# MICHIGAN STATE

#### SPARTAN TRACK FIELD



### **RALEIGH RELAYS**

March 29-30 // Raleigh, N.C.



### SPARTAN INVITATIONAL

April 5-6 // East Lansing, Mich.



### April 12-13 // Louisville, Ky.



### VIRGINIA CHALLENGE

April 19-20 // Charlottesville, Va.



### JESSE OWENS CLASSIC

April 26-27 // Columbus, Ohio



### HILLSDALE GINA RELAYS April 26 // Hillsdale, Mich.



### **BIG OTF CHAMPIONSHIPS**

May 10-12 // Iowa City, Iowa



### NCAA EAST PRELIMS

May 23-25 // Jacksonville, Fla.



### NCAA CHAMPIONSHIPS

June 5-8 // Austin. Texas

### // SOCIAL CORNER //



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MSUTXC

### IN THE BLOCKS

### NCAA EAST PRELIMINARY ROUND



Michigan State men and women's track & field programs will head to Jacksonville, Florida for the 2019 NCAA East Preliminary Round May 23-25 at Hodges Stadium, hosted by the University of North Florida. The Spartans have a total of 25 entries in the East Preliminaries.

### FOLLOWING THE MEET

Live results will be available at MSUSpartans.com. Championships Central is available at http://bit.ly/PrelimCentral. Recaps of Michigan State's performances and results will posted at MSUSpartans.com.

### // Live Coverage //

Follow the Esat Preliminary Round via FloTrack - http://bit.ly/EastVideo

Michigan State track & field continues postseason action at the NCAA East Preliminary Round at the Hodges Stadium on the campus of the University of North Florida in Jacksonville, Florida Thursday-Saturday, May 23-25. The Spartans have a total of 25 entries in the East Preliminaries.

"We have a lot of people who are veterans, and certainly have been in the fight, whether it is success at the Big Ten level or the national level. This is a nice group that we are taking. I think that a lot of them have a chance to advance. Will (Agodu) has a good chance; our intermediate hurdlers seem to be on a nice rise. I am looking to see how the whole group does," Director of track & field Walt Drenth said.

Events on Thursday, May 23 begin at 12 p.m. with the men's hammer throw and the women's javelin (trials and finals). Sophomore Nick Kramer will be the first Spartan in action with the men's hammer throw. On the track, senior Taylor Mullins will get Michigan State going with the first round of the 400m hurdles at 4:30 p.m. The Spartans will complete the first day of competition with four competing in the semifinals of the women's 10,000m at 9 p.m.

On the second day of action, events will start with the women's discus and the men's javelin at 12 p.m. MSU will start the day with the sophomore Jerimiah Evans in the men's discus at 4 p.m. The day will end for Michigan State with the women's steeplechase at 8:20 p.m. with Karrigan Smith and Mackenzie Weiler.

Competition concludes on Saturday, with action in the field and on the track. Field action begins at 2:45 p.m. with the men's shot put. On the track, quarterfinal action starts with the 4x100 women's relay at 6 p.m.



### **QUICK FACTS**

### Men's Location ......East Lansing, Michigan Nickname ...... Spartans Colors......Green (1C453B) & White Twitter Handle .....@MSUTrackFieldXC Instagram.....MSUTFXC Facebook URL ......https://www.facebook.com/MSUTF Acting President ......Satish Udpa Director of Athletics......Bill Beekman Senior Women's Administrator ...... Jennifer Smith Head Coach, Year ......Walt Drenth, 13th Associate Head Coach ...... Lisa Senakiewich Assistant Coaches...... Ceith Creekmur, ......Yolanda Johnson, Lonnie Pugh, Aaron Simoneau All-Big Ten ...... Guerrant, Kiprotich, Agodu (First Team) ......Evans (Second Team)

Women's
Location East Lansing, Michigan
Program Founded
Conference
Enrollment
Nickname Spartans
ColorsGreen (1C453B) & White
Twitter Handle@MSUTrackFieldXC
InstagramMSUTFXC
Facebook URLhttps://www.facebook.com/MSUTF
IActing PresidentSatish Udpa
Director of Athletics
Senior Women's Administrator Jennifer Smith
Head Coach, YearWalt Drenth, 13th
Associate Head Coach Lisa Senakiewich
Assistant Coaches Ceith Creekmur,
2019 Big Ten Finish
All-Big TenReynolds (First Team)

## **SPARTANS**

Follow the Spartans on **Twitter @msutrackfieldxc** and **Instagram @msutfxc**. To get the latest on all of Michigan State's athletic teams, be sure to follow **@MSU\_Athletics**.

The Spartans are on Facebook as well! Like the Michigan State Track & Field and Cross Country page.

All results and press releases about the Spartans will be posted to **MSUSpartans.com**. To have releases emailed to you, send requests to track & field contact, Kara Fisher at kfisher@ath.msu.edu.

All interview requests for student-athletes and coaches should be directed toward Kara Fisher at kfisher@ath. msu.edu or by phone (517) 896-0724.

### MSU TRACK & FIELD in 5...4...3...2...1

#### 1 | EXPERIENCE LEADS THE WAY

Michigan State has a very experienced squad heading into the NCAA East Preliminary Round. Senior Ellen DiPetro (high jump) will take part in the high jump for the fourth time in her career. DiPietro comes into the East Prelims as the No. 15 seed with a season-high jump of (1.79m). Fellow senior Justine Kiprotich is fresh off his second Big Ten title in three seasons in the men's 1,500m. He is seeded fifth coming into Regionals with a time of 3:41.65.

"I would hope that things that we emphasize through the course of their career will be true this weekend, and that is primarily managing themselves. If you start thinking of it in its totality and worry about this being your last meet, it really encumbers you more than you need. They just need to go out there and see what their best looks like," Drenth added.

### 2 | THE DISTANCE SQUAD

The Spartans continue to have a strong distance tradition with senior Erin McDonald competing in the 5,000m. She is currently seeded eighth in the East Prelims. Freshman Jenna Magness will make her East Preliminary debut, joining McDonald in the 5,000m. For the third-straight season Karrigan Smith with run the 3,000m steeplechase, as she is currently seeded 10th in the event. Junior Mackenzie Weiler will join Smith in the steeplechase. MSU has four people competing in the women's 10,000, along with four in the women's 1,500m. There are also a duo of Spartans in the 3,000m steeple and two in the 5,000m.

