



# **MIZZOU**

## **CROSS COUNTRY**

### **2016 POSTSEASON GUIDE**



## UNIVERSITY OF MISSOURI

Location	Columbia, Mo.
Founded	1839
Enrollment	35,441 (2014)
Nickname	Tigers
Colors	Old Gold and Black
Affiliation	Division I
Conference	Southeastern (SEC)
Interim President	Mike Middleton
Interim Chancellor	Hank Foley
Director of Athletics	Jim Sterk
Department Phone	573-882-6501
Athletics Website	MUTigers.com

## STRATEGIC COMMUNICATIONS

Associate Athletics Director	Chad Moller
Cross Country Contact	Andrew Melroe
Graphic Designer	Ali Fisher
Office Phone	573-882-7167
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## SOCIAL MEDIA

Track & Field Twitter	@MIZ_TrackField
Track & Field Facebook	MizzouTrack Field
Mizzou Athletics Twitter	@MizzouAthletics
Mizzou Athletics Facebook	Mizzou Athletics

## Team Placings at the NCAA Championships

Men		Women	
		1981	9th
1967	6th	1984	7th
1968	11th	1995	22nd
1969	22nd	1996	21st
1970	6th	1997	15th
1973	19th	1998	21st
1977	18th	1999	23rd
1998	27th	2000	16th
1999	28th	2002	16th
2000	27th	2003	12th
		2004	11th

## COACHING STAFF



### Marc Burns, Head Coach

Years at Missouri: Third Year  
Event Area: Distance, Mid-Distance  
Alma Mater:  
Loyola University, Chicago ('91)



### Eileen Halter, Assistant Coach

Years at Missouri: Second Year  
Event Area: Distance, Mid-Distance  
Alma Mater:  
Washington University ('99)  
University of Miami ('08)



### Brett Halter, Track and Field Head Coach

Years at Missouri: 24th Year  
Event Area: Throws  
Alma Mater:  
Indiana University of Pennsylvania ('93)  
University of Missouri ('96)

## SUPPORT STAFF

Student Coach	Will Crocker
Recruiting Coordinator	Stephen Smith
Director of Operations	Celia M'Boua
Athletic Trainer	Alex Williams
Athletic Trainer	Lauren Shippman
Student Manager	Alex Pierce
Student Manager	Sarah Jacobsen
Photographer	Mike Krebs

## NCAA All-Americans

1939		1981	
John Munki	2nd	Andrea Fischer	11th
1948		1982	
Bill McGuire	N/A	Sabrina Dornhoefer	19th
1952		1983	
John Piper	15th	Sabrina Dornhoefer	5th
1955		Andrea Fischer	6th
Keith Bacon	1st	1984	
1956		Sabrina Dornhoefer	9th
John Sanders	13th	Andrea Fischer	11th
1960		1989	
Robert Hannekan	10th	Susan Bliss	4th
1967		1990	
Glenn Ogden	15th	Susan Bliss	3rd
1972		2001	
Charlie McMullen	13th	Ann Maries Brooks	29th
		2003	
		Amanda Bales	23rd

## 2016 MIZZOU ROSTER

<b>WOMEN</b>	<b>PRONUNCIATION</b>	<b>YEAR</b>	<b>HOMETOWN (LAST SCHOOL)</b>
Teylar Adelsberger	ADD-els-berger	Sr.	O'Fallon, Mo. (Ft. Zumwalt South HS)
Ellyn Atkinson		RS Jr.	Springfield, Mo. (Glendale HS)
Kaitlyn Fischer		RS Jr.	Pevely, Mo. (Herculaneum HS)
Valeska Halamicek	Hall-eh-mah-check	RS Jr.	Welson Spring, Mo. (Francis Howell HS)
Jamie Kempfer		Jr.	Festus, Mo. (Festus HS)
Jordyn Kleve	Kleev	RS Fr.	Urbandale, Iowa (Johnson HS)
Nicole Mello		Sr.	Columbia, Mo. (Hickman HS)
Karissa Schweizer	Sch-weitz-er	Jr.	Urbandale, Iowa (Dowling Catholic HS)
Hannah Thomas		So.	Urbandale, Iowa (Dowling Catholic HS)

