

THE UNIVERSITY OF TULSA

TRACK & FIELD



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SENIOR

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ROCA
SENIOR

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SENIOR

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GOLDEN HURRICANE

2024 RECORD & FACT BOOK



TULSAHURRICANE.COM



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2023-24 Tulsa Indoor/Outdoor Schedule

Date	Meet	Location
December		
2	Sharon Colyear-Danville Season Opener	Boston, Mass
9	Crimson & Gold Invitational	Pittsburg, Kan.
January		
12	Arkansas Invitational	Fayetteville, Ark.
19	Cyclone Open	Ames, Iowa
27	Wendy's Invite	Pittsburg, Kan.
February		
9-10	Windy City Invite	Chicago, Ill.
9-10	Gorilla Classic	Pittsburg, Kan.
23-24	The American Indoor Championships	Birmingham, Ala.
March		
8-9	NCAA Indoor Championships	Boston, Mass.
29-30	Stanford Invitational	Palo Alto, Calif.
April		
6	Arkansas Spring Invitational	Fayetteville, Ark.
11-13	Bryan Clay Invitational	Azusa, Calif.
12-13	John Jacobs Invitational	Norman, Okla.
18-19	John McDonnell Invitational	Fayetteville, Ark.
24-27	Drake Relays	Des Moines, Iowa
26	Payton Jordan Invitational	Palo Alto, Calif.
May		
10-12	The American Outdoor Championships	San Antonio, Texas
22-25	NCAA West Regionals	Fayetteville, Ark.
June		
5-8	NCAA Outdoor Championships	Eugene, Ore.

TULSA QUICK FACTS

Location: Tulsa, Oklahoma
Enrollment: 3,777
Founded: 1894
Nickname: Golden Hurricane
Colors: Old Gold, Royal Blue, Crimson
Affiliation: NCAA Division I-A
Conference: American Athletic
President: Brad Carson
VP/Director of Athletics: Rick Dickson
Faculty Athletics Rep.: Dr. Kirsten Olds

This publication has been provided to assist you in your coverage of Tulsa track and field. We hope that it will be a valuable asset to you during the 2023-24 season. Specific requests for other items should be directed to Zach Carattini, Athletic Media Relations Assistant. The 2023-24 Tulsa Record and Fact Book is published by The University of Tulsa Athletic Communications office. Photographic contributions by Walt Beazley, Dave Crenshaw, Mark Moore, Bill Powell and Michael Wade. The University of Tulsa is an equal opportunity/affirmative action institution.



Tulsa Track & Field Information

Home Track.....Hurricane Soccer and Track Stadium
Track Capacity.....2,000

Coaching Staff

Director of Cross Country/Track & Field..Steve Gulley
 (Northeastern Oklahoma State, 1983), 24th year
 Phone.....(918) 671-2303
 E-mail.....steven-gulley@utulsa.edu

Men's Cross Country/Track & Field

Head Coach.....Taylor Gulley
 (Tulsa, 2012), 12th year
 Phone.....(918) 804-5794
 E-mail.....taylor-gulley@utulsa.edu

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 Phone.....(203) 908-5048
 E-mail.....aidan-fiol@utulsa.edu

Assistant Coach.....Mollie Dalton
 (Lewis, 2017), 1st year
 Phone.....(630) 664-1055
 E-mail.....mollie-dalton@utulsa.edu

Assistant Coach.....Loren Iwanicki
 (Aurora, 2015), 1st year
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The University of Tulsa

As a comprehensive, doctoral degree-granting institution, The University of Tulsa provides undergraduate, graduate and professional education of the highest quality in the arts, humanities, sciences, business, education, engineering, law, nursing and applied health sciences.



The University of Tulsa is a student-centered research university that cultivates interconnected learning experiences to explore complex ideas and create new knowledge in a spirit of free inquiry. Guided by our commitment to diversity, equity and service, we prepare individuals to make meaningful contributions to our campus, our community and our world.

A TU degree speaks for itself. Among the top 15% of U.S. News & World Report's best colleges list, and with a perfect score for Money Magazine's Best Colleges in America list, TU is in elite company nationwide for graduation rates, cost of attendance, financial aid, and alumni salaries.

The University of Tulsa attracts more National Merit scholars per capita than any university in the country. We have had more nationally competitive scholars (Rhodes, Fulbright, Goldwater, Truman, Gilman, etc.) than neighboring schools like SMU and TCU combined.

TU comprises a graduate school and five colleges: Kendall College of Arts & Sciences, Collins College of Business, Oxley College of Health & Natural Sciences, College of Engineering & Computer Science and College of

Law. The university also is in the process of launching a new Honors College in fall 2024. Popular majors include mechanical engineering, computer science, biology, exercise/sports science, psychology, finance, nursing, chemical engineering, and political science.

A leader in blending liberal arts, professional studies and career support, TU strives to produce the region's most well-rounded, life- and career-ready alumni. We also are home to internationally acclaimed poets, theologians and entrepreneurs. Across all academic programs, faculty and staff ensure that students receive the support and guidance they need to thrive in their studies and beyond.

All incoming undergraduates receive free textbooks and are eligible to participate in the CaneCareers Job Placement Guarantee. Students who complete all program requirements are guaranteed to be offered an entry-level job in their field of study or to be accepted into a graduate or professional program within six months of graduation. If not, they will receive a free semester of graduate school tuition benefit at TU.

Clubs, intramurals, Greek life, study abroad

TU Fact Sheet

Location: Tulsa, Oklahoma (MSA population: 1.1 Million)

Founded: 1894

Institution type: Private, doctoral degree granting, accredited, coeducational

Affiliation: Nondenominational

Enrollment: 3,777

Programs: 66 bachelor's, 28 master's, 15 doctoral

Average class size: 13

Student/faculty ratio: 9 to 1

Full-time faculty: 303

Endowed chairs and/or professorships: 43

TU Presidential Scholars: 271

Students from diverse backgrounds: U.S. multicultural, 33% / International, 9%

Athletics: Division I – 17 men's and women's teams

Conference: American Athletic

Nickname: Golden Hurricane

Colors: Old Gold, Royal Blue, Crimson

and community engagement opportunities are plentiful. While TU welcomes students from 43 states and dozens of countries, we are profoundly invested in our hometown. We continually seek ways to partner with people and organizations across the city of Tulsa in order to represent and unite this vibrant and diverse community while playing a pivotal role in propelling it forward socially, culturally and economically.

TU recognizes the Tribal lands on which our beautiful main campus resides. We honor and acknowledge the Indigenous tribes, and tribes who were forcibly removed, including the Ni-u-kon-ska (Osage), Kitikiti'sh (Wichita), Kadohadacho (Caddo), Mvskoke (Muscogee [Creek]) and Tsälägi (Cherokee) Tribal Nations as the original inhabitants and keepers of the land and water that we now call Tulsa.

Tulsa, Oklahoma — “Green Country”

Geographically, Tulsa sits at the crossroads of America. Metaphorically, it is the crossroads of America. It’s where creative expression, sophistication and down-to-earth hospitality all converge in a lush natural setting to redefine what it means to be a modern American city.

Tulsa is nestled in the northeastern quadrant of Oklahoma, right in the heart of “Green Country.” The rolling green hills and wooded terrain of the city lies at an elevation of 700 feet above sea level and offers a temperate climate. Tulsa’s enjoy 227 days of sunshine a year and an average daily temperature of 61 degrees.

What began as Tulsee Town in 1836 under a sturdy oak tree, which still stands today at 18th and Cheyenne Streets, is today the second largest city in Oklahoma. Tulsa was forever changed by the discovery of oil in 1901.

Today, Tulsa offers enviable low cost of living combined with big city attractions and amenities. From world-class outdoor spaces to legendary music venues, Tulsa has an unexpected, dynamic quality of life without the sticker shock of other regions.

Lots of cities have notable parks, but very few have a crown jewel like Gathering Place. This 100-acre riverfront park is situated in the heart of Tulsa. On par with visionary public spaces as Manhattan’s Central Park and Chicago’s Millennium Park, Gathering Place blends nature in an urban setting, providing Tulsans and visitors more space to play, relax and gather together along the Arkansas River. The park’s highlights include an adventure playground, seasonal gardens, walking and biking trails, a pond and boathouse, two restaurants, and much more.

Downtown Tulsa is a treasure trove for lovers of architecture, with a concentration of Art Deco rivaled only by New York City and Miami. The central public space in downtown, Guthrie Green, is a year-round destination for live music, cultural programming and festivals. Just a few blocks northeast is ONEOK Field, home of the Tulsa Drillers, a Class AA affiliate of the Los Angeles Dodgers. The ballpark sits within the historic Greenwood District, Tulsa’s resurgent Black Wall Street known internationally as a hub of African American entrepreneurship and resilience.

Nearby you’ll find the Blue Dome and Arts districts, which offer visitors a variety of restaurants, bars and galleries. Downtown’s premier shopping and specialty stores – a confectionary, rare guitars, an indie bookstore and more – have something for every taste.

The BOK Center is downtown Tulsa’s award



winning and premier sports and entertainment venue, playing host to worldwide superstars and NCAA DI Basketball Championship tournaments. The venue was named the 2016 and 2018 Arena of Year.

“The Tulsa Sound” is as alive and well in 2019 as it was when Eric Clapton and George Harrison jammed with Tulsa’s own Leon Russell and JJ Cale. Tulsa’s historic live music venues, like the Cain’s Ballroom and Brady Theater, are second to none. The multi-purpose BOK Center is a world-class entertainment venue, recently named the Arena of the Year for the second time in the last three years.

Take in a special afternoon of art, culture and history at one of the city’s iconic museums, including the world’s greatest collection of Western art at the Gilcrease Museum and the eclectic and thoroughly contemporary Philbrook Museum of Art. You’ll also find the Woody Guthrie Center, which celebrates the acclaimed folk singer’s life and legacy, and soon you’ll be able to visit the permanent home of Bob Dylan’s archives. Other family-friendly attractions include the Tulsa Children’s Museum, the Tulsa Zoo and the Oklahoma Aquarium.

The crossroads of America wouldn’t be complete without America’s Main Street. Historic Route 66 runs the full east-to-west stretch

of the city along 11th Street, offering nostalgic looks at the city’s past and a bold vision of the community’s future. From classic diners and burger joints to the new Mother Road Market food hall, Route 66 in Tulsa is one of city’s newest culinary hotspots.

Further into the city, notable districts include Cherry Street, a seven-block hub of trendy shops, bistros, cafés and bars; Brookside, a nearly mile-long stretch of upscale shopping and dining; and the Pearl District, which has Tulsa’s highest concentration of craft breweries. The Hard Rock Hotel and Casino, River Spirit Casino Resort and Osage Casino also feature restaurants, nightclubs and a constant stream of live entertainment.

Tulsa hosts a never-ending lineup of exciting games, tournaments and recreational events throughout the year. Sports spectators can look to The University of Tulsa, Tulsa Drillers baseball, Tulsa Oilers ice hockey and FC Tulsa soccer. Tulsa Tough is one of the most popular bicycle street races in the country, and the annual Tulsa Run the Route 66 Marathon appeal to runners from around the world.

For every local or visitor, Tulsa inspires something different! To learn more about all that Tulsa has to offer, check out VisitTulsa.com.



Simon Greiner Track & Field Complex

The Simon Greiner Track & Field Complex is home to the Golden Hurricane track and field team and also serves as the home field for Tulsa's men's and women's soccer programs.

The facility was renamed the Simon Greiner Track & Field Complex in the fall 2023 in memory of former TU track & field and cross-country student-athlete Simon Greiner, who passed away in 2016 at the age of 22.

The state-of-the-art facility, completed in August 2003, was the third phase of the 10-year athletic master plan for campus development and named the Hurricane Soccer & Track Stadium. The multi-purpose \$4.5 million facility is part of the Donna J. Hardesty Sports and Recreation Complex, a 30-acre development at The University of Tulsa.

Designed by St. Louis-based Hastings & Chivetta Architects, Inc., the stadium features a 75 yards X 120 yards soccer field and an eight-lane 400-meter synthetic surface running track. The stadium includes locker rooms, a training room, concession stand and storage area, a press box and seating for 2,000 spectators.

The stadium provides the University's soccer and track teams with a permanent track and natural grass field on campus and allows the track teams to incorporate the hammer throw, discus, javelin and shot put into its field events. The track was resurfaced in the early spring of 2023.

On the track and field side, the stadium served as the host facility for the 2005 Western Athletic Conference Track and Field Championships and the 2009 Conference USA Track and Field Championships. In soccer, the facility has hosted number conference championship and NCAA Tournament games.

Other firms working on the stadium included the St. Louis companies of McClure Engineering Associates as mechanical, electrical and plumbing engineer; and Jack Sontag, structural engineer. Tulsa-based companies include Saks & Associates providing civil engineering; Howell & Vancuren as the landscape architect; and Oakridge Builders as the general contractor.



Simon Greiner

STADIUM ATTRIBUTES

- Capacity: 2,000
- Opened: August 2003
- Sports: Men's and Women's Outdoor Track, Men's and Women's Soccer
- First Track Meet: March 20, 2004 (Tulsa, ORU, Oklahoma State)
- Size: 7,159 (Building); Field 70 yards x 120 yards; Track is regulation 400 meters, 8 lanes
- Architect: Hastings & Chivetta Architects, Inc.
- Builder: Oakridge Builders
- Field Surface: Natural Grass (Bermuda)
- Track Surface: Polyurethane

2023-24 Tulsa Men's Track & Field Roster

Name	Ht.	Events	Class	Hometown / Previous School
Shuaib Aljabaly	5-8	Distance	R-Sr.	Sanaa, Yemen / Wisconsin
Christian Baker	6-0	Middle Distance	Sr.	Kirkwood, Mo. / Kirkwood HS
Zander Baker	5-10	Sprints	So.	Tulsa, Okla. / Metro Christian HS
Colton Berquist	5-9	Distance	R-So.	Winter Garden, Fla. / Lake Sumter State
Luke Birdseye	5-7	Distance	Fr.	Slough, England / Langley Academy
Ben Black	5-9	Distance	Sr.	Houston, Texas / The Woodlands College Park HS
Grant Brawley	6-1	Distance	R-Fr.	St. Louis, Mo / Marquette
Ben Brown	5-9	Distance	Fr.	Southampton, England / King Edward VI School
Jaden Forester	5-6	Distance	Jr.	La Mesa, Calif. / New Orleans
James Knockton	5-7	Distance	Fr.	Wilmslow, England / Wilmslow HS
Brady Korsmo	5-11	Distance	Fr.	Bismarck, N.D. / Bismarck HS
Sean Korsmo	5-9	Distance	Jr.	Bismarck, N.D. / Bismarck HS
Charlie Krasnoff	6-0	Distance	R-Fr.	St. Louis, Mo. / Ladue Horton Watkins HS
Luke Lambert	5-9	Distance	R-So.	Murphy, Texas / Wylie HS
Jonathan Lee	5-10	Distance	Fr.	Austin, Texas / Hill Country Christian School of Austin
Andrew Lutkenhaus	6-0	Middle Distance	Fr.	Justin, Texas / Northwest HS
Brennon Mason	5-9	Sprints	Fr.	Moore, Okla. / Southmoore HS
Shay McEvoy	5-11	Distance	Sr.	Kilkenny, Ireland / St. Kierans College
Chris McLeod	5-10	Distance	R-Jr.	Birmingham, England / Woodrush HS
Chanel Muir	6-1	Distance	R-Fr.	Christchurch, New Zealand / Catholic Cathedral College
Grant Musick	6-3	Distance	Fr.	Springfield, Mo. / Kickapoo HS
Malte Propp	6-0	Distance	Sr.	Rostock, Germany / CJD Rostock
Gian Pulido	5-8	Middle Distance	Jr.	Killeen, Texas / Killeen HS
Carson Roysse	5-10	Middle Distance	R-Fr.	Edmond, Okla. / Edmond North HS
Iain Salter	5-8	Distance	R-Fr.	Tyler, Texas / Tyler Legacy HS
Evan Sanni-Thomas	6-3	Sprints	Jr.	The Woodlands, Texas / The Woodlands Christian Academy
Dillon Stinson	6-0	Sprints	So.	Lawton, Okla. / Cache HS
Josh Sutton	5-4	Sprints	Sr.	Ferguson, Mo. / Mary Institute Country Day School
Jayden Williams	6-0	Sprints	Fr.	Sapulpa, Okla. / Sapulpa HS

Director of Cross Country/Track & Field: Steve Gulley (Northeastern Oklahoma State, 1983), 24th year

Men's Cross Country/Track & Field Head Coach: Taylor Gulley (Tulsa, 2012), 12th year

Assistant Coach: Aidan Fiol (UConn, 2018), 2nd year

Assistant Coach: Mollie Dalton (Lewis, 2017), 1st year

Assistant Coach: Loren Iwanicki (Aurora, 2015), 1st year



Tulsa men's distance runners at The American Indoor Championships in Feb. 2023, ©Michael Wade

THE UNIVERSITY OF TULSA GOLDEN HURRICANE

2023 Tulsa Men's Cross Country Roster

Name	Ht.	Class	Hometown / Previous School
Christian Baker	6-0	R-Sr.	Kirkwood, Mo. / Kirkwood HS
Colton Berquist	5-9	R-So.	Winter Garden, Fla. / Lake Sumter State
Luke Birdseye	5-7	Fr.	Slough, England / Langley Academy
Ben Black	5-9	R-Sr.	Houston, Texas / The Woodlands College Park HS
Grant Brawley	6-1	So.	St. Louis, Mo / Marquette
Ben Brown	5-9	Fr.	Southampton, England / King Edward VI School
James Knockton	5-7	Fr.	Wilmslow, England / Wilmslow HS
Brady Korsmo	5-11	Fr.	Bismarck, N.D. / Bismarck HS
Sean Korsmo	5-9	R-So.	Bismarck, N.D. / Bismarck HS
Charlie Krasnoff	6-0	R-Fr.	St. Louis, Mo. / Ladue Horton Watkins HS
Luke Lambert	5-9	R-So.	Murphy, Texas / Wylie HS
Johnny Livingstone	5-9	R-Fr.	East Devon, England / Colyton Grammar School
Jonathan Lee	5-10	Fr.	Austin, Texas / Hill Country Christian School of Austin
Andrew Lutkenhaus	6-0	Fr.	Justin, Texas / Northwest HS
Shay McEvoy	5-11	R-Jr.	Kilkenny, Ireland / St. Kierans College
Chris McLeod	5-10	R-Jr.	Birmingham, England / Woodrush HS
Chanel Muir	6-1	R-Fr.	Christchurch, New Zealand / Catholic Cathedral College
Grant Musick	6-3	Fr.	Springfield, Mo. / Kickapoo HS
Malte Propp	6-0	R-Jr.	Rostock, Germany / CJD Rostock
Gian Pulido	5-8	So.	Killeen, Texas / Killeen HS
Carson Royse	5-10	R-Fr.	Edmond, Okla. / Edmond North HS
Iain Salter	5-8	R-Fr.	Tyler, Texas / Tyler Legacy HS
Ryan Shumaker	5-8	R-Sr.	Grapevine, Texas / Grapevine HS

Director of Cross Country/Track & Field: Steve Gulley (Northeastern Oklahoma State, 1983), 24th year

Men's Cross Country/Track & Field Head Coach: Taylor Gulley (Tulsa, 2012), 12th year

Assistant Coach: Aidan Fiol (UConn, 2018), 2nd year

Assistant Coach: Mollie Dalton (Lewis, 2017), 1st year

Assistant Coach: Loren Iwanicki (Aurora, 2015), 1st year



The Tulsa men's cross country team won the 2023 American Athletic Conference Championships in October for the 10th consecutive year, ©American Athletic Conference

Shuaib Aljabaly

Distance

6-0 · R-Sr.

Sanaa, Yemen

Wisconsin



TULSA: A two-time letterwinner after transferring from Wisconsin.

2022-23

OUTDOOR: Raced in the 10,000m at the Stanford Invitational and the 5,000m in the Payton Jordan Invitational ... placed third in his flight in Stanford, posting a 28:37.67 time.

INDOOR: Competed in three meets after transferring from Wisconsin at the start of the spring semester ... primarily raced in the 3,000m ... clocked a season-best mark of 8:04.42 for seventh place at the Windy City Invite ... in The American Indoor Championships, he grabbed fifth and 10th-place finishes in the 3,000m and 5,000m, respectively.

PRIOR TO TULSA: A 10-time letterwinner at Wisconsin ... named 2021 second-team all-Big Ten in cross country ... a part of the 2021 Big Ten Indoor Champions in the distance medley relay ... was a 2021 first-team all-Big Ten selection in track ... earned 2018 and 2019 NCAA Great Lakes all-region honors in cross country ... was the 2019 USATF U-20 Cross Country National Champion.

HIGH SCHOOL: Went undefeated during senior cross country season ... won the state D2 individual cross country title ... won the D2 state title in the 1600 meters ... qualified for state in the 3200 meters freshman year ... conference and regional champion, and state runner-up in the 3200 meters as a sophomore and junior ... was a conference, regional, and state champion in the 5K his senior year ... ran for Team Michigan ... earned All-America status at Footlocker Nationals ... named Mr. Cross Country for the state of Michigan ... conference, regional, and state champion in the 1600 meters ... took third place at state in the 3200 meters ... his team won the state championship ... ran at New Balance Nationals ... was an All-American with a fifth-place finish in the 5000 meters ... also participated in wrestling and soccer ... made honor roll all four years of high school ... high school coach was Jim Bilsborrow.

PERSONAL: Parents are Hana Saleh and Omar Aljabaly ... brothers are Yousif, Mohamed, Nooh, Haroon, and Idrees ... sisters are Maryam and Khadijah ... born Feb. 16, 2000 ... working on his master's in cyber security.

Christian Baker

Middle Distance

6-0 · Sr.

Kirkwood, Mo.

Kirkwood HS



TULSA: A 10-time letterwinner ... a two-time all-conference cross country runner ... an indoor track and outdoor track all-conference honoree ... holds the school record for the men's 3,000m steeplechase (8:38.66).

2023-24

CROSS COUNTRY: Raced in three meets ... finished second on the team and 29th overall in 24:11.66 at the Loyola Lakefront Invite ... was Tulsa's top finisher at the Nuttycombe Invitational, finishing 104th overall in 24:22.8 ... helped TU earn its 10th consecutive AAC title, finishing fifth on the team and 10th overall with a time of 23:13.8 to earn all-conference honors ... finished the 10,000m course at the Midwest Regional in 32:46.7 for seventh on the team and 110th overall.

2022-23

OUTDOOR: Raced in four meets ... started the season with a first-place finish in his 3,000m steeplechase flight at the Stanford Invitational in 8:42.53 ... set a school record in the 3,000m steeplechase (8:38.66) at the Drake Relays as the top collegiate finisher and second overall athlete to cross the finish line, earning him his first career American Men's Track Athlete of the Week award (5/2) ... placed eighth in the 1,500m final in 3:49.61 at the AAC Championships.

INDOOR: Competed six times across three meets, ... won the mile at the Windy City Invite in 3:59.88 ... won the mile at The American Indoor Championships with a time of 4:05.67, earning his first career indoor all-conference honor.

