-America honors. Miller took 17th in the high jump, earning him All-America honorable mention.

In 2012, Koelling mentored four OVC champions, three of whom were freshmen. Jacob Kent, the OVC Co-Freshman of the Year indoors, claimed the men's indoor high jump while fellow freshman Jessica Brown claimed the women's indoor long jump. Outdoors, freshman Miller took the men's high jump while Shemeika Brewer claimed the women's triple jump in

her final collegiate season. The group also combined for six runner-up finishes at the OVC indoor and outdoor meets. Miller, Brewer and Carter extended their seasons further, qualifying for the NCAA West Region preliminary meet.

In his first season, Koelling led Southeast to an impressive showing in such events at the Ohio Valley Outdoor Championships in 2011. Southeast had two athletes win gold. Tyler Terry won the men's long jump and Brewer was victorious in triple jump. Koelling produced four All-OVC selections during the outdoor campaign and coached one NCAA West Preliminary qualifier in Brewer, who qualified in the triple jump.

During the indoor season, Koelling led five Redhawks to all-conference honors. Southeast placed amongst the top-three in both the high jump and long jump on the men's side. The Redhawks also had two pole vaulters and one triple jumper earn All-OVC honors on the women's side.

Before arriving at Southeast Missouri, Koelling was a standout jumper at Emporia State University. While at ESU, he finished 12th in the triple jump at the 2008 NCAA D2 Outdoor National Meet and ninth in the triple jump at the 2010 NCAA D2 Indoor National Meet.

Koelling is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). He is also a Registered Coach through USA Track and Field and holds a USATF Level 1 Certification. He is also currently pursuing a Master's degree in Coaching.



Matt

KOELLING

2013-14 TRACK & FIELD GUIDE



SOUTHEAST MISSOURI STATE UNIVERSITY



MILES SMITH

Assistant Coach

Sprinters

Southeast Missouri

2008



Miles Smith, a legend on the track, is returning to the Southeast Missouri track and field program that he starred with for so many years as an assistant coach.

Smith, who competed at Southeast from 2004-08, will bring his expertise to the Redhawks' sprinters this season. He spent the 2012-13 season as a volunteer assistant coach at Tennessee State.

An argument can be made for Smith being the greatest Division I athlete Southeast has produced in any sport. A native of St. Louis, Mo., Smith was a three-time All-American in the 400m, earning the honors in 2005, 2006 and 2008. He was named the Ohio Valley Conference's Male Track Athlete of the Year four times (2005 indoors, 2006 indoors and outdoors and 2008 indoors) and still owns Southeast school records in the 200m (indoors), 400m (indoor 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 and 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 graduated from Southeast in 2008 with a Bachelor of Science in Mass Communications.



Miles
SMITH

2013-14 TRACK & FIELD GUIDE



SOUTHEAST MISSOURI STATE UNIVERSITY



SHAROYAH DAVIS

Graduate Assistant

Distance

Southeast Missouri

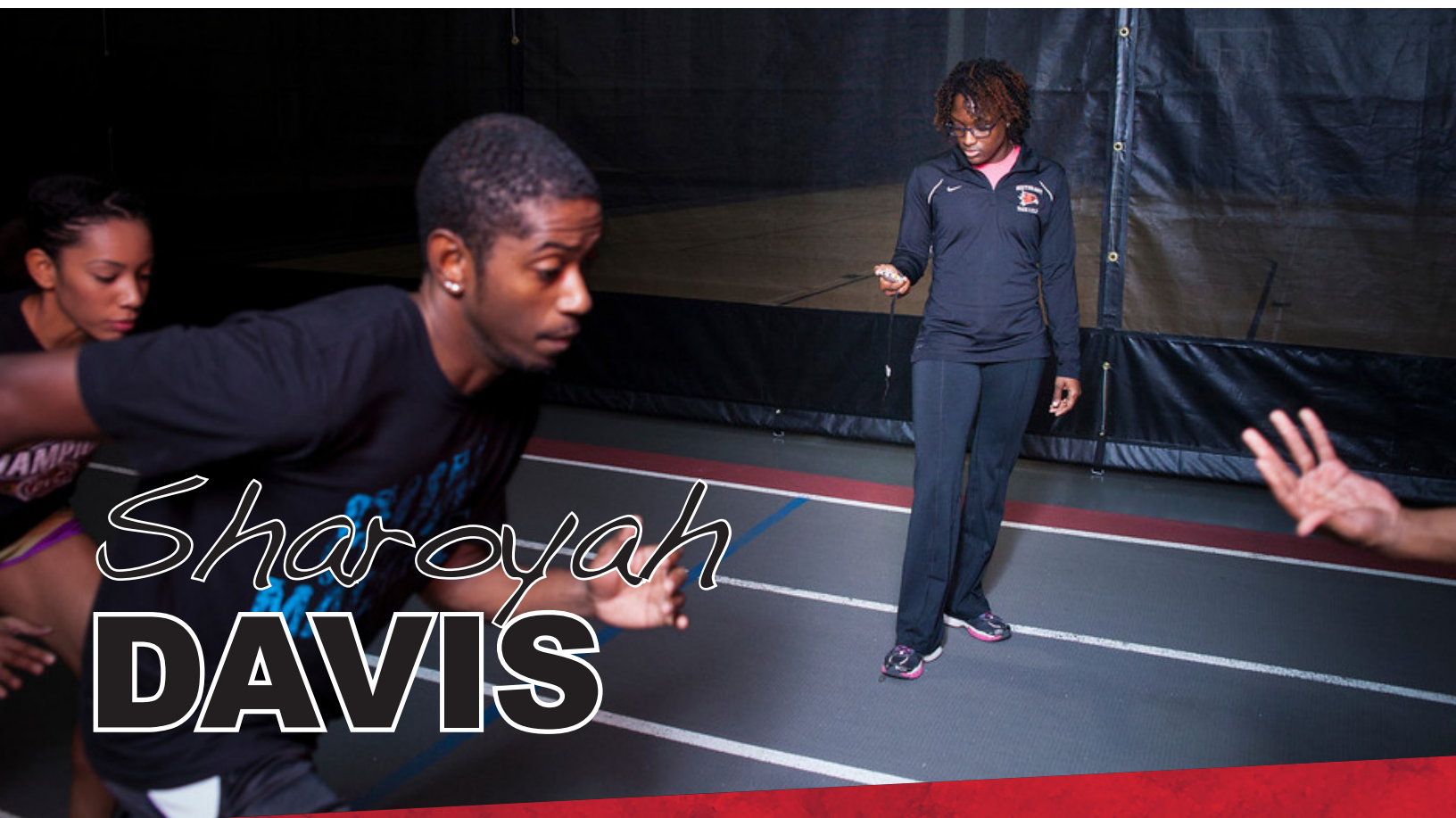
2012



Sharoyah Davis joins the Southeast Missouri Track and Field coaching staff this season as the graduate assistant.

Davis was a track and field student-athlete at Southeast Missouri from 2008-2012. Davis specialized in mid-distance events as a Redhawk.

Davis hails from Saint Louis, Mo. and graduated from Southeast in 2012 with an undergraduate degree in communication studies and psychology. As a graduate assistant, Davis is pursuing a masters degree in higher education and plans to graduate in May 2014.



Sharoyah
DAVIS



WOMEN'S PROFILES



SOUTHEAST MISSOURI STATE UNIVERSITY



COURTNEY GAPELE

Throws

Senior

Independence, Mo.



2013 Outdoor: Competed in 10 meets ... Qualified for the NCAA West Region Prelims (5/23-25), where she broke the outdoor school record in the shot put (19th; 52-1) ... Won the shot put (48-4 3/4) at the OVC Outdoor Championships (5/3-4), where she also scored in the javelin (fourth; 120-7) and hammer throw (sixth; 157-3) ... Finished in the top two of her event eight times.

2013 Indoor: Threw in seven meets ... Scored in both the weight throw (fourth; 56-10 3/4) and shot put (fifth; 44-6 3/4) at the OVC Indoor Championships (2/22-23) ... Broke the indoor school record in the shot put (51-5 3/4) at the Redhawks Invitational (2/15) ... Finished in the top two of her event five times.

2012 Outdoor: Competed in six meets ... scored in three events at the OVC Outdoor Championships: finishing third in the discus (140-11), fourth in the shot put (44-0) and seventh in the javelin (career-best 111-6) ... posted career-bests in the discus (third; 143-5) and hammer throw (sixth; 147-10) at the Joey Haines Invitational.

2012 Indoor: Competed in seven meets...threw a season-best 49 – 3 3/4 in the weight throw at the Arkansas State Kickoff Klassic...threw a season-best 49- 9 in the shot put at the Husker Invitational.

2011 Outdoor: Competed in six meets...placed third at the OVC Championships in shot put throwing a distance of 44' 2.75" ...took third at the Vanderbilt Black & Gold invite in discus throwing a distance of 131' 3" ...runner-up at the Jace Lacoste Invite in shot put throwing a distance of 42' 4.75" and javelin with a personal best of 109' 4" ...had personal best in three events discus (133' 0"), hammer throw (135' 7"), and javelin (109' 4")...Southeast Scholar Athlete...OVC Commissioner's Honor Roll.

2011 Indoor: Competed in seven meets including the OVC Championships, placed first in shot put after a distance of 45' 0.5" ...placed third at the Arkansas State Kickoff Klassic in shot put throwing a distance of 44' 5.25" ...placed third and recorded personal best at the Redhawks Invitational in shot put throwing a distance of 45' 3".

Women's Profiles



ERICA GRAJALES

Pole Vault

Senior

Maryland Heights, Mo.



2013 Outdoor: Competed in seven meets ... Named a Southeast Scholar-Athlete ... Member of the OVC Commissioner's Honor Roll ... Took fifth in the pole vault (career-best 11-11 3/4) at the OVC Outdoor Championships (5/3-4) ... Took second in the pole vault (11-5 3/4) at the SIUE Cougar Invitational (3/23).

2013 Indoor: Competed in seven meets ... Finished fourth in the pole vault (season-best 11-7 3/4) at the OVC Indoor Championships (2/22-23).

2012 Outdoor: Competed in seven meets as a pole vaulter ... took third in the pole vault (career-best 11-11 3/4) at the OVC Outdoor Championships... posted three top-three finishes in the pole vault ... matched her career-high with an vault of 11-11 3/4 to finish runner up at the Joey Haines Invitational... received the OVC Medal of Honor ... named a Southeast Scholar-Athlete ... placed on the OVC Commissioner's Honor Roll.

2012 Indoor: Competed in eight meets...recorded a mark of 11-7 earning a fourth-place finish at the OVC Indoor Championships, which was a season-high in the event...finished third at the Redhawks Invitational with a mark of 11- 6 1/4.

2011 Outdoor: Competed in six meets including the OVC Championships, placing second and recorded a personal best in pole vault with a height of 11'9.75"...

runner-up at Jace Lacoste Invite in pole vault jumping a height of 11'0" ...Southeast Scholar Athlete...OVC Medal of Honor winner...OVC Commissioner's Honor Roll.

2011 Indoor: Competed in seven meets including the OVC Championships, placed second in pole vault with a height of 11'5.75"...placed first at Redhawks Invitational in pole vault jumping a height of 11'5.75".



SOUTHEAST MISSOURI STATE UNIVERSITY



MADALYN STICHNOT

Distance

Senior

Lexington, Ky.



2013 Cross Country: Competed in five meets in 2013...Placed fourth at the SIUE Cross Country Challenge (9/13) with a time of 19:01; a season-best 6k time...Placed 45th in 19:44 at the OVC Championship (11/2).

2013 Outdoor: Ran in six meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took 12th in the 10,000m with a career-best 39:32.01 at the Sea Ray Relays (4/11-13) ... Finished the 5000m in a career-best 19:00.66 at the Vanderbilt Invitational (4/19-20).

2013 Indoor: Raced in four meets ... Took seventh in the mile run (career-best 5:49.26) at the Wisconsin Elite Invitational (1/18-19) ... Clocked a career-best 11:01.54 in the 3000m at the OVC Indoor Championships (2/22-23).

2012 Cross Country: Competed in all regular season meets during the 2012 season... best finish for a 5K was at the OVC Championship, where she finished 65th with a time of 19:44.19.

2012 Outdoor: Competed in three meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took 12th in the 10,000m (42:29.06) at the OVC Outdoor Championships.

2012 Indoor: Competed in four meets ... Took fifth in the 3000m (12:03.94) at the Redhawks Invitational.

2011 Cross Country: Competed in two events during the season ... Recorded a season-best time of 21:45 at the Evansville Invitational where she placed 94th.

2011 Outdoor: Appeared in one meet during the outdoor season, competing at the Joey Haines Invitational ... Placed 11th in the 5000m with a time of 22:16.88 ... Southeast Scholar Athlete ... OVC Commissioner's Honor Roll.

2011 Indoor: Appeared in one meet during the indoor season ... Ran the 3000m at the Redhawks Invitational, earning an eighth-place finish with a time of 13:09.77.

2010 Cross Country: Competed in five races, including the OVC Championships 5K ... Ran season-best at the Saluki Invitational 5K with a time of 23:57.8.



NICHOLE BEFFA

Mid-Distance

Junior

Festus, Mo.



Prep: Lettered all four year in both cross country and track ... During her senior and freshman year, she was all-state track and qualified for state in both cross country and track all four years ... Named Miss Cross Country and Miss Track her senior year.

Personal: Born Dec. 13, 1992 ... Parents are Joseph and Cheryl Beffa ... Majoring in nursing.

2013 Cross Country: Did not compete.

2013 Outdoor: Ran in four meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took seventh in the 800m with a season-best 2:29.07 at the Red Wolf Open (4/26-27).

2013 Indoor: Competed in six meets ... Opened the indoor season with a season-best 2:30.74 in the 800m at the EIU Early Bird (12/7).

2012 Cross Country: Did not compete.

2012 Outdoor: Competed in six meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took eighth in the 800m (2:23.77) at the Joey Haines Invitational.

2012 Indoor: Competed in seven meets ... Set a career-best mark in the 200m run with a time of 28.70 at the SIU Invitational ... Set a career-best mark in the 600m run with a time of 1:43.99 at the SIU Saluki Fast Start ... Set a career-best mark of 2:23 in the 800m run at the OVC Indoor Championships.

2011 Cross Country: Competed in three meets during the season ... Recorded a time of 21:03 and a 39th-place finish at the SIUE Cross Country Challenge.



SOUTHEAST MISSOURI STATE UNIVERSITY



JESSICA BROWN

Jumps

Junior

Memphis, Tenn.



2013 Outdoor: Competed in eight meets ... Named a Southeast Scholar-Athlete ... Scored in both the long jump (fourth; 18-9 1/4) and high jump (sixth; 5-5 3/4) at the OVC Outdoor Championships (5/3-4) ... Won the long jump at the Red Wolf Open (4/26-27) ... Cleared a season-best 19-2 in the long jump at the Georgia Tech Invitational (5/10-11).

2013 Indoor: Competed in seven meets ... Earned second-team All-OVC honors after finishing runner-up in the long jump (season-best 18-10 1/2) at the OVC Indoor Championships (2/22-23) ... Also placed fifth in the high jump (5-3 1/4) at the conference meet ... Notched a season-best 35-10 in the triple jump (11th) at the conference meet.

2012 Outdoor: Competed in nine meets ... named a Southeast Scholar-Athlete ... placed on the OVC Commissioner's Honor Roll ... posted three top-four finishes at the OVC Outdoor Championships, taking third in the long jump (19-1 1/4), fourth in the high jump (career-best 5-6) and fourth in the triple jump (career-best 39-3 3/4) ... named OVC Co-Field Athlete of the Week after winning the long jump (career-best 19-2 1/2) and finishing second in the triple jump (37-3) at the Joey Haines Invitational.

2012 Indoor: Competed in six meets...OVC Champion in the long jump with a mark of 19 – 0 1/2...earned a first-place finish in the long jump at 19 – 0 1/2 at the Redhawks Invitational...recorded a

career-best time of 8.41 in the 60m dash at the Illini Classic.

Prep: Graduate of White Station High School... lettered all four years...had a career best in triple jump (38.15)... won the state championship in the triple jump and 4 x 400 relay...was a Pepsi's Memphis Best of the Best finalist...also participated in basketball.

Personal: Daughter of Danny and Jocelyn Brown... born Jan. 24, 1993...majoring in nursing.



MARY DOHOGNE

Distance

Junior

Cape Girardeau, Mo.



2013 Cross Country: Competed in six meets...Placed fifth at the SIUE Cross Country Challenge (9/13) in 19:05... Her best 6k time of the season came at the Louisville Classic (10/5) when she ran the course in 19:03...Placed 27th at the OVC Championship (11/2) in a time of 19:17.

2013 Outdoor: Competed in seven meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took fifth in the 3000m steeplechase (11:28.68) and eighth in the javelin (career-best 110-2) at the OVC Outdoor Championships (5/3-4) ... Finished the steeplechase in a career-best 11:06.68 at the Louisville Twilight (5/10).

2013 Indoor: Ran in eight meets ... Took sixth in the mile run (career-best 5:10.97) at the OVC Indoor Championships (2/22-23) ... also ran a leg on the distance medley relay team, which took eighth with a time of 12:36.55, at the conference meet.

2012 Cross Country: Competed in all regular season meets during the 2012 season... Best finish for a 5K was at the OVC Championships, where she finished 51st with a time of 19:10.31.

2012 Outdoor: Ran in six meets ... Named a Southeast Scholar-Athlete ... placed on the OVC Commissioner's Honor Roll ... Took second in the steeplechase (12:03.18) at the Joey Haines

Invitational... Competed in the javelin and steeplechase at the OVC Outdoor Championships.

2012 Indoor: Competed in five meets ... Ran a leg in the fourth-place distance medley (12:36.91) relay team at the OVC Indoor Championships ... Recorded a career-best mark of 3:08.96 in the 1000m at the Redhawks Invitational, earning a first-place finish ... Earned a career-best time of 5:23.56 in the mile run at the OVC Indoor Championships.

2011 Cross Country: Competed in all meets during the season ... Recorded a season-best time of 20:47 at the Greater Louisville Classic where she placed 189th ... Placed 58th at the OVC Championships.



SOUTHEAST MISSOURI STATE UNIVERSITY



SARAH HALL

Throws

Junior

Columbia, Mo.



campaign.

Personal: Born March 31, 1993 ... Daughter of Jarvis and Carol Hall ... pursuing a degree in Secondary Education-English.

2013 Outdoor: Threw in nine meets ... Named a Southeast Scholar-Athlete ... Member of the OVC Commissioner's Honor Roll ... Scored in three events: the shot put (fourth; 43-5 1/4), discus (fourth; 132-2) and hammer throw (fifth; 163-5) at the OVC Outdoor Championships (5/3-4) ... Tossed a season best in both the hammer throw (168-1) and discus (139-8), finishing eighth in both events at the Joey Haines Invitational (4/5-6) ... Took third in the shot put (season-best 47-2 1/4) at the Oliver Nickoloff Invitational (3/30).

2013 Indoor: Competed in seven meets ... Scored in both the shot put (third; 45-10 1/2) and weight throw (seventh; 53-1 1/2) at the OVC Indoor Championships (2/22-23) ... Tossed a season-best 55-2 3/4 in the weight throw to take 11th at the Samford Multi Invitational (2/8-9) ... Won the shot put with a season-best 46-7 1/2 at the Indiana Relays (1/25-26).

Prior to Southeast: Attended Georgia Southern University...All-Southern Conference Freshman Team Selection.

Prep: Graduate of Columbia Hickman High School... Women in Sports Award Winner...Hickman Female Athlete of the Year...won district title in shot put all four of her high school seasons ... earned a state championship in shot put her junior season and set school record in shot put and discus during her junior

Women's Profiles



HALEY HOLTEN

Pole Vault

Junior

O'Fallon, Ill.



2013 Outdoor: Competed in five meets ... Named a Southeast Scholar-Athlete ... Finished seventh in the pole vault (season-best 11-5 3/4) at the OVC Outdoor Championships (5/3-4) ... Matched her outdoor best of 11-5 3/4 in the pole vault in the Joey Haines Invitational (4/5-6), where she took fourth.

2013 Indoor: Competed in six meets ... Placed seventh in the pole vault (11-1 3/4) at the OVC Indoor Championships (2/22-23) ... Cleared a season-best 11-6 1/2 in the pole vault, taking sixth, at the Redhawks Invitational (2/15).

Prior to Southeast: Attended University of Missouri ... Redshirted indoor season ... competed in three outdoor meets.

Prep: Attended O'Fallon Township High School ... Lettered all four years in high school ... earned all conference and all-area selection all four years of high school.

Personal: Born October 16, 1992 ... Daughter of Alan and Kimberly Holton ... pursuing a degree in Physical Education.



TAYLOR KLUMP

Pole Vault

Junior

Fenton, Mo.



2013 Outdoor: Competed in three meets ... Named a Southeast Scholar-Athlete ... Earned the OVC Medal of Honor and placed on the OVC Commissioner's Honor Roll ... Cleared 9-6 1/4 twice, taking eighth at the SIUE Cougar Invitational (3/23) and 12th at the Joey Haines Invitational (4/5-6).

2013 Indoor: Competed in three meets in the pole vault.

2012 Outdoor: Competed in two meets, including the OVC Outdoor Championships as a pole vaulter ... named a Southeast Scholar-Athlete ... placed on the OVC Commissioner's Honor Roll.

2012 Indoor: Competed in four meets.



SOUTHEAST MISSOURI STATE UNIVERSITY



MELANIE LACEY

Distance

Junior

Scott City, Mo.



10,000m (40:47.49) at the Washington Invitational (3/30-31).

2012 Indoor: Competed in five meets ... Highest finish was 10th place in the 3000m (11:17.91) at the Illini Classic...Recorded a career-best mark of 5:20.02 in the mile run at the Redhawks Invitational.

2011 Cross Country: Competed in all meets during the 2011 season... Recorded a season best time of 19:24 at the Greater Louisville Classic and placed 78th ... Placed 34th at the OVC Championships.

Prep: Graduate of Scott City High School ... Lettered all four years ... Qualified for state every year in high school ... Finished 16th at the state meet for cross country her senior year ... Also participated in basketball and softball.

Personal: Daughter of Kevin and Shana Lacey... Born March 16, 1993 ... Majoring elementary education.

2013 Cross Country: Competed in six meets in 2013...Placed eighth at the SIUE Cross Country Challenge (9/13) with a time of 19:14; which was also a season best 6k...Placed 30th at the OVC Championships (11/2) in a time of 19:23.

2013 Outdoor: Competed in six meets ... Named a Southeast Scholar-Athlete ... Member of the OVC Commissioner's Honor Roll ... Placed sixth in the 10,000m (39:45.06) at the OVC Outdoor Championships (5/3-4) ... Took 11th in the 10,000m, running a career-best 39:12.22, at the Sea Ray Relays (4/11-13) ... Ran a career-best 18:28.82 in the 5000m at the Vanderbilt Invitational (4/19-20)

2013 Indoor: Ran in six meets ... Finished the 3000m in a career-best 11:00.44 in a dual against SIU Edwardsville (2/1) ... took 16th in the 5000m with an indoor-best 18:47.66 at the OVC Indoor Championships (2/22-23).

