



2013 Tulsa Track And Field

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Release No. 5 | March 6, 2013

14 All-Americans | Six Conference USA Titles

2013 Schedule

INDOOR SEASON

JANUARY

19 Wildcat Invitational Manhattan, Kan.

FEBRUARY

1-2 Meyo Invitational South Bend, Ind.
1-2 Frank Sevigne Invitational Lincoln, Neb.
8-9 Tyson Invitational Fayetteville, Ark.
23-24 C-USA Championships Birmingham, Ala.

MARCH

1 Arkansas Last Chance Fayetteville, Ark.
8-9 NCAA Championships Fayetteville, Ark.

OUTDOOR SEASON

MARCH

16 Tulsa Duels Tulsa, Okla.
30 Razorback Spring Invitational Fayetteville, Ark.

APRIL

13 Nebraska Quad Lincoln, Neb.
18-19 Mt. SAC Relays Walnut, Calif.
25 Drake Relays Des Moines, Iowa
27 Arkansas Invitational Fayetteville, Ark.

MAY

9-12 C-USA Championships Houston, Texas
23-25 NCAA Outdoor Championships Austin, Texas
First Round

JUNE

5-8 NCAA Championships Eugene, Ore.

C-USA Championship Information

Dates: May 9-12
Host School: Rice University
Location: Houston, Texas
Track: Holloway Field
Live Results: Available on TulsaHurricane.com
Scoring: 10-8-6-5-4-3-2-1
Hashtags: #CUSACHAMP, #TulsaTF



The Hurricane Watch

Out Of The Blocks:

The Tulsa track and field teams will travel to Houston, Texas, to take part in the Conference USA Outdoor Track and Field Championships May 9-12 at Holloway Field on the campus of Rice University.

Last Time Out (April 27, 2013):

ARKANSAS TEAM INVITATIONAL

The Tulsa track and field squad claimed five victories at the Arkansas Invitational on Saturday, April 27, at John McDonnell Field.

On the men's side, the Golden Hurricane had the top-three finishers in the 1500-meter race, as freshman Adam Palamar won the event in 3:50.87. Sophomore Danny Thater was second in 3:52.34, while junior Brian Tabb was third in 3:53.71.

Sophomore Chase Sammons won two events, as he claimed a triumph in the discus with a heave of 169 feet, 10 inches. Hours later, he came back and won the shot put with a heave of 57 feet, 2.25 inches. Sammons has now won six titles this season.

Freshman John Teeters was victorious in the 100-meter dash crossing the line in 10.54.

Junior Andrew Heyes won the 3,000-meter race in 8:24.10, which marks the sixth-fastest time in school history.

The 4x400 relay squad of Matt Davis, Julian Frazier, Andrew Jameson and Isaac Sanders finished second in 3:13.41.

On the women's side, junior Katherine Camp was crowned the 800-meter champion crossing the line in 2:08.47.

Senior Sarah Macpherson claimed second in the 1500-meter race with a time of 4:26.74, while fellow senior Melanie Hughes was fifth in 4:37.28.

Senior Caroline Schuster was sixth in the 400-meter dash in 55.29, while junior Audrey Jean-Baptiste claimed eight-place in 55.85.

A Year Ago (March 12, 2012):

The University of Tulsa men's track and field team finished third at the 2012 Conference USA Outdoor Track & Field Championships at Tad Gormley Stadium.

This marked the third-straight year TU placed third, which is the highest the Golden Hurricane has ever finished at the league meet.

Houston won the conference championship with 170.50 points, and UTEP was second with 132. Tulsa placed third with 127 points, East Carolina was fourth with 126 points and Memphis rounded out the top five on the men's side with 122 points.

The TU women finished 12th with 23 points, while UCF captured the women's crown with 160 points.

MEN

The men were led by senior Paulo Pinheiro and junior All-American Chris O'Hare. Pinheiro completed a double by winning the 5,000m run in a mark of 14:17.43. His gold medal performance came two days after he won the 10K championship, and he helped the Golden Hurricane collect 29 points in the event.

Pinheiro now has four conference championships this season, as he won the 3K and 5K during the indoor season.

Senior Carl Stones placed second in the 5K with a personal-best time of 14:18.22. Sophomore Dennis Hodapp was fourth (14:29.21), freshman Tim Rackers placed fifth (14:32.53) and senior Mitch Johnson was seventh (14:37.67).

O'Hare became a 10-time conference champion as he won gold in both the 800 (1:49.46) and 1,500 (3:51.27). He has won the 800 each of the last two years, and he is the three-time 1,500 champ. He has still yet to lose a race at the indoor/outdoor league championships in his already historic career.

Tulsa has now won the 1,500 each of the last five years (Mark Davidson 2008, Justin Duncan 2009, O'Hare 2010-12).

Quick Facts

Location.....	Tulsa, Okla.
Enrollment	4,165
Founded	1894
Nickname	Golden Hurricane
Colors	Old Gold, Royal Blue, Crimson
Affiliation	NCAA Division I FBS
Conference	Conference USA
Home Facility	Tulsa Soccer and Track Stadium
Capacity	8,355
Press Room Phone	(918) 631-5403
President	Steadman Upham
Faculty Athletics Rep	Chris Anderson
Director of Athletics	Dr. Derrick Gragg
Assoc. A.D. for Compliance/SWA	Crista Troester
Track SID Contact	AJ Harrison

Coaching Staff

Head Coach	Steve Gulley (13th year)
Alma Mater	Northeastern State, 1983
Gulley's Office	918-631-2545
Email	steven-gulley@utulsa.edu
Assistant Coach	Will Wabaunsee (3rd year)
Alma Mater	UMKC, 1998
Wabaunsee's Office	918-631-5485
Email	will-wabaunsee@utulsa.edu
Assistant Coach	Clif Mitchell (2nd year)
Alma Mater	Tulsa, 2006
Mitchell's Office	918-631-2396
Email	clif-mitchell@utulsa.edu
Assistant Coach	Taylor Gulley (1st year)
Alma Mater	Tulsa, 2012
Gulley's Office	918-631-4545
Email	taylor-gulley@utulsa.edu
Graduate Assistant	Alex Darling (1st year)
Alma Mater	New Mexico, 2011
Email	alexandra-darling@utulsa.edu

Program History

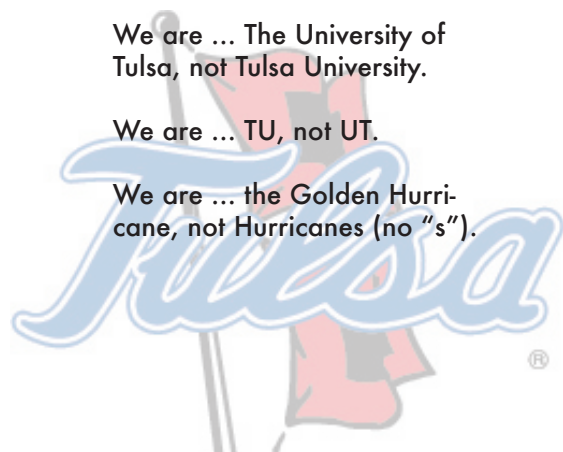
First Year of Program	1976
2012 Men's C-USA Outdoor Finish	3rd
2012 Women's C-USA Outdoor Finish	12th
2013 Men's C-USA Indoor Finish	2nd
2013 Women's C-USA Indoor Finish	8th
2012 Men's C-USA Cross Country Finish	1st
2012 Women's C-USA Cross Country Finish	2nd
Number of All-Americans	14
Men's Letterwinners Returning/Lost	19/7
Women's Letter winners Returning/Lost	16/1

Tulsa Key

We are ... The University of
Tulsa, not Tulsa University.

We are ... TU, not UT.

We are ... the Golden Hurri-
cane, not Hurricanes (no "s").



TU picked up 24 points in the 1,500, led by O'Hare's 10. Senior Tom Marshall finished second in 3:51.97, fellow senior Bill Martin was fourth in 3:53.44, and freshman Aaron Thornburg was eighth in 3:54.50.

Freshman Chase Sammons became the second TU athlete to win the men's discus championship (Tim Nedow, 2009) as he won the gold medal with a toss of 51.06m (167-06).

