



Uchtman

Koenegstein

Terry

Brewer, A.

Colbert

Brewer, S.

Shipley

Espiricueta

MEDIA GUIDE

TRACK & FIELD

SOUTHEAST MISSOURI STATE

2010 TRACK & FIELD ROSTER

MEN'S ROSTER

NAME	EVENT	YR	HOMETOWN/LAST SCHOOL
Brandon Colbert	Throws	SR	Troy, Mo./Troy
Ryan Criglar	Sprints/Jumps	JR	Malden, Mo./Malden
Dustin Davis	Distance	SR	Edwardsville, Ill./Edwardsville
Robert Delaria	Sprints	JR	St. Louis, Mo./Parkway West
Devon Dudding	Distance	FR	Edwardsville, Ill./Edwardsville
Courtney Ellis	Sprints	SR	St. Louis, Mo./McCluer South
Jamere Franklin	Sprints	JR	Los Angeles, Calif./Chaffey
Brandon Funderburk	Distance	JR	St. Peters, Mo./Ft. Zumwalt South
Chris Gill	Sprints	SR	O'Fallon, Mo./Ft. Zumwalt West
Bilal Hameed	Jumps	SR	East St. Louis, Ill./East St. Louis
Steve Hendry	Throws	JR	Manchester, Mo./Parkway West
Chris Johnson	Jumps	JR	St. Louis, Mo./
Joel Krause	Mid-Distance	SO	Knob Noster, Mo./Knob Noster
Chris Loseman	Distance	JR	St. Charles, Mo./Francis Howell N.
Lucas Lockett	Pole Vault/Distance	SR	Hillsboro, Ill. - Hillsboro
Jason Lumpkin	Distance	JR	Ballwin, Mo./Marquette
Cody Martin	Distance	JR	St. Charles, Mo. - Francis Howell C.
Evan Miller	Jumps	FR	Sainte Genevieve, Mo./Valle Catholic
Ross Miller	High Jump	FR	Cape Girardeau, Mo./Clovis Christian
Tyler Mullen	Distance	FR	Saint Peters, Mo./Fort Zumwalt S.
Myron Pettigrew	Sprints	SR	Charelston, Mo./Charleston
Craig Robinson	Throws	FR	Hayti, Mo./Hayti
Nate Shipley	Distance	SO	St. Charles, Mo./Francis Howell N.
Jared Siemers	Throws	FR	Cape Girardeau, Mo./Cape Central
Paul Stemmerman	Distance	SR	Eureka, Mo./Eureka
Tyler Terry	Jumps	JR	Cape Girardeau, Mo./Cape Central
Josh Uchtman	Throws	JR	Steeleville, Ill./Steeleville
Max Wieser	Distance	SO	Cape Girardeau/Saxony Lutheran
Jeff Wilfong	Pole Vault	FR	Bonne Terre, Mo./North County
Alex Zisser	Distance	FR	St. Louis, Mo./Lutheran South

WOMEN'S ROSTER

NAME	EVENT	YR	HOMETOWN/LAST SCHOOL
Travon Beard	Hurdles	SO	Orlando, Fla./Maynard Evans
Ashley Brewer	Throws	SR	St. Peters, Mo./Ft. Zumwalt South
Shemeika Brewer	Jumps	SO	Clarksdale, Miss./Clarksdale
Nikki Buchheit	Pole Vault/Hurdles	FR	Fenton, Mo./Rockwood Summit
Sharoyah Davis	Sprints	JR	St. Louis, Mo./Pattonville
Brianna Egbuka	Throws	JR	Cape Girardeau, Mo./Cape Central
Samantha Espiricueta	Throws	SR	Belton, Mo./Belton
Kelley Good	Mid-Distance	JR	Bolivar, Mo./Bolivar
Hannah Groom	Javelin	JR	Overland Park, Kan. - NW Missouri
Lanie Haertling	Distance	SO	Nashville, Ill./Nashville
Jerica Hamm	Sprints	SR	St. Louis, Mo./McCluer
Cara Harbstreet	Jumps	JR	Urish, Mo./Sherwood
Audrey Harwood	Pole Vault	SR	Palatine, Ill./Wm Frend
Tyler Hodges	Jumps/Sprints	FR	Homestead, Fla./Homestead
Unique Hooks	Hurdles	FR	Raytown, Mo./Raytown South
Rachel Kahle	Sprints/Jumps	JR	Jackson, Mo./Jackson
Juli Koenegstein	Distance	SR	Chester, Ill./Chester
Jerika Lewis	Sprints	FR	Richton Park, Ill./Rich South
Lauren McNamara	Pole Vault	JR	Breese, Ill./Mater Dei
Tiffany Mead	Distance	SO	Cape Girardeau, Mo./Cape Central
Monica Noble	Distance	JR	St. Charles, Mo./Francis Howell N.
Kasey Owens	Distance	JR	Eureka, Mo./Eureka
Szandra Pal	Distance	SR	Budapest, Hungary/Vorosmarty Mihaly
Mary Pearson	Jumps	JR	Cape Girardeau, Mo./Cape Central
Jill Schnurbusch	Pole Vault	FR	Cape Girardeau, Mo./Notre Dame
Liz Speicher	Distance	SO	Edwardsville, Ill./Edwardsville
Chloe Tubbs	Javelin	GS	St. Louis, Mo./Metro Academy
Linnea Woldtvedt	Distance	SR	Cape Girardeau, Mo./Cape Central

COACHING STAFF

Head Coach: Eric Crumpecker

Assistant Coach (Distance/Cross Country): Miles Krieger

Assistant Coach (Sprints/Hurdles): Tara Zapata

Graduate Assistant Coach (Jumps): John Berry

Volunteer Assistant Coach (Pole Vault): Michele Tanz



All-OVC Sprinters Myron Pettigrew (left) and Chris Gill (right)



Cross Country / Track and Field Media Guide

Southeast Missouri State University

Location.....	Cape Girardeau, Mo. (40,000)
Founded	1873
Enrollment	10,665
Nickname	Redhawks
Colors	Red and Black
Conference.....	Ohio Valley Conference
National Affiliation	NCAA Division I
President	Dr. Kenneth Dobbins
Athletic Director.....	John Shafer

Redhawks Quick Facts

Head Coach	Eric Crumpecker
Alma Mater	(Missouri-Rolla)
Office Phone and Fax	(573) 986-7302
Home Phone	(573) 986-8742
Assistant Coach, Distance	Miles Krieger
Alma Mater	(Southern Indiana)
Office Phone	(573) 986-7301
Assistant Coach, Sprints/Hurdles	Tara Zapata
Alma Mater	(Lincoln University)
Office Phone	(573) 651-5994
Graduate Assistant, Jumps.....	John Berry
Office Phone	(573) 986-7301

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ON THE COVERS



Front: First-year Head Coach Eric Crumpecker leads nine All-OVC selections, (L-R) Andrew Glass, Juli Koenegstein, Chris Gill, Paul Stemmerman, Whitney Thomas, Brandon Colbert, Bilal Hameed, Ashley Brewer, Brandon Karcher.

Back: The 2008 OVC Outdoor Track & Field Champions.



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Athletics Department Mission Statement

Southeast Missouri State University Athletics Department recognizes the University's responsibility for the advancement and transmission of knowledge and the preparation of leaders in all segments of society.

The Athletics Department supports the educational objectives, academic progress and general welfare of student-athletes.

It offers assistance and encouragement for student-athletes to maintain appropriate academic progress and to achieve their individual educational goals.

It provides an atmosphere which supports equitable opportunity for all students and staff, including the women and minorities. The Athletics Department offers student-athletes opportunities to excel in their particular sports while embracing the NCAA's principles of sportsmanship and ethical conduct.

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Eric Crumpecker Head Coach

Long time Southeast Missouri State University assistant track coach Eric Crumpecker is in his first season as head men's and

all-MIAA honors in the shot and discus for the Miners' track team. He and his wife, Amy, reside in Jackson, Mo.

women's track & field coach.

Crumpecker, who served as an assistant coach under Joey Haines for the past 17 seasons, assumed the head coaching duties on August 1 when Haines retired. He was selected after a national search that produced four finalists who had campus interviews.

"I am honored to have the opportunity to take over a great track program," Crumpecker said. "I'm thankful for the opportunity that coach Haines gave me 17 years ago when I started my coaching career. I've learned a great deal and I've been fortunate to be involved in all aspects of the track program. I'm taking over a program that has a great championship tradition and I just need to keep it going in the right direction."

During his years as a Southeast assistant working primarily with the field events, Crumpecker was a part of 20 OVC team titles, coached 74 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 coached Southeast athletes to 11 school records and three OVC records.

Crumpecker will have a staff of two full time assistants and one graduate assistant.

Originally from 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. As a collegiate athlete, Crumpecker was a starting lineman for UMR and earned

Personal Information

Age:

Hometown: Union, Mo.

Position: Head Coach

Experience: 1st Season

Coaching Experience

- Head Coach Southeast Missouri State (2008-Present)
- Assistant Coach Southeast Missouri State (1991-2008)
- Ohio Valley Conference Champions
 - 5 Men's Javelin
 - 7 Women's Javelin
 - 7 Men's Shot Put
 - 8 Women's Shot Put
 - 6 Men's Discus
 - 3 Women's Discus
- NCAA Division I Provisional Qualifiers
 - 1995, Randy Johnson, Javelin
 - 1997, Randy Johnson, Javelin
 - 2000, Lutricia Purham, Indoor Shot Put
 - 2002, Heather Jenkins, Shot Put
- NCAA Division I National Competition
 - 1999, Lutricia Purham, Shot Put (15th Place)
 - 2002, Heather Jenkins, Discus (15th Place)



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ASSISTANT COACHES



Miles Krieger

Assistant Coach Distance

Experience:
2nd Season
Alma Mater:
Southern Indiana

Miles Krieger was named an assistant track coach for distance runners in August 2006. Krieger serves as the head cross country coach at Southeast.

He came to Cape Girardeau after serving as an assistant coach at Southern Indiana, an NCAA Division II institution in Evansville, Ind. While at USI, he helped lead the men's cross country team to the Great Lakes Valley Conference championship, which was said to be the most impressive showing in the history of the league. In addition, the women's team at USI finished second in the conference behind Wisconsin-Parkside by a mere three points.

Krieger coached numerous NCAA Division II All-Americans in cross country and track at USI, including a national champion and runner-up in the long jump. He also tutored numerous NCAA D-II National Qualifiers. In 2004, he served as the Assistant Director of the NCAA Division II Cross Country Championships in 2004.

Prior to his coaching position at USI, Krieger was the assistant cross country and track coach at Franklin College (Ind.) in 2003-2004. While at Franklin, he developed a training regimen and recruited student-athletes to improve the team's performance.

As a collegiate athlete, Krieger competed in both cross country and track for USI where he was an All-Great Lakes Valley Conference runner in the 10k. He received his bachelor's degree in Communication Studies and is currently pursuing his master's in Public Administration at his alma mater.



Tara Zapata

Assistant Coach Sprints/Hurdles

Experience:
1st Season
Alma Mater:
Lincoln University

Tara Zapata enters her first season as an assistant coach for the Redhawks track and field team. She will be in charge of both the men's and women's sprinters and hurdlers.

We are fortunate to be able to attract someone with the experience and coaching success that Zapata has achieved," said Redhawks Track & Field Head Coach Eric Crumpecker. "She will coach both the men's and women's sprinters and hurdlers at Southeast."

Prior to her stint at Southeast Missouri, Zapata was an assistant coach at the University of Arkansas-Little Rock where she coached the Trojans sprinters and hurdlers. Under her guidance the Trojans received their first women's track and field athlete to qualify for the NCAA Outdoor Regional since 2005. Zapata coached two athletes who qualified for the NCAA Outdoor Midwest Regional in 2008.

Zapata, a native of New York City, began her coaching career at Essex County College in Newark, N.J. where she spent two seasons. She assisted and assessed in training and conditioning for sprints, hurdles, and jumps as well as planned and conducted practices.

At Essex, she coached 16 national champions and 14 All-Americans. The 2007 ECC women's team won the NJCAA Division I national championship.

In her career, Zapata has coached NJCAA National Champions and All-Americans including Lorain McKenzie from the University of Florida, Justin McKenzie from Seton Hall University, Trish Bartholomew from the University of Alabama, Allison George from Texas A&M, and Bianca Strachan from the University of Maryland.

ANAIA, NJCAA, and NCAA All-American and honorable mention All-American sprinter, Zapata was a member of the 1996 NAIA Outdoor Championships team at Central State University in Wilberforce, Ohio.

Zapata received her B.S. in Business Administration in 1999 and her M.B.A. in Business Administration in 2002 from Lincoln University in Jefferson City, Mo.



John Berry

Graduate Assistant Jumps

Experience:
1st Season
High School:
Parkway South

John Berry begins his first season as a graduate assistant coach after a stellar career as a Redhawks jumper. He will use that expertise in the jumps to help the team as his primary duties will be to serve as the team's jump coach.

As a Redhawk, he saved his best for last during the 2008 outdoor season. He qualified for the 2008 NCAA Track & Field Championships in Des Moines, Iowa just missing out on All-American status, as he finished 15th overall with a leap of 24'-11.75" in the semifinals.

That finish capped a year in which he won six individual titles in the long jump during both the indoor and outdoor seasons including the OVC Indoor and Outdoor titles. Also among the highlights were a seventh place finish in the NCAA Midwest Regional, three times being named OVC Field Athlete of the Week and being named the OVC Outdoor Male Field Athlete of the Year. He ranks fifth on the school's all-time long jump charts with a leap of 25'-1.50" and holds the Student Recreation Center long jump record with a distance of 24'-10.50".

Berry was a three-time NCAA regional qualifier and NCAA provisional qualifier during his career as a Redhawk which included a tenth place showing at the 2007 NCAA Midwest Regional. In his junior season he finished second in the long jump at the OVC Outdoor Championships and third in the OVC Indoor Championships.

Berry was also an accomplished triple jumper and high jumper during his Redhawks career. As a freshman he finished fourth in the triple jump at the OVC Indoor Championships.

As a prep at Parkway South High School in St. Louis, Missouri he was a state finalist his senior season in the long jump, finishing fourth to garner All-State honors.

Berry graduated with a degree in criminal justice from Southeast Missouri State in May 2008 and is pursuing his masters in the same program.



2008-09 Southeast Missouri State University Track and Field Schedule

INDOOR TRACK

December 5	SIU Fast Start Invitational	Carbondale, Ill.
January 16	SIU Booster Club Invitational	Carbondale, Ill.
January 24	Illinois State Redbird Invitational	Bloomington, Ill.
January 30-31	Hoosier Relays	Bloomington, Ind.
February 13	Hoosier Hills Invitational	Bloomington, Ind.
February 20	Redhawks Invitational	CAPE GIRARDEAU
February 28-29	Ohio Valley Conference Indoor Championships (Men - 2nd / Women - 2nd)	Charleston, Ill.
March 6-7	Alex Wilson Invitational	Southbend, Ind.
March 13	NCAA Indoor Championships	College Station, Texas

OUTDOOR TRACK

March 21	Austin Peay Invitational	Clarksville, Tenn.
March 27-28	Gill Athletics Spring Classic	Carbondale, Ill.
April 3-4	Joey Haines Invitational	CAPE GIRARDEAU
April 10-11	Sea Ray Relays	Knoxville, Tenn.
April 16-18	Mount Sac Relays	Walnut, Calif.
April 24-25	Drake Relays	Des Moines, Iowa
April 25	SIU-Edwardsville Twilight	Edwardsville, Ill.
May 1-2	Ohio Valley Conference Outdoor Championships	Richmond, Ky.
May 15-16	Georgia Tech Invitational	Atlanta, Ga.
May 29-30	NCAA Mideast Regional	Louisville, Ky.
June 10-13	NCAA Outdoor Championships	Fayetteville, Ark.



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2008-09 Men's Roster

Name	Event(s)	Yr./Cl.	Hometown - Last School
Chris Chiles	Pole Vault	FR	Catawissa, Mo. - Northwest
Brandon Colbert	Throws	JR	Troy, Mo. - Troy
Ryan Criglar	Sprints/Jumps	SO	Malden, Mo. - Malden
Dustin Davis	Distance	JR	Edwardsville, Ill. - Edwardsville
Robert Delaria	Sprints	SO	St. Louis, Mo. - Parkway West
Courtney Ellis	Sprints	JR	St. Louis, Mo. - McCluer South-Berkeley
Brandon Funderburk	Distance	SO	St. Peters, Mo. - Ft. Zumwalt South
Chris Gill	Sprints	SR	O'Fallon, Mo. - Ft. Zumwalt West
Darion Ginger	Sprints	JR	St. Louis, Mo. - McCluer
Andrew Glass	Throws	SR	Gordonville, Mo. - Jackson
Derek Goodin	Hurdler	FR	Scott City, Ks. - Scott City
Bilal Hameed	Jumps	SR	East St. Louis, Ill. - East St. Louis
Anthony Harris	Jumps	SR	Cape Girardeau - Cape Central High
Brandon Karcher	Distance	SR	Mt. Vernon, Ill. - Mt. Vernon
Joel Krause	Mid-Distance	FR	Knob Noster, Mo. - Knob Noster
James Lee	Distance	JR	Eureka, Mo. - Eureka
Chris Loseman	Distance	SO	St. Charles, Mo. - Francis Howell North
Jason Lumpkin	Distance	SO	Ballwin, Mo. - Marquette
Cody Martin	Distance	SO	St. Charles, Mo. - Francis Howell Central
Richard Martin	Throws	SR	Pevely, Mo. - Herculaneum
T.J. Matthews	Distance	FR	Malden, Mo. - Malden
Yemi Oduwale	Sprinter	SO	St. Louis, Mo. - Ladue
Myron Pettigrew	Sprints	JR	Charelston, Mo. - Charleston
Trey Porter	Sprints	SO	Malden, Mo. - Malden
Nate Shipley	Distance	FR	St. Charles, Mo. - Francis Howell North
Antoine Smith	Jumps	JR	Florissant, Mo. - Hazelwood East
Paul Stemmerman	Distance	JR	Eureka, Mo. - Eureka
Danny Stults	Distance	SR	Springfield, Ill. - Springfield Southeast
Josh Sutton	High Jump	FR	Bonne Terre, Mo. - North County HS
Tyler Terry	Jumps	SO	Cape Girardeau, Mo. - Cape Central
Joshua Uchtman	Throws	SO	Steeleville, Ill. - Steeleville
Max Wieser	Distance	FR	Cape Girardeau - Saxony Lutheran HS

2008-09 Women's Roster

Name	Event(s)	Yr./Cl.	Hometown - Last School
Travon Beard	Hurdler	FR	Orlando, Fla. - Maynard Evans
Ashley Brewer	Throws	JR	St. Peters, Mo. - Ft. Zumwalt South
Shemieka Brewer	Long & Triple Jump	FR	Clarksdale, Miss. - Clarksdale
Funtasia Clark	Jumps	SR	Jefferson City, Mo. - Jefferson City
Stymill Conley	Sprints/Jumps	JR	Conway, Ark. - Conway
Aubrey Dondlinger	Javelin	SR	Palos Heights, Ill. - Parkland CC
Brianna Egbuka	Throws	SO	Cape Girardeau, Mo. - Cape Central
Precious Elliott	Sprints	SR	St. Louis, Mo. - Ritenour
Samantha Espiricueta	Throws	JR	Belton, Mo. - Belton
Kelley Good	Sprints	SO	Bolivar, Mo. - Bolivar
Lanie Haertling	Distance	FR	Nashville, Ill. - Nashville Community
Jerica Hamm	Sprints	JR	St. Louis, Mo. - McCluer
Cara Harbstreet	Jumps	SO	Urich, Mo. - Sherwood
Audrey Harwood	Pole Vault	JR	Palatine, Ill. - Wm Frend
Danielle Henry	Mid-Distance	SO	St. Charles, Mo. - Francis Howell North
Orie Ibe	Hurdles	SR	St. Louis, Mo. - Ladue
Rachel Kahle	Sprints/Jumps	SO	Jackson, Mo. - Jackson
Juli Koenegstein	Distance	SR	Chester, Ill. - Chester
Melina Lewis	Sprints	SO	Florissant, Mo. - McCluer North
Rebecca Martin	Throws	SR	Burfordville, Mo. - Jackson
Lauren McNamara	Pole Vault	SO	Breese, Ill. - Mater Dei
Katie Mueller	Distance	SR	Florissant, Mo. - Incarnate Word Academy
Monica Noble	Distance	SO	St. Charles, Mo. - Francis Howell North
Kasey Owens	Distance	SO	Eureka, Mo. - Eureka
Szandra Pal	Distance	SR	Budapest, Hungary - Vorosmarty Mihaly
Ivy Perry	Pole Vault	SO	St. Louis, Mo. -
Elizabeth Prewitt-Allen	Hurdles	SR	St. Louis, Mo. - Ladue
Samantha Shaw	Distance	JR	Edwardsville, Ill. - Edwardsville
Elizabeth Speicher	Distance	FR	Edwardsville, Ill. - Edwardsville
Whitney Thomas	Hurdles	SR	St. Louis, Mo. - Hazelwood Central
Chloe Tubbs	Javelin	SR	St. Louis, Mo. - Metro Academy & Classical
Amy Warren	Distance	JR	Cincinnati, Ohio - St. Ursula Academy
Linnea Woldtvedt	Distance	JR	Cape Girardeau, Mo. - Cape Central



WOMEN RETURNEES



**Ashley
Brewer**

**Throws
Junior
St. Peters, Mo.
(Ft. Zumwalt S.)**

Veteran thrower who is capable of gaining points in the shot, hammer (weight) throw and javelin.