CROSS COUNTRY: Ran in three meets ... competed in the AAC Championships, placing 30th with a time of 25:10.2.

2021-22

OUTDOOR: Ran in three meets ... won with a personal best of 8:56.79 in the 3,000m Steeple at the Joe Walker Invite ... competed in the AAC Championship, set a personal best of 14:44.36 in the 5,000m run for 11th place and placed second in the 3,000-meter steeplechase with a time of 9:08.75 to earn all-conference honors.

INDOOR: Ran in four meets ... set a personal best of 8:30.48 in the 3,000m run at the Washburn Open ... won the mile run with a personal best of 4:06.53 at the Windy City Invite ... competed in the AAC Championships, placed fifth in the mile run with a time of 4:07.45.

CROSS COUNTRY: Ran in four meets ... competed in the AAC Championships, placed 15th with a time of 24:49.4.

2020-21

OUTDOOR: Ran in three meets ... set personal bests of 1:56.28 in the 800m run and 3:47.87 in the 1,500m run at the John McDonnell Invite ... recorded a career-best time of 14:51.65 in the 5,000m run at the Hayward Premiere ... at The American Championship, finished 11th in the 1,500m run with a time of 3:48.60.

INDOOR: Did not compete.

CROSS COUNTRY: Raced in two meets ... was an all-conference honoree ... recorded a 12th place finish with a time of 24:51.57 in The American Athletic Conference Championship ... had a time of 27:37.8 for 27th place at the OSU Winter Open.

2019-20

OUTDOOR: Outdoor season canceled due to COVID-19 pandemic.

INDOOR: Ran in four meets ... finished fourth overall in the mile run at The American Indoor Track and Field Championships with a time of 4:12.81 ... also ran in the 3,000-meter run, crossing the finish line at 8:36.82 ... won the mile run at the Black & Gold Invite to a time of 4:09.91 ... ran in the 1,000-meter run at the Arkansas Invitational, clocking in at 2:29.32.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Competed for head coach Wayne Baldwin at Kirkwood High School ... was a four-year letterwinner in track and field and cross country, while earning one letter in soccer ... named the 2018-19 Gatorade Missouri Boys Cross Country Runner of the Year.

PERSONAL: Born Christian David Baker on Feb. 15, 2001, in St. Louis, Mo. ... son of David and Kari Baker ... has two sisters and one brother ... parents competed on the cross country and track and field teams at Southeast Missouri State ... started running track at the age of 5 ... the most memorable place he's visited is Alaska ... his favorite food is fruit ... Jordan Spieth is his favorite professional athlete ... majoring in biology.

Zander Baker

Sprints

5-9 · So.

Jenks, Okla.

Metro Christian Academy



TULSA: A two-time letterwinner.

2022-23

OUTDOOR: Appeared in five meets, racing in two events per meet ... finished sixth overall in the 400m at the Shocker Invitational ... ran personal-best times of 11.06 in the 100m, 22.38 in the 200m and 52.35 in the 400m.

INDOOR: Ran in two meets ... clocked a 7.36 finish in the 60m and a 38:63 mark in the 300m at the Crimson & Gold Invitational ... finished in 23.69 in the 200m at the Arkansas Invitational.

HIGH SCHOOL: A four-year letterwinner in track ... earned personal bests of 10.99 in the 100m and 22.48 in the 200m during his senior year at Metro Christian Academy.

PERSONAL: Born Zander Elliott Baker on June 11, 2004 ... son of Daniel and Shanna Baker ... has one sister, Lanayah ... started running track and cross country at age 12 ... majoring in petroleum engineering.

Colton Berquist

Distance

5-9 · R-So.

Winter Garden, Fla.

Lake Sumter State



TULSA: A letterwinner in cross country ... in his first year at Tulsa after transferring from Lake Sumter State.

2023-24

CROSS COUNTRY: Raced in two meets ... finished 19th overall and seventh on the team with a time of 15:48.4 at the season-opening Cowboy Preview (5,000m) ... placed 108th overall at the Loyola Lakefront Invite (8,000m) in 25:38.83.

PRIOR TO TULSA: Was a two-year letterwinner at Lake Sumter State, a junior college in Leesburg, Fla. ... was a NJCAA Academic All-American as a true freshman (2021-22) ... as a sophomore (2022-23), named the Lake Sumter State Student-Athlete of the Year, received the Larry Monts Scholar Athlete award and placed third at the FCSAA regional cross country championships ... set the school record in the men's cross country 8,000m run (25:37.9).

HIGH SCHOOL: Was a three-year letterwinner in track and cross country at West Orange High School ... was the 2019 cross country district champion, 2020 conference champion in cross country, 2021 conference champion in the 1,600m run in track ... was a three-time FHSAA cross country state qualifier (2018-20) ... a state track qualifier in the 3,200m run in 2019 ... a state track qualifier in the 1,600m run in 2021.

PERSONAL: Born Feb. 19, 2003 ... son of Jim Berquist and Michelle Filic ... has one brother and two sisters ... favorite book is *Lord of The Rings* ... started running track at the age of 15 ... favorite class at TU is statistics ... majoring in organizational studies.

Luke Birdseye

Distance

5-7 · Fr.

Slough, England

Langley Academy



TULSA: A cross country letterwinner ... in his first year at Tulsa.

2023-24

CROSS COUNTRY: Raced in three meets ... clocked a 26:24.1 finish at the Nuttycombe Invitational (8,000m) ... at The American Championship, ran the 8,000m course in 23:47.7, finishing seventh on the team and 24th overall ... finished fifth on the team and 53rd overall at the Midwest Regionals in 31:48.4.

HIGH SCHOOL: A multi-year letterwinner in cross country, track, rowing, swimming, karate and soccer while attending the Langley Academy in England ... was a Berkshire cross country champion in 2019 and 2021 ... specialized in the 2,000m steeplechase, and was a 2021 England champion, South of England champion, English Schools champion, UK School Games champion and SIAB champion ... placed fourth in the European U18 2,000m steeplechase.

PERSONAL: Son of David and Patricia ... began running at the age of 13 ... favorite movie is *Fight Club* ... favorite show is *The Office* ... hobbies include running, listening to music, going to concerts, visiting movie theaters and parkour ... most memorable place visited is the Dominican Republic ... majoring in exercise and sports science.

Ben Black

Distance

5-9 · Sr.

Houston, Texas

The Woodlands College Park HS



TULSA: An eight-time letterwinner.

2023-24

CROSS COUNTRY: Raced in one meet ... ran the 5,000m course at the Cowboy Preview in a time of 16:01.4, finishing 26th overall and eighth on the team.

2022-23

OUTDOOR: Ran in four meets... ran a personal best of 8:33.34 in the 3000m run for sixth in the Shocker Invitational... competed in the AAC Championships 10,000m run with a time of 32:23.45.

INDOOR: Ran in three meets... set a personal best in 3000m with a time of 8:36.45 at the Arkansas Invitational.

CROSS COUNTRY: Ran in one meet.

2021-22

OUTDOOR: Ran in one meet ... set a personal best in the 5000m run with a time of 15:46.08 at the ORU Invite, finished seventh.

INDOOR: Ran in one meet ... set a personal best in the 3000m run with a time of 8:51.40 for fifth place at the Wooo Pig Classic.

CROSS COUNTRY: Ran in three meets.

2020-21

OUTDOOR: Ran in two meets ... clocked a time of 4:10.97 in the 1,500m run at the KT Woodman Classic ... at the ORU Invitational, recorded a time of 16:19.87 in the 5,000m run.

INDOOR: Did not compete.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Was a three-year letterwinner in track and field and cross country at The Woodlands College Park High School ... helped his team finish eighth as a junior and fifth as a senior in the UIL 6A Championships ... set a personal best of 15:17.18 in the 5,000-meters.

PERSONAL: Born Benjamin William Black on June 15, 2001 ... son of Sheldon and Lisa Black ... has a twin brother, Jeffrey ... started running track at the age of 13 ... his favorite class at TU is chemistry ... majoring in exercise & sports science.

Grant Brawley

Distance
6-1 · R-Fr.
St. Louis, Mo.
Marquette



TULSA: In his first season at Tulsa after transferring from Marquette.

2023-24

CROSS COUNTRY: Did not compete.

PRIOR TO TULSA: Saw action in four cross country meets for Marquette in 2022 ... placed 19th at the Phoenix Invitational with a time of 28:27.5 ... ran a personal-best time of 26:35.8 at the Bradley 'Pink' Classic, placed 251st.

HIGH SCHOOL: Lettered all four years in cross country and track & field at Saint Louis University High School under coach Joe Porter ... named team captain of his cross country team as a senior ... helped lead his team to runner-up honors at the state meet his freshman, sophomore and junior seasons ... earned all-state honors as a senior with an 11th place finish at the state meet, and finishing fourth as a team ... named second-team all-metro in cross country ... his team finished 10th at the Nike Cross Regional ... PR's: 15:41 (5k XC), 9:21 (3200m) and 4:22 (1600m).

PERSONAL: Born November 6, 2003, in Saint Louis, Mo. ... he has two younger siblings, Hudson and Tessa ... majoring in biology.

Ben Brown

Distance
5-9 · Fr.
Southampton, England
King Edward VI School



TULSA: In his first season at Tulsa.

2023-24

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Was a nine-year letterwinner in running, a seven-time letterwinner in soccer and swimming and a five-year letterwinner in tennis ... competed in all four sports while completing his secondary education at the King Edward VI School in his hometown of Southampton in England.

PERSONAL: Son of Chris and Anna Brown ... has two siblings, William and Steph ... started competing in cross country at the age of nine ... favorite movie is *Minions* ... most memorable place he's visited is Moscow ... majoring in exercise and sports science.

Jaden Forester

Distance
5-6 · Jr.
La Mesa, Calif.
New Orleans



TULSA: In his first season at Tulsa after transferring from New Orleans.

PRIOR TO TULSA: A three-year letterwinner in cross country and track for the University of New Orleans ... (2022-23) Finished seventh in the Southland Cross Country Championship to earn all-conference honors ... was a three-time Southland Men's Track Athlete of the Week and an all-conference recipient for his second-place finish in the mile during the Southland Indoor Championships ... (2021-22) Named All-Louisiana Cross Country Team and All-Southland Second Team in cross country ... a three-time all-conference honoree in track, earning first-team accolades for his first-place finishes in the mile and distance medley relay at the Southland Indoor Championships and third-team honors in the outdoor 1,500-meter run ... (2020-21) Placed seventh in the Southland Cross Country Championship to earn all-conference honors as a freshman ... earned three all-conference honors in track, including the indoor mile, indoor distance medley relay and outdoor 1,500-meter run.

HIGH SCHOOL: Played soccer in addition to running both cross country and track in high school ... helped his high school soccer team win the California Division II title ... started running cross country in high school to help stay in shape for soccer and quickly realized his instant success in the sport.

PERSONAL: Graduated from UNO with a bachelor's degree in computer science with honors in spring 2023 ... working on his master's in cyber security.

James Knockton

Distance
5-8 · Fr.
Wilmslow, England
Wilmslow HS



TULSA: In his first year at Tulsa.

2023-24

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A multi-year long distance letterwinner at Wilmslow High School in England ... was the United Kingdom U17 10,000m champion in 2021, while finishing in second place in the U17 5,000m, fourth place for the U20 10,000m and fifth place for the U20 3,000m in 2022.

PERSONAL: Son of Alastair Knockton and Helen Gill ... favorite professional athlete is Jakob Ingebrigtsen ... most memorable sports moment was representing Great Britain at the U18 European Championship ... most memorable place visited is Jerusalem ... majoring in biology.

Brady Korsmo

Distance
5-11 · Fr.
Bismarck, N.D.
Bismarck HS



TULSA: In his first season at Tulsa.

2023-24

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Was a four-year letterwinner in cross cross-country and two-year letterwinner in hockey ... competed in all three sports while attending North Dakota High School ... earned cross-country champion and North Dakota Gatorade Athlete of the Year in 2022 ... earned 2022 state championship title in track for the 1600m run event.

PERSONAL: Son of Tracy and Mary Korsmo ... has three siblings, Nicky, Dani, and Sean, who's also a member of the Tulsa cross country and track teams ... started competing in cross country at the age of nine ... favorite movie is *Cars 2* ... favorite actor is Ryan Reynolds... enjoys knitting and stargazing ... majoring in mechanical engineering.

Sean Korsmo

Distance
5-10 · Jr.
Bismarck, N.D.
Bismarck HS



TULSA: A five-time letterwinner... an all-conference selection in indoor and outdoor track.

2023-24

CROSS COUNTRY: Was one of four Tulsa men to race in all five meets ... finished fifth on the team and 12th overall in 15:27.7 at the Cowboy Preview (5,000m) ... crossed the finish line in 24:36.07 for 56th at the Loyola Lakefront Invite (8,000m) ... placed 177th at the Nuttycombe Invitational (8,000m) with a 24:50.7 finish ... at the AAC championships (8,000m), finished sixth on the team and 23rd overall for a season-best performance of 23:47.6 ... clocked a 32:45.3 time in the Midwest Regional to finish sixth on the team and 108th overall.

2022-23

OUTDOOR: Ran in four meets ... ran a personal best in the 1500m run at the Bryan Clay Invite with a time of 3:49.41 ... took second in the Shocker Invitational 1500m, finishing in 3:56.10 ... competed in the 800m at the AAC Championships 3000m Steeplechase, placing third with a time of 1:50.40 to earn all-conference honors.

INDOOR: Ran in three meets ... set personal best in the 1000m run during Arkansas Invitational, with a time of 2:26.22 ... earned first place in the mile run at the Larry Wiczorek Invite, with a time of 4:06.39 ... earned all-conference honors by taking second place at The American Championships 800m run with a time of 1:51.61.

CROSS COUNTRY: Ran in one meet ... at the AAC Championships, finished with a time of 24:45.7 for 21st place.

2021-22

OUTDOOR: Did not compete.

INDOOR: Ran in two meets ... set a personal best of 4:11.07 for sixth place in the mile run at the Arkansas Invitational ... at the Washburn Open, set a personal best of 8:15.54 in the 3,000m run, finished seventh place ... also won the Distance Medley Relay, helping his team finish with a time of 9:52.30.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A four-year letterwinner in track and cross country, three-year letterwinner in lacrosse and a letterwinner in hockey at Bismarck High School... named the North Dakota Powerade Cross Country Senior Athlete of the Year ... 2017 North Dakota All-State cross-country honors ... was the 2019 North Dakota State Class A 1600m, 3200m, and 4x800 relay champions... 2020 National High School Trail Championship runner-up.

PERSONAL: Born Sean David Richard Korsmo on November 19, 2002 ... son of Tracy and Mary Korsmo... has two sisters; Dani and Nicki, and one brother, Brady, who's also on the Tulsa cross country and track teams ... started running cross country and track at age 9... favorite movie is "Slap Shot" ... favorite food is ice cream ... favorite professional athlete is Russell Wilson ... hobbies include running, hunting and church/youth group mission groups ... majoring in media studies and minoring in computer science.

Charlie Krasnoff

Distance
6-0 · R-Fr.
St. Louis, Mo.
Ladue Horton Watkins HS



TULSA: A three-time letterwinner ... a cross country all-conference runner ... 2023 AAC Cross Country Freshman of the Year ... an All-Midwest Region cross country runner.

2023-24

CROSS COUNTRY: Was one of four Tulsa men to race in all five meets ... second on the team and fourth overall at the Cowboy Preview (5,000m) in 15:12.4 ... finished first on the team and 23rd overall in 24:08.73 at the Loyola Lakefront Invite (8,000m) ... completed the 8,000m course at the Nuttycombe Invitational in 24:31.8, finishing second on the team and 127th overall ... was TU's first finisher and the fourth-place runner at the AAC Championships (8,000m), bringing home all-conference honors and AAC Cross Country Freshman of the Year as a redshirt-freshman ... led Tulsa with a 12th place finish in the Midwest Regionals, navigating the 10,000m course in 30:29.1 to earned All-Midwest Region honors.

2022-23

OUTDOOR: Ran in two meets ... clocked a personal-best time of 3:59.37 in the Shocker Invitational 1500m run, placing fifth ... took first place for his first career win in the KT Woodman Classic with a time of 14:15.13 in the 5,000m run.

INDOOR: Did not compete.

CROSS COUNTRY: Ran in one meet ... experienced his first D1 meet at the Chili Pepper Festival, clocked a time of 25:02.4.

HIGH SCHOOL: A six-time letterwinner in cross country and track and one-time letterwinner in swimming ... an all-district and all-state selection in 2020 and 2021, 2020 and 2021 XC Conference Champion, 3200 State Champion.

PERSONAL: Born Charles Frederick Krasnoff on January 6, 2004... son of Mark and Claudia Krasnoff... has two siblings, Alex and Nick ... started running track and cross country at age 14 ... favorite professional athlete is Russell Westbrook ... majoring in business information systems and minoring in sport management.

Luke Lambert

Distance
5-9 · R-So.
Murphy, Texas
Wylie HS



TULSA: A three-time letterwinner ... a cross country all-conference honoree ... 2022 AAC Cross Country Freshman of the Year.

2023-24

CROSS COUNTRY: Competed in one meet ... finished the 8,000m course at the Loyola Lakefront Invite in 25:25.19 for 101st overall and sixth on the team.

2022-23

OUTDOOR: Ran in one meet ... placed 10th in the Shocker Invitational 3000m with a time of 8:41.38, setting a personal best.

INDOOR: Did not compete.

CROSS COUNTRY: Ran in four meets ... competed in the AAC Championships, finished 15th overall with a time of 24:27.4, earning all-conference honors ... clocked a time of 30:12.9 at the Midwest Regional ... at the NCAA Championships, finished with a time of 31:29.8 ... tabbed AAC Freshman Cross Country Runner of the Year honors.

2021-22

OUTDOOR: Did not race.

INDOOR: Did not race.

CROSS COUNTRY: Did not race.

HIGH SCHOOL: A four-time letterwinner in both cross country and track ... 2021 Texas 6A State Champion Cross Country runner for the 3200m and 1600m ... was a 4-time state qualifier in cross country ... finished in fourth place at the state meet in 2018 and eighth in 2019.

PERSONAL: Born Luke Emory Lambert on June 5, 2002 ... son of Jake and Kelly Lambert ... has one sister, Liv ... started running track and cross country in seventh grade ... favorite food is pizza ... favorite musical group is Still Woogy ... majoring in computer science.

Jonathan Lee

Sprints
5-10 · Fr.
Austin, Texas
Hill Country Christian School



TULSA: In his first season at Tulsa.

HIGH SCHOOL: A four-year letterwinner in track and field ... was a two-year letterwinner in basketball ... competed in both sports while attending Hill Country Christian School ... earned 2021 TAPPS 4x4 state championship title ... helped his school place second at the state meet for track and field in 2021.

PERSONAL: Son of Reid and Marcia Lee ... has one sister, Lauren ... began competing in track and cross country at the age of 12 ... favorite movie is *Rush Hour* ... favorite food is sushi ... enjoys listening to music before meets ... majoring in computer science.

Johnny Livingstone

Distance
5-9 · R-Fr.
East Devon, England
Colyton Grammar School



TULSA: A two-time letterwinner ... a cross country all-conference runner.

2023-24

CROSS COUNTRY: Was one of four Tulsa men to race in all five meets ... helped TU to a second-place finish at the Cowboy Preview (5,000m), leading the Hurricane with a 15:09.0 performance to finish third overall ... finished third on the team and 29th overall at the Loyola Lakefront Invite (8,000m) in 24:22.66 ... navigated the 8,000m course at the Nuttycombe Invitational in 24:49.1 for fourth place on the team and 168th overall ... helped the Tulsa men to their 10th consecutive AAC title, finishing the 8,000m conference championship course ninth overall and fourth on the team with a time of 23:12.2 to earn all-conference honors ... completed the 10,000m course at the Midwest Regional in 31:26.8 as TU's fourth-place runner and the 30th overall finisher.

2022-23

OUTDOOR: Did not compete.

INDOOR: Ran in two meets ... clocked two personal bests at the Larry Wiczorek Invite, 4:10.21 in the mile run and 8:07.04 in the 3,000m.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Lettered in running, rugby, soccer, cycling and swimming at Colyton Grammar School in Exeter, England.

PERSONAL: Son of Alan and Clare Livingstone ... has three siblings, Paddy, Flo and Scarlett ... began competing in track and cross country in his early youth ... favorite musician is Taylor Swift ... favorite song is *Love Story* by Taylor Swift ... favorite movie is *Inception* ... before a meet, he listens to music.

Andrew Lutkenhaus

Middle Distance
6-0 · Fr.
Justin, Texas
Northwest HS



TULSA: In his first year at Tulsa.

2023-24

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Four-year letterwinner in both track and cross country at Northwest High School ... was a three-year letterwinner in football ... competed in these sports at Northwest High School ... was a state qualifier in 800m and 4x400m relay events as a junior in cross country ... also named co-MVP and was the runner up in the Region-1-5A 800m event that same year ... named all-district as a safety for football in his junior year ... in his senior year, was a state qualifier in the 800m in track and placed fourth in the 800m event at the 5A state meet ... named Academic All-State.

PERSONAL: Son of George and Tricia Lutkenhaus ... has two brothers, George Jr., and Cooper ... father ran cross country and track at North Texas ... favorite professional athlete is Jakob Ingebrigtsen ... favorite memory is running at the Nike National ... majoring in exercise & sports science.

Brennon Mason

Sprints

5-9 · Fr.

Moore, Okla.

Southmoore HS



TULSA: In his first year at Tulsa.

HIGH SCHOOL: Was a four-year letterwinner in both track and football at Southmoore High School ... was a three-year letterwinner in baseball ... named his school's Male Scholar Athlete of the Year.

PERSONAL: Son of Chris and Amber Pearson ... has three siblings, London, Mason, and Dayon ... started competing in track at 13 ... favorite food is French toast ... admires the most influential person in his life, his dad, for all his support ... the most memorable place he has been was an Oklahoma vs. Texas football game ... majoring in management.

Shay McEvoy

Distance

5-11 · Sr.

Kilkenny, Ireland

St. Kierans College



TULSA: A seven-time letterwinner ... an indoor track all-conference runner ... an outdoor track all-conference selection ... a two-time cross country all-conference honoree ... an All-Midwest cross country runner ... 2022 cross country All-American.

2023-24

CROSS COUNTRY: Did not compete.

2022-23

OUTDOOR: Ran in four meets ... placed third in the 1500m at the Drake Relays with a time of 3:44.94 ... received all-conference honors for a second-place performance at the AAC Championship 1500m run, with a personal-best time of 3:43.56.

INDOOR: Ran in three meets ... set a personal best of 4:01.49 in the mile run at the Larry Wiczorek Invite... competed in The American Championships mile run, placing fourth with a time of 4:08.40.

CROSS COUNTRY: Ran in four meets ... competed in the NCAA Midwest Regional, finished with a time of 29:42.0, placing third overall and earning All-Midwest region honors ... placed 23rd overall with a finishing time of 29:25.7 in the NCAA Championship to earn All-America honors.

2021-22

OUTDOOR: Ran in one meet ... finished seventh in the 5,000m run with a time of 13:46.45 at the Stanford Invite.