## 2016 SCHEDULE

September 2	Hawkeye Invitational	Iowa City, Iowa	7th (164 pts)
September 17	Commodore Classic	Nashville, Tenn.	5th (148 pts)
October 1	Chile Pepper Festival	Fayetteville, Ark.	2nd (72 pts)
October 14	Bradley Classic	Peoria, Ill.	28th (765 pts)
October 15	Pre-National Invitational	Terre Haute, Ind.	12th (479 pts)
October 28	SEC Championships	Fayetteville, Ark.	3rd (125 pts)
November 11	NCAA Midwest Regional Championships	Iowa City, Iowa	1st (83 pts)
November 19	NCAA Championships	Terre Haute, Ind.	



# 2016 WOMEN'S ROSTER



## TEYLAR ADELSBERGER

Senior // O'Fallon, Mo. (Ft. Zumwalt South HS)  
 5,000m PR - 17:06.94 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 20:45.70 // NCAA Midwest Regional (11/11/16)

- ▶ Earned NCAA All-Midwest honors by finishing 21st with a 6K PR
- ▶ Holds the seventh-fastest Mizzou 6K time on the season
- ▶ Has finished in Mizzou's top-5 in five races this season



## ELLYN ATKINSON

RS Junior // Springfield, Mo. (Glendale HS)  
 5,000m PR - 17:41.38 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 21:53.60 // Pre-National Invitational (10/15/16)

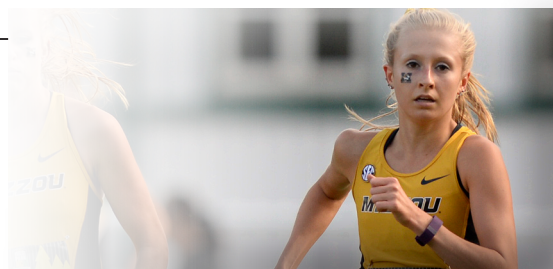
- ▶ Has set both her 5K and 6K PR's this season
- ▶ Has finished fifth for Mizzou in three meets this season, including a 26th-place finish at the Chile Pepper Festival



## KAITLYN FISCHER

RS Junior // Pevely, Mo. (Herculeum HS)  
 5,000m PR - 17:37 // Forest Park XC Festival (9/12/14)  
 6,000m PR - 20:26.40 // NCAA Midwest Regional (11/15/13)

- ▶ Making second trip to NCAA Championships
- ▶ Two-Time All-SEC performer after placing sixth at the 2013 and 2014 SEC Championships



## VALESKA HALAMICEK

RS Junior // Welton Spring, Mo. (Francis Howell HS)  
 5,000m PR - 18:00.05 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 22:37.20 // Pre-National Invitational (10/15/16)

- ▶ Paced Mizzou at the Hawkeye Invitational, finishing sixth overall
- ▶ Posted back-to-back PR's at Chile Pepper Festival and Pre-National Invitational



## JAMIE KEMPFER

Junior // Festus, Mo. (Festus HS)  
 5,000m PR - 16:55.73 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 20:17.90 // NCAA Midwest Regional (11/11/16)

- ▶ Earned All-SEC First Team and NCAA All-Midwest Regional honors by finishing fifth at both meets
- ▶ Has finished in the team top-three at all three races this season.