2009 Indoor: Placed third in the OVC indoor weight throw... sixth in the indoor shot put.

2007-08: Placed fourth in the weight throw at OVC indoor... Finished first in the discus throw at the Tennessee State Relays Outdoor... Finished second in the discus at OVC outdoor.

2006-07: OVC champion in the shot put and placed third in the weight throw at OVC indoor... Placed third in the discus, tenth in the javelin and seventh in the shot put at OVC outdoor championship.

Prep: Placed second in the discus and fifth in the shot put at MSHSAA... All-State. Softball... All-Conference... All-District... All-Regional... also played softball and basketball.

Personal: Born 4-25-1988 ... daughter of Tim and Jill Brewer... majoring in secondary education... 06-07 OVC Commissioner's Honor Roll... Southeast Scholar Athlete 08.



**Funtasia
Clark**

**Jumps
Senior
Jefferson City, Mo.
(Jefferson City)**

Veteran jumper who competes in the long jump and high jump.

2009 Indoor: Placed 8th in the high jump, 7th in the triple jump at the O'Reilly OVC Indoor.

2007-08: Placed third in high jump and seventh in long jump at OVC indoor... Finished sixth in triple jump at OVC outdoor.

2006-07: Placed third in the high jump at OVC indoor... Finished 11th in the triple jump at OVC indoor... Finished eighth in the long jump, ninth in the high jump and 11th in the triple jump at OVC outdoor.

Prep: 2004 and 2005 Missouri State champion in the high jump while competing for Jefferson City High School.

Personal: Born 3-29-1987 ... daughter of Vernon Evans and Sonya Clark... majoring in business administration.



**Stymill
Conley**

**Sprints/Jumps
Junior
Conway, Ark.
(Conway)**

Versatile sprinter who will run the 400 and on relays.

2009 Indoor: Finished 1st in 4x400m relay at OVC indoor championships.

2007-08: Finished fifth in 400m at OVC indoor and outdoor... Ran a season's best 58.43 in the 400m at the OVC Indoor Championships.

Prep: All-Conference... Faulkner County Track Athlete of the Year 2005... also played volleyball and basketball.

Personal: Born 11-12-1987... daughter of Steve and Kim Conley... majoring in pre-medicine... 06-07 OVC Commissioner's Honor Roll... Southeast Scholar Athlete 08.



**Brianna
Egbuka**

**Throws
Sophomore
Cape Girardeau, Mo.
(Cape Girardeau)**

Diminutive thrower who has surprising strength.

2009 Indoor: Placed 5th in the OVC indoor shot put and 8th in the OVC indoor weight throw.

2007-08: Placed fifth in weight throw at OVC indoor... Finished fourth in shot put at OVC outdoor.

Prep: All-state shot put 2006-07... Women's MVP 2007.

Personal: Born 10-17-1988... daughter of Denise Egbuka and John Egbuka... majoring in exercise science... 07-08 OVC Commissioner's Honor Roll... Southeast Scholar Athlete 08.



**Precious
Elliott**

**Sprints
Senior
St. Louis, Mo.
(Ritenour)**

2009 Indoor: Finished sixth in 60m Dash at the O'Reilly OVC Indoor.

2007-08: Finished fourth in 55m at OVC indoor... Placed third in 100m and ran on second place 4x100m relay at OVC outdoor.

2006-07: Placed seventh in the 60m at OVC indoor... placed 19th in the 60 meter dash with a time of 7.96 and 22nd in the 200 meters with a time of 26.53 at the Gladstein Invitational... Finished seventh in the 100m at OVC outdoor.

Prep: All-State in the 100m, 200m... Sportsmanship MVP and Most Dedicated as a sprinter at Ritenour High School... leadership and math honors.

Personal: Born 9-22-1986... Born daughter of Gena Butcher... majoring in psychology... 06-07 Commissioner's Honor Roll... 07-08 Commissioner's Honor Roll... Southeast Scholar Athlete 08.



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WOMEN RETURNEES



**Samantha
Espiricueta**

**Throws
Junior
Belton, Mo.
(Belton)**

Former softball player who had a great season in the javelin with a second place finish in the OVC outdoor championships.

2007-08: Placed second in the javelin at OVC outdoor.

Prep: Conference Champ...All-state.

Personal: Born 11-23-87...daughter of Mary and Angel Espiricueta... majoring in art education.



**Jerica
Hamm**

**Sprints
Junior
St. Louis, Mo.
(McCluer)**

Sophomore sprinter who can run the 100, 200 and 400 ... will also run on relay teams.

2009 Indoor: Placed third in the 400m and sixth in the 200m at the OVC indoor championships ... also ran on the OVC championship 4x400m relay team.

2007-08: Finished seventh in 400m at OVC outdoor.

Prep: 4x400 meter relay state champion 2004-2006...Placed 2nd in the 4x200 meter relay meet and placed 8th in the 200m at state in 2006...Also played basketball.

Personal: Born 7-12-88...daughter of Lorraine Hamm...majoring in business-management.



**Cara
Harbstreet**

**Jumps
Sophomore
Urich, Mo.
(Sherwood)**

Sophomore high jumper and long jumper with good potential.

2009 Indoor: Placed sixth in the high jump at the OVC championships

2007-08: Finished seventh in the high jump at outdoor OVC.

Prep: All-Conference...All-District...All-State (4th and 9th)...2007 state champ... MVP award (2006-2007)... also played volleyball.

Personal: Born 12-12-89...daughter of Bill and Sue Harbstreet...majoring in Dietetics.



**Audrey
Harwood**

**Pole Vault
Junior
Palatine, Ill.
(Wm. Fremd)**

Veteran pole vaulter who looks to PR as a junior.

2009 Indoor: Placed fourth in the OVC indoor pole vault.

2007-08: Finished third in the pole vault at indoor and outdoor OVC championships.

2006-07: Placed second in the pole vault with a height of 11' 11.75" at OVC indoor...Finished 16th at ISU Cyclone Classic...Placed third at OVC outdoor.

Prep: Participated in pole vault and high jump for William Fremd H.S. in Palatine, Ill.

Personal: Born 11-24-1987...daughter of Judy and Michael Harwood...majoring in Health Promotion.



**Danielle
Henry**

**Mid-Distance
Sophomore
St. Charles, Mo.
(Frances Howell No.)**

Sophomore mid-distance runner.

2009 Indoor: Just missed qualifying for finals in the 800 with a time of 2:24.26.

Prep: All-state in the 800m run and 4x800m relay.

Personal: Born 2-15-89...daughter of Michele Henry ... majoring in Nursing.



**Orie
Ibe**

**Hurdles
Senior
St. Louis, Mo.
(Ladue)**

Veteran sprinter and hurdler.

2009 Indoor: Hampered by injuries... missed the OVC championships.

2007-08: Finished sixth in 55m hurdles at OVC indoor...Placed third in the 200m and sixth in the 100m hurdles at OVC outdoor.

2006-07: Placed second in the 60m hurdles at indoor OVC championship... Finished third in the 100m hurdles and fifth in the 200m at outdoor OVC championship...Placed fifth at the Vanderbilt Invitational...Placed 11th in the 4x200m relay at Sea Ray Relays.

Prep: Missouri 3A State champion in the 300m intermediate hurdles...ran on two state championship sprint relay teams...led her Ladue High School team to the state championship in 2005.

Personal: Born 6-28-1987...daughter of Ibe O. and Ngozi Ibe... majoring in marketing.



WOMEN RETURNEES



Rachel Kahle

**Sprints/Jumps
Sophomore
Jackson, Mo.
(Jackson)**

Sprinter and long jumper with unlimited potential ... had a great indoor season.

2009 Indoor: At the OVC championships, placed third in the 60m, second in the 200m and ran on the winning 4x400m relay team.

2007-08: Finished third in the 100m and ran on second place 4x100m relay at OVC outdoor championship.

Prep: Finished 3rd in the 100m at state meet in 2007... All-State in 2006-07.

Personal: Born 5-13-89... daughter of Mike and Terri Kahle... undecided on college major.



Juli Koenegstein

**Distance
Senior
Chester, Ill.
(Chestser)**

Veteran distance runner who ranks among the OVC's best distance runners.

2009 Indoor: Placed third in the mile and third in the 5000m at the OVC indoor championships.

2008 Cross Country: First team all-OVC after finishing second at the OVC championships... placed ___ in the NCAA Regional championships.

2007-08: Placed fourth in the mile and sixth in the 3000m at OVC indoor ... missed the outdoor season with an injury.

2006-07: Opened cross country season with a fifth place showing at the Southern Indiana Invitational... Placed 16th at the EIUPanther Opener... Placed 17th at the Saluki Invite... Finished 56th in the 5K at the Greater Louisville

Classic... Placed fourth at the Evansville Invitational... Finished eighth at the OVC cross country championship... Named second team All-OVC... Opened indoor track season with a second place finish in the 3000m at the Saluki Invite... Finished sixth in the 3000m run at Indiana Relays... Placed 29th in the mile at the ISU Cyclone Classic ... Finished third in the mile and sixth in the 3000m at OVC indoor... Won the 3000m steeplechase and placed fifth in the 1500m at OVC outdoor championship ... NCAA Mid-east Regional qualifier... Finished 15th in the 3000m steeplechase at NCAA Regionals.

2005-06: Placed 34th in the OVC cross country championship.

Prep: Distance runner at Chester High School... Illinois State qualifier in cross country, 4x800 and 4x400.

Personal: Born 11-21-1986... daughter of Bob and Pat Koenegstein... majoring in Family Consumer Science Education.



Rebecca Martin

**Throws
Senior
Burfordville, Mo.
(Jackson)**

Veteran thrower who can throw the shot, discus and javelin.

2007-08: Finished fourth in the javelin at OVC outdoor.

2006-07: Placed eighth in the shot put and 11th in the weight throw at OVC indoor... Placed third in the javelin and 12th in the shot put at outdoor OVC... Gatorade Classic champion in the javelin.

Prep: Won All-State honors in the shot put for Jackson High School... ran on state qualifying sprint relays.

Personal: Born 10-29-1986... daughter of Rick and Donna Martin... majoring in business.



Lauren McNamara

**Pole Vault
Sophomore
Breese, Ill.
(Mater Dei)**

Pole vaulter who can also run sprints. 2009 Indoor: Placed ninth in the OVC indoor pole vault.

2007-2008: Placed ninth in the OVC outdoor pole vault.

Prep: Sectional Pole Vault Champion 2006-07... received outstanding field events award 2006-07... voted outstanding runner of the year 2007.

Personal: Born 2-14-89... daughter of Joe and Barb McNamara... majoring in mass communications.



Monica Noble

**Distance
Sophomore
St. Charles, Mo.
(Francis Howell N.)**

Distance runner sidelined by injuries last season... strong cross country season in 2008 and solid indoor season in 2009.

2009 Indoor: Placed eighth in the mile at the OVC indoor championships.

2008 Cross Country: Second team all-OVC ... placed ninth in the OVC cross country championships.

Prep: Cross Country at Francis Howell North.

Personal: Born 4-29-1989... daughter of Winona and Richard Noble... majoring in Physical Education.



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WOMEN RETURNEES



**Kasey
Owens**

**Distance
Sophomore
Eureka, Mo.
(Eureka)**

Distancerunner who was sidelined by injuries as a freshman.

2009 Indoor: Placed sixth in the mile and ran on the sixth place distance medley relay team at the OVC indoor championships.

2008 Cross Country: Placed 33rd at the OVC cross country championships.

Prep: Placed first in the 4x800-meter relay at state in 2006... Finished 7th at 2006 nationals in the DMR... Finished 4th at state in the 4x800-meter relay in 2007... Was second in state cross country in 2005... Finished 11th at state cross country in 2007.

Personal: Born 6-9-88...daughter of Robert and Amy Owens...majoring in History.



**Elizabeth
Prewitt-Allen**

**Hurdles
Senior
St. Louis, Mo.
(Ladue)**

Veteran 400m hurdler.

2007-08: Finished sixth in the 400m hurdles at OVC outdoor... Finished third in the 400m hurdles with a season's best time of 1:06.06 at the 2008 Tennessee State Relays.

Prep: Attended Ladue High School in St. Louis, Mo...State Champion in 4x100m, 4x200m, and 4x400m.

Personal: Born on 10-21-1986...daughter of Claude Allen and Linda Prewitt.



**Whitney
Thomas**

**Hurdles
Senior
St. Louis, Mo.
(Hazelwood Central)**

Talented senior hurdler and sprinter. 2009 Indoor: Finished 4th in 60m hurdles and 8th in 200m at the 2009 O'Reilly OVC Indoor.

2007-08: 55m hurdle champion and finished seventh in the 200m at OVC indoor...Finished fourth in the 100m hurdles and ran on second place 4x100m relay.

2006-07: Ran on second place 4x400m relay team at OVC indoor...placed sixth in the 200m at OVC indoor...Placed second in the 100m hurdles at OVC outdoor and ran on third place 4x400m relay...Finished third at Vanderbilt...Placed 11th in the 4x200m relay at Sea Ray Relays...Gatorade Classic 100m hurdle champion.

2005-06: Finished fourth in the 55m hurdles at indoor OVC...placed third in the 100m hurdles at OVC outdoor championship.

Prep: 2004 State champion in the 100m hurdles for Hazelwood Central...ran on several state championship relay teams.

Personal: Born on 9-20-1987...daughter of former Southeast women's track athlete Robin Long and Southeast Athletic Hall of Famer Rob Thomas...majoring in nursing.



**Amy
Warren**

**Distance
Junior
Cincinnati, Ohio
(St. Ursula Academy)**

Veteran distance runner who has been plagued by injuries.

2009 Indoor: Finished 6th in the 5000m and 9th in the 3000m at the 2009 O'Reilly OVC Indoor.

2007-08: Ran 19:52.5 in the 5K at OVC Cross Country Championships...Commissioner's Honor Roll...OVC Medal of Honor...Southeast Scholar Athlete 08.

2006-07: Redshirted...Commissioner's Honor Roll...OVC Medal of Honor.

2005-06: Placed 28th in the OVC cross country championship...Commissioner's Honor Roll...OVC Medal of Honor.

Prep: Placed 22nd at Ohio State cross country championship...member of indoor high school All-American 4x400m relay team from St. Ursula Academy in Cincinnati.

Personal: Born 5-15-87...daughter of Anthony and Mary Anne Warren...undecided on college major.



**Linnea
Woldtvedt**

**Distance
Junior
Cape Girardeau, Mo.
(Cape Central)**

2009 Indoor: Finished 6th in the Distance Medley Relay at the 2009 O'Reilly OVC Indoor.

2007-08: Placed sixth in the 3000m steeplechase at OVC outdoor... Finished third in the 1500m at the Mississippi Invitational.

2006-07: Began cross country season with a 32nd place finish at the Southern Indiana Invitational...Placed 21st in the 5K at the Evansville Invite...Placed 49th at the OVC cross country championship...Ran 1500m leg on the fifth place distance medley relay team and placed 16th in the mile at indoor OVC...placed third in the 3000m steeplechase at the OVC outdoor championship.

Prep: All-Conference 2002-06...All-District 2003-06...District champion...2-time state qualifier.

Personal: Born on 3-1-88...daughter of Gunder and Laura Woldtvedt...majoring in pre-physical therapy.



Southeast Missouri State University Redhawks

WOMEN NEWCOMERS



**Travon
Beard**

**Hurdler
Freshman
Orlando, Fla.
(Maynard Evans)**

Talented freshman sprinter ... got off to a quick start ... earned all-OVC honors in indoor track.

2009 Indoor: Ran on the winning 4X400-meter relay team at the OVC indoor championships ... placed 8th in the 400-meters.

Prep: Hurdler at Maynard Evans H.S. in Orlando.

Personal: Born 3-13-1990 ... daughter of Gerri Beard ... undecided on college major.



**Shemieka
Brewer**

**Long &
Triple Jump
Freshman
Clarksdale, Miss.
(Clarksdale)**

Talented freshman jumper who was named the OVC Indoor Track Freshman of the Year in field events ... all-conference as a freshman.