2012 Cross Country: Competed in four meets during the 2012 season... Best finish for a 5K was at the SIUE Cross Country Challenge, where she placed 23rd with a time of 19:56.22.

2012 Outdoor: Ran in six meets ... Named a Southeast Scholar-Athlete ... placed on the OVC Commissioner's Honor Roll ... Posted two top-10 finishes ... Placed sixth in the javelin (101-6) at the Hilltopper Relays (4/14) ... Took eighth in the



REBEKAH LAWSON

Distance

Junior

Fenton, Mo.



2013 Cross Country: Led the Redhawks in all six meets Lawson competed in during the 2013 season... Placed first at both the Washington Early Bird (8/31) and the SIUE Cross Country Challenge (9/13)... Ran the fastest 6k in the OVC at the Bradley "Pink" Classic in a time of 21:20; placing ninth... Earned All-OVC honors with a second place finish at the OVC Championships (11/2) in a time of 17:49... Earned OVC Female Runner of the Week twice (Sept. 3, Oct. 22)... Also named one of six winners of the prestigious OVC Scholar-Athlete Award during the 2013 Cross Country season.

2013 Outdoor: Ran in seven meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took fourth in the 5000m (17:44.85) at the OVC Outdoor Championships (5/3-4) ... Clocked a career-best 16:54.85 to finish fifth in the 5000m at the Vanderbilt Invitational (4/19-20) ... Notched four top-three finishes.

2013 Indoor: Raced in seven meets ... Earned second-team All-OVC honors after finishing runner-up in the 5000m, breaking the indoor school record with a time of 17:28.21, at the OVC Indoor Championships (2/22-23) ... Also took fourth in the 3000m (career-best 10:03.46) at the conference meet ... Finished first or second four times ... First-place finishes came in the 3000m (10:22.67) at the EIU Early Bird (12/7) and the 3000m (10:48.69) against SIU Edwardsville

(2/1).

2012 Cross Country: Competed in all regular season meets during the 2012 season ... Best finish for a 5K was at the OVC Championship (10/27), where she finished 7th with a time of 17:33.84 to earn first-team All-OVC honors ... Led the Redhawks in all six meets she competed in during the season ... Had three top-ten finishes during the season.

2012 Outdoor: Ran in seven meets ... Named a Southeast Scholar-Athlete ... placed on the OVC Commissioner's Honor Roll ... Earned second-team All-OVC honors following second-place finishes in both the 5000m (18:21.81) and 10,000m (38:25.72) at the OVC Outdoor Championships (5/4-5) ... Received the OVC Medal of Honor ... Won the 5000m (17:54.68) at the Joey Haines Invitational (17:54.68) ... Finished first or second in five races.

2012 Indoor: Competed in four meets ... Took ninth in the 3000m (10:48.28) at the SIU Saluki Open... Recorded a career-best mark of 5:31.97 in the mile run at the Hoosier Hills.

2011 Cross Country: Competed in all meets during the season ... Named to the All-OVC first team ... Named Female OVC Runner of the Week for the week of September 27th ... Finished sixth at the OVC Championships ... placed in the top 10 in four of seven meets.

Prep: Three-sport athlete in Rockwood Summit High School ... Ran cross country and track and was also on the swim team.

Personal: Born April 6, 1993 ... Daughter of Clarence Lawson and Angela Burrus ... Majoring in dietetics.



SOUTHEAST MISSOURI STATE UNIVERSITY



KIM MOYE

Jumps

Junior

St. Louis, Mo.



Personal: Daughter of Leonard and Theresa Moye... born May 20, 1993...majoring in nursing.

2013 Outdoor: Competed in five meets ... Placed fifth in the triple jump (season-best 37-10) at the OVC Outdoor Championships (5/3-4) ... Took second in the triple jump (37-1 3/4) at the SIUE Cougar Invitational (3/23).

2013 Indoor: Competed in seven meets ... Took third in the triple jump (career-best 38-9 1/2) at the OVC Indoor Championships (2/22-23) ... Won the triple jump (38-0 1/4) at the Redhawks Invitational (2/15).

2012 Outdoor: Competed in seven meets ... scored with career-bests in both the long jump (fourth; 19-0 3/4) and triple jump (fifth; 38-9) at the OVC Outdoor Championships... posted six top-10 finishes ... highest place was third in both the long jump (17-9 3/4) and triple jump (35-9 1/2) at the Joey Haines Invitational... named a Southeast Scholar-Athlete.

2012 Indoor: Competed in six meets...earned a season-best jump of 17-0 3/4 at the Redhawks Invitational in the long jump...earned a season-best jump of 37-1 1/4 in the triple jump at the SIU Saluki Fast Start.

Prep: Graduate of Hazelwood Central High School... team captain junior and senior year... earned All-State honors in both triple jump and 4x200...was a member of the St. Louis Blues track club.

Women's Profiles



GLORIA WESTLAKE

Distance

Junior

St. Peters, Mo.



2013 Cross Country: Competed in the last four meets of the season...Placed 20th at the Saluki Invitational (9/21) with a time of 19:33...Placed 16th at the OVC Championship (11/2) with a time of 19:01.

2013 Outdoor: Ran in seven meets ... Named a Southeast Scholar-Athlete ... Earned the OVC Medal of Honor and Placed on the OVC Commissioner's Honor Roll ... Ran a career-best 17:55.50 to take fifth in the 5000m at the Louisville Twilight (5/10) ... Took fourth in the steeplechase (11:23.88) at the OVC Outdoor Championships (5/3-4) ... Finished the steeplechase in a career-best 11:20.86 (fifth place) at the Vanderbilt Invitational (4/19-20).

2013 Indoor: Raced in four meets ... Took third in the 3000m (11:47.40) at the Redhawks Invitational (2/15) ... Notched season-bests in both the 3000m (13th; 10:40.33) and 5000m (12th; 18:29.78) at the OVC Indoor Championships (2/22-23).

2012 Cross Country: Competed in all regular season meets during the 2012 season ... Best finish for a 5K was at the OVC Championship, where she finished 25th with a time of 18:26.38 ... Had two top-ten finishes during the season.

2012 Outdoor: Ran in six meets ... Received the OVC Medal of Honor ... Named a Southeast Scholar- Athlete ... Placed on the OVC Commissioner's Honor Roll ... Won the steeplechase

(11:45.58) at the Joey Haines Invitational ... took fourth in the steeplechase (11:39.80) at the OVC Outdoor Championships (5/4-5) ... Posted three top-five finishes.

2012 Indoor: Competed in four meets ... Best finish was ninth place in the 5000m (18:25.25) at the OVC Indoor Championships ... Earned a career-best mark of 5:32.61 in the mile run at the SIU Saluki Open.

2011 Cross Country: Competed in all meets during the season ... Recorded a season best time of 18:50 at the Greater Louisville Classic where she placed 32nd ... earned a top 10 finish at the SIUE Cross Country Challenge ... Placed 19th at the OVC Championships.

Prep: Ran cross country and track in high school.

Personal: Born July 22, 1993 ... Daughter of Don and Lois Westlake ... Majoring in dietetics.



SOUTHEAST MISSOURI STATE UNIVERSITY



AYONNA CARTWRIGHT

Sprints

Sophomore

Kansas City, Mo.



2013 Outdoor: Ran in seven meets ... Named a Southeast Scholar-Athlete ... Part of the fifth-place 4x100m relay team (47.72) at the OVC Outdoor Championships (5/3-4) ... Crossed the line in a season-best 12.61 in the 100m (third) at the Red Wolf Open (4/26-27).

2013 Indoor: Competed in five meets ... Took second in the 60m (7.75/season-best 7.66 prelims) at the EIU Early Bird (12/7).

Prep: Graduate of University Academy ... was district champion in 100m, 200m, 400m ... was sectional champion in the 100m and 200m ... was a state runner-up in 100m ... is record holder in 100m, 200m, and 400m ... also played volleyball and basketball ... was first team all-district in basketball and was the first player in school history to score over 1000 points.

Personal: Born Nov. 9, 1992 ... Daughter of LaDonna Cartwright ... major is undecided.



KRISTINA CARUSO

Throws

Sophomore



2013 Outdoor: Threw in two meets ... finished seventh in the javelin (season-best 77-4) at the Joey Haines Invitational (4/5-6).

2013 Indoor: Did not compete.

Women's Profiles



LAURA CHAVEZ

Distance

Sophomore

Cape Girardeau, Mo.



2013 Cross Country: Competed in all but one meet in 2013...Placed ninth at the SIUE Cross Country Challenge (9/13) in 19:15...Placed 31st at the OVC Championship (11/2) with a time of 19:24.

2013 Outdoor: Raced in three meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took 10th in the 5000m (19:53.29) at the Joey Haines Invitational ... Crossed the finish line in a season-best 19:48.10 in the 5000m at the Vanderbilt Invitational (4/19-20).

2013 Indoor: Ran in five meets ... Took eighth in the 3000m, notching a season-best time of 11:21.65, in a dual against SIU Edwardsville (2/1).

2012 Cross Country: Competed in five meets ... Took 44th with a season-best time of 18:56.2 at the OVC Championships (10/27).

Prep: Earned three letters in track and field and cross country ... Qualified for the state meet three times ... Earned all-conference honors on three occasions.

Personal: Born Feb. 18, 1994 ... Parents are Luis and Laura Chavez.



KAYLA GUTIERREZ

Throws

Sophomore

Cape Girardeau, Mo.



2013 Outdoor: Threw in nine meets ... Named a Southeast Scholar-Athlete ... Scored in three events: the hammer throw (fourth; 164-0), discus (seventh: 129-0) and shot put (eighth; 40-10 1/2) at the OVC Outdoor Championships (5/3-4) ... Launched a season-best hammer throw of 174-11 at the SIUE Cougar Invitational (3/23), placing third in the event ... Finished second in the discus (season-best 142-10) at the Sea Ray Relays (4/11-13).

2013 Indoor: Competed in seven meets ... Finished third in the weight throw (57-5) at the OVC Indoor Championships (2/22-23) ... Tossed a season-best 58-1 to take fourth in the weight throw at the Redhawks Invitational (2/15) ... Finished fourth in the shot put with a season-best 44-5 1/4 at the Indiana Relays (1/25-26).

Prep: Attended Kirkwood High School ... Lettered and Started 3 years in track ... was a state qualifier Junior and Senior seasons in discus and shot put ... also played volleyball.

Personal: Born Jan. 29, 1993 ... Daughter of Velkys Gutierrez ... pursuing a degree in Forensic Science and Music/Language.



SOUTHEAST MISSOURI STATE UNIVERSITY



CHANTE MOSBY

Jumps

Sophomore

Belleville, Ill.



2013 Outdoor: Competed in seven meets ... Named a Southeast Scholar-Athlete ... Cleared a season-best 5-2 1/4 to take fifth in the high jump at the SIUE Cougar Invitational (3/23), her first collegiate meet.

2013 Indoor: Did not compete.

Prep: Graduate of Belleville East High School... four-time all-conference selection in trac and field... earned a state title in the 4x200 rely her senior season...also lettered in volleyball where she was named third-team all-conference...member of the Sahers Track Club... also excelled in the classroom with a 3.80 GPA.

Personal: Born Dec. 11, 1993 ... Daughter of Raymond and Trudy Mosby... pursuing a degree in early childhood education.



ALYSSA REBECCA

Mid-Distance

Sophomre

Wildwood, Mo.



2013 Cross Country: Did not compete.

2013 Outdoor: Ran in six meets ... Named a Southeast Scholar-Athlete ... Took sixth in the 800m (2:15.79) finals at the OVC Outdoor Championships (5/3-4) after finishing the prelims in a career-best 2:14.24 ... Also ran with the third-place 4x400m relay team (3:50.07) at the conference meet.

2013 Indoor: Raced in six meets ... Took third in the 600m (1:42.95) in a dual against SIU Edwardsville (2/1) ... Notched a second-place finish in the 800m (2:22.78) at the Redhawks Invitational (2/15) ... Placed sixth in the 800m (indoor-best 2:17.55) at the OVC Indoor Championships (2/22-23) ... Also ran a leg with the seventh-place 4x400m relay (3:56.59) and eighth-place distance medley relay (12:36.55) teams at the conference meet.

2012 Cross Country: Did not compete.

Prep: Graduate of Eureka High School ... Twelve-time all -state selection ... Two-time state champion in relays earning 4x800 crowns in freshman and junior seasons ... Earned a second-place finish in state cross country meet in 2009 ... During her senior season earned third-place finish in 800m run.

Personal: Daughter of Steve and Michelle Rebecca.

Women's Profiles



KRISTEN RICHARDET

Distance

Sophomore



MACY RITTER

Jumps

Sophomore

Sullivan, Mo.



2013 Cross Country: Did not compete.

2013 Outdoor: Raced in four meets ... Clocks a season-best 5000m time of 19:08.33 at the Vanderbilt Invitational (4/19-20).

2013 Indoor: Did not compete.

2012 Cross Country: Did not compete.

2013 Outdoor: Competed in seven meets ... Named a Southeast Scholar-Athlete ... Finished fifth in the high jump (season-best 5-5 3/4) at the OVC Outdoor Championships (5-3/4) ... also part of the Redhawks' fifth-place 4x100m relay team (47.72) at the conference meet ... Cleared a season-best 18-0 1/2 in the long jump at the Joey Haines Invitational (4/5-6), where she finished sixth.

2013 Indoor: Competed in six meets ... Narrowly missed scoring in the triple jump (ninth; season-best 36-11 1/2) at the OVC Indoor Championships (2/22-23) ... Cleared a season-best 5-3 3/4 in the high jump at the Samford Multi Invitational (2/8-9), finishing 13th.

Prep: Graduate of Sullivan High School...helped her team to a third-place finish in the State Track and Field Meet...won state long jump championship and took fourth in triple jump during her senior season... during her high school career she took 16 conference championships.

Personal: Born Dec. 29, 1993 ... Daughter of David and Lee Ritter... undecided on major.



SOUTHEAST MISSOURI STATE UNIVERSITY



LINDSEY SEABAUGH

Distance

Sophomore

Cape Girardeau, Mo.



2013 Cross Country: Competed in six meets in 2013...Placed 11th at the SIUE Cross Country Challenge (9/13)...Finished in 46th-place at the OVC Championships (11/2) with a time of 19:44.

2013 Outdoor: Raced in three meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took ninth with in the 10,000m (40:04.06) at the OVC Outdoor Championships (5/3-4) ... Finished the 5000m in a season-best 18:54.40 at the Vanderbilt Invitational (4/19-20).

2013 Indoor: Ran in seven meets ... Ran a season-best 19:15.40 in the 5000m, which was good for 17th, at the OVC Indoor Championships (2/22-23).

2012 Cross Country: Competed in five meets ... Best 5K time was 18:50.2, good for 40th at the OVC Championships (10/27) ... Took 12th with a time of 19:37.2 at the SIUE Challenge (9/14)

Prep: Lettered all four years in cross country and track and field ... Team finished seventh in the state in 2010 ... Finished first or second in every race she ran her senior year ... Earned the team's leadership award twice ... Logged the most miles on the team each of her last three years ... Made the honor roll all four years.

Personal: Born Feb. 24, 1994 ... Parents are Randy and Emma Seabaugh.



JOVANNIE SPEARS

Sprints

Sophomore

Chicago, Ill.



2013 Outdoor: Ran in seven meets ... Named a Southeast Scholar-Athlete ... Part of Southeast's third-place 4x400m relay team (3:50.07) at the OVC Outdoor Championships (5/3-4) ... Ran an outdoor-best 27.12 to take ninth in the 200m at the Lenny Lyles-Clark Wood Invitational (4/19) ... Took eighth in the 400m (season-best 58.31) at the Joey Haines Invitational (4/5-6)

2013 Indoor: Competed in six meets ... Part of the Redhawks' seventh-place 4x400m relay team (3:56.59) at the OVC Indoor Championships (2/22-23) ... Took third in the 200m (season-best 26.32) and 400m (1:03.06) at the Indiana Relays (1/25-26) ... Ran a season-best 1:01.59 in the 400m prelims at the conference meet.

Prep: Attended Prospective Leadership Academy... lettered all four years in high school ... Senior year won fourth place in state championships in the indoor 4x400m relays ... was also captain of the track team and was on the Dean's List all four years of high school.

Personal: Born July 14, 1993 ... Daughter of Michael Spears and Denise Avrett ... pursuing a degree in Accounting.

Women's Profiles



CHEYENNE TUNTI

Sprints

Sophomore

Surrey, B.C.



2013 Outdoor: Competed in six meets ... Named a Southeast Scholar-Athlete ... Member of the Redhawks' third-place 4x400m relay team (3:50.07) at the OVC Outdoor Championships (5/3-4) ... Placed third in the 400m (season-best 56.41) at the Joey Haines Invitational (4/5-6)

2013 Indoor: Ran in seven meets ... Scored as a member of both the 4x400m (seventh; 3:56.59) and distance medley (eighth; 12:36.55) relay teams at the OVC Indoor Championships (2/22-23) ... Ran an indoor-best 58.18 in the 400m, taking 19th at the Samford Multi Invitational (2/8-9).

Prep: Attended Kwantlen Park Secondary School in British Columbia... was the top female athlete and ran in the 200m, 400m, 4x100m relays, and the 4x400m relays ... was a honor roll student all through high school.

Personal: Born April 4, 1994 ... Daughter of Solomon and Shannon Tunti ... major is undecided.



MARIA TROWBRIDGE

Distance

Sophomore

Meshoppen, Pa.



2013 Cross Country: Competed in four meets in 2013...Finished 22nd at the SIUE Cross Country Challenge (9/13) with a time of 20:18.

2013 Outdoor: Raced in seven meets ... Named a Southeast Scholar-Athlete ... Placed on the OVC Commissioner's Honor Roll ... Took sixth in the steeplechase (11:33.43) at the OVC Outdoor Championships (5/3-4) ... Took fourth in the steeplechase with a season-best 11:14.81 at the Vanderbilt Invitational (4/19-20) ... Ran the 5000m in 18:49.10, good for 11th at the Sea Ray Relays (4/11-13) ... won the steeplechase (11:46.28) at the Joey Haines Invitational (4/5-6).

2013 Indoor: Competed in seven meets ... Won the 3000m (11:27.67) at the Redhawks Invitational (2/15) ... Ran a season-best 10:25.25 in the 3000m at the Samford Multi Invitational (2/8-9) ... Was near her season-best time in the 3000m (10:26.27) at the OVC Indoor Championships (2/22-23), where she took ninth.

2012 Cross Country: Ran in five meets ... Finished the 5K in a season-best 18:53.2 at the OVC Championships (10/27).

Prep: Lettered and cross country, swimming and track and field ... Cross country team won a state title in 2010 and finished runner-up in 2011 ... Class president who graduated with a perfect 4.0 GPA.

Personal: Born Nov. 13, 1993 ... Parents are Gene and Valerie Trowbridge.



SOUTHEAST MISSOURI STATE UNIVERSITY



BETHANY PFEIFFER

Throws

Senior

Boonville, Mo.



Prior to Southeast: Lettered three years at Mizzou in the hammer and javelin...Earned Academic All-Big 12...NCAA Regional qualifier in javelin...Graduated in May 2013 with a degree in Math and Psychology.

Prep: Lettered all four years at Boonville High School...Also played volleyball and basketball in high school.

Personal: Born Oct. 18, 1990...Daughter of Richard and Monica Pfeiffer...Pursuing a Master's degree in Higher Education Administration.



KAYLA HEIDELBERG

Sprints

Sophomore

St. Louis, Mo.



Prep: Graduated from University City High School.

Personal: Born December 12, 1993...Daughter of Jessie and Rosalyn Heidelberg.



AHSHANE JOHNSON

Junior

Moberly, Mo.



Prep: Graduated from Moberly High School.

Personal: Born Jan. 10, 1992...Daughter of Niesha Smith...Majoring in Social work.



ANNA GAILUS

Pole Vault/Shot Put

Freshman

Fairview Heights, Ill.



Prep: Lettered three years at Belleville East High School...Qualified and was a finalist at the state championship in the pole vault...Graduated Cum Laude.

Personal: Born Feb. 21, 1995...Daughter of Nick and Karen Gailus...Studying Pre-Med and Biology.

Women's Profiles



MADELINE GAUL

Distance

Freshman

Swansea, Ill.



2013 Cross Country: Competed in three meets in 2013.

Prep: Graduated from Belleville East High School in 2013...Captain of the cross country team her senior year...Also ran 800 meter and 4x800 events on the track team...PR for cross country was 20:51...Qualified for 3A sectional meet all three years of her track career...Honored with the Student Achievement Award all four years of high school.

Personal: Born Aug. 6, 1995...Daughter of Pat and Cindy Gaul...Majoring in Communication Disorders.



CHELSEA MILLER

Sprints, Jumps

Freshman

Waltonville, Ill.



Prep: Lettered all four years in high school...Won the state championship in the 200 meter dash...Placed second in 100 meter dash her senior year.

Personal: Born Jan. 19, 1995...Daughter Karl and Michelle Miller...Majoring in Public Relations.



MEGAN PARKS

Distance

Freshman

Bonne Terre, Mo.



2013 Cross Country: Competed in five meets in 2013...Placed 12th at the SIUE Cross Country Challenge...Finished 51st at the OVC Championships (11/2) with a time of 19:55.

Prep: Graduated from North County High School in Bonne Terre, Mo. in 2013...Lettered all four years as a mid-distance runner...PR for in the 400 meter event was 59.36 seconds and 800 meter was 2:22; both a school record...Earned all-conference and all-district honors in both events as well as qualified for the state championships...Earned Distance Runner of the Year all four years...Also a stand-out softball player earning all-conference and all-district honors...Excelled in the classroom as a member of National Honors Society and graduated in the top ten of her class.

Personal: Born Feb. 26, 1995...Daughter of Tom and Stephanie Parks...Majoring in Exercise Science.



SOUTHEAST MISSOURI STATE UNIVERSITY



PRENECIA PONDS

Sprints

Freshman

Florissant, Mo.



Prep: Graduate of Hazelwood Central High School... Lettered all four years... Earned All-American and all-state honors... Part of the 4x200 state championship relay team... Also played basketball in high school.

Personal: Born May 12, 1994... Daughter of Michele Revels... Majoring in Mass Communication.



ANGELA SUMNER

Distance

Freshman

Wildwood, Mo.



2013 Cross Country: Competed in only two meets... Placed third at the Washington Early Bird (8/31) in a time of 15:02... Finished second at the SIUE Cross Country Challenge (9/13) in 18:26.

Prep: Graduated from Eureka High School in 2013... earned all-state honors after winning the 4x800... Named all-district and all-sectional for cross country... Earned all-conference, all-district and all-sectional honors as a freshman as well as qualified for the state championships... PR for 5k is 18:32.

Personal: Born July 5, 1994... Daughter of Bill and Jean Sumner... Majoring in Exercise Science.



ABI SOWASH

Jumps

Freshman

Highland, Ill.



Prep: Lettered all four years at Triad High School in the high jump... Set a school record in the high jump at 5'6"... Conference champion all four years... Qualified to the state championship her senior and junior seasons... Also participated in dance and cheerleading in high school.