INDOOR: Ran in four meets ... was an American Athletic Conference all-conference honoree in the Distance Medley Relay ... set a personal best of 4:02 in the mile run preliminaries at the Arkansas Invitational ... won the 3,000m run at the Washburn Open with a time of 8:00.39 ... also won the Distance Medley Relay with a time of 9:52.30 ... at the Windy City Invite, won with a personal best of 7:56.32 in the 3,000m run ... competed in the AAC Championships, placed fourth in the Mile run with a time of 4:06.14 and sixth in the 3,000m run with a time of 8:06.30 ... also won Distance Medley Relay with a time of 9:39.90.

CROSS COUNTRY: Ran in four meets ... competed in the AAC Championships, finished with a time of 24:02.2 for fifth place overall... at the Midwest Regional, clocked a time of 30:49.44 for 21st place overall ... competed in the DI NCAA Championships, finished with a time of 30:34.6.

2020-21

OUTDOOR: Did not compete.

INDOOR: Did not compete.

CROSS COUNTRY: Raced in all three meets ... was an all-conference honoree and was named The American Freshman of the Year ... recorded a 10th place finish with a time of 24:43.36 in The American Athletic Conference Championship ... had a time of 25:47.6 for 17th place at the OSU Winter Open ... finished 157th in a time of 32:18.5 at the NCAA Championship.

HIGH SCHOOL: Was a two-year letterwinner in soccer and hurling at St. Kierans College in Kilkenny ... a five-time Irish Schools Cross Country medalist ... was the Irish U18 cross country champion in 2018 and the Irish U20 3,000-meter champion in 2019 ... recorded four national titles, four national silver medals and four national bronze medals during his high school career.

PERSONAL: Started running track at the age of 11 ... his dream car is a Maserati GT ... his favorite TV show is *The Wire* ... his favorite food is ice cream ... his favorite actress is Jennifer Aniston ... his favorite professional athlete is Diego Maradona ... his favorite book is *Open* by Andre Agassi ... majoring in political science and minoring in sociology.

Chris McLeod

Distance

5-10 · R-Jr.

Birmingham, England

Woodrush HS



TULSA: A seven-time letterwinner ... a cross country all-conference runner ... an All-Midwest Region cross country runner.

2023-24

CROSS COUNTRY: Was one of four Tulsa men to race in all five meets ... finished seventh overall and third on the team in 15:16.2 at the Cowboy Preview (5,000m) to help TU finish second overall ... completed the 8,000m course at the Loyola Lakefront Invite in 24:02.42 as an individual runner ... clocked a 24:36.1 finish at the Nuttycombe Invitational, finishing third on the team and 137th overall ... helped the Hurricane men to their 10th consecutive AAC title, finishing the 8,000m conference championship course eighth overall and third on the team in 23:09.6 to earn all-conference honors ... navigated the 10,000m course at the Midwest Regional in 31:05.2 to finish third on the team and 20th overall, earning All-Midwest Region honors.

2022-23

OUTDOOR: Ran in four meets ... took third place in the 3,000m at the Shocker Invitational with a time of 8:26.82, setting a personal best ... placed third with a time of 14:06.62 in the Drake Relays 5,000m ... clocked 31:44.69 in the AAC Championships 10,000m run, placing seventh.

INDOOR: Ran in three meets ... set a personal best of 4:18.89 in the mile run during the Arkansas Invitational ... placed second in the Wichita State Invite 3,000m run, with a time of 8:39.68 ... ran a 14:44.08 in the 5,000m during the Division 1 Challenge, placing fourth.

CROSS COUNTRY: Ran in two meets ... finished the Cowboy Jamboree 8K in 24:32.1 to finish fifth on the team and 60th overall.

2021-22

OUTDOOR: Did not compete.

INDOOR: Did not compete.

CROSS COUNTRY: Ran in three meets ... competed in the AAC Championships, placed seventh overall with a time of 24:24.8 ... at the DI NCAA Championships, finished with a time of 30:39.7.

2020-21

OUTDOOR: Ran in four meets ... set a personal-best time of 3:53.69 in the 1,500m run at the John McDonnell Invite ... at the Joe Walker Invite, posted a personal best time of 14:23.21 in the 5,000m run ... was eighth in the 5,000m run at The American Championship.

INDOOR: Ran in both meets ... at the Wichita State Invite, recorded times of 4:24.29 and 8:39.68 in the mile run and 3,000m run, respectively ... recorded a time of 14:44.08 at the Division I Challenge.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Finished fifth in English School Senior Boys 3000-meter and 15th in cross country in 2019.

PERSONAL: Started running track at age 11 ... his dream car is a Renault Clio ... his favorite pro athlete is racing cyclist Geraint Thomas ... his favorite food is Cadbury's chocolate ... his hobbies include running, skiing and watching sports ... majoring in exercise & sports science and minoring in biology.

Chanel Muir

Distance

6-1 · R-Fr.

Christchurch, New Zealand
Catholic Cathedral College



TULSA: A four-time letterwinner ... an indoor all-conference selection.

2023-24

CROSS COUNTRY: Raced in two meets ... helped Tulsa finish second overall at the Cowboy Preview (5,000m) with a 15:19.7 performance to place ninth overall and fourth on the team ... completed the 8,000m course at the Nuttycombe Invitational in 25:19.3 as Tulsa's seventh finisher.

2022-23

OUTDOOR: Ran in five meet s... took first in the 1500m at the Shocker Invitational with a time of 3:56.03 ... set a personal best of 1:51.89 in the 800m at the KT Woodman Classic, taking third place ... competed at the AAC Championships, taking fourth place in the 1,500m run with a time of 3:47.76.

INDOOR: Ran in four meets ... ran a personal-best time of 2:26.43 in the Arkansas Invitational 1000m, placing seventh... at the Windy City Invite, he clocked a 4:06.74 on the mile run, setting a personal best ... competed at The American Championships, placing third in the mile run with a time of 4:07.72.

CROSS COUNTRY: Ran in one meet ... finished first for TU with a time of 24:49.8 at the Chili Pepper Festival.

HIGH SCHOOL: A letterwinner in cross country and track at Catholic Cathedral College.

PERSONAL: Son of Kevin and Bridget Muir... has two sisters, Jacinta and Lucy... started running track and cross country at age 10 ... favorite childhood game is 52 Bonkers ... listens to music before meets ... majoring in computer science and minoring in mathematics.

Grant Musick

Distance

6-3 · Fr.

Springfield, Mo.
Kickapoo HS



TULSA: In his first year at Tulsa.

2023-24

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Was a four-year letterwinner in both track and cross country at Kickapoo High School ... helped his cross country team finish first at state in 2021 and third in 2022 ... placed fifth in the 1600m at the state meetw as a sophomore and ninth as a junior ... was an all-state runner in his junior and senior years.

PERSONAL: Son of Bob and Trish Musick ... mother won a national title in Division 3 at Pomona Pitzer ... has one brother, Nolan ... started competing in track at 12 ... favorite food is French toast ... before meets, he likes to nap ... majoring in economics.

Malte Propp

Distance

6-0 · Sr.

Rostock, Germany
CJD Rostock



TULSA: A 10-time letterwinner ... a three-time cross country all-conference selection and an outdoor track all-conference honoree ... a Midwest All-Region cross country runner.

2023-24

CROSS COUNTRY: Competed in four meets ... clocked a 24:36.99 performance at the Loyola Lakefront Invite (8,000m) to finish fifth on the team and 57th overall ... completed the 8,000m course at the Nuttycombe Invitational in 25:08.6 as Tulsa's sixth finisher ... helped the Hurricane men win their 10th consecutive AAC title, finishing the 8,000m conference championship course seventh overall and second on the team in 23:07.6 to earn all-conference honors ... navigated the 10,000m course at the Midwest Regional in 30:58.5 to finish second on the team and 16th overall, earning All-Midwest Region honors.

2022-23

OUTDOOR: Ran in four meets ... clocked a personal best of 14:00.84 in the Payton Jordan Invite 5,000m run, taking fifth place ... won first place in the ORU Invite 1,500m with a personal best time of 3:49.24 ... competed in the AAC Championships 10,000m, finishing with a time of 31:36.30 for third place.

INDOOR: Ran in four meets ... set a personal best mile time of 4:06.49 at the Arkansas Invitational... took fifth place in the Windy City Invite 3,000m with a time of 8:00.49 ... finished third in The American Championships 5,000m run with a time of 14:07.07.

CROSS COUNTRY: Ran in five meets ... competed in the AAC Championships, finished eighth overall with a time of 24:12.0 and earned all-conference honors ... at the NCAA Championships, finished with a time of 31:04.9.

2021-22

OUTDOOR: Ran in four meets ... won the 1,500m run with a personal best of 3:49.24 ... at the Drake Relays, set a personal best of 14:14.68 in the 5,000m run ... competed in the AAC Championships, placed second in the 10,000m run with a recorded time of 31:08.44 and placed sixth in the 5,000m run with a finishing time of 14:35.12.

INDOOR: Ran in two meets ... set a personal best of 8:14.80 in the 3,000m run at the Windy City Invite ... competed in the AAC Championships, placed eighth in the 5,000m run with a recorded time of 14:29.31 and sixth in the 3,000m run with a finishing time of 8:14.80.

CROSS COUNTRY: Ran in four meets ... competed in the AAC Championships, placed 13th overall with a time of 24:43.2 ... competed in the Midwest Regional, finished with a time of 31:31.29 for 42nd overall.

2020-21

OUTDOOR: Ran in three meets ... set personal bests of 1:57.05 in the 800m run and 3:50.40 in the 1,500m run at the John McDonnell Invite ... at the Joe Walker Invite, recorded a career-best time of 14:35.34 in the 5,000m run ... at The American Championship, finished fourth in the 10,000m run with a personal best time of 30:51.72 ... also at The American was ninth in the 5,000m run.

INDOOR: Did not compete.

CROSS COUNTRY: Raced in three meets ... recorded a 23rd place finish with a time of 25:07.87 in The American Athletic Conference Championship ... had a time of 26:04.0 for 19th place at the OSU Winter Open ... competed at the NCAA Championship but did not finish.

2019-20

OUTDOOR: Outdoor season canceled due to COVID-19 pandemic.
INDOOR: Ran in four meets ... finished 10th overall in the 3,000-meter run at The American Indoor Track and Field Championships with a time of 8:26.70 ... won the unseeded 3,000m at the Black & Gold Invite in 8:35.52 ... clocked a season-best time of 8:25.74 in the 3,000m at the Iowa State Classic ... at the Arkansas Invitational, finished the mile-run in a time of 4:23.09.
CROSS COUNTRY: Did not compete.

PERSONAL: Started running track at the age of 9 ... *Fast & Furious* is his favorite movie ... Prague is the most memorable place he's visited ... before every meet he listens to music ... Nimo is his favorite musician ... majoring in management.

Gian Pulido
Middle Distance
 5-8 · Jr.
 Killeen, Texas
 Killeen HS



TULSA: A six-time letterwinner.

2023-24

CROSS COUNTRY: Competed in one meet ... finished the Cowboy Preview (5,000m) in 16:52.2.

2022-23

OUTDOOR: Ran in one meet ... finished with a time of 2:03.29 in the John McDonnell Invite 800m dash.
INDOOR: Ran in two meets ... clocked a personal best time of 2:03.97 in the 800m at the Arkansas Invitational, winning 12th place.
CROSS COUNTRY: Ran in two meets ... crossed the finish line in 16:56.2 at the Cowboy Preview 5K ... finished the Chili Pepper Festival 8K with a time of 27:28.0.

2021-22

OUTDOOR: Ran in three meets ... set a personal best of 1:56.49 for seventh place in the 800m dash at the ORU Invite.
INDOOR: Ran in three meets ... set a personal best of 1:58.21 in the 800m run at the Gorilla Classic.
CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A four-time letterwinner in track and cross country as well as a letterwinner in baseball at Killeen High School ... voted most valuable freshman and most valuable distance runner from sophomore to senior year.

PERSONAL: Born Gian Mikel Rullan Pulido on July 25, 2003... son of John and Janette Pulido ... has one sister, Deja, and one brother, Daniel ... favorite movie is *Forrest Gump* ... dream car is Corvette ... favorite food is chicken ... majoring in political science and minoring in sport management.

Carson Royle
Middle Distance
 5-10 · R-Fr.
 Edmond, Okla.
 Edmond North HS



TULSA: A one-time letterwinner.

2023-24

CROSS COUNTRY: Did not compete.

2022-23

OUTDOOR: Ran in four meets ... took 12th place in the Shocker Invitational 1,500m with a time of 4:05.42 ... competed in the AAC Championships, placing 10th in the 800m dash with a time of 1:52.30.
INDOOR: Did not compete.

HIGH SCHOOL: Was an eight-time letterwinner in cross country and track, two-time letterwinner in soccer at Edmond North High School ... was the conference champion in 800m, 1600m and 1600m relay as a freshman ... was the state champion in the 800m in 2021 and 2022.

PERSONAL: Born Carson David Royle on February 2, 2004... son of Dave and Michelle Royle... has three siblings, Cole, Sydney, and Trisha ... started running track and cross country at age 11 ... favorite musical artists are the Backseat Lovers ... favorite book is *Meditations* by Marcus Aurelius ... majoring in psychology and minoring in mathematics.

Iain Salter
Distance
 5-8 · R-Fr.
 Tyler, Texas
 Tyler Legacy HS



TULSA: A two-time letterwinner.

2023-24

CROSS COUNTRY: Raced in one meet ... finished ninth on the team and 29th overall at the Cowboy Preview (5,000m) in 16:04.8.

2022-23

OUTDOOR: Did not compete.
INDOOR: Did not compete.
CROSS COUNTRY: Ran in one meet ... at the Chili Pepper Festival, experienced his first D1 meet and had a finishing time of 28:58.0.

HIGH SCHOOL: A eight-time letterwinner in cross country and track at Legacy High School ... qualified for state twice in cross country ... regionally qualified twice in 1600m.

PERSONAL: Born Iain John Salter on July 29, 2004... son of Robert Salter and Kristi McCulley ... has four siblings, Olivia Salter, Elijah Richey, Laura Salter, and Marlee Cargil ... started running track and cross country at age 13 ... favorite game is Fortnite ... favorite class at TU is calculus ... majoring in electrical engineering.

Evan Sanni-Thomas

Sprints

6-3 · Jr.

The Woodlands, Texas

The Woodlands Christian Academy



TULSA: A four-time letterwinner ... an indoor all-conference selection ... holds the TU indoor 300m record (33.40).

2022-23

OUTDOOR: Ran in three meets ... took first in the 400m dash with a time of 47.23 in the Shocker Invitational ... competed in the AAC Championships 400m dash, placing fourth with a personal best time of 47.01.

INDOOR: Ran in five meets ... took first place in the 300m dash at the Crimson & Gold Invitational with a time of 33.81 ... set a personal best of 47.52 in the 400m dash in The American Championships, placing fifth ... placed 12th at the Wendy's Invite with a time of 1:15.18 in the 600y, setting a new personal best ... in the AAC championships, helped his 4x400m relay team to a 3:15.67 finish for third place and all-conference honors.

2021-22

OUTDOOR: Ran in two meets ... at the John McDonnell Invite, set personal bests of 10:93 (100m dash) and 21.60 (200m dash) ... ran a personal-best time of 47.91 for second place in the 400m dash at the Sooner Invite & Multis.

INDOOR: Ran in four meets ... set a TU indoor record and personal best of 33.40 in the 300m dash at the Woo Pig Classic, finished second place ... at the Washburn Open, clocked a personal-best time of 47.79 for second place in the 400m dash ... placed sixth in the 4x400m Relay with a finishing time of 3:21.37 at the AAC Championships,

HIGH SCHOOL: A two-time letterwinner in track and a three-time letterwinner in basketball at Woodlands Christian High School.

PERSONAL: Born Evan Sanni-Thomas on July 20, 2003... son of Peter and Rhesa... has three siblings, Ethan, Elijah, and Emily ... started running track and cross country at age 16 ... favorite musician is Khai Dreams ... favorite book is the Bible ... majoring in computer science.

Ryan Shumaker

Distance

5-8 · Sr.

Grapevine, Texas

Grapevine HS



TULSA: A 10-time letterwinner.

2023-24

CROSS COUNTRY: Raced in one meet ... finished ninth on the team and 29th overall at the Cowboy Preview (5,000m) in 16:04.8.

2022-23

OUTDOOR: Ran in four meets... set a personal best in the Drake Relays 5,000m with a time of 14:20.32 ... placed 10th at the John McDonnell Invite 1,500m with a time of 3:51.91.

INDOOR: Ran in four meets... placed second in the Larry Wiecek Invite Mile with a time of 4:08.39, setting a personal best ... also set a personal best of 8:04.35 in the 3,000m run... competed in The American Championships 5,000m run, setting a personal best of 14:15.29 and placing seventh.

CROSS COUNTRY: Ran in three meets ... competed in the AAC Championships, finished 20th overall with a time of 24:45.4.

2021-22

OUTDOOR: Ran in three meets ... set a personal best of 3:51.76 in the 1,500m run at the ORU Invite, finished third place ... at the Joe Walker Invite, clocked a personal best of 14:30.71 in the 5,000m run ... competed in the AAC

Championships, placed seventh in the 10,000m run with a finishing time of 31:36.59 ... also placed 15th in the 5,000m run with a recorded time of 15:00.28.

INDOOR: Ran in three meets ... at the Washburn open, clocked a personal best of 14:37.45 in the 5,000m run, finished seventh place ... set a personal best of 8:23.91 in the 3,000m run at the Windy City Invite ... placed 14th with a time of 14:46.52 in the 5,000m run at the AAC Championships,

CROSS COUNTRY: Raced in two meets but did not finish either.

2020-21

OUTDOOR: Ran in four meets ... had a season-best time of 3:58.90 in the 1,500m run at the John McDonnell Invite ... at the Joe Walker Invite, turned in a personal best time of 14:38.52 in the 5,000m run ... recorded a fifth-place time of 31:09.49 in the 10,000m run at The American Championship.

INDOOR: Ran in both meets ... at the Wichita State Invite, clocked times of 4:19.72 in the mile run and 8:50.01 in the 3,000m run ... recorded a time of 14:49.17 in the 5,000m run at the Division I Challenge.

CROSS COUNTRY: Did not compete.

2019-20

OUTDOOR: Outdoor season canceled due to COVID-19 pandemic.

INDOOR: Did not compete.

CROSS COUNTRY: Ran in one meet ... made his collegiate debut at The American Athletic Conference Championship and finished in 36th place.

HIGH SCHOOL: Competed for head coach Rick Miller at Grapevine High School ... was a four-year letterwinner in track and field and cross country ... set two school records in track and field (1600 and 3200) and one cross country record (5K).

PERSONAL: Born Ryan Shumaker on Oct. 13, 2000, in Grapevine, Texas ... son of Mark and Melissa Shumaker ... has one brother ... majoring in exercise & sports science and minoring in media studies.

Dillon Stinson

Sprints

6-0 · So.

Lawton, Okla.

Cache HS



TULSA: A two-time letterwinner.

2022-23

OUTDOOR: Ran in five meets ... took seventh in the long jump at the John McDonnell Invite with a personal best of 6.47m ... also set a personal best time of 1:00.63 in the 400m Hurdles ... set a personal best of 11.53 in the 100m at the KT Woodman Classic ... also set a personal best of 23.51 in the 200m.

INDOOR: Ran in four meets ... set a personal-best time of 51.84 in the 400m dash at the Windy City Invite ... set a personal best of 23.71 in the 200m at the Larry Wiecek Invite.

HIGH SCHOOL: A three-time letterwinner in track at Cache High School ... a two-time state champion and three-time state runner-up.

PERSONAL: Born Dillon Draven Stinson on April 1, 2004 ... son of Darryl and Vicki Stinson ... has one sibling, Haille ... started running track and cross country at age 12 ... favorite food is pasta ... favorite hobby is cooking ... majoring in business information systems and minoring in cyber security.

Josh Sutton

Sprints

5-4 · Sr.

Ferguson, Mo.

Mary Institute-Country Day School



TULSA: A seven-time letterwinner ... an indoor and outdoor track all-conference runner.

2022-23

OUTDOOR: Ran in six meets ... took second place in the Shocker Invitational 200m with a time of 21.70 ... competed in the AAC Championships, setting a personal best of 10.24 in the 100m and 20.92 in the 200m, taking fourth and fifth place, respectively ... competed in the NCAA West Regionals 100m clocking 10.59 in the 100m dash.

INDOOR: Ran in five meets ... competed in The American Championships, taking fifth in the 60m with a time of 6.80 ... also clocking 21.40 in the 200m, setting a personal best and placing sixth ... helped his 4x400m relay team to a 3:15.67 finish for third place and all-conference honors.

2021-22

OUTDOOR: Ran in five meets ... competed at the AAC Championships, set a personal-best time of 10:22 in the 100m dash, finishing in fifth place.

INDOOR: Ran in five meets ... won the 60m preliminaries with a time of 6.80 at the Washburn Open ... also set a personal best of 21.70 in the 200m dash ... competed in the AAC Championships, placed fourth in the 60m dash with a personal best of 6.78 ... also placed eighth in the 200m with a recorded time of 21.82 ... placed fifth in the 4x100m relay with a time of 40.78 ... also participated in the 4x400 relay, placed fourth with a time of 3:11.69.

2020-21

OUTDOOR: Ran in five meets ... was an American Athletic Conference all-conference selection in the 4x100m relay ... had a season-best time of 10.45 in the 100m dash at the John McDonnell Invite ... also at the John McDonnell Invite, had a personal-best time of 21.38 in the 200m dash ... at The American Championship, turned in a time of 40.22 for second place in the 4x100m relay.

INDOOR: Ran in one meet ... at the Division I Challenge, clocked a time of 6.93 in the 60m dash.

2019-20

OUTDOOR: Outdoor season canceled due to COVID-19 pandemic.

INDOOR: Competed in the 60 and 200-meter dashes at The American Indoor Track and Field Championships, clocking in at 6.99 and 22.32, respectively ... finished runner-up in the 60m dash finals at the Iowa State Classic to a PR time of 6.89 ... earned a season-best time of 22.16 in the 200m dash at the Arkansas Invitational.

HIGH SCHOOL: Was a four-year letterwinner in track and field at Mary Institute-Country Day School ... helped his team to a fifth-place finish at the Class 4 state meet as a senior ... won the 100m and 200m runs at the state meet his junior and senior seasons.

PERSONAL: Born Joshua Edward Sutton on July 30, 2000, in St. Louis, Mo. ... son of Eddy and Karla Sutton ... has one sister ... started running track at the age of 13 ... before a meet, he listens to music ... majoring in computer simulation and gaming ... majoring in sports leadership.

Jayden Williams

Sprints

6-0 · Fr.

Sapulpa, Okla.

Sapulpa HS



TULSA: In his first season at Tulsa.

HIGH SCHOOL: Was a four-year letterwinner in track and basketball and earned two letters in cross country at Sapulpa High School ... a three-time academic all-conference selection, a three-time state track qualifier, an all-conference performer and a one-time medalist at the Oklahoma state track championships.