2009 Indoor: OVC indoor champion in the triple jump with a jump of 39-6 1/2 ... placed 8th in long jump.

Prep: Long and triple jump for Clarksdale H.S. in Mississippi

Personal: Born 9-6-1989 ... daughter of Valesia Brewer Napoleon ... majoring in Pre-Physical Therapy.



**Aubrey
Dondlinger**

**Javelin
Senior
Palos Heights, Ill.
(Parkland CC)**

Volleyball player who will throw the javelin during the outdoor season.

Southeast Missouri (2007-2008): Two-year starter and co-captain at outside hitter for the Redhawks volleyball team after playing at Parkland Community College and Lewis University ... named First Team All-OVC in 2008 after finishing second on the team in kills ... 2008 Preseason All-OVC Second Team selection ... Named to the OVC's All-Newcomer Team in 2007 after leading the team in double-doubles and finishing second in kills ... named OVC Offensive Player of the Week on 10/27/08.

Prep: Honorable mention All-State and All-Area volleyball player by the Illinois Gazette, Chicago Sun-Times and The Star at Amos Alonzo Stagg High School in Palos Hills, Ill. ... a three-sport star, she also played softball and water polo as a prep.

Personal: Born 10-19-1986 ... daughter of Paul and Paula Dondlinger ... majoring in Physical Education.



ABE STUBER TRACK AND FIELD COMPLEX



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**Brandon
Colbert**

**Throws
Junior
Troy, Mo.
(Troy)**

2009 Indoor: Redshirted.

2008 Outdoor: Redshirted.

2008 Indoor: Named OVC Indoor Male Field Athlete of the Year... Provisional qualifier for the NCAA...two-time OVC Male Athlete of the Week...OVC Indoor Champion in the shot put and weight throw...Broadway Prescription Invitational shot put champion with a throw of 58' 4.50" setting a new school record...threw a season's best 60' 0.00" in the weight throw finishing first at the Hoosier Hills Open...won the weight throw title at the Arkansas State Kick-off Classic...recorded eight top-five finishes in the shot put for the season including second place finishes at Arkansas State Kick-off Classic and Hoosier Hills Open... recorded seven top-five finishes in the weight throw including a second place at the Saluki Fast Start Meet.

2007 Outdoor: Named OVC Outdoor Male Field Athlete of the Year...NCAA Midwest Regional Qualifier in shot put and discus...Placed 30th in the shot put at NCAA Regional...named OVC Male Athlete of the Week on 4/10...OVC Champion in the discus at OVC Outdoor Championships...finished second in the shot put and sixth in the javelin at OVC Outdoor Championships...won both the discus and shot put titles at the Gatorade Classic...finished third in the discus and fifth in the shot put at the Georgia Tech Invitational...finished third in the discus with a season's best throw of 172' 7.00" at the Mississippi State Bulldog Invitational...placed second in the shot put with a season's best 55'-2.00" at the SIUE Twilight Meet...finished second in the discus at the Sea Ray Relays... placed third in the discus at Vanderbilt Invitational.

2007 Indoor: Placed second in the weight throw (55' 7.50") and fourth in the shot put and at OVC Indoor Championships...finished second in the shot put with a season's best throw of 54' 3.75" and in the weight throw at the Redhawks Invitational...finished fifth in the shot put at the Indiana Relays.

Prep: State champion in the discus...All-

State in the shot put...also played basketball and football.

Personal: Born 10-5-1987...son of Steve and Brenda Colbert...Southeast Scholar Athlete.



**Ryan
Criglar**

**Sprints/Jumps
Sophomore
Malden, Mo.
(Malden)**

2009 Indoor: Finished fourth in the long jump with a jump of 23'-6.75" at the OVC Indoor Championships...placed second as a member of the 4X400 relay team at the OVC Indoor Championships...placed sixth in the 200m at the OVC Indoor Championships...won the 200m title and a 4X400 relay title at the Redbird Invitational...finished fourth with a season's best time of 22.17 in the 200m at the Hoosier Relays...jumped a season's best 23'-10.00" finishing fourth at the SASF Invitational...ran a season's best 7.03 in the 60m dash at the Hoosier Hills Invitational...ran a season's best 1:24.65 in the 600m at the Saluki Fast Start Invitational...recorded four top-five finishes in the long jump.

2008 Outdoor: Member of OVC Outdoor Championship relay teams in the 4X100 and 4X400...finished fifth in the 200m dash at the OVC Outdoor Track & Field Championships.

2008 Indoor: Ran a season's best 7.09 in the 60m finishing fifth at the 2008 Gene Edmonds Cup...ran a season's best 22.33 in the 200m finishing third at the 2008 Gene Edmonds Cup...jumped a season's best 22'-6.50" in the long jump at the OVC Indoor Championships.

Prep: All-Conference...All-Region...All-District in football 2004-2007...All-District basketball selection in 2007...also played baseball.

Personal: Born 7-6-87...son of Phyllis Criglar and Tim Collins...undecided on college major.



**Dustin
Davis**

**Distance
Junior
Edwardsville, Ill.
(Edwardsville)**

2009 Indoor: Set a new Student Recreation Center record in the 3000m with a time of 8:54.68 at the Redhawks Invitational...placed sixth in the mile run with a season's best 4:18.94 at the OVC Indoor Championships with a season's best time of 4:18.94...placed eighth in the 3000m at the OVC Indoor Championships...finished 12th in the mile at the Hoosier Hills Invitational.

2008 Cross Country: Named to the All-OVC 2nd team after finishing 13th in the 8K at the OVC Cross Country Championships...Opened Cross Country season with a fifth place showing at the Stegemoller Classic in the 6K with a time of 18:52...ran 26:37.1 in the 8K placing second at Redhawks Classic...ran 25:21.54 in the 8K at Greater Louisville Cross Country Classic...finished 11th at the EIU Invitational...finished 72nd in the 10K with a time of 33:04.25 at NCAA Midwest Regional.

2008 Outdoor: Ran a season's best 3:57.00 in the 1500m at the SIUE Twilight Invitational finishing seventh...ran a season's best 15:37.69 in the 5000m at the OVC Outdoor Championships.

2008 Indoor: Ran a season's best 4:21.40 in the 1600m finishing fifth at the SUI Saluki Booster Meet...finished second in 3000m at the SUI Saluki Booster Meet...ran a season's best 8:42.42 in the 3000 at the Hoosier Hills Open...named OVC Male Indoor Track Athlete of the Week (1/22).

2007 Cross Country: Finished 18th in the OVC Cross Country Championships with a time of 26:13.47...finished 12th out of 143 runners at the Greater Louisville Classic with a time of 26:46.18...ran a season's best time of 25:56.00 in the 8K at the Bradley Invitational.

2007 Outdoor: Finished eighth in the 3000m at the Mississippi State Bulldog Inv. with a time of 9:01.33.

2007 Indoor: Won the 3000m with a time of 9:03.01 at the Redhawks Invitational running unattached.

2006 Cross Country: Ran a season's best



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in the 8K with a time of 25:38.12 at the Saluki Invitational finishing 13th out of 100 runners...finished 76th out of 327 runners at the Greater Louisville Classic with a time of 25:58.53...finished 10th in the 6K at the USI Alumni Open with a time of 18:45.

Prep: Ran cross country for Edwardsville H.S. in Illinois...Southern Illinois University Edwardsville sectional, Alton regional and Southwestern Conference cross country champion...named to the second team of the St. Louis Post-Dispatch's All-Metro Cross Country Teams...First Team All-Conference...named to the St. Louis Track Club's All-Metro High School Cross Country Team...named co-Runner of the Year by the Alton Road Runners.

Personal: Born 9-22-1987...son of Jerry and Starla Davis...2007 OVC Medal of Honor recipient...two-time member of the OVC Commissioner's Honor Roll two-time...two-time Southeast Scholar Athlete...majoring in Secondary Education English.



Robert Delaria

**Sprints
Sophomore
St. Louis, Mo.
(Parkway West)**

2009 Indoor: Finished fifth in the 200m with a season's best time of 22.40 at the OVC Indoor Championships...placed sixth in the 400m and second in the 4X400 relay at the OVC Indoor Championships...ran a season's best 50.11 and finished sixth in the 400m at the Hoosier Hills Invitational...finished second in the 200m at the Redbird Invitational...member of the winning 4X400 relay team at the Redbird Invitational.

2008 Outdoor: Won an OVC title as a member of the 4X400 relay team...ran a season's best 49.54 in the 400m at the SIUE Twilight Invitational...finished third in the 200m with a season's best time of 22.09 at the SIUE Twilight Invitational...finished fifth in the 200m at the OVC

Outdoor Championships.

2008 Indoor: Won three titles as a member of the 4X400 relay team...ran a season's best 50.28 in the 400m at the Arkansas State Kick-off Classic...finished fourth in the 400m at the 2008 Gene Edmonds Cup...won the 200m title at the Indiana Relays with a season's best time of 22.21.

Prep: Ran sprints for Parkway West H.S. in St. Louis

Personal: Born 3-24-1988...son of Anthony Prater and Zena Delaria.



Chris Gill

**Sprints
Senior
O'Fallon, Mo.
(Ft. Zumwalt W.)**

2009 Indoor: Redshirted.

2008 Outdoor: Redshirted.

2008 Indoor: Won the 400m OVC title with a season's best 48.89 at the OVC Indoor Championships...finished second with a season's best time of 21.80 at the OVC Indoor Championships...won three relay titles as a member of the 4X400 relay team...finished second in the 200m at the Gene Edmonds Cup...finished second in the 400m at the Indiana Relays...finished third 400m at the SUI Saluki Booster Meet.

2007 Outdoor: Member of the 4X400 relay team that competed at the NCAA Regionals...helped 4X400 relay team to a tenth place finish at the NCAA Midwest Regional...won an OVC title as the anchor leg of the 4X400 relay team at the OVC Outdoor Championships...placed fourth in the 200m and eighth in the 400m at OVC Outdoor Championships...ran a season's best 21.57 and finished second in the 200m at the SIUE Twilight Invitational...ran a season's best 48.09 in the 400m at the Vanderbilt Invitational...won the 4X400 relay title at the Mississippi State Bulldog Invitational...won the 100m and 200m titles at the Rhodes Invitational...won the 100m and won titles as a member of the 4X400 and 4X100 relay teams at the Gatorade Classic.

2007 Indoor: Won the 200m OVC title with a time of 22.01 at the OVC Indoor Championships...won an OVC title as the anchor leg of the 4X400 relay team at the

OVC Indoor Championships...finished second in the 400m with a time of 48.93 at the OVC Indoor Championships...ran a season's best 21.90 in the 200m at ISU Cyclone Classic...named OVC Male Indoor Track and Field Athlete of the Week (1/30).

2006 Outdoor: Won an OVC title as a member of the 4X400 relay team at the OVC Outdoor Championships...finished third in the 100m and 200m at OVC Outdoor Championships...finished fourth in the 100m at the Gatorade Classic.

2006 Indoor: Named OVC Indoor Track Male Freshman of the Year...placed sixth in the 200m and ran on winning 4x400m relay at OVC Indoor Championships.

Prep: Placed 6th in state in the 400m and 200m, and 8th in the 100m as a senior for Fort Zumwalt West High School in O'Fallon, Mo...All-Conference junior and senior years...All-Conference in cross country...also played football...honor roll student.

Personal: Born 7-24-1987...son of Roberto and Elaine Gill...majoring in Computer Science.



Andrew Glass

**Throws
Senior
Gordonville, Mo.
(Jackson)**

2009 Indoor: Placed second in the shot put and third in the weight throw at the OVC Indoor Championships...placed fourth in the shot put with a season's best throw of 51'-11.00" at the Redhawks Invitational...threw a season's best 52'-2.25" in the weight throw at the Redhawks Invitational...finished fifth in the shot put at the Hoosier Hills Invitational...placed fourth in the shot put and seventh in the weight throw at the Saluki Fast Start Invitational.

2008 Outdoor: Won the shot put title at the OVC Outdoor Championships...won the shot put title at the Tennessee State Relays...threw a season's best 50'-10.75" in the shot put at the SIUE Twilight Invitational...threw a season's best 135'-



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2.75" in the discus throw at the SIUE Twilight Invitational...threw a season's best 149'-8.00" in the javelin throw at the SEMotion Relays.

2008 Indoor: Threw a season's best 50'-2.75" in the shot put finishing second at the OVC Indoor Championships...threw a season's best 51'-0.75" in the weight throw to finish fourth at the OVC Indoor Championships...finished fifth in the shot put at the Saluki Fast Start...finished fifth in the shot put at the Gene Edmonds Cup.

2007 Outdoor: Finished fourth in the shot put at OVC outdoor championship with a season's best toss of 49'-11.25"... finished fourth in the shot put at the Rhodes Invitational

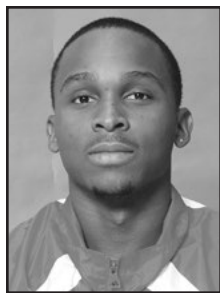
2007 Indoor: Finished fifth in the shot put and seventh in the weight throw at OVC Indoor Championships...finished fifth in the shot put at the SIU Booster Invitational...finished fifth in the weight throw at the Redhawks Invitational.

2006 Outdoor: Finished seventh in the shot put and 12th in the javelin at the OVC Outdoor Championships...finished sixth in the shot put at the Gatorade Classic.

2006 Indoor: Finished fifth in the shot put at the OVC Indoor Championships...finished fifth in the shot put at the Illinois Invitational.

Prep: All-state in the shot put for Jackson High School in 2005...outstanding football player and wrestler.

Personal: Born 8-1-1986...son of Emy Glass...majoring in physical education.



**Bilal
Hameed**

**Jumps
Senior
East St. Louis, Mo.
(East St. Louis)**

2009 Indoor: Missed indoor season due to injury.

2008 Outdoor: Won the triple jump title at the OVC Outdoor Championships with a season's best leap of 50'-7.50"... triple jump champion at the SEMotion Relays.

2008 Indoor: Won the triple jump title at the OVC Indoor Championships...jumped a season's best 48'-11.00" in the triple jump finishing second at the SIU Saluki Booster Meet...finished third in the triple jump at the Gene Edmonds Cup.

2007 Outdoor: Finished second in the triple jump at OVC Outdoor Championships...recorded a season's best jump of 48'-11.75" at the Vanderbilt Invitational, finishing fourth...won the triple jump titles at the Rhodes Invitational, Gatorade Classic and SIUE Twilight Invitational...placed second at the Georgia Tech Invitational...named OVC Male Outdoor Field Athlete of the Week (3/27).

2007 Indoor: Finished third in the triple jump at OVC Indoor Championships...finished seventh in the triple jump at the Indiana Relays...recorded a season's best 48'-7.25" at Saluki Fast Start Invitational.

2006 Outdoor: NCAA Regional Qualifier in the triple jump...Finished second in the triple jump at the OVC Outdoor Championships with a jump of 50'-0.50"...finished second in the triple jump at the Gatorade Classic.

2006 Indoor: Finished second in the triple jump at the OVC Indoor Championships with a jump of 50'-1.75"...finished second in the triple jump at the Saluki Booster Club Meet...finished second at the Carle/ Health Alliance Classic...two-time OVC Male Outdoor Field Athlete of the Week.

Prep: All-State in Illinois...competed in the prestigious Golden West High School meet in Sacramento, California.

Personal: Son of Askia and Ayesha Hameed...named to the OVC Commissioner's Honor Roll...Southeast Scholar Athlete...majoring in chemistry.



**Brandon
Karcher**

**Distance
Senior
Mt. Vernon, Ill.
(Mt. Vernon)**

2009 Indoor: Missed indoor season due to injury.

2008 Cross Country: Finished fourth in the 8K at the OVC Cross Country Championships to garner All-OVC First Team Honors...won the 8K title at the Redhawks Classic...opened Cross Country season with a third place showing at the Stegemoller Classic in the 6K with a time of 18:45...placed fourth at Eastern Illinois University in the 8K with a time of 25:27.99...ran a season's best time of 24:37.01 in the 8K at Greater Louisville Cross Country Classic finishing 23rd...finished 46th in the 10K with a time of 32:27.10 at NCAA Midwest Regional.

2008 Outdoor: Won the 10,000m title at the OVC Outdoor Championships with a time of 32:37.33...finished third in the 5000m at the OVC Outdoor Championships...won the 5000m title at the SEMotion Relays...finished third in the 1500m at the SIUE Twilight Invitational with a season's best time of 3:59.00...finished fourth in 3000m at the Mississippi Invitational...finished ninth in the 10,000m at the Sea Ray Relays with a season's best time of 31:48.50.

2008 Indoor: Finished fourth in the 5000m at the OVC Indoor Championships...ran a season's best time of 14:57.36 in the 5000m finishing second at the Indiana Relays...ran a season's best 4:20.04 in the 1600m finishing fourth at the Gene Edmonds Cup...finished fifth in 3000m at the Gene Edmonds Cup...ran a season's best 8:45.07 in the 3000m at the Hoosier Hills Open...named OVC Indoor Male Track Athlete of the Week (2/5).

2007 Cross Country: Placed 55th with a time of 33:50.00 at NCAA Cross Country Midwest Regional...Finished ninth in the 8K at OVC Championships placing him on the All-OVC Second Team...finished seventh with a 6K time of 18:28 at the Stegemoller Classic...finished 33rd at Bradley Invitational with a time of 25:47.00 in the 8K.



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2007 Outdoor: Named OVCCo-Male Outdoor Track Athlete of the Year...OVC champion in the 5000m and 10,000m at the OVC Outdoor Championships... NCAA Mid-east Regional qualifier in the 5000m...finished sixth in the 3000m and seventh in the 1500m at the Mississippi State Bulldog Invitational...ran a season's best 14:47.39 in the 5000m, finishing second at the Gatorade Classic...finished fourth at Sea Ray Relays with a person best time 30:14.75...won the 1500m title at the SIUE Twilight Invitational with a season's best time of 3:59.72...two-time OVC Indoor Male Track Athlete of the Week.

2007 Indoor: Finished second in the 3000m (8:42.71) and third in the 5000m (15:22.46) at the OVC Indoor Championships...finished 13th in the 3000m with a time of 8:59.82 at the Saluki Booster Invitational...ran a season's best 4:28.48 in the mile at the Saluki Booster Invitational.

2006 Cross Country: All-OVC First Team selection after finishing seventh at the OVC Championships with time of 25:44.00...ran a season's best time in the 8K of 25:39.05 at the Saluki Invitational...finished 13th at USI Alumni Opener with a time of 18:56 in the 6K...ran a 26:01.03 in the 8K at the Greater Louisville Classic...finished 78th at NCAA Midwest Regional with a time of 33:13.39.

2005 Cross Country: Ran unattached as a redshirt.

Prep: All-South...South Seven Champion...All-State in cross country.

Personal: Born 3-24-1986...son of Gail and Loretta Karcher...two-time member of the OVC Commissioner's Honor Roll...two-time Southeast Scholar Athlete...majoring in technical graphics.