Tulsa's 4x400m relay team collected six points for the Golden Hurricane with a third-place effort. The school-record mark of 3:10.69 was recorded by seniors David Fitter and Justin Smith, junior Julian Frazier and sophomore Andrew Jameson.

Smith added eight more points with fifth-place finishes in the 100m (10.76) and 200m (21.57) dashes. Frazier contributed seven extra points with a fifth-place effort in the 400m dash (47.42) and a sixth-place finish in the 200m dash (21.69).

Another critical point came from the 4x100m relay team, which finished eighth in 43.86. The team consisted of Davis, Jameson and freshmen Bryce Cason and Colt Johnson.

Stones won the gold medal for the second-straight year in the 3,000m Steeplechase. His mark of 8:53.39 broke the meet record and scored 10 points for the men. Sophomore Emmett Cookson added another point for the Golden Hurricane with an eighth-place finish in the same event. His mark of 9:20.70 was the fourth best in school history. Junior James Keilbarth placed ninth in 9:26.22, and junior Kevin Mayer was 14th in 9:48.31. Both marks were personal bests.

Junior Alex Sementelli collected four points for TU with his fifth-place finish in the decathlon. He totaled 6,206 points in the event. His top events of the day were the 110m hurdles and the discus. He finished fourth in both and earned 747 points in the hurdles. He finished fifth in the javelin with a personal-best mark of 48.93m (160-06).

Senior Paulo Pinheiro picked up 10 points in the 10,000m run after he won the gold medal in 30:40.79. Juniors Kevin Mayer (31:26.29) and Sam Masters (31:26.35) finished sixth and seventh, respectively, to add five more points for the Golden Hurricane. Mayer scored at a conference track championship for the first time in his career.

WOMEN

TU's two big events were the 800 and 1,500, as the team earned seven points in each. Sophomore Katherine Camp was fifth in the 800 in 2:10.94, and junior Done Vermaak was sixth in 2:11.06.

Junior Sarah Macpherson paced the Golden Hurricane with her fifth-place effort in the 1,500 (4:27.71). Junior Melanie Hughes was seventh in a season-best time of 4:33.33, and sophomore Lauren Collette was eighth in 4:34.38.

Junior Ashley Scott earned a point for Tulsa in the 5,000 with an eighth-place finish in 17:02.27.

TU's 4x400m relay team also secured a point with an eighth-place finish. The team consisted of senior Racquell Powell, Vermaak, Camp and sophomore Audrey Jean-Baptiste.

Junior Carolin Imhof finished eighth in the heptathlon with 4,797 points.

Her best event was the javelin, where she recorded a second-place mark of 37.64m. She earned 688 points in the 800m run after finishing 10th in 2:30.42.

Hodapp Runs Third Fastest 10K At Drake Relays

Dennis Hodapp ran the third fastest time in school history in the men's 10,000-meters, while the Tulsa trio Ashley Scott, Josie Wilcox and Paulo Pinheiro all earned sixth-place finishes at the 104th running of the Drake Relays on Thursday, April 25, at Drake Stadium.

Hodapp clocked a time of 29:55.18 to earn a fifth-place showing in the event. Kevin Mayer finished 27th in 31:20.12.

Scott ran a 5,000-meter time of 16:36.70, which is a new personal record for the senior. That time ranks as the fourth-best time in school history.

Wilcox crossed the line in 45:38.09 in the 10,000-meters, while Janessa Dunn was 11th in 36:09.24.

In the men's 5,000-meters, senior Paulo Pinheiro claimed sixth place in 14:17.35. Pinheiro led for a majority of the race, but was bested by Drake's Brogan Austin.

Event Winners

Name	Meet	Time/Distance
WOMEN		
400m		
Caroline Schuster	Nebraska Quad	55.14
800m		
Katherine Camp	Arkansas Invitational	2:08.47
1,500m		
Brandi Krieg	Tulsa Duels	4:42.11
Ashley Scott	Nebraska Quad	4:35.72
3,000m Steeplechase		
Erin Huddleston	Ark. Spring Invite	11:09.36
MEN		
100m		
Bryce Robinson	Nebraska Quad	10.43
John Teeters	Arkansas Invitational	10.54
800		
Chris O'Hare	C-USA Champs	1:52.84
1,500m		
Simon Greiner	Ark. Spring Invite	3:54.24
Simon Greiner	Nebraska Quad	3:54.00
Adam Palamar	Arkansas Invitational	3:50.87
3,000m		
Adam Palamar	Ark. Spring Invite	8:20.86
Andrew Heyes	Arkansas Invitational	8:24.10
3,000m Steeplechase		
Emmett Cookson	Ark. Spring Invite	9:26.38
4x400		
Matt Davis, Julian Frazier, Andrew Jameson and Isaac Sanders	Arkansas Invitational	3:13.41
Shot Put		
Chase Sammons	Tulsa Duels	55-1
Chase Sammons	Nebraska Quad	56-8
Chase Sammons	Arkansas Invitational	57-2.25
Discus		
Chase Sammons	Tulsa Duels	169-2
Chase Sammons	Ark. Spring Invite	177-7
Chase Sammons	Arkansas Invitational	169-10

Social Media



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Golden Hurricane Enjoys Success At Mt. Sac Relays

Erin Huddleston ran a personal best of 10:40:92 in the Olympic Development heat of 3,000-meter steeplechase at the Mt. Sac Relays.

In the men's 3,000-meter steeplechase "A" heat, junior Emmett Cookson recorded a time of 9:35.76 to earn an 18th-place showing.

The Tulsa trio of sophomore Tim Rackers, freshman Marc Scott and sophomore Brandi Krieg all attained personal bests in the 5,000-meters.

Rackers, competing in the men's "A" race, claimed 17th in 14:12.61, while Scott ran a time of 14:13.53 in the "B" race to finish fifth.

In the women's 5,000-meter "C" race, Krieg earned a 12th-place showing in 16:58.63.

Tulsa Wins Five Events At Nebraska Quad

The Tulsa track and field squad won five titles at the Nebraska Quad at the Ed Weir Track on Saturday, April 13.

The Golden Hurricane competed against Wyoming, South Dakota State and the host Cornhuskers during the four-team event.

On the men's side, the freshman duo of Bryce Robinson and John Teeters went 1-2 in the 100-meter dash. Robinson, an 2013 All-American in the 60-meter dash, ran the fourth fastest time in school history of 10.43, while Teeters clocked in at 10.52.

Freshman Simon Greiner won the 1,500 in 3:54.00 to win the event, while fellow freshman Jake McDonnell was seventh (4:06.05).

Sophomore Chase Sammons won the men's shot put with a throw of 17.27 meters (56-8) to win his fourth title of the young outdoor season. Freshman Alex Lybarger was third with a heave of 15.12 meters (49-7.25).

Sammons also snared a third-place showing in the discus with a heave of 53.56 meters (175-0).

The TU 4x100-meter relay squad of senior Matt Davis, Teeters, senior Julian Frazier and Robinson clocked a school record time of 40.38.

Teeters also clocked a time of 21.33 in the 200-meter dash to claim a sixth-place showing. That time ranks fifth in school history. Frazier was ninth in 21.45, which is the sixth-fastest time in program history.

Frazier was third in the 400-meter dash in 47.17, while Davis was sixth in 48.65.

Freshman Adam Palamar was third in the 800-meter dash in 1:53.79, while Brian Tabb claimed fourth in 1:54.41.

Fellow freshman Marc Scott was second in the 3,000-meter dash clocking in at 8:33.22.

The Tulsa women won two events, as senior Caroline Schuster won the 400-meter dash in 55.14, while teammate junior Audrey Jean-Baptiste was second in 55.92.

Schuster also was second in the 200-meter dash clocking in at 24.30, while Jean-Baptiste was fifth in 24.86.

Senior Ashley Scott won the 1,500-meter run with a time of 4:35.72, while senior Melanie Hughes snared third-place in 4:38.58.

Junior Natasha Cockram was second in the 3,000-meter run with a time of 10:04.41, while senior Josie Wilcox placed third clocking in at 10:11.75. Sophomore Janessa Dunn's time of 10:14.98 earned her fourth-place.