# 2016 WOMEN'S ROSTER



## JORDYN KLEVE

RS Freshman // Urbandale, Iowa (Johnson HS)  
 5,000m PR - 18:17.98 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 21:08.5 // NCAA Midwest Regional (11/11/16)

- ▷ In second collegiate meet of her career, paced the Tigers at the Bradley Classic, finishing 54th overall
- ▷ Will make NCAA Championships debut



## NICOLE MELLO

Senior // Columbia, Mo. (Hickman HS)  
 5,000m PR - 17:05.18 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 20:44.30 // NCAA Midwest Regional (11/11/16)

- ▷ Earned NCAA All-Midwest Regional honors by finishing 20th and posting a 6K PR at the NCAA Midwest Regional meet
- ▷ Posted a 5K PR at the Chile Pepper Festival



## KARISSA SCHWEIZER

Junior // Urbandale, Iowa (Dowling Catholic HS)  
 5,000m PR - 16:09.83 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 20:10.60 // SEC Championships (10/28/16)

- ▷ Named SEC Women's Runner of the Year and NCAA Midwest Regional Runner of the Year
- ▷ SEC and NCAA Midwest Regional Champion
- ▷ Four meet wins and a fourth-place finish at PreNationals



## HANNAH THOMAS

Sophomore // Urbandale, Iowa (Dowling Catholic HS)  
 5,000m PR - 18:19.92 // Chile Pepper Festival (10/1/16)  
 6,000m PR - 21:55 // Bradley Classic (10/16/15)

- ▷ Finished second for Mizzou at two meets this season
- ▷ Competed in second SEC Championships after making debut last year as a true freshman