On the men's side, sophomore Morgan Beadlescomb makes his East Preliminary debut, as the sixth seed in the men's 5,000m. Michigan State will also have a pair of hurdlers competing in Will Agodu in the 110m hurdles and Noah Burton in the 400m hurdles.

"The comfort level is really huge. The depth is attributed to many things, include Coach Senakiewich and her tireless efforts. We also have to attribute it to the kids expectations. They are coming here with the idea that they want to be national level kids. They train hard, and they work hard," Drenth said.

### 3 | WHAT TO WATCH FOR

Michigan State will have five people competing in the throws in the East Prelims. On the women's side sophomore Kayli Johnson and Nikole Sargent will compete in the shot put, while freshman Rebecca Mammel makes her first appearance in Regionals in the hammer throw. On the men's side, sophomores Nick Kramer and Jeremiah Evans are both making their second appearances in the East Prelims. Evans comes into the competition seeded third in the discus with as season-long and school record throw of 61.22m.

### 4 | BREAKING RECORDS

Senior Will Agodu is looking to end his Spartan career in style. Agodu won the Big Ten title in 110m hurdles in record breaking style with a time of 13.75. He broke the previous MSU record of 13.82 held by Gene Washington (1966) and Tony Gilbert (1981). Agodu advances to the NCAA East Prelims for the third-straight season.

"I do think that Will is growing in confidence, but I don't think that Will's success is an unusual as it may look from the outside. After the Big Ten Indoor Championship we really challenged him and the rest of the group. He did an outstanding job with trusting Coach (Yolanda) Johnson," Drenth added.

### **5 | WAITING TO EXHALE**

Junior Asya Reynolds will not be competing in the NCAA East Prelims, but will head straight to the NCAA Finals in the heptathlon. She captured the Big Ten title with a school record 5,520 points.

"For Asya it is just a matter of her getting better at everything. We have seen her improve in almost every event. She will have training sessions with Coach Johnson and Coach (Ceith) Creekmur," Drenth said.



### **WALT DRENTH**

### DIRECTOR OF TRACK FIELD AND CROSS COUNTRY (13TH SEASON)



### // COACHING HONORS //

- Two-time Pac-10 Women's Coach of the Year (1999, 2000, Cross Country)
- West Region Women's Coach of the Year (2000, Cross Country)
- Two-time MAC Coach of the Year (1988, 1989, Cross Country)
- Three-time Central Collegiate Coach of the Year (1987, 1988, 1989, Cross Country)
- Five-time CAA Coach of the Year (1990, 1992-95, Cross Country)
- Two-time District II Coach of the Year (1990, 1995, Cross Country)
- District IV Coach of the Year (1989, Cross Country)
- Five-time Great Lakes Coach of the Year (2006, 2007, 2010, 2014 Women's Cross

Country, 2017 Men's Cross Country)

- Five-time Big Ten Coach of the Year (2010, 2011, 2013, 2014 Women's Cross Country, 2015 Outdoor Track & Field)
- 2014 USTFCCCA Women's National Coach of the Year

### // ATHLETE HONORS //

- 598 Academic All-Big Ten honorees (Cross Country, Track)
- 163 All-Americans (Cross Country, Track)
- 80 Academic All-Americans (Cross Country, Track)
- 103 Big Ten Distinguished Scholar honorees
- 39 Conference Championships (Cross Country, Track)
- 39 NCAA Top-20 Finishes (Cross Country, Track)
- 15 Academic All-American Teams (Cross Country, Track)
- Five Great Lakes Regional Championships (Cross Country)
- Four Great Lakes Regional Athlete of the Year (Cross Country)
  - One District IV Title (1989, Cross Country)



### // The Spartan Staff //



**Lisa Senakiewich** Associate Head Coach Ninth Season at MSU



Yolanda Johnson Assistant Coach - Sprints & Horizontal Jumps Third Season at MSU



Ceith Creekmur Assistant Coach - Vertical Jumps & Multi's Sixth Season at MSU



**Lonnie Pugh** Assistant Coach - throws Third Season at MSU



Aaron Simoneau Assistant Coach - Distance Fifth Season at MSU





### Women's East Preliminary Athletes

Carlyn Arteaga Junior 1,500 Meters

Collegiate Bests: 1,500m - 4:21.22 (2019); 800m - 2:07.07 (2019)

Ellen DiPietro Senior High Jump

\* 2019 Outdoor Second-Team All-Big Ten

Collegiate Bests: High Jump - 1.79m (2016)

Sophia Franklin Sophomore Pole Vault

\* 2018 USTFCCCA Second-Team All-American (Pole Vault)

**Collegiate Bests**: Pole Vault - 4.37m (2019); 100m hurdles - 15.42 (2018)

Annie Fuller Junior 1,500 Meters

**Collegiate Bests**: 1,500m - 4:17.18 (2019); 800m - 2:08.72 (2019)

Lynsie Gram Junior 10,000 Meters

Collegiate Bests: 5,000m - 16:23.38 (2019); 10,000m - 33:38.27 (2019)

<u>India Johnson</u> <u>Freshman</u> 10,000 Meters

Collegiate Bests: 3,000m - 9:29.14 (2019); 5,000m - 16:14.81 (2019); 10,000m - 33:54.77 (2019)

Kayli Johnson Sophomore Shot Put

Collegiate Bests: Shot Put - 16.26m (2019); Discus - 48.95m (2019); Hammer - 51.78m (2018)

Kayla Kavulich Senior 1,500 Meters

Collegiate Bests: 800m - 2:09.83 (2019); 1,500m - 4:22.49 (2019); 3,000 Steeplechase - 11:09.02 (2016)

<u>Jenna Magness</u> <u>Freshman</u> <u>5,000 Meters</u>

Collegiate Bests: 1,500m - 4:29.62 (2019); 5,000m - 16:22.90 (2019)

