



OKLAHOMA STATE TRACK AND FIELD

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2016 Outdoor Track & Field Schedule

Date	Event	Location
3/19	Tulsa Duels	Tulsa Okla.
3/26	Arkansas Spring Invitational	Fayetteville, Ark.
3/30	Texas Relays	Austin, Texas
3/31	Bobcat Invitational	San Marcos, Texas
4/1	Stanford Invitational	Palo Alto, Calif.
4/9	Jim Click Invitational	Tucson, Ariz.
4/14	Mt. SAC Relays	Walnut, Calif.
4/22	John McDonnell Invitational	Fayetteville, Ark.
4/22	Stanford Twilight	Palo Alto, Calif.
4/22	John Jacobs Invitational	Norman, Okla.
4/27	Drake Relays	Des Moines, Iowa
4/28	Penn Relays	Philadelphia
5/1	Payton Jordan Invitational	Palo Alto, Calif.
5/6	Arkansas Twilight	Fayetteville, Ark.
5/13	Big 12 Championships	Ft. Worth, Texas
5/26	NCAA West Preliminary Rounds	Lawrence, Kan.
6/8	NCAA Championships	Eugene, Ore.

Women's Entries

Natalie Baker	Megan Harris
Anna Boyert	Abbie Hetherington
Triana Browne-Hearrell	Megan Honas
Jennifer Celis	Katie Kehl
Amira Coleman	Kaytlyn Larson
Danielle Coleman	Maddie Lorant
Cydney Crook	Aina Maartensson
Kaylee Dodd	Meghan McGrath
Aurora Dybedokken	Baylor Nelson
Chase Ealey	Sarah Robinson
Stephanie Ferrante	Katie Spencer
Summor Fields	Brittany Stallings
Jill Hagen	Kennedy Turner

Men's Entries

Anthony Armstrong	Tyler Jackson
Arlando Brewer-Johnson	Reid Joyner
Sean Casey	Micah Kee
Trenton Daniels	Luis Martinez
Jacob Fincham-Dukes	Cole Norton
Cerake Geberkidane	Craig Nowak
Malik Givens	Donovan Nunley
Tanner Green	Brandon Singleton
Anthony Grogan Jr.	Ty Smith
Wesley Hallof	Cole Verble
Brigham Hedges	Ryan Wheatley
Simon Imagbe	



BIG 12 CONFERENCE

THIS WEEK



ARKANSAS SPRING INVITATIONAL

March 26, 2016 | John McDonnell Field | Fayetteville, Ark.

THE BASICS

Fresh off a 10th and 24th place finish at the NCAA Indoor Championships and the best season in OSU track and field history, the Cowboys and Cowgirls regroup and head east to Fayetteville, Arkansas, for the Arkansas Spring Invitational.

FOLLOW THE MEET

Oklahoma State's results and a full recap of the competition will be available on okstate.com following the conclusion of competition.

For live results, visit arkansasrazorbacks.com or follow the links on flashresults.com.

BROADCAST INFORMATION

The 2016 Arkansas Spring Invitational will not be broadcasts on television or online.

MEET FORMAT/SCHEDULE

While the 2016 Arkansas Spring Invitational is just listed as a one-day event, four events from the heptathlon and five decathlon events will take place the Friday before as well as the men's and women's hammer throws.

The multi-events wrap up Saturday morning, starting at 10:30 a.m., and run until approximately 1 p.m.

The women's javelin throw is also scheduled for 1 p.m., and other field events will run throughout the day until the men's shot put at 7:30.

As for the running events, the women's steeplechase kicks things off at 3 p.m.

There are two sections of the 1,500-meter and 800-meter run based on seeding and the final event of the meet, as usual, is the 4X400-meter relay. The women's race starts at 7:45 p.m., and the men follow at 8.

The full schedule can be seen on arkansasrazorbacks.com.

LAST TIME OUT

Oklahoma State track and field opened the 2016 outdoor season Saturday at the Tulsa Duels, sending mostly fresh faces to represent the Pokes at the Hurricane Track Complex in Tulsa.

One of the few veterans suiting up for OSU Saturday was Chase Ealey, who threw the shot put just a week after finishing fifth at the NCAA Indoor Championships in the same event.

She launched a 17.31m/56-9.5 throw to win the event. Ealey has the OSU record for the outdoor shot put from a throw she made at last season's Big 12 Championships.

Her mark is the second-best throw the Big 12 so far this season and it is the second-best throw in the NCAA, as well.

Ft. Hays State transfer Megan Honas won the javelin throw in a school record heave of 47.43m/155-7.0. She topped the second-place finisher by two meters and slotted in as the No. 8 throw in the NCAA this season.

British international Jacob Fincham-Dukes didn't miss a beat after three weeks off since his indoor season ended, winning the long jump competition with a leap of 7.46m/24-5.75 and making his way onto OSU's top-10 outdoor list at the No. 7 spot.

Fellow All-Conference honoree Simon Imagbe finished third in the competition.

The Cowgirls also picked up a win from Kaylee Dodd (58.43) in the 400-meter run.

Freshman Donovan Nunley took his first step toward becoming a multi-athlete by competing in four events, including the high jump, long jump, shot put, and 110-meter hurdles.

He had his best finish of the day in the hurdles, finishing third in 15.16.

Decathlete Cole Verble matched Nunley's four events with four of his own, competing in the pole vault, long jump, discus throw and 110-meter hurdles.

A LOOK BACK

Last season, the Arkansas Spring Invitational fell on the same weekend as the Bobcat Invitational and the Nike Clyde Littlefield Texas Relays.

Craig Nowak won the seeded running of the 1,500-meter run by finishing the race in 3:47.01 and breaking his personal best by three seconds in Fayetteville, Arkansas.

Anthony Armstrong, Luis Martinez and Brigham Hedges joined Nowak in the event finishing 4-5-6, respectively.

Anna Boyert won the women's 800-meter run in a personal best 2:09.39 and joining Boyert in the 800 was Abbie Hetherington.

She finished fourth in the event with a time of 2:11.02, the second-fastest Big 12 mark this season.

The men's 100-meter dash had two Cowboys finish in the top five as Sharod Selph ran a 10.55 to finish runner-up, and Arlando Brewer-Johnson ran a 10.68, which was good enough for fourth.



MEET NOTES/TEAM INFORMATION

OKLAHOMA STATE (2015-16)

2015 MEN'S CROSS COUNTRY

- 16th place finish at NCAA Championships
- Big 12 Champions (Seventh-Straight)
- NCAA Midwest Regional Champions
- Cowboy Jamboree Champions
- Dave Smith - Big 12 Coach of the Year
- Big 12 Individual Champion (Vegard Oelstad)

MEN'S TRACK AND FIELD

- 24th place finish at 2016 NCAA Indoor Championships
- Five Indoor All Americans – John Teeters (60m, fourth), Distance Medley Relay, fifth (Chad Noelle, Brandon Singleton, Tre'Tez Kinnaird, Josh Thompson)
- 2016 Big 12 Indoor Champions... Second title in past three seasons. (130 points)
- Four Indoor individual Big 12 titles -- Josh Thompson (Mile, 1,000m), Cerake Geberkidane (5,000m), Craig Nowak (3,000)
- Josh Thompson named USTFCCCA Midwest Region Men's Track Athlete of the Year
- Dave Smith named Big 12 and USTFCCCA Midwest Region Men's Coach of the Year
- 19th place finish at 2015 NCAA Outdoor Championships
- Chad Noelle (1,500) wins 2015 NCAA title. (10th national champion in school history. First since 2009.)
- Three 2015 Big 12 individual titles -- Chad Noelle (1,500), Kirubel Erassa (5,000 and 10,000)
- Sixth place finish at 2015 Big 12 Outdoor Championships

2015 WOMEN'S CROSS COUNTRY

- Cowboy Jamboree team champions
- Seventh place finish at NCAA Championships (Second-highest in school history)
- Big 12 team champions
- NCAA Midwest Regional champions
- Ingeborg Loevenes (35th place) -- XC All-American
- Dave Smith - Big 12 Coach of the Year

WOMEN'S TRACK AND FIELD

- 10th place finish at 2016 NCAA Indoor Championships... Highest in school history (18 points)
- Kaela Edwards wins mile national title... First Cowgirl indoor title since 2002
- Seven indoor All-Americans -- Kaela Edwards (mile, champion), Savannah Camacho (800m, fourth), Chase Ealey (Shot Put, sixth) Distance Medley Relay, ninth (Molly Sughrue, Danielle Coleman, Clara Nichols, Anna Boyert)
- Four Big 12 Indoor titles -- Kaela Edwards (mile, 1,000m), Ingeborg Loevenes (3,000m) Distance Medley Relay (Sughrue, Coleman, Nichols, Celis)
- Finished second at Big 12 Indoor Championships... Highest in school history
- 35th place finish at 2015 NCAA Outdoor Championships
- Two 2015 First Team All-Americans: Savannah Camacho - 800-meters (eighth Place), Natalja Piliusina - 1,500-meters (fourth place)
- Two 2015 Big 12 Outdoor Champions - Savannah Camacho (800), Natalja Piliusina (1,500)
- 13 individual 2015 Outdoor All-Big 12 honors.

NEWCOMERS ALREADY MAKING A MARK

It's early in the season, but the Oklahoma State newcomers are already making their presences known.

Jacob Fincham-Dukes made his outdoor debut for the Cowboys at the Tulsa Duels this weekend in both the 200-meter dash and the long jump. The English international won the long jump with a 7.46m/24-5.75 foot leap, edging out the second-place finisher by five inches. He also ran in the 200-meter dash and finished 12th in 22.58 seconds.

His long jump mark put him at No. 7 on the Cowboy top-10 list, putting him on his second top-10 list in just his first three months with OSU.

In her first appearance for the Cowgirls after transferring from Ft. Hays State over the winter, Megan Honas threw a 47.43m/155-7.50 in the javelin to win the competition at the 2016 Tulsa Duels. Her throw set the school record in the javelin, breaking Chase Ealey's record from a season ago by three feet.

The Pokes have only competed in one meet this season, but the future looks bright after the marks put up by both Fincham-Dukes and Honas.

SEASON SWEEP?

The Cowboy track and field team is in a unique position heading into the outdoor season.

For just the second time in conference history, a team has the opportunity to sweep the cross country, indoor and outdoor track and field Big 12 Championships. The only other team in Big 12 history to be in this position was the 2013-14 Cowboy squad that finished third at the outdoor championships.

The task will not be easy, though. After finishing third at indoors in 2015, the Cowboys finished sixth at last year's outdoor championships, scoring 69 points and bringing home three individual titles, including the 10K, 5K and 1,500-meter championships.

If OSU can pull off the unprecedented, it will not just be its first Big 12 outdoor title in school history, but its first team title since 1957, when the school was still Oklahoma A&M.