Personal: Born Sept. 10, 1994... Daughter of Emmette and Jean Sowash... Nursing major.



MEN'S PROFILES



SOUTHEAST MISSOURI STATE UNIVERSITY



BLAKE CARTER

Sprints/Jumps

Senior

O'Fallon, Mo.



2013 Outdoor: Competed in eight meets...Earned second-team All-American status by finish 10th in the long jump, tying the outdoor school record with a wind-aided 25-6 1/4, at the NCAA Outdoor Championships (6/5-8)...Named a Southeast Scholar-Athlete...Punched his ticket to nationals by finishing seventh in the long jump with a wind-aided 25-4 at the NCAA West Region Prelims (5/23-25)...Won his second-straight OVC title in the long jump (wind-aided 25-0 3/4) at the OVC Outdoor Championships (5/3-4)...Also placed fourth in the 100m (10.91/career-best 10.68 prelims) at the conference meet.

2013 Indoor: Competed in seven meets...Earned second-team All-America status after taking 13th in the long jump (24-5 1/2) at the NCAA Indoor Championships (3/8-9)...Crowned OVC champion in the long jump (24-5) and finished second in the 60m (6.86/6.78 prelims) at the OVC Indoor Championships (2/22-23)...Broke the indoor school record in the long jump (25-6) at the Redhawks Invitational (2/15)...Snapped the school record in the 60m (6.76) at the season-opening EIU Early Bird (12/7).

2012 Outdoor: Competed in seven meets...qualified NCAA West Region preliminary meet in the long jump, where he took 18th with a wind-aided leap of 24-7 3/4...placed third in both the long jump (career-best 24-2 1/4) and triple jump (48-1 1/4) at the OVC

Outdoor Championships...also ran a leg in the third-place 4x100m relay team (42.09) at the OVC meet...took second in the long jump (23-4 1/2) at the Joey Haines Invitational.

2012 Indoor: Competed in five meets...named OVC Field Athlete of the Week on January 31...earned a third place finish in the triple jump at the OVC Indoor Championships with a jump of 46-11 3/4...earned a first place finish in the long jump at the Indiana Relays at 23-5 1/2...took first in the 200m dash at the Indiana Relays with a career-best time of 22.40...tied an indoor career-best with a long jump of 24-1 1/2 earning a second place finish at the SIU Saluki Open.

2011 Outdoor: Did not appear in any meets during the outdoor season...Southeast Scholar Athlete.

2011 Indoor: Appeared in four meets...earned a first place finish with a season best time of 22.40 at the Indiana Relays...earned a first place finish in the long jump at the Arkansas State Kickoff classic with a jump of 23' 6.25"...ran a career-best 7.06 in the 60 meter dash at the SIU Saluki Open...earned a first place finish in the long jump at SIU Saluki Open with a jump of 24' 1.5", which was a season-high.

Men's Profiles



KENDRICK FARR

Sprints

Senior

Byrant, Ark.



2013 Outdoor: Competed in eight meets...Took third in the 100m (10.90/career-best 10.74 prelims) and sixth in the 200m (22.41/career-best 21.73 prelims) at the OVC Outdoor Championships (5/3-4)...won the 100m (wind-aided 10.71) and 200m (wind-aided 21.91) at the Lenny Lyles-Clark Wood Invitational (4/19).

2013 Indoor: Competed in five meets...Finished sixth in the 200m (22.72/22.48 prelims) and seventh in the 60m (6.96/6.92 prelims) at the OVC Indoor Championships (2/22-23) ... Won the 55m (6.42) at the Redhawks Invitational (2/15).



BRIAN GROTE

Javelin

Senior

St. Charles, Mo.



2013 Outdoor: Competed in eight meets... Received the OVC Medal of Honor...Named a Southeast Scholar-Athlete and member of the OVC Commissioner's Honor Roll...Earned second-team All-OVC honors by finishing runner-up in the javelin (196-8) at the OVC Outdoor Championships (5/3-4)...Launched a career-best throw of 199-7, which was good for fourth at the Sea Ray Relays (4/11-13).

2013 Indoor: Did not compete.

2012 Outdoor: Competed in seven meets, exclusively as a javelin thrower...received the OVC Medal of Honor...named a Southeast Scholar-Athlete...placed on the OVC Commissioner's Honor Roll...won the javelin with a career-best 178-2 at the OVC Outdoor Championships to earn first-team All-OVC honors... posted four top-five finishes...made his collegiate debut with a fourth-place throw of 171-1 at the Rhodes Open (3/17).

2012 Indoor: Did not compete.



SOUTHEAST MISSOURI STATE UNIVERSITY



CHARLES JOHNSON

Distance

Senior

St. Louis, Mo.



High School: Graduate of Hazelwood East...All-state selection in track and field, cross country and wrestling...Was part of state championships in both track and football...Was a two-time AAU National Champion in 3,000m run as a member of the U-City Xplosion track Club.

Personal: Born Jan. 10, 1991...Son of Reginald McNeil, Wanda McNeil, and Angel Johnson...Sister, Jantelle, attends Western Kentucky and runs track...Pursuing a degree in Graphic Design.

2013 Cross Country: Competed in five events in 2013...Turned in a top-8k time at the SIUE Cross County Challenge (9/13) where he placed fourth with a time of 25:44...Finished 28th at the OVC Championship (11/2) with a time of 25:59.

2013 Outdoor: Competed in six meets...Earned second-team All-OVC honors by finishing runner-up in the 3000m steeplechase (career-best 9:28.68) at the OVC Outdoor Championships (5/3-4)...Clocked a season-best 1500m time of 4:05.67 at the Oliver Nickoloff Invitational (3/30).

2013 Indoor: Ran in seven meets...ran a leg with the third-place distance medley relay team (10:08.69) at the OVC Indoor Championships (2/22-23)...took third in the 3000m, running a season-best 8:50.42, at the Redhawks Invitational (2/15).

2012 Cross Country: Ran in five meets, including the Midwest Regional Championships (11/9) where he took 84th with a 10K time of 32:34.7...Took 18th, his highest of the season, with a time of 25:23.1 in the 8K at the OVC Championships (10/27)

Before Southeast: Attended Arkansas-Pine Bluff...All-conference selection during indoor and outdoor season...Second-team all-conference in track and field...Part of SWAC Conference Championship in cross country.



TYSON STOVERINK

Distance

Senior

Jackson, Mo.



2013 Cross Country: Competed in six meets... Turned in a top-8k time of 26:36 at the Bradley "Pink" Invitational (10/18)...Placed 55th at the OVC Championships with a time of 27:22.

2013 Outdoor: Competed in one meet, running the 1500m at the Joey Haines Invitational (4/5-6)... Named a Southeast Scholar-Athlete.

2013 Indoor: Raced in four meets...Won the 800m (2:04.86) at the Redhawks Invitational (2/15).

2012 Cross Country: Competed in two meets with a top time of 28:31.3 at the SIUE Challenge (9/14).

2012 Outdoor: Competed in three meets...Ran a career-best 1:58.87 in the 800m at the Ole Miss Invitational (3/31).

2012 Indoor: Competed in four meets...Ran an indoor-best 2:01.18 in the 800m at the SIU Saluki Open (1/13- 14).

2011 Cross Country: Competed in two events during the season...Placed 36th at the SIUE Cross Country Challenge with a time of 28:24.

2011 Outdoor: Participated in five meets...Earned a season-best time of 2:01.18 in the 800m at the OVC Outdoor Championships, placing him 13th in the field...Earned a career-best time of 4:09.88 in the

1500 meter run at the Vanderbilt Black and Gold Invite for a 12th-place finish...Finished a season-high sixth place in the 1500 meter run at the Jace Lacoste Invite with a time of 4:11.94...Southeast Scholar Athlete...OVC Commissioner's Honor Roll.

2011 Indoor: Participated in five meets...Earned a first place finish in the 1000m run at the Redhawks Invitational with a time of 2:41.56...Earned a 12th-place finish in the mile run at the SIU Saluki Fast Start with a season-best time of 4:39.44...Was also a member of the 4x400 meter relay team that finished seventh at the SIU Saluki Fast Start Meet.

2010 Cross Country: Only competed in two races during the 2010 season...Placed 47th with a time of 30:43.9 in the Saluki Invitational.



SOUTHEAST MISSOURI STATE UNIVERSITY



ALEX ZISSER

Distance

Senior

St. Louis, Mo.



2013 Outdoor: Ran in six meets...Earned third-team Capital One Academic All-America honors from CoSIDA...Garnered first-team Capital One Academic All-District honors from CoSIDA...Named a Southeast Scholar-Athlete...Recipient of the OVC Medal of Honor and member of the OVC Commissioner's Honor Roll...Won the 1500m with a career-best 3:53.90 at the Vanderbilt Invitational (4/19-20).

2013 Indoor: Raced in five meets...Took fifth in the mile run (4:16.89) at the OVC Indoor Championships (2/22-23)...Also ran with the third-place distance medley relay team (10:08.69) at the conference meet...Finished the 3000m in a career-best 8:32.79 at the Samford Multi Invitational (2/8-9).

2012 Cross Country: Competed in five meets during the 2012 season...Best finish for an 8K was at the OVC Championship (10/27), where he finished 12th with a time of 25:06.95, earning second-team All-OVC honors.

2012 Outdoor: Named first-team Capital One Academic All-District...Ran in seven meets...Took third in the 1500m (4:06.02) at the OVC Outdoor Championships (5/4-5)...Posted a career-best 8:31.69 in the 3000m at the Vanderbilt Black and Gold Invitational (3/23-24), where he finished runner-up...Also recorded a career-best 15:01.21 in the 5000m at Vanderbilt.

2012 Indoor: Competed in four meets...Scored individually in the mile run (fifth; 4:16.91) and as a member of the distance medley (third; 10:30.27) relay team at the OVC Indoor Championships (2/24-25)...took third in the 3000m with an indoor-best 8:34.91 at the Indiana Relays (1/27-28).

2011 Cross Country: Competed in six meets during the 2011 season, including the OVC Championships and NCAA Midwest Regional...Recorded a season best time of 25:23 at the Greater Louisville Classic where he placed 15th...Finished in 17th place at the OVC Championships and 145th at the NCAA Midwest Regional...Ran a career-best 27:14 at Louisville.

2011 Outdoor: Appeared in nine meets...Earned a collegiate best time of 1:56.89 in the 800 meter run at the Tom Botts Invitational...Also at the Tom Botts Invitational earned a career best time of 3:59.87 in the 1,500 meter run...Earned a career best time of 8:46.88 in the 3000 meter run at the Vanderbilt Black and Gold Invite...Southeast Scholar Athlete...OVC Medal of Honor winner...OVC Commissioner's Honor Roll.

2011 Indoor: Appeared in two meets...Finished seventh in the 3000 meter run with a time of 8:59.48 at the Illini Classic...Was a member of the 4x800 meter relay team that finished sixth at the Indiana University Relays with a time of 8:12.04.

2010 Cross Country: Competed in six meets...Recorded a season-best in the 8K with a time of 25:34.00 at the Bradley Classic...Ran the 8K at the OVC Championships in 27:28.85...Placed 11th in the 6K with a time of 19:45.00 at the Washington University Early Bird...OVC Medal of Honor winner.

2010 Outdoor: Competed in four meets...Placed fifth in the 1500m at the Joey Haines Invitational with a time of 4:05.29...Set a season-best in the 1500m meters with a time of 4:00.68 at the Ole Miss Invitational...Placed eighth in the 1500m at the OVC Championships with a time of 4:00.82...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar-Athlete.

2010 Indoor: Competed in five meets...Placed second in the mile at the Redhawk Invitational with a time of 4:27.72...Placed eighth at the OVC Championships in the mile with a season-best time of 4:25.02...Finished sixth in the mile at the EU Mega Meet...Set a career-best in the 800m with a time of 2:05.76 at the SASF Invitational.

2009 Cross Country: Competed in four meets...Ran a season's best 27:42.43 in the 8K at the Greater Louisville Classic...At the EIU Panther Open finished the 8K with a time of 27:53.58...Finished the 6K in 21:44.30 at the Saluki Early Bird Invite.

High School: Placed 27th at the 2008 MSHSAA State Cross Country Championships...Ran a personal best and team best 17:00.00 in the 5K at ABC League Championship, placing second.

Personal: Born Oct. 15, 1990...Son of Mark and Debbie Zisser...Majoring in Psychology and History.



ALEXANDER ANDERSON

Sprints

Junior

Kansas, Mo.



relay team that finished third at the OVC Indoor Championships.

Prep: Graduate of Raytown South High School... lettered all four years...earned the leadership award two years...won the 4x100 state championship twice...also participated in cheerleading.

Personal: Son of Charles and Robin Anderson...born July 25, 1993...majoring in cyber security.

2013 Outdoor: Competed in six meets...Took fifth in the 200m (22.29) and eighth in both the 100m (11.01) and long jump (22-3) at the OVC Outdoor Championships (5/3-4)...Also ran a leg in the Redhawks' third-place 4x400m relay (3:18.84) at the conference meet...Posted career-best times in the 100m (10.83) and 200m (21.95) in the prelims at the conference meet...Finished the 400m in a career-best 50.45 at the Sea Ray Relays (4/11-13), taking 25th in the race.

2013 Indoor: Ran in eight meets...Finished fifth in the 400m (51.11) at the OVC Indoor Championships (2/22-23)...Also scored in the triple jump (eighth; 44-4 1/4) at the conference meet...Cleared a career-best 22-10 in the long jump at the Redhawks Invitational (2/15)...Took 15th in the 400m with a season-best time of 50.60 at the Indiana Relays (1/25-26).

2012 Outdoor: Competed in four meets, running mostly in sprint relays...ran a leg in the third-place 4x100m relay team (42.09) at the OVC Outdoor Championships...also ran a leg in the fourth-place 4x400m relay team (3:20.76) at the OVC meet.

2012 Indoor: Competed in seven meets...recorded a career-best 6.58 in the 55m dash at the OVC Indoor Championships...recorded a career-best time of 7.11 in the 60m dash at the SIU Saluki Fast Start, his first ever collegiate meet...was part of 4x400m



SOUTHEAST MISSOURI STATE UNIVERSITY



RYAN ANDERSON

Distance

Junior

Springfield, Ill.



2013 Cross Country: Turned in a top-ten time of 26:15 at the SIUE Cross Country Challenge (9/13) when he placed ninth in 26:15...Best 8k time of the season was at the Bradley "Pink" Classic (10/18) when he placed 76th...Finished 40th at the OVC Championship (11/2) in 26:34.

2013 Outdoor: Ran in six meets...Named a Southeast Scholar-Athlete...Member of the OVC Commissioner's Honor Roll...Scored in both the 1500m (seventh; career-best 4:04.34) and 3000m steeplechase (sixth; 9:48.67) at the OVC Outdoor Championships (5/3-4)...Placed third in the 1500m at the SIUE Cougar Invitational (3/23)...Clocked a career-best time of 9:43.70 in his first 3000m steeplechase of the year at the Oliver Nickoloff Invitational (3/30).

2013 Indoor: Competed in six meets...Ran a career-best 4:24.38 in the mile run at the OVC Indoor Championships (2/22-23), taking ninth in the race...Ran a leg on the distance medley relay at the Samford Multi Invitational, helping the group take fifth with a time of 10:32.78...Finished second in the mile run (4:31.41) in the Redhawks' dual against SIU Edwardsville (2/1).

2012 Cross Country: Competed in all regular season meets during the 2012 season...Best finish for an 8K was at the OVC Championships (10/27), where he finished 35th with a time of 26:13.23.

2012 Outdoor: Competed in two meets...Finished third in the 3000m steeplechase (10:02.52) at the Joey Haines Invitational (4/7).

2012 Indoor: Competed in four meets...Ran in the 800m, mile and 3000m twice each...Posted two top-10 finishes, placing fifth in the 3000m (9:13.56) at the Redhawks Invitational (2/17) and ninth in the mile run (4:37.18) at the Illini Classic (1/20).

2011 Cross Country: Competed in all regular season meets during the 2011 Season...Best finish for an 8K was at the SIUE Cross Country Challenge (9/16), where he finished 17th with a time of 27:20.

High School: Lettered four times in cross country and track while in high school...Received second-team all-state cross country honors in 2007 and second-team all-state track honors in 2011.

Personal: Born March 2, 1993...Parents are Steve and Sherry Anderson...Brother, Neal, attends Southern Illinois and also runs cross country and track...pursuing a degree in Criminal Justice.



KEVIN FARLEY

Throws

Junior

Springfield, Ill.



2013 Outdoor: Competed in 11 meets...Became the first Redhawk to be named a first-team All-American since 2008 after finishing seventh in the shot put with a school-record throw of 61-11 3/4 at the NCAA Outdoor Championships (6/5-8)...Named CoSIDA Academic All-District, a Southeast Scholar-Athlete, placed on the OVC Commissioner's Honor Roll and landed a spot on the USTFCCCA All-Academic Team...Launched a throw of 60-8 1/2 to finish eighth in the shot put at the NCAA West Region Prelims (5/23-25), punching his ticket to nationals...Won the shot put at the Georgia Tech Invitational (5/10-11) with a then-record throw of 60-3 1/4...Named OVC Male Field Co-Athlete of the Year...Voted OVC Male Athlete of the Championship after winning both the shot put (56-3 1/4) and discus (166-6) while finishing runner-up in the hammer throw (177-10) at the OVC Outdoor Championships (5/3-4)...Accumulated 18 top-three finishes and won eight event titles.

2013 Indoor: Threw in eight meets...Notched 10 top-three finishes...Won the shot put (56-10 3/4) while taking second in the weight throw (60-1) at the OVC Indoor Championships (2/22-23)...Launched a career-best throw of 58-11 1/4 to take second in the shot put at the Arkansas Final Qualifier (3/1).
2012 Outdoor: Competed in 10 meets...named OVC Male Freshman of the Year...named a Southeast Scholar-Athlete ... posted 16 top-five finishes... placed on the OVC Commissioner's Honor Roll...

earned a spot on the USTFCCCA All-Academic Team...qualified for the NCAA West Region prelims in the shot put, where he placed 29th with a throw of 56-3...competed at the USA Junior Track and Field Championships, where he finished 14th in the shot put (57-0)...scored in all three of his throwing events, earning second-team All-OVC honors in the discus with a runner-up throw of 164-10 (career best) at the OVC Outdoor Championships (5/4-5)...also placed third in the shot put (56-2) and fourth in the hammer throw (179-0) at the conference meet...finished runner-up in the shot put with a career-best throw of 58-2 at the Lenny Lyles-Clark Wood Invitational, a throw that earned him OVC Co-Field Athlete of the Week honors...achieved a season-best hammer throw of 180-3 at the Georgia Tech Invitational.

2012 Indoor: Competed in eight meets...finished second at the OVC Indoor Championships in the shot put at 55-2 . earning second-team All-OVC honors...threw an indoor-career best of 55- 4 1/4 at the Indiana Relays finishing in second...threw a indoor career-best of 55-5 3/4 in the weight throw at the Arkansas State Kickoff Klassic.

Prep: Graduate of Lonphier High School...was a two-time state champion in the shot put and holds the Illinois State record in the shot put...threw a career-high 62' 11.5" in the shot put and 175' 0.8" in the discuss throw...was a three year letter winner in track and field under head coach Mike Garcia...also participated in wrestling.

Personal: Born July 18, 1993...son of Robert Farley and Tina Toigo...majoring in pre-med at Southeast.



SOUTHEAST MISSOURI STATE UNIVERSITY



TYLER HOLMES

Distance/Mid-Distance

Junior

Arnold, Mo.



2013 Cross Country: Competed in six meets...Best 8k was set at the Bradley "Pink" Classic (10/18) when he placed 59th in 25:33...Placed 20th at the OVC Championship (11/2) with a time of 25:45...Took 150th at the NCAA Regional (11/15) in 33:18.

2013 Outdoor: Raced in six meets...earned bronze in the 800m at the OVC Outdoor Championships (5/3-4) with a third-place time of 1:53.61, this coming after clocking a career-best 1:53.48 in the prelims...also ran a leg with the third-place 4x400m relay team (3:18.84) at the conference meet.

2013 Indoor: Ran in seven meets, mostly competing in the 800m...Finished sixth in the 800m (1:56.36) while also running a leg with the fourth-place 4x400m relay team (3:26.17) at the OVC Indoor Championships (2/22-23)...Placed 14th in the 800m with an indoor-best 1:55.29 at the Samford Multi Invitational (2/8-9).

2012 Cross Country: Competed in all regular season meets during the 2012 season...Best finish for an 8K was at the SIUE Challenge (9/14), where he finished 24th in 26:52.75.

2012 Outdoor: Competed in four meets...Finished third in the 5000m (16:01.86) at the Joey Haines Invitational.

2012 Indoor: Competed in five meets...Recorded a

season-best second-place finish in the 1000m run at the Redhawks Invitational with a career-best time of 2:33.72... Recorded a career-best time of 1:56.66 in the 800m run at the OVC Indoor Championships... Recorded a career-best time of 4:29.62 in the mile run at the Illini Classic to finish in sixth place.

2011 Cross Country: Competed in five meets during the season, including the OVC Championships where he placed 33rd...Had a season best at the Greater Louisville Classic where he placed 164th with a time of 26:58.

High School: Graduate of Fox High School in Arnold, Mo...Participated in track and field as well as cross country.



ZACHARY HORRELL

Throws

Junior

Cape Girardeau, Mo.



2013 Outdoor: Competed in six meets...Finished sixth in the javelin (142-10) at the OVC Outdoor Championships (5/3-4)...Threw a career-best 149-7 in the javelin at the Joey Haines Invitational (4/5-6) to finish eighth in the event...Named a Southeast Scholar-Athlete.

2013 Indoor: Appeared in one meet...Took 15th in the discus (140-10) at the Wisconsin Elite Invitational (1/18-19).

2012 Outdoor: Competed in four meets...named a Southeast Scholar-Athlete...took 10th in the discus with a season-best 137-8 at the Lenny Lyles-Clark Wood Invitational (4/20).

2012 Indoor: Did not compete.

Prep: Graduate of Cape Central High School...lettered all four years...threw a personal best in discus with 158' and in shot put with 48'.

Personal: Son of Scott and Karen Horrell...born October 10, 1992...majoring in construction management.



SOUTHEAST MISSOURI STATE UNIVERSITY



JACOB KENT

Jumps

Junior

Ste. Genevieve Mo.



games...also participated in basketball...also excelled in the classroom by finishing in the top 15% of his class.

Personal: Son of David Kent and Melinda Dallas... born Sept. 1, 1992...major is undecided.

2013 Outdoor: Redshirted...Named a Southeast Scholar-Athlete.

2013 Indoor: Redshirted.

2012 Outdoor: Competed in four meets...earned second-team All-OVC honors with a runner-up finish in the high jump (6-8) at the OVC Outdoor Championships (5/4-5)...named a Southeast Scholar-Athlete...placed on the OVC Commissioner's Honor Roll...also scored with a sixth-place finish in the triple jump (career-best 46-4 1/4) at the conference meet... finished runner-up in both the high jump (career-best 6-10 1/4) and long jump (season-best 23-3 1/4) at the Vanderbilt Black and Gold Invitational (3/23-24).