Golden Hurricane Leads Conference USA Title Race:

Since the new Conference USA was formed and began competition in the 2005-06 season, Tulsa athletic teams have won a league-best 40 Conference USA Championships, including regular season and post-season tournament titles. The next closest since 2005 is SMU with 23 C-USA titles. TU won its first crown in the 2012-13 season with a third straight men's cross country title in October. Tulsa has added C-USA volleyball regular season and postseason titles, a men's soccer post-season crown, a women's basketball tournament title, football West Division title and overall crown. Tulsa won eight C-USA Championships in 2011-12 including: men's cross country, men's indoor track, women's golf; men's tennis, women's tennis, volleyball and women's softball (regular season & tournament titles).

2013 Men's Track & Field Roster

Name	Events	Cl-Exp	Hometown/Previous School
David Anderson	Sprints/Hurdles	FR-HS	Colorado Springs, Colo./Rampart HS
David Annett	Distance	SO-SQ	Tulsa, Okla./Metro Christian Academy
Nathan Barrett	Distance	SO-1L	Wellington, New Zealand/Scots College
Austin Cookson	Distance	SO-SQ	St. Louis, Mo./St. Louis University HS
Emmett Cookson	Distance	JR-3L	St. Louis, Mo./St. Louis University HS
Matt Davis	Sprints	SR-5L	Waco, Texas/Midway HS
Joseph Donegan	Distance	FR-HS	Grapevine, Texas/Grapevine HS
Casey Fitzgerald	Distance	JR-SQ	Blackpool, Mo./St. Louis University HS
Julian Frazier	Sprints/Hurdles	SR-5L	Tulsa, Okla./Holland Hall
Simon Greiner	Distance	FR-HS	Edmond, Okla./Edmond Memorial HS
Andrew Heyes	Distance	SR-3L	Sheffield, Yorkshire, U.K./University of Oxford
Dennis Hodapp	Distance	JR-5L	Austin, Texas/St. Michael's Catholic Academy
Andrew Jameson	Sprints	JR-2L	Houston, Texas/Houston Christian Academy
Adam Johnson	Distance	SO-SQ	Broken Arrow, Okla./Broken Arrow HS
Colt Johnson	Sprints	SO-1L	Dripping Springs, Texas/Dripping Springs HS
James Keilbarth	Distance	JR-2L	Tulsa, Okla./Home Schooled
Will LePage	Distance	JR-SQ	Centertown, Mo./Helias HS
Alex Lybarger	Throws	FR-HS	Tulsa, Okla./Bishop Kelly HS
Kevin Mayer	Distance	SR-2L	Overland Park, Kan./Blue Valley Northwest HS
Jake McDonnell	Distance	FR-HS	Dublin, Ireland/St. Drogheda HS
Chris O'Hare	Distance	SR-9L	Edinburgh, Scotland/Peebles HS
Adam Palamar	Distance	FR-HS	Ottawa, Ontario/Merivale HS
Paulo Pinheiro	Distance	SR-7L	Lisbon, Portugal/University of Lisbon
Tim Rackers	Distance	SO-3L	St. Louis, Mo./St. Louis University HS
Bryce Robinson	Sprinter	FR-HS	Edmond, Okla./Edmond Memorial HS
Chase Sammons	Throws	SO-1L	Edmond, Okla./Edmond Memorial HS
Isaac Sanders	Sprints	FR-HS	Moore, Okla./Moore HS
Alex Sementelli	Multi-Events	SR-6L	Carrollton, Texas/Jesuit HS
Marc Scott	Distance	FR-1L	North Yorkshire, England/Northallerton College
Tyler Stroth	Multi-Events	FR-HS	Tahlequah, Okla./Tahlequah Sequoia
Brian Tabb	Distance	JR-2L	Round Rock, Texas/Round Rock HS
John Teeters	Sprints	FR-HS	Edmond, Okla./Edmond Memorial HS
Danny Thater	Distance	JR-3L	Springfield, Mo./Kickapoo HS
Aaron Thornburg	Distance	SO-2L	Lenexa, Kan./Shawnee Mission Northwest HS

2013 Women's Track & Field Roster

Name	Events	Cl-Exp	Hometown/Previous School
Tricity Andrew	Distance	SR-2L	Enid, Okla./Enid HS
Katherine Camp	Sprints	JR-1L	Hamilton, New Zealand/Te Awamutu College
Hartly Carlisle	Throws	SO-SQ	Laverne, Okla./Laverne HS
Natasha Cockram	Distance	SO-3L	Cwmbran, Wales, U.K./Croesyceiliog
Lauren Collette	Middle Distance	JR-5L	Springfield, Mo./Kickapoo HS
Miranda Dabney	Pole Vault	FR-HS	Broken Arrow, Okla./Lincoln Christian HS
Emily Dunn	Distance	SO-SQ	San Antonio, Texas/Homeschool (Feast)
Janessa Dunn	Distance	SO-SQ	San Antonio, Texas/Homeschool (Feast)
Larissa Erickson	Distance	SO-SQ	Shawnee, Kan./DeSoto HS
Erin Huddleston	Distance	SR-6L	Point Lookout, Mo./Branson HS
Melanie Hughes	Distance	SR-4L	St. Bruno, Québec/Université de Sherbrooke
Carolyn Imhof	Jumps/Multi-Events	SR-3L	Jena, Germany/Sportgymnasium Jena HS
Audrey Jean-Baptiste	Sprints	JR-2L	Montréal, Québec/Université du Québec à Montréal
Brandi Krieg	Distance	SO-2L	De Beque, Colo./Grand Valley HS
Olivia Lopez	Distance	FR-HS	San Antonio, Texas/Antonian College Preparatory
Alexandra Lyons	Sprints	FR-HS	Vinita, Okla./Wyandotte HS
Sarah Macpherson	Distance	SR-6L	Keswick Ridge, New Brunswick/Fredericton HS
Olivia O'Hare	Distance	FR-1L	Edinburgh, Scotland/Peebles HS
Jaclyn Rollins	Distance	SR-5L	Windham Centre, Ontario/Simcoe Composite
Caroline Schuster	Sprints	SR-4L	Lichtentanne, Germany/Staatliches Gymnasium
Ashley Scott	Distance	SR-7L	St. Clair, Mo./St. Clair HS
Done Vermaak	Middle Distance	SR-2L	Pretoria, South Africa/University of Pretoria
Josie Wilcox	Distance	JR-5L	Nelson, New Zealand/Nelson College for Girls