The Pokes' highest finish at the outdoor championships since joining the Big 12 is the third-place finish from 2014, but OSU did nab back-to-back runners-up finishes in the Big 8 back in 1959 and 1960.

COWGIRLS DEBUT AT 24 IN PRESEASON POLL

For the first time in school history, the Cowgirls have opened the outdoor campaign in the top-25 for back-to-back seasons by debuting at No. 24 in the 2016 USTFCCCA preseason poll.

OSU is one of five Big 12 teams to earn top-25 nods, giving the conference the second-most teams in the ranking behind the SEC's eight.

The Cowboys missed out on a preseason top-25 spot for the second time in four seasons, but the Pokes always find a way to make a statement as they have reached the top-20 during each outdoor campaign in three consecutive seasons.

Individually, so far in this young season, the Cowboys have two athletes with top-15 marks in the West Region, and the Cowgirls have one.

Megan Honas has the 13th-best javelin throw in the region at 47.43m/155-7.0 feet, and Jacob Fincham-Dukes and Simon Imagbe have the No. 4 and 11 long jump marks at 7.46m/24-5.75 feet and 7.31m/23-11.75, respectively.

OSU OUTDOOR TOP-10 MARKS SET THIS SEASON

Men

Athlete	Event	Mark	Rank	Date
Jacob Fincham-Dukes	Long Jump	7.46m/24-5.75	7	3/20/16

Women

Athlete	Event	Mark	Rank	Date
Megan Honas	Javelin Throw	47.43m/155-7.50	1	3/20/16

2016 USTFCCCA National Rankings (Preseason)

Men

1	Oregon
2	Texas A&M
3	Florida
4	LSU
5	Arkansas
6	Alabama
7	Texas
8	Virginia
9	Illinois
10	South Carolina
11	Georgia
12	Stanford
13	Ohio State
14	Virginia Tech
15	Tulsa
16	Southern California
17	North Carolina
18	Texas Tech
19	Penn State
20	Brigham Young
21	Middle Tennessee
22	Colorado
23	Arizona
24	Louisville
25	Kansas State

Women

1	LSU
2	Oregon
3	Arkansas
4	Southern California
5	Texas A&M
6	Georgia
7	Texas
8	Kansas State
9	Kentucky
10	Florida
11	Mississippi State
12	Oklahoma
13	Stanford
14	Florida State
15	Notre Dame
16	Ohio State
17	New Mexico
18	Virginia Tech
19	Baylor
20	Michigan State
21	Miami (Fla.)
22	Michigan
23	Alabama
24	Oklahoma State
25	Wisconsin



2015-16 MEN'S CROSS COUNTRY/TRACK AND FIELD ROSTER



DAVE SMITH

- Seventh Year as Director of Cross Country and Track and Field
- 14th Year at Oklahoma State
- Michigan State, 1993

COACHING TIMELINE

1997-98: Washington XC and track and field volunteer assistant coach

1998-2002: Texas Tech head men's and women's XC coach and assistant track and field coach

2002-05: Oklahoma State men's assistant coach

2006-present: Oklahoma State men's XC head coach and assistant track and field coach

Dec. 2008-present: OSU men's track and field head coach

2009-present: Oklahoma State director of cross country/track and field (men's and women's programs)

CAREER HIGHLIGHTS

- Coached Oklahoma State to NCAA Men's Cross Country titles in 2009, 2010 and 2012.
- Coached Oklahoma State to Big 12 Men's Cross Country titles from 2008 to 2015 and an indoor Big 12 title in 2014--the first in school history.
- Three-time USTFCCCA Men's Cross Country National Coach of the Year (2009, 2010, 2012).
- Seven-time Big 12 Men's Cross Country Coach of the Year (2008, 2009, 2010, 2011, 2012, 2013, 2014) and won the women's coach of the year in 2015.
- Named the 2014 Big 12 Indoor Coach of the Year and USTFCCCA Midwest Region Coach of the Year.
- Coached five NCAA individual champions (Leigh Daniel won the 1999 women's indoor 5K and 1999 outdoor 10K under his watch at Texas Tech, German Fernandez won the 2009 men's outdoor 1,500 meter national title, Natalja Piliusina won the 2013 women's outdoor 1,500 meter title under his guidance at Oklahoma State and Chad Noelle won the 1,500-meter title in 2015 as a senior under Smith.)
- Coached 82 All-Americans and 64 Big 12 individual champions.
- Twice under his watch has the Oklahoma State men's cross country team been recognized as the USTFCCCA All-Scholar Team of the Year (2010, 2012).

OSU Men at NCAA's Under Smith*

Men	XC	Indoors	Outdoors	All-Americans
2006-07	10th	-	-	0
2007-08	3rd	-	-	3
2008-09	8th	NTS	25th	4
2009-10	1st	60th	T32nd	6
2010-11	1st	NTS	NTS	8
2011-12	2nd	28th	T66th	12
2012-13	1st	8th	T65th	16
2013-14	3rd	T6th	13th	9
2014-15	9th	13th	19th	14
2015-16	18th	24th	TBD	4

OSU Women at NCAA's Under Smith*

Women	XC	Indoors	Outdoors	All-Americans
2009-10	NTS	40th	NTS	2
2010-11	17th	40th	34th	7
2011-12	30th	28th	50th	4
2014-15	-	-	-	-
2012-13	26th	40th	25th	2
2013-14	NTS	15th	NTS	3
2014-15	NTS	28th	35th	7
2015-16	7th	10th	TBD	8

* Only counts time as a head coach.

Name	Event	XC/In/Out	Hometown/Previous School
Olabode Aiyibo	Middle Distance	- /Jr/Jr	Yeadon, PA/Penn Wood HS
Elliot Bowker	Middle Distance	Fr/Fr/Fr	England
Waylan Anderson	Sprints/Jumps	- /Fr/Fr	Bethany, OK/Edmond Memorial
Anthony Armstrong	Distance	So/Jr/Jr	Kennewick, WA/Kamiakin
Bryce Balenseifen	Distance	Fr/Fr/Fr	Edmond, OK/Deer Creek
Bryce Balous	Sprints	- /Fr/Fr	McKinney, TX/McKinney North
Arlando Brewer-Johnson	Sprints	- /So/So	Tulsa, OK/Booker T. Washington
Brayden Brock	Middle Distance	Fr/Fr/Fr	Kansas, OK/Kansas HS
Trenton Daniels	Middle Distance	- /Fr/Fr	Brookfield, WI/Brookfield East
Joseph Ellison	Sprints	- /Fr/Fr	Keller, TX/Keller Central
Matthew Fayers	Middle Distance	So/So/Jr	Ickenham, England/Vyners
Jacob Fincham-Dukes	Sprints/Jumps	Fr/Fr/Fr	Leeds, England/St. Aidan's & St. John Fisher
Noah Gade	Distance	So/So/So	Stillwater, OK/Stillwater
Chance Galloway	Middle Distance	Fr/Fr/Fr	Tulsa, OK/Tulsa Memorial
Cerake Geberkidane	Distance	So/So/Fr	Denver, CO/East
Malik Givens	Sprints	- /Fr/Fr	Tulsa, OK/Booker T. Washington
Brian Gohlke	Distance	Sr/Sr/-	The Woodlands, TX/College Park
Tanner Green	Sprints	- /Fr/Fr	Olathe, KS/Olathe South
Anthony Grogan Jr.	Sprints	- /Fr/Fr	McKinney, TX/McKinney North
Brigham Hedges	Distance	So/Jr/Jr	The Woodlands, TX/ The Woodlands
Simon Imagbe	Jump	- / So/Fr	
Tyler Jackson	Sprints	- /So/So	Claremore, OK/Claremore
Alexander Johansson	Distance	Jr/Sr/Sr	Southlake, TX/Carroll
Bradley Johnson	Middle Distance	So/Jr/Jr	Brookfield, WI/Brookfield East HS/Minnesota
Timauntay Jones	Middle Distance	- /Jr/Jr	Cedar Rapids, IA/Jefferson
Reid Joyner	Jumps	- /Fr/Fr	Claremore, OK/Claremore
Sukhi Khosla	Distance	Fr/Fr/Fr	Tallahassee, FL/Leon
Tre'tez Kinnaird	Middle Distance	- /Jr/Jr	Louisville, KY/Butler HS/Indiana
Conall Kirk	Middle Distance	- /Fr/Fr	Belfast, Northern Ireland/Sullivan Upper School
Christian Liddell	Distance	Fr/Fr/Fr	Rogers, AR/Rogers
Luis Martinez	Distance	So/Jr/Jr	Rio Rancho, NM/Cleveland
Justin McBride	Sprints	- /So/So	Houston, TX/Cypress Ridge
Nick Miller	Throws	- / - /Sr	Carlisle, United Kingdom/William Howard School
Jerel Morrow	Jumps	- /Jr/Jr	Emporia, KS/Emporia
Benito Muniz	Middle Distance	Fr/Fr/Fr	Carmel, NY/Carmel
Chad Noelle	Middle Distance	Jr/Sr/-	Binghamton, NY/Greene Central
Cole Norton	Sprints	- /Fr/Fr	Picton, ON, Canada/Prince Edward Collegiate HS
Craig Nowak	Distance	Sr/Jr/Jr	Cypress, TX/Cypress Woods
Donovan Nunley	Sprints/Jumps	- /Fr/Fr	Edmond, OK/Edmond Memorial
Vegard Oelstad	Distance	Sr/Sr/Sr	Gjovik, Norway/Gjovik Videregaaende/Western State
Austin Rochford	Sprints	- /Fr/Fr	Edmond, OK/Deer Creek
Sharod Selph	Sprints	- /Sr/Sr	Newark, NJ/Weequahic
Brandon Singleton	Sprints	- /So/So	Aurora, CO/Cherokee Trail
Ty Smith	Sprints	- /Fr/Fr	Stillwater, OK/Stillwater
Austin Swann	Middle Distance	Fr/Fr/Fr	Enid, OK/Chisholm
John Teeters	Sprints	- /Sr/Sr	Edmond, OK/Edmond Memorial
Colton Thomas	Throws	- /Fr/So	Spring, TX/Klein-Collins
Josh Thompson	Middle Distance	So/Fr/So	Logandale, NV/Moapa Valley/Central Arizona
Heinrich van Niekerk	Distance	Fr/Fr/Fr	South Africa
Cole Verble	Multi-Events	- /So/So	Edmond, OK/Deer Creek
Ryan Wheatley	Middle Distance	- /So/So	Grove, OK/Grove
Jordan Williams	Middle Distance	- /Jr/Jr	Oklahoma City, OK/Choctaw
Miles Yapp	Distance	Fr/Fr/Fr	Snellville, GA/Brookwood