Jason Lumpkin

**Distance
Sophomore
Ballwin, Mo.
(Marquette)**

2009 Indoor: Finished second in the 5000m with a time of 15:12.02 at the OVC Indoor Championships...placed fifth in the 3000m with a time of 8:46.10 at the OVC Indoor Championships...recorded a season's best time of 8:41.45 in the 3000m at the Hoosier Relays.

2008 Cross Country: Finished 15th in the 8K at the OVC Cross Country Championships with a time of 26:37.7...ran a season's best 25:50.08 in the 8K at Greater Louisville Cross Country Classic...finished fourth at the Redhawks Classic...opened season with a time of 19:06 in the 6K at the Stegemoller Classic...finished 14th with a time of 26:15.40 in the 8K at Eastern Illinois University...finished 87th in the 10K with a time of 33:25.55 at NCAA Midwest Regional.

2008 Outdoor: Finished third in the 10,000m with a time of 32:53.22 at the OVC Outdoor Championships...ran a season's best 16:02.77 in the 5000m at the SEMotion Relays...ran a season's best 4:07.00 in the 1500m at the SIUE Twilight Invitational.

2008 Indoor: Ran a season's best 8:52.80 in the 3000m at the OVC Indoor Championships...ran a season's best 15:31.71 in the 5000m at the OVC Indoor Championships...ran a season's best 4:28.85 in the 1600m at the SUI Saluki Booster Meet.

2007 Cross Country: Ran a season's best 8K with a time of 26:20.00 at the Bradley Invitational...ran a 26:47.62 in the 8K at the OVCCrossCountry Championships...finished 15th at the Greater Louisville Classic with a time of 26:51.47 in the 8K...ran the 10K in 34:13.00 at the NCAA Midwest Regional.

Prep: 2-mile conference champ...two-time cross country state qualifier.

Personal: Born 8/3/88...son of Tony and Elaine Lumpkin...undecided on college major.



Richard Martin

**Throws
Senior
Pevely, Mo.
(Herculaneum)**

2009 Indoor: Placed fourth and set season's best in both the shot put (47'-11.75") and weight throw (49'-6.25") at the OVC Indoor Championships...finished sixth in the shot put at the Saluki Fast Start Invitational.

2008 Outdoor: Finished fourth in the shot put at the OVC Outdoor Championships...finished fourth in javelin at the Mississippi Invitational...finished fifth in javelin with a season's best throw of 153'-8.50 at the OVC Outdoor Championships...finished third in the javelin at the Tennessee State Relays...season's best discus throw of 150'-11.00" at the SIUE Twilight Invitational...finished fifth in discus at the Tennessee State Relays.

2008 Indoor: Finished fifth with a throw of 160'-7.25 in the weight throw at the OVC Indoor Championships...threw a season's best 161'-7.00" in the weight throw in the Broadway Prescription Invitational.

2007 Outdoor: Placed fourth in the discus and fifth in the javelin at OVC Outdoor Championships...finished 12th with a season's best throw of 162'-5.00" in the javelin at the Vanderbilt Invitational...finished eighth in the discus with a season's best throw of 154'-2.00" at the SIUE Twilight Invitational...finished third in the javelin at the Rhodes Invitational...finished 11th in the discus and the javelin at the Mississippi State Bulldog Invitational.

2007 Indoor: Threw a season's best 43'-2.50" in the weight throw at the Arkansas State Kickoff Classic.

2006 Outdoor: Finished fourth in the javelin with a throw of 160'-7.00" at the OVC Outdoor Championships...finished sixth in the discus with a throw of 140'-4.00" at the OVC Outdoor Championships.

Prep: Placed third in the state discus in both 2003 and 2004.

Personal: Born 5-29-1986...son of Steve and Pat Martin...majoring in Agribusiness.



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MEN RETURNEES



**Myron
Pettigrew**

**Sprints
Junior
Charleston, Mo.
(Charleston)**

2009 Indoor: Placed third in the 400m with a time of 50.06 at the OVC Indoor Championships...recorded a season's best time of 22.40 in the 200m while placing fourth at the OVC Indoor Championships ... ran the anchor leg of the 4X400 relay team that finished second at the OVC Indoor Championships... member of the winning 4X400 relay team at the Redbird Invitational...ran a season's best 49.94 in the 400m at the Hoosier Relays...ran a season's best of 1:25.43 in the 600m at the Saluki Fast Start Invitational...finished third in the 200m with a time of 22.83 at the Redbird Invitational.

2008 Outdoor: Won an OVC title as a member of the 4X400 relay team at the OVC Outdoor Championships...ran a season's best 49.31 and finished fourth in the 400m dash at the OVC Outdoor Championships...finished fifth in the 400m at the Tennessee State Relays.

2008 Indoor: Ran a season's best 1:25.88 in the 600m at the 2008 Gene Edmonds Cup...ran a season's best 49.99 in the 400m at the Hoosier Hills Open...ran a season's best 22.50 in the 200m at the Hoosier Hills Open... finished seventh in the 400m at the OVC Indoor Championships.

2007 Outdoor: NCAA Regional qualifier in the 4x400m...member of the 4X400m relay team that finished 10th at NCAA Midwest Regional...Won an OVC title as a member of the 4X400 relay team at the OVC Outdoor Championships...placed sixth in the 400m at OVC Outdoor Championships with a season's best time of 48.46...ran a season's best time of 22.69 in the 200m at the Gatorade Classic.

2007 Indoor: Won an OVC title as a member of the 4X400 relay team at the OVC Indoor Championships...ran a season's best times of 22.72 in the 200m and 50.69 in the 400m at the Iowa State Cyclone Classic.

2006: Redshirted.

Prep: All-State sprinter at Charleston High School.

Personal: Born 1-11-1987...son of Bernice and Lavern Frazier...majoring in Technical Graphics.



**Paul
Stemmerman**

**Distance
Junior
Eureka, Mo.
(Eureka)**

2009 Indoor: Placed fourth in the mile with a time of 4:14.18 at the OVC Indoor Championships...set a new school record in the 1000m with a time of 2:27.60 at the Redhawks Invitational...finished second in the mile with a time of 4:18.06 at the SASF Invitational...placed fifth in the mile with a time of 4:13.53 at the Hoosier Relays...finished fifth in the mile at the Hoosier Hills Invitational...ran a season's best 4:12.62 in the mile at the Alex Wilson Invitational...ran a season's best time in the 3000m with a time of 8:44.37 at the Redbird Invitational.

2008 Cross Country: Opened Cross Country season with a time of 19:25 in the 6K at the Stegemoller Classic...ran a season's best 27:38.5 in the 8K at OVC Cross Country Championships.

2008 Outdoor: Won the 1500m title with a time of 3:59.29 at the OVC Outdoor Championships...finished second with a season's best 1:54.24 in the 800m at the SIUE Twilight Invitational...finished second in the 800m at the SEMotion Relays.

2008 Indoor: Ran a season's best 4:22.95 in the 1600m at the SUI Saluki Booster Meet...ran a season's best 2:00.25 in the 800m at the SUI Saluki Booster Meet.

2007 Cross Country: Recorded a season's best time of 27:17.00 in the 8K at the Bradley Invitational...ran 27:28.74 in the 8K at the OVC Cross Country Championships...ran the 6K in 19:29.00 at the Stegemoller Classic...ran the 10K in 33:29.00 at the NCAA Midwest Regional.

2007 Outdoor: Redshirted.

2007 Indoor: Placed seventh in the mile at OVC Indoor Championships with a time of 4:21.98...recorded a season's best time of 4:19.77 in the mile at the Hoosier Relays...finished 13th in the mile at the Saluki Booster Invitational...ran a season's best time of 8:46.98 in the 3000m at the Iowa State Cyclone Classic.

2006 Cross Country: Ran 28:07.00 in the 8K at the OVC Cross Country Championships...ran a season's best 27:23.48 in the 8K at the Greater Louisville Classic.

Prep: 1600m conference champion ...All-State track...holds the school record in the distance medley relay...4x1600 relay national qualifier ...4x1600 relay school record holder.

Personal: Son of Gil Stemmerman and Liz Alexander...undecided on college major ... named to the OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



**Danny
Stults**

**Distance
Senior
Springfield, Ill.
(Springfield SE)**

2009 Indoor: Helped the 4X400 relay team to second place at the OVC Indoor Championships...was a member of the distance medley relay team that finished third at the OVC Indoor Championships... finished fifth in the 400m with a season's best time of 50.38 at the OVC Indoor Championships...ran the 400m in 50.93 at the Hoosier Hills Invitational...ran a season's best time of 9:28.12 in the 3000m at the Hoosier Relays.

2008 Outdoor: Finished sixth in the 1500m at the SEMotion Relays...ran a season's best 4:00.00 in the 1500m at the SIUE Twilight Invitational...ran a season's best 1:58.17 in the 800m at the OVC Outdoor Track & Field Championships.

2007 Outdoor: Redshirted.

2007 Indoor: Placed sixth in the mile



MEN RETURNEES

at the OVC Indoor Championships with a time of 4:21.08...finished eighth in the 800m with a season's best time of 2:03.01 at the OVC Indoor Championships...finished ninth in the mile at the Saluki Booster Invitational...ran a season's best time of 8:58.50 in the 3000m at the Saluki Booster Invitational...ran a season's best time of 4:19.72 in the mile at the Hoosier Relays.

2006 Cross Country: Finished 26th at OVC Cross Country Championships with a time of 26:58.00...ran a season's best 8K time of 26:20.43 at the Saluki Invitational...placed 28th at EIU Panther Classic.

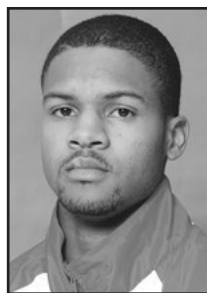
2006 Outdoor: Finished sixth in the 1500m and seventh in the 800m at the OVC Outdoor Championships...finished sixth in the 1500m at the Gatorade Classic.

2006 Indoor: Finished fourth in the 800m and sixth in the mile at OVC Indoor Championships...ran 800m leg on distance medley relay team that finished fourth at the OVC Indoor Championships.

2005 Cross Country: Placed 33rd at OVC Cross Country Championship with a time of 26:42.78...finished second at the SEMO Invitational with a 5K time of 16:21.00...finished 14th with a season's best time of 26:11.92 in the 8K at the SIU Invitational.

Prep: Area Runner of the Year in 2004 at Springfield Southeast High School...CS8 all-conference in 2003 and 2004...state qualifier...Springfield City Champion in the 800m for two years...KK-R Area Runner of the Year.

Personal: Born on 9-11-1985... son of Cynthia Stults-Ditasio and Joesph Cors...three-time member of the OVC Commissioner's Honor Roll...three-time Southeast Scholar Athlete.



**Tyler
Terry**

**Jumps
Sophomore
Cape Girardeau, Mo.
(Cape Central)**

2009 Indoor: Claimed both the long jump at triple jump titles at the OVC Indoor Championships...long jump of 24'-5.75" and triple jump of 48'-4.50" at the OVC Indoor Championships set a season's best mark...recorded six top-three finishes in the long jump...recorded three top-five finishes in the triple jump...won long jump titles at the Redbird Invitational and Redhawks Invitational...finished second in the long jump at the Saluki Fast Start Invitational and Alex Wilson Invitational...finished fifth in the triple jump at the Hoosier Relays with a jump of 47'-11.75"...named OVC Indoor Male Field Athlete of the Week (1/20).

2008 Outdoor: Finished third in the long jump and fourth in the triple jump at the OVC Outdoor Championships...jumped a season's best 22'-4.50" in the long jump finishing third at the SUI Saluki Booster Meet...finished second in the triple jump at the SIUE Twilight Invitational with a season's best 46'-11.00"...finished fifth in the triple jump and sixth in the long jump at the SEMotion Relays.

2008 Indoor: Jumped a season's best 45'-6.50" in the triple jump finishing fifth at the OVC Indoor Track and Field Championships...recorded a season's best 22'-7.25" long jump at the OVC Indoor Championships...finished second in the triple jump at the Hoosier hills Open...finished third in long jump at the SUI Saluki Booster Meet...finished fifth in the long and triple jump at the Gene Edmonds Cup.

Prep: Placed 3rd in state triple jump and finished 5th in the 4x100m relay in 2005...Finished 2nd in state triple jump and long jump in 2006... All-State in triple jump in 2007...long jump and 4x100m relay record holder...also played basketball and football.

Personal: Born 1-5-89...son of Henry and Vanessa Terry...undecided on college major...Southeast Scholar Athlete.



**Joshua
Uchtman**

**Throws
Sophomore
Steeleville, Ill.
(Steeleville)**

2009 Indoor: Named OVC Male Field Athlete of the Year...won the shot put title at the OVC Indoor Championships with a toss of 53'-6.50"...finished second in the weight throw with a toss of 54'-6.00" at the OVC Indoor Championships...recorded five top-five finishes in the shot put...recorded three top-five finishes in the weight throw...recorded season's bests in both the shot put (53'-8.50") and weight throw (55'-1.50") while placing second and third at the Redhawks Invitational...finished second in the shot put at the Saluki Fast Start Invitational...placed fifth in both the shot and weight throw at the Redbird Invitational...named OVC Indoor Field Athlete of the Week (2/24).

2008 Outdoor: Finished second in the shot put and discus at the OVC Outdoor Championships...finished second in the shot put at the Tennessee State Relays...finished third in the discus and fourth in the shot put at the Mississippi Invitational...finished fourth in the discus with a season's best throw of 156'-6.00" at the SIUE Twilight Invitational...finished fifth in discus at the SEMotion Relays.

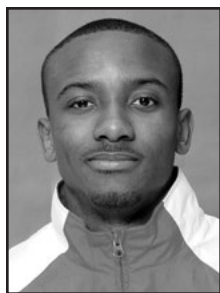
2008 Indoor: Finished third in the shot put at the OVC Indoor Championships...threw a season's best 47'-8.50" in the shot put at the Arkansas State Kick-off Classic...threw a season's best 50'-2.00" in the weight throw in the Broadway Prescription Invitational.

Personal: Born 12-18-1988...son of Alan and Deb Uchtman...major is undecided...Southeast Scholar Athlete.



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MEN NEWCOMERS



**Anthony
Harris**

**Jumps
Senior
Cape Girardeau, Mo.
(Cape Central)**

2009 Indoor: Missed indoor season due to injury.

2008 Outdoor: Redshirted.

2008 Indoor: Redshirted.

2007 Outdoor: Finished fourth in the triple jump with a season's best jump of 46'-8.25" at the OVC Outdoor Championships...finished fifth in the long jump with a season's best jump of 22'-4.25" at the OVC Outdoor Championships.

2007 Indoor: Finished second in the triple jump and third in the long jump at the Redhawks Invitational...set season highs at the Redhawks Invite in both the long (23'-1.00") and triple jump (45'-7.00")...finished fifth in the long jump at the OVC Indoor Championships.

2006 Outdoor: Finished sixth in both the long and triple jump at the OVC Outdoor Championships...finished seventh in the long jump at the Gatorade Classic.

2006 Indoor: Finished sixth in the long jump at the OVC Indoor Championships with a jump of 22'-9.25"....finished tenth in the triple jump at the OVC Indoor Championships.

Prep: All-State long jump, triple jump, and high jump

Personal: Born 10-22-1984...son of Anthony and Diane Harris...majoring in Sport Management



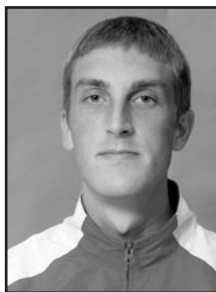
**Joel
Krause**

**Mid-Distance
Freshman
Knob Noster, Mo.
(Knob Noster)**

2009 Indoor: Won the 800m title at the Redhawks Invitational with a time of 1:59.29...member of the winning 4x400 meter relay team at the Rebird Invitational...ran a season's best time in the 800m at the Hoosier Hills Invitational with a time of 1:58.99...finished 12th in the 800m at the Hoosier Hills Invitational.

Prep: Conference Champion in 800m... All-State...placed 4th place in 800m and 3rd place as a member of the 4x400m relay team.

Personal: Born 5-6-1990...son of Robin and Kelly Krause...majoring in Business Management.



**Chris
Loseman**

**Distance
Sophomore
St. Charles, Mo.
(Francis Howell N.)**

2009 Indoor: Placed fourth in the 3000m with a time of 8:45.95 at the OVC Indoor Championships...ran a season's best time of 8:40.07 in the 3000m at the Hoosier Relays...ran a season's best time of 1:58.88 in the 800m at the Hoosier Hills Invitational...ran a season's best time of 4:24.18 in the mile at the Redbird Invitational.

2008 Cross Country: Finished 22nd in the 8K at the OVC Cross Country Championships...finished sixth in the 8K at the Redhawks Classic...opened Cross Country season with a time of 18:59 in the 6K at the Stegemoller Classic finishing ninth...ran a season's best time of 25:39.38 in the 8K at 2008 Greater Louisville Cross Country Classic...finished 18th with a time of 26:28.84 in the 8K at Eastern Illinois University...finished 89th in the 10K with a time of 33:25.95 at

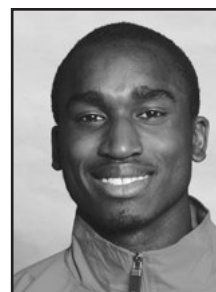
NCAA Midwest Regional.

2008 Outdoor: Ran a season's best 15:59.12 in the 5000m at the OVC Outdoor Championships...recorded a season's best time of 2:00.18 in the 800m at the Mississippi Invitational...ran a season's best 4:07.00 in the 1500m at the SIUE Twilight Invitational.

2007 Cross Country: Ran 26:51.32 in the 8K at the OVC Cross Country Championships...finished 17th with a time of 27:00.97 in the 8K at the Greater Louisville Classic...ran a season's best 26:40.12 in the 8K at the Panther Open...posted a time of 33:40.00 in the 10K at the NCAA Midwest Regional.

Prep: All-State...Mid-Distance for Francis Howell North

Personal: Born 7-29-1988...son of Bryan and Shelly Loseman...named to the OVC Commissioner's Honor Roll...Southeast Scholar Athlete...undecided on college major.



**Yemi
Oduwale**

**Sprinter
Sophomore
St. Louis, Mo.
(Ladue)**

2009 Indoor: Placed fifth in the 60m dash with a season's best time of 6.90 at the OVC Indoor Championships...won the 60m dash title with a time of 7.06 at the Redbird Invitational...won the 55m dash title with a season's best time of 6.42 at the Redhawks Invitational...ran a season's best time of 23.00 in the 200m at the Hoosier Hills Invitational...finished sixth in the 60m dash at the Hoosier Hills Invitational.

Prep: All-State sprinter at Ladue Horton Watkins H.S.

Personal: Born 2-6-1989...son of Ladawn Truman...majoring in Mass Communications.