Men's Outdoor Track and Field 2013 Top Marks

TIME	NAME	LOCATION	DATE	TIME	NAME	LOCATION	DATE
100m				3000m Steeplechase			
10.43	Bryce Robinson	Lincoln, Neb.	4/13/13	9:26.38	Emmett Cookson	Fayetteville, Ark.	3/30/13
10.52	John Teeters	Lincoln, Neb.	4/13/13	9:28.60	James Keilbarth	Fayetteville, Ark.	3/30/13
200m				4x100m Relay			
21.33	John Teeters	Lincoln, Neb.	4/13/13	40:38	Tulsa	Lincoln, Neb.	4/13/13
21.46	Julian Frazier	Lincoln, Neb.	4/13/13	Matt Davis, John Teeters, Julian Frazier, Bryce Robinson			
21.93	Andrew Jameson	Fayetteville, Ark.	3/29/13				
400m				4x400m Relay			
47.17	Julian Frazier	Lincoln, Neb.	4/13/13	3:29.27	Tulsa	Lincoln, Neb.	4/13/13
49.94	Andrew Jameson	Lincoln, Neb.	4/13/13	Brian Tabb, Adam Palamar, Simon Greiner, Danny Thater			
800m				Long Jump			
1:53.79	Adam Palamar	Lincoln, Neb.	4/13/13	6.64m	Alex Sementelli	Lincoln, Neb.	4/13/13
1:54.41	Brian Tabb	Lincoln, Neb.	4/13/13	6.46m	Colt Johnson	Tulsa, Okla.	3/16/13
				6.31m	Tyler Stroth	Tulsa, Okla.	3/16/13
1500m				High Jump			
3:52.64	Tim Rackers	Fayetteville, Ark.	3/30/13	1.75m	Tyler Stroth	Tulsa, Okla.	3/16/13
3:53.14	Paulo Pinheiro	Fayetteville, Ark.	3/30/13	1.70m	Alex Sementelli	Tulsa, Okla.	3/16/13
3:54.00	Simon Greiner	Lincoln, Neb.	4/13/13	1.60m	Colt Johnson	Tulsa, Okla.	3/16/13
3:58.61	Marc Scott	Fayetteville, Ark.	3/30/13				
4:00.93	David Annett	Fayetteville, Ark.	3/30/13	Shot Put			
4:01.47	Dennis Hodapp	Lincoln, Neb.	4/13/13	17.99m	Chase Sammons	Fayetteville, Ark.	3/30/13
4:03.13	Aaron Thornburg	Fayetteville, Ark.	3/30/13	15.13m	Alex Lybarger	Lincoln, Neb.	4/13/13
4:06.05	Jake McDonnell	Lincoln, Neb.	4/13/13	11.92m	Alex Sementelli	Fayetteville, Ark.	4/25/13
4:11.77	Adam Johnson	Tulsa, Okla.	3/16/13				
3000m				Hammer Throw			
8:20.86	Adam Palamar	Lincoln, Neb.	4/13/13	46.98m	Alex Lybarger	Lincoln, Neb.	4/13/13
8:22.03	Danny Thater	Fayetteville, Ark.	3/29/13				
8:33.22	Marc Scott	Lincoln, Neb.	4/13/13	Discus Throw			
8:34.27	Dennis Hodapp	Lincoln, Neb.	4/13/13	54.14m	Chase Sammons	Fayetteville, Ark.	3/30/13
9:00.30	Adam Johnson	Lincoln, Neb.	4/13/13	40.87m	Alex Lybarger	Lincoln, Neb.	4/13/13
9:10.03	Will LePage	Lincoln, Neb.	4/13/13				
9:58.10	Joey Donegan	Tulsa, Okla.	3/16/13				
5000m							
14:12.61	Tim Rackers	Walnut, Calif	4/19/13				
14:13.53	Marc Scott	Walnut, Calif	4/19/13				
14:17.35	Paulo Pinheiro	Des Moines, Iowa	4/25/13				
10000m							
29:55.18	Dennis Hodapp	Des Moines, Iowa	4/25/13				
31:20.12	Kevin Mayer	Des Moines, Iowa	4/25/13				
110mH							
15.08	Colt Johnson	Tulsa, Okla.	3/16/13				
16.28	Tyler Stroth	Tulsa, Okla.	3/16/13				
3.16.13							



Women's Outdoor Track and Field 2013 Top Marks

TIME	NAME	LOCATION	DATE	TIME	NAME	LOCATION	DATE
100m				100m Hurdles			
12.13 (w)	Caroline Schuster	Fayetteville, Ark.	3/30/13	14.73	Carolin Imhof	Fayetteville, Ark.	4/27/13
12.24 (w)	Audrey Jean-Baptiste	Fayetteville, Ark.	3/30/13	4x100m Relay			
200m				47:81	Tulsa	Lincoln, Neb.	4/13/13
24.30	Caroline Schuster	Lincoln, Neb.	4/13/13	Caroline Schuster, Carolin Imhof, Audrey Jean-Baptiste, Alex Lyons			
24.72	Audrey Jean-Baptiste	Fayetteville, Ark.	3/30/13	4x400m Relay			
26.16 (w)	Alex Lyons	Fayetteville, Ark.	3/30/13	4:05.34	Tulsa	Lincoln, Neb.	4/13/13
26.74 (w)	Carolin Imhof	Fayetteville, Ark.	3/30/13	Katherine Camp, Lauren Collette, Sarah Macpherson, Melanie Hughes			
400m				Long Jump			
55.14	Caroline Schuster	Lincoln, Neb.	4/13/13	5.16m (16-11.25)	Carolin Imhof	Fayetteville, Ark.	4/27/13
55.92	Audrey Jean-Baptiste	Lincoln, Neb.	4/13/13	Shot Put			
57.13	Katherine Camp	Fayetteville, Ark.	3/30/13	9.38m	Carolin Imhof	Tulsa, Okla.	3/16/13
59.97	Alex Lyons	Lincoln, Neb.	4/13/13	Javelin Throw			
800m				37.64	Carolin Imhof	Fayetteville, Ark.	4/27/13
2:16.54	Lauren Collette	Lincoln, Neb.	4/13/13	Pole Vault			
2:18.02	Melanie Hughes	Tulsa, Okla.	3/16/13	2.92m	Miranda Dabney	Tulsa, Okla.	3/16/13
1500m				BOLD = SCHOOL RECORD			
4:25.72	Ashley Scott	Lincoln, Neb.	4/13/13	! = NCAA Automatic Qualifier			
4:38.58	Melanie Hughes	Lincoln, Neb.	4/13/13	* = Personal Best			
4:38.72	Brandi Krieg	Fayetteville, Ark.	3/30/13				
4:44.78	Lauren Collette	Fayetteville, Ark.	3/30/13				
4:48.05	Olivia Lopez	Lincoln, Neb.	4/13/13				
4:49.71	Josie Wilcox	Fayetteville, Ark.	3/30/13				
3000m							
10:04.41	Natasha Cockram	Lincoln, Neb.	4/13/13				
10:11.75	Josie Wilcox	Lincoln, Neb.	4/13/13				
10:14.98	Janessa Dunn	Lincoln, Neb.	4/13/13				
10:35.25	Larissa Erickson	Fayetteville, Ark.	4/27/13				
10:37.53	Tricity Andrew	Fayetteville, Ark.	4/27/13				
5000m							
16:36.70	Ashley Scott	Des Moines, Iowa	4/25/13				
16:58.63	Brandi Krieg	Walnut, Calif.	4/19/13				
17:40.87	Natasha Cockram	Des Moines, Iowa	4/25/13				
10000m							
35:38.09	Josie Wilcox	Des Moines, Iowa	4/25/13				
36:09.24	Janessa Dunn	Des Moines, Iowa	4/25/13				
3000m Steeplechase							
10:40.92	Erin Huddleston	Walnut, Calif.	4/18/13				



Men's Outdoor Track and Field 2013 Progression Charts

David Anderson

Event	Mark
800	NT

David Annett

Event	Mark
1500m	4:11.87
1500m	4:00.93
1500m	4:12.66
1500m	4:03.04

Emmett Cookson

Event	Mark
2000m Steeple	6:08.98
3000m Steeple	9:26.38
3000m Steeple	9:35.76

Matt Davis

Event	Mark
400m	48.38
400m	48.65

Joey Donegan

Event	Mark
3000m	9:58.10

Julian Frazier

Event	Mark
200m	21.46
200m	21.45
400m	47.17

Simon Greiner

Event	Mark
800m	1:53.17
1500m	3:54.24
1500m	3:54.00

Andrew Heyes

Event	Mark
3000m	8:24.10

Dennis Hodapp

Event	Mark
1500m	4:01.47
3000m	8:34.27
10000m	29:55.18

Andrew Jameson

Event	Mark
200m	21.93
400m	49.94

Meet (Date)

Tulsa Duels (3/16/13)

Place**Adam Johnson**

Event	Mark
1500m	4:11.77
3000m	9:00.30

Meet (Date)Tulsa Duels (3/16/13)
Nebraska Quad (4/13/13)**Place**11th
9th**Meet (Date)**Tulsa Duels (3/16/13) 12th
Arkansas Spring Invitational (3/30/13) 12th
Nebraska Quad (4/13/13) 8th
Arkansas Invitational (4/27/13) 10th**Place****Colt Johnson**

Event	Mark
200m	22.74 (w)
200m	24.69
110mH	15.08
110mH	NT
110mH	16.02
Long Jump	6.46m
Long Jump	5.97m
Long Jump	5.94m (19-6)
High Jump	1.60m
Discus	25.76m (84-6)
Shot Put	8.61m (28-3)

Meet (Date)Tulsa Duels (3/16/13)
Arkansas Invitational (4/27/13)
Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)
Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)
Tulsa Duels (3/16/13)
Arkansas Invitational (4/27/13)
Arkansas Invitational (4/27/13)**Place**22th
10th
4th
9th
9th
11th
20th
10th
7th
8th
9th**Meet (Date)**Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)**Place**9th
6th**James Keilbarth**