## MIZZOU CROSS COUNTRY

### 2016 WOMEN

#### MEETS

		Location	Host	Date	Dist.														
		Iowa City, Iowa	Iowa	Sept. 2	3,000m														
		Nashville, Tenn.	Vanderbilt	Sept. 17	5,000m														
		Fayetteville, Ark.	Arkansas	Oct. 1	5,000m														
		Peoria, Ill.	Bradley	Oct. 14	6,000m														
		Terre Haute, Ind.		Oct. 15	6,000m														
		Fayetteville, Ark.	Arkansas	Oct. 28	6,000m														
		Iowa City, Iowa	Iowa	Nov. 11															
		Terre Haute, Ind.		Nov. 19															
MIZZOU PR'S		Hawkeye Invitational		Commodore Classic		Chile Pepper Festival		Bradley Classic		Pre-National Invite		SEC Championships		Midwest Regional		NCAA Championships			
NAME	5k	6k	Overall																
Taylor Adelsberger Sr.	17:46.80	21:10.30	Overall Team			39th 4th	17:57.4	17th 4th	17:06.94			127th 4th	21:41.4	36th 4th	21:39.7	21st 4th	20:45.7		
Ellyn Atkinson RS Jr.	18:12.10	22:02.30	Overall Team			64th 5th	18:14.7	26th 5th	17:41.38			160th 5th	21:53.6			190th 7th	23:20.1		
Kaelyn Balch RS Jr.	18:36	21:34	Overall Team					13th	20:13.58										
Becca Batliner RS Jr.	19:05	13:54.0	Overall Team																
Megan Cunningham RS Jr.	18:39	21:59	Overall Team																
Elly DeTurris So.	19:10.60	22:22	Overall Team																
Samantha Farmer So.			Overall Team																
Kaitlyn Fischer RS Jr.	17:37	20:26.40	Overall Team			36th 3rd	17:54.5	9th	18:20.42			202nd 6th	22:13.3	50th 5th	22:04.5	56th 6th	21:25.7		
Susan Forbis Fr.			Overall Team	68th 5th	11:34.40			14th	20:19.98										
Michaela Hackbarth Fr.			Overall Team																
Emmie Hahn So.	19:07.40	21:46.80	Overall Team					11th	19:28.32	187th 3rd	24:08.5								
Valeska Halamicek RS Jr.	19:42	24:07.10	Overall Team	6th 1st	10:29.0	110th 6th	18:43.4	32nd 6th	18:00.05			273rd 7th	22:37.2	84th 7th	23:07.2				
Bailey Hession RS Jr.	18:50.70	22:50	Overall Team																
Kelli Jackson So.	17:57.60	21:16.50	Overall Team																
Jamie Kemper Jr.	17:38	20:59.60	Overall Team					13th 2nd	16:55.73			96th 3rd	21:23.8	5th 2nd	20:43.0	5th 2nd	20:17.9		
Jordyn Kieve RS Fr.			Overall Team					50th 7th	18:17.98	54th 1st	22:02			52nd 6th	22:06.6	36th 5th	21:08.5		
Karina Liz Fr.			Overall Team																
Bianco Mello RS Jr.	18:51.20	22:42	Overall Team	49th 3rd	11:11.30	179th 7th	19:35.6	10th	18:52.35	197th 5th	24:49.5								
Nicole Mello Sr.	18:05.10	21:18.20	Overall Team			12th 2nd	17:24.1	3rd 15th	17:05.18			92nd 2nd	21:21.0	33rd 3rd	21:30.6	20th 3rd	20:44.3		
Karissa Schweizer Jr.	16:59.30	20:23.10	Overall Team			1st 1st	16:46.7	1st 1st	16:09.83			4th 1st	20:14.0	1st 1st	20:10.6	1st 1st	19:54.4		
Faramola Shonekan Fr.			Overall Team	80th 6th	12:01.10	244th 9th	21:11.2	12th	19:28.32	192 4th	24:25.3								
Kate Smith RS Fr.	18:09.60	21:11.20	Overall Team																
Hannah Thomas So.	18:35.30	21:55	Overall Team	17th 2nd	10:39.90			8th	18:19.92	135th 2nd	22:58.3			8th	23:23.2				
Carolyn White So.	19:25.70		Overall Team	63rd 4th	11:28.30	212th 8th	20:13.3												
Individual Winner		Tess Wilberding		Karissa Schweizer		Karissa Schweizer		Tayler Tuttle		Erin Finn		Karissa Schweizer		Karissa Schweizer					
Time // School		10:24 // Iowa		16:46 // Mizzou		16:09 // Mizzou		20:38 // Colorado		19:44 // Michigan		20:10 // Mizzou		19:54 // Mizzou					
Individual Runner-Up		Grace Gibbons		Dorcas Wasike		Devin Clark		Hope Schmelzle		Erin Clark		Devin Clark		Sharon Lokedi					
Time // School		10:24 // Iowa State		16:59 // Louisville		16:19 // Arkansas		20:51 // N. Illinois		20:08 // Colorado		20:18 // Arkansas		20:00 // Kansas					
Points // Team Winner		47 // Iowa		68 // E. Mich.		22 // Arkansas		54 // Colorado		93 // Colorado		46 // Arkansas		83 // Mizzou					
Points // Team Runner-Up		79 // Creighton		87 // Ohio State		72 // Mizzou		108 // N. Illinois		154 // Oregon		76 // Ole Miss		89 // Ok. St.					
Points // Mizzou Finish		164 // 7th		148 // 5th		72 // 2nd		765 // 28th		479 // 12th		125 // 3rd		83 // 1st					
USTFCCCA Pre-Meet Rank (Regional // National)		N/A		6th // RV		6th // NR		6th // NR		6th // NR		4th // NR		4th // NR					
Total Runners		6		9		14		5		7		8		7					
Mizzou Time Gap // 1-3		0:42		1:08		0:56		2:06		1:09		1:20		0:50					
Mizzou Time Gap // 1-5		0:55		1:28		1:32		2:47		1:39		1:56		1:14					
Mizzou Time Gap // 1-7		--		2:49		2:08		N/A		3:23		2:57		3:26					
Mizzou Time Average		11:14		18:40.1				23:40.7		21:37.76		21:50.66		20:34.2					