MEN NEWCOMERS



**Nate
Shipley**

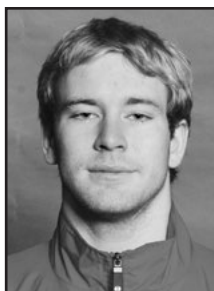
**Distance
Freshman
St. Charles, Mo.
(Francis Howell N.)**

2009 Indoor: Named Co-Indoor Male Freshman of the Year...claimed the OVC title in the 5000m with a time of 15:06.90 at the OVC Indoor Championships...finished sixth in the 3000m with a time of 8:46.90 at the OVC Indoor Championships...finished fifth in the 3000m at the Hoosier Hills Invitational with a season's best time of 8:37.30... finished second with a time of 8:44.23 in the 3000m at the SASF Invitational... finished second in the mile at the Redbird Invitational with a season's best time of 4:22.27... finished seventh in the 3000m with a time of 8:45.66 at the Hoosier Relays.

2008 Cross Country: Named OVC Male Cross Country Freshman of the Year... All-OVC 2nd team after finishing 12th in the 8K at the OVC Cross Country Championships...ran a season's best time of 25:15.98 in the 8K at Greater Louisville Cross Country Classic finishing 58th out of 294 runners...finished third at the Redhawks Classic...finished fourth with a time of 18:50 in the 6K at the Stegemoller Classic...finished 70th in the 10K at the NCAA Midwest Regional.

Prep: Participated in cross country at Francis Howell North in St. Charles, Mo.

Personal: Born 4-26-90...son of Michael and Kathy Shipley.



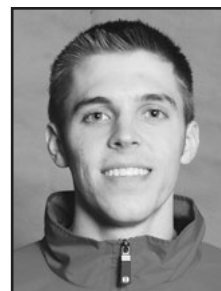
**Josh
Sutton**

**High Jump
Freshman
Bonne Terre, Mo.
(North County)**

2009 Indoor: Placed second in the high jump with a season's best leap of 6'-8.25" at the OVC Indoor Championships...won the high jump with a jump of 6'-4.75" at the Redbird Invitational... finished second in the high jump at the Hoosier Hills Invitational with a jump of 6'-6.75"...placed second at the Redhawks Invitational in the high jump...finished fourth in the high jump at the SASF Invitational...named OVC Indoor Male Field Athlete of the Week (2/17).

Prep: Three-time All-State...2007 State Champion in the high jump.

Personal: Born on 4-22-1990... son of Joe and Lori Sutton...majoring in Electrical Technology.



**Max
Wieser**

**Distance
Freshman
Cape Girardeau, Mo.
(Saxony Lutheran)**

2009 Indoor: Finished eighth in the 800m with a time of 2:01.99 at the OVC Indoor Championships...ran a season's best time 1:58.40 in the 800m preliminaries at the OVC Indoor Championships... helped the distance medley relay team to third place at the OVC Indoor Championships...finished third in the 800m at the Redhawks Invitational.

Prep: Four-time State Champion as a member of the 4x800m relay team... three-time State Champion as a member of the 4x400m relay team...participated in cross country, soccer, basketball, and baseball.

Personal: Born on 5-16-1989...son of Rick and Judy Wieser...undecided major.



The Redhawks men swept the first four places in last year's OVC outdoor shot put competition led by Andrew Glass (middle top) in first, Josh Uchtman (right) in second, Andy Croxford in third (left) and Richard Martin (middle front).



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2008 CROSS COUNTRY

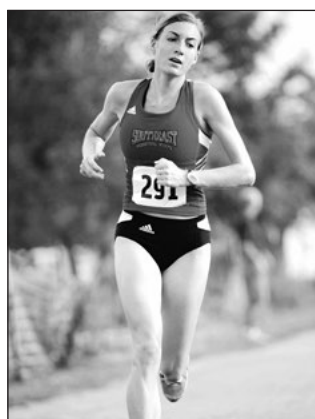
Ohio Valley Conference

2008 Women's Cross Country Results

1. Eastern Kentucky	50
2. Murray State.....	55
3. Southeast Missouri.....	59
4. Tennessee Tech	113
5. Eastern Illinois	117
6. Morehead State.....	173
7. Austin Peay	187
8. UT Martin	205
9. Jacksonville State	229
10. Tennessee State	296



Dustin Davis



Juli Koenegstein



Nate Shipley



Monica Noble

Ohio Valley Conference

2008 Men's Cross Country Results

1. Eastern Kentucky	17
2. Southeast Missouri.....	66
3. Morehead State.....	80
4. Eastern Illinois	100
5. Jacksonville State	157
6. Tennessee Tech	178
7. Austin Peay	193
8. Murray State.....	224
9. UT Martin	237
10. Tennessee State	319

2008 Cross Country Schedule

August 30	Stegemoller Classic	Evansville, IN
September 12	EIU Invitational	Charleston, IL
September 27	Saluki Invitational	Carbondale, IL
October 4	Greater Louisville Classic	Louisville, KY
October 17	Redhawks Classic	Cape Girardeau, MO
November 1	Ohio Valley Conference Championships	Cape Girardeau, MO
November 15	NCAA Midwest Regional	Stillwater, OK

Women's 2008 Cross Country Roster

Kelley Good	SO	Bolivar, Mo.
Amy Guignon	SR	St. Charles, Mo.
Lanie Haertling	FR	Nashville, Ill.
Lauren Heidbrink	SO	Edwardsville, Ill.
Danielle Henry	SO	St. Charles, Mo.
Juli Koenegstein	SR	Chester, Ill.
Katie Mueller	SR	Florissant, Mo.
Monica Noble	SO	St. Charles, Mo.
Kasey Owens	SO	Eureka, Mo.
Samantha Shaw	SO	Edwardsville, Ill.
Liz Speicher	FR	Edwardsville, Ill.
Amy Warren	JR	Cincinnati, Ohio
Linnea Woldtvedt	JR	Cape Girardeau, Mo.

Men's 2008 Cross Country Roster

Richard Armstrong	JR	Potosi, Mo.
Dustin Davis	JR	Edwardsville, Ill.
Brandon Funderburk	SO	St. Peters, Mo.
Brandon Karcher	RS SR	Mt. Vernon, Ill.
Nathan Lavanchy	FR	Grover, Mo.
James Lee	JR	Wildwood, Mo.
Chris Loseman	SO	St. Charles, Mo.
Lucas Lockett	SO	Hillsboro, Ill.
Jason Lumpkin	SO	Ballwin, Mo.
Cody Martin	FR	St. Charles, Mo.
Travis Matthews	FR	Malden, Mo.
Nate Shipley	FR	St. Charles, Mo.
Paul Stemmerman	JR	Eureka, Mo.
Danny Stults	SR	Springfield, Ill.



Southeast Missouri State University Redhawks

WOMEN'S OVC CHAMPIONS

INDOOR

55m Dash

Natalie Talley, 7.08, 1998

200m Dash

Heather Keltner, 24.90, 1999

400m Dash

H. Stuckenschneider, 55.96, 2002
Heather Keltner, 54.99, 2000
Heather Keltner, 55.60, 1999
Heather Keltner, 55.31, 1998
Yvonne Hente, 56.14, 1997
Michelle Chambliss, 56.25, 1994

800m Run

Brooke Woodruff, 2:12.29, 2005
Brooke Woodruff, 2:10.58, 2004
Brooke Woodruff, 2:13.00, 2003
Tammy Wenkel, 2:10.47, 1998

3000m Run

Lindsay Zeiler, 10:09.94, 2006
Lindsay Zeiler, 10:01.43, 2004
Janelle Quigley, 10:14.25, 1997
Amy Cole, 10:16.29, 1994

5000m Run

Jennifer Caywood, 17:56.00, 2006
Amy Cole, 17:48.69, 1994

Mile

Lindsay Zeiler, 5:02.10, 2006
Lindsay Zeiler, 5:06.09, 2005
Lindsay Zeiler, 5:00.93, 2004

55m Hurdles

Trena Anderson, 8.10, 1995
Trena Anderson, 8.19, 1993

4 x 400m Relay

3:49.70, 2000
3:47.49, 1998
3:49.29, 1997

Distance Medley Relay

12:12.55, 2005
12:10.21, 2004
12:25.16, 1999
12:25.98, 1996

Pole Vault

Michelle Jett, 11' 5.75", 2006
Michelle Jett, 10' 11.75", 2004

Long Jump

Heather Denihan, 20' 1.5", 1998

High Jump

Heather Fisher, 5' 4.25", 1997
Heather Fisher, 5' 6", 1996

Triple Jump

Heather West, 39' 6.00", 2006
Kathy Coleman, 40' 4.75", 2005

Shot Put

Ashley Brewer, 42' 9.75", 2007
Heather Jenkins, 49' 7.25", 2004
Heather Jenkins, 47' 5.75", 2003
Lutricia Purham, 48' 8.75", 2000
Lutricia Purham, 48' 4.75", 1999
Charlene Cortez, 43' 11.5", 1992

20lb Weight Throw

Heather Jenkins, 60' 1.75", 2006
Heather Jenkins, 61' 1.5", 2004
Heather Jenkins, 59' 11", 2001

OUTDOOR

100m Dash

Natalie Talley, 12.34, 2001
Natalie Talley, 12.03, 1998

200m Dash

Heather Keltner, 24.29, 2001
Heather Keltner, 24.16, 1999

400m Dash

Heather Keltner, 54.11, 2001
Heather Keltner, 54.26, 2000
Heather Keltner, 54.50, 1999
Heather Keltner, 54.95, 1998
Yvonne Hente, 54.98, 1997
Lisa Crawford, 54.78, 1993

800m Run

Brooke Woodruff, 2:08.38, 2004
Brooke Woodruff, 2:10.54, 2003

1500m Run

Lindsay Zeiler, 4:33.21, 2007
Lindsay Zeiler, 4:34.61, 2006
Brooke Woodruff, 4:30.49, 2005
Lindsay Zeiler, 4:29.04, 2004

3000m Steeplechase

Juli Koenegstein, 10:49.73, 2007

5000m Run

Amy Cole, 18:15.40, 1994

10,000m Run

Kris Woolf, 39:17.32, 2003

100m Hurdles

Shannon O'Dell, 14.05, 1997
Trena Anderson, 14.19, 1995

400m Hurdles

Shannon O'Dell, 1:01.01, 1997
Shannon O'Dell, 1:03.20, 1995

4 x 100m Relay

46.23, 2005
46.36, 2004
45.40, 2000
46.24, 1999
46.55, 1998
46.20, 1997

4 x 400m Relay

3:48.89, 1998
3:45.33, 1997

Long Jump

Kathy Coleman, 20' 4.5", 2005
Heather Denihan, 18' 3.25", 1998
Heather Denihan, 18' 10", 1997
Tiffany Ford, 18' 10", 1995

Triple Jump

Tiffany Ford, 39' 6", 1995

High Jump

Courtney Haman, 5' 9", 2003
Heather Fisher, 5' 4.25", 1997

Pole Vault

Michelle Jett, 11' 5.75", 2006
Michelle Jett, 11' 5.75", 2004
Michele Jett, 11' 4.25", 2003
Sara Kaznica, 10' 6", 2002

Shot Put

Heather Jenkins, 47' 7.00", 2006
Heather Jenkins, 51' 0", 2004
Heather Jenkins, 50' 5.5", 2003
Heather Jenkins, 47' 0.25", 2002
Lutricia Purham, 48' 6.5", 2000
Lutricia Purham, 47' 9", 1999
Lutricia Purham, 47' 8.25", 1998
Charlene Cortez, 42' 6.75", 1993
Charlene Cortez, 43' 6.5", 1992

Discus

Heather Jenkins, 163' 6.00", 2006
Heather Jenkins, 153' 9", 2004
Heather Jenkins, 165' 5", 2003
Heather Jenkins, 162' 9", 2002
Lutricia Purham, 151' 3", 2000
Charlene Cortez, 127' 10", 1992

Javelin

Lindsay Hearnese, 130' 7.00", 2006
Courtney Haman, 143' 7", 2003
Courtney Haman, 141' 9", 2002
Courtney Haman, 130' 6", 2001
Becky Shull, 133' 5", 1999
Denise Ford, 120' 4", 1997
Jennifer Phillips, 115' 3", 1996
Denise Ford, 122' 8", 1995
Dana Patek, 126' 3.5", 1993
Dana Patek, 125' 5", 1992

ANNUAL WOMEN'S CONFERENCE CHAMPIONS

1992

Charlene Cortez (3), Dana Patek

1993

Trena Anderson, Charlene Cortez
Lisa Crawford, Dana Patek

1994

Michelle Chambliss, Amy Cole (3)

1995

Trena Anderson (2), Denise Ford
Tiffany Ford (2), Shannon O'Dell

1996

Misty Dubman*, Heather Fisher, Keisha Grace*,
Misty McGhee*, Shannon O'Dell*, Jennifer Phillips

1997

Shauna Birge*, Heather Denihan, Heather Fisher (2),
Denise Ford, Yvonne Hente (5)*, Shannon O'Dell (5)*,
Janelle Quigley, Kim Stewart (3)*, Tammy Wenkel (2)*

1998

Heather Denihan (2), Yvonne Hente (3)*,
Heather Keltner (5)*, Candi Parker*, Lutricia Purham,
Janelle Quigley+, Kim Stewart (2)*, Natalie Talley (3)*,
Tammy Wenkel (3)*

1999

Amy Arteme+, Shauna Birge*,
Heather Keltner (5)*, Lutricia Purham (2),
Janelle Quigley*, Becky Shull, Kim Stewart*,
Hannah Stuckenschneider*, Natalie Talley*,
Jessie Thompson*, Laura VanHoevelaak*

2000

Shauna Birge*, Heather Keltner (4)*
Lutricia Purham (3), Natalie Talley (2)*
Kim Stewart (2)*, Hannah Stuckenschneider*

2001

Courtney Haman, Heather Keltner (2), Natalie Talley

2002

Courtney Haman, Heather Jenkins (2), Sara Kaznica,
Hannah Stuckenschneider, Lindsay Zeiler+

2003

Courtney Haman (2), Heather Jenkins (4)
Michele Jett, Brooke Woodruff (2)
Kris Woolf

2004

Jen Burke*, LaQuita Andrews*,
Brooke Woodruff (2), Lindsay Zeiler (3),
Taryn Phillips*, Kaci Pilcher*, Natasha Fortenberry*,
Nyisha Porter*, Lyndsey Stevenson*, Rose Fulton*,
Heather Jenkins (4), Michelle Jett (2)

2005

Jen Burke*, Taryn Phillips*, Brooke Woodruff (3)*, Lindsay
Zeiler (2)*, Meleisa Greene*,
Donnie Parrish*, LaQuita Andrews*,
Kathy Coleman (3)*

2006

Lindsay Zeiler (2), Heather West, Jennifer Caywood,
Michelle Jett, Heather Jenkins (3), Lindsey Hearne

2007

Ashley Brewer, Juli Koenegstein, Lindsay Zeiler

NOTE: * = Conference title won as part of relay team
+ = Conference title won in cross country



Heather Jenkins won ten individual Ohio Valley Conference titles from 2001-06. She placed 21st in the discus at the NCAA Outdoor Championships in 2002. Jenkins holds the school record in shot put, weight throw and discus.



Cross Country / Track and Field Media Guide

WOMEN'S ALL-TIME TOP TEN

100m			
#1	Benita Thomas	11.50	1987
#2	Torvia Bradley	11.54	1994
#3	Michelle Hicks	11.67	1987
#4	Shauna Birge	11.83	2000
#5	Kehinde Vaughan	11.87	1988
#6	Natalie Talley	11.88	2000
#7	Lisa Like	11.89	1990
#8	Yvonne Hente	11.91	1998
#9	Nyisha Porter	11.92	2004
#10	Donnie Parrish	12.03	2005
	Kathy Coleman	12.03	2005

200m			
#1	Yvonne Hente	23.99	1997
#2	Torvia Bradley	24.04	1994
#3	Kehinde Vaughan	24.10	1987
#4	Michelle Hicks	24.13	1987
#5	Heather Keltner	24.16	1999
#6	Lisa Crawford	24.28	1991
#7	Shauna Birge	24.29	1999
#8	Donnie Parrish	24.31	2005
#9	Benita Thomas	24.44	1987
#10	Nyisha Porter	24.69	2004

400m			
#1	Kehinde Vaughan	53.50	1987
#2	Heather Keltner	53.61	2001
#3	Lisa Crawford	54.18	1991
#4	Yvonne Hente	54.26	1997
#5	Michelle Chambliss	54.30	1992
#6	Hannah Stuckenschneider	54.43	2003
#7	Jennella Torrence	55.06	1985
#8	Kathleen Hudson	55.08	1981
#9	LaQuita Andrews	55.19	2003
#10	Kim Stewart	55.73	2000

800m			
#1	Brooke Woodruff	2:07.74	2004
#2	Tammy Wenkel	2:08.29	1998
#3	Jennella Torrence	2:08.62	1985
#4	Janice Gibson	2:09.55	1988
#5	Laura Byrne	2:10.46	1987
#6	Janelle Quigley	2:10.61	1998
#7	Jen Burke	2:11.37	2005
#8	Angela Rohrscheib	2:13.60	1991
#9	Kaci Pilcher	2:13.68	2002
#10	Kelly Cracchiolo	2:14.05	1988

1500m			
#1	Laura Byrne	4:24.15	1989
#2	Chris Ridenour	4:27.96	1983
#3	Lindsay Zeiler	4:28.24	2004
#4	Pam Palmer	4:29.67	1985
#5	Kelly Cracchiolo	4:29.94	1988
#6	Janelle Quigley	4:30.34	1998
#7	Brooke Woodruff	4:30.49	2005
#8	Misty Dubman	4:33.84	1996
#9	Lucie Mays	4:37.34	1990
#10	Kaci Pilcher	4:38.38	2004

3000m Steeplechase			
#1	Juli Koenegstein	10:44.3	2007
#2	Colleen Burke	11:07.46	2005
#3	Kaci Pilcher	11:26.19	2004
#4	Anna Verseman	11:27.88	2003
#5	Linnea Woldtvedt	11:31.93	2007
#6	Jessie Thompson	11:34.70	2002
#7	Sarah Verelst	11:45.23	2005
#8	Kim Krieger	11:50.78	2004
#9	Jaquie Risley	12:31.49	2007

3000m			
#1	Lucie Mays	9:25.53	1991
#2	Laura Byrne	9:32.14	1987
#3	Chris Ridenour	9:33.91	1984
#4	Laura Tenaglia	9:50.22	1989
#5	Debbie Kilpatrick	9:56.40	1985
	Jan Gautier	9:56.40	1988
#7	Lindsay Zeiler	9:58.30	2003
#8	Janelle Quigley	9:58.59	1999
#9	Juli Koenegstein	10:00.48	2008
#10	Kelly Cracchiolo	10:01.80	1988