2012 Indoor: Competed in seven meets...OVC Co- Freshman Athlete of the Year...earned nine top five finishes on the season...OVC Indoor Champion in the high jump with a personal best mark of 6-10 1/4, a mark that ranks ninth all-time at Southeast... recorded a career best 23-4 mark in the long jump at the Redhawks Invite earning a fourth place finish... recorded a pair of second places finishes in the high jump with a jump of 6-8 at the Redhawks Invitational and Indiana Relays.

Prep: Graduate of Ste. Genevieve High School...had a career-best in high jump (6'8), long jump (22'8), and triple jump (46'2)...finish first in long jump, second in high jump, and fifth in triple jump at the state

Men's Profiles



REGGIE MILLER

Jumps

Junior

Kansas City, Mo.



2013 Outdoor: Jumped in six meets...Qualified for the NCAA Outdoor Championships (6/5-8) where he took 17th in the high jump (6-10 3/4) to earn All-America honorable mention...Punched his ticket to nationals by finishing ninth in the high jump (6-11 1/2) at the NCAA West Region Prelims (5/23-25)...Also finished 17th in the triple jump (career-best 50-11 3/4) at the regional meet...Won both the high jump (career-best 7-1) and triple jump (47-5 1/4) at the OVC Outdoor Championships (5/3-4)...High jump height at the conference meet was 1/4 of an inch shy of the school record...Finished in the top two in the high jump or triple jump seven times.

2013 Indoor: Competed in seven meets...Named OVC Male Field Athlete of the Year...Suffered an injury at the OVC Indoor Championships (2/22-23), but still placed third in the high jump (6-5)...Broke the indoor school record in the high jump (7-0 1/4) at the Wisconsin Elite Invitational (1/18-19)

2012 Outdoor: Competed in seven meets...qualified for the NCAA West Region preliminary meet in the high jump...crowned OVC Champion in the high jump after clearing a career-best 6-11 1/2 at the OVC Outdoor Championships...finished runner-up in the triple jump, clearing a wind-aided distance of 48-8, at the conference meet...also scored with a fifth-place finish in the long jump (career-best 23-8 3/4) at the conference meet...posted nine top-five finishes.

2012 Indoor: Competed in six meets...recorded a Redhawk indoor-season high in the triple jump with a distance of 48-3 3/4 at the SIU Saluki Open earning a second place finish...placed second in the triple jump at the OVC Indoor Championships with a jump of 47- 1 1/2. jumped 6-7 earning a first place finish at the SIU Saluki Fast Start.

Prep: Graduate of Ruskin High School...two- time letterman...career-high in high jump (6'9), triple jump (47'9), and long jump (22'6)...also participated in soccer.

Personal: Son of Reginald Sr. and Shawn Miller... born July 25, 1992...majoring in engineering and business.



SOUTHEAST MISSOURI STATE UNIVERSITY



CRAIG MUNIE

Distance

Junior

O'Fallon, Ill.



2013 Cross Country: Led the Redhawks in all meets in 2013...Won the SIUE Cross Country Challenge (9/13) in 25:06...Turned in the sixth-best 8k time in the OVC at the Bradley "Pink" Classic (10/18) when he placed fourth with a time of 24:31...Earned All-OVC honors with a seventh place finish at the OVC Championship (11/2) in 24:59...Placed 60th at the Midwest Regional with a time of 31:38.

2013 Outdoor: Competed in seven meets...Named a Southeast Scholar-Athlete...Member of the OVC Commissioner's Honor Roll...Earned bronze in the 10,000m with a third-place time of 31:35.56 at the OVC Outdoor Championships (5/3-4)...Ran a career-best 30:46.47 in the 10,000m at the Sea Ray Relays (4/11-13)...Placed third in the 5000m with a career-best 14:42.63 at the Vanderbilt Invitational (4/19).

2013 Indoor: Raced in six meets...Scored with an eighth-place finish in the 5000m (15:13.37) at the OVC Indoor Championships (2/22-23)...Notched three top-five finishes...Ran an indoor-best 8:42.52 in the 3000m at the conference meet...took fourth in the 3000m (8:50.36) at the Wisconsin Elite Invitational (1/18-19).

2012 Cross Country: Competed in all but the first meet of the 2012 season...Best finish for an 8K was at the OVC Championships (10/27), where he finished 22nd with a time of 25:30.87...Placed in the top-ten

in the first two meets of the season.

2012 Outdoor: Competed in six meets...Named a Southeast Scholar-Athlete...Placed on the OVC Commissioner's Honor Roll...Placed 10th in the 10,000m (34:15.75) at the OVC Outdoor Championships (5/4-5).

2012 Indoor: Competed in six meets...Finished second in the 3000m run at the Redhawks Invitational (2/17) with a time of 9:03.62.

2011 Cross Country: Competed in all meets during the 2011 season...Had a season-best time of 26:18 at the Greater Louisville Classic where he placed 82nd...Placed 16th at the OVC Championships and 139th at the NCAA Midwest Regional.

High School: Lettered two years...As a senior, he was a part of the all-sectionals, all-conference and second-team all-metro...ran three miles with a career-best time of 14:55.

Personal: Son of Joseph and Linda Munie...Born Jan. 5, 1993...Studying agriculture business or business management.

Men's Profiles



BLAKE SMITH

Jumps

Junior

Jackson, Mo.



Missouri Relays...had a career best in long jump with 23'1... won state in long jump.

Personal: Son of Tim and Shari Smith...born May 28, 1993...major is undecided.

2013 Outdoor: Competed in eight meets...Placed seventh in the 100m (11.00/wind-aided 10.79 prelims) at the OVC Outdoor Championships (5/3-4)...Took fifth in the long jump (23-5 1/2) at the conference meet...Finished the 100m in a career-best (non-wind aided) 10.95 at the Joey Haines Invitational (4/5-6).

2013 Indoor: Competed in eight meets...Scored in both the 60m (fifth; 6.91/6.92 prelims) and long jump (sixth; 23-0 3/4) at the OVC Indoor Championships (2/22-23)...Took second in the long jump (career-best 23-9 1/2) in a dual meet against SIU Edwardsville (2/1).2012

2012 Outdoor: Competed in six meets...took fourth in the long jump with a wind-aided leap of 24-1 at the OVC Outdoor Championships...also ran a leg in the 4x100m relay (42.09), which placed third at the conference meet...won the long jump (career-best 23-6) at the Joey Haines Invitational.

2012 Indoor: Competed in six meets...finished third in the long jump with a distance of 23- 8 3/4 at the OVC Indoor Championships a career-best jump...recorded a career-best time of 6.56 in the 55m dash at the Redhawks Invite finishing second...recorded seven top-10 finishes...finished second in the long jump at the Redhawks invitational with a jump of 23-7 1/2.

Prep: Graduate of Jackson High School...lettered all four years...finished first at Kansas Relays and at



SOUTHEAST MISSOURI STATE UNIVERSITY



COLTEN STROTHEIDE

Distance

Junior

Breese, Ill.



2013 Cross Country: Competed in five meets in 2013...Led the Redhawks at the Saluki Invitational (9/21) when he placed 11th in 26:55...Personal-best 8k time of the season was set at the OVC Championship (11/2) when he placed 34th with a time of 26:25.

2013 Outdoor: Ran in five meets...Named a Southeast Scholar-Athlete...Placed ninth in the 1500m (4:05.56) at the OVC Outdoor Championships (5/3-4).

2013 Indoor: Raced in six meets...Member of the Redhawks' fourth-place 4x400m relay team (3:26.17) at the OVC Indoor Championships (2/22-23)...Ran a career-best 15:22.80 in the 5000m at the Samford Multi Invitational (2/8-9).

2012 Cross Country: Competed in three regular season meets during the 2012 season...Best finish for an 8K was at the SIUE Challenge (9/14), where he finished 20th with a time of 26:40.94.

2012 Outdoor: Competed in six meets...Named a Southeast Scholar-Athlete...Placed on the OVC Commissioner's Honor Roll...Took 10th in the 1500m (4:11.43) at the OVC Outdoor Championships...Posted a career-high 4:01.33 in the 1500m at the Joey Haines Invitational.

2012 Indoor: Competed in four meets...Took

eight in the 3000m (8:53.85) at the OVC Indoor Championships...Ran a career-best 4:25.53 in the mile run at the Hoosier Hills Invitational.

2011 Cross Country: Competed in six meets during the 2011 season...Recorded a season-best time of 26:14 at the Greater Louisville Classic where he placed 72nd...Placed 23rd at the OVC Championships and 102nd at the NCAA Midwest Regional.

High School: Graduate of Mater Dei High School...Lettered all four years...Ran 15:09 at state in cross country...Earned MVP honors for cross country twice and once for track...Earned runner of the year his junior year...Also excelled in the classroom as a member of the National Honor Society.

Personal: Son of Kenny and Cathy Strotheide...Born July 4, 1993...Majoring in mathematics.

Men's Profiles



CURT WOOD

Mid-Distance

Junior

Fenton, Mo.



sophomore seasons...Earned a third-place finish in the 800m garnering all-state honors...Was also a two-time district champion in the 800 meter run...Ran a career-best 1:53.9 in 800 meter run as a senior...Was part of a 4x800 relay team that finished first in the State Meet senior campaign...Also participated in cross country earning the senior of the year award.

Personal: Son of Cliff and Kimberly Wood...Born February 28, 1993...Majoring in broadcasting.

2013 Cross Country: Did not compete.

2013 Outdoor: Did not compete.

2013 Indoor: Raced in six meets...Took 15th in the 800m with a season-best 1:55.30 at the Samford Multi Invitational (2/8-9).

2012 Cross Country: Did not compete.

2012 Outdoor: Competed in seven meets...Placed seventh in the 800m (1:56.93) at the OVC Outdoor Championships (5/4-5)...Scored as a member of the Redhawks' 4x1 (third; 42:09) and the 4x400m (fourth; 3:20.76) relay teams at the conference meet...Ran a season-best 1:53.91 in the 800m at the Joey Haines Invitational (4/6-7)...Crossed the line in a season-best 4:07.95 in the 1500m at the Vanderbilt Black and Gold Invitational (3/23-24).

2012 Indoor: Ran in five meets...Scored at the OVC Indoor Championships (2/24-25) as a member of both the third-place 4x400m (3:26.07) and third-place distance medley (10:30.27) relay teams...Took fourth in the 800m (1:59.08) at the SIU Saluki Open (1/13-14).

2011 Cross Country: Did not compete.

High School: Graduate of Rockwood Summit High School...Was a state qualifier during his junior and



SOUTHEAST MISSOURI STATE UNIVERSITY



SHANE BROWN

Distance

Sophomore

Festus, Mo.



Finished 11th in the state cross country meet as a junior...earned all-state honors as a member of the 4x800m relay team as a junior and senior...Honor roll student all four years who graduated with a near-perfect 3.98.

Personal: Born March 21, 1993...Parents are Shawn and Lisa Eggemeyer...Twin brother, Sean, also runs cross country and track at Southeast.

2013 Cross Country: Ran in all but one meet...Placed 10th at the SIUE Cross Country Challenge (9/13) with a time of 26:20...Placed 46th at the OVC Championships (11/2) with a time of 26:50...Finished 178th (34:23) at the NCAA Regional.

2013 Outdoor: Ran in six meets...Named a Southeast Scholar-Athlete...Member of the OVC Commissioner's Honor Roll...Took third in the steeplechase with a season-best time of 9:49.11 at the Vanderbilt Invitational (4/19)...Also posted a third-place finish in the steeplechase (9:51.41) at the Joey Haines Invitational (4/5-6).

2013 Indoor: Competed in six meets...Won the mile run (4:28.82) and ran with the winning distance medley relay team (11:03.02) in a dual against SIU Edwardsville (2/1)...Ran a season-best 4:29.29 in the mile run at the OVC Indoor Championships (2/22-23), placing 12th.

2012 Cross Country: Ran in four meets...Took 19th with a time of 26:36.4 at the SIUE Challenge (9/14)...Finished 40th with a season-best 26:23.9 at the OVC Championships (10/27).

Prep: Lettered four times each in cross country and track and field...Cross country team won the state title in 2009 and finished runner-up in 2010 and 2011...Qualified for the state track meet in the 3200m as a junior and the 1600m and 3200m as a senior...

Men's Profiles



SEAN BROWN

Distance

Sophomore

Festus, Mo.



2013 Cross Country: Competed in four meets...Ran a personal-best 8k this season at the Saluki Invitational with a time of 28:43.

2013 Outdoor: Competed in four meets...Named a Southeast Scholar-Athlete...Took seventh in the 800m (season-best 2:00.66) at the Red Wolf Invitational (4/26-27).

2013 Indoor: Raced in four meets...Took second in the 800m with an indoor-best time of 2:04.99 at the Redhawks Invitational (2/15).

2012 Cross Country: Ran in two meets...Made his collegiate debut with a time of 28:40.1 at the SIUE Challenge (9/14)

Prep: Lettered four times each in cross country and track and field...Cross country team won the state title in 2009 and finished runner-up in 2010 and 2011...Earned all-state honors as a member of the 4x800m relay team as a junior and senior...Honor roll student all four years who graduated with a 3.74 GPA.

Personal: Born March 21, 1993...Parents are Shawn and Lisa Eggemeyer...Twin brother, Shane, also runs cross country and track at Southeast.



ALEXANDER EICHORN

Javelin

Sophomore

Scott City, Mo.



2013 Outdoor: Did not compete.

2013 Indoor: Did not compete.

2012 Outdoor: Threw the javelin in seven meets...Launched a season-best throw of 163-7 to take third in the javelin at the Lenny Lyles-Clark Wood Invitational (4/20)...Placed third in the javelin (159-5) at the OVC Outdoor Championships (5/4-5).

2012 Indoor: Did not compete.

Prep: Graduate of Scott City High School...Lettered all four years...Recorded personal best in triple jump (41-1), shot put (51-5), discus (132-0) and the 4x100 relay (44.44)...Also participated in baseball, basketball, and football...Academic All-State for two seasons.

Personal: Son of Jerome and Myra Eichhorn...Born Sept. 15, 1992...Majoring in computer science.



SOUTHEAST MISSOURI STATE UNIVERSITY



CHRISTIAN LOCKE

Pole Vault

Sophomore

New London, Mo.



2013 Outdoor: Competed in five meets...Named a Southeast Scholar-Athlete...Member of the OVC Commissioner's Honor Roll...Finished second in the pole vault (outdoor-best 15-5) at the Joey Haines Invitational (4/5-6)

2013 Indoor: Competed in seven meets...Took fourth in the pole vault with a season-best 15-7 at the OVC Indoor Championships (2/22-23)...Won the pole vault (15-0) in a dual against SIU Edwardsville (2/1).

Prep: Graduate of Hannibal High School...earned state title in his senior season in the pole vault...three time state qualifier in the event...two-time district champion and sectional champion...helped his team to a third-place finish in the state meet...also excels in the classroom as member of National Honor Society.

Personal: Born on March 23, 1994...Son of Terry and Becky Locke...majoring in business...brother Jordan competes in cross country and track at William Woods University.



KAMERON LONG

Distance

Sophomore

Memphis, Tenn.



2013 Outdoor: Ran in seven meets...Named a Southeast Scholar-Athlete...Helped the 4x400m relay team take third with a time of 3:18.84 at the OVC Outdoor Championships (5/3-4)...Qualified for the USA Junior Outdoor Track and Field Championships over the summer, where he placed 16th in the 800m with a time of 1:55.06...Placed fifth in the 800m with a career-best 1:52.50 at the Oliver Nickoloff Invitational (3/30).

2013 Indoor: Ran in seven meets...Won the 800m with a time of 1:54.75 in his collegiate debut at the EIU Early Bird (12/7)...Earned bronze with a third-place finish in the 800m (1:53.97) at the OVC Indoor Championships (2/22-23)...also ran legs on the distance medley relay (third; 10:08.69) and 4x400m relay (fourth; 3:26.17) at the conference meet.

2012 Cross Country: Did not compete.

Prep: Lettered four years in track and field...competed in the AAU Junior Olympics three times, medaling seven times, including winning a silver medal as a freshman...placed fifth in the 800m at the state championship as a junior...graduated with a 3.45 GPA.

Personal: Born Feb. 28, 1994...parents are Yerrit and Anna Long, who each coached him in AAU and high school.

Men's Profiles



ELLIS MAISE

Sprints

Sophomore

St. Louis, Mo.



2013 Outdoor: Ran in eight meets...Member of the Redhawks' third-place 4x400m relay team (3:18.84) at the OVC Outdoor Championships (5/3-4)...Took fourth in the 400m (49.46/career-best 49.06 prelims) at the conference meet...Ran a career-best 22.46 in the 200m prelims at the conference meet.

2013 Indoor: Did not compete.



ADAM SHIVERS

Distance

Sophomore

High Ridge, Mo.



2013 Cross Country: Did not compete.

2013 Outdoor: Competed in seven meets, primarily in the 800m...ran an outdoor-best 2:00.49 in the 800m at the Oliver Nickoloff Invitational (3/30).

2013 Indoor: Ran in seven meets...Scored points as a member of the distance medley (third; 10:08.69) and 4x400m relay teams (fourth; 3:26.17) at the OVC Indoor Championships (2/22-23)...Took second in the 400m (51.79) at the Redhawks Invitational (2/15).

2012 Cross Country: Did not compete.

Prep: Lettered four years in track and field, cross country and basketball...ran a leg in the 4x200m relay that broke the school record...finished sixth in the state meet in the 800m as a senior.

Personal: Born Feb. 7, 1994...parents are H. Lee Shivers and Rebecca Becker.



SOUTHEAST MISSOURI STATE UNIVERSITY



JASON WALKER

Throws

Sophomore

Festus, Mo.



2013 Outdoor: Competed in seven meets...Named a Southeast Scholar-Athlete...Scored in four events: javelin (fourth; season-best 166-0), discus (seventh; 145-4), hammer throw (seventh; 153-2) and shot put (sixth; 45-7) at the OVC Outdoor Championships (5/3-4)...Opened the outdoor season with a season-best 157-2 in the hammer throw, good for fifth at the Rhodes Open (3/16)...Tossed a season-best 47-3 1/2 in the shot put at the Joey Haines Invitational (4/5-6)...Took sixth in the discus (season-best 152-0) at the Red Wolf Open (4/26-27).

2013 Indoor: Threw in seven meets...Took eighth in the weight throw (49-7 3/4) at the OVC Indoor Championships (2/22-23)...Tossed a season-best 50-7 1/2 at the Redhawks Invitational (2/15).

Prep: Attended Festus High School...three-time all-state selection, three-time all-district selection and four time all-conference selection...was also apart of the Regional Dream Team...holds school records in shot put and discuss as well as beoming a state champion...also participated in football as all-conference and all-district linebacker.

Personal: Born April 15, 1994...Son of Rich Walker and Joide Bruns...pursuing a degree in sport management.

Men's Profiles



MIKE PETERS

Hurdles

Junior

Apple Valley, Calif.



Prep: Lettered all four years at Granite Hills High School competing in the hurdles...Qualified for the CIF Finals...Team captain.

Personal: Born July 8, 1992...Son of James and Mary Peters...Studying TV/Film at Southeast.



RICHARD RUSHIN

Throws

Sophomore

Jackson, Mo.



Before Southeast: Competed in the shotput and discus at Johnson County Community College for a year.

Prep: Lettered all four years at Jackson High School... Conference champion in the shotput in 2011... Qualified for the state championship his junior season...Captain of the football and wrestling team his senior year.

Personal: Born Nov. 29, 1993...Son of Richard and Debby Rushin, both Southeast Missouri graduates... Majoring in Education.



DUNCAN ROSS

Pole Vault

Sophomore

Marble Hill, Mo.



Prep: Competed in the pole vault and decathlon at Notre Dame Regional High School...Graduated in 2012...Qualified for state in the pole vault.

Personal: Born Dec. 26, 1993...Son of Kenny and Donna Ross...Majoring in Agribusiness.



SOUTHEAST MISSOURI STATE UNIVERSITY



ANDREW GORDON

Distance

Freshman

Kirksville, Mo.



2013 Cross Country: Competed in five meets...Best 8k time of the season was set at the Bradley "Pink" Classic (10/18) in 27:05...Placed 17th at the Saluki Invitational (9/21) with a time of 27:22.

Prep: Graduated from Kirksville High School in 2013...Lettered all four years in track and cross country...Ran a PR of 15:48 for a 5k...All-state honoree in the 3200 meter and 1600 meter events as well as cross country...Honor Roll student all four years.

Personal: Born May 18, 1995...Son of Greg and Leslie Gordon...Majoring in Physical Therapy.



CHRIS MARTIN

Jumps

Freshman

Cape Girardeau, Mo.



Prep: Lettered all four years at Cape Central High School...State champion in the triple jump...Earned all-state, honors all four years...Also played football for the Central Tigers...Recognized as an all-district and all-conference running back.

Personal: Born Sept. 15, 1994...Son of Lorenzo and Alesha Martin...Studying Pre-Physical Therapy.



JORDAN JEFFERS

Pole Vault

Freshman

Jackson, Mo.



Prep: Lettered all four years at Jackson High School in the pole vault...Set a career-best 14' pole vault...Qualified for District and Sectional competition...Part of the 2013 District Championship team...Also played football for the Indians.

Personal: Born June 3, 1995...Son of Kris and Angela Jeffers, who are both Southeast Missouri graduates...Major is currently undeclared.

Men's Profiles



MARC MATON

Distance

Freshman

Chatham, Ill.



2013 Cross Country: Competed in six meets... Finished 11th at the Washington Early Bird (8/31) followed by a 12th-place finish at the SIUE Cross Country Challenge...Best 8k time of the season was recorded at the Bradley "Pink" Classic in 27:05.

Prep: Graduated from Chatham-Glenwood High School in 2013...Lettered all four years...Garnered Most Valuable Runner award three years in a row and conference Male Runner of the Year twice for cross country...Earned all-conference honors in both track and cross country three of his four years...Earned fourth-place in the 3,200 meter event at state his junior.

Personal: Born Sept. 22, 1994...Son of Phil and Ellen Maton...Major is currently undecided.



COLE ROSS

Distance

Freshman

Marble Hill, Mo.



2013 Cross Country: Competed in two meets in 2013...Placed 37th at the Saluki Invitational with a time of 29:08, a season best.

Prep: Graduated from Notre Dame Regional High School in 2013...PR in cross country is 16:4... Named all-conference in cross country...Named all-conference, all-district, all-section and all-state for track...placed fourth in state in the 4x800 meter event.

Personal: Born July 29, 1995...Son of Kenny and Donna Ross...Majoring in Nursing.



SETH SIEVERS

Throws

Freshman

Jackson, Mo.



Prep: Lettered three years for the Notre Dame Bulldogs...Set a career best 160 ft. in the discus, 54 ft. 11 in. in the shotput, 162 ft. in the hammer...District champion in the shotput and discus...Qualified for the state championship...Also wrestled in high school.

Personal: Born April 1, 1995...Son of Doug and Eileen Sievers...Studying Pre-Med.