Event	Mark
2000m Steeple	6:09.79
3000m Steeple	9:28.60

Meet (Date)Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)**Place**4th
2nd**Will LePage**

Event	Mark
3000m	9:10.03
3000m	8:56.59

Meet (Date)Nebraska Quad (4/13/13)
Arkansas Invitational (4/27/13)**Place**10th
3rd**Alex Lybarger**

Event	Mark
Shot Put	13.20m
Shot Put	14.24m
Shot Put	15.12m (49-7.25)
Shot Put	15.11m (49-7)
Hammer	45.21m
Hammer	46.72m
Hammer	46.98m (154-1)
Hammer	48.30 (158-4)
Discus	33.76m
Discus	37.20m
Discus	40.87m (134-1)
Discus	38.78m (127-3)

Meet (Date)Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)
Arkansas Invitational (4/27/13)
Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)
Arkansas Invitational (4/27/13)
Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)
Arkansas Invitational (4/27/13)
Tulsa Duels (3/16/13)
Ark. Spring Invitational (3/30/13)
Nebraska Quad (4/13/13)
Arkansas Invitational (4/27/13)**Place**7th
11th
3rd
5th
9th
15th
7th
8th
12th
18th
10th
6th**Kevin Mayer**

Event	Mark
3000m	8:48.49
10000m	31:20.12

Meet (Date)Nebraska Quad (4/13/13)
Drake Relays (4/25/13)**Place**7th
27th**Jake McDonnell**

Event	Mark
1500m	4:06.05
1500m	3:57.20

Meet (Date)Nebraska Quad (4/13/13)
Arkansas Invitational (4/27/13)**Place**7th
6th



Men's Outdoor Track and Field 2013 Progression Charts

Adam Palamar

Event	Mark
800m	1:53.79
1500m	3:50.87
3000m	8:20.86

Paulo Pinheiro

Event	Mark
1500m	3:53.14
5000m	14:17.35

Tim Rackers

Event	Mark
1500m	3:52.64
5000m	14:12.61

Bryce Robinson

Event	Mark
100m	10.43

Chase Sammons

Event	Mark
Shot Put	16.79m
Shot Put	17.99m
Shot Put	17.27m (56-8)
Shot Put	17.43m (57-2.25)
Discus	51.58m
Discus	54.14m
Discus	53.56m (175-9)
Discus	51.77m (169-10)

Isaac Sanders

Event	Mark
800m	NT
800m	NT

Marc Scott

Event	Mark
1500m	3:58.61
3000m	8:33.22
5000m	14:13.53

Meet (Date)	Place
Nebraska Quad (4/13/13)	3rd
Arkansas Invitational (4/27/13)	1st
Ark. Spring Invitational (3/30/13)	1st

Meet (Date)	Place
Ark. Spring Invitational (3/30/13)	7th
Drake Relays (4/24/13)	6th

Meet (Date)	Place
Ark. Spring Invitational (3/30/13)	5th
Mt. Sac Relays (4/19/13)	17th

Meet (Date)	Place
Nebraska Quad (4/13/13)	10.43

Meet (Date)	Place
Tulsa Duels (3/16/13)	1st
Ark. Spring Invitational (3/30/13)	2nd
Nebraska Quad (4/13/13)	1st
Arkansas Invitational (4/27/13)	1st
Tulsa Duels (3/16/13)	1st
Ark. Spring Invitational (3/30/13)	1st
Nebraska Quad (4/13/13)	3rd
Arkansas Invitational (4/27/13)	1st

Meet (Date)	Place
Tulsa Duels (3/16/13)	
Ark. Spring Invitational (3/30/13)	

Meet (Date)	Place
Ark. Spring Invitational (3/30/13)	11th
Nebraska Quad (4/13/13)	2nd
Mt. Sac Relays (4/19/13)	5th

Alex Sementelli

Event	Mark
200m	22.68 (w)
200m	22.89
110mH	15.35 (w)
110mH	15.40 (w)
100mH	16.17
Long Jump	6.64m (21-9.5)
High Jump	1.70m
Shot Put	11.92m
Shot Put	11.21m (36.9.5)
Discus	27.39m
Discus	26.59m
Discus	32.92m (108-00)
Javelin	45.94m

Tyler Stroth

Event	Mark
100	11.71 (w)
200	24.27 (w)
100mH	16.28
100mH	NT
High Jump	1.75m
Long Jump	6.31m
Long Jump	NP
Javelin	47.27m

John Teeters

Event	Mark
100m	10.51 (w)
100m	10.52
100m	10.54
200m	21.33

Brian Tabb

Event	Mark
800m	1:54.41
1500m	3:53.71

Danny Thater

Event	Mark
1500m	3:52.34
3000m	8:22.03

Aaron Thornburg

Event	Mark
1500m	4:03.13
1500m	3:59.92

Meet (Date)	Place
Tulsa Duels (3/16/13)	20th
Arkansas Invitational (4/27/13)	9th
Tulsa Duels (3/16/13)	6th
Ark. Spring Invitational (3/30/13)	20th
Nebraska Quad (4/13/13)	8th
Nebraska Quad (4/13/13)	9th
Tulsa Duels (3/16/13)	6th
Ark. Spring Invitational (3/30/13)	23rd
Arkansas Invitational (4/27/13)	8th
Tulsa Duels (3/16/13)	13th
Ark. Spring Invitational (3/30/13)	25th
Arkansas Invitational (4/27/13)	7th
Tulsa Duels (3/16/13)	8th

Meet (Date)	Place
Ark. Spring Invitational (3/30/13)	23rd
Tulsa Duels (3/16/13)	27th
Tulsa Duels (3/16/13)	11th
Ark. Spring Invitational (3/30/13)	
Tulsa Duels (3/16/13)	5th
Tulsa Duels (3/16/13)	12th
Ark. Spring Invitational (3/30/13)	
Tulsa Duels (3/16/13)	7th

Meet (Date)	Place
Ark. Spring Invitational (3/30/13)	3rd
Nebraska Quad (4/13/13)	2nd
Arkansas Invitational (4/27/13)	1st
Nebraska Quad (4/13/13)	6th

Meet (Date)	Place
Nebraska Quad (4/13/13)	4th
Arkansas Invitational (4/27/13)	3rd

Meet (Date)	Place
Arkansas Invitational (4/27/13)	2nd
Ark. Spring Invitational (3/30/13)	2nd

Meet (Date)	Place
Ark. Spring Invitational (3/30/13)	16th
Arkansas Invitational (4/27/13)	8th



Women's Outdoor Track and Field 2013 Progression Charts

Tricity Andrew

Event	Mark
3000m	10:56.68
3000m	10:55.68
3000m	10:46.26
3000m	10:37.53

Katherine Camp

Event	Mark
200m	25.95 (w)
400m	57.13
800m	2:08.47

Natasha Cockram

Event	Mark
1500m	4:44.56
3000m	10:14.39
3000m	10:04.41
5000m	17:40.87

Lauren Collette

Event	Mark
800m	2:21.74
800m	2:16.54
1500m	4:44.78
1500m	4:43.54

Miranda Dabney

Event	Mark
Pole Vault	2.92m
Pole Vault	NP

Janessa Dunn

Event	Mark
3000m	10:21.15
3000m	10:14.98
10000m	36:09.24

Larissa Erickson

Event	Mark
3000m	10:53.51
3000m	10:35.25

Erin Huddleston

Event	Mark
3000m Steeple	11:09.36
3000m Steeple	10:40.92

Melanie Hughes

Event	Mark
800m	2:19.70
800m	2:18.02
1500m	4:38.58
1500m	4:37.28

Meet (Date)

Place	Meet (Date)
9th	Tulsa Duels (3/16/13)
29th	Ark. Spring Invitational (3/30/13)
12th	Nebraska Quad (4/13/13)
5th	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
23rd	Tulsa Duels (3/16/13)
7th	Ark. Spring Invitational (3/30/13)
1st	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
8th	Ark. Spring Invitational (3/30/13)
2nd	Tulsa Duels (3/16/13)
2nd	Nebraska Quad (4/13/13)
20th	Drake Relays (4/5/13)

Meet (Date)