Rebecca Mammel Freshman Hammer Throw

**Collegiate Bests**: Hammer Throw - 60.98m (2019) Shot Put - 13.63m (2019); Discus - 46.25m (2019)

Dillon McClintock Junior 1,500 Meters

\* 2018 USTFCCCA Second-Team All-American (1,500m)

**Collegiate Bests**: 1,500m - 4:13.82 (2018); 800m - 2:05.32 (2019)

Erin McDonald Senior 5,000 Meters

Collegiate Bests: 1,500m - 4:24.19 (2019); 5,000m - 15:59.20 (2019)

Taylor Mullins Senior 400 Meters Hurdles

**Collegiate Bests**: 200m - 24.94 (2018); 400m - 57.64 (2016), 400m hurdles - 58.76 (2018)

Jeralyn Poe Junior 5,000 Meters

Collegiate Bests: 1,500m - 4:28.01 (2019); 5,000m - 16:22.42 (2018); 10,000 - 34:01.85 (2019)



### **MICHIGAN STATE**

Nikole Sargent Sophomore Shot Put

**Collegiate Bests**: Shot Put - 15.44m (2019); Hammer Throw - 50.70m (2019); Discus - 49.04m (2019)

Karrigan Smith Junior 3,000 Steeplechase

\* 2019 Outdoor Second-Team All-Big Ten

Collegiate Bests: 1,500m - 4:28.42 (2017); 3,000m Steeplechase - 10:14.05 (2018)

Amber Way Junior 10,000 Meters

Collegiate Bests: 1,500m - 4:45.68 (2017); 5,000m - 16:32.81 (2017); 10,000m - 33:54.70 (2017)

Mackenzie Weiler Junior 3,000m Steeplechase

**Collegiate Bests**: 1,500m - 4:40.76 (2018); 3,000m Steeplechase - 10:28.14 (2019)



### Men's East Preliminary Athletes

Will Agodu Senior 110 Meter Hurdles

\* 2019 Big Ten Outdoor Champion (110m hurdles)

\* 2019 First-Team Outdoor All-Big Ten (110m hurdles)

Collegiate Bests: 110m Hurdles - 13.75 (2019)

Morgan Beadlescomb Sophomore 5,000 Meters

Collegiate Bests: 1,500m - 3:45.27 (2019); 5,000m - 13:47.44 (2019)

Noah Burton Junior 400 Meter Hurdles

Collegiate Bests: 400m Hurdles - 52.10m (2019); 400m - 49.69 (2019)

<u>Jerimiah Evans</u> <u>Sophomore</u> <u>Discus</u>

\* 2019 Second-Team Outdoor All-Big Ten (Discus)

\* 2018 Second-Team Outdoor All-Big Ten (Discus)

**Collegiate Bests:** Discus - 61.22m (2019); Shot Put - 18.47m (2019); Hammer Throw - 42.58 (2018)

Justine Kiprotich Senior 1,500 Meters

\* 2018 USTFCCCA First-Team All-American (1,500m)

\* 2017 USTFCCCA First-Team All-American (1,500m)

\* 2017 NCAA Runner-Up (1,500m)

\* 2019 Big Ten Outdoor Champion (1,500m)

\* 2019 First-Team Outdoor All-Big Ten (1,500m)

\* 2018 Second-Team Outdoor All-Big Ten (1,500m)

\* 2017 Big Ten Outdoor Champion (1,500m)

\* 2017 First-Team Outdoor All-Big Ten (1,500m)

\* 2016 Second-Team Outdoor All-Big Ten (1,500m)

**Collegiate Bests:** 800m - 1:49:04 (2017); 1,500m - 3:41.89 (2019)

Nick Kramer Sophomore Hammer Throw

Collegiate Bests: Hammer Throw - 63.04m (2018)

Trevor Stephenson Freshman Pole Vault

Collegiate Bests: Pole Vault - 5.22m (2019)



## MICHIGAN STATE TRACK & FIELD



### 2019 Women's Outdoor Season Bests

Date	Meet	Location (Result/Points)
3/29-30	Raleigh Relays	, NTŚ
4/5-6	Spartan Invitational	NTS
4/12-13	Louisville Invitational	NTS
4/19-29	Virginia Challenge	NTS
4/26-27	Jesse Owens Classic/GINA Relays	NTS
5/10-12	Big Ten Championships	8th/49

NTS - No Team Score

100-ME	ΓER	DA	Sŀ
Athlete			

Brooke Bogan

DIOORE DOGAIT

### 100-METER HURDLES Athlete

Jaiden Paris Asya Reynolds

### 200-METER DASH

Athlete Brooke Bogan Olivia Lopez Tyra Hunt

#### 400-METER DASH Athlete

Denise Spann Tyra Hunt Haley Rathwell Drew Coleman

### 400-METER HURDLES Athlete

Taylor Mullins Haley Rathwell

#### 800-METER RUN Athlete

Dillon McClintock Carlyn Arteaga Annie Fuller Kayla Kavulich Kayla Wiitala

### 1500-METER RUN Athlete

Dillon McClintock
Annie Fuller
Kayla Kavulich
Carlyn Arteaga
Erin McDonald
Karrigan Smith
Jeralyn Poe
Jenna Magness
Kayla Wiitala
Lindsey Rudden
Bridget Blake
Lauren Jenkins
Nicole Hanson
Casey Mossholder
Patricia Girardot
Stephanie Vanis
Amanda George

### 3000-METER RUN

Athlete India Johnson Sarah Kettel Maggie Farrell Lindsey Rudden Nicole Hanson

Meet	Dlaco	Mark
Virginia Challenge		

Meet	Place	Mark
Louisville Invitational Spartan Invitational		

Meet	Place	Mark
Big Ten Championships Spartan Invitational		
Spartan Invitational	11th	26.19 (pr)

Meet	Place	Mark
Big Ten Championships	20th	56.35 (pr)
Louisville Invitational	7th	58:39
Raleigh Relays	47th	58.48 (pr)
Raleigh RelaysSpartan Invitational	4th	58.51 (pr)
		\(\frac{1}{2}\)