5000m			
#1	Laura Byrne	16:35.00	1989
#2	Lucie Mays	16:48.47	1991
#3	Chris Ridenour	16:55.34	1983
#4	Janelle Quigley	17:02.26	1999
#5	Debbie Kilpatrick	17:12.00	1985
#6	Jan Gautier	17:15.14	1988
#7	Laura Tenaglia	17:23.06	1990
#8	Juli Koenegstein	17:40.43	2009
#9	Margaret Hertenstein	17:41.74	1985
#10	Amy Arteme	17:43.39	2000

10,000m			
#1	Debbie Kilpatrick	34:56.95	1985
#2	Laura Tenaglia	36:03.36	1990
#3	Margaret Hertenstein	36:12.70	1985
#4	Mary Beth Schriever	36:39.40	1987
#5	Lisa Durham	36:40.24	1991
#6	Jan Gautier	36:47.20	1987
#7	Anna Assenmacher	37:30.74	1991
#8	Leslie McNamara	37:34.47	1999
#9	Amy Arteme	37:40.15	1999
#10	Kris Wolf	37:41.17	2006

100m Hurdles			
#1	Candace Williams	13.84	1981
#2	Shannon O'Dell	14.00	1997
#3	Lyndsey Stevenson	14.08	2003
#4	Whitney Thomas	14.12	2007
#5	Trena Anderson	14.19	1995
#6	Orie Ibe	14.20	2007
#7	Jacquelyn Gregware	14.40	1983
#8	Peggy McFarland	14.58	1988
#9	Lizz Barringer	14.61	1988
#10	Kathy Coleman	14.66	2005

400m Hurdles			
#1	Shannon O'Dell	0:59.29	1997
#2	Laura Vanhoevelaak	1:00.28	2003
#3	Tammy Wenkel	1:00.33	1997
#4	Candace Williams	1:00.69	1981
#5	Peggy McFarland	1:01.90	1989
#6	Lyndsey Stevenson	1:02.55	2003
#7	Natalie Dansberry	1:02.56	1986
#8	Kim Demers	1:02.98	2000
#9	Jacquelyn Gregware	1:03.74	1983
#10	Elizabeth Prewitt-Allen	1:03.79	2009

Shot Put			
#1	Heather Jenkins	51' 0"	2004
#2	Lucricia Purham	50' 9.5"	2000
#3	Linda Wilson	49' 3"	1989
#4	LeAnn Powers	48' 1"	1986
#5	Megan Youse	47' 8"	2004
#6	Denise Ford	46' 1.5"	1997
#7	Nichole Portell	45' 9.25"	2005
#8	Brinna Egbuka	45' 4.25"	2009
#9	Charlene Cortez	45' 1.75"	1991
#10	Jennifer Phillips	44' 9"	1997

Discus			
#1	Heather Jenkins	173' 11"	2002
#2	Pat Washington	160' 10"	1983
#3	Ashley Brewer	155' 1.25"	2008
#4	Lucricia Purham	154' 3"	2000
#5	Megan Youse	150' 9"	2004
#6	Linda Wilson	148' 9"	1988
#7	Jennifer Phillips	144' 0"	1998
#8	Charlene Cortez	139' 11"	1991
#9	LeAnn Powers	138' 6"	1988
#10	Kim Brown	138' 3"	2001

Javelin			
#1	Lizz Barringer	162' 1"	1989
#2	Courtney Haman	153' 9"	2003
#3	Kathy Day	153' 0"	1985
#4	Samantha Espiricueta	151' 6"	2008
#5	Lindsay Hearne	135' 7"	2007
#6	Rebecca Martin	141' 1"	2007
#7	LeAnn Powers	134' 0"	1986
#8	Dana Patek	133' 5"	1993
#9	Becky Shull	133' 5"	1999
#9	Denise Ford	129' 7"	1995
#10	Sheila Robinson	129' 1"	1985

Long Jump			
#1	Kathy Coleman	20' 4.5"	2005
#2	Heather Denihan	20' 2.5"	1998
#3	Beverly Slaughter	20' 0.5"	1981
	Meleisa Greene	20' 0.5"	2004
#5	Kathy Taylor	19' 8.25"	1991
#6	LaRita Hawes	19' 4.5"	1983
#7	Lindsey Meyr	19' 2.5"	2005
#8	Rachel Kahle	19' 1.25"	2009
#9	Tiffany Ford	19' 1"	1995
#10	Kia White	19' 0.5"	2004

Triple Jump			
#1	Kathy Coleman	40' 4.75"	2005
#2	Tiffany Ford	40' 1.5"	1995
#3	Heather West	39' 8"	2005
#4	Shemeika Brewer	39' 6.5"	2009
#5	Grey C. Harris	39' 5.25"	1997
#6	Marguerita Johnson	39' 1"	1990
#7	Renee Bergmeir	38' 11"	1998
#8	Charmen Jackson	38' 10"	1990
#9	Funtasia Clark	38' 6.25"	2008
#9	Iris Walker	37' 10"	1984

High Jump			
#1	Courtney Haman	5' 9"	2003
#2	Angela James	5' 8"	1988
#3	Heather Fisher	5' 7.5"	1996
#4	Carla Beattie	5' 7"	1983
	Lizz Barringer	5' 7"	1988
	Lanie Bohnsack	5' 7"	2006
#7	Sandy Dellling	5' 6"	1986
	Trena Anderson	5' 6"	1993
#9	Heather Denihan	5' 5"	1997
#10	Funtasia Clark	5' 4.5"	2006

Pole Vault			
#1	Michelle Jett	11' 11.75"	2005
	Audrey Harwood	11' 11.75"	2007
#3	Jennifer Leaman	11' 8"	1999
#4	Megan Rosenkoetter	10' 11.75"	2005
#5	Sara Kaznica	11' 0"	2002
#6	Amy West	10' 11.75"	2006
#7	Lori Sarantakis	10' 0.5"	2003
#8	Malia Roberts	10' 0"	2001
	Becky Komorech	10' 0"	2002
	Renee Herzog	10' 0"	2003

4 x 100m Relay			
#1	Michelle Hicks, Kehinde Vaughan		
	Lisa Like, Benita Thomas	44.92	1987
#2	Heather Keltner, Shauna Birge		
	Kim Stewart, Natalie Talley	45.40	2000
#3	Shannon O'Dell, Yvonne Hente		
	Kim Stewart, Shauna Birge	45.63	1997
#4	Natasha Fortenberry, LaQuita Andrews		
	Nyisha Porter, Rose Fulton	45.91	2004
#5	Nyisha Porter, Kathy Coleman		
	Donnie Parrish, LaQuita Andrews	45.96	2005

4 x 200m Relay			
#1	Heather Keltner, Shauna Birge		
	H. Stuckenschneider, Natalie Talley	1:37.15	2000
#2	Shannon O'Dell, Kim Stewart		
	Shauna Birge, Yvonne Hente	1:37.30	1997
#3	Heather Keltner, Shauna Birge		
	H. Stuckenschneider, Kim Stewart	1:37.35	2000
#4	Kim Stewart, Natalie Talley		
	Sarah Junkin, Shauna Birge	1:37.82	1999
#5	Shannon O'Dell, Trena Anderson		
	Torvia Bradley, Michelle Chambliss	1:39.55	1994

4 x 400m Relay			
#1	H. Stuckenschneider, Kim Stewart		
	Natalie Talley, Heather Keltner	3:41.13	2000
#2	L. Vanhoevelaak, H. Stuckenschneider		
	Brooke Woodruff, LaQuita Andrews	3:41.75	2003
#3	H. Stuckenschneider, Kim Stewart		
	Robbi Durham, Heather Keltner	3:42.76	2000
#4	Shannon O'Dell, Kim Stewart		
	Tammy Wenkel, Yvonne Hente	3:43.23	1997
#5	Kim Stewart, Heather Keltner		
	Tammy Wenkel, Yvonne Hente	3:43.36	1998

4 x 800m Relay			
#1	Laura Byrne, Debbie Kilpatrick		
	Pam Palmer, Jennella Torrence	9:09.09	1985
#2	Brooke Woodruff, Lindsay Zeiler		
	Kaci Pilcher, Jen Burke	9:15.71	2004
#3	Pam Palmer, Laura Byrne		
	Jennella Torrence, Diane Barlow	9:20.36	1985
#4	Sue Hopson, Andrea Talley		
	Karen McMillan, Kathleen Hudson	9:24.85	1981
#4	Cathy Palacios, Kelly Cracchiolo		
	Laura Tenaglia, Laura Byrne	9:27.59	1989

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

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



Southeast Missouri State University Redhawks

MEN'S OVC CHAMPIONS

ANNUAL MEN'S CONFERENCE CHAMPIONS

1992: Terrance Parker

1993: Joe Dandridge (4)*, Deryl Gardner*, James McCracken*, Ermet Wade*

1994: Terrence Branch (2)*, Brian Cowan*, Markeith Crawford*, Ramon Robinson*

1995: Markeith Crawford, Tim Davis (2), Deryl Gardner (2)*, Jamie Gooch*, Randy Johnson, Jon Langhans*, Glenn Lomenick (2)*, Cleon Mitchell, Jon Riley, Thad Tipton

1996: Bryan Alfultis (2), Brian Cowan*, Markeith Crawford (2)*, Tim Davis, Deryl Gardner (2), Matt Gaylor, Dewayne Johnson*, Randy Johnson, Jon Riley (4), Eric Wade

1997: Bryan Alfultis, Matt Gaylor (2), Randy Johnson

1998: Bryan Alfultis, Jim Fox (2), Randy Johnson

1999: Bryan Alfultis (2), Jaret Willi

2000: Adrian Barnhill, Brandon Myer, Collin Sheridan

2001: Garvin Ambrose (2), Derrick Brown*, Tyson Brown, Chris Donze*, Glenn Haley (3), Jay Heddell (2), Brandon Myer, Emmanuel Opoku (2)*, Shelton Scott (2), Leslie Weaver*, Jaret Willi (2)

2002: Jason Campbell, Jay Heddell (3), Shelton Scott (2), Jaret Willi (3)

2003: Jay Heddell (2), Brandon Myer, Shelton Scott (3), Chad Sierman, Jordon Willi (2)

2004: Alonzo Nelson*, Chaz Brown*, Jared Tanz*, Miles Smith (2)*, Daniel Jones, Jay Heddell (3), Jordan Willi, David Herman

2005: Alonzo Nelson (4)*, Chaz Brown (2)*, Chris Poindexter (2)*, Miles Smith (5)*, Jon Jefferson*, Seth Schuster*, Walter Washington*, Daniel Jones, Brian Knippen (3), Jason Theodorakos, Andrew Lambert

2006: Miles Smith (4), Alonzo Nelson (2)*, Chris Poindexter (2)*, Chris Williams*, Kevin McNab

2007: Chris Williams (3)*, Brandon Karcher (2), Chris Herron, Brandon Colbert

2008: Miles Smith, Brandon Colbert (2), Chris Gill, Paul Stemmerman, Brandon Karcher, Ben Johnson*, Ryan Criglar (2)*, Chris Poindexter (2), Robert Delaria*, Myron Pettigrew*, John Berry, Bilal Hameed, Ben Stricklin

NOTE: *Conference title won as part of relay team

INDOOR

60m Dash
Emmanuel Opoku, 6.91, 2001

200m Dash
Chris Williams, 22.01, 2007
Miles Smith, 21.66, 2006

400m Dash
Chris Gill, 48.89, 2008
Miles Smith, 47.54, 2006
Miles Smith, 48.47, 2005
Markeith Crawford, 48.25, 1996

800m Run
Deryl Gardner, 1:52.72, 1996
Deryl Gardner, 1:53.16, 1995

Mile Run
Glenn Lomenick, 4:13.75, 1995
Joe Dandridge, 4:18.50, 1993

3000m Run
Joe Dandridge, 8:44.23, 1993

60m Hurdles
David Herman, 8.16, 2004
Glenn Haley, 8.11, 2001

4 x 400m Relay
3:17.82, 2005

4 x 400m Relay
3:20.98, 2007
3:15.87, 2006

4 x 800m Relay
7:49.18, 1993

Distance Medley Relay
10:10.45, 1995

Long Jump
John Berry, 25' 1.75", 2008
Shelton Scott, 23' 2.5", 2003
Jon Riley, 24' 10.5", 1996
Jon Riley, 24' 5.5", 1995

Triple Jump
Bilal Hameed, 48' 10.25", 2008
Shelton Scott, 49' 7", 2003
Shelton Scott, 49' 2.5", 2002
Shelton Scott, 48' 6.25", 2001
Jon Riley, 50' 11.25", 1996

High Jump
Garvin Ambrose, 6' 11", 2001
Adrian Barnhill, 6' 11.75", 2000

20lb Weight Throw
Brandon Colbert, 58' 3.25", 2008
Daniel Jones, 56' 1", 2005
Daniel Jones, 55' 5.75", 2004

Pole Vault
Jordan Willi, 16' 0.5", 2004
Jordan Willi, 14' 11", 2003
Jaret Willi, 16' 9.5", 2002
Jaret Willi, 16' 4", 2001
Jim Fox, 16' 0", 1998
Tim Davis, 15' 6", 1996
Tim Davis, 14' 0", 1995

Shot Put
Brandon Colbert, 55' 6.5", 2008
Brian Knippen, 55' 7.5", 2005
Jay Heddell, 57' 4.25", 2004
Jay Heddell, 59' 7.75", 2003
Jay Heddell, 55' 5", 2002
Jay Heddell, 53' 3", 2001
Bryan Alfultis, 52' 0", 1997
Matt Gaylor, 49' 9.75", 1996
Cleon Mitchell, 53' 0", 1995

OUTDOOR

400m Dash
Miles Smith, 47.85, 2008
Miles Smith, 46.17, 2006
Miles Smith, 46.98, 2005
Miles Smith, 46.49, 2004
Jason Campbell, 47.32, 2002
Terrence Branch, 45.64, 1994

800m Run
Tyson Brown, 1:52.29, 2001
Deryl Gardner, 1:53.54, 1996

1500m Run
Paul Stemmerman, 3:59.29, 2008
Joe Dandridge, 3:58.12, 1993

3000m Steeplechase
Chris Herren, 9:23.50, 2007
Kevin McNab, 9:15.37, 2006
Chad Sierman, 9:08.70, 2003

5000m
Brandon Karcher, 15:04.67, 2007

10.000m
Brandon Karcher, 32:37.33, 2008
Brandon Karcher, 31:26.88, 2007

110m Hurdles
Alonzo Nelson, 14.76, 2005
Glenn Haley, 14.63, 2001

400m Hurdles
Alonzo Nelson, 51.52, 2005
Glenn Haley, 52.31, 2001
Markeith Crawford, 51.69, 1995

4 x 100m Relay
41.86, 2008
40.86, 2005
40.63, 2001
41.23, 1996
41.10, 1994

4 x 400m Relay
3:15.22, 2008
3:11.91, 2007
3:12.56, 2006
3:10.88, 2005
3:13.02, 2004

Long Jump
John Berry, 25' 5.5", 2008
Jaret Willi, 23' 2", 2002
Jon Riley, 24' 9.5", 1996

Triple Jump
Bilal Hameed, 50' 7.5", 2008
Shelton Scott, 47' 9.75", 2003
Shelton Scott, 49' 5.75", 2002
Shelton Scott, 47' 11.75", 2001
Jon Riley, 50' 1", 1996

High Jump
Andrew Lambert, 6' 6.75", 2005
Garvin Ambrose, 6' 7.5", 2001
Thad Tipton, 6' 8", 1995

Pole Vault
Jordan Willi, 14' 8", 2003
Jaret Willi, 15' 6", 2002
Jaret Willi, 16' 8", 2001
Collin Sheridan, 15' 0", 2000
Jaret Willi, 16' 0", 1999
Jim Fox, 15' 6", 1998
Tim Davis, 15' 0", 1995

Shot Put
Brian Knippen, 56' 2", 2005
Jay Heddell, 56' 8.75", 2004
Brandon Myer, 55' 6.25", 2003
Jay Heddell, 58' 4", 2002
Brandon Myer, 55' 3.5", 2001

Brandon Myer, 47' 11", 2000
Matt Gaylor, 50' 2.75", 1997
Bryan Alfultis, 53' 5", 1996

Discus
Brian Knippen, 158' 5", 2005
Jay Heddell, 163' 8", 2004
Jay Heddell, 173' 7", 2003
Jay Heddell, 170' 11", 2002
Jay Heddell, 161' 8", 2001
Bryan Alfultis, 156' 7", 1999
Bryan Alfultis, 159' 3", 1998
Matt Gaylor, 158' 7", 1997
Bryan Alfultis, 162' 6.25", 1996
Terrance Parker, 148' 0", 1992

Javelin
Ben Stricklin, 192' 8", 2008
Jason Theodorakos, 198' 10", 2005
Bryan Alfultis, 191' 2", 1999
Randy Johnson, 194' 4", 1998
Randy Johnson, 207' 9", 1997
Randy Johnson, 205' 0", 1996
Randy Johnson, 221' 11", 1995



During his Redhawks career, Miles Smith was a five-time NCAA All-American while capturing 15 Ohio Valley Conference Championships as well as winning a gold medal as a member of the USA 4X400 relay team at the 2005 World Championships. He was named the 2005 OVC Indoor Track Athlete of the Year as well as capturing the 2005 OVC Outdoor Championship MVP. In 2006, Smith was named both the Indoor and Outdoor OVC Male Track Athlete of the Year.