Place	Meet (Date)
8th	Tulsa Duels (3/16/13)
6th	Nebraska Quad (4/13/13)
9th	Ark. Spring Invitational (3/30/13)
7th	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
8th	Tulsa Duels (3/16/13)
	Ark. Spring Invitational (3/30/13)

Meet (Date)

Place	Meet (Date)
4th	Tulsa Duels (3/16/13)
4th	Nebraska Quad (4/13/13)
11th	Drake Relays (4/27/13)

Meet (Date)

Place	Meet (Date)
24th	Ark. Spring Invitational (3/30/13)
4th	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
1st	Ark. Spring Invitational (3/30/13)
18th	Mt. Sac Relays (4/18/13)

Meet (Date)

Place	Meet (Date)
5th	Tulsa Duels (3/16/13)
9th	Ark. Spring Invitational (3/30/13)
3rd	Nebraska Quad (4/13/13)
5th	Arkansas Invitational (4/27/13)

Carolyn Imhof

Event	Mark
200m	26.74 (w)
200m	27.03
100 mH	14.74 (w)
100mH	14.78
100mH	14.73
Long Jump	5.16m (16-11.25)
Shot Put	9.38m

Audrey Jean-Baptiste

Event	Mark
100m	12.24 (w)
200m	25.35 (w)
200m	24.72
200m	24.86
400m	55.92
400m	55.85

Brandi Krieg

Event	Mark
1500m	4:42.11
1500m	4:38.72
5000m	16:58.63

Sarah Macpherson

Event	Mark
800m	2:15.36
1500m	4:26.74

Olivia Lopez

Event	Mark
1500m	4:49.65
1500m	4:47.36
1500m	4:48.05
1500m	4:45.11

Alex Lyons

Event	Mark
200m	26.47 (w)
200m	26.15 (w)
400m	59.97
400m	58.70

Caroline Schuster

Event	Mark
100m	12.13 (w)
200m	24.75 (w)
200m	24.51
200m	24.30
400m	55.14
400m	55.29

Meet (Date)

Place	Meet (Date)
42nd	Ark. Spring Invitational (3/30/13)
14th	Arkansas Invitational (4/27/13)
18th	Ark. Spring Invitational (3/30/13)
3rd	Nebraska Quad (4/13/13)
6th	Arkansas Invitational (4/27/13)
7th	Arkansas Invitational (4/27/13)
11th	Tulsa Duels (3/16/13)

Meet (Date)

Place	Meet (Date)
11th	Ark. Spring Invitational (3/30/13)
9th	Tulsa Duels (3/16/13)
	Ark. Spring Invitational (3/30/13)
5th	Nebraska Quad (4/13/13)
2nd	Nebraska Quad (4/13/13)
8th	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
1st	Tulsa Duels (3/16/13)
5th	Ark. Spring Invitational (3/30/13)
12th	Mt. Sac Relays (4/19/13)

Meet (Date)

Place	Meet (Date)
4th	Nebraska Quad (4/13/13)
2nd	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
2nd	Tulsa Duels (3/16/13)
3rd	Ark. Spring Invitational (3/30/13)
7th	Nebraska Quad (4/13/13)
9th	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
29th	Tulsa Duels (3/16/13)
31st	Ark. Spring Invitational (3/30/13)
7th	Nebraska Quad (4/13/13)
11th	Arkansas Invitational (4/27/13)

Meet (Date)

Place	Meet (Date)
10th	Ark. Spring Invitational (3/30/13)
6th	Tulsa Duels (3/16/13)
5th	Ark. Spring Invitational (3/30/13)
2nd	Nebraska Quad (4/13/13)
1st	Nebraska Quad (4/13/13)
6th	Arkansas Invitational (4/27/13)



Women's Outdoor Track and Field 2013 Progression Charts

Ashley Scott

Event	Mark	Meet (Date)	Place
1500m	4:25.72	Nebraska Quad (4/13/13)	4:35.72
5000m	16:36.70	Drake Relays (4/25/13)	16:36.87

Josie Wilcox

Event	Mark	Meet (Date)	Place
1500m	4:49.71	Ark. Spring Invitational (3/30/13)	6th
3000m	10:16.89	Tulsa Duels (3/16/13)	4th
3000m	10:11.75	Nebraska Quad (4/13/13)	3rd
10000m	35:38.09	Drake Relays (4/24/13)	6th



Men's Outdoor Track And Field Records

100-METER DASH

1.	Levi Gillen	10.32	1994
2.	Marcus Anderson	10.40	1981
	Trey Runnels	10.40	2000
4.	Bryce Robinson	10.43	2013
5.	Sedrick Lusk	10.44	1998

200-METER DASH

1.	Larry Hearne	21.0	1966
2.	Trey Runnels	21.11	2001
3.	Justin Smith	21.31	2011
4.	Derron Davis	21.32	2000
5.	John Teeters	21.33	2013

400-METER DASH

1.	Derron Davis	46.75	2000
2.	Julian Frazier	47.12	2012
3.	Greg Johnson	47.36	2001
4.	Attila Korosi	47.75	2008
5.	Levi Gillen	47.93	1994
	Josh Childs	47.93	2003

800-METER RUN

1.	Adam Ellison	1:47.69	1998
2.	Rodney Peterson	1:48.11	1998
3.	Chris O'Hare	1:49.01	2011
4.	Justin Duncan	1:49.38	2011
5.	Mathew Musengezi	1:49.39	2006

1,500-METER RUN

1.	Chris O'Hare	3:37.95	2012
2.	Justin Duncan	3:42.80	2011
3.	Dwight Davis	3:43.18	1999
4.	Mark Davidson	3:43.32	2008
5.	David Bohlen	3:44.93	2000

MILE RUN

1.	Chris O'Hare	3:58.77	2011
2.	Dwight Davis	3:59.29	2000
3.	Justin Duncan	4:05.03	2010
4.	Ryan Siler	4:16.78	1995
5.	Joe Gibbons	4:20.3	1960

3,000-METER RUN

1.	Paulo Pinheiro	8:14.39	2012
2.	Dwight Davis	8:19.42	2000
3.	Sam Masters	8:20.71	2011
4.	Adam Palamar	8:20.86	2013
5.	Danny Thater	8:22.03	2013

5,000-METER RUN

1.	John Beattie	13:42.03	2010
2.	Lewis Timmins	14:01.69	2010
3.	Edwin Henshaw	14:04.53	2007
4.	Geraint Davies	14:07.90	2011
5.	Paulo Pinheiro	14:08.36	2012

10,000-METER RUN

1.	John Beattie	28:32.21	2010
2.	Lewis Timmins	29:26.64	2011
3.	Dennis Hodapp	29:55.18	2013
4.	Mitch Johnson	29:56.68	2011
5.	Janne Hamalainen	30:20.00	1985

110-METER HURDLES

1.	Rickey Wilson, Jr.	13.99	2006
2.	DeVonne Harrison	14.09	2005
3.	James Shaw	14.10	1971
4.	Jamal Bogle	14.49	2003
5.	Kolton Taylor	15.03	2011

400-METER HURDLES

1.	Clint Small	52.00	1999
2.	Rickey Wilson, Jr.	52.18	2007
3.	Branon Vaughan	52.86	2003
4.	Jamal Bogle	53.14	2005
5.	Loren Kool	53.38	1995

3,000-METER STEEPLECHASE

1.	Carl Stones	8:43.79	2012
2.	Owain Matthews	8:51.58	2003
3.	Cary Stidham	9:10.80	2000
4.	Emmett Cookson	9:20.70	2012
5.	Joel Stansloski	9:22.93	2008

4x100-METER RELAY (400 Meters)

1. Tulsa 40.38 2013
Matt Davis, John Teeters, Julian Frazier, Bryce Robinson
2. Tulsa 40.76 2000
Merrick Woodard, Trey Runnels, Sedrick Lusk, Derron Davis
3. Tulsa 40.88 1999
John Mosley, Hassan Faggett, Sedrick Lusk, Clint Small
4. Tulsa 41.40 2010
Kolton Taylor, Justin Smith, David Fitter, Julian Frazier
5. Tulsa 41.58 2001
Trey Runnels, Derron Davis, Jason Roland, Merrick Woodard

4x400-METER RELAY (1,600 Meters)