Meet	Place	Mark
Big Ten Championships		
Louisville Invitational		

Meet	Place	Mark
Big Ten Championships	2nd	2:05.83 (pr)
Big Ten Championships	5th	2:07.07 (pr)
Louisville Invitational	2nd	2:08.72 (pr)
Louisville Invitational	3rd	2:09.83 (pr)
Spartan Invitational		

Meet	Place	Mark
Raleigh Relays	1st	4:16.74
Virginia Challanga	Gth	1.17 10 (55)
Big Ten Championships	12th	4:22.49 (pr)
Louisville Invitational	1st	4:22.95 (pr)
Louisville Invitational	3rd	4:24.19 (pr)
Louisville Invitational	5th	4:24.91 (pr)
Big Ten Championships Louisville Invitational Louisville Invitational Louisville Invitational Louisville Invitational Louisville Invitational Louisville Invitational	7th	4:28.01 (pr)
Louisville Invitational	11th	4:29.62 (pr)
Louisville Invitational	15th	4:31.52 (pr)
virdinia Challende	ZOII	4:34.19
Big Ten Championships	26th	4:35.12 (pr)
Louisville Invitational Spartan Invitational	22nd	4:35.94 (pr)
Spartan Invitational	7th	4:45,42
Spartan Invitational	15th	4:51.82 (pr)
Spartan Invitational	19th	4:57.45 (br)
Spartan Invitational		
Spartan Invitational		
- L		( /

Meet	Place	Mark
Louisville Invitational	4th	9:29.14 (pr)
Louisville Invitational		
Louisville Invitational	11th	9:50.98 (pr)
Louisville Invitational	15th	9:57.91 (ˈɒr)
Louisville Invitational	23rd	10:07.66 (pr)

### 3,000-METER STEEPLE Athlete

Karrigan Smith Mackenzie Weiler

### 5,000-METER RUN Athlete

Erin McDonald India Johnson Jenna Magness Lynsie Gram Jeralyn Poe Sarah Kettel Lauren Jenkins Maggie Farrell Bailey Johnson Nicole Hanson

### 10,000-METER RUN Athlete

Lynsie Gram India Johnson Jeralyn Poe Amber Way Jessica Goethals Bailey Johnson

### 4X100-METER RELAY Athletes

T. Mullins, J. Paris, D. Spann, B. Bogan B. Bogan, D. Coleman, T. Mullins, D. Spann

#### 4X200-METER RELAY Athletes

A. Reynolds, T. Mullins, D. Spann, B. Bogan

### 4X400-METER RELAY Athletes

B. Bogan, D. Spann, T. Mullins, H. Rathwell A. Reynolds, O. Lopez, D. Coleman, J. Paris

#### 4X800-METER RELAY Athletes

C. Arteaga, K. Wiitala, A. Fuller, D. McClintock

### 4X1500-METER RELAY Athletes

K. Wiitala, K. Smith L. Jenkins, K. Kavulich

### HIGH JUMP Athlete

Ellen DiPietro Asya Reynolds

### POLE VAULT Athlete

Sophia Franklin Libby Jefferson Calli Ostapowicz Gabriella LeRoux

### LONG JUMP Athlete

Asya Reynolds Olivia Lopez Autumn Robinson Tyra Hunt

### TRIPLE JUMP Athlete

Shelby Allen Autumn Robinson

Meet	.Place	Mark
Virginia Challenge		
Rig Ten Championships		

Meet	Place	Mark
Raleigh Relays	4th	15:59.37 (pr)
Virginia Challenge	7th	16.14.81 (ˈpr)
Virginia Challenge	11th	16:22.90 (pr)
Virginia Challenge	13th	16:23.38 (pr)
Raleigh Relays	24th	16:29.21
Big Ten Championships	s. 21st	16:56.98
GINA Relays	6th	16:58.63
Raleigh Relays	53rd	17:00.19
Virginia Challenge	37th	17:08.93
GINA Relays	16th	17:18.79

Meet	Place	Mark
Raleigh Relays		
Big Ten Championship	s9th	33.54.77 (pr)
Big Ten Championship	s.10th	34:01.85 (pr)
Big Ten Championship		
Raleigh Relays		
Raleigh Relays	28th	35:03.59

Meet Big Ten Championsh		
Spartan Invitational	1st	46.22

Meet	Place	Mark
	6th	

MeetLouisville Invitational		
Spartan Invitational	1st	3:47.77

Meet	Place	Mark
Raleigh Relays.	1st	8:43.97
,		

Meet	Place	Mark
Raleigh Relays		

Meet	Place	Mark
Raleigh Relays	3rd	1.79m
Spartan Invitational		

Meet	.Place .	Mark
Spartan Invitational	1st	.4.37m (pr)(sr)
Big Ten Championships	s. 11th	
Louisville Invitational		
Spartan Invitational		

Meet	Place	Mark
Raleigh Relays	6th	6.18m (pr)
Virginia Challenge		
Spartan Invitational	3rd	5.54ḿ
Spartan Invitational		

Meet	Place	Mark
Louiville Invitational		
Spartan Invitational	6th	10.5Ĝm

SHOT	<b>PUT</b>
<b>Athlet</b>	e

Kayli Johnson Nikole Sargent Rebecca Mammel

### **DISCUS THROW** Athlete

Kayli Johnson Rebecca Mammel Nikole Sargent

### **HAMMER THROW** Athlete

Rebecca Mammel Stephanie Pajot Alaias Bertrand

### **JAVELIN Athlete**

Stephanie Pajot

### **HEPTATHLON** Athlete

Asya Reynolds

- (ua) unattached
- (pr) personal record (sr) school record
- (mr) meet record
- (p) preliminary event (H) Heptathlon event

Meet	Place	Mark
Jesse Owens Classic	3rd	16.26m (pr)
Big Ten Championships	9th	15.44m (ˈpr)
Virginia Challenge		

Meet	Place	Mark
Spartan Invitational	1st	48.95m (pr)
Jesse Owens Classic	4th	46.25m (pr)
Spartan Invitational	2nd	45.46m

Meet	Place	Mark
Virginia Challenge	2nd	60.98m (pr)
Big Ten Championships.		
Spartan Invitational		