Pronunciation Guide

Olabode Aiyibo	oh-luh-bode-e i-yay-bo
Arlando Brewer-Johnson	are-land-oh
Noah Gade	gay-dee
Cerake Geberkidane	sir-ahk geb-er-kih-dahn
Brian Gohlke	goal-key
Alexander Johansson	yo-han-sun

Timauntay Jones	tim-ahn-tay
Conall Kirk	con-uhl
Chad Noelle	no-el
Craig Nowak	no-wack
Sharod Selph	shuh-rod
Justin Vilhauer	vill-hour



2015-16 WOMEN'S CROSS COUNTRY/TRACK AND FIELD ROSTER

Name	Event	XC/In/Out	Hometown/Previous School
Natalie Baker	Distance	Jr/Jr/Jr	Plano, TX/Plano West
Anna Boyert	Distance	Jr/Jr/Jr	Medina, OH / Medina
Triana Brown-Hearrell	Sprints	- /Jr/Jr	Peachtree City, GA/Starr's Mill
Savannah Camacho	Middle Distance	So/Jr/Jr	Paso Robles, CA/Templeton
Jennifer Celis	Middle Distance	Fr/So/Fr	Hotchkiss, CO/Hotchkiss
Amira Coleman	Sprints	Fr/Fr/Fr	Wylie, TX/ Wylie East
Danielle Coleman	Sprints	- /So/So	McKinney, TX/McKinney North
Cydney Crook	Sprints	- /Jr/Jr	Missouri City, TX/Westside
Darby Crynes	Distance	- /Fr/Fr	Oklahoma City/ Heritage Hall
Shelise Davis	Throws	- /Fr/Jr	Sandy, UT/Juan Diego
Kaylee Dodd	Middle Distance	So/So/So	Essex, England/Seevic College
Aurora Dybedokken	Middle Distance	So/So/So	Asker, Norway/Sandvika Vgs
Chase Ealey	Throws	- /Sr/Sr	Los Alamos, NM/Los Alamos
Kaela Edwards	Middle Distance	So/Jr/So	Highlands Ranch, CO/Littleton
Aubrey Ellett	Distance	Fr/Fr/Fr	Wichita Falls, TX/ Rider
Meredith Farley	Distance	Jr/Jr/Jr	Edmond, OK/Edmond North
Stephanie Ferrante	Sprints	- /So/So	Chardon, OH/Chardon
Summor Fields	Sprints	- /So/So	Fresno, TX/Hightower
Jillian Hagen	Sprints	Fr/Fr/Fr	Oklahoma City/ Bishop McGuinness
Hannah Harris	Distance	Fr/Fr/So	Keller, TX/Keller
Megan Harris	Sprints	- /Fr/Fr	Grapevine, TX/ Colleyville Heritage
Emily Helms	Distance	So/Jr/Jr	Mustang, OK/Mustang
Abbie Hetherington	Middle Distance	So/So/So	Carlisle, England/The Nelson Thomlinson School
Sarah Humphrey	Distance	Sr/Sr/Sr	Columbia, MO/Rock Bridge
Anna Hurlbut	Distance	Fr/Fr/Fr	Lincoln, NE/Lincoln Southwest
Monika Juodeskaite	Distance	- /Sr/Sr	Kaunas, Lithuania/Salomejos Neries
Katie Kehl	Throws	- /Jr/Jr	Baldwin City, KS/Baldwin
Kaytlyn Larson	Middle Distance	Fr/Fr/Fr	Lakeville, MN/ Lakeville South
Lexie Lewis	Sprints	- /Fr/Fr	Brownwood, TX/ Brownwood
Ingeborg Loevnnes	Middle Distance	Jr/Sr/Sr	Fetsund, Norway/ Lillestrøm videregående skole
Aina Maartensson	Throws	- /Fr/Fr	Stockholm, Sweden/ Blackeberg's Gymnasium
Mychelle Martin	Distance	Jr/Jr/Jr	Ponca City, OK/Ponca City
Natalie Martin	Distance	Fr/Fr/Fr	Ponca City, OK/Ponca City
Janelle Martinez	Distance	Jr/Sr/Sr	Greeley, CO/Greeley Central
Meghan McGrath	Pole Vault	- /Fr/Fr	Monument, CO/ Lewis-Palmer
Erin Megna	Distance	Sr/Sr/Sr	Houston, TX/William P. Clements
Maddie Molloy	Distance	Jr/Jr/Jr	Edmond, OK/Santa Fe
Gloria Moseley	Throws	- /Sr/ -	Edmond, OK/Edmond Memorial
Clara Nichols	Middle Distance	Jr/Sr/Jr	Omaha, NE/Millard South
Haley Nipper	Distance	Jr/Jr/Jr	Ponca City, OK/Ponca City
Sarah Robinson	Sprints/Jumps	- /So/So	Southlake, TX/Carroll
Viktoriia Sadokhina	Jumps	Jr/Jr/Jr	Samara, Russia/1106 Samara
Sofia Santos	Distance	- /Fr/Fr	Houston, TX/ North Shore Senior
MaKenzie Sauder	Distance	Sr/Sr/Sr	Great Bend, KS/Great Bend
Katie Spencer	Distance	Fr/Fr/Fr	Omaha, NE/ Millard South
Brittany Stallings	Sprints	- /So/So	Okmulgee, OK/Okmulgee
Molly Sughroue	Middle Distance	So/Fr/Fr	McCook, NE/McCook
Holly Tober	Distance	Sr/Sr/Sr	Oologah, OK/Oologah-Talala High School
Kennedy Turner	Sprints	- /Fr/Fr	Desoto, TX/ Desoto
Ambra Wesley	Sprints	So/So/Jr	Murphy, TX/Wylie
Paige Wikle	Distance	Sr/Sr/Sr	Stillwater, OK/Stillwater
Ieva Zarankaite	Throws	- /So/Jr	Utena, Lithuania/Utena Adolfas Sapoka Gymnasium
Gintare Zenkeviciute	Distance	Jr/So/So	Svencioneliai, Lithuania/Mindaugas Gymnasium
Chelsea Zobrist	Middle Distance	Jr/Jr/Jr	Southlake, TX/ Southlake Carroll

Pronunciation Guide

Jennifer Celis	suh-lease
Aurora Dybedokken	dib-eh-dock-en
Stephanie Ferrante	fur-ahn-tay
Kristine Helle	hell-uh
Monika Juodeskaite	yo-deh-sky-day
Katie Kehl	keel
Ingeborg Loevnnes	in-guh-borg love-ness
Ida Oesteras	e-duh oh-stare-us

Alicia Palmer	uh-leash-uh
Lindy Pasley	pass-lee
Natalja Piliusina	pih-loosh-nuh
Viktoriia Sadokhina	suh-dock-in-uh
Molly Sughroue	shoe-grow
Ieva Zarankaite	e-yev-uh zare-en-kye-tuh
Gintare Zenkeviciute	ginn-tar-uh zin-kev-uh-chew-tuh

ASSISTANT COACHES/STAFF



DIEGO FLAQUER

Sprints coach
Third Year at Oklahoma State



LUCAIS MACKAY

Throws coach
First Year at Oklahoma State



BOBBY LOCKHART

Middle distance coach (men's)
Eighth Year at Oklahoma State



TERAN MIXON

Assistant Coach
Third Year at Oklahoma State



ZIVILE PUKSTIENE

Jumps coach
13th Year at Oklahoma State



DANNY STULTS

Director of Operations
First Year Year at Oklahoma State



PERSONAL BESTS - MEN

OLABODE AIYEBO

400 meters - 50.60
800 meters - 1:57.37

ANTHONEY ARMSTRONG

Mile - 4:10.74
1,500 meters - 3:49.94
3,000 meters - 8:11.92
Steeplechase - 8:59.69
5,000 meters - 14:55

BRYCE BALENSEIFEN

Mile - 4:11.27
800 meters - 1:52.98
1,600 meters - 4:11.57
3,200 meters - 9:16
5,000 meters - 15:10

BRYCE BALOUS

100 meters (wind-aided) - 10.34

ARLANDO BREWER-JOHNSON

100 meters - 10.55
200 meters - 21.95
Long Jump - 7.28m/23-10.5

BRAYDEN BROCK

200 meter dash - 22.59
400 meter dash - 48.95
800 meters - 1:56.17

KURIEN CARY

Shot put - 15.00m/49-2.5
Discus - 46.51m/ 152-7
Weight throw - 11.63m/ 38-2

TRENTON DANIELS

400 meter dash - 49.30
800 meters - 1:52.80

JOSEPH ELLISON

400 meter dash - 49.10

MATTHEW FAYERS

800 meters - 1:48.12
1,500 meters - 3:43.71
Mile - 3:59.55

JACOB FINCHAM-DUKES

100 meter dash - 11.10
110 meter hurdles - 14.60
400 meter hurdles - 53.75
Long Jump - 7.75m/25-6

JACOB FINCHAM-DUKES

Long Jump - 6.79m/22-3.50

NOAH GADE

1,500 meters - 3:56.86
3,000 meters - 8:18.16
5,000 meters - 14:50.97
10,000 meters - 29:51.13

CHANCE GALLOWAY

400 meter dash - 47.78
800 meters - 1:52.98

CERAKE GEBERKIDANE

800 meters - 1:52.30
3,000 meters - 8:09.68
5,000 meters - 14:28
Mile - 4:08.31

MALIK GIVENS

60 meters - 6.81
100 meter dash - 10.51
200 meter dash - 21.90

BRIAN GOHLKE

1,500 meters - 3:50.17
3,000 meters - 8:09.09
5,000 meters - 14:11.46
10,000 meters - 29:17.41

TANNER GREEN

200 meter dash - 21.96
400 meter dash - 48.20

ANTHONY GROGAN JR.

60 meters - 7.04
100 meter dash - 10.74
200 meter dash - 21.13

BRIGHAM HEDGES

1,500 meters - 3:51.35
Mile - 4:06.55
3,000 meters - 8:26.05
3,000 meter steeplechase - 9:17.26

TYLER JACKSON

100 meters - 10.52
200 meters - 21.11
400 meters - 46.99

ALEXANDER JOHANSSON

1,500 meters - 3:58.39
3,000 meters - 8:29.08
5,000 meters - 15:25

BRADLEY JOHNSON

400 meters - 48.65
600 yards - 1:18.70
800 meters - 1:49.85

TIMAUNTAY JONES

800 meters - 1:51.27
1,000 meters - 2:25.70
1,500 meters - 3:58.33

REID JOYNER

High Jump - 2.03m/ 6-8

SUKHI KHOSLA

800 meters - 1:56
1,600 meters - 4:05
3,200 meters - 8:39
5,000 meters - 14:52

TRE'TEZ KINNAIRD

800 meters - 1:47.13
1,000 meters - 2:23
1,500 meters - 3:48.50
Mile - 4:13.78

CONALL KIRK

800 meters - 1:51.63
1,500 meters - 4:04.05

CHRISTIAN LIDDELL

1,600 meters - 4:20
3,000 meters - 8:29.99
3,200 meters - 9:10
5,000 meters - 15:29

LUIS MARTINEZ

1,500 meters - 3:51.03
Mile - 4:07.06
3,000 meters - 8:13.03
5,000 meters - 14:27.53

JUSTIN MCBRIDE

110 meter hurdles - 14.54
300 meter hurdles - 38.90
400 meter hurdles - 55.25
60 meter hurdles - 8.55

NICK MILLER

Weight Throw - 23.07m/75-8.25
Hammer Throw - 77.55m/254-5

JEREL MORROW

Long Jump - 7.82m/25-8.0
Triple Jump - 14.33m/47-0.0
High Jump - 1.98m/6-6.0

BENITO MUNIZ

400 meter dash - 50.01
800 meters - 1:53.16
1,600 meters - 4:08
5,000 meters - 15:20

CHAD NOELLE

800 meters - 1:48.62
1,000 meters - 2:22.55
1,500 meters - 3:38.35
Mile - 3:57.78
3,000 meters - 7:56.76

COLE NORTON

60 meter dash - 6.98
100 meter dash - 10.98
200 meter dash - 22.22

CRAIG NOWAK

1,500 meters - 3:47.01
Mile - 4:04.75
3,000 - 7:56.36
5,000 meters - 14:06.35
10K - 30:17.6

DONOVAN NUNLEY

110 meter hurdles - 14.6
Long Jump - 6.93m/22-9
Shot Put - 12.24m/ 40-2
High Jump - 1.90m/ 6-3

VEGARD OELSTAD

800 meters - 1:52.97
1500 meters - 3:43.08
Mile - 3:58.79
3000 meters - 8:04.51

AUSTIN ROCHFORD

100 meters - 10.57

SHAROD SELPH

60 meters - 6.74
100 meters (wind-aided) - 10.55

BRANDON SINGLETON

100 meters - 10.91
200 meters - 21.49
400 meters - 47.49

TY SMITH

100 meter dash - 10.50
200 meter dash - 21.61

AUSTIN SWANN

400 meter dash - 49.30
800 meters - 1:56.10

JOHN TEETERS

60 meters - 6.52
100 meters (wind-aided) - 9.91
100 meters (wind-legal) - 10.11
200 meters - 20.75

JOSH THOMPSON

800 meters - 1:55.38
1,500 meters - 3:57.99
Mile - 3:58.33
Steeplechase - 9:22.46

COLE VERBLE

100 meters - 12.32
Long Jump - 6.65m/21-10
Pole Vault - 4.43m/14-6.5
Javelin - 48.50m/159-1
110 Hurdles - 17.43
Discus - 119' 11"
Shot Put - 36.56m
Heptathlon - 4663 pts

RYAN WHEATLEY

400 meters - 49.19
600 Yards - 1:13.22
800 meters - 1:53.77

JORDAN WILLIAMS

400 meters - 50.77

MILES YAPP

1,600 meters - 4:15
Mile - 4:45.64
3,200 meters - 9:01
5,000-meters - 15:34



PERSONAL BESTS - WOMEN

NATALIE BAKER

1,500 meters - 4:37.91
Mile - 4:58.89
3,000 meters - 10:05.28
5,000 meters - 16:54.62

ANNA BOYERT

800 meters - 2:08.21
1,500 meters - 4:24.07
Mile - 4:44.40
3,000 meters - 9:26.10
5,000 meters - 17:07

TRIANA BROWNE-HEARRELL

60 meters - 8.08
200 meters - 25.60
300 meters - 40.96
400 meters - 56.48
400 meter hurdles - 1:04.87

SAVANNAH CAMACHO

400 meters - 54.66
800 meters - 2:02.84
1,000 meters - 2:49.97
Mile - 4:46.31

JENNIFER CELIS

200 meters - 26.16
400 meters - 56.34
800 meters - 2:08.74
Mile - 4:40.69

AMIRA COLEMAN

200 meters - 25.1
400 meters - 57.76

DANIELLE COLEMAN

60 meters - 8.32
200 meters - 25.00
400 meters - 56.76
800 meters - 2:17.10

CYDNEY CROOK

400 meters - 57.90
800 meters - 2:28.45
400 meter hurdles - 1:04.33

SHELISE DAVIS

Discus - 131' 5"
Shot Put - 32' 4"
Javelin - 64' 5"

KAYLEE DODD

400 meters - 56.60
800 meters - 2:06.30
1,500 meters - 4:28.14
Mile - 5:09.86

AURORA DYBEDOKKEN

800 meters - 2:08.79
1,000 - 2:52.38
1,500 meters - 4:21.27
Mile - 4:45.92
3,000 meters - 9:48.66

CHASE EALEY

Shot Put - 17.39/57-0.75
Weight Throw - 19.39m/63-7.50
Javelin - 46.80m/152-06

KAELA EDWARDS

400 meters - 55.08
800 meters - 2:02.63
1,000 meters - 2:43.11
1,500 meters - 4:26.83
Mile - 4:32.14

STEPHANIE FERRANTE

60 meters - 7.67
100 meters - 11.85
200 meters - 24.23
400 meters - 54.76

SUMMOR FIELDS

60 meters - 8.12
200 meters - 24.90
400 meters - 55.50

JILL HAGEN

200 meters - 27.83
400 meters - 57.45
600 yards - 1:30.42

MEGAN HARRIS

60 meters - 7.94
100 meters - 12.15
200 meters - 23.80
400 meters - 58.84

EMILY HELMS

3,000 meters - 9:54.50
5,000 meters - 17:10.81

ABBIE HETHERINGTON

800 meters - 2:08.68
1,000 meters - 2:49.19
1,500 meters - 4:26.07
3,000 meters - 9:50.22

MONIKA JUODESKAITE

1,500 meters - 4:19.58
3,000 meters - 9:10.83
5,000 meters - 16:00.32

KATIE KEHL

Shot Put - 14.27m/47-.25
Discus - 46.85m/153-8
Weight Throw - 14.93m/48-11.75

KAYTLYN LARSON

400 meters - 56.6
800 meters - 2:09.87
1,600 meters - 4:58.83
Mile - 5:03.28

KATHERINE LEE

200 meters - 27.66
400 meters - 57.00

LEXIE LEWIS

100 meters - 11.75
200 meters - 24.10

INGEBORG LOEVNES

800 meters - 2:08.89
1,500 meters - 4:17.40
3,000 meters - 9:27.36
3,000 meter steeplechase - 9:48.89

AINA MAARTENSSON

Hammer throw - 53.40m/175-2
Weight throw - 15.90m/52-2

JANELLE MARTINEZ

1,500 meters - 4:32.97
3,000 meters - 9:52.20
5,000 meters - 16:58.37

BAYLOR NELSON

Discus - 42.36m/139-0
Shot Put - 11.12m/36-6
Weight Throw - 11.09m/36-4.75

CLARA NICHOLS

100 meters - 11.97
200 meters - 24.66
400 meters - 55.05
600 yards - 1:21.78
800 meters - 2:06.25
1,000 meters - 2:51.57
1,500 meters - 4:27.79

ALICIA PALMER

100 meter hurdles - 14.47
200 meters - 25.99
300 meter hurdles - 46.34

BRITTNEY REID

60 meters - 7.91
100 meters - 11.86
200 meters - 24.79
Long Jump - 5.58m/18-3.75

SARAH ROBINSON

100 meter hurdles - 14.98
300 meter hurdles - 43.55
400 meter hurdles - 1:02.05
Long Jump - 5.55m/18-2.5
60 meter hurdles - 9.30

VIKTORIA SADOXHINA

Triple Jump - 13.35m/43-9.75
Long Jump - 5.95m/19-6.25

SOFIA SANTOS

1,500 meters - 4:47
5,000 meters - 18:26

KATIE SPENCER

1,600 meters - 4:55.18
Mile - 5:05.98
3,200 meters - 10:31.58
5,000 meters - 18:13

BRITTANY STALLINGS

60 meters - 7.98
100 meters - 12.76
200 meters - 24.48
400 meters - 55.50

MOLLY SUGHROUE

400 meters - 56.29
800 meters - 2:07.86
1,600 meters - 5:10.82

KENNEDY TURNER

300 meter hurdles - 43.37

AMBRA WESLEY

200 meters - 25.08
400 meters - 55.87

IEVA ZARANKAITE

Discus - 54.44m/178-7
Shot Put - 14.18m/46-6.25
Weight Throw - 14.57m/47-9.75
Javelin - 44.82m/147-0

GINTARE ZENKEVICIUTE

1,500 meters - 4:32.78
3,000 meters - 9:49.49
5,000 meters - 16:39.21



2016 MEN'S OUTDOOR RESULTS

2016 Outdoor Results By Meet Men's

TULSA DUELS

March 19, 2016 :: Hurricane Track and Soccer Center :: Tulsa, Okla.

Pl.	Athlete	Event	Mark
4.	Simon Imagbe	100 Meters	11.09
7.	Tyler Jackson	200 Meters	21.94
10.	Ty Smith	200 Meters	22.49
12.	Jacob Fincham-Dukes	200 Meters	22.58
13.	Cole Norton	200 Meters	22.66
6.	Anthony Grogan Jr.	400 Meters	50.65
9.	Malik Givens	400 Meters	51.13
12.	Tanner Green	400 Meters	52.19
6.	Brigham Hedges	800 Meters	1:59.13
2.	Ryan Wheatley	1500 Meters	4:06.61
6.	Anthony Armstrong	1500 Meters	4:09.52
3.	Donovan Nunley	110 Meter Hurdles	15.16
9.	Cole Verble	110 Meter Hurdles	17.07
1.	Jacob Fincham-Dukes	Long Jump	7.46m
3.	Simon Imagbe	Long Jump	7.31m
13.	Donovan Nunley	Long Jump	6.67m
15.	Cole Verble	Long Jump	6.34m
7.	Reid Joyner	High Jump	1.85m
8.	Donovan Nunley	High Jump	1.75m
8.	Cole Verble	Pole Vault	4.25m
5.	Wesley Halof	Javelin Throw	48.41m
7.	Sean Casey	Javelin Throw	46.52m
9.	Cole Verble	Discus Throw	31.88m
7.	Donovan Nunley	Shot Put	12.61m
1.	Oklahoma State Team A (T. Smith, M. Givens, A. Grogan, T. Jackson)	4X100m Relay	41.65

2016 Outdoor Results By Individual Men's

ANTHONEY ARMSTRONG

6.	1500 Meters	4:06.61	3/20/16	Tulsa Duels
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SEAN CASEY

7.	Javelin Throw	46.52m	3/20/16	Tulsa Duels
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JACOB FINCHAM-DUKES

1.	Long Jump	7.46m	3/20/16	Tulsa Duels
12.	200 Meters	22.58	3/20/16	Tulsa Duels

MALIK GIVENS

9.	400 Meters	51.13	3/20/16	Tulsa Duels
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TANNER GREEN

12.	400 Meters	52.19	3/20/16	Tulsa Duels
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ANTHONY GROGAN JR.

6.	400 Meters	50.65	3/20/16	Tulsa Duels
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WESLEY HALOF

5.	Javelin Throw	48.41m	3/20/16	Tulsa Duels
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BRIGHAM HEDGES

6.	800 Meters	1:59.13	3/20/16	Tulsa Duels
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SIMON IMAGBE

3.	Long Jump	7.31m	3/20/16	Tulsa Duels
4.	100 Meters	11.09	3/20/16	Tulsa Duels

TYLER JACKSON

7.	200 Meter Dash	21.94	3/20/16	Tulsa Duels
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REID JOYNER

7.	High Jump	1.85m	3/20/16	Tulsa Duels
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COLE NORTON

13.	200 Meters	22.66	3/20/16	Tulsa Duels
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DONOVAN NUNLEY

8.	High Jump	1.75m	3/20/16	Tulsa Duels
13.	Long Jump	6.67m	3/20/16	Tulsa Duels
7.	Shot Put	12.61m	3/20/16	Tulsa Duels
3.	110m Hurdles	15.16	3/20/16	Tulsa Duels

TY SMITH

10.	200 Meter Dash	22.49	3/20/16	Tulsa Duels
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COLE VERBLE

8.	Pole Vault	4.45m	3/20/16	Tulsa Duels
13.	Long Jump	6.34m	3/20/16	Tulsa Duels
9.	Discus Throw	31.88m	3/20/16	Tulsa Duels
9.	100m Hurdles	17.07	3/20/16	Tulsa Duels

RYAN WHEATLEY

2.	1500 Meters	4:06.61	3/20/16	Tulsa Duels
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2016 MEN'S OUTDOOR RESULTS

2016 Outdoor Bests Men's

100 METER DASH

Mark	Athlete	Meet
11.09	Simon Imagbe	Tulsa Duels

110 METER HURDLES

Mark	Athlete	Meet
15.16	Donovan Nunley	Tulsa Duels
17.07	Cole Verble	Tulsa Duels

200 METER DASH

Mark	Athlete	Meet
21.97	Tyler Jackson	Tulsa Duels
22.49	Ty Smith	Tulsa Duels
22.58	Jacob Fincham-Dukes	Tulsa Duels
22.66	Cole Norton	Tulsa Duels

400 METER DASH

Mark	Athlete	Meet
50.65	Anthony Grogan Jr.	Tulsa Duels
51.13	Malik Givens	Tulsa Duels
52.19	Tanner Green	Tulsa Duels

800 METER RUN

Mark	Athlete	Meet
1:59.13	Brigham Hedges	Tulsa Duels

1500 METER RUN

Mark	Athlete	Meet
4:06.61	Ryan Wheatley	Tulsa Duels
4:09.52	Anthony Armstrong	Tulsa Duels

HIGH JUMP

Mark	Athlete	Meet
1.85m/6-0.75	Reid Joyner	Tulsa Duels
1.75m/5-8.75	Donovan Nunley	Tulsa Duels

LONG JUMP

Mark	Athlete	Meet
7.46m/24-5.75	Jacob Fincham-Dukes	Tulsa Duels
7.31m/23-11.75	Simon Imagbe	Tulsa Duels
6.67m/21-10.75	Donovan Nunley	Tulsa Duels
6.34m/20-9.75	Cole Verble	Tulsa Duels

JAVELIN THROW

Mark	Athlete	Meet
48.41m/158-10.0	Wesley Halof	Tulsa Duels
46.52m/152-7.0	Sean Casey	Tulsa Duels

SHOT PUT

Mark	Athlete	Meet
12.61m/41-4.5	Donovan Nunley	Tulsa Duels

DISCUS THROW

Mark	Athlete	Meet
31.88/104-7.25	Cole Verble	Tulsa Duels

POLE VAULT

Mark	Athlete	Meet
4.25m/13-9.75	Cole Verble	Tulsa Duels

4X100 METER RELAY

Mark	Athletes	Meet
41.65	T. Smith, M. Givens A. Gorgan Jr., T. Jackson	Tulsa Duels



2016 WOMEN'S OUTDOOR RESULTS

2016 Outdoor Results By Meet Women's

TULSA DUELS

March 19, 2016 :: Hurricane Track and Soccer Center :: Tulsa, Okla.

Pl.	Athlete	Event	Mark
3.	Triana Browne-Hearrell	200 Meters	25.78
8.	Summor Fields	200 Meters	26.08
1.	Kaylee Dodd	400 Meters	58.43
2.	Amira Coleman	400 Meters	58.53
8.	Brittany Stallings	400 Meters	1:01.98
9.	Megan Harris	400 Meters	1:02.06
16.	Hannah Harris	1500 Meters	5:27.36
8.	Triana Browne-Hearrell	100m Hurdles	16.18
6.	Kennedy Turner	400m Hurdles	1:06.36
8.	Cydney Crook	400m Hurdles	1:08.58
11.	Triana Browne-Hearrell	Long Jump	5.06m
12.	Viktoriia Sadokhina	Long Jump	5.04m
13.	Maddie Lorant	Long Jump	4.98m
2.	Viktoriia Sadokhina	Triple Jump	12.13m
1.	Megan Honas	Javelin Throw	47.43m
1.	Chase Ealey	Shot Put	17.31m
4.	Katie Kehl	Discus Throw	42.24m
9.	Baylor Nelson	Discus Throw	39.51m
15.	Shelise Davis	Discus Throw	31.87m
8.	Meghan McGrath	Pole Vault	3.05m
2.	Oklahoma State Team A (L. Lewis, M. Harris, S. Fields, B. Stallings)	4X100m Relay	47.91

2016 Outdoor Results By Individual Women's

TRIANA BROWNE-HEARRELL

3.	200 Meters	25.78	3/20/16	Tulsa Duels
8.	100m Hurdles	16.18	3/20/16	Tulsa Duels
11.	Long Jump	5.06m	3/20/16	Tulsa Duels

AMIRA COLEMAN

2.	400 Meters	58.53	3/20/16	Tulsa Duels
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CYDNEY CROOK

8.	400 Meter Hurdles	1:08.58	3/20/16	Tulsa Duels
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SHELISE DAVIS

15.	Discus Throw	31.87m	3/20/16	Tulsa Duels
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KAYLEE DODD

1.	400 Meters	58.43	3/20/16	Tulsa Duels
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CHASE EALEY

1.	Shot Put	17.31m	3/20/16	Tulsa Duels
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SUMMOR FIELDS

8.	200 Meters	26.08	3/20/16	Tulsa Duels
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HANNAH HARRIS

16.	1500 Meters	5:27.36	3/20/16	Tulsa Duels
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MEGAN HARRIS

9.	400 Meters	1:02.06	3/20/16	Tulsa Duels
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MEGAN HONAS

1.	Javelin Throw	47.43m	3/20/16	Tulsa Duels
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KATIE KEHL

2.	Discus Throw	42.24m	3/20/16	Tulsa Duels
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MADDIE LORANT

13.	Long Jump	4.98m	3/20/16	Tulsa Duels
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MEGHAN MCGRATH

8.	Pole Vault	3.05m	3/20/16	Tulsa Duels
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BAYLOR NELSON

9.	Discus Throw	39.51m	3/20/16	Tulsa Duels
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VIKTORIA SADOKHINA

2.	Triple Jump	12.13m	3/20/16	Tulsa Duels
12.	Long Jump	5.04m	3/20/16	Tulsa Duels

BRITTANY STALLINGS

8.	400 Meters	1:01.98	3/20/16	Tulsa Duels
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KENNEDY TURNER

6.	400m Hurdles	1:06.36	3/20/16	Tulsa Duels
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2016 WOMEN'S OUTDOOR RESULTS

2016 Outdoor Bests Women's

100 METER HURDLES

Mark	Athlete	Meet
16.18	Triana Browne-Hearrell	Tulsa Duels

200 METER DASH

Mark	Athlete	Meet
25.78	Triana Browne-Hearrell	Tulsa Duels
26.08	Summor Fields	Tulsa Duels

400 METER DASH

Mark	Athlete	Meet
58.43	Kaylee Dodd	Tulsa Duels
58.53	Amira Coleman	Tulsa Duels
1:01.98	Brittany Stallings	Tulsa Duels
1:02.06	Megan Harris	Tulsa Duels

400 METER HURDLES

Mark	Athlete	Meet
1:06.36	Kennedy Turner	Tulsa Duels
1:08.58	Cydney Crook	Tulsa Duels

1500 METER RUN

Mark	Athlete	Meet
5:27.36	Hannah Harris	Tulsa Duels

LONG JUMP

Mark	Athlete	Meet
5.06m/16-7.25	Triana Browne-Hearrell	Tulsa Duels
5.04m/16-6.50	Viktoriia Sadokhina	Tulsa Duels
4.98m/16-4.25	Maddie Lorant	Tulsa Duels

TRIPLE JUMP

Mark	Athlete	Meet
12.13m/39-9.75	Viktoriia Sadokhina	Tulsa Duels

JAVELIN THROW

Mark	Athlete	Meet
47.43m/155-7.0	Megan Honas	Tulsa Duels

SHOT PUT

Mark	Athlete	Meet
17.31m/56-9.50	Chase Ealey	Tulsa Duels

DISCUS THROW

Mark	Athlete	Meet
42.24m/138-7.0	Katie Kehl	Tulsa Duels
39.51m/129-7.0	Baylor Nelson	Tulsa Duels
31.87m/127-6.0	Shelise Davis	Tulsa Duels

POLE VAULT

Mark	Athlete	Meet
3.05m/10.0	Meghan McGrath	Tulsa Duels

4X100 METER RELAY

Mark	Athlete	Meet
47.91	L. Lewis, M. Harris S. Fields, B. Stallings	Tulsa Duels



MEN'S OUTDOOR RECORDS

100 METERS

1.	John Teeters	9.91**	Big 12 Championships	2014
1(1).	James Butler	10.00	Ralph Higgins Invite	1982
2.	Ron Ingram	10.10	Ralph Higgins Invite	1981
3.	John Teeters	10.11	NCAA West Preliminaries	2014
4.	Desmond Ross	10.12	Arkansas Invitational	1985
T5.	Mike Shavers	10.30	Oklahoma Dual	1978
T5.	Curtis Thomas	10.30	OSU Invitational	1981
T5.	Earl Harris	10.30	California Relays	1969
T8.	Donald Lee Briggs	10.35	OSU Invitational	1981
T8.	Daniel Osafo	10.35	Dallas Invitational	1978
10.	Paul Jackson	10.36	Dallas Invitational	1978

200 METERS

1.	Desmond Ross	19.80	Big 8 Outdoors	1985
2.	James Butler	19.86	Texas Relays	1979
3.	Curtis Thomas	20.40	Ralph Higgins Invite	1982
T4.	John Teeters	20.75	John McDonnell Invite	2014
4.	Sterling Starks	20.75	OSU Invitational	1981
5.	Timmy Thomas	20.98	Big 8 Outdoors	1990
6.	David Rhodes	21.03	Big 8 Outdoors	1986
7.	Greg Harjo	21.07	Big 8 Outdoors	1995
T8.	James Cole	21.30	Big 8 Outdoors	1993
T8.	Pat Johnson	21.30	Ralph Higgins Invite	1993

400 METERS

1.	Dennis Schultz	45.60	LSU Relays	1972
2.	Guy McGraw	46.00	Big 8 Outdoors	1978
3.	Sterling Starks	46.29	Big 8 Outdoors	1982
4.	Charles Strong	46.30	Big 8 Outdoors	1962
T5.	Jim Bolding	46.40	LSU Relays	1971
T5.	J.W. Mashburn	46.40	NCAA Outdoors	1956
7.	Harold Green	46.71	Big 8 Outdoors	1989
8.	Desmond Ross	46.73	John Jacobs Invite	1985
9.	Curtis Thomas	46.90	Big 8 Outdoors	1984
10.	James Cole	47.01	Big 8 Outdoors	1993

400 METER HURDLES

1.	Jim Bolding	49.50	Olympic Trials	1972
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800 METERS

1.	Paul Larkins	1:47.13	Texas Relays	1986
2.	Matthew Fayers	1:48.12	BMC Stretford	2014
3.	Chad Noelle	1:48.62	Arkansas Invite	2014
4.	Kendall Staggs	1:48.7	Big 8 Champs	1978
5.	Tyler Payton	1:49.17	Arkansas Invite	2014
6.	Chris Stoves	1:49.35	Len Paddock	2004
7.	John Wild	1:49.39	UT-Arlington	1995
8.	Raul Botezan	1:49.54	Bucharest	2012
9.	Justin Nobles	1:50.06	Big 12 Championships	2003
10.	Matt Thomson	1:50.94	Payton Jordan Invite	2002

880 YARDS

1.	John Perry	1:47.6	Big 8 Champs	1966
2.	David Perry	1:47.7	Southern TFF	1965
3.	Jim Metcalf	1:47.8	Big 8 Champs	1965
4.	Tom Van Ruden	1:49.1	Oklahoma Dual	1966
5.	Bill Stone	1:49.6	West Coast Relays	1965
6.	Mike Manke	1:50.17	Dallas Invitational	1974

1,000 METERS

1.	Paul Larkins	2:18.35		1986
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1,500 METERS

1.	German Fernandez	3:37.76	Team Indiana Invitational	2012
2.	Paul Larkins	3:38.02	England vs. Belgium	1986
3.	Chad Noelle	3:38.35	Payton Jordan Invitational	2015
4.	Kirubel Erassa	3:39.05	Payton Jordan Invitational	2015
5.	Jon Wild	3:40.02	Arkansas Invite	1997
6.	Tom Farrell	3:41.07	Stanford Invitational	2012
7.	Raul Botezan	3:41.14	USATF High Performance	2012
8.	Chuck Sloan	3:42.00	Cardinal Invitational	2000
9.	Johnathan Stublaski	3:42.20	Arkansas Twilight	2010
10.	Ryan Ripley	3:42.62	Saturn Midwest	2007

MILE

1.	Larry Rose	3:59.5 ht	Kansas Relays	1971
2.	Tom Von Ruden	4:01.1 ht	Big Eight Champs	1966
3.	John Halberstadt	4:01.1 ht	LSU Dual	1972
4.	Peter Kaal	4:02.5 ht	Big Eight Champs	1970
5.	Mike Manke	4:03.0 ht	Southern Illinois Dual	1973
6.	Ryan Ripley	4:03.47	Nashville Music	2007
7.	George Stewart	4:03.8 ht	Kansas Relays	1971
8.	John Perry	4:04.0 ht	Helsinki, Finland	1966
9.	Sture Landqvist	4:04.2 ht	Sugar Bowl Rlys	1953
10.	Charles Boatright	4:04.5 ht	LSU Dual	1972

3,000 METERS

1.	Jon Wild	7:55.15	Dublin, Ireland	1995
2.	Paul Larkins	7:58.61	Gateshead, Eng	1984
3.	Greg Rouault	8:13.74	McDonnell Invite'l	2003
4.	Habel Gitogo Churu	8:13.83	Tyson Invite	1999
5.	Solomon Kariuki	8:16.38	Arkansas	1993
6.	Rene Carlson	8:17.72	U.S.CollegiateT&F	1999
7.	Nathaniel Lane	8:19.22	Tyson Invitational	1999
8.	Patrick Kiptum	8:19.32	R. Higgins Invite	1994
9.	Charles Mathenge	8:20.34	Arkansas Invite	2014
10.	James Morrissey	8:22.00	Arkansas Invite	1993

5,000 METERS

1.	Tom Farrell	13:15.31	Payton Jordan Invite	2012
2.	German Fernandez	13:25.46	USATF, Eugene	2009
3.	Kirubel Erassa	13:27.55	Payton Jordan Invite	2014
4.	Girma Mecheso	13:34.83	Stanford Invitational	2012
5.	Ryan Vail	13:37.02	Cardinal Invite	2009
6.	Jason Woolhouse	13:37.36	Stanford Invite	2004
7.	Shadrack Kipchirchir	13:37.68	Mt. SAC Relays	2014
8.	John Kosgei	13:42.17	Mt. SAC Relays	2010
9.	Colby Lowe	13:42.60	Mt. SAC Relays	2010
10.	Jon Wild	13:42.80	Mt. SAC Relays	1996

10,000 METERS

1.	Shadrack Kipchirchir	27:36.79	Payton Jordan Invite	2014
2.	Girma Mecheso	27:52.38	Payton Jordan Invite	2013
3.	Colby Lowe	28:45.91	Stanford Invite	2011
4.	John Halberstadt	28:50.4 ht	NCAA Champs	1972
5.	Kirubel Erassa	28:50.41	Big 12 Championships	2015
6.	David Jankowski	28:51.81	Stanford Invite	2006
7.	John Kosgei	28:55.93	NCAA Champs	2010
8.	Nathaniel Lane	29:01.17	Cardinal Invite	1999
9.	Greg Rouault	29:04.02	Cardinal Invite	2003
10.	Renee Calrsen	29:08.31	Cardinal Invite	1999

3,000 METER STEEPLECHASE

1.	Chuck Sloan	8:26.66	US Olympic Trials	2000
2.	Chris McCubbins	8:38.2 ht	PanAm games	1967
3.	Andrew Hennessey	8:39.71	Cardinal Invite	1999
4.	Joe Gray	8:44.73	Stanford Invitel	2007
5.	Fabian Clarkson	8:45.96	NCAA Championships	2012
6.	Trevor Fieldsend	8:46.49	R. Higgins Invite	1985
7.	Charles Boatright	8:51.2 ht	Drake Relays	1972
8.	David Chirchir	8:55.13	Stanford Invite	2009
9.	Mike Cole	8:55.1 ht	Big Eight Champs	1975
10.	Taylor Monaghan	8:56.14	Stanford Invitational	2013

4 X 100 METER RELAY

1)	39.04	Butler, Evans, Ingram, Starks	NCAA Championships	1982
2)	39.64	Selph, Jackson Brewer-Johnson, Teeters	NCAA West Regional	2015

4 X 200 METER RELAY

1)	1:21.58	Butler, Thomas, Ingram, Starks	Drake Relays	1982
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4 X 400 METER RELAY

1)	3:05.64	Hohmann, Patterson, Thomas, Williams	Meet of Champions	1983
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MEN'S OUTDOOR RECORDS

HIGH JUMP

1.	Greg Brewer	2.216m/7-3.25	Drake Relays	1983
2.	Rich Geske	2.16m/7-1	Big 8 Outdoors	1975
3.	Taylor Buck	2.14m/7-0.25	Arkansas Twilight	2011
4.	Jeff Brown	2.13m/7-0	John Jacobs Relays	1981
5.	Paul Martell	2.11m/6-11	Big 8 Outdoors	1979
T6.	Oliver McDade	2.08m/6-10	Ralph Higgins Invitational	1989
T6.	George Holland	2.08m/6-10	UTEP Invitational	1970
T6.	Russell Laverty	2.08m/6-10	T&FF Meet	1964
9.	Don Boydston	2.04m/6-8.25	Fort Worth Carnival	1940
T10.	Lance Davis	2.03m/6-8	OBV Bison Relays	1989
T10.	David Taylor	2.03m/6-8	Sooner Invitational	1984
T10.	Rick Tate	2.03m/6-8	Wichita Dual	1976
T10.	Steve Herndon	2.03m/6-8	Arkansas Relays	1966

LONG JUMP

1.	Hal Oswalt	7.72m/25-4	Houston Meet of Champs	1969
2.	W.L. Clapham	7.61m/24-11.75	San Antonio Invite	1941
3.	Ralph Tate	7.60m/24-11	Oklahoma Dual	1943
4.	John Voight	7.58m/24-10.25	Texas Relays	1950
5.	E.B. Schaeffer	7.57m/24-10	Big 8 Outdoors	1978
6.	Kim Ellis	7.56m/24-9.75	Texas Relays	1955
7.	Jack Wright	7.48m/24-6.50	Big 8 Outdoors	1972
8.	Charles Strong	7.44m/24-4.75	Arkansas Relays	1963
9.	Jeff Glasgow	7.43m/24-4.50	Dallas Invitational	1968
10.	Ron Hester	7.42m/24-4	Arkansas Relays	1966

TRIPLE JUMP

1.	E.B. Schaeffer	15.55m/51-0	Drake Relays	1978
2.	Mark Hanna	15.34m/50-4	Kansas Relays	1987
3.	Bart Breithaupt	15.05m/49-4.5	North Texas Dual	1991
4.	Larry Gunther	15.01m/49-3	Big 8 Outdoors	1971
5.	Floyd Beanblossom	14.83m/48-8	AAU Championships	1921
6.	Richard Smith	14.75m/48-4.75	Big 12 Championships	2015
7.	Ralph Tate	14.62m/47-11.5	Oklahoma AAU	1946
8.	Ryan Finnie	14.46m/47-5.25	Big 12 Championships	2014
9.	Hal Oswalt	14.24m/46-8.5	John Jacobs Invite	1968
T10.	Alex Dzitrie	14.19m/46-6.75	Big 8 Outdoors	1996
T10.	Larry Gunther	14.19m/46-6.75	Wichita Dual	1969

POLE VAULT

1.	Joe Dial	5.86m/19-2.5	John Jacobs Invitational	1985
2.	Terry Womack	5.45m/17-10.5	Austin Texas Open	1985
3.	Eric Forney	5.40m/17-8.75	Texas Relays	1984
4.	David Swezey	5.36m/17-7	Big 8 Outdoors	1982
5.	Greg Pickett	5.07m/16-7.50	Dallas Invitational	1978
6.	Larry Curtis	5.03m/16-6	Oklahoma Invite	1968
7.	George Davies	4.83m/15-10.25	Big 8 Outdoors	1961
8.	Preston Holsinger	4.79m/15-8.75	Oklahoma Federation	1964
T9.	Mickey Baller	4.70m/15-5	Dual vs. OSU Freshmen	1963
T9.	Jim Graham	4.70m/15-5	Oklahoma Dual	1959
T9.	Aubrey Dooley	4.70m/15-5	Oklahoma Dual	1959

SHOT PUT

1.	Randy Naas	19.86m/65-2	Big 8 Championships	1983
2.	Mike Marks	18.77m/61-7	State Federation Meet	1974
3.	Itamar Levi	18.21m/59-9	John McDonnell Invite	2014
4.	Dale Pierce	17.74m/58-2.25	Big 8 Indoors	1980
5.	Bruce Wilhelm	17.52m/57-5.75	AAU State	1967
6.	Bob Ringwell	17.44m/57-2.5		1974
7.	Jim Benien	17.07m/56-0		1971
8.	Milton Hardaway	16.64m/54-7	Southern Illinois Dual	1975
9.	Keith Keel	16.36m/53-8.25	Oklahoma	1985
10.	Mike Ryles	16.35m/53-7.5	Big 8 Freshman Indoor	1966

DISCUS THROW

1.	Jim Benien	56.19m/184-4	Federation Nationals	1971
2.	Randy Naas	56.05m/183-10.5	Oklahoma	1983
3.	John Anderson	55.35m/181-7	Arkansas Relays	1963
4.	Dale Pierce	54.69m/179-5.25	OSU	1983
5.	Kirk Hardin	54.59m/179-1	Wichita State Dual	1976
6.	Clyde Northrup	54.32m/178-2.5	Arkansas Relays	1960
7.	Miles Lister	53.95m/177-0	Oklahoma	1965
8.	Andrew Hudson	53.52m/175-7	John Jacobs Invitational	2012
9.	Clyde Northrup	52.44m/172-0.5	Nebraska Dual	1959
10.	Richard Shade	52.43m/172-0	Oklahoma Dual	1970

HAMMER THROW

1.	Nick Miller	74.38m/244-0	Big 12 Championships	2014
2.	Ralph Havenstrite	47.52m/155-11	Interclass Track Meet	1915
3.	Lee Minton	37.06m/121-7	Field Day Track & Field	1913
4.	J.K. Ross	34.87m/114-5	Field Day Track & Field	1909
5.	Francis	30.94m/101-6	Field Day Track & Field	1908
6.	Wallace Thornberry	19.20m/63-01	Field Day Track & Field	1900

OLD RULE JAVELIN

1.	George Stevens	78.00m/255-11	Kansas Relays	1973
2.	David Ratliff	69.49m/228-0	Texas Relays	1972
3.	Henry Bell	68.16m/223-7.5	Federation State	1964
4.	John Elmore	67.95m/222-11	Wichita State Dual	1968
5.	Jim Groesbeck	67.04m/219-11.50	Wichita Dual	1969
6.	Mike Platt	64.54m/211-9	Oklahoma	1984
7.	Delane Woolfolk	62.66m/205-7		
8.	Garth Brooks	61.19m/200-9	Big 8 Outdoors	1982
9.	Carl Rigney	60.95m/199-11.5		1935
10.	Dave Field	60.43m/198-3		1965

NEW RULE JAVELIN

1.	Jason Isaacson	53.90m/176-10	SMU	1991
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** Wind-aided mark. All-conditions school record



WOMEN'S OUTDOOR RECORDS

100 METERS

1) 11.34	TracyAnn Baker	Texas Relays	1997
2) 11.44	Sherita Jackson	Texas Relays	1997
3) 11.50	Leisa Davis-Knowles	Big 8 Outdoor	1985
T4) 11.60	Christy Dye	Don Kirby Invitational	1996
T4) 11.60	Natasha Santee		1999
6) 11.71	LaToyia Hinds		1998
7) 11.82	Britney Presley	Big 12 Championships	2014
8) 12.07	Melody Vaughn	Big 8 Outdoor	1996
9) 12.10	Celestina Bucknell	Big 8 Outdoor	1995
10) 12.05	Lauren McKee	John Jacobs Invitational	2008

100 METER HURDLES

1) 13.38	Rosa Baker	NCAA Championships	1989
2) 13.89	Doris Williams	Big 8 Championships	1991
3) 13.94	Tiffany Davis	Big 12 Championships	1999
4) 13.97	Tracie White	Big 8 Championships	1985
5) 14.10	Vicki Cleveland	Ralph Higgins Meet	1981
6) 14.20	Vicki Fretwell	Texas Relays	1982
7) 14.30	Susie Winnigham		1975
8) 14.33	Stephani Duff	Big 12 Championships	1999
9) 14.39	Regina Brown	Big 8 Championships	1990
10) 14.83	Clara Telford	John McDonnell Invitational	2015

200 METERS

1) 23.19	TracyAnn Baker	Mt SAC Relays	1997
2) 23.25	Stacy Clack	Texas Relays- prelims	1990
3) 23.27	Sherita Jackson	Big 12 Outdoor- prelims	1997
4) 23.85	Leisa Davis-Knowles	LSU Invitational	1986
5) 24.47	Natasha Santee		1999
6) 24.52	Britney Presley	John McDonnell Invite	2014
7) 24.58	Lauren McKee	Sooner Open	2008
8) 24.73	Stephanie Ferrante	Bobcat Invitational	2015
9) 24.82	Melissa Ndubilo	Mean Green Twilight	2005
10) 24.87	Melody Vaughn		1996

400 METERS

1) 52.26	Leisa Davis-Knowles	Kansas Relays	1986
2) 53.97	Nicki Brackeen	Big 8 Outdoor	1990
3) 54.66	Savannah Camacho	John McDonnell Invite	2014
4) 55.26	Kaela Edwards	John McDonnell Invitational	2015
5) 55.49	Alison Erzinger	Big 12 Outdoor	2003
6) 55.68	Andrene Thompson		1998
7) 55.87	Ambra Wesley	John Jacobs Invite	2014
T8) 56.48	Triana Browne-Hearrell	Big 12 Championships	2014
T8) 56.48	Stephanie Ferrante	John Jacobs Invitational	2015
9) 56.51	Summor Fields	John Jacobs Invitational	2015
10) 56.87	Danielle Coleman	John Jacobs Invitational	2015

400 METER HURDLES

1) 55.70	Leisa Davis-Knowles	NCAA Championships	1985
2) 58.33	Alison Erzinger	NCAA Outdoor	2005
3) 58.64	Justine Craig	Texas Relays	1986
4) 1:00.21	Bailey Johnson	Big 12 Championships	2014
5) 1:00.72	Sherita Jackson	Big 8 Outdoor	1996
6) 1:01.89	Kendra Woodson	Sooner Twilight Meet	2009
7) 1:02.05	Sarah Robinson	Arkansas Twilight	2015
8) 1:02.34	Margie Crossno	Ralph Higgins	1982
9) 1:02.47	Tihana Sarac	UTA Invitational	2008
10) 1:03.34	Tiffany Davis		2000

800 METERS

1) 2:01.59	Natalja Piliusina	World University Games	2013
2) 2:02.63	Kaela Edwards	Payton Jordan Invitational	2015
3) 2:02.84	Savannah Camacho	Mt. SAC Relays	2014
4) 2:04.61	Justine Craig	NCAA Outdoor	1987
5) 2:06.63	Clara Nichols	Mt. SAC Relays	2013
6) 2:06.90	Andrene Thompson	Mt. Sac Relays	1999
7) 2:07.18	Mihaela Susa	Arkansas Twilight	2010
8) 2:08.28	Kaylee Dodd	Mt. SAC Relays	2015
9) 2:08.68	Kendra Woodson	Arkansas Twilight	2010
10) 2:09.14	Demetra Castille	Big 8 Outdoor	1990

1,500 METERS

1) 4:09.51	Natalja Piliusina	Payton Jordan Invite	2012
2) 4:13.08	Mihaela Susa	Mt. SAC Relays	2010
3) 4:19.09	Valentina Medina	NCAA Championship	2004
4) 4:19.34	Caleigh Glenn	Payton Jordan Invitational	2015
5) 4:19.58	Monika Juodeskaite	Arkansas Invite	2014
6) 4:19.90	Veronica Haberl	SMU Open	1986
7) 4:22.20	Christine McMiken	Texas Relays	1986
8) 4:22.60	Kate Kujawa	Payton Jordan Invite	2012
9) 4:22.94	Alexandra Lindquist	Stanford Invitational	2001
10) 4:23.95	Heather Garrett	Big 8 Outdoor	1989

3,000 METERS

1) 9:03.32	Christine McMiken		1986
2) 9:11.58	Monika Juodeskaite	Euro. Team Championships	2014
3) 9:16.80	Jenny Framme	NCAA Outdoor	1997
4) 9:17.50	Heather Garrett	NCAA Outdoor	1990
5) 9:25.16	Hanna Smedstad	Big 12 Outdoor	2000
6) 9:32.17	Siri Alfheim	UTA Invitational	2002
7) 9:38.13	Valentina Medina	UTA Invitational	2002
8) 9:40.37	Alexandra Lindquist	Texas Relays	2001
9) 9:47.24	Shelly Moore	Big 8 Outdoor	1995
10) 9:47.46	Kristine Helle	Arkansas Invite	2014

5,000 METERS

1) 15:41.42	Jackie Goodman	NCAA Outdoor	1989
2) 15:45.70	Christine McMiken	NCAA Outdoor	1985
3) 16:00.32	Monika Juodeskaite	Mt. SAC Relays	2014
4) 16:00.47	Siri Alfheim	NCAA Outdoor	2002
5) 16:09.83	Mihaela Susa	Stanford Invitational	2009
6) 16:14.95	Hanna Smedstad	Big 12 Outdoor	1999
7) 16:16.54	Mary Davies	Big 12 Outdoor	2006
8) 16:17.59	Jenny Framme		1997
9) 16:17.93	Monika Juodeskaite	Mt. SAC Relays	2013
10) 16:20.99	Michelle Prowse	Stanford Invitational	2004