PERSONAL: Son of Shane and Debbie Williams ... has one sibling, Nick ... mother Debbie was a track and cross country letterwinner at Tulsa (1995-97) while brother Nick was a track and cross country runner at Rogers State ... started running cross country and track at the age of 4 ... favorite TV show is "Spongebob" ... favorite actor is Samuel L. Jackson ... favorite artist is Juice WRLD ... favorite pro athlete is NBA player Kemba Walker ... majoring in exercise & sports science.

TRACK & FIELD RECORD & FACT BOOK

2023-24 Tulsa Women's Track & Field Roster

Name	Ht.	Events	Class	Hometown (Previous School)
Jemima Antoniazzi	5-7	Distance	Fr.	Tamahere, New Zealand / St. Peter's HS
Alicen Ashley	5-5	Distance	Fr.	Nixa, Mo. / Nixa HS
Kamree Dye	5-3	Middle Distance	So.	Pea Ridge, Ark. / John Brown
Christian Gregory	5-9	Middle Distance	So.	Moore, Okla. / Moore HS
Ryle Hancock	5-4	Sprints	So.	Fayetteville, Ark. / Fayetteville HS
Chloe Hershenow	5-6	Distance	Sr.	St. Louis, Mo. / Parkway West HS
Avery Hill	5-1	Distance	Jr.	Georgetown, Texas / Georgetown HS
Sajara Hill	5-4	Sprints	Fr.	Jenks, Okla. / Jenks HS
Lianne Holtermann	6-0	Sprints	So.	Arnham, Netherlands / CIOS
Sarah Hosey	5-8	Middle Distance	So.	Limerick, Ireland / Castletroy College
Robyn Kowalski	5-3	Distance	Jr.	The Woodlands, Texas / The Woodlands College Park HS
Raniya Laneau	5-4	Sprints	So.	Austin, Texas / Cedar Park HS
Makayla Meadows	5-3	Middle Distance	Fr.	Collinsville, Okla. / Collinsville HS
Ailey Mitchell	5-7	Distance	Gr.	Shelbyville, Ill. / Illinois State
Amy Morefield	5-3	Distance	Fr.	Fairview, Texas / Lovejoy HS
Katharina Pesendorfer	5-10	Distance	R-Sr.	Salzberg, Austria / Liese Prokop-Privatschule
Tamara Reeves	5-7	Distance	Sr.	Christchurch, New Zealand / Central Arkansas
Elizabeth Roca	5-4	Sprints	Sr.	Austin, Texas / Leander HS
Mary Rocco-Phillips	5-2	Sprints	Fr.	Oklahoma City, Okla. / Heritage Hall
Billie Rouse	5-7	Middle Distance	So.	Kent, England / Invicta Grammar School
Sara Scott	5-6	Distance	Jr.	San Antonio, Texas / Smithson Valley HS
Anastasia Small	5-6	Middle Distance	Fr.	Kingwood, Texas / Kingwood HS
McKenna Terrell	5-4	Distance	So.	Bentonville, Ark. / Bentonville West HS
Aneesa White	5-3	Sprints/Hurdles	Fr.	Gainesville, Texas / Gainesville HS
Karlie Wooten	5-4	Middle Distance	So.	St. Louis, Mo. / Liberty Wentzville HS

Director of Cross Country/Track & Field: Steve Gulley (Northeastern Oklahoma State, 1983), 24th year

Assistant Coach: Aidan Fiol (UConn, 2018), 2nd year

Assistant Coach: Mollie Dalton (Lewis, 2017), 1st year

Assistant Coach: Loren Iwanicki (Aurora, 2015), 1st year



Tulsa women's long distance runners at The American Outdoor Championships in May 2023, ©Stephen Galvin

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AMERICAN ATHLETIC
CONFERENCE

2023 Tulsa Women's Cross Country Roster

Name	Ht.	Class	Hometown / Previous School
Jemima Antoniazzi	5-7	Fr.	Tamahere, New Zealand / St. Peter's HS
Alicen Ashley	5-5	Fr.	Nixa, Mo. / Nixa HS
Christian Gregory	5-9	So.	Moore, Okla. / Moore HS
Lilly Harrell	5-5	Sr.	Tulsa, Okla. / Edison HS
Chloe Hershenow	5-6	R-Jr.	St. Louis, Mo. / Parkway West HS
Avery Hill	5-1	Jr.	Georgetown, Texas / Georgetown HS
Sarah Hosey	5-8	R-Fr.	Limerick, Ireland / Castletroy College
Robyn Kowalski	5-3	R-So.	The Woodlands, Texas / The Woodlands College Park HS
Amy Morefield	5-3	Fr.	Fairview, Texas / Lovejoy HS
Katharina Pesendorfer	5-10	Gr.	Salzberg, Austria / Liese Prokop-Privatschule
Tamara Reeves	5-7	R-Sr.	Christchurch, New Zealand / Central Arkansas
Billie Rouse	5-7	R-Fr.	Kent, England / Invicta Grammar School
Sara Scott	5-6	Jr.	San Antonio, Texas / Smithson Valley HS
Anastasia Small	5-6	Fr.	Kingwood, Texas / Kingwood HS
McKenna Terrell	5-4	R-Fr.	Bentonville, Ark. / Bentonville West HS

Director of Cross Country/Track & Field: Steve Gulley (Northeastern Oklahoma State, 1983), 24th year

Assistant Coach: Aidan Fiol (UConn, 2018), 2nd year

Assistant Coach: Mollie Dalton (Lewis, 2017), 1st year

Assistant Coach: Loren Iwanicki (Aurora, 2015), 1st year



Katharina Pesendorfer and Robyn Kowalski running in the Nuttycombe Invitational in Oct. 2023

Jemima Antoniazzi

Distance

5-7 · So.

Tamahere, New Zealand

St. Peter's HS



TULSA: A three-time letterwinner.

2023-24

CROSS COUNTRY: Did not compete.

2022-23

OUTDOOR: Ran in three meets ... took first place in the 3,000m steeplechase at the Shocker Invitational with a time of 11:01.04 ... competed in the AAC Championships, setting a personal best of 10:41.83 in the 3,000m steeple and taking sixth place ... also placed eighth in the 5,000m with a personal-best time of 17:11.50.

INDOOR: Ran in three meets ... set a personal-best mile run time of 5:01.71 at the Larry Wieczorek Invite ... clocked 9:46.07 in the 3,000m run at the Windy City invite, setting a personal best ... competed in The American Championships, taking 13th place in the 5,000m run with a personal best time of 17:25.37.

CROSS COUNTRY: Ran in one meet ... experienced her first D1 meet at the Chili Pepper Festival, finished with a time of 18:11.1.

HIGH SCHOOL: A seven-time letterwinner in cross country and track at St. Peter's High School ... earned three national medals and made the New Zealand representative team to compete at the World Athletics Championships

PERSONAL: Born Jemima Elizabeth Morgan Antoniazzi ... daughter of Julian and Victoria Antoniazzi... has two brothers, George and Henry ... started running track and cross country at age 12 ... favorite artist is Red Hot Chili Peppers ... favorite class at TU is psychology ... majoring in biology.

Alicen Ashley

Distance

5-5 · So.

Nixa, Mo.

Nixa HS



TULSA: A three-time letterwinner ... an outdoor track all-conference recipient ... 2023 AAC Women's Outdoor Freshman of the Year.

2023-24

CROSS COUNTRY: Was one of four women to race in all five meets ... finished second on the team and 24th overall in 11:12.0 at the Cowboy Preview (3,000m) ... clocked a 21:33.75 performance at the Loyola Lakefront Invite (6,000m) to finish third on the team and 87th overall ... led TU with a 21:55.2 finish at the Nuttycombe Invitational 6,000m-B Race, finishing 12th overall ... took 26th place at the AAC Championship (6,000m) in 21:51.8 as Tulsa's fourth finisher ... led the Hurricane women with a 21:25.1 performance at the Midwest Regional, finishing 28th overall.

2022-23

OUTDOOR: Ran in three meets ... took second in the 3,000m steeple at the Shocker Invitational and KT Woodman Classic with times of 11:13.10 and 11:03.60, respectively ... competed in the AAC Championships 3,000m steeple, clocking a personal-best time of 10:32.47 to take third place and receive All-Conference honors ... also placed 29th in the 5,000m with a time of 18:33.08 ... named the AAC Women's Outdoor Freshman of the Year.

INDOOR: Ran in five meets... set a personal best in the mile run with a time of 5:04.21 at the Larry Wieczorek Invite... at the Windy City Invite, clocked 9:53.40 in the 3,000m, a new personal best... competed in the American Championships 5,000m run with a personal-best time of 17:27.72, placing 16th.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A seven-time letterwinner in cross country and track at Nixa High School ... competed in four straight cross country state championships ... competed in two track and field state championships, including a seventh place finish in the 4x800m-relay ... finished career with three all-state honors and five conference championships.

PERSONAL: Born Alicen Diane Ashley on May 6, 2004 ... daughter of Toby and Emily Schaefer... has three brothers, Carson, Aaron and Andrew ... began running track and cross country at age 12 ... favorite food is blueberries ... favorite TV show is "The Office" ... hobbies include drawing, writing, shopping and outdoor activities ... majoring in environmental policy.

Kamree Dye

Long Sprints

5-3 · So.

Pea Ridge, Ark.

John Brown



TULSA: In her first year at Tulsa after transferring from John Brown.

PRIOR TO TULSA: Ran sprints for John Brown University in 2022-23 ... set five school records in her only season ... was the SAC Conference runner-up in the 400m run ... earned second team all-conference honors.

HIGH SCHOOL: Was a four-year track letterwinner and two-year cross country letterwinner under head coach Heather Wade at Pea Ridge High School ... helped lead her team to two Class AAA indoor track and field state titles in three seasons and set a 400-meter dash school record (58.71) as a senior ... was a two-time track all-state selection ... also earned back-to-back all-conference honors.

PERSONAL: Began running track at the age of 13 and cross country at 16 ... daughter of John and Bobbye Jo Dye and has two brothers, Jace and Gannon ... her uncle, Casey Lipscomb, played football at TU ... majoring in international business.

Christian Gregory

Middle Distance

5-9 · So.

Moore, Okla.

Moore HS



TULSA: A two-time letterwinner.

2023-24

CROSS COUNTRY: Did not compete.

2022-2023

OUTDOOR: Ran in four meets ... placed second at the Shocker Invitational in the 800m with a time of 2:17.68 ... also set a personal-best time of 4:58.85 in the 1,500m run ... placed fifth in the 800m dash at the Rock Chalk Classic, with a personal-best time of 2:16.79.

INDOOR: Ran in four meets ... recorded a time of 2:16.15 in the 800m at Wendy's Invite, taking third place and setting a personal best ... competed in The American Championships, clocking 2:18.92 in the 800m preliminaries.

HIGH SCHOOL: A three-time letterwinner in cross country and track at Moore High School.

PERSONAL: Born Christian Isaiah Gregory on October 18, 2004 ... daughter of Joseph and Maria Gregory ... started running track and cross country at age 8 ... favorite professional athlete is Athing Mu ... favorite movie is the *Road to El Dorado* ... majoring in accounting and minoring in business analytics.

Rylie Hancock

Sprints

5-4 · So.

Fayetteville, Ark.

Fayetteville HS



TULSA: A two-time letterwinner.

2022-23

OUTDOOR: Ran in five meets ... placed eighth in the Shocker Invitational 100m, recording a time of 12.77... set a personal-best time of 12.75 in the John McDonnell Invite 100m dash ... also set a personal best in the 200m dash with a time of 26.29.

INDOOR: Ran in three meets ... set a personal best of 26.95 in the 200m at the Crimson & Gold Invitational... clocked 8.24 in the 60m at the Wendy's Invite, setting a personal best.

HIGH SCHOOL: A four-time letterwinner in track and a three-time letterwinner in cheer at Fayetteville High School ... state champion in the 4x200m as a sophomore ... third place in the 4x200m state championship as a senior.

PERSONAL: Born Rylie Christine Hancock on September 3, 2004 ... daughter of Scott and Christie Hancock ... has one brother, Cade ... began running track and cross country at age 14 ... majoring in nursing.

Lilly Harrell

Distance

5-5 · SQ

Tulsa, Okla.

Edison HS



TULSA: A multi-year squad member

2023-24

CROSS COUNTRY: Did not compete.

2022-23

OUTDOOR: Did not compete.

INDOOR: Did not compete.

CROSS COUNTRY: Did not compete.

2021-22

OUTDOOR: Did not compete

INDOOR: Did not compete

CROSS COUNTRY: Did not compete.

2020-21

OUTDOOR: Did not compete

INDOOR: Did not compete

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A six-time letterwinner at Edison High School.

PERSONAL: Born Lilly Claire Harrell on August 1, 2001 ... daughter of Martin Harrell and Leigh Gulley ... has one sibling, Sam Harrell ... started running track and cross country at age 12 ... favorite TV show is New Girl ... favorite class at TU is biology ... majoring in marketing.

Chloe Hershenow

Distance

5-6 · Sr.

St. Louis, Mo.

Parkway West HS



TULSA: A 10-time letterwinner ... 2022 American Athletic Conference Women's Cross Country Runner of the Year ... a four-time indoor track all-conference honoree ... a three-time outdoor track all-conference selection ... a two-time cross country all-conference runner ... holds the school record in the outdoor 10,000m (33:21.75).

2023-24

CROSS COUNTRY: Was one of four women to race in all five meets ... led TU with a 11:11.9 finish at the Cowboy Preview (3,000m), finishing 23rd overall ... was Tulsa's first finisher at the Loyola Lakefront Invite (6,000m) with a 21:03.01 finish for 57th place ... clocked a 21:56.2 performance at the Nuttycombe Invitational 6,000m-B Race for second place on the team and 13th place overall ... completed the 6,000m course at the AAC Championship as TU's second finisher in 21:31.0, good for 16th place overall ... navigated the Midwest Regional (6,000m) in 23:34.6 for 41st place.

2022-23

OUTDOOR: Ran in five meets ... set a personal best at the Stanford Invitational 5,000m with a time of 16:05.76 and placing fourth ... broke the TU outdoor record in the 10,000m with a personal best time of 33:21.75 ... at the Drake Relays, set a personal best in the 1,500m with a time of 4:30.49 ... competed in the AAC Championships, taking first place in the 10,000m with a time of 37:02.61 and first place in the 5,000m, clocking a time of 16:42.51 ... received all-conference honors in both events ... at the NCAA West Regionals, she recorded a time of 17:08.35 in the 5,000m, placing 45th.

INDOOR: Ran in five meets ... set a personal best of 4:46.25 in the mile run at the Arkansas Invitational, taking fourth place ... at the Windy City Invite, clocked a personal best 9:15.23 in the 3,000m run, placing second overall ... competed in the American Championships, earning second place in the 5,000m with a personal-best time of 16:20.69 and taking third place in the 3,000m with a time of 9:37.49, receiving all-conference honors in both events.

CROSS COUNTRY: Named the American Athletic Conference Women's Cross Country Runner of the Year and received all-conference honors ... ran in five meets ... placed first in the AAC Championships with a time of 20:54.4 ... competed in the NCAA Midwest Regional and recorded a time of 20:12.4, finishing in fourth place ... at the NCAA Championships, she clocked a time of 20:49.6, placing 135th.

2021-22

OUTDOOR: Ran in four meets ... at the Drake Relays, recorded a personal best of 16:43.78 in the 5,000m dash ... won the 10,000m run at the AAC Championships with a personal best of 36:06.60 and placed third in the 5,000m run with a time of 17:01.57.

INDOOR: Ran in four meets ... was an American Athletic Conference all-conference honoree in the 3,000m and 5,000m run ... won the 3,000m run with a time of 9:48.24 at the Washburn Open ... at the Arkansas Invitational, clocked a personal best of 5:09.51 in the mile run, placing ninth place ... recorded a personal best of 9:29.86 in the 3,000m run at the Windy City Invite, placing second ... at the AAC Championships, won the 5,000m run with a time of 16:42.31 and finished the 3,000m run with a time of 9:36.55, placing third.

CROSS COUNTRY: Ran in five meets ... competed in the AAC Championships, placed sixth with a time of 21:34.9 ... at the Midwest Regional, recorded a time of 21:47.6, placing 63rd place.

2020-21

OUTDOOR: Ran in four meets ... won the 5,000m run event with a personal best time of 17:13.32 at the John McDonnell Invite ... set a season-best time of 4:58.78 in the 1,500m run at the ORU Invitational ... at The American Championship, recorded an eighth-place finish with a time of 37:06.89 in the 10,000m run.

INDOOR: Did not compete.

CROSS COUNTRY: Raced in one meet ... recorded a 19th-place finish at the American Athletic Conference Championship with a time of 22:17.17.

2019-20

OUTDOOR: Outdoor season canceled due to COVID-19 pandemic.

INDOOR: Ran in three meets ... earned a time of 5:09.51 for ninth place in the mile run at the Arkansas Invitational ... ran in the 3,000-meter run at the Fifth Annual Indoor Gorilla Classic, crossing the finish line in a time of 10:12.72.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: Was a four-year letterwinner in track and field and cross country, while earning two letters in swimming at Parkway West High School ... in track and field, she won a state championship in the 4x800-meter relay as a sophomore ... earned all-state honors a combined seven times across three events ... in cross country, she won the district meet as a senior and the conference meet as a junior ... named all-state during both seasons.

PERSONAL: Born Chloe Susanne Hershenow on Dec. 31, 2000, in St. Louis, Mo. ... daughter of Stan and Stacy Hershenow ... has two sisters, and one brother ... dad played baseball at UNLV ... brother played baseball at Eastern Kentucky ... started running track at the age of 11 ... before a race, she'll eat toast with peanut butter and banana, and do some hops at the starting line ... majoring in mechanical engineering.

Avery Hill

Distance

5-1 · Jr.

Georgetown, Texas

Georgetown HS



TULSA: A six-time letterwinner.

2023-24

CROSS COUNTRY: Raced in four meets ... finished 27th at the Cowboy Preview (3,000m) in 11:14.5 ... clocked a 21:56.91 performance at the Loyola Lakefront Invite (6,000m) for 106th place ... navigated the 6,000m course at the Nuttycombe Invitational-B Race in 23:30.0 ... at the AAC championship (6,000m), finished 48th overall in 22:31.9.

2022-23

OUTDOOR: Ran in four meets... set a personal-best time of 10:50.35 in the 3,000m at the Shocker Invitational... took first place at the KT Woodman Classic 10,000m run with a personal-best time of 35:58.74... competed in the AAC Championships 10,000m run, clocking a time of 38:24.73.

INDOOR: Ran in three meets... set a personal-best time of 17:34.41 in the 5,000m at the Wendy's Invite, taking third place.

CROSS COUNTRY: Competed in three meets ... was the second Tulsa finisher at the Cowboy Preview 3K, finishing in 11:04.9 to help the Hurricane finish fifth overall ... clocked a time of 23:26.0 at the Cowboy Jamboree 6K ... ran 22:39.3 at the Nuttycombe Festival 6K.

2021-22

OUTDOOR: Did not compete

INDOOR: Ran in two meets ... ran a time of 10:45.81 mark in the preliminary round of the 3,000m at the Arkansas Invitational ... ran the 3,000m at the Gorilla Classic in 10:47.44.

CROSS COUNTRY: Ran in three meets ... placed 34th at the Cowboy Jamboree 6K, and was the fourth Hurricane runner to finish, clocking a time of 22:31.0 to help Tulsa earn fourth place out of 16 teams ... helped Tulsa finish second overall out of 37 teams at the Chili Pepper Festival by running the 5K race in 18:37.3 on the way to becoming the seventh Tulsa runner to cross the finish line.

HIGH SCHOOL: A four-year letterwinner in cross country and track at Georgetown High School ... named to the all-state team during her junior year ... was a state qualifier during her sophomore, junior and senior campaigns ... was an academic all-district performer twice.

PERSONAL: Born Avery Grace Hill on July 12, 2003 ... daughter of Jeff and Kim Hill ... has one brother, Ethan ... started running track and cross country at age 6 ... favorite movie is *Rocky* ... favorite food is sweet potatoes... hobbies include running, volunteering and baking ... majoring in exercise and sports science.

Sajara Hill

Sprints

5-4 · Fr.

Jenks, Okla.

Jenks HS



TULSA: In her first year at Tulsa.

HIGH SCHOOL: A multi-year letterwinner in track and field at Jenks High School ... helped her team earn 6A state titles in 2021 and 2022 ... part of a record-breaking 4x200m relay team that set a school record in 1:39.59 in 2023 ... named a team captain for her senior year in 2023.

PERSONAL: Parents are Dwayne and Anita ... has one sibling, Sabian ... started competing in track at age 15 ... favorite movie is *White Chicks* ... favorite professional athlete is Allyson Felix ... hobbies include watching TV, playing basketball and Tae Kwon Do ... wants to be a math teacher and track coach ... majoring in mathematics.

Lianne Holtermann

Sprints

6-0 · So.

Arnhem, Netherlands

CIOS



TULSA: A two-time letterwinner and an indoor all-conference recipient.

2022-23

OUTDOOR: Ran in four meets ... set a personal-best time of 26.18 in the 200m dash at the Rock Chalk Classic ... also ran a personal-best time in the 400m with a time of 57.84 ... was on the AAC Championships fourth-place team in the 4x400m Relay with a time of 3:41.37.

INDOOR: Ran in four meets ... placed second in the Wendy's Invite 600-yard run with a personal-best time of 1:27.00 ... clocked a personal best in the 600m at the Larry Wiecezorek Invite with a time of 1:39.02, taking fifth place ... set a personal-best 400m dash time of 57.28 at the Windy City Invite ... at the American Championships, placed third in the 4x400m Relay with a time of 3:43.17 to earn all-conference honors.

HIGH SCHOOL: Competed at CIOS in Arnhem.

PERSONAL: Born Lianne Lucy Maria Holtermann ... daughter of Ronald and Dorien Holtermann ... has two siblings, Roel and Daan ... started running track and cross country at age 14 ... majoring in sports and exercise science.

Sarah Hosey
Middle Distance
5-8 • So.
Limerick, Ireland
Castletroy College



TULSA: A three-time letterwinner and indoor track all-conference recipient.

2023-24

CROSS COUNTRY: Did not compete.

2022-23

OUTDOOR: Ran in four meets ... captured first place in the Shocker Invitational 1,500m with a personal best time of 4:40.91 ... had a personal-best time of 2:15.12 in the 800m at the John McDonnell Invite.
INDOOR: Ran in four meets ... ran a personal-best time of 2:15.46 in the 800m at the Crimson & Gold Invitational, taking second place ... clocked a time of 3:01.41 in the Arkansas Invitational 1,000m, setting a personal best ... at the Larry Wieczorek Invite, set a personal best in the 600m, taking third place with a time of 1:37.96.

CROSS COUNTRY: Ran in one meet ... experienced her first D1 meet at the Chili Pepper Festival and finished with a time of 19:38.6.

HIGH SCHOOL: Competed at Castletroy College.

PERSONAL: Born Sarah May Hosey ... daughter of Francis and Jean Hosey ... has two siblings, Ellen and Rachel ... started running track and cross country at age 9 ... majoring in biochemistry.

Robyn Kowalski
Distance
5-3 • Jr.
The Woodlands, Texas
The Woodlands College Park HS



TULSA: A six-time letterwinner ... an all-conference cross country runner.