Meet	Place	Mark
Spartan Invitational	11th	27.90m

Meet	Place	Mark
Big Ten Champions		





### 2019 Men's Outdoor Season Bests

Date	Meet	Location (Result/Points)
3/29-30	Raleigh Relays	NTS
4/5-6	Spartan Invitational	NTS
4/12-13	Louisville Invitational	NTS
4/19-20	Virginia Challenge	NTS
4/26-27	Jesse Owens Classic/GINA Relays	NTS
5/10-12	Big Ten Outdoor Championships	7th/53
NTS - No Te	eam Score	

### 100-METER DASH

Athlete	
Joe Stevens	
Peirre Brown	

### Meet..... Place ...... Mark Jesse Owens Classic......6th ............ 10.53 (pr) Louisville Invitational......7th ............10.80 (pr)

### 110-METER HURDLES

Atniete
Will Agodu
Devin McKinney
Savalas Morgan
Nick Guerrant

Meet	Place	Mark
Big Ten Championships Virginia Challenge	1st	13.75 (pr/sr)
Virginia Challenge	10th	14.33
Virginia Challenge	16th	14.47
Louisville Invitational	7th	14.57 (pr)

Meet..... Place ..... Mark

Meet.....Place.....Mark

Meet......Place......Mark

Meet......Place......Mark

Jesse Owens Classic...... 6th ....... 1:52.89 (pr)

Louisville Invitational 10th 1:55.84
GINA Relays 9th 2:04.55

Virginia Challenge ......1st......3:41.89 (pr)

Virginia Challenge ...... 4th ......3:45.27 (pr)

Big Ten Championships......24th .......3:55.75 (pr

GINA Relays.......3:56.39

36th .......3:52.39 (pr)

Louisville Invitational ......1st.....

Meet.....Place....

Raleigh Relays .....

### 200-METER DASH Athlete

Joe Stevens
400 METER DACH

400-IVIETER DASH
Athlete
Noah Burton
Jalen Smith

### **400-METER HURDLES Athlete**

Noah Burton
Nick Moore

### 800-METER RUN

**Athlete** Justine Kiprotich John Gove Jalen Smith Nick Plude

### 1500-METER RUN **Athlete**

Justine Kiprotich Morgan Beadlescomb John Petruno Winter Romeyn Brayden Law Tommy Osika Matt Schram

### 3000-METER RUN Brayden Law

3,000-METER STEEPLECHA Athlete Winter Romeyn John Petruno Avery Felty

### 5,000-METER RUN Athlete

Morgan Beadlescomb Brayden Law Joe Riordan Steven Stine Matt Schram

ASE Meet	Place	Mark
Virginia Challenge	8th	9:03.47
Spartan Invitational		
Spartan Invitational	6th	0.54.70 (pr)

## Spartan Invitational .......6th ......9:54.70 (pr)

#### Meet......Place.....Mark Raleigh Relays ...... 6th ...... 13:47.44 (pr) Raleigh Relays ...... 112th...... 14:52.50 (pr)

### 10,000-METER RUN Athlete

Joe Riordan Matt Thomas

### **4X100-METER RELAY Athletes**

P. Brown, J. Stevens D. McKinney, S. Morgan W. Agodu, J. Stevens P. Brown, S. Morgan W. Agodu, J. Stevens D. McKinney, S. Morgan

### **4X200-METER RELAY** Athletes

S. Morgan, J. Stevens P. Brown, D. McKinney

### **4X400-METER RELAY Athletes**

P. Brown, N. Burton D. McKinney, S. Morgan N. Guerrant, N. Whitting J. Edwards, W. Agodu

#### 4X800-METER RELAY Athletes

J. Smith, J. Gove, T. Osika, J. Kiprotich

#### **SPRINT MEDLEY RELAY Athletes**

S. Morgan, D. McKinney, J. Smith, J. Gove

#### **POLE VAULT** Athlete

Trevor Stephenson Nick Guerrant Kyle Nouhan

#### **HIGH JUMP** Athlete

Cody Stemple

#### LONG JUMP Athlete

Jon Edwards Nick Guerrant Nathan Whitting Xzavier Odom Kharon Hall

#### TRIPLE JUMP Athlete

Jon Edwards Kharon Hall

#### SHOT PUT Athlete

Jerimiah Evans Dan Stone

### **DISCUS THROW** Athlete

Jerimiah Evans Nick Kramer Dan Stone

#### HAMMER THROW Athlete

Nick Kramer Dan Stone Evan Litch

#### **DECATHLON** Athlete Nick Guerrant

(ua) - unattached (pr) - personal record (mr) - meet record sr) - school record

Meet	Place	Mark
Raleigh Relays		
Big Ten Championship		

Meet	Place	Mark
Big Ten Championsh	nips . 10th	41.25
Spartan Invitational.	1st	41.74
Jesse Owens Classi	c 5th	41.99

Meet	Place	Mark
Raleigh Relays	2nd	1:25.36

Meet		
Big Ten Championshi	ips . 13th	3:13.84
Spartan Invitational	4th	3:24.57

Meet	Place	Mark
Raleigh Relays		

Meet	Place	Mark
Raleigh Relays	2nd	3:25.42

Meet	Place	Mark
Virginia Challenge		
Big Ten Championship	S	4.70m (̈D)
Spartan Invitational	6th	4.42ḿ

Meet	Place	Mark
Spartan Invitational		

Meet	Place	Mark
Virginia Challenge	5th	7.43m (pr)
Spartan Invitational		
Spartan Invitational	5th	6.55m
Louisville Invitational		
Spartan Invitational		
•		(1 /

Meet	Place	Mark
Spartan Invitational		
Spartan Invitational	5th	13.55m

MeetP	lace	Mark
Louisville Invitational Jesse Owens Classic	2nd	18.47m (pr

Meet	Place	Mark
Jesse Owens Classic	1st6	1.22m (pr)(sr)
Jesse Owens Classic Spartan Invitational	5th	50.73 m´(pr)
Raleigh Relays	9th	48.85m (pr)

Meet	Place	Marl
Big Ten Championship		
Jesse Owens Classic	11th	54.33m (pr
Spartan Invitational	2nd	51.76m (ˈpr

Meet	F	Place .	Mark
	hampionships.		