Cross Country / Track and Field Media Guide

MEN'S ALL-TIME TOP TEN

100m

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

200m

#1	Tim Williams	20.40	1987
#2	Dana Gardner	20.48	1986
#3	David Jackson	20.89	1985
#4	Terrence Branch	20.94	1994
#5	Miles Smith	20.99	2005
#6	Richard Williams	21.14	1977
	Mike Dwyer	21.14	1984
#8	Rich Wilson	21.24	1976
#9	Derrick Brown	21.31	2001
#10	Derek Robinson	21.35	1986

400m

#1	Miles Smith	45.16	2005
#2	Terrence Branch	45.52	1994
#3	Rob Thomas	45.95	1984
#4	Terry Harrison	46.95	1990
#5	Walter Washington	47.22	2006
#6	Shaun Jackson	47.23	1986
#7	Jason Campbell	47.32	2002
#8	Markeith Crawford	47.98	1995
#9	Tim Williams	47.99	1987
#10	Earl Nichols	48.09	1985
	Chris Gill	48.09	2007

800m

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

1500m

#1	Brian Radle	3:41.82	1989
#2	Norm Kellar	3:44.58	1985
#3	Joe Lackner	3:44.73	1984
#4	Pedro Caceres	3:47.08	1986
#5	John Daly	3:49.00	1989
#6	Pat Ratcliff	3:49.59	1982
#7	Mike Byrne	3:50.11	1984
#8	Edgar White	3:50.80	1976
#9	Art Waddle	3:51.59	1987
#10	Joe Dandridge	3:52.10	1983

3000m Steeplechase

#1	Mike Vannatta	8:31.14	1984
#2	Pedro Caceres	8:46.57	1986
#3	Brian Radle	8:48.91	1988
#4	Ken Hoffmann	9:00.72	1982
#5	Kevin McNab	9:03.05	2006
#6	Ken White	9:07.13	1983
#7	Chad Sierman	9:08.70	2003
#8	Paul Skie	9:08.99	1986
#9	John Daly	9:12.44	1989
#10	Mike Hillyard	9:20.29	1990

5000m

#1	Brian Radle	14:01.64	1989
#2	Jimmy Heard	14:02.32	1991
#3	Mike Vannatta	14:08.90	1984
#4	John Daly	14:14.50	1990
#5	Pedro Caceres	14:16.20	1987
#6	Art Waddle	14:20.10	1987
#7	Steve Sawyer	14:22.70	1990
#8	Mike Hillyard	14:31.10	1990
#9	Steve Harmon	14:32.90	1977
#10	Joe Leutschmann	14:35.80	1984

10,000m

#1	Art Waddle	29:17.40	1986
#2	Joe Leutschmann	29:51.50	1985
#3	Jimmy Heard	29:53.70	1990
#4	Brandon Karcher	30:14.75	2007
#5	Steve Sawyer	30:32.37	1990
#6	John Pendergraft	30:43.00	1986
#7	Ron Ayers	30:50.30	1981
	Ken Hoffmann	30:50.30	1982
#9	Jay Townsend	30:57.90	1986
#10	Jim Woolridge	30:59.64	1987

110m Hurdles

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

400m Hurdles

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

Shot Put

#1	Jay Heddell	59' 7.75"	2003
#2	Rick Wadlington	59' 0.5"	1971
#3	Brandon Colbert	58' 4.5"	2008
#4	Brian Knippen	58' 2.5"	2005
#5	Terry Coff	56' 8"	1969
#6	Bryan Alfultis	56' 7.5"	1998
#7	Brandon Myer	56' 2.5"	2001
#8	Edmund Lowe	55' 9"	1977
#9	Sam Scroggins	54' 10"	2005
#10	Bill Nekula	54' 7.5"	2007

Discus

#1	Neil Rock	192' 4"	1986
#2	Brandon Myer	181' 9.5"	2001
#3	Mike Hintz	175' 7"	1985
#4	Jay Heddell	173' 7"	2003
#5	Brandon Colbert	172' 7"	2007
#6	Bryan Alfultis	170' 11"	1998
#7	Rick Wadlington	167' 2.5"	1971
#8	Dave Rhatington	165' 1"	1976
#9	Tim Pigg	164' 0"	1985
#10	Brian Knippen	163' 8"	2005

Javelin

#1	Randy Johnson	222' 3"	1997
#2	John Hogan	221' 9"	1988
#3	Bob Cohoon	218' 11"	1990
#4	Jason Theodorakos	198' 10"	2005
#5	Matt Krich	198' 2"	1987
#6	Brian Knippen	192' 5"	2005
#7	Bryan Alfultis	191' 2"	1999
#8	John Schwepker	189' 3"	1988
#9	Sam Corrigan	182' 11"	1992
#10	Jon Henfling	174' 0"	2007

Long Jump

#1	Shelton Scott	25' 6.25"	2003
#2	John Berry	25' 5.5"	2008
#3	Jon Riley	25' 5"	1996
#4	Rashide Ward	25' 0.75"	1989
#5	Mark Daye	25' 0"	1977
#6	Earl Whiting	24' 10.25"	1984
#7	Ed Russell	24' 9.5"	1980
#8	Glen Norwood	24' 6.75"	1991
#9	Rick Townsend	24' 6"	1980
#10	Tyler Terry	24' 5.75"	2009

Triple Jump

#1	Keith Presberry	53' 5"	1986
#2	Earl Whiting	52' 10.25"	1986
#3	Mike Roberson	52' 7.5"	1988
#4	Shelton Scott	52' 2"	2003
#5	Jon Riley	51' 8.5"	1998
#6	Charles Taylor	51' 6"	1978
#7	Mark Daye	51' 4.5"	1977
#8	Bilal Hameed	50' 7.5"	2008
#9	Andrew Presberry	50' 7"	1982
#10	Mike West	49' 11.75"	1993

High Jump

#1	Jim Lohr	7' 1.5"	1984
#2	Alex Neophytou	7' 0.5"	1990
#3	William Johnson	7' 0"	1983
	Kevin Market	7' 0"	1983
#5	Adrian Barnhill	6' 11.75"	2000
#6	Scott Cant	6' 11"	1986
	Thad Tipton	6' 11"	1995
#8	Garvin Ambrose	6' 11"	2001
#9	Andrew Lambert	6' 9"	2005
#10	Curtis Williams	6' 8.75"	1966

Pole Vault

#1	Bob Ferguson	17' 10.25"	1987
#2	Jaret Willi	17' 2.5"	2002
#3	John Schwepker	17' 0"	1988
#4	Tim Davis	16' 5.25"	1997
#5	Rich Schwepker	16' 4"	1989
#6	Jordan Willi	16' 0.5"	2004
#7	Chris Moore	16' 0"	1998
	Jim Fox	16' 0"	1998
#9	Kevin Lea	15' 9"	1981
	Matt Murphy	15' 9"	1990
	Chris Prescott	15' 9"	1997

4 x 100m Relay

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

4 x 200m Relay

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

4 x 400m Relay

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

4 x 800m Relay

#1	Carl Bell, Ken Franklin, Shaun Carlile, Norm Kellar	7:28.84	1985
#2	Ted McMillan, Fred Jones, Eric VanMatre, John Daly	7:35.97	1990
#3	Edgar White, R. McGowan, G. Williams, C. Logan	7:37.40	1977
#4	Norm Kellar, Pedro Caceres, Shaun Carlile, Carl Bell	7:41.24	1986
#5	Adam Shupe, Tyson Brown, Chaz Brown, Chad Sierman	7:41.79	2002

Sprint Medley Relay

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

Distance Medley Relay

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

4 x 1600m Relay

#1	Mike Byrne, Mike Vannatta, Norm Kellar, Joe Lackner	16:41.62	1984
#2	Joe Lackner, Mike Vannatta, Pat Ratcliff, Mike Byrne	17:08.11	1982
#3	Joe Dandridge, Shane Stryker, John Daly, Jimmy Heard	17:17.67	1990
#4	Bob Kaufmann, S. Parker, Smallwood, S. Stillwell	17:18.30	1972
#5	Brian Radle, Steve Sawyer, Jimmy Heard, Bryant Wright	17:21.18	1988



Southeast Missouri State University Redhawks

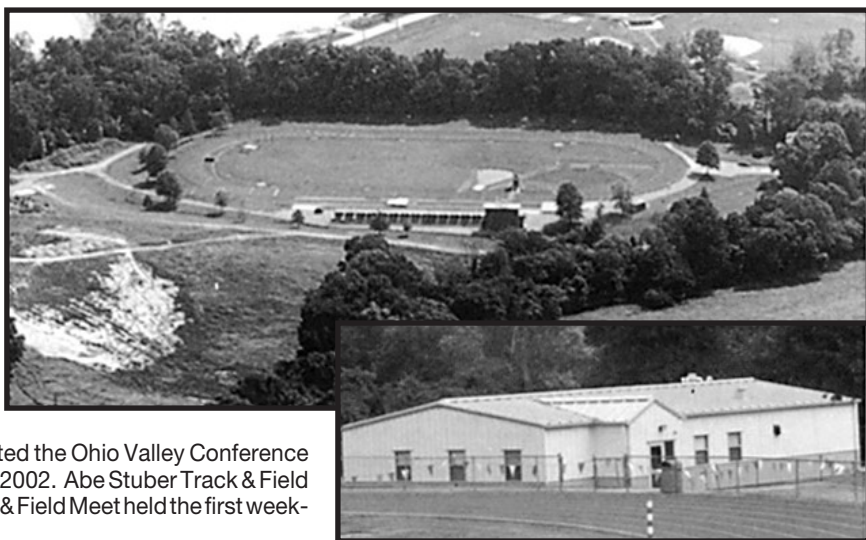
SOUTHEAST TRACK & FIELD FACILITIES

Abe Stuber Track & Field Complex

The Abe Stuber Track & Field Complex is one of the finest track facilities in the Midwest. It was dedicated in the spring of 1980 and was named after the late Abe Stuber who coached the Southeast track squads from 1932-46.

The Abe Stuber Track & Field Complex is on the north edge of campus in a scenic outdoor setting. The facility was designed strictly as a track and field complex and has served as the site of three NCAA II National Championships. It has a modern press box and seating for over 2,000 spectators.

The track and runways were completely resurfaced in 2001 and a new weight room and office complex was completed adjacent to the track in 2002. Southeast hosted the Ohio Valley Conference Outdoor Track & Field Championships in 1993, 1995 and 2002. Abe Stuber Track & Field Complex plays host to the annual Gatorade Classic Track & Field Meet held the first week-end of every April in Cape Girardeau.



ABE STUBER COMPLEX RECORDS

MEN

Event	Mark	Name	School	Year
100m	10.24	Dana Gardner	Southeast Missouri	1986
200m	20.66	Tim Williams	Southeast Missouri	1987
400m	45.12	Charles Phillips	Abilene Christian	1983
800m	1:47.81	Fred Williams	Abilene Christian	1984
1500m	3:38.91	Kip Cheruiyot	Mount St. Mary's	1987
5000m	13:52.05	Charles Cheruiyot	Mount St. Mary's	1987
10,000m	28:58.80	Keith Hanson	Marquette	1985
Steeplechase	8:37.50	Ed Wedderborn	Murray State	1982
110m Hurdles	13.62	Jack Pierce	Morgan State	1983
400m Hurdles	49.11	Tranel Hawkins	Angelo State	1984
4 x 100m	39.20	G. Johnson, M. Witherspoon A. Williams, A. Lawrence	Abilene Christian	1984
4 x 400m	3:03.38	A. Williams, F. Williams T. Thompson, M. Witherspoon	Abilene Christian	1984
High Jump	7' 5.25"	Steve Smith	Indiana State	1991
Pole Vault	18' 2"	Dale Jenkins	Abilene Christian	1984
Long Jump	27' 6"	Yusuf Alli	Puma Track Club	1987
Triple Jump	54' 7.75"	Stan Oporski	Cal. State-Los Angeles	1987
Shot Put	64' 6.75"	Mike Lehmann	Illinois	1982
Discus	208' 1"	Vestein Hafsteinson	Alabama	1986
Javelin	261' 6"	David Stephens	Cal. State-Northridge	1984
Hammer	221' 3"	Steffan Nerdal	Memphis	2008
Decathlon	8052	William Motti	Mount St. Mary's	1984

WOMEN

Event	Mark	Name	School	Year
100m	11.40	Tracy Mayfield	Abilene Christian	1987
200m	23.32	Kim Walker	Abilene Christian	1987
400m	52.36	Jearl Miles	Alabama A&M	1987
800m	2:03.71	Treena Colebrook	Cal. Poly-SLO	1987
1500m	4:14.77	Treena Colebrook	Cal. Poly-SLO	1987
5000m	16:15.37	Lesley White	Cal. Poly-SLO	1987
10,000m	33:40.60	Andrea Everett	Purdue	1986
Steeplechase	10:48.49	Mary Ballinger	Southern Indiana	2008
100m Hurdles	13.36	Jackie Humphrey	Eastern Kentucky	1988
400m Hurdles	57.45	Yolanda Henry	Abilene Christian	1987
4 x 100m	44.80	E. Clarke, M. Whiltshire V. Spence, T. Creekmore	Hampton	1987
4 x 400m	3:36.42	Y. Straughn, K. Walker T. Mayfield, Y. Henry	Abilene Christian	1987
High Jump	6' 3.25"	Yolanda Henry	Abilene Christian	1987
Pole Vault	11' 6"	Jen Leaman	Unattached	2000
Long Jump	21' 6.25"	Dedra Davis	Southwest Missouri	1992
Triple Jump	42' 7.25"	Dana Boone	Middle Tennessee	1992
Shot Put	60' 0"	Connie Price	Nike Track Club	1990
Discus	198' 1"	Connie Price	Coast Athletics	1987
Javelin	183' 8"	Sonya Smith	Abilene Christian	1983
Hammer	222' 8"	Brittany Riley	Southern Illinois	2008
Heptathlon	5872	Marlene Harmon	Cal. State-Northridge	1983



SOUTHEAST TRACK & FIELD TRAINING CENTER

The Southeast Track & Field Training Center was completed in the Spring of 2002. The 2,000 square foot complex which is located adjacent to the track, houses a 1,500 square foot weight room, track & field offices and storage. The Training Center is devoted solely to the Southeast Track & Field / Cross Country squads.

The completion of this \$300,000 project has given the Southeast Track & Field teams one of the best training situations found anywhere. The complex allows the men's and women's track teams to practice at any time, in a safe and efficient manner. This multipurpose building also provides a place for study halls, meetings and team functions.

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. Much of this equipment was bought with the generous support of the community and Southeast Track & Field Alumni.



Cross Country / Track and Field Media Guide

REC CENTER RECORDS

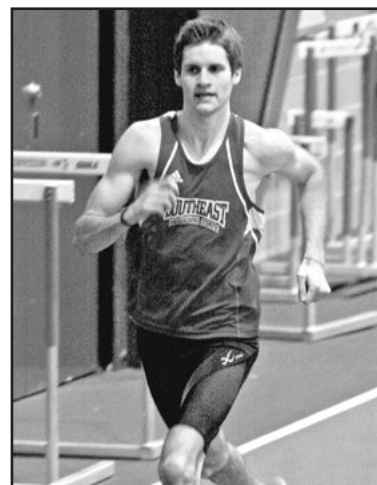
SOUTHEAST STUDENT RECREATION CENTER

The indoor track & field facility is located in the Student Recreation Center. The four lane 185m track has a lightning fast Mondo surface and is complete with jumping and vaulting pits, as well as throwing areas. Complete weight training facilities are also located in the building just adjacent to the track.

The facility, which opened in 1986, provides the Southeast track teams with a track suitable for indoor workouts and conditioning. The Student Recreation Center also plays host to the Southeast Indoor Invitational which attracts several schools from the Midwest and is held annually every February.



Stymill Conley finished second in this year's 200 meter dash at the Redhawks Invitational.



Paul Stemmerman won the 1,000 meter and established a new school record in that event at this year's Redhawks Invitational.



SOUTHEAST STUDENT REC CENTER RECORDS

MEN

Event	Mark	Name	School	Year
55m	6.29	Cameron Mabry	Eastern Illinois	1998
200m	22.22	Emmanuel Opoku	Southeast Missouri	2000
400m	49.9	Oneil Wright	Tennessee-Martin	2000
600m	1:22.80	Chad White	Eastern Illinois	1998
800m	1:54.2	Jason McKinney	Murray State	1998
Mile	4:19.1	Jason McKinney	Murray State	1996
3000m	8:54.68	Dustin Davis	Southeast Missouri	2009
55m Hurdles	7.44	Gabe Spezia	Eastern Illinois	2000
4 x 400	3:24.38	L. Green, D. Ingran J. Hinton, S. Hinton	Arkansas State	2000
High Jump	7' 0.75"	Al Winsley	Unattached	2009
Pole Vault	16' 8"	Brad Tyler	Arkansas State	2000
Long Jump	24' 10.5"	John Berry	Southeast Missouri	2007
Triple Jump	50' 1.5"	Jon Riley	Southeast Missouri	1998
Shot Put	58' 4.5"	Brandon Colbert	Southeast Missouri	2008
35lb Weight	69' 4.25"	Steffan Nerdal	Memphis	2009

WOMEN

Event	Mark	Name	School	Year
55m	6.93	Heather Samuel	Murray State	1994
200m	24.9	Heather Keltner	Southeast Missouri	2000
400m	54.76	Heather Keltner	Southeast Missouri	2000
600m	1:34.50	Heather Keltner	Southeast Missouri	1998
800m	2:14.40	Tammy Wenkel	Southeast Missouri	1998
Mile	5:04.3	Juli Koenegstein	Southeast Missouri	2008
3000m	10:23.03	Brigitte Buitron	Western Illinois	2001
55m Hurdles	8.00	Theresa Smith	Alabama-Birmingham	2003
4 x 400m	3:53.66	R.Durham, L.VanHoevelaak H.Stuckenschneider, H.Keltner	Southeast Missouri	2001
High Jump	5' 8"	Cheri Edri	Memphis	2007
	12' 6"	Michelle Legatt	Arkansas State	2003
	20' 2.5"	Heather Denihan	Southeast Missouri	1998
	38' 3.5"	Tiffany Ford	Southeast Missouri	1995
Pole Vault	12' 11.5"	Rondeline Sergent	Unattached	2007
Long Jump	58' 6"	Heather Jenkins	Southeast Missouri	2003
Triple Jump	39' 4.5"	Keyvia Davis	Austin Peay	2008
Shot Put	57' 8"	G. Lee	Memphis	2008
20lb Weight	61' 11.5"	Shameka Dial	Murray State	2009



Southeast Missouri State University Redhawks

SOUTHEAST CHAMPIONS & ALL-AMERICANS

NCAA CHAMPIONSHIPS

Cross Country

Yr. Coach
1984 Fred Binggeli

Indoor Track

Yr. Coach
1985 Joey Haines

OVC CHAMPIONSHIPS

Outdoor Track

Yr. Coach
1995 Men-Joey Haines
1995 Women-Joey Haines
1996 Men-Joey Haines
1997 Women-Joey Haines
1998 Women-Joey Haines
2005 Women-Joey Haines
2005 Men-Joey Haines
2006 Women-Joey Haines
2006 Men-Joey Haines
2008 Men-Joey Haines

Indoor Track

Yr. Coach
1996 Men-Joey Haines
1997 Women-Joey Haines
1998 Women-Joey Haines
2000 Women-Joey Haines
2004 Women-Joey Haines
2005 Men-Joey Haines
2006 Women-Joey Haines

MIAA CHAMPIONSHIPS

Cross Country

1965 Marvin Rosengarten
1966 Marvin Rosengarten
1967 Marvin Rosengarten
1970 Marvin Rosengarten
1971 Marvin Rosengarten
1984 Fred Binggeli

1986 Bill Gautier
1987 Bill Gautier
1988 Bill Gautier
1980 Bill Gautier
1990 Bill Gautier

Indoor Track

1936 Abe Stuber
1937 Abe Stuber
1938 Abe Stuber
1939 Abe Stuber
1940 Abe Stuber
1941 Abe Stuber
1956 Kenny Knox
1957 Kenny Knox
1958 Kenny Knox
1969 Marvin Rosengarten
1971 Marvin Rosengarten

1977 Marvin Rosengarten
1983 Joey Haines
1984 Joey Haines
1985 Joey Haines
1986 Joey Haines
1987 Joey Haines
1988 Joey Haines
1989 Joey Haines
1990 Joey Haines
1991 Joey Haines