SOUTHEAST MISSOURI STATE UNIVERSITY



DEVIN UPCHURCH

Sprints

Freshman

Bridgeton, Mo.



Prep: Graduate of McCluer High School...Team captain his senior season...Qualified for the state championship as well as the national championship.

Personal: Born August 16, 1994...Son of Carlos Thomas and Veronica Upchurch...Studying Engineering Technology.



HAYDEN YOUNG

Distance

Freshman

Paxton, Ill.



2013 Cross Country: Did not compete.

Prep: Graduated from Paxton-Buckley-Loda High School in 2013...lettered in both track and cross country all four years as well as two years playing basketball...Captain of the track and cross country team his senior year...Qualified for the state championship in the 1,600 and 3,200 meter events...Honor Roll student.

Personal: Born Jan. 15, 1995...Son of Shawn and Kelly Young...Majoring in Sport Management.



RECORD BOOK



SOUTHEAST MISSOURI STATE UNIVERSITY

Women's Individual Indoor Records

Event	Mark	Name	Year
55m	6.94	Benita Thomas	1987
	6.94	Natalie Talley	2000
60m	7.54	Natalie Talley	2001
200m	24.44	Torvia Bradley	1994
400m	54.35	Michelle Chambliss	1992
600m	1:32.49	Tammy Wenkel	1997
800m	2:08.29	Tammy Wenkel	1998
1000m	2:56.70	Janelle Quigley	1998
Mile	4:51.94	Janelle Quigley	1998
3000m	9:43.15	Laura Byrne	1989
5000m	17:28.21	Rebecca Lawson	2013
55m Hurdles	7.99	Lyndsey Stevenson	2004
60m Hurdles	8.68	Lyndsey Stevenson	2004
Shot Put	51' 9"	Courtney Gapelu	2013
Weight Throw	62' 4"	Heather Jenkins	2004
Long Jump	20' 2.5"	Heather Denihan	1997
Triple Jump	40' 5"	Shemeika Brewer	2011
High Jump	5' 7.25"	Angela James	1991
Pole Vault	13' 1.5"	Jill Schnurbusch	2013

Men's Individual Indoor Records

Event	Mark	Name	Year
55m	6.19	David Jackson	1985
60m	6.76	Blake Carter	2012
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	2:27.60	Paul Stemmerman	2009
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	8.10	Glenn Haley	2002
Shot Put	60' 11.25"	Josh Uchtman	2012
Weight Throw	66' 7.25"	Brandon Colbert	2010
Long Jump	25' 6"	Blake Carter	2013
Triple Jump	53' 5"	Keith Presberry	1986
High Jump	7' 0.25"	Reggie Miller	2013
Pole Vault	16' 11.5"	Jaret Willi	2002



SOUTHEAST MISSOURI STATE UNIVERSITY

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	4:24.16	Laura Byrne	1989
3000m	10:34.98	Julie Koenegstein	2009
5000m	16:35.00	Laura Byrne	1989
10000m	34:56.95	Debbie Kilpatrick	1985
100m 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	179' 1"	Brianna Egbuka	2011
Long Jump	20' 4.5"	Kathy Coleman	2005
Triple Jump	41' 6"	Shemika Brewer	2011
High Jump	5' 9"	Courtney Haman	2003
Pole Vault	12' 11.5"	Jill Schnurbusch	2013
Decathlon	5468	Lizz Barringer	1988

Men's Individual Outdoor Records

Event	Mark	Name	Year
100m	10.24	Dana Gardner	1986
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
10000m	29:17.40	Art Waddle	1986
100m Hurdles	13.84	Andrew Presberry	1981
400m Hurdles	50.77	Alonzo Nelso	2005
Shot Put	61' 11.75"	Kevin Farley	2013
Discus	192' 4"	Neil Rock	1986
Javelin	222' 3"	Randy Johnson	1997
Hammer throw	206' 1"	Brandon Colbert	2011
Long Jump	25' 6.25"	Shelton Scott	2003
	25' 6.25"	Blake Carter	2013
Triple Jump	53' 1"	Keith Presberry	1986
High Jump	7' 1.25"	Jim Lohr	1984
Pole Vault	17' 10.25"	Bob Ferguson	1987
Decathlon	7881	John Schwepker	1988



SOUTHEAST MISSOURI STATE UNIVERSITY

Indoor Relay Records

4 x 400m Relay

3:43.23 (1997)

Shannon O'Dell

Kim Stewart

Tammy Wenkel

Yvonne Hente

Distance Medley Relay

12:03.08 (2003)

Kaci Pilcher

Lindsey Meyr

Brooke Woodruff

Lindsay Zeiler



Outdoor Relay Records

4 x 100m Relay

44.92 (1987)

Michelle Hicks

Kehinde Vaughan

Lisa Like

Benita Thomas

4 x 200m Relay

1:37.15 (2000)

Heather Keltner

Shauna Birge

Hannah Stuckenschneid

Natalie Talley

4 x 400m Relay

3:41.13 (2000)

Kim Stewart

Hannah Stuckenschneid

Natalie Talley

Heather Keltner

4 x 800m Relay

9:09.09 (1985)

Laura Byrne

Debbie Kilpatrick

Pam Palmer

Jennella Torrence

Sprint Medley Relay

3:54.13 (1998)

Natalie Talley

Yvonne Hente

Heather Keltner

Tammy Wenkel

Sprint Medley Relay

11:39.26 (2004)

Kaci Pilcher

Natasha Fortenberry

Brooke Woodruff

Lindsey Zeiler

Women's Relay Records

Men's Relay Records

Indoor Relay Records

4 x 400m Relay

3:09.16 (2006)

Walter Washington

Chris Gill

Alonzo Nelson

Miles Smith

Distance Medley Relay

10:00.71 (2012)

Mohamed Soulieman

Curt Wood

Max Wieser

Alex Zisser



Outdoor Relay Records

4 x 100m Relay

39.86 (1984)

Rob Thomas

Mike Dwyer

Barry Hibbert

David Jackson

4 x 200m Relay

1:24.51 (1984)

Ken McNair

Rob Thomas

David Jackson

Mike Dwyer

4 x 400m Relay

3:05.54 (2006)

Alonzo Nelson

Chris Poindexter

Walter Washington

Mile Smith

4 x 800m Relay

7:28.84 (1985)

Carl Bell

Ken Franklin

Shaun Carlile

Norm Kellar

Sprint Medley Relay

3:19.00 (1984)

Rob Thomas

Mike Dwyer

David Jackson

Joe Lackner

Sprint Medley Relay

9:54.87 (1986)

Pedro Caceres

Carl Perkins

Shaun Carlile

Brian Radle



SOUTHEAST MISSOURI STATE UNIVERSITY

100 Meter

1. 11.50	Benita Thomas	1987
2. 11.54	Torvia Bradley	1994
3. 11.67	Michelle Hicks	1987
4. 11.68	Angelica Larrier	2012
5. 11.78	Rachel Kahle	2009
6. 11.83	Shauna Birge	2000
7. 11.84	Jerika Lewis	2013
8. 11.87	Kehinde Vaughan	1988
9. 11.88	Natalie Talley	2011
10. 11.89	Lisa Like	1990

200 Meter

1. 23.91	Jerika Lewis	2013
2. 23.99	Yvonne Hente	1997
3. 24.00	Rachel Kahle	2010
4. 24.04	Torvia Bradley	1994
5. 24.06	Angelica Larrier	2012
6. 24.10	Kehinde Vaughan	1987
7. 24.13	Michelle Hicks	1987
8. 24.16	Heather Keltner	1999
9. 24.28	Lisa Crawford	1991
10. 24.29	Shauna Birge	1999

400 Meter

1. 53.40	Jerika Lewis	2011
2. 53.50	Kehinde Vaughan	1987
3. 53.61	Heather Keltner	2001
4. 54.18	Lisa Crawford	1991
5. 54.26	Yvonne Hente	1997
6. 54.30	Michelle Chambliss	1992
7. 54.43	Hannah Stuckenschneider	2003
8. 55.06	Jennella Torrence	1985
9. 55.08	Kathleen Hudson	1981
10. 55.19	LaQuita Andrews	2003

800 METER

1. 2:07.06	Brooke Woodruff	2004
2. 2:08.29	Tammy Wenkel	1998
3. 2:08.62	Jennella Torrence	1985
4. 2:09.55	Janice Gibson	1988
5. 2:10.46	Laura Byrne	1987
6. 2:10.61	Janelle Quigley	1998
7. 2:11.37	Jen Burke	2005
8. 2:13.60	Angela Rohrscheib	1991
9. 2:13.68	Kaci Pilcher	2002
10. 2:13.74	Alyssa Rebecca	2013

1500 Meter

1. 4:24.15	Laura Byrne	1989
2. 4:27.96	Chris Ridenour	1983
3. 4:28.24	Lindsay Zeiler	2004
4. 4:29.67	Pam Palmer	1985
5. 4:29.94	Kelly Cracchiolo	1988
6. 4:30.34	Janelle Quigley	1998
7. 4:30.49	Brooke Woodruff	2005
8. 4:33.84	Misty Dubman	1996
9. 4:37.34	Lucie Mays	1990
10. 4:38.38	Kaci Pilcher	2004

5000 METER

1. 16:35.00	Laura Byrne	1989
2. 15:48.47	Lucie Mays	1991
3. 16:54.85	Rebekah Lawson	2013
4. 16:55.34	Chris Ridenour	1983
5. 16:59.02	Juli Koenegstein	2009
6. 17:02.26	Janelle Quigley	1999
7. 17:13.00	Debbie Kilpatrick	1985
8. 17:15.14	Jan Gautier	1988
9. 17:19.80	Jessica Bollinger	2012
10. 17:23.06	Laura Tenaglia	1990

10000 METER

1. 34:56.95	Debbie Kilpatrick	1985
2. 36:03.36	Laura Tenaglia	1990
3. 36:04.18	Jessica Bollinger	2012
4. 36:08.44	Rebekah Lawson	2012
5. 36:12.70	Margaret Hertenstein	1985
6. 36:39.40	Mary Beth Schrieffer	1987
7. 36:40.24	Lisa Durham	1991
8. 36:47.20	Jan Gautier	1987
9. 37:30.74	Anna Assenmacher	1991
10. 37:34.74	Leslie McNamara	1999

100 METER HURDLES

1. 13.84	Candace Williams	1981
2. 14.00	Shannon O'Dell	1997
3. 14.08	Lyndsey Stevenson	2003
4. 14.12	Whitney Thomas	2007
5. 14.19	Trena Anderson	1995
6. 14.20	Orie Ibe	2007
7. 14.40	Jacquelyn Gregware	1983
8. 14.58	Peggy McFarland	1988
9. 14.59	Unique Hooks	2013
10. 14.61	Lizz Barringer	1988

400 METER HURDLES

1. 59.29	Shannon O'Dell	1997
2. 1:00.28	Laura Vanhoevelaak	2003
3. 1:00.33	Tammy Wenkel	1997
4. 1:00.69	Candace Williams	1981
5. 1:01.90	Peggy McFarland	1989
6. 1:02.55	Lyndsey Stevenson	2003
7. 1:02.56	Natalie Dansberry	1986
8. 1:02.98	Kim Demers	2000
9. 1:03.74	Jacquelyn Gregware	1983
10. 1:03.79	Elizabeth Prewitt-Allen	2009

Women's Top-Ten Lists

3000 M STEEPLECHASE

1.	10:34.98	Juli Koenegstein	2009
2.	11:06.68	Mary Dohogne	2013
3.	11:07.46	Coleen Burke	2005
4.	11:14.81	Maria Trowbidge	2013
5.	11:20.86	Gloria Westlake	2013
6.	11:36.19	Kaci Pilcher	2004
7.	11:27.88	Anna Verseman	2003
8.	11:31.93	Linnea Woldtvedt	2007
9.	11:34.31	Jennifer Govero	2013
10.	11:34.70	Jessie Thompson	2002

HAMMER THROW

1.	179'0"	Brianna Egbuka	2011
2.	176'6"	Heather Jenkins	2004
3.	174'11"	Kayla Gutierrez	2013
4.	168'1"	Sarah Hall	2013
5.	165'6"	Samantha Espiricueta	2011
6.	158'6"	Courtney Gapelu	2013
7.	154'11"	Ashley Brewer	2010
8.	150'11"	Emilea Old	2013
9.	150'11"	Nichole Portell	2005

LONG JUMP

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

SHOT PUT

1.	52'1"	Courtney Gapelu	2013
2.	51'0"	Heather Jenkins	2004
3.	50'9.5"	Lutricia Purham	2000
4.	50'7.25"	Ashley Brewer	2009
5.	49'3"	Linda Wilson	1989
6.	48'1"	LeAnn Powers	1986
7.	47'8"	Megan Youse	2004
8.	47'2.25"	Sarah Hall	2013
9.	46'10"	Brianna Egbuka	2010
10.	46'1.5"	Denise Ford	1997

JAVELIN

1.	166'8"	Samantha Espiricueta	2009
2.	162'1"	Lizz Barringer	1989
3.	153'9"	Courtney Haman	2003
4.	153'0"	Kathy Day	1985
5.	148'6"	Lindsey Hearne	2008
6.	141'10"	Rebecca Martin	2009
7.	134'0"	LeAnn Powers	1986
8.	133'5"	Dana Patek	1993
	133'5"	Becky Shull	1999
10.	129'7"	Denise Ford	1995

HIGH JUMP

1.	5'9"	Courtney Haman	2003
2.	5'8"	Angela James	1988
3.	5'7.5"	Heather Fisher	1996
4.	5'7"	Carla Beatie	1983
	5'7"	Lizz Barringer	1988
	5'7"	Lainie Bohnsack	2006
7.	5'6"	Sandy Delling	1986
	5'6"	Trena Anderson	1993
	5'6"	Jessica Brown	2012
	5'6"	Cara Harbstreet	2012

DISCUS

1.	173'11"	Heather Jenkins	2002
2.	163'3"	Ashley Brewer	2010
3.	160'10"	Pat Washington	1983
4.	154'3"	Lutricia Purham	2000
5.	150'9"	Megan Youse	2004
6.	149'2"	Samantha Espiricueta	2010
7.	148'9"	Linda Wilson	1988
8.	144'2"	Courtney Gapelu	2013
9.	144'0"	Jennifer Phillips	1998
10.	142'10"	Kayla Gutierrez	2013

TRIPLE JUMP

1.	41'6"	Shemeika Brewer	2011
2.	40'4.75"	Kathy Coleman	2005
3.	40'1.5"	Tiffany Ford	1995
4.	39'8"	Heather West	2005
5.	39'5.25"	Grey C. Harris	1997
6.	39'1"	Marguerita Johnson	1990
7.	38'11"	Renee Bergmeier	1998
8.	38'10"	Charmen Jackson	1990
9.	38'9"	Kim Moyer	2012
10.	38'6.25"	Funtasia Clark	2008

POLE VAULT

1.	13'1.5"	Jill Schnurbusch	2013
2.	11'11.75"	Michele Jett	2005
	11'11.75"	Audrey Harwood	2007
	11'11.75"	Erica Grajales	2012
5.	11'9.75"	Nikki Buchheit	2012
6.	11'8"	Jennifer Leaman	1999
7.	11'6.5"	Haley Holton	2013
8.	11'2"	Megan Rosenkoetter	2006
9.	11'0"	Sara Kaznica	2002
10.	10'11.75"	Amy West	2006



SOUTHEAST MISSOURI STATE UNIVERSITY

4 x 100m Relay

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

4 x 200m Relay

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

4 x 400m Relay

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



Torvia Bradley (right)
Bradley is one of the most decorated runners in Redhawk history as she ranks second in the 100 meter dash and fourth in the 200 meter dash.

LeAnn Powers (left)
Powers was a standout thrower for the Redhawks as she ranks fifth in the Shot put and seventh in the javelin.



Women's Top-Ten Lists

Women's Top-Ten Lists

4 x 800m Relay

1. 9:09.09 Laura Byrne 1985
Debbie Kilpatrick
Pam Palmer
Jennella Torrence
2. 9:15.71 Brooke Woodruff 2004
Lindsay Zeiler
Kaci Pilcher
Jen Burke
3. 9:20.36 Pam Palmer 1985
Laura Byrne
Jennella Torrence
Diane Barlow
4. 9:24.85 Sue Hopson 1981
Andrea Talley
Karen McMillan
Kathleen Hudson
5. 9:27.59 Cathy Palacios 1989
Kelly Cracchilo
Laura Tenaglia
Laura Byrne

Sprint Medley Relay

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

Distance Medley Relay

1. 11:39.26 Kaci Pilcher 2004
Natasha Fortenberry
Brooke Woodruff
Lindsay Zeiler
2. 11:50.65 Tammy Wenkel 1998
Heather Keltner
Yvonne Hente
Janelle Quigley
3. 11:57.26 Anna Assenmacher 1991
Angela Rohrscheib
Kari Unterreiner
Lucie Mays
4. 11:59.08 Tammy Wenkel 1999
Hannah Stuckenschneider
Heather Keltner
Janelle Quigley
5. 12:01.79 Jannella Torrence 1984
Vickie Wright
Pam Palmer
Chris Ridenour





SOUTHEAST MISSOURI STATE UNIVERSITY

100 Meter

1.	10.24	Dana Gardner	1986
2.	10.28	David Jackson	1985
3.	10.30	Tim Williams	1987
4.	10.34	Rich Wilson	1977
5.	10.37	Lee Brock	1982
6.	10.41	Rick Reynolds	1982
7.	10.43	Mike Dwyer	1984
8.	10.44	Rob Thomas	1984
9.	10.44	Dereck Robinson	1986
10.	10.44	Rick Stovall	1988

200 Meter

1.	20.40	Tim Willimas	1987
2.	20.48	Dana Gardner	1986
3.	20.89	David Jackson	1985
4.	20.94	Terrance Branch	1994
5.	20.99	Miles Smith	2005
6.	21.14	Richard Williams	1977
6.	21.14	Mike Dwyer	1984
8.	21.24	Rich Wilson	1976
9.	21.30	DeAndre Simmons	2012
10.	21.31	Derrick Brown	2001

400 Meter

1.	45.16	Miles Smith	2005
2.	45.52	Terrance Branch	1994
3.	45.95	Rob Thomas	1984
4.	46.95	Terry Harrison	1990
5.	47.22	Walter Washington	2006
5.	47.22	Chris Gill	2010
7.	47.23	Shaun Jackson	1986
8.	47.32	Jason Campbell	2002
9.	47.86	Myron Pettigrew	2009
10.	47.98	Markeith Crawford	1995

800 METER

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

1500 Meter

1.	3:41.82	Brian Radle	1989
2.	3:44.58	Norm Kellar	1985
3.	3:44.73	Joe Lackner	1984
4.	3:47.08	Pedro Caceres	1986
5.	3:49.00	John Daly	1989
6.	3:49.59	Pat Ratcliff	1982
7.	3:50.11	Mike Byrne	1984
8.	3:50.80	Edgar White	1976
9.	3:51.59	Art Waddle	1987
10.	3:52.10	Joe Dandridge	1993

5000 METER

1.	14:01.64	Brian Radle	1989
2.	14:02.32	Jimmy Hearld	1991
3.	14:08.90	Mike Vanatta	1984
4.	14:14.50	John Daly	1990
5.	14:16.20	Pedro Caceres	1987
6.	14:20.10	Art Waddle	1987
7.	14:22.70	Steve Sawyer	1990
8.	14:31.10	Mike Hillyard	1990
9.	14:32.90	Steve Harmon	1977
10.	14:34.7	Jason Lumpkin	2011

10000 METER

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

110 METER HURDLES

1.	13.84	Andrew Presberry	1981
2.	13.92	Ken McNair	1984
3.	14.06	Elmo Thorton	1979
4.	14.10	Deric Haynes	1987
5.	14.15	Glenn Haley	2002
6.	14.17	Virgil Lucas	1991
7.	14.19	Darrel Hilkerbaumer	1977
8.	14.25	Leanard Scott	1982
9.	14.36	David Herman	2002
10.	14.39	Pete O'Neal	1989

400 METER HURDLES

1.	50.77	Alonzo Nelson	2005
2.	51.35	Andrew Presberry	1981
3.	51.69	Markeith Crawford	1995
4.	52.11	Ken Brown	1983
5.	52.16	Glenn Haley	1998
6.	52.34	Darrel Hilkerbaumer	1976
7.	52.64	Art Miller	1969
8.	52.68	Deric Haynes	1987
	52.68	Ted McMillan	1988
10.	52.94	Clark Willie	1971

Men's Top-Ten Lists

3000 M STEEPLECHASE

1.	8:31.14	Mike Vanatta	1984
2.	8:46.57	Pedro Caceres	1986
3.	8:48.91	Brian Radle	1988
4.	9:00.72	Ken Hoffmann	1982
5.	9:03.05	Kevin McNab	2006
6.	9:07.13	Ken White	1983
7.	9:08.70	Chad Sierman	2003
8.	9:08.99	Paul Skie	1986
9.	9:12.05	Brent Collins	2012
10.	9:12.44	John Daly	1989

SHOT PUT

1.	61' 11.75"	Kevin Farley	2013
2.	60' 11.25"	Josh Uthman	2012
2.	59' 7.75"	Jay Heddell	2003
3.	59' 0.5"	Rick Wadlington	1971
4.	58' 4.5"	Brandon Colbert	2008
5.	58' 2.5"	Brian Knippen	2005
7.	57' 11"	Craig Robinson	2012
8.	56' 8"	Terry Coff	1969
9.	56' 7.5"	Bryan Alfultis	1998
10.	56' 2.5"	Brandon Myer	2001

DISCUS

1.	192' 4"	Neil Rock	1986
2.	181' 9.5"	Brandon Myer	2001
3.	179' 2"	Brandon Colbert	2009
4.	175' 7"	Mike Hintz	1985
5.	173' 7"	Jay Heddell	2003
6.	172' 7"	Josh Uthman	2009
7.	170' 11"	Bryan Alfultis	1998
8.	167' 2.5"	Rich Wadlington	1971
9.	165' 1"	Dave Rhatington	1976
10.	164' 10"	Kevin Farley	2012

HAMMER THROW

1.	206' 1"	Brandon Colbert	2011
2.	189' 2"	Jared Siemers	2013
3.	188' 10"	Craig Robinson	2013
4.	185' 0"	Kevin Farley	2013
5.	173' 1"	Josh Uthman	2012
6.	165' 5"	Andy Croxford	2008
7.	162' 2"	Steve Hendry	2012
8.	161' 1"	Daniel Jones	2004
9.	157' 2"	Jason Walker	2013
10.	143' 0"	Brian Knippen	2005

JAVELIN

1.	222' 3"	Randy Johnson	1997
2.	221' 9"	John Hogan	1988
3.	218' 11"	Bob Cohoon	1990
4.	214' 6"	Ben Stricklin	2008
5.	202' 9"	Ed Draper	2011
6.	201' 8"	Matt Krich	1987
7.	199' 7"	Brian Grote	2013
8.	198' 10"	Jason Theodorakos	2005
9.	192' 5"	Brian Knippen	2005
10.	191' 2"	Bryan Alfultis	1999

TRIPLE JUMP

1.	53' 5"	Keith Presberry	1986
2.	52' 10.25"	Earl Whiting	1986
3.	52' 7.5"	Mike Roberson	1988
4.	52' 2"	Shelton Scott	2003
5.	51' 8.5"	Jon Riley	1998
6.	51' 6"	Charles Taylor	1978
7.	51' 4.5"	Mark Daye	1977
8.	50' 10.75"	Reggie Miller	2013
9.	50' 7.5"	Bilal Hameed	2008
10.	50' 7"	Andrew Presberry	1982

LONG JUMP

1.	25' 6.25"	Shelton Scott	2003
	25' 6.25"	Blake Carter	2013
3.	25' 5.5"	John Berry	2008
3.	25' 5"	Jon Riley	1996
4.	25' 0.75"	Rashide Ward	1989
5.	25' 0"	Mark Daye	1977
6.	24' 10.25"	Earl Whiting	1984
7.	24' 9.75"	Tyler Terry	2011
8.	24' 9.5"	Ed Russell	1980
10.	24' 6.75"	Glen Norwood	1991

HIGH JUMP

1.	7' 1"	Jim Lohr	1984
2.	7' .5"	Reggie Miller	2013
3.	7' .5"	Alex Neophytou	1990
4.	7' 0"	William Johnson	1983
	7' 0"	Kevin Market	1983
6.	6' 11.75"	Adrian Barnhill	2000
7.	6' 11"	Scott Cant	1986
	6' 11"	Thad Tipton	1995
	6' 11"	Garvin Ambrose	2001
10.	6' 10.25"	Jacob Kent	2012

POLE VAULT

1.	17' 10.25"	Bob Ferguson	1987
2.	17' 2.5"	Jaret Willi	2002
3.	17' 0"	John Schwepker	1988
4.	16' 5.25"	Tim Davis	1997
5.	16' 4"	Rich Schwepker	1989
6.	16' 0.5"	Jordan Willi	2004
7.	16' 0"	Chris Moore	1998
	16' 0"	Jim Fox	1998
9.	15' 9"	Chris Prescott	1997
	15' 9"	Matt Murphy	1990



SOUTHEAST MISSOURI STATE UNIVERSITY

4 x 100m Relay

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

4 x 200m Relay

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

4 x 400m Relay

1. 3:05.54 Alonzo Nelson 2006
Chris Poindexter
Walter Washington
Miles Smith
2. 3:05.88 David Jackson 1984
Mike Dwyer
Carl Bell
Rob Thomas
3. 3:06.49 Alonzo Nelson 2005
Chris Poindexter
Chaz Brown
Miles Smith
4. 3:08.74 Brian Coleman 1991
Terrance Branch
Donnie Phillips
Jamal Carson
5. 3:09.16 Walter Washington 2006
Chris Gill
Alonzo Nelson
Miles Smith



Barry Hibbert and David Jackson

Hibbert and Jackson ran the final two legs of the Redhawks 4 x 100m relay team in 1984. The two along with Rob Thomas and Mike Dwyer hold a school record in the event with a time of 39.86.