2023-24

CROSS COUNTRY: Was one of four women to race in all five meets ... finished 26th at the Cowboy Preview (3,000m) in 11:12.1 ... completed the 6,000m course at the Loyola Lakefront Invite in 21:45.39 for 100th place ... clocked a 22:16.2 performance in the B Race of the Nuttycombe Invitational, good for 28th place ... ran a time of 21:27.6 at the AAC Championship, finishing 14th overall to earn all-conference honors ... finished third on the team and 48th overall at the Midwest Regional in 21:40.9.

2022-23

OUTDOOR: Ran in three meets ... ran a personal-best time of 36:48.48 in the 10,000m at the Bryan Clay Invite ... clocked 17:52.06 at the Drake Relays 5,000m run, setting a personal best ... competed in the AAC Championships, taking eighth in the 10,000m run with a time of 38:02.63.

INDOOR: Ran in five meets ... at the Larry Wieczorek Invite, ran a personal-best time of 4:57.50 in the mile run ... also took third place in the 3,000m with a personal best time of 9:47.19 ... competed in The American Championships 5,000m, placing 10th with a personal best time of 16:53.55.

CROSS COUNTRY: Ran in four meets ... competed in the AAC Championships, finished with a time of 22:08.0 for 27th overall ... at the NCAA Midwest Regionals, recorded a time of 21:20.4.

2021-22

OUTDOOR: Ran in four meets ... at the ORU Invite, set a personal best of 18:29.08 in the 5,000m run, finished second ... clocked a personal best of 10:32.93 in the 3,000m at the John McDonnell Invite, placed ninth ... at the Rock Chalk Classic, clocked a personal-best time of 4:51.27 in the 1,500m run, placing eighth.

INDOOR: Ran in one meet ... ran a personal-best time of 10:59.85 in the 3,000m at the Gorilla Classic.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A four-year letterwinner in cross country and track at College Parks High School ... state cross country qualifier in 2020 ... helped her team earn state cross country bids in 2017 and 2018.

PERSONAL: Born Robyn Marie Kowalski on February 15, 2003 ... daughter of Michael Jr. and Katie Kowalski ... has two sisters; Caroline and Mary, and one brother, Tripp ... started running track at age 10 ... favorite movie is *Instellar* ... dream car is a Mercedes G-Wagon... hobbies include drawing ... majoring in exercise & sports science.

Raniya Laneau
Sprints
5-4 • So.
Austin, Texas
Cedar Park HS



TULSA: A two-time letterwinner.

2022-23

OUTDOOR: Ran in six meets ... placed third at the Shocker Invitational with a personal-best time of 12.23 in the 100m ... ran in the Rock Chalk Classic, placing ninth in the 100m with a time of 12.42 ... competed in the AAC Championships, setting a personal-best time of 25.05 in the 200m preliminaries.

INDOOR: Ran in four meets ... set a personal best of 7.87 in the 60m at the Windy City Invite ... clocked 25.66 in the 200m at the Arkansas Invitational, setting a personal best ... recorded a personal best of 40.97 in the 300m at the Crimson & Gold Invitational.

HIGH SCHOOL: A three-time letterwinner at Cedar Park High School ... nominated as an all-academic scholar.

PERSONAL: Born Raniya Mona Laneau ... daughter of Rudolphe Cherenfant and Rachelle Delouis ... has one sibling, Resmen Cherenfant ... started running track and cross country at age 13 ... favorite musician is Drake ... favorite class at TU is sports marketing ... majoring in organizational studies.

Makayla Meadows
Middle Distance
5-3 • Fr.
Collinsville, Okla.
Collinsville HS



TULSA: In her first year at Tulsa.

HIGH SCHOOL: Was a four-year letterwinner at Collinsville High School in track, basketball and volleyball.

PERSONAL: Daughter of Greg Meadows and Sara Brackett ... has four sisters and one brother ... has been running since age 5 ... her favorite musical group is the Beatles ... favorite book series is *Harry Potter* ... majoring in exercise and sports science.

Ailey Mitchell

Distance
5-7 · Gr.
Shelbyville, Ill.
Illinois State



TULSA: In her first year at Tulsa after three years of competing at Illinois State.

PRIOR TO TULSA: A seven-time letterwinner for the Illinois State Redbirds.

2022-2023

OUTDOOR: Competed in three meets during the outdoor season where she set a personal-best time in the 10,000m with a time of 35:06.06 with a second-place finish ... placed fifth at the 2023 MVC Outdoor Track and Field Championship in the 10,000m with a time of 37:10.89.

INDOOR: Competed in three meets during the indoor season where she ran at the 2023 PNC Lenny Lyles Invitational in the 3000m ... placed sixth at the MVC Indoor Track & Field Championships in the 5000m with a time of 17:01.04.

CROSS COUNTRY: Ran in five meets ... clocked a 21:37.9 finish at the Redbird Invite to finish 10th ... finished eighth in the MVC Championship with a 21:37.8 performance.

2021-2022

OUTDOOR: Competed in four outdoor meets, including the MVC Championships where she became the 10,000 Champion ... ran a personal-best time of 36:04.01 in the 10,000 at the Indiana Invitational ... took first at the Illini Classic in the 5000m, clocking a personal-best time of 16:58.07.

INDOOR: Did not compete.

CROSS COUNTRY: Ran in five meets in her second season as a Redbird, pacing the ISU women in three ... was the fifth Redbird to cross the finish line at the NCAA Midwest Regional (11/12), finishing the 6K circuit in a time of 22:32.85 ... notched a top-10 finish (8th) at the MVC Championships (10/29), setting a new personal best with a 6K time of 21:27.3 ... was the top finisher for the ISU women in the women's red race at the Bradley Classic, posting a top-20 finish (19th) in a time of 21:30.2 ... notched a personal 5K best at the Joe Piane Notre Dame invitational (10/1) with a time of 18:51.9 ... finished as the top Illinois State runner at the Redbird Invite (9/17), posting a top-15 finish (14th) with a time of 21:39.8. Crossed the finish line fourth for the 'Birds and 22nd overall with a time of 18:52.7 at the MVC Cross Country Championships ... Was the fifth Redbird and 35th overall runner to cross the finish line at the Lipscomb Winter Classic, clocking in at 18:47.7 in the 5K.

2020-2021

OUTDOOR: Competed at four meets, including the MVC Championships during her freshman outdoor season ... Placed fourth in the 5,000-meter run at the Redbird Invite, clocking in at 17:56.79 ... Ran a personal-best time of 17:40.64 in the 5,000m at the Illinois State Invite to take fifth overall ... Scored points for ISU in the 10,000-meter run, finishing sixth with a time of 37:02.75 in her first ever 10K ... Member of the ISU women's team that won their seventh-straight conference title and broke a Valley record for points scored with 232.

INDOOR: Raced at four meets during the 2021 indoor season, including the MVC Indoor Track & Field Championships ... recorded a personal-best time of 10:10.27 in the 3,000m at the GVSU Big Meet, placing 11th overall ... took fifth in the mile with a time of 5:21.34 at the EIU Friday Night Special ... helped the distance medley relay team finish in fourth-place finish at the MCA Championships, while also taking 11th place in the 3,000m.

HIGH SCHOOL: Four-time IHSA 1A Girls Track & Field State Qualifier at Shelbyville High School ... was a four-time IHSA 1A Girls Cross Country State Qualifier ... a two-time All-State finisher as a junior, placing third in the 1,600m (5:17.88) and second in the 3,200m (11:20.75) ... was the 2017 State Class 1A State Cross Country Runner-Up, clocking in at 17:41 (3 miles) ... placed 10th at the 2018 Class 1A State Cross Country Championships with a time of 17:42 (3 miles).

PERSONAL: Daughter of Lee Mitchell and Stacy Lindemann ... has one sibling, Cade ... a four-year member of the Shelbyville HS Honor Roll ... working on her master's in biological science.

Amy Morefield

Distance
5-3 · Fr.
Fairview, Texas
Lovejoy HS



TULSA: A letterwinner ... in her first year at Tulsa.

2023-24

CROSS COUNTRY: Competed in two meets ... ran in the AAC Championship, where she finished 80th with a time of 23:25.9 ... navigated the 6,000m course at the Midwest Regional in 22:53.0 for 133rd place.

HIGH SCHOOL: Ran track and cross country for three years at Lovejoy High School.

PERSONAL: Started running at the age of 13 ... daughter of Ryan and Kate Morefield ... has one sister, Sara, and two brothers, Adam and Tyler ... mother, Kate, played tennis at Georgia Tech ... her favorite musician is Taylor Swift ... her favorite hobby is rollerblading ... majoring in elementary education.

Katharina Pesendorfer

Distance
5-10 · R-Sr.
Salzburg, Austria
Liese Prokop Privateschule



TULSA: A 12-time letterwinner ... a four-time American Athletic Conference all-conference cross-country honoree ... a three-time outdoor track all-conference selection ... a three-time indoor track all-conference honoree.

2023-24

CROSS COUNTRY: Was one of four women to race in all five meets ... finished third on the team and 25th overall at the Cowboy Preview (3,000m) in 11:12.0 ... was TU's second finisher at the Loyola Lakefront Invite (6,000m), grabbing 76th place in 21:22.27 ... navigated the 6,000m course in the Nuttycombe Invitational B-Race in 22:14.6 for 26th place ... finished 18th at the AAC Championship (6,000m) in 21:35.4 as Tulsa's third finisher ... clocked a time of 22:26.7 at the NCAA Midwest Regional, placing 103rd.

2022-23

OUTDOOR: Did not compete.

INDOOR: Did not compete.

CROSS COUNTRY: Ran in four meets ... competed in the AAC Championships, placed fourth overall with a time of 20:58.6, earning all-conference honors ... placed 46th with a time of 21:04.8 at the NCAA Midwest Regional.

2021-22

OUTDOOR: Ran in five meets ... at the AAC Championship, recorded a personal best of 16:55.13 in the 5,000m run for second place ... also placed second in the 3,000m Steeple with a finishing time of 10:33.52 ... competed in the NCAA Fayetteville Region, clocked a time of 10:34.47 for 28th place.

INDOOR: Ran in four meets ... was an American Athletic Conference all-league performer in the 3,000m run and Distance Medley Relay ... won Arkansas Invitational with a personal-best time of 2:51.04 in the 1,000m run ... won the Distance Medley Relay with a time of 11:41.84 at the Washburn Open ... at the Windy City Invite, won with a personal-best time of 4:46.27 in the mile run ... won the 3,000m run with a time of 9:27.97 at the AAC Championships, ... placed third at the AAC Distance Medley Relay with a time of 11:40.52.

CROSS COUNTRY: Ran in five meets ... competed in the AAC Championships, finished with a time of 21:36.9 for seventh place ... competed in the Midwest Regionals, placed 22nd with a time of 21:17.06.

2020-21

OUTDOOR: Ran in six meets ... had a personal-best time of 4:29.92 in the 1,500m run in the preliminary race at The American Championship ... in the 3,000m steeplechase, turned in a season-best time of 10:20.48 at the John McDonnell Invite ... competed at the NCAA West Regional in the 3,000m steeplechase.

INDOOR: Ran in one meet ... at the Division I Challenge, clocked personal-best times of 4:56.36 in the mile run and 17:05.63 in the 5,000m run.

CROSS COUNTRY: Ran in all three meets ... was an all-conference honoree ... had her best time of 21:25.24 and her best finish (sixth) at the American Athletic Conference Championship, helping Tulsa claim the team title ... finished seventh at the OSU Winter Open in a time of 22:29.6 ... crossed the finish line in a time of 22:11.4 for 180th place at the NCAA Championship.

2019-20

OUTDOOR: Outdoor season canceled due to COVID-19 pandemic.

INDOOR: Ran in five meets ... competed in two events at The American Indoor Track and Field Championships ... earned all-conference honors in the DMR, as she helped the Golden Hurricane record the second-fastest time in program history for third place in 11:34.21 ... also ran in the 3,000-meter run, finishing in a time of 9:57.62 for 16th overall ... earned a season-best time in the 3,000m at the Iowa State Classic, crossing the finish line at 9:45.87 for fourth place ... at the Arkansas Qualifier, clocked in at 2:12.48 in the 800-meter run ... secured a season-best time of 4:59.04 for fifth place in the mile run at the Black & Gold Invite ... posted a time of 2:57.73 in the 1,000-meter run at the Arkansas Invitational.

CROSS COUNTRY: Ran in six of seven meets ... was an all-conference selection ... placed 12th at the AAC Championship, while helping lead Tulsa to the team title ... was on Tulsa's second-place NCAA Midwest Regional team and 25th-place NCAA Championship team ... had a 10th place finish at the Rhodes College Invitational.

2018-19

OUTDOOR: Ran in six meets ... broke her own school record in the 3,000-meter steeplechase at the NCAA Division I West Region Preliminary Rounds with a time of 10:14.44 ... at the Arkansas Spring Invitational, recorded a time of 4:44.26 in the 1,500-meter run ... competed in the 3,000m steeplechase at The American Outdoor Track and Field Championships, securing all-conference honors at 10:22.27 for third place ... won the 3,000m steeplechase at the John McDonnell Invitational (10:37.46) and the 2019 Oral Roberts Invitational (11:03.19).

INDOOR: Raced in five meets ... captured two season-best times at The American Indoor Track and Field Championships ... finished the mile run at 5:05.78 and the 3,000-meter run with a time of 10:07.16 ... ran a time of 2:58.94 in the 1,000-meter at the Arkansas Invitational for ninth.

CROSS COUNTRY: Did not compete.

PERSONAL: Started running track at the age of 12 ... loves Disney movies ... before an invitational, she always braids her hair ... accounting is her favorite class at TU ... her favorite food is Kaiserschmarrn, a dessert from Austria ... majoring in business.

Tamara Reeves

Distance

5-7 · Sr.

Christchurch, New Zealand
Central Arkansas



TULSA: A five-time letterwinner ... transferred to Tulsa after competing for two years at Central Arkansas.

2023-24

CROSS COUNTRY: Competed in one meet ... finished 30th overall at the Cowboy Preview (3,000m) in 11:23.6.

2022-23

OUTDOOR: Ran in five meets ... finished first at the Shocker Invitational 3,000m with a personal-best time of 10:01.22 ... set a personal-best time of 4:34.28 in the 1,500m run at the KT Woodman Classic, taking fifth place.

INDOOR: Ran in five meets ... placed fourth at the Larry Wieczorek Invite in the 3,000m with a personal best time of 9:45.90 ... clocked a personal-best mile time of 4:56.68 at the Arkansas Invitational ... competed in the American Championships, taking ninth in the 5,000m run with a personal-best time of 16:48.90.

CROSS COUNTRY: Ran in two meets ... at the Cowboy Preview, finished with a time of 11:23.8 ... recorded a time of 23:29.3 at the Cowboy Jamboree.

2021-22

OUTDOOR: Ran in four meets ... ran a personal-best time of 4:36.49 for 5h place in the 1,500m run at the ORU Invite ... clocked a personal-best time of 16:50.13 in the 5,000m run at the Joe Walker Invite ... competed in the AAC Championships, placed ninth in the 1,500m run with a recorded time of 4:41.05.

INDOOR: Ran in four meets ... at the Arkansas Invitational, set a personal best of 5:11.52 in the mile run ... clocked a personal-best time of 10:03.04 in the 3,000m run at the Windy City Invite ... competed in the AAC Championships, recorded times of 17:45.55 in the 5,000m run and 9:59.77 in the 3,000m run.

CROSS COUNTRY: Did not compete.

PRIOR TO TULSA: Competed for two years at Central Arkansas ... **(2020-21)** In outdoor track, ran in six meets ... won the women's 5,000-meter run at the Richard Martin Jr Invitational in 16:55.71 ... finished third in the 1,500-meter run at the Southland Conference Outdoor Championships with a time of 4:38.83 ... in indoor track, ran in two meets ... finished in 4:56.11 at the Southland Conference Indoor Championships, earning all-conference honors ... in cross country, clocked a personal record of 21:07.0 on a 6K course at the Southland Conference Championships placing sixth ... finished third on a 6K course with a time of 21:32.2 at the UIW Winter Invitational ... clocked a personal record on a 5K course with a time of 18:36.5 at the Little Rock Open placing third ... **(2019-20)** In indoor track, ran in four meets ... earned Third Team All-SLC with her third-place finish in the mile at the Southland Championship after she posted a career-best time of 5:01.15 ... placed 11th in the 3,000-meter run with a run of 10:18.74 ... posted a personal-best effort of 10:13.64 in the 3,000m at the Meyo Invitational ... In cross country, ran in five meets ... finished 80th at the NCAA South Central Region Championships with a mark of 23:09.0 on the 6K course ... placed 12th at the Southland Championships with a career-best run of 22:03.7 on the 6K course ... recorded the fastest time of her career on the 4K course at the UCA XC Challenge with a time of 15:14.5 and came in fifth.

HIGH SCHOOL: Competed at Riccarton High School.

PERSONAL: Daughter of David and Sharon Reeves ... has one sibling, Lahana ... started running track and cross country at age 13 ... favorite TV show is *Grey's Anatomy* ... majoring in psychology.

Elizabeth Roca

Sprints
5-4 · Sr.
Austin, Texas
Leander HS



TULSA: A six-time letterwinner and all-conference recipient for indoor track.

2022-23

OUTDOOR: Ran in two meets ... set a personal best of 56.96 in the 400m dash at the Rock Chalk Classic ... at the AAC Championships, placed fourth in the 4x400m Relay with a time of 3:41.37.

INDOOR: Ran in four meets ... set a personal-best time of 8.07 in the 60m dash at the Crimson & Gold Invitational ... clocked 24.99 in the 200m dash at the Arkansas Invitational, setting a personal best ... competed in the American Championships, placing fourth in the 400m dash with a personal-best time of 54.23 ... also placed third in the 4x400m Relay with a time of 3:43.17.

2021-22

OUTDOOR: Ran in four meets ... at the ORU Invite, recorded personal bests in 100m dash (12.54) and 400m dash (56.36) ... at the Sooner Invite & Multis, won the 4x400m Relay with a time of 3:54.04 ... competed at the AAC Championships, finished fourth in the 4x400m Relay with a time of 3:45.86.

INDOOR: Competed in three meets ... recorded a personal-best time of 40.46 in the 300m dash at the Wooo Pig Classic ... at the Washburn Open, recorded a personal best of 57.50 in the 400m dash, finishing in seventh place ... competed in the AAC Championships, placed fifth in the 4x400m Relay with a time of 3:45.05.

2020-21

OUTDOOR: Ran in one meet ... had times of 24.92 in the 200m dash and 56.36 in the 400m dash at the ORU Invitational.

INDOOR: Ran in both meets ... recorded a personal-best time of 57.66 in the 400m dash at the Division I Challenge ... also at the Challenge, turned in a time of 3:52.40 in the 4x400m relay.

HIGH SCHOOL: Was a four-year letterwinner in track at Leander High School ... had personal-best times of 12.2 in the 100-meter dash, 25.75 in the 200-meter dash and 55.95 in the 400-meter run.

PERSONAL: Born Elizabeth Marie Roca on June 19, 2002 ... daughter of JuanCarlos and MariaElena Roca ... has one sister, Renee ... started running track at the age of 12 ... her favorite class at TU is biology ... favorite TV show is "The Office" ... her favorite professional athletes include Florence Joyner (Flo Jo), Allyson Felix and Sanya Richards-Ross ... her favorite food is sushi ... majoring in biology.

Mary Rocco-Phillips

Sprints
5-2 · Fr.
Oklahoma City, Okla.
Heritage Hall



TULSA: In her first year at Tulsa.

HIGH SCHOOL: Competed for Heritage Hall High School in Oklahoma City ... named team MVP her senior year.

PERSONAL: Started competing in track at the age of 12 ... favorite movie is *13 Going On 30* ... favorite TV Shows are "Stranger Things" and "Attack on Titan" ... favorite food is Hawaiian pizza ... favorite musician is Tyler the Creator ... majoring in finance.

Billie Rouse

Middle Distance
5-7 · So.
Kent, England
Invicta Grammar School



TULSA: A returning squad member.

2023-24

CROSS COUNTRY: Ran in one meet ... navigated the 3,000m course at the Cowboy Preview in 12:50.7 for 46th place.

2022-23

OUTDOOR: Did not compete.

INDOOR: Did not compete.

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A multi-year letterwinner in track at Invicta Grammar School in Kent, England.

PERSONAL: Born Billie Joy Rouse to Mark and Nicola Rouse... has one sibling, Charlie ... started running track and cross country at age 9 ... favorite professional athlete is Laura Muir ... favorite food is pasta ... majoring in exercise and sports science.

Sara Scott

Distance
5-6 · Jr.
San Antonio, Texas
Smithson Valley HS



TULSA: A six-time letterwinner ... an all-conference selection in cross country ... an all-conference selection in outdoor track.

2023-24

CROSS COUNTRY: Did not compete.

2022-23

OUTDOOR: Ran in three meets ... placed third in the Bryan Clay Invite 10,000m run with a personal-best time of 33:58.63 ... competed in the AAC Championships, taking third in the 10,000m run clocking a time of 37:24.35 ... also placed fifth in the 5,000m with a time of 17:00.52.

INDOOR: Ran in four meets ... placed eighth in the Windy City Invite 3,000m with a personal best time of 9:41.42 ... competed in the American Championships placing fifth in the 3,000m with a time of 9:47.32 ... also setting a personal best time of 16:47.63 in the 5,000m run.

CROSS COUNTRY: Ran in two meets ... competed in the AAC Championships, recorded a time of 21:20.1 for 11th place overall, earning all-conference honors ... at the Midwest Regional, finished with a time of 20:54.6 for 34th overall.

2021-22

OUTDOOR: Ran in four meets ... set a personal best of 4:37.27 in the 1,500m run at the ORU Invite ... at the Joe Walker Invite, ran a personal-best time of 16:56.97 in the 5,000m run ... competed in the AAC Championship, placed eighth in the 10,000m run with a personal best of 37:09.15.

INDOOR: Ran in five meets ... set a personal best of 5:05.21 in the mile run at the Arkansas Invitational, placed eighth ... at the Washburn Open, clocked a personal-best time of 9:55.00 for fifth place in the 3,000m run ... competed in the AAC Championships, clocked a time of 17:16.63 in the 5,000m run for eighth place ... also had a finishing time of 9:55.74 in the 3,000m run.

CROSS COUNTRY: Competed in the AAC Championships, finished with a time of 22:17.8 for 20th place overall ... at the Midwest Regionals, finished with a time of 22:13.39.

THE UNIVERSITY OF TULSA GOLDEN HURRICANE

HIGH SCHOOL: A four-time letterwinner in cross country and track at Smithson Valley High School ... was an all-district and all-region first team cross country runner ... earned UIL first-team all-state in 2019 ... finished 12th as an individual and second as a team at the Nike Cross Nationals South ... placed ninth at the UIL state cross country meet in 2020.

PERSONAL: Born Sara Elizabeth Scott on January 9, 2003 ... daughter of Gary and Crystal Scott ... has one sister, Leaha ... started running track and cross country at age 11 ... favorite movie is *Grown Ups* ... favorite food is pasta or anything Italian ... hobbies include hanging out with friends, playing with her dog and anything outdoors ... majoring in exercise & sports science.