### **MICHIGAN STATE TRACK & FIELD**

Women's Outdoor School Records

Event	Athlete	Time/Mark	Year
100 Yards (+)	Marjorie Grimmett	10.70	1997
100 Meters	Sevatheda Fynes	11.04	1997
100 Meter Hurdles	Leslie Aririguzo	13.37	2012
200 Meters	Sevatheda Fynes	22.60	1997
400 Meters	Chandra Burns	51.89	1996
400 Meter Hurdles	Judi Brown	56.03	1983
800 Meters	Sue Latter	2:03.00	1977
1,500 Meters	Leah O'Connor	4:11.04	2015
Mile (+)	Kelly Spatz	4:49.56	1981
3,000 Meters (+)	Anne Pewe	9:08.07	1982
5,000 Meters	Rachele Schulist	15:36.33	2015
10,000 Meters	Jamie Krzyminski	32:52.81	2004
3,000 Meter Steeplechase	Leah O'Connor	9:33.38	2015
440 Yard Relay (+)			
D. Williams, C. Charles, K. Miller, C	C. Gilliam	46.51	1980
4x100 Meter Relay			
T. Williams, T. Franklin, A. Evans, J.	Westney	44.81	2015
4x200 Meter Relay			
M. Kendall, C. Burnett, J. Childress,	O. Smalls	1:37.58	1984
4x400 Meter Relay			
Westney, Wilberding, Evans, Frankl	in	3:34.63	2015
4x800 Meter Relay			
B. Douglas, A. Pewe, P. Sedwick, J. S	edwick	8:45.65	1982
4x1,500 Meter Relay			
Fuller*, Beazley, McDonald*, McCli	ntock*	18:28.87	2017
Distance Medley Relay			
Hayes, Fynes, Kurtz, Dueringer		11:33.35	1997
Shot Put	Katelyn Daniels	16.40m	2017
Discus Throw	Katelyn Daniels	60.54m	2016
Hammer Throw	Cynthia Watt	65.17m	2015
Javelin Throw	Lynlee Phillips	51.10m	2002
Pole Vault	Sophia Franklin*	4.37m	2019
Long Jump	Ashley Stacey	6.33m	2011
Triple Jump	Tori Franklin	13.41m	2013
High Jump	Becca Buchholtz	1.83m	2012
Heptathlon	Asya Reynolds*	5,314 pts.	2019

<sup>(+) -</sup> Events no longer contested



<sup>\* -</sup> Current Spartans

### MICHIGAN STATE TRACK & FIELD

Men's Outdoor School Records

Event	Athlete	Time/Mark	Year
100 Yards (+)	Herb Washington	9.20	1974
. ,	Marshall Dill	9.20	1974
100 Meters	Marshall Dill	10.28	1972
	Eliot Tabron	10.28	1982
110 Meter Hurdles	Will Agodu	13.75	2019
200 Meters	Marshall Dill	20.54	1973
	Eliot Tabron	20.54	1982
400 Meters	Eliot Tabron	45.00	1982
400 Meter Hurdles	Rob Cassleman	49.64	1972
660 Yards (+)	John Spain	1:16.70	1967
800 Meters	Ken Popejoy	1:47.44	1973
1,500 Meters	Tim Simpson	3:41.06	1987
Mile	Ken Popejoy	3:57.00	1973
5,000 Meters	Caleb Rhynard	13:49.60	2014
10,000 Meters	Steve Schell	28:39.74	1999
3,000 Meter Steeplechase	Max Benoit	8:44.46	2015
4x100 Meter Relay			
D. Leonard, A. Mahone, L. Jackson,	D. Hallums	40.16	1985
4x200 Meter Relay			
C. Wilkins, K. Scott, M. Sanders, E.	Tabron	1:22.53	1983
4x400 Meter Relay			
C. Wilkins, K. Scott, M. Sanders, E.	Tabron	3:02.52	1983
4x800 Meter Relay			
B. Castle, R. Lake, D. Lean, W. Atterl	bury	7:21.64	1958
4x1,600 Meter Relay			
J. Neal, M. Williamson, M. Kavulich	, T. Simpson	16:21.24	1985
Distance Medley Relay			
K. Moore, C. Byrd, S. Mavis, H. Lind	lsay	9:39.64	1977
Shot Put	Steve Manz	19.80m	2004
Discus Throw	Jerimiah Evans*	61.22m	2019
Hammer Throw	Vinny Gjokaj	66.29m	2015
Javelin Throw	Max Knoblock	65.16m	2017
Pole Vault	Paul Terek	5.50m	2002
Long Jump	Philmore Morris	7.80m	1988
Triple Jump	Kyron Foster	15.88m	2009
High Jump	Paul Piwinski	2.21m	1983
	Daryl Dismond	2.21m	1983
Decathlon	Tim Ehrhardt	8,044 pts.	2018