Norm Kellar

Kellar ranks second all-Time at Southeast Missouri in the 1,500 meter run with a time of 3:44.58 which was set in 1985.

Men's Top-Ten Lists

4 x 800m Relay

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

Sprint Medley Relay

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

Distance Medley Relay

1. 9:45.87 Pedro Caceres 1986
Carl Perkins
Shaun Carlile
Brian Radle
2. 9:47.30 Joe Lackner 1984
Ken McNair
Shaun Carlile
Mike Vanatta
3. 9:51.20 Brian Radle 1987
Terry Harrison
Fred Jones
Pedro Caceres
4. 9:54.34 Jon Langhans 1995
Markeith Crawford
Deryl Gardner
Glen Lomenick
5. 9:58.59 James McCrackin 1993
Markeith Crawford
Deryl Gardner
Joe Dandridge



Terrance Branch

Branch had a stellar career at Southeast and can be found in the Redhawk recordbooks in many events such as the 200 meter and 400 meter dashes. He was also an NCAA Division I All-American in the 400m Dash in 1994.



SOUTHEAST MISSOURI STATE UNIVERSITY

Women

OVC Indoor Champions	Athlete of the Year
1997	2003 Heather Jenkins
1998	2004 Brook Woodruff (T)
2000	Kathy Coleman (F)
2004	2011 Brianna Egbuka (F)
2005	
2006	Freshman of the Year
2013	2005 Kathy Coleman
	2006 Whitney Thomas
Coach of the Year	2009 Shemeika Brewer
1997 Joey Haines	
1998 Joey Haines	Championship MVP
2000 Joey Haines	2005 Kathy Coleman
2004 Joey Haines	
2005 Joey Haines	
2006 Joey Haines	
2013 Eric Crumpecker	

Men

OVC Indoor Champions	Athlete of the Year
1996	2003 Shelton Scott
	2005 Miles Smith (T)
Coach of the Year	Brian Knippen (F)
1996 Joey Haines	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)
	Freshman of the Year
	2006 Chris Williams
	2009 Nate Shipley
	2010 Tyler Mullen
	2012 Jacob Kent
	Championship MVP
	2006 Miles Smith
	2010 Brandon Colbert



2013 Women's Indoor Champions

OVC Outdoor Honors

Women

OVC Outdoor Champions	Athlete of the Year
1995	2000 Heather Keltner
1997	Lutricia Purham
1998	2001 Heather Keltner
2000	2003 Heather Jenkins
2003	2004 Heather Jenkins
2004	2009 Ashley Brewer (F)
2005	2011 Samantha Espiricueta (F)
2006	
Coach of the Year	Freshman of the Year
1995 Joey Haines	2010 Jerika Lewis
1997 Joey Haines	
1998 Joey Haines	
2000 Joey Haines	
2003 Joey Haines	
2004 Joey Haines	
2005 Joey Haines	
2006 Joey Haines	

Men

OVC Outdoor Champions	Athlete of the Year
1995	1996 Jon Riley
1996	2005 Brian Knippen (F)
2005	2006 Miles Smith (T)
2006	2007 Brandon Karcher (T)
2008	Brandon Colbert (F)
	2008 John Berry (F)
Coach of the Year	2010 Chris Gill (T)
1995 Joey Haines	Brandon Colbert (F)
1996 Joey Haines	2013 Kevin Farley (F)
2005 Joey Haines	
2006 Joey Haines	Freshman of the Year
2008 Joey Haines	2012 Kevin Farley
	Championship MVP
	2005 Brian Knippen
	2013 Kevin Farley



Kevin Farley

In his short two-year career, Farley has been named 2012 Freshman of the Year, Male Field Athlete of the Year, and 2013 Male Championship MVP.





SOUTHEAST MISSOURI STATE UNIVERSITY

Women

55m Dash	Long Jump
1998 Natalie Talley	2012 Jessica Brown
	1998 Heather Denihan
60 Meter Dash	
2005 Kathy Coleman	Triple Jump
	2009 Shemeika Brewer
55m Hurdles	2006 Heather West
2008 Whitney Thomas	2005 Kathy Coleman
1995 Trena Anderson	
1993 Trena Anderson	Shot Put
	2011 Courtney Gapelu
200m Dash	2007 Ashley Brewer
1999 Heather Keltner	2004 Heather Jenkins
	2003 Heather Jenkins
400m Dash	2000 Lutricia Purham
2013 Jerika Lewis	1999 Lutricia Purham
2010 Jerika Lewis	1992 Charlene Cortez
2002 H. Stuckenschneider	
2000 Heather Keltner	Pole Vault
1999 Heather Keltner	2006 Michelle Jett
1998 Heather Keltner	2004 Michelle Jett
1997 Yvonne Hente	
1994 Michelle Chambliss	20lb Weight Throw
	2011 Briana Egbuka
800m Run	2006 Heather Jenkins
2005 Brooke Woodruff	2004 Heather Jenkins
2004 Brooke Woodruff	2003 Heather Jenkins
2003 Brooke Woodruff	
1998 Tammy Wenkel	
Mile	
2006 Lindsay Zeiler	
2005 Lindsay Zeiler	
2004 Lindsay Zeiler	
3000m Run	
2006 Lindsay Zeiler	
2004 Lindsay Zeiler	
1997 Janelle Quigley	
1994 Amy Cole	
5000m Run	
2013 Brittney Whitehead	
2006 Jennifer Caywood	
1994 Amy Cole	
4 x 400m Relay	
2009 2000	
1998 1997	
Distance Medley Relay	
2004 1999	
1996	
High Jump	
1997 Heather Fisher	
1996 Heather Fisher	

Men

60m Dash	Triple Jump
2001 Emmanuel Opoku	2010 Tyler Terry
	2009 Tyler Terry
60m Hurdles	2008 Bilal Hameed
2004 David Herman	2003 Shelton Scott
2001 Glenn Haley	2002 Shelton Scott
	2001 Shelton Scott
200m Dash	1996 Jon Riley
2007 Chris Gill	
2006 Miles Smith	Pole Vault
	2004 Jordan Willi
400m Dash	2003 Jordan Willi
2008 Chris Gill	2002 Jaret Willi
2006 Miles Smith	2001 Jaret Willi
2005 Miles Smith	1998 Jim Fox
1996 Markeith Crawford	1996 Tim Davis
	1995 Tim Davis
800m Run	
1996 Deryl Gardner	Shot Put
1995 Deryl Gardner	2013 Kevin Farley
	2012 Josh Uchtman
Mile Run	2011 Craig Robinson
1995 Glenn Lomenick	2010 Josh Uchtman
1993 Joe Dandridge	2009 Josh Uchtman
	2008 Brandon Colbert
3000 Meter Run	2005 Brian Knippen
1993 Joe Dandridge	2004 Jay Heddell
	2003 Jay Heddell
5000 Meter Run	2002 Jay Heddell
2010 Jason Lumpkin	2001 Jay Heddell
2009 Nate Shipley	1997 Bryan Alfultis
	1996 Matt Gaylor
Distance Medley Relay	1995 Cleon Mitchell
1995	
	35lb Weight Throw
4 x 400m Relay	2013 Craig Robinson
2007 2006	2011 Brandon Colbert
2005	2010 Brandon Colbert
	2008 Brandon Colbert
4 x 800m Relay	2005 Daniel Jones
1993	2004 Daniel Jones
High Jump	
2012 Jacob Kent	
2001 Garvin Ambrose	
2000 Adrian Barnhill	
Long Jump	
2013 Blake Carter	
2010 Tyler Terry	
2009 Tyler Terry	
2008 John Berry	
2003 Shelton Scott	
1996 Jon Riley	
1995 Jon Riley	

OVC Outdoor Champions

Women

100m Dash	Long Jump
2001 Natalie Talley	2005 Kathy Coleman
1998 Natalie Talley	1998 Heather Denihan
	1997 Heather Denihan
200m Dash	1995 Tiffany Ford
2001 Heather Keltner	Triple Jump
1999 Heather Keltner	2012 Shemika Brewer
	2011 Shemika Brewer
400m Dash	2009 Shemeika Brewer
2011 Jerika Lewis	1995 Tiffany Ford
2001 Heather Keltner	
2000 Heather Keltner	Discus
1999 Heather Keltner	2011 Samantha Espiricueta
1998 Heather Keltner	2009 Ashley Brewer
1997 Yvonne Hente	2006 Heather Jenkins
1993 Lisa Crawford	2004 Heather Jenkins
	2003 Heather Jenkins
800m Run	2002 Heather Jenkins
2004 Brooke Woodruff	2000 Lutricia Purham
2003 Brooke Woodruff	1992 Charlene Cortez
1500m Run	Javelin
2007 Lindsay Zeiler	2011 Samantha Espiricueta
2006 Lindsay Zeiler	2010 Samantha Espiricueta
2005 Brooke Woodruff	2009 Samantha Espiricueta
2004 Lindsay Zeiler	2006 Lindsay Hearne
	2003 Courtney Hamman
3000m Steeplechase	2002 Courtney Hamman
2010 Juli Koenegstein	2001 Courtney Hamman
2009 Juli Koenegstein	1999 Rebecca Shull
2007 Juli Koenegstein	1997 Denise Ford
	1996 Jennifer Phillips
5000m Run	1995 Denise Ford
1994 Amy Cole	1993 Dana Patek
	1992 Dana Patek
10,000m Run	Shot Put
2012 Jessica Bollinger	2013 Courtney Gapelu
2003 Kris Woolf	2011 Brianna Egbuka
	2009 Ashley Brewer
100m Hurdles	2006 Heather Jenkins
1997 Shannon O'Dell	2004 Heather Jenkins
1995 Trena Anderson	2003 Heather Jenkins
	2002 Heather Jenkins
400m Hurdles	2000 Lutricia Purham
1997 Shannon O'Dell	1999 Lutricia Purham
1995 Shannon O'Dell	1998 Lutricia Purham
	1993 Charlene Cortez
4 x 100m Relay	1992 Charlene Cortez
2011 2005	
2004 2000	Pole Vault
1999 1998	2006 Michelle Jett
1997	2004 Michelle Jett
	2003 Michelle Jett
4 x 400m Relay	2002 Sara Kaznica
1998 1997	
	Hammer Throw
High Jump	2011 Brianna Egbuka
2003 Courtney Haman	2010 Brianna Egbuka
1997 Heather Fisher	

Men

100m Dash	Long Jump	Shot Put
2011 DeAndre Simmons	2013 Blake Carter	2013 Kevin Farley
	2011 Tyler Terry	2012 Craig Robinson
400m Dash	2010 Tyler Terry	2011 Brandon Colbert
2008 Miles Smith	2008 John Berry	2010 Brandon Colbert
2006 Miles Smith	2002 Jaret Wil	2009 Josh Uchtman
2005 Miles Smith	1996 Jon Riley	2008 Andy Glass
2004 Miles Smith		2005 Brian Knippen
2002 Jason Campbell	Triple Jump	2004 Jay Heddell
1994 Terrence Branch	2013 Reggie Miller	2003 Brandon Myer
	2011 Tyler Terry	2002 Jay Heddell
800m Run	2010 Tyler Terry	2001 Brandon Myer
2012 Mohamed Souleman	2008 Bilal Hameed	2000 Brandon Myer
2001 Tyson Brown	2003 Shelton Scott	1997 Matt Gaylor
1996 Deryl Gardner	2002 Shelton Scott	1996 Bryan Alfultis
	2001 Shelton Scott	
3000m Steeplechase	1996 Jon Riley	Hammer Throw
2007 Chris Herren		2013 Jared Siemers
2006 Kevin McNab	Discus	2011 Brandon Colbert
2003 Chad Sierman	2013 Kevin Farley	2010 Brandon Colbert
	2009 Brandon Colbert	
1500m Run	2007 Brandon Colbert	
2008 Paul Stemmerman	2005 Brian Knippen	
1993 Joe Dandridge	2004 Jay Heddell	
	2003 Jay Heddell	
5000m	2002 Jay Heddell	
2007 Brandon Karcher	2001 Jay Heddell	
	1999 Bryan Alfultis	
10000m	1998 Bryan Alfultis	
2011 Jason Lumpkin	1997 Matt Gaylor	
2008 Brandon Karcher	1996 Bryan Alfultis	
2007 Brandon Karcher	1992 Terrance Parker	
		Javelin
110m Hurdles		2012 Brian Grote
2005 Alonzo Nelson		2011 Ed Draper
2001 Glenn Haley		2009 Richard Martin
		2008 Ben Stricklin
400m Hurdles		2005 Jason Theodorakos
2005 Alonzo Nelson		1999 Bryan Alfultis
2001 Glenn Haley		1998 Randy Johnson
1995 Markeith Crawford		1997 Randy Johnson
		1996 Randy Johnson
4 x 100m Relay		1995 Randy Johnson
2008 2005		
2001 1996		
1994		Pole Vault
		2003 Jordan Willi
4 x 400m Relay		2002 Jaret Willi
2008 2007		2001 Jaret Willi
2006 2005		2000 Colin Sheridan
2004		1999 Jaret Willi
		1998 Jim Fox
High Jump		1995 Jim Davis
2013 Reggie Miller		
2012 Reggie Miller		
2005 Andrew Lambert		
2001 Garvin Ambrose		
1995 Chad Tipton		



SOUTHEAST MISSOURI STATE UNIVERSITY

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



Debbie Kilpatrick (left) and LeAnn Powers (right) were both three-time All-Americans in their respective careers. Kilpatrick earned the honors from 1981-85 as a distance runner. Powers captured the honors from 1986-88 in the Shot Put.



Men's All-Americans

Year	Athlete	Event
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
	Ken Brown	Intermediate Hurdles
	Carl Bell	800m
	Joe Lackner	1500m
	Tim Williams	100m, 200m
	Joe Leuchtmann	Cross Country
1984	Rob Thomas	500m (i)
	Carl Bell	800m
	Mike Dwyer	100m
	Bob Ferguson	Pole Vault
	Barry Hibbert	400 Relay
	Dave Jackson	100m, Relays
	Joe Lackner	1500m, Cross Country
	Joe Leuchtmann	10,000m, Cross Country
	Jim Lohr	High Jump
	Rob Thomas	400m, Relays
	Mike Vanatta	5000m, Steeplechase,
		Cross Country
	Earl Whiting	Triple Jump
	Art Waddle	Cross Country
1985	Carl Bell	800m (i)
	Bob Ferguson	Pole Vault (i)
	Dave Jackson,	Relays (i), 55m (i)

	Norm Kellar	500 (i)
	Jim Lohr	High Jump (i)
	Kevin Lyons	Relays (i)
	Earl Nichols	Relays (i)
	Tim Pigg	Shot Put (i)
	Keith Presberry	Triple Jump (i)
	Jeff Randle	Relays (i), 55m (i)
	John Schwepker	Pole Vault (i)
	Earl Whiting	Long Jump (i),
		Triple Jump (i)
	Norm Kellar	1500m
	David Jackson	100m, 200m
	Joe Leuchtmann	10,000m
	Jim Lohr	High Jump
	Mike Hintz	Discus
	Earl Whiting	Long & Triple Jump
	Brian Radle	Cross Country
1986	Pedro Caceres	Steeplechase
	Shaun Carlile	800m
	Bob Ferguson	Pole Vault
	Dana Garner	100m, 200m
	Norm Kellar	1500m
	Keith Presberry	Triple Jump (i),
		Triple Jump
	John Schwepker	Decathlon
	Art Waddle	10,000m
	Earl Whiting	Triple Jump
1987	Pedro Caceres	1500 (i), Steeplechase
		5000m, Cross Country
	Derec Haynes	55 Hurdles (i)
	Brian Radle	1500m (i), 1500m
		Steeplechase
	John Schwepker	Pole Vault (i),
		Decathlon
	Art Waddle	500m (i), 10,000m,
		5000m
	Neil Rock	Discus
	Tim Williams	200m, 400 Relay,
		100m, 1600 Relay
	Jerome McDonald	400 Relay, 1600 Relay
	Terry Harrison	400 Relay, 1600 Relay
	Darryl Grady	400 Relay
	Bob Ferguson	Pole Vault
	Rich Schwepker	Pole Vault
	Ted McMillan	1600 Relay
	Norman Kellar	Cross Country
	Jay Townsend	Cross Country
1988	Jimmy Hearld	Cross Country
	Art Waddle	Cross Country
	Brian Radle	1500m (i), 1500m,
		5000m (i), Steeplechase,

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



SOUTHEAST MISSOURI STATE UNIVERSITY

INAUGURAL CLASS OF 2002

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

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

MARVIN ROSENGARTEN: TRACK COACH, DIRECTOR OF ATHLETICS

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

ABE STUBER: TRACK COACH (1932-46)

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

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

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

1984 MEN'S CROSS COUNTRY TEAM

The team won the NCAA Division II National Championship.

1985 MEN'S INDOOR TRACK TEAM

The team won the NCAA Division II National Championship.

CLASS OF 2003

RICK ATTIG: TRACK (1970-73)

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

HERB MULKEY: TRACK (1939-42)

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

WALTER SMALLWOOD: TRACK (1965-68)

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

CLARK WILLE: TRACK (1967-71)

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

CURTIS WILLIAMS: TRACK (1964-67)

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

CLASS OF 2004

LIZZ BARRINGER: TRACK (1986-89)

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

BILL McLANE: TRACK (1934-37)

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

RYLAND "DUTCH" MEYR: TRACK (1958-61)

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

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

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

ROB THOMAS: TRACK (1981-84)

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



SOUTHEAST MISSOURI STATE UNIVERSITY

CLASS OF 2006

JOHN SCHWEPKER, TRACK (1984-88)

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

ROYAL TIBE: TRACK (1919-23)

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

CLASS OF 2007

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

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

CLASS OF 2008

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

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

RICK WADLINGTON: TRACK (1968-71)

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

CLASS OF 2009

ANDREW PRESBERRY: TRACK AND FIELD (1978-82)

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

CLASS OF 2010

TERRANCE BRANCH: TRACK AND FIELD (1982-2008)

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

CLASS OF 2011

BOB FERGUSON: TRACK AND FIELD (1983-86)

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

CLASS OF 2012

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

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

BEVERLY SLAUGHTER: TRACK AND FIELD (1981)

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



SOUTHEAST MISSOURI STATE UNIVERSITY

CLASS OF 2013

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

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

MILES SMITH: TRACK AND FIELD (2004-2008)

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



THIS IS THE OVC



SOUTHEAST MISSOURI STATE UNIVERSITY

Now in its 65th year, the Ohio Valley Conference continues to build on the success that has made it the nation's eighth-oldest NCAA Division I conference.

In May 2011 the Conference expanded for the second time in four years, adding Belmont University which begins competition in the 2012-13 academic year. The addition of Belmont gives the OVC 12 members, the most the league has had at one time in its illustrious history. The move added a second team in the city of Nashville and was the first addition to the league since Southern Illinois University Edwardsville joined in 2008.

The 2009-10 school year saw a change in leadership as Beth DeBauche was named the seventh full-time Commissioner in league history on July 28, 2009. She is currently one of just five females to be the head of a Division I conference, and one of just eight to lead a Division I conference all-time. The last three commissioners of the OVC have moved onto jobs as the commissioner of the Big Ten, Big 12 and the Mid-American Conferences.

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

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

Through the past 64 years, 15 teams have won or shared the league's football title. The list is led by Eastern Kentucky, winner of 21 outright or shared football crowns (including sharing the title in 2011), which is tied for the most in Football Championship Subdivision history (with Massachusetts). Among OVC teams, former member Middle Tennessee is next with 11 titles, followed by Tennessee Tech with 10, and Murray State and former member Western Kentucky with eight apiece. Eastern Illinois has claimed five football crowns and Jackson State has three, while Morehead State, Tennessee State and former members Evansville and East Tennessee State have captured two apiece. Austin Peay, Southeast Missouri (which captured its first crown in 2010), UT Martin and former member Youngstown State have one title apiece.

Murray State and Evansville tied for the initial football championship, and the Racers participated in the first-ever bowl game by an OVC team, tying Sul Ross State 21-21 in the 1948 Tangerine Bowl. From 1948 to 1975, OVC teams played in 15 bowl games, winning eight of them. Eastern Kentucky and Western Kentucky were also participants in the NCAA Division II playoffs in the early and mid-1970s prior to the NCAA's reclassification of football programs into Division I-AA. The term "I-AA" lasted until the end of the 2006 season when it was changed to Division I Football Championship Subdivision (FCS).