Anastasia Small
Middle Distance
5-6 · Fr.
Kingwood, Texas
Kingwood HS



TULSA: In her first year at Tulsa.

2023-24

CROSS COUNTRY: Did not compete.

HIGH SCHOOL: A four-year letterwinner in cross country and three-year letterwinner in track at Kingwood High School ... helped her cross country team qualify for the UIL 6A Championships four consecutive seasons ... finished second at the state championship as a freshman and third her senior season ... was an 800m regional qualifier in 2021 and 2023 ... was the district and area champion in the 800m in 2023.

PERSONAL: Parents are Brooke and Lisamarie ... has five siblings, Vlad, Nadia, Hugh, Jeremiah and Sophia ... began competing in track at age 12 ... favorite movie is *The Princess Bride* ... favorite show is "The Unbreakable Kimmy Schmidt" ... favorite professional athlete is track star Athing Mu ... hobbies include reading, language learning and country western dancing ... a member of Big Brothers Big Sisters and the South Asian Student Association ... studied abroad in Spain and India while attending high school ... majoring in Spanish.

McKenna Terrell
Distance
5-4 · So.
Bentonville, Ark.
Bentonville West HS



TULSA: A returning squad member.

2023-24

CROSS COUNTRY: Ran in three meets ... clocked a 23:01.5 performance in the B-Race of the Nuttycombe Invitational for 80th place ... at the AAC Championship, finished fifth on the team and 28th overall in 21:52.3 ... was TU's fourth finisher at the Midwest Regional (6,000m), where she crossed the finish line in 22:22.5 for 98th place.

2022-23

OUTDOOR: Did not compete.

INDOOR: Did not compete.

HIGH SCHOOL: A six-time letterwinner in cross country and track at Bentonville West High School ... earned all-state honors as a junior for cross country ... as a senior, earned all-state honors for track and cross country as well as an all-conference title in cross country ... also held school records in the 1600m, 3200m and 5000m.

PERSONAL: Born McKenna Carlene Terrell on June 10, 2004 ... daughter of Peter and Kristin Terrell ... has two brothers, Carson and Keegan ... started running track and cross country at age 14 ... majoring in psychology.

Aneesa White
Sprints/Hurdles
5-3 · Fr.
Gainesville, Texas
Gainesville HS



TULSA: In her first year at Tulsa.

HIGH SCHOOL: A four-year letterwinner in track at Gainesville High School ... helped her track team place third her junior year and sixth her senior season at the Class 4A State Championships.

PERSONAL: Parents are Timothy and Mary ... has one sibling, Ladanian ... began competing in track at age 13 ... plans to pursue a nursing career ... majoring in nursing.

Karlie Wooten
Middle Distance
5-4 · So.
St. Louis, Mo.
Liberty Wentzville HS



TULSA: A returning letterwinner.

2022-23

OUTDOOR: Did not race.

INDOOR: Ran in three meets ... set a personal best in the 400m dash at the Arkansas Invitational with a time of 1:02.57 ... took seventh place at the Wendy's Invite in the 600-yard dash with a time of 1:29.46.

HIGH SCHOOL: A four-time letterwinner in track and field at Liberty Wentzville High School ... was also a four-time letterwinner in gymnastics, three-time letterwinner in competition cheer and three-time letterwinner in sideline cheer ... nominated for all-state, all-district and all-conference honors.

PERSONAL: Born Karlie Danielle Wooten on July 20, 2004 ... daughter of Karl and Andrea Wooten ... has one sister, Aniyah ... started running track and cross country at age 7 ... favorite musician is Kehlani ... favorite class at TU is anatomy & physiology ... majoring in exercise and sports science.



Steve Gulley

Director of Cross Country/Track & Field
24th Season
Northeastern Oklahoma State, 1983

Now in his 24th year directing the track & field and cross country program at The University of Tulsa, Steve Gulley has built one of the top programs in the southwest, and the men's cross country program has become one of the nation's best.

A native Oklahoman, Gulley has coached collegiately for 38 years with his only stints coming at Baylor University and Tulsa. He has coached 33 individual conference champions, 60 All-Americans and 18 Academic All-Americans. Overall, he's coached his teams to 16 men's cross country conference championships, nine women's cross country championships and one men's indoor track conference title.

Nationally, Gulley has qualified 48 individual athletes to the NCAA track and field championships, coached three individual champions and has taken his men's (14) and women's (3) cross country teams to 17 NCAA Championship appearances.

Gulley served as Baylor's head cross country coach and assistant coach for track & field before coming to Tulsa. He arrived at Baylor in 1985 as a graduate assistant coach and became the Bears' cross country head coach in 1988. Gulley coached there until his appointment as Tulsa's head coach for track & field and cross country in 2000.

It didn't take long to see the direction that the Hurricane cross country and track & field program was headed upon his arrival in 2000. The Tulsa women claimed the cross country conference title in 2001 and the men followed with a Western Athletic Conference team cross country championship in 2003.

Under Gulley's leadership, Tulsa has become the dominant cross country program in the American Athletic Conference, winning the first 10 men's titles and four women's crowns since joining the AAC in 2014. Under Gulley, the Golden Hurricane men have won an overall 16 conference titles including the last 14 championships. The women have won nine league titles under Gulley's leadership.

Tulsa harriers have advanced to the NCAA Championships 10 times in the last nine years and placed among the top-15 five times for the men, while the women's team has made the NCAA Championships field four times under Gulley.

Perhaps Gulley's top coaching moment for cross country was when the Golden Hurricane men turned in the school's best national finish of fifth place at the 2019 NCAA Cross Country Championship. The Tulsa women also turned in its best national performance of all-time that year with a 25th place finish. Both teams returned to the NCAA finals in 2020 with the men taking sixth place and the women finishing 28th.

Gulley has coached a total of 10 athletes to 15 All-America honors for cross country at Tulsa, including 9 men (14 times) and one woman (one time). He was named the Midwest Region Coach of the Year twice, coming in 2012 and 2019.

It's not only the cross country program that has prospered under Gulley's leadership, but the track & field program has risen to a higher level as well. The Hurricane has had 37 top-5 finishes at the conference track & field championships, while 164 athletes have made NCAA regional competition and 38 of those athletes advanced to the NCAA Championship in a total of 60 events. Gulley has coached 45 All-Americans in track during his Tulsa tenure.

Gulley has led the men's team to 13 top-four conference finishes for indoor track and have placed among the top-3 five times during the outdoor season.

In 2017, the men turned in an 11th place finish at the NCAA Cross Country Championships, 13th place at the NCAA Indoor Championships, and a 14th place tally at the NCAA Outdoor Championships. Tulsa's success that year saw the men end the season as the USTFCCCA's Fourth-Ranked Program of the Year, the highest ever ranking for the Hurricane.

En route to the school's best-ever cross country finish with their fifth-place performance in the NCAA Championship in 2019, the Hurricane men also dominated at the AAC Championship and Midwest Regional that year. The Tulsa men won both events, while the women captured its third league crown and had its best regional performance with a second-place finish. Patrick Dever and Peter Lynch finished among the top-15 national finishers, thus earning All-America accolades.

A year later, Dever and Lynch repeated as All-Americans and were joined by Isaac Akers as the trio led Tulsa to its sixth-place NCAA performance.

Other benchmark moments during Gulley's tenure are numerous. The school's first NCAA Championship appearance for the men in 2007, while that same year Alex Becker became the school's first cross country All-American when she finished in 15th place at the national event, running as an individual. A year later, the Tulsa men harriers won its second league title which began a string of 11 conference crowns in 12 seasons. Scott Beattie became Tulsa's first male cross country athlete to earn All-America status in 2008 and was also named the Conference USA Male Cross Country Athlete of the Year after winning the individual title at the league meet.

In 2008-09, Gulley sent a total of seven athletes to the NCAA Indoor and Outdoor Championships after Hurricane individuals won eight C-USA crowns. Becker, Beattie and Mark Davidson went on to earn All-America accolades.

Chris O'Hare made his mark on the Tulsa program finishing as the runner-up at the 2011 NCAA Indoor Championships in the mile run and a year later becoming Tulsa's first NCAA Champion when he clocked a facility record 4:01.66 in the mile at the 2012 meet.

Tulsa added its second national champion when Marc Scott pulled away down the stretch to win the 10,000-meters at the 2017 NCAA Outdoor Track & Field Championships with a time of 29:01.54. Two nights later Scott placed fourth in the 5,000m to pick up his ninth All-America honor.

TU's third individual national champion came in 2020, when Gulley coached Patrick Dever to a 27:41.87 finish to claim the 10,000-meter run title at the NCAA Outdoor Track & Field Championships.

Ben Preisner highlighted the 2018-19 track & field season when he became a three-peat conference champion in the 5,000-meter run and also defended his 3,000-meter title at the American Athletic Conference Championships.

At Baylor, Gulley produced one of the school's most successful athletic programs in his 12 seasons as head coach for cross country. His teams won six conference titles, made seven NCAA Championship appearances, had seven individual league champions, produced 18 All-Americans and three Academic All-Americans.

Baylor's women captured the school's first-ever Southwest Conference title in 1990. In 1992, Gulley's runners once again found themselves among the elite when both the men's and women's teams won SWC titles, making him the first coach in conference history to win both championships in the same season.

Of the Baylor women's seven NCAA appearances, their best came in 1998 with an eighth-place performance. His women's teams also placed 10th (1991), 17th (1992), 18th (1990, '92) and 22nd (1989, '94).

Gulley was named the Southwest Conference Coach of the Year eight times and the District IV Coach of the Year once.

On the track & field side, Gulley helped in the development of 79 All-Americans, including 50 male All-Americans and 29 female All-Americans. He coached 14 top-10 finishers at the NCAA Championships on the men's side with two more top-10 finishers for the women. There were three times that Gulley coached three-sport All-Americans in cross country, indoor and outdoor track & field.

Gulley earned his bachelor's degree in education from Northeastern (Okla.) State, where he earned three letters on the track & field squad. His son, Taylor, has served as a Tulsa assistant coach since 2012.

Gulley and his wife, Leigh, have four children: Taylor, Austin, Sam and Lilly.



Taylor Gulley
Men's Cross Country/Track Head Coach
12th Season
Tulsa, 2012

Entering his 12th season for the Golden Hurricane, Taylor Gulley serves as the head coach for one of the nation's top men's cross-country teams, while also coaching the middle-distance and distance runners for the Golden Hurricane men's track squad.

In his tenure, the Tulsa men's cross country team has won 12 conference championships, including two in Conference USA and 10 American Athletic Conference Championships. Gulley helped the men's squad reach its 10th NCAA Championship and post the highest national finish in program history with a fifth-place performance in 2019.

On the women's side, the Tulsa hurriers finished in the top six of the NCAA Cross Country Midwest Regional five times, most recently finishing in second place at the 2019 regionals. At the 2019 NCAA National Championships, the women earned a program-best finish of 25th place.

Gulley has been instrumental to the success of the Golden Hurricane track & field squad as well, highlighted by Chris O'Hare's NCAA record indoor mile time of 3:52.98 in 2013 to become Tulsa's first track & field national champion. The men's indoor squad has finished in the top three at The American Championships four times.

In the spring of 2017, he helped coach Marc Scott to TU's second national title with a win in the 10,000-meter race at the NCAA Outdoor Track & Field Championships. Scott earned Meet Outstanding Performer honors at the 2017 conference championship with victories in the mile, 3,000m and distance medley relay, while Ben Preisner captured a victory in the 5,000m as the Hurricane swept the top four spots in the race.

TU's third individual national champion came in 2020, when Gulley coached Patrick Dever to a 27:41.87 finish to claim the 10,000-meter run title at the NCAA Outdoor Track & Field Championships.

Prior to his appointment as a full-time coach in 2012, Gulley spent two years as a student assistant coach. His responsibilities included home meet management, generating and maintaining the recruiting database and organizing official recruiting visits.

Gulley earned his bachelor's degree in exercise and sports science from Tulsa in May 2012.



Aidan Fiol
Assistant Coach
2nd Season
UConn, 2018

Aidan Fiol came to The University of Tulsa as an assistant coach in July 2022.

Fiol came to Tulsa following two seasons as a volunteer assistant coach with the Arkansas men's cross country and track & field program. He assisted with all aspects of Razorback cross country and distance training. In addition, Fiol assisted with the operations of the 2021 SEC Indoor Track & Field Championships, 2021 NCAA Indoor Track & Field Championships and the 2022 NCAA West Prelims.

Before that, Fiol served as a graduate assistant for the University of Connecticut track & field and cross-country programs. He helped coached the distance runners and implemented a strength & conditioning program for the male and female cross-country runners.

Fiol earned two degrees in kinesiology and exercise science from UConn. He received his bachelor's degree in 2018 while competing in track and cross country as a student-athlete and then received his master's in 2020.



Mollie Dalton
Assistant Coach
1st Season
Lewis, 2017

Mollie Dalton was named to the Golden Hurricane coaching staff as an assistant coach at the start of the 2023-24 school year. She primarily works with the women's distance runners.

Dalton came to Tulsa after serving one year as an assistant cross country and track coach at Illinois State University. In her lone season with the Redbirds, Dalton coached four NCAA West qualifiers, helped the women to indoor and outdoor Missouri Valley Conference championships, and the men to a second-place indoor finish.

Prior to joining the Redbirds, Dalton spent three years as an assistant coach at Elmhurst University, supporting the men's and women's cross country and track programs. She served as a graduate assistant for a year before her promotion to assistant.

In 2021, she assisted the Elmhurst women as they captured their first cross country CCIW team title in 18 years. She and the other coaches were recognized as the College Conference of Wisconsin and Illinois Coaching Staff of the Year for 2021 cross country and 2022 indoor track and field.

In her first season as an assistant, Dalton helped lead the women's cross country team to its highest conference and regional finish in 15 years, placing third at the CCIW and ninth at the Midwest Regional.

As a graduate assistant, she helped in the development of five all-conference runners, a conference champion and one CCIW Runner of the Week.

Dalton graduated from Lewis University in 2017 with a degree in sports management and earned her master's in business administration at Elmhurst. While at Lewis, Dalton lettered in both cross country and track for distance running, receiving USTFCCA All-Academic recognition in 2015 and the D2 ADA Academic Achievement Award her senior season.

She was a four-time Great Lakes Valley Conference all-academic team selection and received the Br. David Delahanty Award each year, which is given to Lewis student-athletes for academic excellence.



Loren Iwanicki
Assistant Coach
1st Season
Aurora, 2015

Loren Iwanicki joined The University of Tulsa track and field staff as an assistant coach in August 2023.

Iwanicki begins his second coaching stint following eight seasons as an assistant coach at his alma mater, Aurora University. He began his coaching career with the track and field program in the 2015-16 school year.

In his time at AU, Iwanicki has coached one All-American, two national qualifiers, 12 conference champions, 39 all-conference performers, one AU school record in the triple jump and four AU school records in the high jump.

As an athlete for the Spartans from 2011-15, Iwanicki captured the high jump conference title at the outdoor NACC meet in 2011. Iwanicki also stepped up in long jump by placing 6th in 2014 at the outdoor NACC Championships. In the high jump, he was a five-time All-Conference performer, four-time school record holder, and holds the current indoor high jump record of 2.03m (6'8").

Iwanicki graduated from Aurora in 2015 with a bachelor's degree in general studies.



Brad Carson

President

Brad R. Carson has served as The University of Tulsa's 21st president since July 1, 2021. Since then, he has focused on raising TU's reputation as the best university between the Rocky Mountains and the Mississippi River. In fall 2023, TU will welcome the most National Merit scholars per capita in the country. Carson also has worked to secure millions of dollars for research projects for TU and announced the creation of a new Honors College to give bright students a solid foundation in the liberal arts.

Having built a distinguished career in public service, law, and education, Carson was a professor at the University of Virginia, teaching courses related to national security and public sector innovation before becoming president of TU. He also served as a senior advisor at Boston Consulting Group.

In 2015, President Obama appointed Carson acting under secretary of defense for personnel and readiness at the U.S. Department of Defense. There, he oversaw the human resources, military readiness, education, training, and health care of the nearly 5 million service members, civilian employees, and their dependents within the Department of Defense and managed an internal organization of 30,000 employees. Prior to that, Carson served as the under secretary of the U.S. Army and general counsel of the U.S. Army.

Carson is a noted authority on national security, energy policy, and American politics. From 2001 to 2005, he served two terms as a U.S. congressman, representing Oklahoma's 2nd District. Later, he was appointed to the faculty of TU's Collins College of Business and College of Law, where he taught courses on energy policy,

property law, negotiation and game theory, globalization, and law and literature. In 2008, Carson deployed during Operation Iraqi Freedom as an intelligence officer and was awarded the Bronze Star for his service.

Carson grew up on Native American reservations around the country and, later, represented the congressional district that is home to the Cherokee Nation. He served as president and chief executive officer of Cherokee Nation Businesses, where he refocused the organization's corporate strategy and governance and significantly increased revenues. Carson received his bachelor's degree from Baylor University and was a Rhodes Scholar at the University of Oxford. He went on to earn a law degree at the University of Oklahoma.



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AMERICAN ATHLETIC

Rick Dickson

Vice President & Director of Athletics



Rick Dickson, a native Tulsan and TU graduate, returned to his alma mater in September 2020 to lead the athletics department, serving as interim director. In February 2021, the interim tag was removed from Dickson's title.

On August 18, 2021, Dickson agreed to a three-year contract as Tulsa's Vice President & Director of Athletics. He previously served as the school's Athletic Director from 1990 to 1994.

Dickson's prolific career has also included leading athletic programs at Washington State University (1994-2000) and Tulane University (2000-2015). Programs under Dickson's guidance has seen dozens of conference championships and scores well above the national average in the NCAA's Academic Performance Rates.

Dickson's leadership, business acumen, energy and fundraising ability has resulted in a career that has covered 30 years as a collegiate athletic director. His drive to provide student-athletes the tools and support they need to grow academically, athletically and socially is at the forefront of his commitment as an administrator.

Upon his TU return, Dickson was immediately dealt with handling the COVID-19 crisis and positioning the athletic department for success on the field, the classroom and in the community. He has made positive strides in re-energizing alumni and community, while also reinventing the Golden Hurricane Champions Fund. Tulsa's fundraising total increased by 25-percent each year under Dickson's leadership and in 2023 the Golden Hurricane Champions Fund reached an all-time

high of over \$2.6 million and added nearly 1,000 new members. He oversaw the complete renovation of the strength & conditioning facility, now the F.A. Dry Sports Performance Center, and has instituted the Pathway to Sports Academy. On the field, Tulsa teams have won eight conference championships and played in the league's championship game an additional five more times in the last three seasons

Under Dickson's guidance, TU athletics instituted a spring Hall of Fame Weekend in 2022. The event, featuring the Blue & Gold Champions Night and annual Hall of Fame Induction ceremony, has been a tremendous success the last two years.

Dickson has become entrenched in the community. He currently serves on the Greenwood Chamber of Commerce Advisory Board and Tulsa Regional Tourism Board of Directors. Dickson has continued his membership on the USTA Collegiate Tennis Committee and Team Gleason Board of Directors, an organization to improve life for people living with ALS.

Dickson, who attended Tulsa's Bishop Kelley High School, played football for the Golden Hurricane before graduating from TU in 1977. His wife, Brenda, graduated from TU in 1979.

During his first tour of duty at TU, Dickson galvanized the city of Tulsa in support of Golden Hurricane athletics. Season attendance spiked for football and surpassed an all-time high attendance average of 31,000 fans for seven home games in 1991, while fans returned to the Tulsa Convention Center Arena after Dickson's hiring of basketball coach Tubby Smith. Basketball attendance grew more than 2,000 fans and reached a season average high of 7,300 in his final year at Tulsa.

Dickson lobbied bowl committees in 1991 for Tulsa's opportunity to participate in a post-season game, landing the Hurricane an appearance in the Freedom Bowl. He also was successful in getting Tulsa voted onto the College Football Association's Active Member list in 1991 as a major college independent. Dickson established the school's first statewide radio network, also in 1991, with the debut of the Golden Hurricane Radio Network.

He instituted several new fund-raising initiatives as well programs to improve the academic performance of student-athletes. Dickson coordinated the development of an

academic advisor program for athletics while establishing "Operation Golden Hurricane," a community outreach program for TU student-athletes.

Before leaving Tulsa for Washington State in 1994, Dickson was instrumental in the university securing membership in the Western Athletic Conference, thus giving the football program conference stability.

At Washington State, Dickson oversaw an athletics program that was recognized nationally for its success in dealing with gender equity issues. He raised funds for a capital campaign that funded scholarships and endowments, an indoor practice facility, and the renovation of Bohler Gymnasium. Washington State enjoyed its highest ever Sears Cup Ranking during his tenure, highlighted in 1998 by the football team's first Rose Bowl appearance in 67 years.

While at Tulane, Dickson is credited with helping the athletic program and community rebound after the destruction of Hurricane Katrina in 2005. Teams under his tenure won 41 conference titles and advanced to NCAA postseason play 36 times.

Following a 2003 Board Review that resulted in a unanimous resolution reaffirming the institution's Div-1A status, Dickson assumed the task of building a permanent foundation of support for Tulane Athletics through the Perpetual Wave Campaign. During the review, Dickson guided the department through an intense campaign that saw football season ticket sales more than triple, as well as secure funding for the new Greer Baseball Field, Yulman Football Stadium, Devlin Fieldhouse, The Hertz Center and numerous other facilities and program updates.

Following his retirement from Tulane in 2016, Dickson formed R.P. Dickson Consulting LLC, which has assisted many universities with multiple projects including Title IX reviews, departmental organization, fundraising and marketing campaigns, and facility development.

In 2019, Dickson accepted a year-long role as the CFP New Orleans ambassador, serving the Extra Yards for Teachers Campaign that supports public school teachers of New Orleans.

The Dicksons have four grown children and eight grandchildren.