<sup>(+) -</sup> Events no longer contested



<sup>\* -</sup> Current Spartans

2019 Women's Track & Field Roster				
Name	Year	Event(s)	Hometown/High School	
Shelby Allen	RS SR	Jumps	Oak Park, Mich./Berkley	
Charley Andrews	SO	Multi	Battle Creek, Mich./Harper Creek	
Carlyn Arteaga	RS JR	Distance	Grand Haven, Mich./Spring Lake	
Nala Barlow	FR	Sprints	Detroit, Mich./Detroit Cody	
Alaias Bertrand	SO	Throws	Strongsville, Ohio/Strongsville	
Brooke Bogan	SO	Sprints/Hurdles	Ann Arbor, Mich./Ann Arbor Huron	
Claire Brouwer Holly Bullough	RS SO JR	Distance Distance	Grand Rapids, Mich./Grand Rapids Christian Traverse City, Mich./Traverse City St. Francis	
Lidia Clarizio	FR	Distance	East Lansing, Mich./Haslett	
Drew Coleman	SO	Sprints/Hurdles	Southfield, Mich./Oak Park	
Ellen DiPietro	SR	High Jump	Marshfield, Mass./Marshfield	
Karenna Duffey	FR	Distance	Chesterfield, Mich./L'Anse Creuse North	
Maggie Farrell	SO	Distance	Battle Creek, Mich./Battle Creek Lakeview	
Sophia Franklin	SO		Okemos, Mich./Okemos	
Annie Fuller	RS JR	Distance	Manistee, Mich./Manistee	
Amanda George	JR DC CO	Distance	Flint, Mich./Davison	
Patricia Girardot	RS SO	Distance	Birmingham, Mich./Seaholm	
Jessica Goethals Lynsie Gram	SR RS JR	Distance Distance	Rochester, Mich./Rochester Clarkston, Mich./Clarkston	
Nicole Hanson	RS SO	Distance	Clarkston, Mich./Clarkston	
Samantha Hanson	RS SO	Distance	Sterling Heights, Mich./Sterling Heights Stevenson	
Melanie Helder	FR	Distance	Hudsonville, Mich./Hudsonville	
Tyra Hunt	FR	Sprints	Kentwood, Mich./East Kentwood	
Libby Jefferson	SO	Pole Vault	Hatfield, Pa./Springside Chestnut Hill Academy	
Lauren Jenkins	RS SR	Distance	Saugatuck, Mich./Saugatuck	
Bailey Johnson	SR	Distance	Grandville, Mich./Jenison	
India Johnson	SO	Distance	Hilliard, Ohio/Hilliard Davidson	
Kayli Johnson	RS SO	Throws	Detroit, Mich./Grosse Pointe South	
Lauren Kaliszewski	SO DC CD	Distance	Rochester Hills, Mich./Rochester	
Kayla Kavulich Sarah Kettel	RS SR RS SO	Distance Distance	Plymouth, Mich./Salem  Brighton, Mich./Capital Homeschool	
Remmi King	FR	Distance	Brighton, Mich./Capitol Homeschool Kingsley, Mich./Kingsley	
Faith Kiprotich	SO	Distance	Kentwood, Mich./East Kentwood	
Courtney Krupp	FR	Distance	Chesaning, Mich./New Lothrup	
Gabriella LeRoux	SO	Pole Vault	Muskegon, Mich./Spring Lake	
Annika Linzmeier	FR	Distance	Pulaski, Wis./Pulaski	
Olivia Lopez	FR	Jumps	Bloomfield, Mich./Bloomfield Hills	
Jenna Magness	SO	Distance	Grand Ledge, Mich./Grand Ledge	
Rebecca Mammel	SO	Throws	Tecumseh, Mich./Tecumseh	
Carlie Martella Erin McCallum	SO FR	Distance	Gaylord, Mich./Gaylord	
Dillon McClintock	RS JR	Jumps Distance	Northville, Mich./Northville Owosso, Mich./Owosso	
Erin McDonald	RS SR	Distance	Midland, Mich./Dow	
Casey Mossholder	JR	Distance	DeWitt, Mich./DeWitt	
Taylor Mullins	SR	Sprints/Hurdles	Clarkston, Mich./Clarkston	
Katie Osika	FR	Distance	Waterford, Mich./Waterford Mott	
Calli Ostapowicz	FR	Jumps	Jenison, Mich./Hudsonville	
Stephanie Pajot	RS SR	Throws	Auburn, Mich./Bay City Western	
Jaiden Paris	FR	Sprints	Aurora, Colo./Cherokee Trail	
Makayla Perez	FR	Distance	Lincoln Park, Mich./Southgate Anderson	
Kate Petsch	FR	Distance	Waterford, Mich./ Waterford Mott	
Jeralyn Poe Haley Rathwell	RS JR	Distance	Lincoln, Neb./Lincoln North Star	
Asya Reynolds	SO SR	Sprints/Hurdles Multi	Commerce, Mich./Lakeland Cleveland, Ohio/Brush	
Autumn Robinson	SR	Jumps	Washington, D.C./Elizabeth Seton	
Jenny Rogers	RS SR	Distance	Farmington, Mich./Farmington	
Lindsey Rudden	RS SO	Distance	Marquette, Mich./Marquette	
Nikole Sargent	RS SO	Throws	Fenton, Mich./Flint Power Catholic	
Karrigan Smith	RS JR	Distance	St. Johns, Mich./St. Johns	
Denise Spann	SR	Sprints	Coconut Creek, Fla./Boyd Anderson	
Emily Steffke	RS JR	Distance	Beal City, Mich./Beal City	
Ella Suliman	FR	Jumps	Grass Lake, Mich./Grass Lake	
Stephanie Vanis	RS SO	Distance	East Lansing, Mich./East Lansing	
Amber Way Mackenzie Weiler	RS JR RS JR	Distance Distance	Charlevoix, Mich./Charlevoix Cedar Springs, Mich./Cedar Springs	
Kayla Wiitala	RS SO	Distance	Colorado Springs, Colo./Air Academy	
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### 2019 Men's Track & Field Roster