The first Division I-AA/FCS football playoff was held in 1978 with only four teams, which is the only year through present day that the OVC did not field a playoff representative. In 1979, four of the nation's top teams were invited to the playoffs, and two of them - Eastern Kentucky and Murray State - were from the OVC. Murray dropped its semifinal game to Lehigh, but the Colonels nipped Nevada-Reno in double overtime and claimed the national championship a week later with a 30-7 victory over Lehigh. EKU was coached by former All-America quarterback Roy Kidd, who was in his 16th year at the helm of his alma mater and who skippered the Colonels to a second national title three years later. Following the 2002 season, Kidd retired after 39 years at EKU; upon retirement, he ranked sixth all-time among Division I coaches with 315 victories, earn-

ing him a spot in the College Football Hall of Fame. EKU's 20 FCS playoff appearances are the second for the most all-time (behind only Montana).

In addition to Kidd, other coaching legends in the OVC include Charles "Bubber" Murphy, who coached at Middle Tennessee from 1947-1968, Western Kentucky's Jimmy Feix (1968-83), Wilburn Tucker (1954-67) and Don Wade (1968-82) of Tennessee Tech, Bill Ferguson (1967-77) of Murray State, Guy Penny (1959-67) of Morehead State and Boots Donnelly (1977-78 at Austin Peay; 1979-1998 at Middle Tennessee). Following the 2011 season Eastern Illinois head coach Bob Spoo retired following 25 years at the school (the last 16 as members of the OVC). In his time as an OVC coach he compiled 92 total victories (fifth-most in league history) and 68 OVC wins (fourth-most in league history) and was inducted into the OVC Hall of Fame in 2012.

A sampling of former OVC football stars, some of whom were All-Americans during their collegiate careers before achieving stardom at the professional ranks, include Jim Youngblood and Larry Schreiber (Tennessee Tech), Phil Simms (Morehead State), Virgil Livers and Dale Lindsey (Western Kentucky), Myron Guyton and Chad Bratzke (Eastern Kentucky), Cortland Finnegan (Samford) and Tony Romo (Eastern Illinois). In 2008, former Tennessee State standout Dominique Rodgers-Cromartie became just the fourth NFL First Round draft pick in OVC history when he was selected 16th overall by the Arizona Cardinals. He would break into the starting lineup halfway through his rookie season and started at cornerback for the Cardinals in Super Bowl XLIII. The OVC has had at least one former player named a NFL Pro Bowl selection in four of the past six seasons.

The 2007 season marked a return to scholarship football and the OVC for the Austin Peay Governors. Following the 1996 season the Governors dropped scholarship football and competed as both an independent (1997-00, 2006) and as a member of the Pioneer Football League (2001-05).

The 2007 season also brought new vernacular to the Ohio Valley Conference and the division formerly known as I-AA. Beginning with the 2006 National Cham-

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pionship game the term I-AA was changed to NCAA Football Championship Subdivision (FCS) in a decision by the Division I Board of Directors. The new label was chosen to communicate in a positive and clear manner the unique differences between Division I football categories (chiefly, the post-season opportunity) while still defining them within the Division I experience. The FCS includes programs that compete in an effort to participate in the NCAA championship postseason structure (one of 89 NCAA national championships) as opposed to the Football Bowl Subdivision (FBS) which competes in an effort to participate in the postseason bowl system (the 35 NCAA-licensed events which includes the Bowl Championship Series).

In 2010 Southeast Missouri State, picked to finish seventh in the preseason poll, compiled a 7-1 Conference record on the way to its first OVC Championship since joining the league in 1991. Overall the Redhawks were 9-2 during the regular season and earned a berth in the FCS Playoffs, its first playoff berth at any level in the program's 104-year history. Southeast would lose to eventual national champion Eastern Washington in the second round of the playoffs. Head coach Tony Samuel capped the year by winning the Sports Network's Eddie Robinson Award, given to the National Coach of the Year. Samuel was the second OVC coach to win the award (joining Murray State's Houston Nutt who won the award in 1995).

For only the second time in league history in 2011, three teams shared the OVC football championship, as Eastern Kentucky, Jacksonville State and Tennessee Tech finished with 6-2 records. The only other time in league history more than two champions were crowned at the end of the year was 1962 (when four teams shared the crown).

Football wasn't the only sport in which the OVC was quickly gaining respect. In 1955, the OVC became only the second six-member league nationally to earn an automatic bid to the prestigious NCAA Men's Basketball Tournament, which, at that time, was limited to only 24 participants. The Conference quickly proved worthy of that bid, as Morehead State defeated Marshall (107-92) and Wayne State (95-84) in the 1956 tournament.

Fifteen years later, former OVC member Western Kentucky became the first and only Conference team to reach the Final Four. The Hilltoppers defeated Jacksonville, Kentucky and Ohio State before losing to Villanova in double overtime in the national semifinals. WKU went on to finish in third place after beating Kansas 77-75 in the consolation game.

Since that time, the OVC has recorded some of the biggest upsets in the history of the NCAA Tournament. Perhaps the most famous moment came in 1987, when Austin Peay came from fourth place in the regular season to win the OVC Tournament and earn the league's automatic bid. The Governors drew powerful Illinois, and were such big underdogs, that ESPN broadcaster Dick Vitale promised to stand on his head if APSU won the game. After a 68-67 victory over the Illini, and a narrow 90-87 overtime loss to eventual Final Four participant Providence in the second round, Vitale made good on his promise in a visit to Clarksville two months later.

Murray State added to the OVC's string of upsets in 1988 when it knocked off 14th-ranked North Carolina State, 78-75. The Racers' M&M Boys - Jeff Martin and Don Mann - combined for 39 points in the win. MSU nearly went on to the Sweet 16 that year, losing to eventual national champion Kansas, 61-58. A bank shot by Mann that would've given the Racers a one-point lead rolled off the rim with three seconds left. In 1990 as a No. 16 seed, Murray State took No. 1 seed Michigan State into overtime before falling 75-71; that game still marks the closest a No. 16 seed has come to knocking off a No. 1 in men's tournament action. More recently, Murray State has dominated the OVC Tournament, reaching the championship game every year in the 1990's. The Racers' 15 OVC Tournament Championships are the most among all OVC schools.

After former member Middle Tennessee State won a first round game in 1989, the league had a drought as no other OVC team won a NCAA Tournament game for the next 19 years. But Morehead State, coming off a thrilling double overtime OVC Tournament victory over Austin Peay, topped Alabama State 58-43 in the Opening Round game at Flyer Arena in Dayton, Ohio. The game was played in

front of an Opening Round record crowd of 11,346; that crowd included many MSU fans who made the three-hour drive from Morehead for the game. The Eagles season would come to an end three days later when they lost to No. 1 overall seed Louisville, despite playing the Cardinals close for a majority of the game.

In 2009-10, Murray State made OVC history by winning a record 31 games (31-5) on its way to the league's regular season and tournament championships. In the first round of the NCAA Tournament, the No. 13 seed Racers topped Vanderbilt in thrilling fashion when senior Danero Thomas hit a jumper as time expired to lift MSU to a 66-65 victory. It marked the first OVC team to advance to the second round of the NCAA Tournament since 1989, and snapped a skid of 71-straight losses to Southeastern Conference foes (dating back to 2000-01). In the second round the Racers pushed eventual national runner-up Butler to the brink before losing 54-52.

In 2010-11 Morehead State would make it three NCAA Tournament wins in as many years for the league and got a bit of revenge for the 2009 tournament loss to Louisville in the process. After finishing second in the regular season and winning the OVC Tournament Championship, the No. 13 seeded Eagles were shipped to Denver to play the in-state foe Cardinals. MSU jumped out to a 15-2 advantage but were down four points (61-57) with just over a minute to play in regulation. After two free throws from two-time OVC Player of the Year Kenneth Faried, the Eagles held for one final shot attempt and senior Demonte Harper pulled up off a cross-over dribble to nail a 3-pointer with 4.3 seconds left that gave Morehead State a 62-61 lead. UofL had one last attempt but Faried blocked the Cardinals last shot, giving MSU the win, its first over Louisville since the 1956-57 season.

In 2011-12 Murray State put together one of the greatest seasons in OVC history, beginning the year 23-0 (an all-time OVC best) and being ranked as high as No. 7 in the coaches poll on Feb. 6. The squad was the first OVC team to be nationally-ranked since Murray State was ranked in 1997-98; in addition the top 10 ranking was the first for an OVC team since the 1970-71 campaign (WKU). The Racers



SOUTHEAST MISSOURI STATE UNIVERSITY

would top nationally-ranked Memphis and Saint Mary's during the season and win the league's regular season and tournament championships. MSU earned a No. 6 seed in NCAA Tournament, the highest-ever seed for an OVC team since the NCAA began seeding the field in 1979. The Racers would top Colorado State 58-41 in the second round before falling to Marquette in the third round. Murray State would win 31 games overall, tying the OVC all-time record the Racers set in 2009-10.

The OVC has now won NCAA Tournament games in four-straight seasons, something that has never happened in league history (three-game winning streaks from 1960-62 and 1987-89 had been the previous best streaks). Over that time period (2009-12) the OVC is one of just nine conferences nationally to win a NCAA Tournament game in each season and one of only three non-BCS leagues (joining the Atlantic 10 and WCC) to do so.

During the 2010-11 year Faried, the nation's leading rebounder during the season, became the NCAA's Modern Era (since 1973) career rebounding leader, totaling 1,673 rebounds which passed Tim Duncan for the record (he is 11th all-time in NCAA history). Faried also finished his career with 86 double-doubles, second all-time to only Duncan. He is one of only six players in NCAA history to finish with 2,000-plus career points (2,009) and 1,600-plus career rebounds. Faried was drafted 22nd overall by the Denver Nuggets in the 2011 NBA Draft, becoming the first OVC player selected in the first round since Tennessee State's Carlos Rogers 1994.

Through its 64 years, 12 teams have won or shared the league's regular season men's basketball title. Murray State heads the list with a Conference-record 23 outright or shared basketball crowns. Other past champions include former member Western Kentucky (19), Morehead State (9), Austin Peay (8), Eastern Kentucky (6), Tennessee Tech (5), former member Middle Tennessee (5), Tennessee State (2), former member East Tennessee State (2), Southeast Missouri State (1), UT Martin (who won its first in 2008-09) and former member Akron (1).

Among the coaching greats in men's basketball have been Western Kentucky's E.A. Diddle, who retired with 759 victories

and 10 OVC titles; John Oldham, who was a member of the very first All-OVC squad and went on to win seven OVC crowns during his coaching tenure at Tennessee Tech and Western Kentucky; Paul McBrayer, who guided Eastern Kentucky to 219 wins and three OVC crowns; and Cal Luther, who is the only person in Conference history to win men's basketball Coach of the Year honors at two league schools - Murray State and UT Martin. Current Austin Peay head coach Dave Loos became the winningest coach in OVC history in 2009-10, netting his 319th victory and passing Luther on the all-time list. Loos enters the 2012-13 season with 363 victories.

There have been an equal number of great players including Western Kentucky's Clem Haskins, who is the only three-time OVC Player of the Year. Several players have won OVC Player of the Year honors twice: Western Kentucky's Jim McDaniels (1969-70 and 1970-71), Murray State's Les Taylor (1971-72, 1972-73), Jeff Martin (1987-88, 1988-89), Popeye Jones (1989-90, 1990-91) and Marcus Brown (1994-95, 1995-96), Austin Peay's Otis Howard (1976-77, 1977-78), Middle Tennessee's Jerry Beck (1980-81, 1981-82), Akron's Joe Jakubick (1982-83, 1983-84), Tennessee State's Carlos Rogers (1992-93, 1993-94), UT Martin's Lester Hudson (2007-08, 2008-09) and Morehead State's Kenneth Faried (2009-10, 2010-11).

The OVC also has the honor of being the only conference to boast the nation's leaders in scoring, rebounding and assists all in one season. That feat was accomplished in 1991-92 by Morehead State's Brett Roberts (28.1 ppg), Murray State's Popeye Jones (14.4 rpg) and Tennessee Tech's Van Usher (8.8 apg).

In 2007-08, UT Martin guard Lester Hudson became the first men's Division I player to record a quadruple-double in a game, when he registered 25 points, 12 rebounds, 10 assists and 10 steals in a victory over Central Baptist College. Hudson, who ranked fourth in scoring nationally as a junior, returned for his senior season in 2008-09 and was second nationally in scoring (behind Davidson's Stephen Curry) at 27.5 points a contest. Hudson earned numerous honors (including OVC Player of the Year and OVC Male Athlete of the Year in each

2008 and 2009 and All-American status from several outlets) before being drafted by the Boston Celtics with the No. 58 pick of the 2009 NBA Draft.

In the late 1970s, women's athletics began somewhat of a rebirth on the national scene as the NCAA began sponsoring and marketing women's sports. Recognizing the need to provide increased opportunities for female athletes, the OVC established women's championships in the sports of basketball, tennis and track in 1977, with cross country and volleyball added over the next four years. Those sports were initially governed by the Association of Intercollegiate Athletics for Women (AIAW), but the overall strength of women's programs in the league was demonstrated by the automatic bids the OVC instantly received when the NCAA became the governing body in 1982.

Women's basketball in the OVC has been dominated by Tennessee Tech, which has won or shared 17 regular-season titles and owns nine OVC Tournament crowns. In fact, the Golden Eagles have reached the championship game of the OVC Tournament 21 times in the past 31 years. Although Tennessee Tech remains the standard-bearer, five other teams have won 13 of the last 19 OVC Tournaments. UT Martin became the latest program to add its name to the list, capturing its first OVC Tournament title in 2011 and repeating as champions in 2012. Austin Peay leads the group with seven crowns including four-straight from 2000-03 and back-to-back titles in 2009 and 2010, while Tennessee State, Eastern Kentucky, Murray State and Southeast Missouri each have won titles during that span.

Several coaches have made their mark in the relatively short history of OVC women's basketball. Former Tennessee Tech coach Marynell Meadors posted an amazing 363-139 (72.3%) record at Tech, becoming the first woman in NCAA or AIAW history to win 300 games at the same institution, while former Tennessee State skipper Teresa Phillips earned National Coach of the Year honors from USA Today in 1990 for turning around the Lady Tigers' program before going on to lead TSU to the NCAA Tournament in 1994 and 1995. Tennessee Tech coach Bill Worrell capped a stellar 20-year career in

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2005-06 and was inducted into the OVC Hall of Fame in 2007; he compiled a 408-190 record while leading the Golden Eagles to an unprecedented 16 OVC regular-season titles and eight NCAA Tournament appearances, including five straight from 1989-93. Larry Joe Inman, who retired at the conclusion of the 2007-08 season and was inducted into the OVC Hall of Fame in 2009, won more than 100 games at both Middle Tennessee and Eastern Kentucky, and earned OVC Coach of the Year honors a record eight times - five times at EKU and three at MTSU. Inman came out of retirement to take the Tennessee State job and will be in his first year with the TSU program in 2012-13.

Many great players have graced the hardwood over the years, including former OVC Players of the Year Brooke Armistead and Gerlonda Hardin from Austin Peay, Pam Chambers, Jerilyn Harper, Cheryl Taylor, Angela Moorehead, Roschelle Vaughn, Diane Seng, Janet Holt and Emily Christian from Tennessee Tech; Morehead State's Donna Murphy, Priscilla Blackford and Chynna Bozeman; Eastern Kentucky's Kim Mays; Southeast Missouri's Gray C. Harris; and Murray State's Ashley Hayes.

Bozeman finished her collegiate career in 2010-11 by winning her second consecutive OVC Player of the Year award. Her 2,170 points ranks her eighth all-time in OVC history, her 377 made career 3-pointers is first in OVC history and sixth in NCAA history and her 1,096 career 3-point attempts ranks first in OVC history and second in NCAA history.

Morehead State center Brittany Pittman set new school, league and NCAA standards for blocked shots in 2008-09. Pittman swatted 164 shots during the season, setting a new NCAA single-season record (which has since been broken). During the campaign, only her second with the Eagles, she also set career block records for both Morehead State and the OVC (287).

The league also had another historical moment in November 2008 when the NCAA awarded Nashville the 2014 NCAA Women's Division I Final Four. The OVC will serve as the host of the prestigious event, which is one of the biggest sporting events the city of Nashville can host. The event will be held at Bridgestone Arena in downtown Nashville.

Over its 64 years, OVC teams have garnered national championships and bowl games in football, along with national team or individual titles in the sports of rifle, cross country, track and golf.

The OVC has also produced several Olympic athletes, including Murray State's Morgan Hicks, who was a member of the 2004 United States Olympic Rifle Team and Morehead State's Brian Shimer who competed in five Winter Olympics in bobsled (winning a bronze medal in 2002) and coached the 2010 United States bobsled team to its first gold medal since 1948. In addition, some of the greatest players in professional sports were educated at OVC institutions. The list includes former greats such as football's Phil Simms (Morehead State), basketball's Clem Haskins (Western Kentucky) and Bubba Wells (Austin Peay) and two-sport star Steve Hamilton (Morehead State) to present-day standouts like basketball player Trenton Hassell (Austin Peay), football player Tony Romo (Eastern Illinois) and baseball players George Sherrill (Austin Peay) and Jon Rauch (Morehead State). Hamilton is the only athlete to ever play in the NCAA Basketball Championship, a Major League Baseball World Series (New York Yankees) and a NBA Championship Series (Los Angeles Lakers).

The OVC's first volleyball tournament was held in 1981, the same year Eastern Kentucky began a string of six straight tournament crowns. Former EKU skipper Dr. Geri Polvino compiled a 627-439 record in 32 seasons as head coach of the Colonels, earning OVC Coach of the Year honors eight times. More recently, former Austin Peay coach Cheryl Holt and former Southeast Missouri skipper Cindy Gannon also earned their peers' recognition multiple times with four awards each.

Throughout the last 29 years, 10 different teams have won an OVC regular-season or tournament volleyball crown. Since joining the league in 1991, Southeast Missouri has dominated the scene, winning seven of its eight regular-season titles during the 1990's, including five straight from 1993-97. The Redhawks have also won five tournament crowns (1994, 1996, 1998, 1999 and 2000). Jacksonville State won back-to-back OVC Tournament Championships (2005, 2006) including

going through the OVC undefeated (16-0) in 2006 and winning a NCAA Tournament match in 2010, the league's first NCAA victory since 2000.

Following the 2007 season, Jacksonville State's Abbey Breit was named the OVC Offensive Player of the Year for the third-straight season, becoming the first player in OVC history to accomplish that feat. Four other individuals - Eastern Kentucky's Angela Boykins (1985-86), Morehead State's Dayle Hammontree (1988-89), Southeast Missouri's Tuba Meto (1996-97) and Morehead State's Amy Almond (2001-02) - were back-to-back winners of the award.

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

In 2011 the Eastern Kentucky men's cross country earned a national ranking in the USTFCCCA poll, climbing to as high as No. 17; the ranking was the highest for an OVC team since the polls began in the early 1980s. The EKU men would win its record 20th OVC Championship and later qualify for the NCAA Championship, becoming the first OVC team to reach the national championship meet since 1980. Eastern Kentucky finished 26th overall at the event as junior Soufiane Bouchikhi finished 47th in a field of 252 runners. On the women's side Eastern Kentucky senior Lydia Kosgei became the first EKU woman to ever qualify for the NCAA Championship and went on to finish 37th at the national meet, marking the second-highest finish for a female in OVC history, and also earning All-American honors.

In 2007 the Conference had two teams in the NCAA Women's Soccer Tournament for the first time in league history, as former OVC member Samford earned an at-large selection while Southeast Missouri was the Conference's automatic bid.

In 2009 it was OVC softball that accomplished several firsts as UT Martin (tour-



SOUTHEAST MISSOURI STATE UNIVERSITY

nament champion) and Jacksonville State (at-large) were each selected for the NCAA Championship. Jacksonville State would take it a step farther by winning the Knoxville Regional (beating No. 13 national seed Tennessee along the way) to become the first OVC softball program to advance to a Super Regional. Jax State would fall to No. 4 Alabama in that Super Regional but finished the season 43-16 (19-2 OVC) and ranked 21st nationally in the ESPN.com/USA Softball poll and 24th nationally in the USA Today/NFCA poll.

The league's baseball presence has continued to evolve since its inception. The OVC baseball tournament moved to a neutral site for the first time in 2001 with Paducah, Ky. and Brooks Stadium hosting the tournament in front of raucous crowds. The success of the tournament led to Jackson, Tenn. and Pringles Park – the home of the Seattle Mariner's Class AA affiliate – hosting the event for the first time in 2010.

The OVC also has made a statement in the NCAA Baseball Championship in recent years, with its teams involved in several memorable contests in the last decade. Tennessee Tech surprised Wake Forest in the opening round of the 2001 tournament and Southeast Missouri stunned host Alabama in the opening round of the 2002 championship. Five years later, Austin Peay captured the collegiate baseball world's attention by taking Vanderbilt, the 2007 No. 1 overall seed, to extra innings. Eastern Illinois pushed host Nebraska to the limit in 2008 followed by Tennessee Tech's memorable contest against host Clemson in 2009.

After not making the OVC Tournament field in either 2009 or 2010, Austin Peay, who was picked to finish seventh in the preseason poll, won the regular season and tournament championships to garner its fourth NCAA Tournament appearance. In the first game of NCAA Regional play the Gobs knocked off host and No. 1 seed Georgia Tech 2-1.

In 2012 Austin Peay completed a "repeat squared" (back-to-back regular season and tournament championships) for the first-time in OVC history. The Gobs would go on to top Indiana State and Cal State Fullerton at the Eugene Regional, before falling to host Oregon in the regional final. In marked the first-time since the 2000 season (Middle Tennessee) that an OVC team had

won multiple NCAA Tournaments games in the same season. Overall OVC teams have won at least one game in the NCAA regional round in four of the last six years.

A first in the OVC occurred in 2008, when the league had a first round draft pick in both the NFL (Tennessee State's Dominique Rodgers-Cromartie) and Major League Baseball (Eastern Kentucky's Christian Friedrich) Drafts in the same school year. A year later (2009) the league had a Major League Baseball First Round Compensation Round pick (Eastern Illinois' Tyler Kehrler who was No. 48 overall) and NBA Second Round pick (UT Martin's Lester Hudson) in the same season.

In 2010 a record 13 OVC baseball players were selected in Major League Baseball's First-Year Player Draft.

The playing field is not the only place where OVC athletes are working hard. The league also recognizes excellence in the classroom. Six Scholar-Athlete Awards are presented yearly to male and female athletes, while others are commended for their academic success by being Medal of Honor recipients or earning a spot on the Commissioner's Honor Roll. Additionally, the league annually presents one institutional Academic Achievement Award, as well as separate team awards in each Conference-sponsored sport. Since the College Sports Information Directors of America (CoSIDA) Academic All-America program began, the Ohio Valley Conference has had 211 student-athletes honored with the award, including 32 over the last three years (2009-10, 2010-11, 2011-12).