1. Tulsa 3:10.69 2012
David Fitter, Justin Smith, Andrew Jameson, Julian Frazier
2. Tulsa 3:11.50 2010
David Fitter, Justin Smith, Matt Davis, Julian Frazier
3. Tulsa 3:12.45 2008
Jonathan Moore, Jerrod Landress, O'Dell Smith, Attila Korosi
4. Tulsa 3:12.48 1998
Hassan Faggett, Clint Small, Rodney Peterson, Adam Ellison
5. Tulsa 3:12.55 2007
O'Dell Smith, Jarrod Landress, Kris Karnes, Attila Korosi

MILE RELAY (4x440 Yards) (no longer contested)

1. Tulsa 3:16.11 2001
Derron Davis, Shawn McCullough, Branon Vaughan, Greg Johnson
2. Tulsa 3:17.53 2002
Branon Vaughan, Derek Sparks, Josh Childs, Michael Ledowsky
3. Tulsa 3:30.0 1961

Bill Brown, Keith Yarger, Bob Newell, Jerry Anderson

4x800-METER RELAY (3,200 Meters)

1. Tulsa 7:20.74 2000
Shawn McCullough, David Bohlen, Dwight Davis, Brian Erwin
2. Tulsa 7:23.77 1998
Dwight Davis, Shawn McCullough, Rodney Peterson, Adam Ellison
3. Tulsa 7:24.91 1998
Dwight Davis, Cornelius Mason, Rodney Peterson, Adam Ellison
4. Tulsa 7:26.59 1997
Rodney Peterson, David Bohlen, Adam Ellison, Cornelius Mason
5. Tulsa 7:29.22 1996
Rodney Peterson, Darren McVean, Adam Ellison, Cornelius Mason

4x1,500-METER RELAY (6,000 Meters)

1. Tulsa 15:43.24 1999
Dwight Davis, Monte Hawkins, Cornelius Mason, Cary Stidham
2. Tulsa 15:48.81 1998
Monte Hawkins, Adam Ellison, Cornelius Mason, Dwight Davis

4x1,600-METER RELAY (6,400 Meters)

1. Tulsa 16:53.40 2010
Chris O'Hare, Lewis Timmins, John Beattie, Justin Duncan
2. Tulsa 16:57.38 2011
Bill Martin, Geraint Davies, Dennis Hodapp, Danny Thater
3. Tulsa 16:57.93 2007
Josh Butts, Kyle Dekker, Lewis Timmins, Jordan Hughes
4. Tulsa 17:12.38 2009
Justin Duncan, Lewis Timmins, John Beattie, Mark Davidson
5. Tulsa 17:15.62 1999
Monte Hawkins, Jeremy Hollis, Cary Stidham, Tim Surface

4xMILE RELAY (4 Miles) (no longer contested)

1. Tulsa 17:00.44 1997
Adam Ellison, Cornelius Mason, David Bohlen, Dwight Davis
2. Tulsa 17:18.88 1996
Adam Ellison, Jeremy Hollis, Cornelius Mason, Ryan Siler
3. Tulsa 18:08.0 1993
Richard Brown, Ryan Siler, John Watkins, Steve Lamb



Men's Outdoor Track And Field Records

SPRINT MEDLEY RELAY (200, 200, 400, 800)

1. Tulsa 3:21.55 2001
Trey Runnels, Derron Davis, Greg Johnson,
Shawn McCullough

2. **Tulsa 3:22.34 2010**
David Fitter, Justin Smith, Julian Frazier,
Steven Morrow

3. Tulsa 3:23.09 1997
Sedrick Lusk, Hassan Faggett, Loren Kool,
Rodney Peterson

4. Tulsa 3:27.68 2000
Derron Davis, Trey Runnels, Branon Vaughan,
Brian Erwin

5. Tulsa 3:27.83 2003
Tony Kay, Josh Childs, Branon Vaughan,
Derek Sparks

DISTANCE MEDLEY RELAY (1,200, 400, 800, 1,600)

1. Tulsa 9:38.0 1966
Ron Vick, Skip Greenig, Boyd George, Lloyd
George

2. Tulsa 9:40.17 2000
David Bohlen, Derron Davis, Shawn Mc-
Cullough, Dwight Davis

3. Tulsa 9:42.97 1999
Clint Small, Shawn McCullough, David
Bohlen, Dwight Davis

4. **Tulsa 9:48.45 2011**
Bill Martin, Justin Smith, Danny Thater,
Tom Marshall

5. Tulsa 9:55.31 2007
Jordan Hughes, Attila Korosi, Jerrod Lan-
dress, Edwin Henshaw

DISCUS

1. **Chase Sammons 177-7.5 2013**
2. Robbie Nichols 175-7 1967
3. Tim Nedow 163-04 2009
4. **Alex Lybarger 134-1.25 2013**
5. Corwin Dugan 132-02 2010

HIGH JUMP

1. Charles Ramsdell 6-11.75 2004
2. Jason Krueger 6-11 2001
3. Jim Morgan 6-10 1971
4. Cory Pixley 6-8.75 2007
5. Heston King 6-8 2002
Kyle McGillen 6-8 2007

JAVELIN

1. Thomas Stoltz 220-2 2005
2. George Wallace 213-0 1961
3. Cal Purdin 188-1.75 1942
4. Jacob Chavez 180-2.0 2004
5. Casey Fanning 174-00 2009

LONG JUMP

1. Sedrick Lusk 24-11.75 1997
2. Gordon Lee 23-11.5 1965
3. **Cheek 23-7.5 1952**
4. Alex Sementelli 23-01.25 2011
5. Kyle McGillen 23-0 2008

POLE VAULT

1. Derrick O'Keefe 14-11 2005
2. Richard Ruane 14-6.25 1965
3. Dave Smoot 14-5 1963
4. Clark 14-1.75 1960
5. **Alex Sementelli 12-05.50 2011**

SHOT PUT

1. **Chase Sammons 59-0.25 2013**
2. Dan Houtman 53-00 1963
3. Tim Nedow 51-07.50 2009
4. **Alex Lybarger 49-7.75 2013**
5. K. Henike 48-11.75 1966

TRIPLE JUMP

1. Dab Daugherty 49-3 1964
2. Keven Guynn 49-0.75 1998
3. Kyle McGillen 46-4.00 2008
4. Thomas Stoltz 45-2.5 2006
5. Sedrick Lusk 43-9.75 1997

DECATHLON

1. **Alex Sementelli 6,686 2011**
2. Thomas Stoltz 6,138 2007
3. Kolton Taylor 6,050 2011
4. Cory Pixley 5,935 2007



Women's Outdoor Track And Field Records

100-METER DASH

1.	Shana Robinson	11.23	2004
2.	Chantelle Willard	11.65	2007
3.	Carla Hanson	11.88	2000
4.	Jennifer Mace	11.96	2011
5.	Mary Carr	12.00	2004
	Krystol Lartey	12.00	2004

200-METER DASH

1.	Shana Robinson	22.84	2003
2.	Chantelle Willard	23.78	2006
3.	Caroline Avbovbede	23.82	1999
	Karlisha Atkins	23.82	2000
5.	Paula Richardson	23.91	2003

400-METER DASH

1.	Tiffaney Williams	53.12	1999
2.	Jennifer Mace	53.46	2009
3.	Wendy McFarlane	53.47	2000
4.	Shameka Holloway	53.99	2006

800-METER RUN

1.	Monica Joannes	2:05.65	2003
	Melanie Hardy	2:05.65	2004
3.	Taylor Rigsby	2:08.07	2010
4.	Dawn Nagazina	2:08.25	2009
	Katie Wright	2:08.25	2010

1,500-METER RUN

1.	Paula Whiting	4:19.78	2011
2.	Katie Wright	4:20.61	2010
3.	Alex Becker	4:22.39	2007
4.	Sarah Macpherson	4:25.86	2012
5.	Fride Vullum	4:26.31	2001

3,000-METER RUN

1.	Fride Vullum	9:34.45	1998
2.	Alex Becker	9:39.54	2009
3.	Charlotte Sanderson	10:00.74	2001
4.	Debbie Cardenas	10:02.77	2000
5.	Natalie Rasmussen	10:04.09	2005