# 2016 TOP TIGER TIMES

**WOMEN'S 6,000m**

NAME	MEET	PLACE AT MEET (TEAM, OVERALL)	TIME
1. Karissa Schweizer	NCAA Midwest Regional	1st, 1st	19:54.40
2. Karissa Schweizer	SEC Championships	1st, 1st	20:10.50
3. Karissa Schweizer	Pre-National Invitational	1st, 4th	20:14.00
4. Jamie Kempfer	NCAA Midwest Regional	2nd, 5th	20:17.90
5. Jamie Kempfer	SEC Championships	2nd, 5th	20:43.00
6. Nicole Mello	NCAA Midwest Regional	3rd, 20th	20:44.30
7. Teylar Adelsberger	NCAA Midwest Regional	4th, 21st	20:45.70
8. Jordyn Kleve	NCAA Midwest Regional	5th, 36th	21:08.50
9. Nicole Mello	Pre-National Invitational	2nd, 92nd	21:21.00
10. Jamie Kempfer	Pre-National Invitational	3rd, 96th	21:23.80
11. Kaitlyn Fischer	NCAA Midwest Regional	6th, 56th	21:25.70
12. Nicole Mello	SEC Championships	3rd, 33rd	21:30.60
13. Teylar Adelsberger	SEC Championships	4th, 36th	21:39.70
14. Teylar Adelsberger	Pre-National Invitational	4th, 127th	21:41.40
15. Ellyn Atkinson	Pre-National Invitational	5th, 160th	21:53.60
16. Jordyn Kleve	Bradley Classic	1st, 54th	22:02.00
17. Kaitlyn Fischer	SEC Championships	5th, 50th	22:04.50
18. Jordyn Kleve	SEC Championships	6th, 52nd	22:06.60
19. Kaitlyn Fischer	Pre-National Invitational	6th, 202nd	22:13.30
20. Hannah Thomas	Bradley Classic	2nd, 135th	22:58.30

**WOMEN'S 5,000m**

NAME	MEET	PLACE AT MEET (TEAM, OVERALL)	TIME
1. Karissa Schweizer	Chile Pepper Festival	1st, 1st	16:09.83
2. Karissa Schweizer	Commodore Classic	1st, 1st	16:46.70
3. Jamie Kempfer	Chile Pepper Festival	2nd, 13th	16:55.73
4. Nicole Mello	Chile Pepper Festival	3rd, 15th	17:05.18
5. Teylar Adelsberger	Chile Pepper Festival	4th, 17th	17:06.94
6. Nicole Mello	Commodore Classic	2nd, 12th	17:24.10
7. Ellyn Atkinson	Chile Pepper Festival	5th, 26th	17:41.38
8. Kaitlyn Fischer	Commodore Classic	3rd, 36th	17:54.50
9. Teylar Adelsberger	Commodore Classic	4th, 39th	17:57.40
10. Valeska Halamicek	Chile Pepper Festival	6th, 32nd	18:00.05

# CONFERENCE MEET HISTORY (since 1996)

## WOMEN'S

YEAR	CONF.	6K FINISH	POINTS	FINISHER POINTS	NOTABLE INDIVIDUAL FINISHES
1996	Big 12	2nd (5K)	78	6-8-10-21-33-48-53	Erin Windler (6th, 18:06), Rebecca Davis (8th, 18:09) Kristen Allen (10th, 18:23)
1997	Big 12	3rd (5K)	110	1-15-18-24-52-57-58	Erin Windler (1st, 17:29)
1998	Big 12	3rd (5K)	106	8-9-10-38-41-42-73	Kim Moore (8th, 17:54.20), Katie Meyer (9th, 17:55.90) Ann Marie Brooks (10th, 17:57.80)
1999	Big 12	3rd (5K)	119	8-18-27-30-36-39-42	Anna Gullingsrud (8th, 17:26)
2000	Big 12	3rd (5K)	100	10-11-23-26-30-46-47	Kerry Hils (10th, 21:01)
2001	Big 12	7th	166	6-30-40-42-48-51-54	Ann Marie Brooks (6th, 21:05.1)
2002	Big 12	2nd	107	5-23-24-26-29-37-38	Valerie Lauver (5th, 20:58.52)
2003	Big 12	3rd	88	3-11-14-29-31-33-50	Amanda Bales (3rd, 21:36.00)
2004	Big 12	2nd	59	6-7-8-18-20-23-26	Amanda Bales (6th, 21:33.12), Serena Ramsey (7th, 21:36.57) Jill Peterson (8th, 21:41.73)
2005	Big 12	4th	117	9-20-26-29-33-35-36	Valerie Lauver (9th, 21:08)
2006	Big 12	7th	169	17-24-37-42-49-65-72	
2007	Big 12	10th	193	26-31-37-49-50-51-53	
2008	Big 12	12th	284	47-50-59-61-67-68-72	
2009	Big 12	9th	212	11-40-45-56-60-71-74	Katie Vanatta (11th, 21:48.3)
2010	Big 12	11th	271	31-42-53-70-75-82-83	
2011	Big 12	4th	125	14-18-21-35-37-39-48	Bailey Belvis (14th, 20:16.2)
2012	SEC	13th	296	35-50-60-67-84-86-87	
2013	SEC	7th	178	6-34-35-46-57-63-72	Kaitlyn Fischer (6th, 20:30.40)
2014	SEC	4th	142	6-17-36-40-43-47-51	Kaitlyn Fischer (6th, 20:04.25)
2015	SEC	8th	228	14-43-45-61-65-71-89	Karissa Schweizer (14th, 20:23.1)
2016	SEC	3rd	125	1-5-33-36-50-52-84	Karissa Schweizer (1st, 20:10.50) Jamie Kempfer (5th, 20:43.0)