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

Additionally, the OVC annually presents the Steve Hamilton Sportsmanship Award,

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

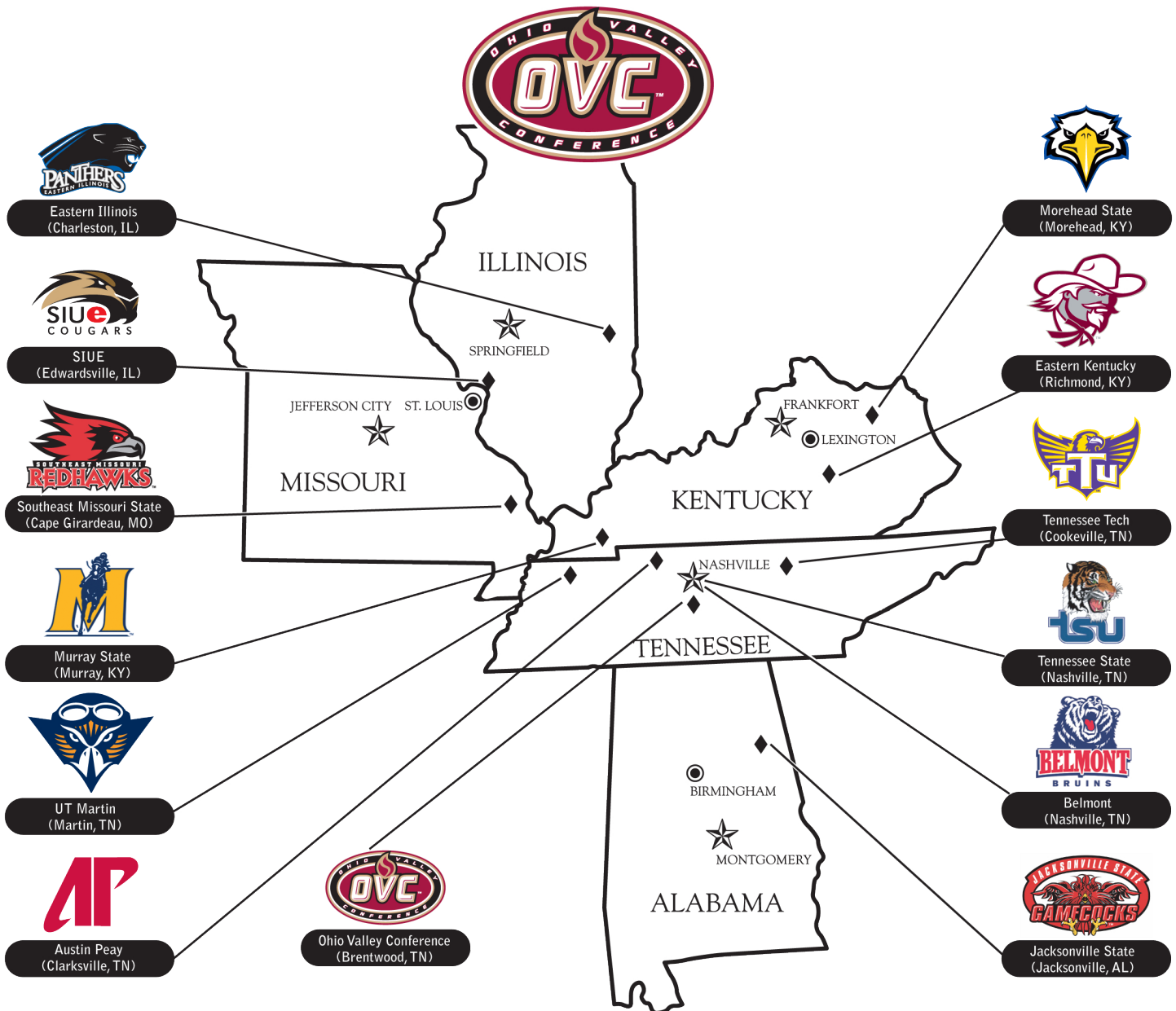
The vision of leadership demonstrated by the Founding Fathers in 1948 remains alive today as the Ohio Valley Conference prepares for the future. One example is in regard to the current trend in collegiate athletics administration for increased involvement of university presidents in setting policies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

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

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

This is the OVC

This is the OVC





SOUTHEAST MISSOURI STATE UNIVERSITY

OVC Indoor Championships

The 2014 OVC Men's and Women's Indoor Track & Field Championship will be held February 28 and March 1 at the Gentry Center on the campus of Tennessee State University.

Last season the Southeast Missouri State women won its sixth OVC Indoor Championship while the Eastern Illinois men captured its fifth-straight and 15th overall crown.



Feb. 28- Mar. 1, 2014
Tennessee State University
Nashville, Tenn.

OVC Outdoor Championships

The 2014 OVC Men's and Women's Outdoor Track & Field Championship will be held May 2-3 at Ralph Korte Stadium on the campus of Southern Illinois University Edwardsville. It will mark the first scheduled championship that SIUE has hosted since joining the OVC.

Last season host Eastern Illinois swept the event, winning both the men's and women's championships.



May 2-3, 2014
Southern Illinois University Edwardsville
Edwardsville, Ill.

This is the OVC



THIS IS SOUTHEAST



SOUTHEAST MISSOURI STATE UNIVERSITY

*The college experience of a lifetime. The job of your dreams.
A life that is amazing.*

That is what most students and parents want from a college education. At Southeast, we want the same for you. We want you to learn your profession, gain the experience or internship you need, and get that first paycheck!

The growing—and changing—student body has had an impact on everything and everyone. The physical changes of the campus are the most visible. Two new residence halls. The River Campus. The polytechnic building. An information commons in the library. And so on.

Students and faculty are experiencing change of a different kind. Classroom activity has reached a new level of productivity, as students are brighter and more prepared than ever. Enrollment is at an all-time high. The impact on the honors program has been dramatic with more students than ever choosing to participate in and complete the honors curriculum. The number participating tripled in five years!

All of this means that Southeast has become Missouri's most academically competitive regional university.

2009—InsideCollege.com experts single out our honors program as an effective way to make a large school seem smaller with a more personal approach to learning.

2010—Computer science receives prestigious national accreditation.

**Safest
Campus
in Missouri**

StateUniversity.com



2010—Consumer watchdog group GetEducated.com ranks Southeast #1 on its list of "Top 10 Ranked Best Values Online MBAs—AACSB Accredited."

2010—Southeast is named the safest campus in Missouri and among the safest in the nation by StateUniversity.com.





We have...

- ▶ Small classes with 98 percent of courses having fewer than 50 students
- ▶ Faculty with PhDs—not teaching assistants—who teach most classes
- ▶ More than 200 areas of study
- ▶ Wired (and wireless) classrooms and best-of-class technology
- ▶ Internships and real-world learning offered in 100 percent of programs
- ▶ Study abroad opportunities that take you almost anywhere

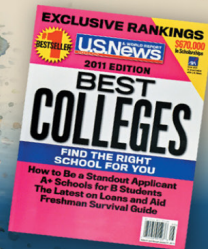
We are...

- ▶ NCAA Division I Athletics
- ▶ Listed among the Midwest's top universities
- ▶ One of the safest college campuses in the nation
- ▶ Conveniently located 115 miles south of St. Louis
- ▶ A medium-sized university with more than 11,000 students
- ▶ Comprised of ten colleges and schools

We provide...

- ▶ Choices in the University Studies (general education) classes
- ▶ Some of the newest residence halls in Missouri
- ▶ 150 organizations that keep you busy after class
- ▶ Each student with two advisors—academic and career
- ▶ Fraternities and sororities that are productive and fun
- ▶ One of a kind student aquatic center in one of our two recreation centers

2011—U.S. News & World Report names Southeast a "Best Midwest Regional University."



2011—For seven consecutive years, Princeton Review includes Harrison College of Business on its list of "Best Business Schools."



2011—Princeton Review again names Southeast as one of the "Best in the Midwest," representing only about 25 percent of the nation's four-year colleges.



2012—U.S. News & World Report lists both nursing and communication disorders on its list of top graduate programs in health.



SOUTHEAST MISSOURI STATE UNIVERSITY

Donald L. Harrison College of Business

Our increasingly popular business programs have made us one of the major colleges of business in the Midwest. The Donald L. Harrison College of Business is accredited by AACSB International—the gold standard of business school accreditation—an honor held by only 5 percent of institutions offering business degrees worldwide.

- ▶ Employers and students value our techno-savvy environment. In a recent survey of 98 nationally known business programs, Southeast ranked in the top 7 percent in learning to use and manage technology.
- ▶ Our entrepreneurial studies program is Missouri's most comprehensive, offering options for both BSBA and MBA degrees. The Douglas C. Greene Center for Innovation and Entrepreneurship is one of the most comprehensive entrepreneurship-focused university centers in the Midwest.
- ▶ Southeast students have access to more than 30 international exchange and study abroad opportunities in London, Paris, Spain, Portugal and North Africa.
- ▶ One hundred percent of our students have the opportunity to participate in internship programs with companies nationwide.
- ▶ Doctoral level professors make learning interactive with classrooms that have Internet, cable TV, direct satellite feed and electronic presentation capability.
- ▶ St. Louis employers rate the "St. Louis Interview Days" as the best recruiting event in which they participate in the Midwest.
- ▶ Our accounting curriculum prepares students for the Certified Public Accountant (CPA) and Certified Internal Auditor (CIA) designations. Students may go to work directly into an accounting field or go on to complete the 150 hours required by Missouri, and other states, to sit for the CPA examination. Our first-time pass rates on the CPA exam continue to be well above the national average.
- ▶ Business programs are housed in Dempster Hall, a wireless Internet environment featuring an electronic presentation lab and more than 400 networked computers with the latest software.



College of Education

If you are considering teaching as a profession, you are looking at the right university. For more than a century, Southeast has been preparing and sustaining some of the nation's brightest and best teachers. Moreover, we have a record of accomplishment to prove it.

- ▶ Most importantly, our education program is fully accredited by the National Council of Teacher Education (NCATE), which sets the highest standards for teacher education programs nationwide.
- ▶ The Missouri Department of Elementary and Secondary Education approved 28 initial teacher preparation programs and all 12 graduate programs.
- ▶ Because you begin assisting and observing in area classrooms starting in your first year, you accumulate more teaching practice and knowledge than graduates from other universities.
- ▶ The College of Education maintained national recognition through a rigorous review process from 11 specialized professional associations.
- ▶ Our counseling program is now one of only three in Missouri to be accredited by the Council for the Accreditation of Counseling and Related Educational Programs.



College of Health and Human Services

Although there are diverse academic offerings in the College of Health and Human Services, all programs potentially lead to a career that significantly and positively impacts the lives of individuals and families.

- ▶ All nursing programs (nurse and nurse practitioner) are accredited by the Commission on Collegiate Nursing Education.
- ▶ The recreation program is accredited by the Council on Accreditation for Recreation, Park Resources and Leisure Services.
- ▶ The Communications Disorders program allows students to receive clinical experience with children and adults who have speech, language or hearing disorders.
- ▶ Aerospace Studies offers a path to leadership for those intending to pursue officer positions in the United States Air Force. During a summer field training course for the Professional Officer Corps, students experience survival training, aircraft and air crew orientation, physical training and the inner operations of an Air Force base.
- ▶ Our nationally accredited social work program requires students to complete 480 hours of field education under the supervision of experienced social workers.
- ▶ Southeast has a strong connection with the Law Enforcement Academy and has more than 30 years of partnerships in all branches of criminal justice at the federal, state and local levels. Our students intern with the U.S. Marshals Service; the ATF; the U.S. Secret Service; Federal Probation; Missouri Division of Probation and Parole; Missouri Youth Services and other law enforcement agencies.
- ▶ The dietetics program is accredited by the American Dietetic Association Commission. Our graduates have a success rate of nearly 100 percent on the national exam to become a registered dietitian.



College of Liberal Arts

An education in the liberal arts gives you broad-based training for careers in business, the arts, media, education and the legal profession.

- ▶ Southeast's mass communication program is accredited by the Accrediting Council on Education in Journalism and Mass Communications (ACEJMC). Only one other institution in Missouri has this elite accreditation. Our public relations program is one of only 28 institutions—none in Missouri—that holds certification by the Public Relations Society of America (PRSA). Only 12 other institutions in the world have recognition from both ACEJMC and PRSA for their mass communication program.
- ▶ Students can work at two campus radio stations (NPR affiliate KRCU 90.9 FM and KDMC 103.7), the *Arrow* student newspaper and "U2" cable television station.
- ▶ Our certified historic preservation program is one of a few U.S. programs that offer a four-year degree and is among a small number to have full membership in the National Council for Preservation of Education.
- ▶ During the last five years, Southeast's pre-law students have exceeded the national LSAT average score, and their placement rate in law school approaches 100 percent.
- ▶ Students majoring in philosophy have a 100 percent acceptance rate to graduate and law school.
- ▶ Our students make politics come alive by working on political campaigns and by serving as interns. Each year approximately 30 students from a variety of majors around the University travel to Washington, D.C. to conference with some of the nation's top scholars at the Center for Strategic and International Studies.





SOUTHEAST MISSOURI STATE UNIVERSITY

College of

Science, Technology and Agriculture

The foundation of success in Southeast's College of Science, Technology and Agriculture is a faculty of teacher-scholars supported by well equipped laboratories and the latest technology, which offer our students personalized study and research opportunities during their undergraduate studies.

- ▶ Our popular computer science bachelor's program is nationally accredited by the Computing Accreditation Commission of the Accreditation Board of Engineering Technology.
- ▶ Our popular marine biology program is one of the only inland programs in the U. S., creating an opportunity for students to combine a traditional college experience with the study of marine life because of our collaboration with the Gulf Coast Research Laboratory in Ocean Springs, Miss.
- ▶ Southeast's pre-med curriculum prepares students for the MCAT (Medical College Admission Test). Our students are accepted to medical school at a rate that is well above the national average.
- ▶ Our chemistry graduates consistently score at or above the 70th percentile on the Major Field Achievement Test in Chemistry.
- ▶ Our engineering physics program is nationally accredited by the Accrediting Board of Engineering and Technology (ABET), the sole accrediting body of engineering programs, which means that graduates of the program are eligible to become registered professional engineers.
- ▶ All of the bachelor of science programs in the Department of Industrial and Engineering Technology are nationally accredited.
- ▶ In addition to a 252-acre David M. Barton Agriculture Research Center, Agriculture students study at a 110-acre rice research station, a new irrigated turf plot facility, and a modern soil fertility laboratory.
- ▶ The School of Polytechnic Studies operates the 11,000-square-foot, climate-controlled Charles L. Hutson Horticulture Greenhouse.
- ▶ Our new cybersecurity program is the only one of its kind in Missouri. The U.S. Department of Labor estimates there will be 135,000 new jobs in this field by 2018—a 21 percent increase in Missouri alone.
- ▶ The innovative sustainable energy systems management major responds to world needs to address global warming, air pollution and ecosystem destruction.
- ▶ Southeast's pre-veterinary medicine program prepares students for admission to the College of Veterinary Medicine at the University of Missouri-Columbia.
- ▶ Mathematics faculty are actively involved in research and design projects of interest to students.



Graduates in science and mathematics enjoy a nearly **100%** placement rate.



Earl and Margie Holland School of

Visual and Performing Arts

Classic beauty and modern technology converge at Southeast's River Campus—Missouri's only campus dedicated exclusively to art, dance, music and theatre. Overlooking the Mississippi River, a Cultural Arts Center and transformed Seminary Building are now home to the Earl and Margie Holland School of Visual and Performing Arts. With the coming of this magnificent facility, the number of new students planning to major in the visual and performing arts doubled in one year.

- ▶ Art students have five interconnected art studios for painting, drawing, printmaking, fibers and design plus two computerized looms, as well as two presses in the printmaking studio and a computer design lab with the latest hardware and software available.
- ▶ Students find internships and professional experience at the Berkshire Theatre Festival, the Lucille Lortel Theatre in New York, the McLeod Summer Theatre or the University of Connecticut Summer Theatre and more.
- ▶ In 2008, the Golden Eagles Marching Band performed at the Edinburgh Military Tattoo in Scotland becoming only the second American university marching band to perform there twice.
- ▶ In addition to performances throughout the season, featuring world famous guest artists, the Southeast Missouri Symphony Orchestra exchanged music as well as culture in China when they performed concerts in Shanghai and Beijing in 2009.
- ▶ The River Campus gives students the opportunity to show their work in a variety of first-class venues: the 950-seat Donald C. Bedell Performance Hall is a proscenium theatre with spacious stage and backstage areas. The 200-seat Wendy Kurka Rust Flexible Theatre can be configured in unlimited ways for "black box" productions. The 200-seat Robert F. and Gertrude L. Shuck Music Recital Hall features nearly perfect acoustics. A student/faculty art gallery features technology that allows for the display of 3-D animation, as well as painting, prints, ceramics and sculpture. The Rosemary Berkel and Harry L. Crisp II Museum has an interactive educational theatre, art gallery for changing exhibitions and a permanent display featuring southeast Missouri.



Living on Campus

Southeast offers students 11 residence halls from which to choose. Each room has Internet access and cable TV. Nine dining areas are available with a variety of options. And, with more than 150 diverse organizations, students find plenty of opportunities to get involved.





SOUTHEAST MISSOURI STATE UNIVERSITY



2013 CROSS COUNTRY CHAMPIONSHIPS

DIVISION I • TERRE HAUTE, INDIANA

INDIANA STATE UNIVERSITY, HOST



2014 INDOOR TRACK & FIELD CHAMPIONSHIPS

DIVISION I • ALBUQUERQUE, NEW MEXICO

UNIVERSITY OF NEW MEXICO, HOST

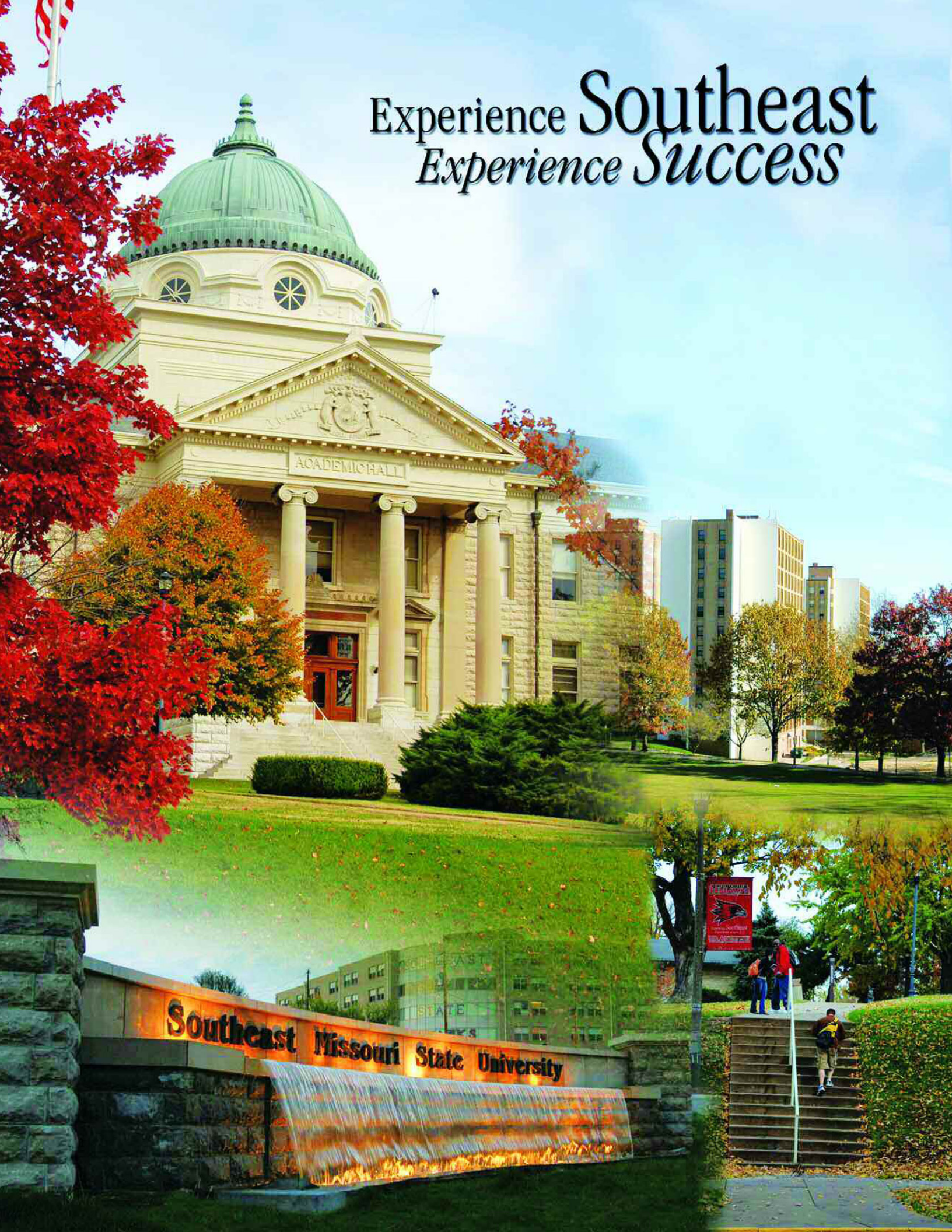


2014 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

DIVISION I • EUGENE, OREGON

UNIVERSITY OF OREGON, HOST

Experience Southeast *Experience Success*





TRACK AND FIELD 2013-14 SCHEDULE

INDOOR

DEC. 6 • EIU EARLY BIRD
JAN. 25 • SOUTHEAST/SIU-E DUAL
JAN. 31 - FEB. 1 • INDIANA RELAYS
FEB. 7-8 • SIU CARBONDALE INVITE
FEB. 14-15 • IOWA STATE CYCLONE CLASSIC
FEB. 14-15 • GRAND VALLEY STATE BIG MEET
FEB. 21 • REDHAWKS INVITE
FEB. 28 - MARCH 1 • OHIO VALLEY CONFERENCE CHAMPIONSHIP
MARCH 14-15 • NCAA INDOOR CHAMPIONSHIP

OUTDOOR

MARCH 20-22 • ALABAMA RELAYS
MARCH 29 • MEMPHIS INVITE
APRIL 4-5 • JOEY HAINES INVITE
APRIL 11-12 • SEA RAY RELAYS
APRIL 18-19 • WAR EAGLE INVITATIONAL
APRIL 25-26 • ARKANSAS STATE INVITE
MAY 2-3 • OHIO VALLEY CONFERENCE CHAMPIONSHIP
MAY 10 • PANTHER QUALIFIER
MAY 16 • LOUISVILLE TWILIGHT
MAY 16-17 • GEORGIA TECH INVITE
MAY 29-31 • NCAA WEST REGIONAL
JUNE 8-11 • NCAA OUTDOOR CHAMPIONSHIP
JUNE 26-29 • USATF JR./SR NATIONAL CHAMPIONSHIP

*CONFERENCE GAME

HOME MEETS HELD AT THE
STUDENT RECREATION CENTER-NORTH (INDOOR)
AND THE ABE STUBER TRACK AND FIELD COMPLEX (OUTDOOR)

GOSOUTHEAST.COM