GOLDEN HURRICANE PROGRESSION CHART

2022-23 Women's Indoor Track

Jemima Antoniazzi

Event	Mark	Meet (Date)	Place
Mile	5:01.71	Larry Wieczorek Invite (1/20/23)	18th
3,000m	9:51.55	Larry Wieczorek Invite (1/20/23)	4th
3,000m	9:46.07	Windy City Invite (2/10/23)	10th
3,000m	10:00.88	American Championships (2/25/23)	18th
5,000m	17:25.37	American Championships (2/25/23)	13th

Alicen Ashley

3,000m	10:31.16	Crimson & Gold Invitational (12/10/22)	16th
3,000m	10:05.44	Arkansas Invitational (1/13/23)	11th
Mile	5:04.21	Larry Wieczorek Invite (1/20/23)	25th
3,000m	9:53.40	Windy City Invite (2/10/23)	18th
3,000m	10:06.13	American Championships (2/25/23)	23rd
5,000m	17:27.72	American Championships (2/25/23)	16th

Jayda Gibson

60m	8.03	Crimson & Gold Invitational (12/10/22)	49th
300m	39.37*	Crimson & Gold Invitational (12/10/22)	2nd
60m-q	8.02	Arkansas Invitational (1/13/23)	21st
200m	24.82	Arkansas Invitational (1/13/23)	11th
400m	55.27	Arkansas Invitational (1/13/23)	5th
60m	8.01	Larry Wieczorek Invite (1/20/23)	25th
200m	25.26	Larry Wieczorek Invite (1/20/23)	7th
200m	25.23	Windy City Invite (2/10/23)	33rd
400m	57.01	Windy City Invite (2/10/23)	16th
400m-p	56.51	American Championships (2/25/23)	15th

Christian Gregory

800m	2:24.31	Arkansas Invitational (1/13/23)	12th
800m	2:16.15	Wendy's Invite (1/28/23)	3rd
800m	2:19.44	Gorilla Classic (2/10/23)	24th
800m-p	2:18.92	American Championships (2/25/23)	15th

Rachel Hamel

60m	8.36	Crimson & Gold Invitational (12/10/22)	79th
200m	27.75	Crimson & Gold Invitational (12/10/22)	58th
60m Hurdles	9.11	Arkansas Invitational (1/13/23)	18th
200m	27.48	Arkansas Invitational (1/13/23)	47th
400m	1:00.79	Larry Wieczorek Invite (1/20/23)	17th
60m Hurdles	9.22	Larry Wieczorek Invite (1/20/23)	14th

Rylie Hancock

60m	8.28	Crimson & Gold Invitational (12/10/22)	73rd
200m	26.95	Crimson & Gold Invitational (12/10/22)	44th
60m-q	8.33	Arkansas Invitational (1/13/23)	33rd
200m	26.98	Arkansas Invitational (1/13/23)	45th
60m-q	8.24	Wendy's Invite (1/28/23)	47th

Lilly Harrell

Did not compete

Chloe Hershonow

3,000m	9:44.79	Crimson & Gold Invitational (12/10/22)	3rd
Mile	4:46.25	Arkansas Invitational (1/13/23)	4th
3,000m	DNF	Arkansas Invitational (1/13/23)	--
Mile	4:48.16	Larry Wieczorek Invite (1/20/23)	2nd
3,000m	9:31.48	Larry Wieczorek Invite (1/20/23)	2nd
Mile	DNF	Windy City Invite (2/10/23)	--
3,000m	9:15.23	Windy City Invite (2/10/23)	2nd
3,000m	9:37.49	American Championships (2/25/23)	3rd
5,000m	16:20.69	American Championships (2/25/23)	2nd

Avery Hill

5,000m	17:55.00	Crimson & Gold Invitational (12/10/22)	9th
5,000m	17:34.41	Wendy's Invite (1/28/23)	3rd
5,000m	18.11.00	Gorilla Classic (2/10/23)	27th

Lianne Holtermann

400m	59.21	Arkansas Invitational (1/13/23)	12th
600y	1:27.00	Wendy's Invite (1/28/23)	2nd
600m	1:39.02	Larry Wieczorek Invite (1/20/23)	5th
400m	57.28	Windy City Invite (2/10/23)	19th

Sarah Hosey

800m	2:15.46	Crimson & Gold Invitational (12/10/22)	2nd
1,000m	3:01.41	Arkansas Invitational (1/13/23)	17th
600m	1:37.96	Larry Wieczorek Invite (1/20/23)	3rd
800m	2:16.04	Larry Wieczorek Invite (1/20/23)	10th
800m	2:23.98	Windy City Invite (2/10/23)	17th

Kaitlyn Johnson

60m	8.00	Crimson & Gold Invitational (12/10/22)	44th
60m-q	8.14	Arkansas Invitational (1/13/23)	25th
200m	26.53	Arkansas Invitational (1/13/23)	41st
60m	8.14	Larry Wieczorek Invite (1/20/23)	25th
200m	26.53	Larry Wieczorek Invite (1/20/23)	41st
60m-q	7.95	Wendy's Invite (1/28/23)	15th
60m-p	8.09	Wendy's Invite (1/28/23)	47th

Keely Jones

1,000m	2:53.72	Arkansas Invitational (1/13/23)	12th
600m	1:37.53	Larry Wieczorek Invite (1/20/23)	2nd
Mile	5:04.78	Larry Wieczorek Invite (1/20/23)	26th
Mile	4:53.17	Windy City Invite (2/10/23)	11th
Mile-p	4:54.70	American Championships (2/25/23)	5th
Mile	4:54.04	American Championships (2/25/23)	4th

*TU Indoor Record

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GOLDEN HURRICANE PROGRESSION CHART

2022-23 Women's Indoor Track

Robyn Kowalski

3,000m	10:06.97	Crimson & Gold Invitational (12/10/22)	9th
Mile	5:00.80	Arkansas Invitational (1/13/23)	19th
Mile	4:57.50	Larry Wieczorek Invite (1/20/23)	12th
3,000m	9:47.19	Larry Wieczorek Invite (1/20/23)	3rd
3,000m	9:56.37	Windy City Invite (2/10/23)	20th
5,000m	16:53.55	American Championships (2/25/23)	10th

Raniya Laneau

60m	7.89	Crimson & Gold Invitational (12/10/22)	25th
300m	40.97	Crimson & Gold Invitational (12/10/22)	13th
60m-p	7.92	Arkansas Invitational (1/13/23)	29th
200m	25.66	Arkansas Invitational (1/13/23)	25th
60m-p	7.91	Larry Wieczorek Invite (1/20/23)	21st
200m	25.90	Larry Wieczorek Invite (1/20/23)	16th
60m-p	7.87	Windy City Invite (2/10/23)	25th

Anna Mager

60m	8.11	Crimson & Gold Invitational (12/10/22)	58th
300m	40.53	Crimson & Gold Invitational (12/10/22)	9th
200m	25.32	Arkansas Invitational (1/13/23)	19th
400m	57.13	Arkansas Invitational (1/13/23)	8th
600m	1:36.19	Larry Wieczorek Invite (1/20/23)	11th
200m	25.45	Windy City Invite (2/10/23)	36th
400m	56.45	Windy City Invite (2/10/23)	11th
400m-p	56.62	American Championships (2/25/23)	16th

Chloe McEachern

3,000m	9:45.70	Crimson & Gold Invitational (12/10/22)	4th
1,000m	2:57.57	Arkansas Invitational (1/13/23)	15th
Mile	4:59.11	Larry Wieczorek Invite (1/20/23)	13th
3,000m	9:50.23	Larry Wieczorek Invite (1/20/23)	5th
Mile	4:55.54	Windy City Invite (2/10/23)	14th
Mile-p	5:01.36	American Championships (2/25/23)	10th
Mile	4:58.89	American Championships (2/25/23)	9th
3,000m	9:59.87	American Championships (2/25/23)	17th

Katharina Pesendorfer

Did not compete

Kylee Reed

5,000m	17:55.22	Crimson & Gold Invitational (12/10/22)	10th
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Tamara Reeves

3,000m	9:49.11	Crimson & Gold Invitational (12/10/22)	7th
Mile	4:56.68	Arkansas Invitational (1/13/23)	15th
Mile	4:57.05	Larry Wieczorek Invite (1/20/23)	11th
3,000m	9:45.90	Larry Wieczorek Invite (1/20/23)	4th
Mile	4:59.37	Windy City Invite (2/10/23)	21st
3,000m	9:55.17	American Championships (2/25/23)	14th
5,000m	16:48.90	American Championships (2/25/23)	9th

Julia Richard

Did not compete

Elizabeth Roca

60m	8.07	Crimson & Gold Invitational (12/10/22)	51st
200m	24.99	Arkansas Invitational (1/13/23)	12th
400m	55.16	Arkansas Invitational (1/13/23)	4th
200m	25.03	Windy City Invite (2/10/23)	28th
400m	55.75	Windy City Invite (2/10/23)	3rd
400m-p	55.24	American Championships (2/25/23)	6th
400m	54.23	American Championships (2/25/23)	4th

Layla Roebke

3,000m	9:42.00	Crimson & Gold Invitational (12/10/22)	2nd
Mile	4:47.38	Arkansas Invitational (1/13/23)	6th
3,000m	9:41.53	Arkansas Invitational (1/13/23)	4th
Mile	4:46.60	Larry Wieczorek Invite (1/20/23)	1st
3,000m	9:34.61	Larry Wieczorek Invite (1/20/23)	3rd
3,000m	9:29.35	Windy City Invite (2/10/23)	3rd
3,000m	9:34.38	American Championships (2/25/23)	2nd
5,000m	16:20.02	American Championships (2/25/23)	1st

Billie Rouse

Did not compete

Christine Russell

Did not compete

Sara Scott

3,000m	9:51.66	Arkansas Invitational (1/13/23)	9th
Mile	5:02.00	Larry Wieczorek Invite (1/20/23)	20th
3,000m	9:41.42	Windy City Invite (2/10/23)	8th
3,000m	9:47.32	American Championships (2/25/23)	5th
5,000m	16:47.63	American Championships (2/25/23)	8th

Carlota Soler

Mile	5:09.09	Crimson & Gold Invitational (12/10/22)	9th
800m	2:24.07	Arkansas Invitational (1/13/23)	11th
Mile	5:08.87	Arkansas Invitational (1/13/23)	24th
Mile	5:04.11	Wendy's Invite (1/28/23)	6th
Mile	5:02.77	Windy City Invite (2/10/23)	22nd

McKenna Terrell

Did not compete

Kayleigh Wagnon

Did not compete^A

^ADid not compete individually, was a leg in the 4x400m relay at the Crimson & Gold Invitational (12/10/22)



GOLDEN HURRICANE PROGRESSION CHART

2022-23 Women's Indoor Track

Karlie Wooten

300m	42.97	Crimson & Gold Invitational (12/10/22)	26th
400m	1:02.57	Arkansas Invitational (1/13/23)	19th
600y	1:29.46	Wendy's Invite (1/28/23)	7th

4x400-Meter Relay

3:54.84	4th	Crimson & Gold Invitational (12/10/22)	Mager, Laneau, Wagon, Gibson
--	DNF	Crimson & Gold Invitational (12/10/22)	Hancock, Hamel, Hosey, Roca
3:54.39	9th	Arkansas Invitational (1/13/23)	Holtermann, Laneau, Roca, Wooten
4:11.80	16th	Arkansas Invitational (1/13/23)	Gregory, Jones, McEachern, Reeves
3:44.55	1st	Larry Wieczorek Invite (1/20/23)	Gibson, Mager, Holtermann, Roca
--	DNF	Windy City Invite (2/10/23)	Holtermann, Laneau, Gibson, N/A
3:43.17	3rd	American Championships (2/25/23)	Gibson, Mager, Holtermann, Roca

Distance Medley Relay

11:37.65	3rd	American Championships (2/25/23)	McEachern, Holtermann, Hosey, Jones
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GOLDEN HURRICANE PROGRESSION CHART

2022-23 Men's Indoor Track

Isaac Akers

Event	Mark	Meet (Date)	Place
Mile	4:00.65	Arkansas Invitational (1/13/23)	3rd
Mile	4:01.14	Larry Wiecezorek Invite (1/20/23)	1st
3,000m	7:54.28	Larry Wiecezorek Invite (1/20/23)	3rd
5,000m	14:03.72	Windy City Invite (2/10/23)	14th

Shuiab Aljabaly

Event	Mark	Meet (Date)	Place
Mile	DNF	Larry Wiecezorek Invite (1/20/23)	--
3,000m	8:16.29	Larry Wiecezorek Invite (1/20/23)	10th
3,000m	8:04.42	Windy City Invite (2/10/23)	7th
3,000m	8:05.35	American Championships (2/25/23)	5th
5,000m	14:27.54	American Championships (2/25/23)	10th

Christian Baker

Event	Mark	Meet (Date)	Place
Mile	4:03.55	Arkansas Invitational (1/13/23)	6th
Mile	4:17.06	Larry Wiecezorek Invite (1/20/23)	11th
3,000m	8:04.15	Larry Wiecezorek Invite (1/20/23)	5th
Mile	3:59.88	Windy City Invite (2/10/23)	1st
Mile-p	4:12.47	American Championships (2/25/23)	6th
Mile	4:05.67	American Championships (2/25/23)	1st

Zander Baker

Event	Mark	Meet (Date)	Place
60m	7.36	Crimson & Gold Invitational (12/10/22)	94th
300m	38.63	Crimson & Gold Invitational (12/10/22)	62nd
200m	23.69	Arkansas Invitational (1/13/23)	39th

Scott Beattie

Event	Mark	Meet (Date)	Place
5,000m	13:32.38*	Danville Season Opener (12/3/22)	20th
Mile	4:02.26	Arkansas Invitational (1/13/23)	4th
Mile	4:05.63	Larry Wiecezorek Invite (1/20/23)	5th
3,000m	7:50.10	Larry Wiecezorek Invite (1/20/23)	1st
5,000m	13:58.75	Windy City Invite (2/10/23)	12th
3,000m	8:01.21	American Championships (2/25/23)	4th
5,000m	13:52.51	American Championships (2/25/23)	1st

Matthew Beveridge

Event	Mark	Meet (Date)	Place
Mile	4:23.21	Crimson & Gold Invitational (12/10/22)	5th
800m	1:59.16	Arkansas Invitational (1/13/23)	11th
800m	1:57.67	Wendy's Invite (1/28/23)	23rd
800m	1:57.93	Gorilla Classic (2/10/23)	46th

Ben Black

Event	Mark	Meet (Date)	Place
3,000m	8:46.33	Crimson & Gold Invitational (12/10/22)	5th
3,000m	8:36.45	Arkansas Invitational (1/13/23)	14th
5,000m	14:48.77	Gorilla Classic (2/10/23)	13th

Konnor Bouman

Event	Mark	Meet (Date)	Place
60m	7.30	Crimson & Gold Invitational (12/10/22)	91st
300m	37.30	Crimson & Gold Invitational (12/10/22)	50th

*TU Indoor Record

Cormac Dalton

Event	Mark	Meet (Date)	Place
Mile	4:06.29	Larry Wiecezorek Invite (1/20/23)	7th
3,000m	7:59.15	Larry Wiecezorek Invite (1/20/23)	4th
5,000m	14:01.27	Windy City Invite (2/10/23)	13th

Jake Green

Event	Mark	Meet (Date)	Place
60m	7.10	Crimson & Gold Invitational (12/10/22)	55th
200m	23.07	Crimson & Gold Invitational (12/10/22)	48th
60m-q	7.19	Arkansas Invitational (1/13/23)	20th
200m	22.95	Arkansas Invitational (1/13/23)	33rd
60m-q	7.12	Wendy's Invite (1/28/23)	49th
60m-p	7:03	Windy City Invite (2/10/23)	18th
200m	22:98	Windy City Invite (2/10/23)	25th

Ryan Gulick

Did not compete

Pete Johnson

Event	Mark	Meet (Date)	Place
Mile	4:12.76	Arkansas Invitational (1/13/23)	25th
Mile	4:14.05	Larry Wiecezorek Invite (1/20/23)	14th
3,000m	8:30.14	Larry Wiecezorek Invite (1/20/23)	7th
Mile	4:08.02	Windy City Invite (2/10/23)	12th
Mile-p	4:14.47	American Championships (2/25/23)	10th
Mile	4:08.63	American Championships (2/25/23)	5th

Sean Korsmo

Event	Mark	Meet (Date)	Place
1,000m	2:26.22	Arkansas Invitational (1/13/23)	5th
Mile	4:06.39	Larry Wiecezorek Invite (1/20/23)	1st
800m-p	1:52.62	American Championships (2/25/23)	2nd
800m	1:51.61	American Championships (2/25/23)	2nd

Luke Lambert

Did not compete

Johnny Livingstone

Event	Mark	Meet (Date)	Place
Mile	4:10.21	Larry Wiecezorek Invite (1/20/23)	6th
3,000m	8:07.04	Larry Wiecezorek Invite (1/20/23)	8th
3,000m	8:09.08	Windy City Invite (2/10/23)	10th

Shay McEvoy

Event	Mark	Meet (Date)	Place
Mile	4:01.49	Larry Wiecezorek Invite (1/20/23)	2nd
3,000m	DNF	Larry Wiecezorek Invite (1/20/23)	--
3,000m	8:01.49	Windy City Invite (2/10/23)	4th
Mile-p	4:10.52	American Championships (2/25/23)	3rd
Mile	4:08.40	American Championships (2/25/23)	4th
3,000m	8:05.70	American Championships (2/25/23)	6th

Chris McLeod

Event	Mark	Meet (Date)	Place
Mile	4:18.89	Arkansas Invitational (1/13/23)	36th



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Chanel Muir

Mile	4:08.48	Larry Wiecezorek Invite (1/20/23)	3rd
1,000m	2:26.43	Arkansas Invitational (1/13/23)	7th
Mile	4:06.74	Windy City Invite (2/10/23)	7th
Mile-p	4:12.51	American Championships (2/25/23)	8th
Mile	4:07.72	American Championships (2/25/23)	3rd

Max Nores

Mile	4:08.92	Arkansas Invitational (1/13/23)	19th
Mile	4:13.24	Larry Wiecezorek Invite (1/20/23)	8th
3,000m	8:07.85	Larry Wiecezorek Invite (1/20/23)	9th
5,000m	14:19.14	Windy City Invite (2/10/23)	6th
3,000m	8:20.56	American Championships (2/25/23)	14th
5,000m	14:15.95	American Championships (2/25/23)	8th

Novo Onovwerosuoke

60m	7.08	Crimson & Gold Invitational (12/10/22)	47th
300m	34.87	Crimson & Gold Invitational (12/10/22)	7th
60m-p	7.12	Arkansas Invitational (1/13/23)	24th
200m	22.13	Arkansas Invitational (1/13/23)	14th
60m-p	7.13	Larry Wiecezorek Invite (1/20/23)	21st
200m	22.31	Larry Wiecezorek Invite (1/20/23)	9th
400m	49.57	Windy City Invite (2/10/23)	13th

Micheal Power

Mile	3:58.76	Arkansas Invitational (1/13/23)	2nd
3,000m	7:50.12	Larry Wiecezorek Invite (1/20/23)	2nd
5,000m	13:40.96	Windy City Invite (2/10/23)	7th
3,000m	7:52.80	American Championships (2/25/23)	1st

Malte Propp

Mile	4:06.49	Arkansas Invitational (1/13/23)	11th
Mile	4:09.28	Larry Wiecezorek Invite (1/20/23)	5th
3,000m	8:05.88	Larry Wiecezorek Invite (1/20/23)	7th
3,000m	8:00.49	Windy City Invite (2/10/23)	5th
3,000m	8:07.73	American Championships (2/25/23)	7th
5,000m	14:07.07	American Championships (2/25/23)	3rd

Gian Pulido

Mile	4:33.66	Crimson & Gold Invitational (12/10/22)	31st
800m	2:03.97	Arkansas Invitational (1/13/23)	12th

Noah Reed

60m	7.28	Crimson & Gold Invitational (12/10/22)	89th
300m	36.23	Crimson & Gold Invitational (12/10/22)	33rd
60m-q	7.28	Arkansas Invitational (1/13/23)	23rd
200m	23.08	Arkansas Invitational (1/13/23)	34th
200m	23.38	Larry Wiecezorek Invite (1/20/23)	32nd
400m	51.58	Larry Wiecezorek Invite (1/20/23)	25th

Carson Royle

Did not compete

Evan Sanni-Thomas

60m	7.14	Crimson & Gold Invitational (12/10/22)	64th
300m	33.81	Crimson & Gold Invitational (12/10/22)	1st
200m	21.93	Arkansas Invitational (1/13/23)	10th
400m	48.38	Arkansas Invitational (1/13/23)	6th
200m	21.93	Larry Wiecezorek Invite (1/20/23)	10th
400m	48.38	Larry Wiecezorek Invite (1/20/23)	6th
600y	1:15.18	Wendy's Invite (1/28/23)	12th
400m-p	49.32	American Championships (2/25/23)	11th

Ryan Shumaker

Mile	4:09.48	Arkansas Invitational (1/13/23)	20th
Mile	4:08.39	Larry Wiecezorek Invite (1/20/23)	2nd
3,000m	8:04.35	Larry Wiecezorek Invite (1/20/23)	6th
3,000m	8:11.83	Windy City Invite (2/10/23)	12th
3,000m	8:20.37	American Championships (2/25/23)	13th
5,000m	14:15.29	American Championships (2/25/23)	7th

Dillon Stinson

300m	36.87	Crimson & Gold Invitational (12/10/22)	42nd
400m	51.99	Arkansas Invitational (1/13/23)	29th
200m	23.71	Larry Wiecezorek Invite (1/20/23)	33rd
200m	23.73	Windy City Invite (2/10/23)	26th
400m	51.84	Windy City Invite (2/10/23)	17th

Josh Sutton

60m	6.81	Crimson & Gold Invitational (12/10/22)	6th
60m-p	6.83	Arkansas Invitational (1/13/23)	8th
60m-Final	6.91	Arkansas Invitational (1/13/23)	7th
200m	22.36	Larry Wiecezorek Invite (1/20/23)	12th
60m-p	6.87	Windy City Invite (2/10/23)	12th
200m	21.98	Windy City Invite (2/10/23)	8th
60m-p	6.82	American Championships (2/25/23)	6th
200m-p	21.59	American Championships (2/25/23)	8th
60m	6.80	American Championships (2/25/23)	5th
200m	21.40	American Championships (2/25/23)	6th

Lucas Tauch

Did not compete

Braden Taylor

Mile	4:20.50	Crimson & Gold Invitational (12/10/22)	2nd
1,000m	2:33.89	Arkansas Invitational (1/13/23)	23rd
800m	1:55.45	Larry Wiecezorek Invite (1/20/23)	7th
800m	1:58.29	Windy City Invite (2/10/23)	13th
800m-p	1:55.27	American Championships (2/25/23)	10th

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4x400-Meter Relay

3:21.32	7th	Crimson & Gold Invitational (12/10/22) Onowwersuoke, Reed, Sanni-Thomas, Sutton
3:31.91	22nd	Crimson & Gold Invitational (12/10/22) Bouman, Green, Z. Baker, Stinson
3:30.79	15th	Arkansas Invitational (1/13/23) Z. Baker, Bouman, Korsmo, Taylor
3:31.41	22nd	Arkansas Invitational (1/13/23) C. Baker, Beveridge, P. Johnson, Pulido
--	DNF	Arkansas Invitational (1/13/23) Onowwersuoke, N. Reed, Sanni-Thomas, Stinson
3:22.07	8th	Larry Wieczorek Invite (1/20/23) Onowwersuoke, Stinson, Reed, Sutton
3:15.67	3rd	American Championships (2/25/23) Onowwersuoke, Sutton, Reed, Sanni-Thomas

Distance Medley Relay

DQ	--	American Championships (2/25/23) Baker, Onowwersuoke, Johnson, Power
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GOLDEN HURRICANE PROGRESSION CHART

2023 Women's Outdoor Track

Event	Mark	Meet (Date)	Place
Jemima Antoniazzi			
3,000m SC	11:01.04	Shocker Invitational (3/24/23)	1st
3,000m SC	10:59.31	Bryan Clay Invite (4/13/23)	91st
3,000m SC	10:41.83	AAC Championships (5/13/23)	6th
5,000m	17:11.50	AAC Championships (5/14/23)	8th

Alicen Ashley			
3,000m SC	11:13.10	Shocker Invitational (3/24/23)	2nd
3,000m SC	11:03.60	KT Woodman Classic (4/7/23)	2nd
3,000m SC	10:32.47	AAC Championships (5/13/23)	3rd
5,000m	18:33.08	AAC Championships (5/14/23)	29th

Maya Boschee
Did not race.