10,000 METERS

1) 32:51.00	Christine McMiken	NCAA Championship	1986
2) 33:08.00	Mary Davies	NCAA Championship	2006
3) 33:42.35	Jackie Goodman	NCAA Championship	1989
4) 33:46.79	Sara Wells	Stanford Invitational	2001
5) 33:47.70	Barbora Kuncova	Stanford Invitational	2005
6) 33:49.32	Tone Hjalmsen	NCAA Championship	2011
7) 33:56.70	Donna Levy	Mt. Sac Relays	1992
8) 34:17.00	Karen Bridges	AAU Meet	1978
9) 34:17.72	Felicity Milton	Mt. SAC Relays	2010
10) 34:19.82	Kristine Helle	Sollentuna Sweden	2014

3,000 METER STEEPLECHASE

1) 9:48.89	Ingeborg Loevnes	Payton Jordan Invitational	2015
2) 10:07.31	Barbora Kuncova	NCAA Outdoor	2005
3) 10:09.42	Mary Davies	Big 12 Outdoor	2006
4) 10:15.55	Kate Kujawa	Stanford Invitational	2013
5) 10:20.02	Michelle Prowse	Stanford Invitational	2005
6) 10:21.17	Eva Tomankova	Mt. SAC Relays	2008
7) 10:33.17	Kendra Woodson	Mt. SAC Relays	2010
8) 10:35.03	Jackie Campos	Bryan Clay Invite	2013
9) 10:37.75	Hanna Holst	Stanford Invitational	2007
10) 10:48.90	Natalia Kovtun	Mt. SAC Relays	2008



WOMEN'S OUTDOOR RECORDS

4X100 METER RELAY

1) 44.73	R. Baker, Brackeen, Clark, Jones	Big 8 Outdoor	1990
2) 45.03	Vaughn, T. Baker, Midkiff, Jackson	Big 12 Outdoor	1997
3) 45.63		Big 12 Outdoor	1999
4) 45.83	Beamon, Dye, Vaughn, Jackson	John Jacobs Relays	1996
5) 45.97	S. Jackson, Santee, M. Jackson, Davis	Big 12 Outdoor	2000
6) 46.19			1998
7) 46.63	Hinds, T. Baker Vaughn, S. Jackson	Penn Relays	1997
8) 46.64	Presley, Ferrante, Fields, Wesley	John Jacobs Invitational	2015
9) 46.79	Presley, Ferrante Fields, Stallings	Arkansas Twilight	2015
10) 46.87	Presley, Wesley Browne-Hearrell, Wilson	John Jacobs Invite	2014

4X200 METER RELAY

1) 1:35.88	T. Baker, Midkiff, Dozovado, Jackson	Texas Relays	1997
2) 1:36.25	Jones, R. Baker, Clack, Brackeen	Drake Relays	1989
3) 1:36.46	T. Baker, Jackson, Vaughn, Dozovado	Penn Relays	1997
4) 1:38.67		Penn Relays	1996
5) 1:42.71	Dye, Glidewell Unruh, Bucknell	Drake Relays	1995

4X400 METER RELAY

1) 3:37.44	Dozovado, Thompson, Baker, Jackson	Mt. Sac Relays	1997
2) 3:41.78	Craig, Ford, Martin, Knowles	Kansas Relays	1986
3) 3:42.58	Santee, Schmidt, Beamon, Jackson	Big 8 Outdoor	1996
4) 3:43.33	Brackeen, Jones, Clark, Baker	Big 8 Outdoor	1990
5) 3:43.53		Texas Relays	1999
6) 3:46.06	Ferrante, Edwards, Coleman, Wesley	John McDonnell Invitational	2015
7) 3:46.36	Ferrante, Wesley, Fields, Crook	Drake Relays	2015
8) 3:46.39	Santee, Schmidt, Unruh, Jackson	Mt. Sac Relays	1996
9) 3:47.02	Ferrante, Wesley Fields, Coleman	Texas Relays	2015
10) 3:50.06	Camacho, Wesley Browne-Hearrell, Wilson	John McDonnell Invite	2014

4X1500M RELAY

1) 18:39.28	Framme, Thompson, De La Cerdá, Smedstad	Penn Relays	1997
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1600M SPRINT MEDLEY RELAY

1) 4:03.48	Ferrante, Presley Wesley, Dodd	Texas Relays	2015
2) 4:06.07	Erzinger, Medina, Ndubilo, Ogunbanjo	Texas Relays	2002

HIGH JUMP

1) 1.87m/6-01.50	Toni Young	NCAA Championships	2012
2) 1.81m/5-11.25	Michelle Crowson	Ralph Higgins Meet	1987
3) 1.76m/5-9.25	Tammy Lienhard	Big 8 Championships	1979
4) 1.72m/5-7.75	Misty McMillian	Don Kirby Invitational	1996
5) 1.69m/5-6.5	Megan Toole	Big 12 Outdoor	1998
6) 1.68m/5-6.25	Janet Harris	Texas Relays	1986
7) 1.65m/5-5	Destyn Stallings	Tulsa Invitational	2009
T8) 1.63m/5-4.25	Marilyn Linsenmeyer	Big 8 Championships	1974
T8) 1.63m/5-4.25	Julia Schmaltz	John Jacobs Invite	2014
10) 1.59m/5-2.5	Angella Ogle	College Station Multis	2000

LONG JUMP

1) 6.21m/20-4.5	Clarissa Andrews	Big 12 Outdoor	2009
2) 6.17m/20-3	Baiba Blumbaha	Big 12 Outdoor	2009
3) 6.13m/20-1.25	Melinda Jackson	UTA Invitational	2000
T4) 6.07m/19-11	Melissa Ndubilo	UTA Invitational	2003
T4) 6.07m/19-11	Cody Birk	Tulsa Duels	2006
T6) 6.04m/19-9.75	Melody Vaughn	Big 12 Outdoor	1998
T6) 6.04m/19-9.75	Živilė Šikšnelyte	Sooner Invitational	2007
8) 6.02m/19-9	Moir Steyn	TCU Invitational	2007
T9) 6.01m/19-8.5	Taylor Stolt	Tulsa Duels	2013
T9) 6.01m/19-8.5	Stephani Duff	UTA Invitational	2002

TRIPLE JUMP

1) 13.35m/43-9.75	Viktorina Sadokhina	Big 12 Championships	2014
2) 13.11m/43-0.25	Clarissa Andrews	Big 12 Outdoor	2011
3) 12.89m/42-3.5	Paula Ogunbanjo	Big 12 Outdoor	2005
4) 12.71m/41-8.5	Adrienne Crenshaw	John McDonnell Invite	2003
5) 12.70m/41-8	Živilė Šikšnelyte	TCU Invitational	2007
6) 12.65m/41-6	Melinda Jackson		1999
7) 12.59m/41-3.75	Mateja Posavec	Zagreb	2007
8) 12.56m/41-2.5	Baiba Blumbaha	Sooner Invitational	2009
9) 12.49m/40-11.75	Cecily Carrier	Big 12 Outdoor	1997
10) 12.42m/40-9	Laverne Clark	Ralph Higgins Meet	1987

SHOT PUT

1) 17.39m/57-0.75	Chase Ealey	Big 12 Championships	2015
2) 16.21m/53-2.25	Halee Prickett	Big 12 Outdoor	2005
3) 15.74m/51-7.75	Merritt Dietz	Big 12 Outdoor	2008
4) 15.21m/49-10.75	Lakendra Greathouse	Sooner Invitational	2007
5) 14.55m/47-09.00	Brooke Gritters	Big 12 Championships	2012
6) 14.42m/47-3.75	Joanne Rothery	OU Invitational	1985
7) 14.23m/46-8.25	Katie Hamilton	John Jacobs Invitational	2009
8) 13.61m/44-7.75	Alina Roman	Tulsa Duels	2007
9) 13.53m/44-4.75	Margaret Warders	Ralph Higgins Meet	1982
10) 13.46m/44-2	Kim Wilkes		1981

DISCUS THROW

1) 56.18m/184-4	Merritt Dietz	Kansas Relays	2008
2) 54.44m/178-7	Ieva Zarkanaitė	Big 12 Championships	2014
3) 51.99m/170-7	Alina Roman	Big 12 Outdoor	2007
4) 48.91m/160-6	Brooke Gritters	Ward Haylett Invite	2011
5) 47.90m/157-2	Courtney Gougler	Sooner Invitational	2009
6) 47.02m/154-3	Halee Prickett	Arkansas Invitational	2004
7) 46.85m/153-8	Katie Kehl	Bobcat Invitational	2015
8) 45.96m/150-9	Lakendra Greathouse	Mean Green Twilight	2006
9) 44.66m/146-6	Cassandra Voss	Bobcat Invitational	2015
10) 44.13m/144-9	Delissa McClain		2004

HAMMER THROW

1) 64.69m/212-3	Delissa McClain	NCAA Regional	2005
2) 61.35m/201-3	Nancy Guillen		1999
3) 60.02m/196-11	Caitlin Way	Big 12 Championships	2013
5) 57.11m/187-4	Deleanor Kirkpatrick	Nebraska Invitational	2008
6) 48.32m/158-6	Courtney Gougler	John Jacobs Invitational	2009
7) 46.70m/153-3	Branighan Vann	Tulsa Duels	2007
8) 43.34m/142-2	Nikki Roady	Big 12 Outdoor	1999
9) 43.06m/141-3	Alyssa Henrichs	Tulsa Duels	2011
10) 42.66m/140-0	Halee Prickett	Pomona-Pitzer	2003
10) 42.36m/139-0	Mia Layne Carey	John Jacobs Invitational	2004



WOMEN'S OUTDOOR RECORDS

JAVELIN THROW

1) 47.43m/155-7.0	Megan Honas	Tulsa Duels	2016
2) 46.80m/153-6	Chase Ealey	Big 12 Championships	2014
3) 44.76m/176-10	Ieva Zarankaite	Big 12 Championships	2014
4) 43.72m/143-5	Vanessa Wilhelm		1999
5) 41.72m/136-11	Brandi Broaddus	KT Woodman	2005
6) 37.22m/122-1	April Hart	Tulsa Duels	2005
7) 37.12m/121-9	Karen Rademeyer	Big 12 Outdoor	1999
8) 36.30m/119-1	Laura Schmidt	Tulsa Duels	2006
9) 35.58m/116-9	Sabrena Switzer	John Jacobs Invitational	2009
10) 35.13m/115-3	Tihana Sarac	Big 12 Outdoor	2007

POLE VAULT

1) 3.75m/12-3.5	Megan Robbins	Texas Relays	1999
2) 2.95m/9-8.25	Kelly Miller	Big 12 Outdoor	1998
3) 2.50m/8-2.5	Rebecca Hladik	Big 12 Outdoor	1998

HEPTATHLON

1) 5,057 pts	Tihana Sarac	Mt. SAC Relays	2008
2) 4,365 pts	Baiba Blumbaha	California Invitational	2006
3) 4,234 pts	Taylor Cates	Big 12 Outdoor	2000