Outdoor Track

1935 Abe Stuber
1936 Abe Stuber
1937 Abe Stuber
1938 Abe Stuber
1939 Abe Stuber
1940 Abe Stuber
1941 Abe Stuber
1942 Abe Stuber
1947 Wayne Goddard
1948 Wayne Goddard
1954 Kenny Knox
1957 Kenny Knox
1958 Kenny Knox
1969 Marvin Rosengarten

1971 Marvin Rosengarten
1976 Marvin Rosengarten
1977 Marvin Rosengarten
1970 Marvin Rosengarten
1981 Bill Leach
1982 Kevin White
1983 Joey Haines
1994 Joey Haines
1985 Joey Haines
1986 Joey Haines
1987 Joey Haines
1988 Joey Haines
1989 Joey Haines
1991 Joey Haines

WOMEN'S CHAMPIONSHIPS

Outdoor

1980 MAIAW State
1981 MAIAW State
1982 MIAA
1984 MIAA
1985 MIAA
1986 MIAA
1987 MIAA
1988 MIAA
1989 MIAA
1990 MIAA
1991 MIAA

Kris Burns
Fred Binggeli
Fred Binggeli
Fred Binggeli
Fred Binggeli
Joey Haines
Joey Haines
Joey Haines
Joey Haines
Joey Haines
Joey Haines

Cross Country

1981 MAIAW State
1981 MIAA
1982 MIAA
1983 MIAA
1984 MIAA
1985 MIAA
1986 MIAA
1987 MIAA
1988 MIAA
1989 MIAA
1990 MIAA

Fred Binggeli
Fred Binggeli
Fred Binggeli
Fred Binggeli
Fred Binggeli
Bill Gautier
Bill Gautier
Bill Gautier
Bill Gautier
Bill Gautier
Bill Gautier

MEN

Year Individual, 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, 100 Meter Dash & 200 Meter Dash
1977 Eric Hornsby, 200 Meter Dash
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, Indoor 600
1983 Mike Vanatta, Steeplechase
Ken McNair, High Hurdles
Ken Brown, Intermediate Hurdles
Carl Bell, 800
Joe Lackner, 1500
Tim Williams, 100 & 200
Joe Leuchtmann, Cross Country
1984 Rob Thomas, Indoor 500
Carl Bell, 800
Mike Dwyer, 100
Bob Ferguson, Pole Vault
Barry Hibbert, 400 Relay
Dave Jackson, 100 & Relays
Joe Lackner, 1500, Cross Country
Joe Leuchtmann, 10,000, Cross Country
Jim Lohr, High Jump
Rob Thomas, 400 & Relays
Mike Vanatta, 5000, Steeplechase, Cross Country
Earl Whiting, Triple Jump
Art Waddle, Cross Country
1985 Carl Bell, Indoor 800
Bob Ferguson, Indoor Pole Vault
Dave Jackson, Indoor Relays & 55
Norm Kellar, Indoor 500
Jim Lohr, Indoor High Jump
Kevin Lyons, Indoor Relays
Earl Nichols, Indoor Relays
Tim Pigg, Indoor Shot Put
Keith Presberry, Indoor Triple Jump
Jeff Randle, Indoor Relays & 55
John Schwepker, Indoor Pole Vault
Earl Whiting, Indoor Long & Triple Jumps
Norm Kellar, 1500
David Jackson, 100, 200
Joe Leuchtmann, 10,000
Jim Lohr, High Jump
Mike Hintz, Discus
Earl Whiting, Long & Triple Jump
Brian Radle, Cross Country
1986 Pedro Caceres, Steeplechase
Shaun Carlile, 800
Bob Ferguson, Pole Vault
Dana Garner, 100, 200
Norm Kellar, 1500
Keith Presberry, Indoor Triple Jump, Outdoor Triple Jump
John Schwepker, Decathlon
Art Waddle, 10,000
Earl Whiting, Triple Jump
1987 Pedro Caceres, Indoor 1500, Steeplechase, Outdoor
5000, Cross Country
Derek Haynes, Indoor 55 Hurdles
Brian Radle, Indoor 1500, Steeplechase, Outdoor 1500
John Schwepker, Indoor Pole Vault, Decathlon
Art Waddle, Indoor 500, Outdoor 10,000, Outdoor 5000,
Neil Rock, Discus
Tim Williams, Outdoor 200,400 Relay, 100, 1600 Relay
Jerome McDonald, 400 Relay, 1600 Relay
Terry Harrison, 400 Relay, 1600 Relay
Darryl Grady, 400 Relay
Bob Ferguson, Outdoor Pole Vault
Rich Schwepker, Outdoor Pole Vault
Ted McMillan, 1600 Relay
Norman Kellar, Cross Country
Jay Townsend, Cross Country
1988 Jimmy Heard, Cross Country
Art Waddle, Cross Country
Brian Radle, Indoor & Outdoor 1500, Indoor 5000,
Steeplechase, Cross Country
John Schwepker, Indoor & Outdoor Pole Vault, Outdoor
Decathlon
Rashid Ward, Indoor Long Jump
Mike Roberson, Indoor & Outdoor Triple Jump
Mike Hintz, Discus
John Hogan, Javelin
1989 John Daly, Outdoor 1500

SOUTHEAST ALL-AMERICANS

Jimmy Heard, Indoor 5000, Outdoor 10,000 and 5000
Terry Harrison, Indoor 400, Mile Relay
Fred Jones, Indoor Mile Relay
Jerome McDonald, Indoor Mile Relay
Ted McMillan, Indoor Mile Relay, Outdoor 800
Brian Radle, Cross Country, Indoor 1500, Outdoor 1500
and 5000
Rashid Ward, Indoor Long Jump
1990 Bob Cahoon, Javelin
John Daly, Indoor & Outdoor 1500m
Jimmy Heard, Indoor & Outdoor 5000m
Steve Sawyer, 1500m
Terry Harrison, Indoor 400, Indoor & Outdoor 1600m Relay
Eric Van Matre, 800m, Indoor & Outdoor 1600m Relay
Jerome McDonald, Indoor & Outdoor 1600m Relay
1991 Glen Norwood, Indoor & Outdoor jump
Terrence Branch, Indoor 400m, Indoor & Outdoor 1600m Relay
Virgil Lucas, Indoor & Outdoor 1600m Relay
Brian Coleman, Indoor & Outdoor 1600m Relay
Donnie Phillips, Indoor & Outdoor 800m Relay
Jamal Carson, Indoor & Outdoor 1600m Relay
Jimmy Heard, Indoor & Outdoor
1994 Terrence Branch, Outdoor 400
2001 Terrance Branch, 400m
2005 Miles Smith, 400m
2006 Miles Smith, 400m
2008 Miles Smith, 400m

WOMEN

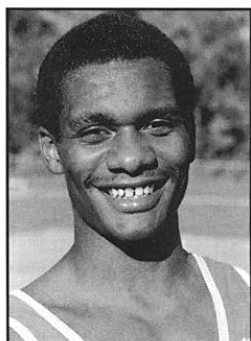
Year Individual, Event

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



Cross Country / Track and Field Media Guide

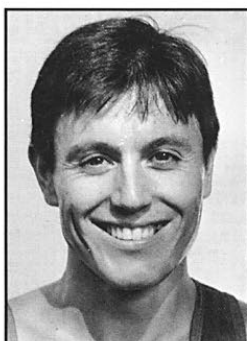
SOUTHEAST INDIVIDUAL DIVISION II CHAMPIONS



Carl Bell
Indoor 800
1985



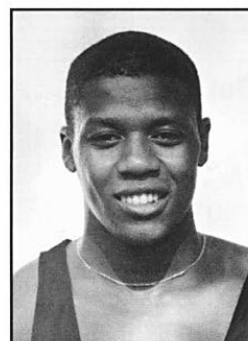
Laura Byrne
Cross Country 1988,
Indoor 1500 & 3000,
Outdoor 5000, 1989



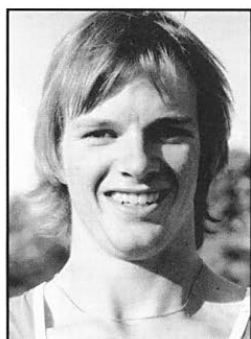
Pedro Caceres
Steeplechase
1987



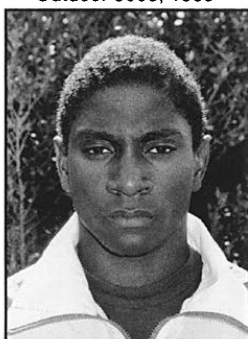
Jan Gautier
Indoor 3000
1987



Bob Ferguson
Pole Vault
1987



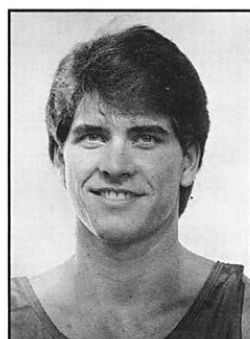
Jim Lohr
Indoor & Outdoor
High Jump, 1985



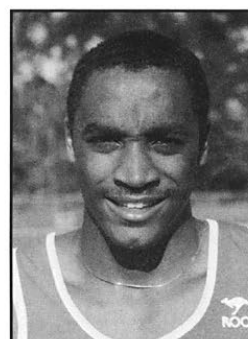
Keith Presberry
Indoor Triple Jump
1985



Chris Ridenour
Cross Country
1984



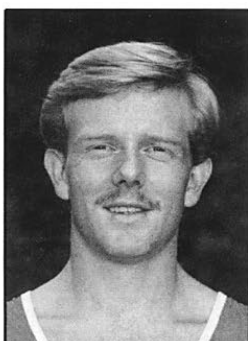
John Schwepker
Indoor Pole Vault, 1985
Decathlon, 1988



Rob Thomas
Indoor 500
1984



Jenella Torrence
Indoor 800
1985



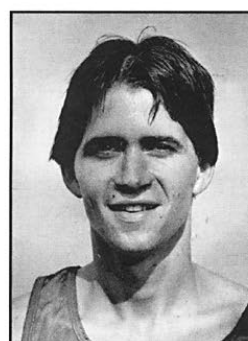
Mike Vanatta
Steeplechase, 1982, 83, 84
Cross Country 1984



Lizz Barringer
Heptathlon
1989



Kehinde Vaughan
Indoor 400
1988



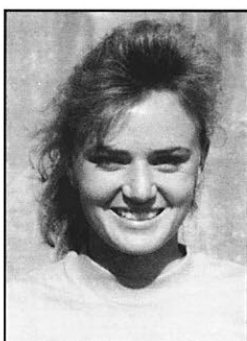
Art Waddle
10,000
1987



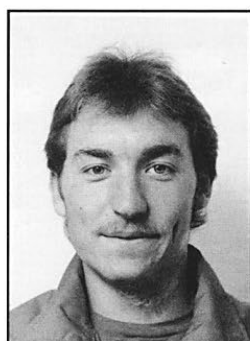
Tim Williams
100, 1983
200, 1987



Brian Radle
Indoor 1500,
Outdoor 5000, 1989



Lucie Mays
Indoor 1500, 1990
Outdoor 3000, 5000, 1991



Jimmy Heard
Outdoor 5000, 1991



Pat Washington
1980 AIAW Discus
Champion



Southeast Missouri State University Redhawks

PHOTO GALLERY



Josh Uchtman: Named the 2009 OVC Indoor Male Field Athlete of the Year after winning the shot put title at the OVC Indoor Championships.



Joey Haines: Former Head Coach Joey Haines was named the OVC Outdoor Men's Track & Field Coach of the Year last season and was also inducted into the Redhawks Hall of Fame on December 5, 2008.



Tyler Terry: Recorded a rare double-double during the 2009 OVC Indoor Championships winning the long jump and the triple jump titles.



Samantha Espiricueta: Finished second in the javelin last season at the OVC Outdoor Championships and qualified for the NCAA Midwest Regional.



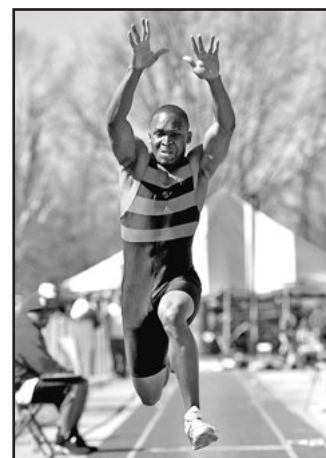
Paul Stemmerman: As a freshman, won the men's outdoor 1,500 meter in dramatic fashion at last year's OVC Outdoor Championships.



Andrew Glass: Won the OVC Outdoor title in the shot put last season as a junior.



Ore Ibe: Is one of the OVC's top hurdlers and sprinters. In 2007, she finished second at the OVC Outdoor Championships in the 200 meter and second in the 55 meter hurdles at the OVC Indoor Championships.



Bilal Hameed: Won the triple jump titles at both the 2008 OVC Indoor and Outdoor Championships.



Audrey Harwood: Finished third in the pole vault last season at the OVC Outdoor Championships.



Whitney Thomas: Won an OVC Indoor title in the 55 meter hurdles and in 2006 was named the OVC's Female Indoor Freshman of the Year.



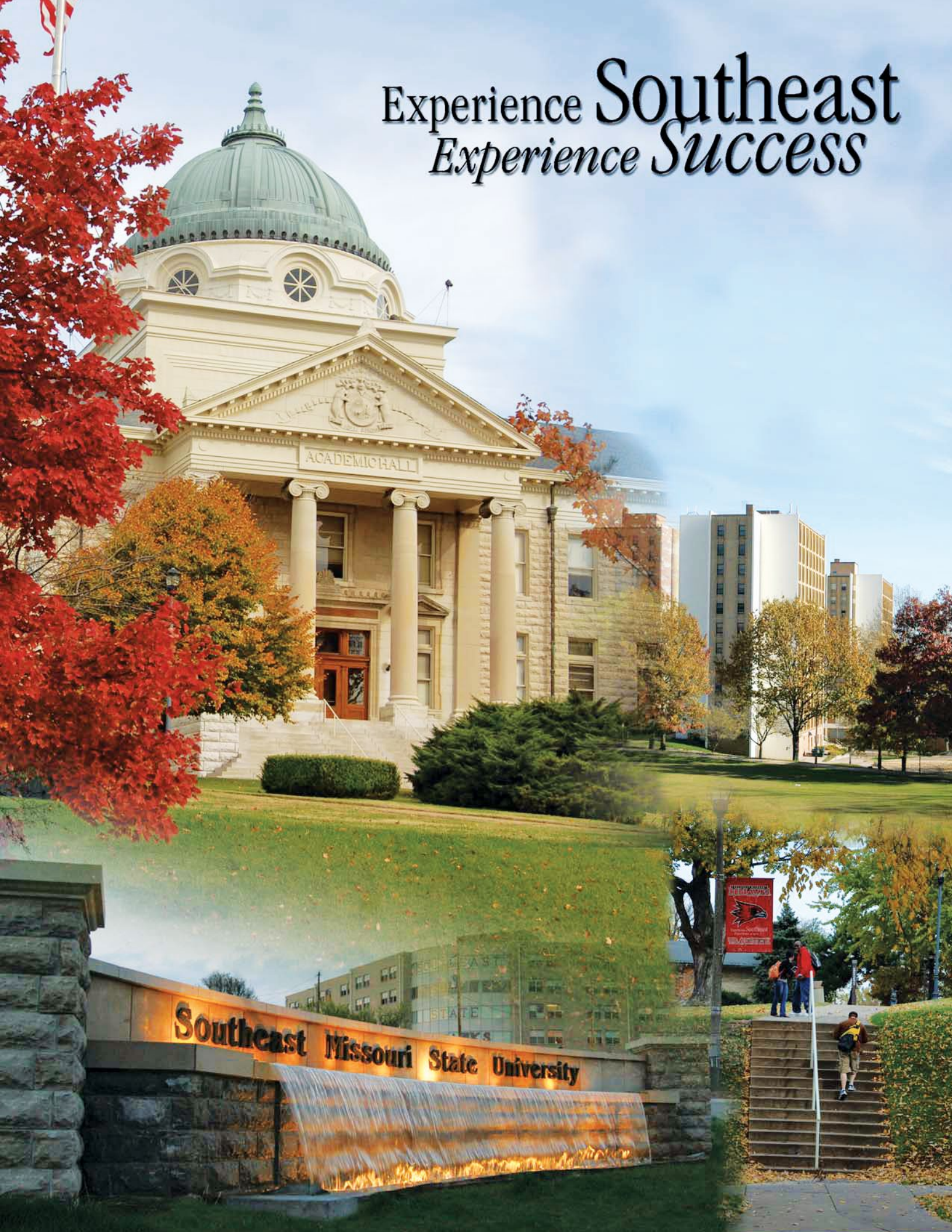
Brandon Karcher: Won the 10,000 meter title at the 2008 OVC Outdoor Championships after being named the 2007 OVC Co-Male Outdoor Track Athlete of the Year.



Rebecca Martin: Has finished in the top four in the javelin at the OVC Outdoor Championships the last three seasons.



Experience Southeast
Experience Success





09 SCHEDULE 10

INDOOR SCHEDULE

- Dec. 4 Saluki Fast Start Invitational
Carbondale, IL
- Jan. 15-16 SASF Invitational
Carbondale, IL
- Jan. 23 EIU Mega Meet
Charleston, IL
- Jan. 29-30 Indiana Relays
Bloomington, IN
- Feb. 5-6 Frank Sevigne Husker Invitational
Lincoln, NE
- Feb. 12 Hoosier Hills Invitational
Bloomington, IN
- FEB. 19 REDHAWKS INVITATIONAL**
CAPE GIRARDEAU, MO
- Feb. 26-27 OVC Indoor Championships
Nashville, TN (Hosted by Tennessee State)
Gentry Center
- Mar. 5-6 Alex Wilson Inv. (U. of Notre Dame)
South Bend, IN
- Mar. 12-13 NCAA Indoor Championships
Fayetteville, AR

OUTDOOR SCHEDULE

- Mar. 20 Rhodes Invitational (Rhodes College)
Memphis, TN
- Mar. 26-28 Alabama Relays
Tuscaloosa, AL
- APR. 2-3 JOEY HAINES INVITATIONAL**
CAPE GIRARDEAU, MO
- Apr. 10 Ole Miss Invitational
Oxford, MS
- Apr. 17 Memphis Invitational
Memphis, TN
- Apr. 23-24 Drake Relays
Des Moines, IA
- Apr. 24 SIU-E Twilight
Edwardsville, IL
- Apr. 30-
May 1 OVC Outdoor Championships
Cookeville, TN
- May 7 Bill Hayes Invitational
Bloomington, IN
- May 14-15 Georgia Tech Invitational
Atlanta, GA
- May 28-29 NCAA Regional Championships
Austin, TX (Hosted by U. Texas @ Austin)
- June 9-12 NCAA Outdoor Championships
Eugene, OR (Hosted by U. of Oregon)

Home meets in **BOLD** held at
Abe Stuber Track & Field Complex

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