Jayda Gibson			
200m	25.00	Shocker Invitational (3/25/23)	2nd
100m	12.44	KT Woodman Classic (4/8/23)	16th
400m	55.28	Sooner invite (4/15/23)	5th
200m	25.09	J. McDonnell Invite (4/21/23)	12th
400m	55.89	J. McDonnell Invite (4/21/23)	8th
400m-p	55.94	AAC Championships (5/13/23)	12th

Christian Gregory			
800m	2:17.68	Shocker Invitational (3/25/23)	2nd
1,500m	4:58.85	Shocker Invitational (3/25/23)	13th
800m	2:20.87	KT Woodman Classic (4/7/23)	10th
800m	2:19.90	J. McDonnell Invite (4/21/23)	20th
800m	2:16.79	Rock Chalk Classic (4/29/23)	5th

Rachel Hamel			
400m Hurdles	1:06.69	Sooner invite (4/15/23)	10th
100m Hurdles	15.06	J. McDonnell Invite (4/21/23)	16th
400m Hurdles	1:06.70	J. McDonnell Invite (4/21/23)	11th
100m Hurdles	14.74	Rock Chalk Classic (4/29/23)	15th
400m Hurdles	1:06.74	Rock Chalk Classic (4/29/23)	8th

Rylie Hancock			
100m	12.77	Shocker Invitational (3/25/23)	8th
100m	12.99	KT Woodman Classic (4/8/23)	36th
200m	26.68	KT Woodman Classic (4/8/23)	34th
200m	26.35	Sooner invite (4/15/23)	30th
100m	12.75	J. McDonnell Invite (4/21/23)	20th
200m	26.29	J. McDonnell Invite (4/21/23)	23rd
100m	12.93	Rock Chalk Classic (4/29/23)	19th
200m	26.45	Rock Chalk Classic (4/29/23)	34th

Lilly Harrell
Did not race.

Chloe Hershonow			
5,000m #3	16:05.76	Stanford Invitational (3/31/23)	4th
10,000m #1	33:21.75*	Bryan Clay Invite (4/13/23)	12th
1,500m Seeded	4:30.49	Drake Relays (4/28/23)	10th
10,000m	37:02.61	AAC Championships (5/13/23)	1st
5,000m	16:42.51	AAC Championships (5/14/23)	1st
5,000m	17:08.35	NCAA West Regionals (5/27/23)	45th

Avery Hill			
3,000m	10:50.35	Shocker Invitational (3/24/23)	8th
10,000m	35:58.74	KT Woodman Classic (4/7/23)	1st
10,000m	36:32.86	Drake Relays (4/27/23)	13th
10,000m	38:24.73	AAC Championships (5/13/23)	10th

Lianne Holtermann			
400m	58.17	Shocker Invitational (3/25/23)	4th
400m	59.16	KT Woodman Classic (4/8/23)	15th
200m	26.18	Rock Chalk Classic (4/29/23)	28th
400m	57.84	Rock Chalk Classic (4/29/23)	9th
400m-p	58.74	AAC Championships (5/13/23)	20th

Sarah Hosey			
800m	2:19.71	Shocker Invitational (3/25/23)	3rd
1,500	4:40.91	Shocker Invitational (3/24/23)	1st
800m	2:16.44	KT Woodman Classic (4/7/23)	3rd
800m	2:15.12	J. McDonnell Invite (4/21/23)	17th
800m	2:20.58	Rock Chalk Classic (4/29/23)	11th

Kaitlyn Johnson			
100m	12.31	Shocker Invitational (3/25/23)	5th
100m	12.46	KT Woodman Classic (4/8/23)	17th
200m	25.56	Sooner invite (4/15/23)	24th
100m	12.54	J. McDonnell Invite (4/21/23)	18th
200m	--	J. McDonnell Invite (4/21/23)	DNF
100m-p	12.81	AAC Championships (5/13/23)	25th

Keely Jones			
1,500m	4:39.55	KT Woodman Classic (4/7/23)	9th
800m	2:11.02	J. McDonnell Invite (4/21/23)	10th
1,500m	4:35.22	Drake Relays (4/27/23)	25th
1,500m-p	4:30.61	AAC Championships (5/12/23)	6th
800m-p	2:15.45	AAC Championships (5/13/23)	18th
1,500m	4:26.96	AAC Championships (5/14/23)	5th

Robyn Kowalski			
10,000m #2	36:48.48	Bryan Clay Invite (4/13/23)	26th
5,000m unseeded	17:52.06	Drake Relays (4/27/23)	24th
10,000m	38:02.63	AAC Championships (5/13/23)	8th
5,000m	17:57.63	AAC Championships (5/14/23)	20th

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2023 Women's Outdoor Track

Raniya Laneau

100m	12.23	Shocker Invitational (3/25/23)	3rd
100m	12.48	KT Woodman Classic (4/8/23)	19th
200m	25.42	Sooner invite (4/15/23)	22nd
200m	25.30	J. McDonnell Invite (4/21/23)	14th
100m	12.42	Rock Chalk Classic (4/29/23)	9th
200m	25.29	Rock Chalk Classic (4/29/23)	19th
200m-p	25.05	AAC Championships (5/12/23)	22nd
100m-p	12.50	AAC Championships (5/13/23)	22nd

Anna Mager

200m	24.97	Shocker Invitational (3/25/23)	1st
100m	12.28	KT Woodman Classic (4/8/23)	10th
400m Hurdles	1:00.35	KT Woodman Classic (4/8/23)	1st
400m Hurdles	--	Sooner invite (4/15/23)	DNF
400m Hurdles	58.77	J. McDonnell Invite (4/21/23)	2nd
200m	24.48	Rock Chalk Classic (4/29/23)	11th
400m	56.08	Rock Chalk Classic (4/29/23)	5th
400m Hurd-p	1:00.19	AAC Championships (5/12/23)	6th
400m Hurdles	58.54	AAC Championships (5/14/23)	3rd
400m Hurdles	59.16	NCAA West Regionals (5/25/23)	21st
400m Hurdles	58.76	NCAA West Regionals (5/27/23)	18th

Chloe McEachern

1,500m	4:32.97	KT Woodman Classic (4/7/23)	3rd
1,500m	4:34.78	J. McDonnell Invite (4/21/23)	10th

Katharina Pesendorfer

Did not race.

Kylee Reed

3,000m	10:22.84	Shocker Invitational (3/25/23)	5th
10,000m	36:15.59	KT Woodman Classic (4/7/23)	3rd
10,000m	36:30.13	Drake Relays (4/27/23)	12th
10,000m	39:05.70	AAC Championships (5/13/23)	11th
5,000m	17:54.66	AAC Championships (5/14/23)	19th

Tamara Reeves

3,000m	10:01.22	Shocker Invitational (3/24/23)	1st
1,500m	4:34.28	KT Woodman Classic (4/7/23)	5th
1,500m	4:44.24	J. McDonnell Invite (4/21/23)	13th
5,000m Seeded	17:21.42	Drake Relays (4/27/23)	28th
5,000m	17:29.04	AAC Championships (5/14/23)	12th

Elizabeth Roca

400m	55.42	Sooner invite (4/15/23)	6th
400m	56.96	Rock Chalk Classic (4/29/23)	8th

Layla Roebke

5,000m #3	16:13.34	Stanford Invitational (3/31/23)	8th
3,000m SC	10:07.80*	Bryan Clay Invite (4/13/23)	16th
1,500m Seeded	4:31.10	Drake Relays (4/28/23)	11th
3,000m SC	10:11.61	AAC Championships (5/13/23)	1st
5,000m	16:51.61	AAC Championships (5/14/23)	3rd
3,000m SC	10:16.18	NCAA West Regionals (5/27/23)	22nd

Billie Rouse

Did not race.

Christine Russell

Did not race.

Sara Scott

10,000m #2	33:58.63	Bryan Clay Invite (4/13/23)	3rd
5,000m Seeded	17:02.76	Drake Relays (4/27/23)	26th
10,000m	37:24.35	AAC Championships (5/13/23)	3rd
5,000m	17:00.52	AAC Championships (5/14/23)	5th

Carlota Soler

3,000m	10:08.56	Shocker Invitational (3/24/23)	3rd
1,500m	4:39.66	KT Woodman Classic (4/7/23)	10th
1,500m	4:41.72	J. McDonnell Invite (4/21/23)	11th
1,500m	4:39.38	Rock Chalk Classic (4/29/23)	13th

McKenne Terrell

Did not race.

Kayleigh Wagnon

Did not race.

Karlie Wooten

Did not race.

4x100m Relay

6th	47.86	KT Woodman Classic (4/8/23)	Laneau, Gibson, Johnson, Mager
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5th	47.59	Sooner invite (4/15/23)	Laneau, Gibson, Johnson, Mager
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5th	47.26	J. McDonnell Invite (4/21/23)	Laneau, Gibson, Johnson, Mager
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9th	47.45	AAC Championships (5/14/23)	Laneau, Roca, Johnson, Mager
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4x400m Relay

1st	3:43.69	J. McDonnell Invite (4/21/23)	Mager, Gibson, Laneau, Roca
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4th	3:41.37	AAC Championships (5/14/23)	Mager, Gibson, Holtermann, Roca
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Event	Mark	Meet (Date)	Place
Isaac Akers			
10,000m In. #1	29:37.08	Bryan Clay Invite (4/13/23)	32nd
Shuaib Aljabaly			
10,000m #2	28:37.67	Stanford Invitational (3/31/23)	3rd
5,000m #1	13:49.43	Payton Jordan Invite (4/21/23)	16th
10,000m	29:09.73	NCAA West Regionals (5/24/23)	26th
Christian Baker			
3,000m SC #3	8:42.53	Stanford Invitational (3/31/23)	1st
1,500m Invite	3:43.32	Bryan Clay Invite (4/15/23)	59th
3,000m SC	8:38.66*	Drake Relays (4/27/23)	2nd
1,500m-p	3:51.01	AAC Championships (5/12/23)	2nd
1,500m	3:49.61	AAC Championships (5/14/23)	8th
3,000m SC	9:22.92	NCAA West Regionals (5/26/23)	46th
Zander Baker			
200m	23.15	Shocker Invitational (3/25/23)	19th
400m	52.16	Shocker Invitational (3/25/23)	6th
100m	11.06	KT Woodman Classic (4/8/23)	43rd
200m	23.15	KT Woodman Classic (4/8/23)	67th
200m	22.92	Sooner Invite (4/15/23)	37th
400m	52.35	Sooner Invite (4/15/23)	38th
100m	11.22	J. McDonnell Invite (4/21/23)	21st
200m	22.98	J. McDonnell Invite (4/21/23)	25th
100m	11.31	Rock Chalk Classic (4/29/23)	30th
200m	22.38	Rock Chalk Classic (4/29/23)	23rd
Scott Beattie			
10,000m #1	27:58.92	Stanford Invitational (3/31/23)	4th
5,000m #1	13:30.57	Payton Jordan Invite (4/21/23)	4th
5,000m	13:49.13	AAC Championships (5/14/23)	2nd
10,000m	28:21.971	NCAA West Regionals (5/24/23)	4th
10,000m	29:10.31	NCAA Championships	13th
Matt Beveridge			
Did not race.			
Ben Black			
3,000m	8:33.34	Shocker Invitational (3/25/23)	6th
10,000m	30:54.75	KT Woodman Classic (4/7/23)	5th
3,000m	8:35.00	J. McDonnell Invite (4/21/23)	2nd
10,000m	32:23.45	AAC Championships (5/13/23)	14th
Konnor Bouman			
Did not race.			
Cormac Dalton			
10,000m In. #1	28:04.29	Bryan Clay Invite (4/13/23)	4th
5,000m	13:40.06	AAC Championships (5/14/23)	1st
10,000m	28:21.978	NCAA West Regionals (5/24/23)	5th
10,000m	28:35.83	NCAA Championships	10th

Jake Green			
100m	11.02	Shocker Invitational (3/25/23)	8th
100m	11.17	KT Woodman Classic (4/8/23)	55th
200m	23.02	KT Woodman Classic (4/8/23)	61st
100m	10.99	J. McDonnell Invite (4/21/23)	17th
200m	22.52	J. McDonnell Invite (4/21/23)	20th
100m	11.08	Rock Chalk Classic (4/29/23)	22nd
200m	22.52	Rock Chalk Classic (4/29/23)	26th
200m-p	22.65	AAC Championships (5/12/23)	19th
100m-p	11.26	AAC Championships (5/13/23)	18th
Ryan Gulick			
3,000m	8:41.60	Shocker Invitational (3/24/23)	11th
3,000m SC	9:44.56	KT Woodman Classic (4/7/23)	8th
3,000m SC	10:10.62	J. McDonnell Invite (4/21/23)	9th
Pete Johnson			
1,500m	3:50.85	KT Woodman Classic (4/7/23)	3rd
3,000m SC	9:02.84	Bryan Clay Invite (4/13/23)	56th
3,000m SC	8:59.88	Drake Relays (4/27/23)	19th
3,000m SC	8:55.37	AAC Championships (5/13/23)	3rd
5,000m	15:05.52	AAC Championships (5/14/23)	16th
Sean Korsmo			
1,500m	3:56.10	Shocker Invitational (3/24/23)	2nd
3,000m	DNF	Shocker Invitational (3/24/23)	--
800m	1:52.09	KT Woodman Classic (4/7/23)	5th
1,500m Open	3:49.41	Bryan Clay Invite (4/15/23)	51st
800m-p	1:50.68	AAC Championships (5/13/23)	4th
800m	1:50.40	AAC Championships (5/14/23)	3rd
Charlie Krasnoff			
1,500m	3:59.37	Shocker Invitational (3/24/23)	5th
3,000m	DNF	Shocker Invitational (3/24/23)	--
5,000m	14:15.13	KT Woodman Classic (4/7/23)	1st
Luke Lambert			
3,000m	8:41.38	Shocker Invitational (3/24/23)	10th
Johnny Livingstone			
Did not race.			
Shay McEvoy			
5,000m #2	13:47.43	Bryan Clay Invite (4/14/23)	11th
1,500m Seeded	3:44.94	Drake Relays (4/28/23)	3rd
1,500m-p	3:51.46	AAC Championships (5/12/23)	7th
1,500m	3:43.56	AAC Championships (5/14/23)	2nd
5,000m	--	AAC Championships (5/14/23)	DNF
5,000m	13:49.01	NCAA West Regionals (5/26/23)	21st

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Chris McLeod

3,000m	8:26.82	Shocker Invitational (3/24/23)	3rd
5,000m	14:23.16	KT Woodman Classic (4/7/23)	4th
5,000m Unseeded	14:06.62	Drake Relays (4/27/23)	3rd
10,000m	31:44.69	AAC Championships (5/13/23)	7th
5,000m	14:34.04	AAC Championships (5/14/23)	9th

Chanel Muir

1,500m	3:56.03	Shocker Invitational (3/24/23)	1st
3,000m	DNF	Shocker Invitational (3/24/23)	--
800m	1:51.89	KT Woodman Classic (4/7/23)	3rd
1,500m Invite	3:45.13	Bryan Clay Invite (4/15/23)	84th
1,500m Seeded	4:48.33	Drake Relays (4/28/23)	7th
1,500m-p	3:51.53	AAC Championships (5/12/23)	8th
1,500m	3:47.76	AAC Championships (5/14/23)	4th

Max Nores

1,500m	3:55.84	KT Woodman Classic (4/7/23)	17th
5,000m Unseeded	14:07.24	Drake Relays (4/27/23)	4th
10,000m	31:41.90	AAC Championships (5/13/23)	4th
5,000m	14:31.01	AAC Championships (5/14/23)	8th

Novo Onovwerosuoke

200m	21.47	Shocker Invitational (3/25/23)	1st
100m	10.86	KT Woodman Classic (4/8/23)	25th
200m	21.66	KT Woodman Classic (4/8/23)	15th
200m	21.30	Sooner Invite (4/15/23)	10th
100m	10.83	J. McDonnell Invite (4/21/23)	11th
200m	21.43	J. McDonnell Invite (4/21/23)	6th
200m	21.67	Rock Chalk Classic (4/29/23)	11th
400m	48.41	Rock Chalk Classic (4/29/23)	9th
200m-p	21.45	AAC Championships (5/12/23)	14th
400m-p	47.62	AAC Championships (5/13/23)	8th
400m	48.82	AAC Championships (5/14/23)	8th

Micheal Power

5,000m	15:00.51	AAC Championships (5/14/23)	13th
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Malte Propp

10,000m #2	28:56.71	Stanford Invitational (3/31/23)	20th
5,000m #2	14:00.84	Payton Jordan Invite (4/21/23)	5th
10,000m	31:36.30	AAC Championships (5/13/23)	3rd
5,000m	14:21.47	AAC Championships (5/14/23)	5th
10,000m	30:01.05	NCAA West Regionals (5/24/23)	40th

Gian Pulido

800m	2:03.29	J. McDonnell Invite (4/21/23)	34th
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Noah Reed

200m	23.05	Shocker Invitational (3/25/23)	18th
200m	22.71	Sooner Invite (4/15/23)	36th
400m	52.35	Sooner Invite (4/15/23)	41st
200m	22.76	J. McDonnell Invite (4/21/23)	23rd
400m	52.01	J. McDonnell Invite (4/21/23)	23rd
200m	22.35	Rock Chalk Classic (4/29/23)	36th
400m	51.75	Rock Chalk Classic (4/29/23)	29th
200m-p	23.30	AAC Championships (5/12/23)	20th

Carson Royse

1,500m	4:05.42	Shocker Invitational (3/24/23)	12th
800m	1:55.43	KT Woodman Classic (4/7/23)	11th
800m	1:53.62	J. McDonnell Invite (4/21/23)	12th
800m-p	1:52.30	AAC Championships (5/13/23)	10th

Iain Salter

Did not race.

Evan Sanni-Thomas

200m	23.75	Shocker Invitational (3/25/23)	24th
400m	47.23	Shocker Invitational (3/25/23)	1st
400m	48.21	Drake Relays (4/29/23)	7th
400m-p	47.33	AAC Championships (5/13/23)	6th
400m	47.01	AAC Championships (5/14/23)	4th

Ryan Shumaker

1,500m	3:53.21	KT Woodman Classic (4/7/23)	11th
1,500m	3:51.91	J. McDonnell Invite (4/21/23)	10th
5,000m Unseeded	14:20.32	Drake Relays (4/27/23)	9th
10,000m	31:54.72	AAC Championships (5/13/23)	11th

Dillon Stinson

200m	23.57	Shocker Invitational (3/25/23)	23rd
100m	11.53	KT Woodman Classic (4/8/23)	72nd
200m	23.51	KT Woodman Classic (4/8/23)	72nd
400m Hurdles	1:10.02	Sooner Invite (4/15/23)	11th
400m Hurdles	1:00.63	J. McDonnell Invite (4/21/23)	14th
LJ	6.47m (21' 11.75")	J. McDonnell Invite (4/21/23)	7th
400m Hurdles	1:00.87	Rock Chalk Classic (4/29/23)	17th



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2023 Men's Outdoor Track

Josh Sutton

200m	21.70	Shocker Invitational (3/25/23)	2nd
100m	10.52	KT Woodman Classic (4/8/23)	7th
200m	21.70	KT Woodman Classic (4/8/23)	16th
100m	10.70	J. McDonnell Invite (4/21/23)	7th
100m	10.68	Rock Chalk Classic (4/29/23)	5th
200m	21.12	Rock Chalk Classic (4/29/23)	3rd
200m-p	21.18	AAC Championships (5/12/23)	8th
100m-p	10:59	AAC Championships (5/13/23)	8th
100m	10.24	AAC Championships (5/14/23)	4th
200m	20.92	AAC Championships (5/14/23)	5th
100m	10.59	NCAA West Regionals (5/24/23)	45th

Braden Taylor

1,500m	4:00.82	Shocker Invitational (3/24/23)	9th
800m	1:57.55	KT Woodman Classic (4/7/23)	18th
800m	1:56.15	J. McDonnell Invite (4/21/23)	23rd

4x100m Relay

6th	42.13	KT Woodman Classic (4/8/23) Sutton, Onovwerosuoke, Green, Z. Baker
5th	40.68	AAC Championships (5/14/23) Sutton, Onovwerosuoke, Green, Sanni-Thomas

4x400m Relay

15th	3:36.58	KT Woodman Classic (4/8/23) Sutton, Onovwerosuoke, Reed, Stinson
6th	3:16.11	J. McDonnell Invite (4/21/23) Onovwerosuoke, Reed, Sanni-Thomas, Sutton
5th	3:16.32	AAC Championships (5/14/23) Sutton, Onovwerosuoke, Reed, Sanni-Thomas



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2023 Cross Country Results

Men's Results

COWBOY PREVIEW - 5K - 2nd Place STILLWATER, OKLA. — Sept. 1, 2023

TU Rk	Name (Place)	Time
1	Johnny Livingstone (3)	15:09.0
2	Charlie Krasnoff (4)	15:12.4
3	Chris McLeod (7)	15:16.2
4	Chanel Muir (9)	15:19.7
5	Sean Korsmo (12)	15:27.7
6	Ryan Shumaker (13)	15:35.5
7	Colton Berquist (19)	15:48.4
8	Ben Black (26)	16:01.4
9	Ian Salter (29)	16:04.8
10	Gian Pulido (41)	16:52.2

Team Results

1. Arkansas (26), 2. **Tulsa (34)**, Oklahoma State (72), Oklahoma (104)

LOYOLA LAKEFRONT INVITE - 8K - 6th Place CHICAGO, ILL — Sept. 29, 2023

TU Rk	Name (Place)	Time
1	Charlie Krasnoff (23)	24:08.73
2	Christian Baker (29)	24:11.66
3	Johnny Livingstone (29)	24:22.66
4	Sean Korsmo (56)	24:36.07
5	Malte Propp (57)	24:36.99
6	Luke Lambert (101)	25:25.19
7	Colton Berquist (108)	25:38.83

Team Results

1. Wisconsin (49), Iona (109), Drake (120), Loyola (122), Ole Miss (136), 6. **Tulsa (163)**, Midd. Tenn State (196) ... 16. Depaul (462)

NUTTYCOMBE INVITATIONAL - 8K - 32nd Place MADISON, WISC. — Oct. 13, 2023

TU Rk	Name (Place)	Time
1	Christian Baker (104)	24:22.8
2	Charlie Krasnoff (127)	24:31.8
3	Chris McLeod (137)	24:36.1
4	Johnny Livingstone (168)	24:49.1
5	Sean Korsmo (177)	24:50.7
6	Malte Propp (216)	25:08.6
7	Chanel Muir (233)	25:19.3
8	Luke Birdseye (269)	26:24.1

Team Results

1. Northern Arizona (76), BYU, Syracuse, CBU, Texas, Harvard, Colorado, Villanova, Furman, 10. North Carolina, Notre Dame, Princeton, