



SOUTHERN UTAH UNIVERSITY OUTDOOR TRACK & FIELD

**** 11-TIME CONFERENCE CHAMPION ****

SUU ATHLETIC MEDIA RELATIONS • MORGAN HARDY, SPORTS INFORMATION ASSISTANT • (801) 725-2346 • SPORTSINFO@SUU.EDU

2013 INDOOR/OUTDOOR SCHEDULE

JANUARY

12	Lumberjack Team Challenge	Flagstaff, Ariz.
18-19	Cherry & Silver Invitational	Albuquerque, N.M.
19	NAU Invitational	Flagstaff, Ariz.
25-26	UW Invitational	Seattle, Wash.

FEBRUARY

1-2	Mountain States Games	Pocatello, Idaho
2	Mountain T's Invitational	Flagstaff, Ariz.
8-9	Husky Classic	Seattle, Wash.
15	NAU Tune-Up - WITHDREW	Flagstaff, Ariz.
22-23	Big Sky Championship	Bozeman, Mont.

MARCH

1-2	UNLV Invitational	Las Vegas, Nev.
8-9	NCAA Indoor Championship	Fayetteville, Ark.
14-16	Aztec Invitational	San Diego, Calif.
29	San Francisco Carnival	San Francisco, Calif.
30	SUU Dual Meet	Cedar City, Utah

APRIL

5-6	UCLA Invitational	Los Angeles, Calif.
13	Pomona Pitzer Invitational	Pomona, Calif.
13-20	Mt. SAC Relays	Walnut, Calif.
26-27	SUU High School Meet	Cedar City, Utah
27	SUU Dual Meet	Cedar City, Utah
28	Payton Jordan Invitational	Palo Alto, Calif.

MAY

8-11	Big Sky Championship	Portland, Ore.
23-25	NCAA West Regionals	Austin, Texas

JUNE

5-8	NCAA Outdoor Championship	Eugene, Ore.
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TRACK & FIELD TO OPEN OUTDOOR SEASON AT UNLV

CEDAR CITY, Utah - Feb. 27 - The Southern Utah Track and Field program is set to kick off the 2013 outdoor season this weekend as the Thunderbirds travel to Las Vegas, Nev., for the UNLV Invitational.

"We go to this meet because it's close and because we can give people who didn't go to conference a shot to compete," head coach Eric Houle said. "It's also nice to get into the warmer weather. It seems to inspire and motivate people who have been constantly running in the cold."

The teams will open the outdoor season only one week after concluding the indoor campaign with the Big Sky Championship. SUU finished fifth on the men's side and seventh on the women's, with thrower Kayla Kovar earning the title of Most Outstanding Performer with her shot put mark of 53-6.25. Kovar's mark earned an individual title in the event and set a new all-time indoor record for Southern Utah. Kovar also holds the outdoor record in the shot put (51-7.25) and discus (165-7), as well as a second-best mark in the hammer (191-0), all set in 2012.

Top SUU throwers Chris Johnson, Jayson Kovar, Sadi Hoyt and Rylee Multalo will also compete at UNLV, while javelin throwers Whitney Fairbanks and Sarah Swalberg return to compete in the outdoor season.

Leading distance runners Jamie Smith, Kirsten Bradford and Ryan Barrus will spend the weekend resting while many of their teammates travel to UNLV. Aubrey Bryson, Lizzy Butler, Jon Lee and Elijah Rono will be among the athletes competing at UNLV after conference championship performances, and are set to compete in races like the 400-meters and 4x400-meter relay, which they do not normally race. Houle explains that this practice builds speed and helps them continue to improve.

"We're going to rest some of the athletes who competed at conference," Houle said. "They need a break and we need to refocus our training scheme, just like we do every year."

Following the UNLV Invitational, the team will take a two-week break from competition before traveling to San Diego, Calif., to compete in the Aztec Invitational on Mar. 14-16.

HEAD COACH ERIC HOULE



Thirty-four time conference and 1999 NCAA Mountain Regional Coach of the Year Eric Houle is in his 21st season as head track and field and cross country coach at Southern Utah University. Since his arrival at SUU in 1992, the Thunderbirds have won 38 conference championships, including seven Summit League titles, 31 Mid-Con titles combined in track and cross country, an American West title and one NCAA Mountain Regional cross country championship.

In addition, Houle has coached 549 all-conference athletes, 212 individual conference champions, 33 conference athletes of the year, 28 conference newcomers of the year, 33 NCAA national qualifiers, 109 NCAA West regional qualifiers and four NCAA All-Americans, including Cameron Levins, who picked up the title in track and in cross country.

Houle was inducted into the Utah Summer Games Hall of Honor in 2004 and Southern Utah's Coaching Factory Hall of Fame in 2012, in recognition of his career coaching accomplishments.

2012 TOP TIMES/MARKS

MEN

100 Meters

Name	Date	Time
Preston Myers	5/12	10.56
Wade Nielson	5/12	11.10
Alex Anderson	4/20	11.19
Jake Goodrich	3/3	11.28
Stephen Wilson	5/12	11.32

200 Meters

Name	Date	Time
Shaun Murray	4/14	21.30
Preston Myers	5/12	21.30
Kyle Kopp	4/28	22.29*
Jarred Finn	4/20	22.31
Wade Nielson	4/28	22.46*
Chris Bringham	4/20	22.50
Jake Goodrich	3/3	23.08

400 Meters

Name	Date	Time
Jarred Finn	4/14	50.04
Chris Bringham	4/28	50.24*
Erik Peterson	3/3	50.56
Jayson Matlock	4/20	51.03
Kelly VanArsdol	3/3	51.26
Wade Nielson	5/12	51.95
Stephen Wilson	5/12	53.18
Jon Lee	3/3	53.93

800 Meters

Name	Date	Time
Cameron Levins	5/12	1:51.39
Daniel Keller	4/20	1:53.34
Austin West	4/14	1:53.60
Dallas Eborn	3/3	1:54.63
Devan Antczak	3/3	1:55.58
Jon Lee	4/20	1:56.34
Clinton Rhoton	4/14	1:59.22

1,500 Meters

Name	Date	Time
Cameron Levins	4/7	3:42.61
Austin West	4/20	3:50.56
Devan Antczak	4/14	3:55.12
John Hart	4/20	3:56.71
Dallas Eborn	4/14	3:58.80
Jon Lee	4/7	4:00.93
Ryan Barrus	4/14	4:00.96
Daniel Keller	4/14	4:02.56
Clinton Rhoton	4/14	4:03.17
Nigel Sharp	3/17	4:03.65
Andrew Cesal	4/20	4:11.97
Wade Nielson	4/20	4:53.68
Stephen Wilson	3/17	5:09.25

3,000 Meters

Name	Date	Time
Clinton Rhoton	4/28	8:27.54*

5,000 Meters

Name	Date	Time
Cameron Levins	4/20	13:18.47
Ryan Barrus	4/7	14:32.32
Clinton Rhoton	3/17	14:41.47
Nigel Sharp	4/7	14:55.14
John Hart	3/17	15:08.80
Kevin Robison	4/20	16:20.64

10,000 Meters

Name	Date	Time
Cameron Levins	4/29	27:27.96
Ryan Barrus	5/12	33:46.85
Nigel Sharp	5/12	34:48.23

Steeplechase

Name	Date	Time
Devan Antczak	4/7	9:08.02
Dallas Eborn	4/7	9:26.32
John Hart	5/12	9:30.17
Andrew Cesal	4/14	9:33.30

4x100-meter relay

Team	Date	Time
Anderson, Nielson, Murray, Myers	4/14	41.62

4x400-meter relay

Team	Date	Time
Finn, Keller, Robison, Bringham	5/12	3:20.35

110-meter hurdles

Name	Date	Time
Wade Nielson	5/12	15.33
Stephen Wilson	4/14	15.77

400-meter hurdles

Name	Date	Time
Kelly VanArsdol	4/28	56.31*
Jayson Matlock	4/14	56.82
Julian Robinson	3/31	57.10*

High Jump

Name	Date	Mark
Wade Nielson	3/17	6-9
		2.06m
Stephen Wilson	3/17	6-2
		1.88m

Pole Vault

Name	Date	Mark
Zane Hunzeker	3/3	14-11
		4.55m
Wade Nielson	5/12	14-3.25
		4.35m
Stephen Wilson	5/12	11-11.75
		3.65m

Long Jump

Name	Date	Mark
Kyle Kopp	4/28	23-8
		7.21m
Stephen Wilson	4/28	22-9.25
		6.94m
Wade Nielson	5/12	22-6.50
		6.87m
Alex Anderson	5/12	22-1.25
		6.75m

Triple Jump

Name	Date	Mark
Alex Anderson	4/7	48-6.75
		14.80m
Kyle Kopp	5/12	44-1.5
		13.45m
Stephen Wilson	5/12	43-0.25
		13.11m

Discus

Name	Date	Mark
Hunter Naisbitt	3/31	144-1
		43.91m
Chris Johnson	3/31	138-3
		42.13m
Wade Nielson	5/12	131-3
		40.0m
Stephen Wilson	5/12	89-11
		27.41m

Hammer Throw

Name	Date	Mark
Phillipe Renaud	4/28	164-10
		50.25m
Chris Johnson	4/14	157-4
		47.97m
Hunter Naisbitt	3/3	134-6
		40.99m

Javelin Throw

Name	Date	Mark
Cody Olsen	3/3	215-5
		65.65m
Chris Johnson	5/12	176-5
		53.77m
Wade Nielson	5/12	172-0
		52.42m
Stephen Wilson	5/12	125-2
		38.15m

Shot Put

Name	Date	Mark
Chris Johnson	5/12	56-1.25
		17.10m
Hunter Naisbitt	3/3	45-6.5
		13.88m
Wade Nielson	5/12	37-6
		11.43m
Stephen Wilson	5/12	28-10.50
		8.80m

Decathlon

Name	Date	Score
Wade Nielson	5/12	7126
Stephen Wilson	5/12	5741

*Denotes time adjusted for altitude.

WOMEN

100 Meters

Name	Date	Time
Jasmine Paicely	4/28	11.96*
Lindsay Terry	4/28	12.15*
Mayra Franco	4/20	12.43
Cheyenne Thatcher	4/14	12.75
Sasha Russell	4/28	12.87*
Kristen Nielson	3/17	13.30
Julia Boswell	3/3	13.81

200 Meters

Name	Date	Time
Lindsay Terry	4/20	25.24
Mayra Franco	4/14	25.47
Cheyenne Thatcher	4/20	25.87
Kristen Nielson	4/28	26.67*
Sasha Russell	4/20	26.72
Jamila Pullum	3/31	26.73*
Andrea Martinez	3/3	27.10
Julia Boswell	4/28	28.07*

400 Meters

Name	Date	Time
Jamila Pullum	4/7	57.54
Andrea Martinez	3/3	1:00.14
Lizzy Butler	3/3	1:00.91
Kristen Nielson	3/3	1:02.58
Lindsay Holmes	3/3	1:04.50

800 Meters

Name	Date	Time
Diana Mitchell	4/14	2:12.22
Kaylee Coates	5/12	2:12.66
Danielle Jewkes	4/14	2:14.89
Lizzy Butler	4/20	2:17.46
Whitney Curtis	4/28	2:20.60*
Dayna VanArsdol	4/14	2:23.16
Kenzie Cleghorn	3/3	2:24.84
Lindsay Holmes	4/28	2:30.98*
Cheyenne Thatcher	4/20	2:37.07

1,500 Meters

Name	Date	Time
Diana Mitchell	4/20	4:27.69
Danielle Jewkes	5/12	4:29.83
Jamie Smith	5/12	4:30.03
Kaylee Coates	5/12	4:32.58
Sylvia Bedford	4/20	4:40.24
Whitney Curtis	4/14	4:46.05
Dayna VanArsdol	4/14	4:50.88
Lizzy Butler	4/14	4:54.04
Shelli Richardson	4/14	4:54.59
Madalyn Jones	4/14	4:55.08
Armarose Cesal	4/14	5:00.10

3,000 Meters

Name	Date	Time
Sylvia Bedford	4/28	9:55.22*
Madalyn Jones	4/28	9:57.79*
Shelli Richardson	4/28	10:13.51*

5,000 Meters

Name	Date	Time
Diana Mitchell	4/20	16:15.24
Jamie Smith	4/20	16:39.98
Sylvia Bedford	4/20	16:54.89
Danielle Jewkes	4/20	16:59.55
Shelli Richardson	4/7	17:33.97
Madalyn Jones	5/12	17:36.11
Dayna VanArsdol	4/7	17:43.05
Whitney Curtis	5/12	17:57.97
Armarose Cesal	4/20	18:12.79

10,000 Meters

Name	Date	Time
Diana Mitchell	4/29	34:07.67
Sylvia Bedford	5/12	37:38.36
Dayna VanArsdol	5/12	38:19.29
Madalyn Jones	5/12	38:57.30

Steeplechase

Name	Date	Time
N/A		

4x100-meter relay

Team	Date	Time
Mullins, Franco, Terry, Nielson	4/14	47.18

4x400-meter relay

Team	Date	Time
Mullins, Martinez, Pullum, Butler	4/14	3:57.37

100-meter hurdles

Name	Date	Time
Jasmine Mullins	3/31	13.78*
Sasha Russell	4/28	15.90*
Julia Boswell	3/31	16.08*
Cheyenne Thatcher	3/17	16.26

400-meter hurdles

Name	Date	Time
SUU A-Team	4/28	4:09.12*

High Jump

Name	Date	Mark
Chelsea Atkinson	4/14	5-5
		1.65m
Cheyenne Thatcher	3/31	5-3
		1.60m

Pole Vault

Name	Date	Mark
Chelsea Atkinson	4/14	11-3.75
		3.45m
Lesli Kinkade	3/3	10-6
		3.20m

Long Jump

Name	Date	Mark
Cheyenne Thatcher	4/28	16-4.50
		4.99m
Shayna Singleton	4/28	15-11
		4.85m
Chelsea Atkinson	3/3	15-8.25
		4.78m

Triple Jump

Name	Date	Mark
Shayna Singleton	4/20	34-10.25
		10.62m

Discus

Name	Date	Mark
Kayla Kovar	4/28	165-7
		50.46m
Janelle Beukers</		