		riens nack	
Name	Year	Event(s)	Hometown/High School
Will Agodu	SR	Sprints/Hurdles	Taylor, Mich./Taylor Harry S. Truman
Abdi Ahmed	FR	Distance	Grand Rapids, Mich./Forest Hills Northern
Brenden Allen	FR	Distance	Armada, Mich./Romeo
Morgan Beadlescomb	RS JR	Distance	Algonac, Mich./Algonac
Luke Beauchamp	RS SO	Distance	Bellevue, Wash./Interlake
Andrew Bill	JR	Distance	Berkley, Mich./Berkley
Peirre Brown	FR	Sprints	Romulus, Mich./Romulus
Ty Buckley	SO	Distance	Brighton, Mich./Detroit Catholic Central
Noah Burton	JR	Sprints/Hurdles	Bloomfield Hills, Mich./Avondale
Jon Edwards	RS JR	Sprints/Jumps	Milan, Mich./Lincoln Senior
Jerimiah Evans	RS SO	Throws	Auburn Hills, Mich./Avondale
Avery Felty	RS SO	Distance	Novi, Mich./Detroit Catholic Central
Justin Ferraro	FR	Distance	Rocklin, Calif./Rocklin
Jonathan Fife	RS SO	Sprints	Flint, Mich./Flint Southwestern Academy
Max Godsil	FR	Throws	Portage, Mich./Portage Central
John Gove	SO	Mid-Distance	Leominster, Mass./Leominster
Nick Guerrant	RS JR	Multi	Portage, Mich./Portage Northern
Kharon Hall	RS SO	Jumps	Parker, Colo./Lutheran
Nicholas Hirschenberger	RS SO	Distance	Traverse City, Mich./Traverse City West
Jack Huber	FR	Distance	Delmar, N.Y./Bethlehem Central
Alex Inosencio	FR	Jumps	Jackson, Mich./Parma Western
Brian Kettle	RS SR	Distance	Milford, Mich./Milford
Justine Kiprotich	RS SR	Distance	Kentwood, Mich./East Kentwood
Nick Kramer	RS SO	Throws	Fruitport, Mich./Fruitport
Brayden Law	RS SO	Distance	Fort Wayne, Ind./Homestead
Evan Litch	RS SO	Throws	Brighton, Mich./Brighton
Devin McKinney	GR	Sprints/Hurdles	Kentwood, Mich./East Kentwood
Savalas Morgan	JR	Sprints/Hurdles	Detroit, Mich./Cass Tech
Luke Noah	SO	Distance	Middleville, Mich./Thornapple Kellogg
Kyle Nouhan	SO	Pole Vault	Saline, Mich./Saline
Andrew O'Connor	RS SR	Distance	Croswell, Mich./Croswell-Lexington
Xzavier Odom	SO	Sprints/Hurdles	East Lansing, Mich./East Lansing
Tommy Osika	RS SO	Distance	Waterford, Mich./Waterford Mott
John Petruno	SO	Distance	Wixom, Mich./Walled Lake Western
Nicolas Plude	SR	Distance	Charlevoix, Mich./Charlevoix
Lance Rambo	RS SO	Distance	Marquette, Mich./Marquette
Joseph Riordan	SO	Distance	Solon, Ohio/Solon
Thomas Robinson	FR	Sprints	Grand Rapids, Mich./Wyoming Lee
Winter Romeyn	RS JR	Distance	Ellsworth, Mich./Ellsworth Community
Matt Schram	SO	Distance	Rochester Hills, Mich./Rochester Adams
Dan Sims	RS SR	Distance	Northville, Mich./Northville
Jalen Smith	FR	Distance	Highland Park, Mich./Fraser
Harrison Steen	FR	Distance	Rochester Hills, Mich./Stoney Creek
Cody Stemple	JR	High Jump	White Lake, Mich./Lakeland
Trevor Stephenson	FR	Jumps	Caledonia, Mich./East Kentwood
Joe Stevens III	FR	Sprints	Northville, Mich./Harrison
Steven Stine	SO	Distance	Sterling Heights, Mich./Fraser
Dan Stone	SO	Throws	Frankenmuth, Mich./Frankenmuth
Matthew Thomas	RS JR	Distance	Portage, Mich./Port Huron Northern
James Uhlenberg	FR	Distance	Auckland, New Zealand
Nathan Whitting	JR	High Jump	Freeland, Mich./Freeland
Alec Wiater	RS SR	Sprints/Hurdles	New Baltimore, Mich./Anchor Bay
Fraser Wilson	FR	Distance	Bailey, Mich./Kent City
Zacary Wright-Fisher	RS SO	Distance	Muskegon, Mich./Mason County Central
Lacary wright-fisher	1000	Distance	musicgon, mich./mason County Central



# MICHIGAN STATE

### SPARTAN TRACK & FIELD-

### SPARTANS IN THE NCAA EAST PRELIMINARY ROUND

// Women				
Name	Event	Seed	Mark	Date - Time
Ellen DiPietro	High Jump	15th	1.79m	5/23 - 3:30 p.m.
Rebeccai Mammel	Hammer	33rd	60.98m	5/23 - 4 p.m.
<b>Taylor Mullins</b>	400m hurdles	30th	59.45	5/23 - 4:30 p.m.
Dillion McClintock	1,500m	6th	4:16.74	5/23 - 5:30 p.m.
Annie Fuller	1,500m	10th	4:17.18	5/23 - 5:30 p.m.
Carlyn Arteaga	1,500m	33rd	4:21.22	5/23 - 5:30 p.m.
Kayla Kavulich	1,500m	42nd	4:22.49	5/23 - 5:30 p.m.
Lynsie Gram	10,000m	14th	33:38.27	5/23 -9 p.m.
India Johnson	10,000m	17th	33:54.77	5/23 -9 p.m.
Jeralyn Poe	10,000m	20th	34:01.85	5/23 -9 p.m.
Amber Way	10,000m	30th	34:20.19	5/23 -9 p.m.
Karrigan Smith	3,000m SC	10th	10:10.91	5/24 -8:20 p.m.
Mackenzie Weiler	3,000m SC	45th	10:28.14	5/24 -8:20 p.m.
Sophia Franklin	Pole Vault	3rd	4.37m	5/24 - 5 p.m.
Kayli Johnson	Shot Put	21st	16.26m	5/25 - 5:15 p.m.
Nikole Sargent	Shot Put	37th	15.44m	5/25 - 5:15 p.m.
Erin McDonald	5,000m	8th	15:59.37	5/25 - 8:05 p.m.
Jenna Magness	5,000m	37th	16:22.90	5/25 - 8:05 p.m.
// Men				
Name	Event	Seed	Mark	Date - Time
Nick Kramer	Hammer	23rd	63.04m	5/23 - 12 p.m.
Trevor Stephenson	Pole Vault	21st	5.22m	5/23 - 4:30 p.m.
Noah Burton	400m hurdles	42nd	52.10	5/23 - 5 p.m.
Justine Kiprotich	1,500m	5th	3:41.89	5/23 -5:30 p.m.
Jerimiah Evans	Discus	3rd	61.22m	5/24 - 4 p.m.
Will Agodu	110m hurdles	15th	13.75	5/24 - 5 p.m.

6th

13:47.44



5/25 - 8:45 p.m.

5,000m

Morgan Beadlescomb