# NCAA MIDWEST REGIONAL MEET HISTORY (since 2003)

## WOMEN'S

YEAR	REGION	6K FINISH	POINTS	FINISHER POINTS	NOTABLE INDIVIDUAL FINISHES
2003	Midwest	2nd	63	1-4-7-13-38-57-73	Amanda Bales (1st, 21:18), Serena Ramsey (4th, 21:28) Valerie Lauver (7th, 21:33), Jill Petersen (13th, 21:28) Kristin Hansen (38th, 22:41)
2004	Midwest	1st	52	4-5-12-14-17-27-45	Serena Ramsey (4th, 20:37.23), Jill Petersen (5th, 20:45.59) Valerie Lauver (12th, 21:05.30), Amanda Bales (14th, 21:07.65) Kristin Hansen (17th, 21:14.06), Maddie Schuler (27th, 21:35.90)
2005	Midwest	7th	204	12-34-49-54-55-60-88	Valerie Lauver (12th, 21:22), Kristin Hansen (34th, 22:17)
2006	Midwest	T-6th	205	15-24-40-54-72-90-91	Amanda Bales (15th, 21:34.12), Kate Greer (24th, 21:51.72) Ellen Ries (40th, 22:12.02)
2007	Midwest	8th	241	27-38-56-57-63-66-87	Kate Greer (27th, 21:11), Kinsey Farren (38th, 21:28)
2008	Midwest	10th	291	42-57-66-71-76-94-100	
2009	Midwest	7th	202	7-31-49-56-59-105-121	Katie Vanatta (7th, 21:01.8), Ellen Ries (21:49.5)
2010	Midwest	12th	321	23-28-40-113-117-125-129	Bailey Belvis (23rd, 20:48.66), Kinsey Farren (28th, 20:57.36) Laura Roxberg (40th, 21:12.66)
2011	Midwest	7th	238	19-32-53-63-71-86-95	Bailey Belvis (19th, 21:35.09), Courtney Wood (22:06.27)
2012	Midwest	16th	389	30-44-95-108-112-129-202	Bailey Belvis (30th, 21:37.4)
2013	Midwest	6th	261	6-56-57-62-80-81-96	Kaitlyn Fischer (6th, 20:26.4)
2014	Midwest	6th	205	7-21-35-60-82-99-137	Karissa Schweizer (7th, 20:25.7)
2015	Midwest	12th	374	25-30-87-89-143-150-177	Kaitlyn Fischer (21st, 20:47.6), Courtney Wood (35th, 21:00.0) Karissa Schweizer (25th, 20:59.1) Teylar Adelsberger (30th, 21:10.3)
2016	Midwest	1st	83	1-5-20-21-36-56-190	Karissa Schweizer (1st, 19:54.4), Jamie Kempfer (5th, 20:17.9) Nicole Mello (20th, 20:44.3), Teylar Adelsberger (21st, 20:45.7) Jordyn Kleve (36th, 20:45.70)