5,000-METER RUN

1.	Paula Whiting	15:46.91	2011
2.	Alex Becker	15:58.01	2010
3.	Fride Vullum	16:01.41	2001
4.	Ashley Scott	16:38.91	2012
5.	Jaclyn Rollins	16:48.04	2011

10,000-METER RUN

1.	Alex Becker	33:44.63	2009
2.	Charlotte Sanderson	34:25.78	2001
3.	Lise Olivier	35:15.60	2006
4.	Sarah Haskins	35:18.57	2003
5.	Josie Wilcox	35:31.59	2012

100-METER HURDLES

1.	Kendra Lollis	13.99	2001
2.	Jamese James	14.00	2003
3.	Danielle German	14.01	2000
4.	Carolyn Imhof	14.17	2011
5.	Suzanne Smith	14.25	2003

400-METER HURDLES

1.	Jamese James	57.86	2002
2.	April Montgomery	58.71	2009
3.	Danielle German	59.85	2000
4.	Erin Fogarty	1:01.45	2005
5.	Carrie Swayze	1:02.28	1997

3,000-METER STEEPLECHASE

1.	Ashlea Gilfillan	10:45.92	2007
2.	Lise Olivier	10:51.38	2006
3.	Erin Huddleston	10:52.39	2011
4.	Renine Le Heron	11:34.61	2006
5.	Breanna Chipney	11:38.38	2006

4x100-METER RELAY (400 Meters)

1.	Tulsa	45.35	2004
	Shameka Holloway, Chantelle Willard, Paula Richardson, Shana Robinson		
2.	Tulsa	45.48	2003
	Alisha Burnett, Shameka Holloway, Paula Richardson, Shana Robinson		
3.	Tulsa	45.72	2002
	Paula Richardson, Alisha Burnett, Karlisha Atkins, Shana Robinson		
4.	Tulsa	45.76	2002
	Shana Robinson, Paula Richardson, Alisha Burnett, Jamese James		
5.	Tulsa	45.81	2010
	Ashley Wills, Lenora Guion-Firmin, Jennifer Mace, Caroline Schuster		

4x200-METER RELAY (800 Meters)

1.	Tulsa	1:35.31	2003
	Shana Robinson, Chatney Noble, Paula Richardson, Jamese James		
2.	Tulsa	1:50.6	1992
	Joy Parker, Julie Parker, Carey Robien, Chau Vo		

4x400-METER RELAY (1,600 Meters)

1.	Tulsa	3:35.55	2002
	Paula Richardson, Alisha Burnett, Monica Joannes, Jamese James		
2.	Tulsa	3:36.74	2003
	Paula Richardson, Chatney Noble, Monica Joannes, Jamese James		
3.	Tulsa	3:36.93	2000
	Wendy McFarlane, Tiffaney Williams, Jamese James, Inemesit Usoroh		
4.	Tulsa	3:37.45	2010
	Caroline Schuster, Ashley Wills, Lenora Guion-Firmin, Jennifer Mace		
5.	Tulsa	3:37.86	2002
	Chatney Noble, Alisha Burnett, Monica Joannes, Jamese James		

MILE RELAY (4x440 Yards) (no longer contested)

1.	Tulsa	3:41.30	2001
	Wendy McFarlane, Monica Joannes, Jamese James, Tiffaney Williams		
2.	Tulsa	3:53.32	2006
	Shameka Holloway, Dawn Nagazina, Krystol Lartey, April Montgomery		
3.	Tulsa	3:55.19	1996
	Jameka Roberts, Monique Poindexter, Erin Simpson, Carrie Swayze		

4x800-METER RELAY (3,200 Meters)

1.	Tulsa	8:48.27	2003
	Chatney Noble, Melanie Hardy, Megan Langwell, Monica Joannes		
2.	Tulsa	8:53.27	2002
	Chatney Noble, April Johnson, Melanie Hardy, Monica Joannes		
3.	Tulsa	8:59.16	1997
	Monique Poindexter, Erin Simpson, Summer Lamons, Chris Haldeman		
4.	Tulsa	9:00.69	1998
	Caroline Avbovbede, Erin Simpson, Monique Poindexter, Jany Van Gerwen		

4x1,600-METER RELAY (6,400 Meters)

1.	Tulsa	19:24.18	2010
	Melanie Cleland, Katie Wright, Ashley Scott, Paula Whiting		
2.	Tulsa	20:00.51	2011
	Jacqueline Fairchild, Melanie Cleland, Ashley Scott, Josie Wilcox		
3.	Tulsa	20:25.54	2006
	Dawn Nagazina, Lise Olivier, Marissa Saunders, Alex Becker		

SPRINT MEDLEY RELAY (200, 200, 400, 800)

1.	Tulsa	3:47.44	2010
	Ashley Wills, Caroline Schuster, Jennifer Mace, Taylor Rigsby		
2.	Tulsa	3:47.62	2003
	Shana Robinson, Paula Richardson, Jamese James, Monica Joannes		
3.	Tulsa	3:56.24	2011
	Lenora Guion-Firmin, Caroline Schuster, Jennifer Mace, Lauren Collete		
4.	Tulsa	3:57.00	2002
	Shana Robinson, Paula Richardson, Alisha Burnett, Monica Joannes		
5.	Tulsa	3:57.70	2007
	Jessica Ford, Krystol Lartey, Chantelle Willard, Taylor Rigsby		



Women's Outdoor Track And Field Records

DISTANCE MEDLEY RELAY (1,200, 400, 800, 1,600)

1.	Tulsa	11:20.49	2010
	Melanie Cleland, Caroline Schuster, Tayler Rigsby, Paula Whiting		
2.	Tulsa	11:30.46	2007
	Dawn Nagazina, Shameka Holloway, Tayler Rigsby, Alex Becker		
3.	Tulsa	11:38.54	2006
	Dawn Nagazina, Shameka Holloway, April Montgomery, Alex Becker		
4.	Tulsa	11:38.71	2001
	Margaret Danagher, Tiffaney Williams, Monica Joannes, Fride Vullum		
5.	Tulsa	11:40.24	2009
	Tayler Rigsby, Jennifer Mace, Dawn Nagazina, Alex Becker		

DISCUS

1.	Stephanie Jeffers	160-11	2007
2.	Hartly Carlisle	156-02	2012
3.	Kelsey Klein	154-0	2011
4.	Morgan Bolom	124-00	2010
5.	Jennifer Swanson	123-5	1994

HAMMER

1.	Kelsey Klein	176-03	2011
2.	Stephanie Jeffers	159-5	2007
3.	Morgan Bolom	142-06	2010
4.	Hartly Carlisle	136-05	2012

HEPTATHLON

1.	Brianna Steel	5,158	2011
2.	Lydia Chamberlin	5,021	2010
3.	Carolyn Imhof	4,807	2011
4.	Renata Carson	4,385	2003

HIGH JUMP

1.	Brianna Steel	5-5	2008
& '10			
	Lydia Chamberlin	5-5	2010
3.	Jennifer Howell	5-4	1994
4.	Katy McGillen	5-3	2007
5.	Sally Cross	5-2	1981

JAVELIN

1.	Katy McGillen	159-1	2006
2.	Ashley Ast	143-2	2004
	Carolyn Imhof	143-2	2010
4.	Stephanie Jeffers	108-11	2007

LONG JUMP

1.	Margaret Glover	19-4.25	2004
2.	Lydia Chamberlin	19-4.0	2010
3.	Mary John-Williams	19-2.67	2000
4.	Sophia Rodriguez	19-0.50	2006
5.	Carolyn Imhof	18-10.75	2011

POLE VAULT

1.	Caitlin Clancy	12-1.5	2008
2.	Suzanne Smith-Hogg	10-8.5	2003
3.	Andrea McGillen	10-6.25	2003
4.	Brianna Steel	9-02	2011

SHOT PUT

1.	Stephanie Jeffers	52-6.75	2007
2.	Jennifer Swanson	43-3	1993
3.	Corhanda Dawson	42-0	1991
4.	Hartly Carlisle	38-10.92	2012
5.	Brianna Steel	38-8	2011

TRIPLE JUMP

1.	Sophia Rodriguez	41-10.75	2006
2.	Mary John-Williams	39-6	2002
3.	Andrea McGillen	34-2.75	2003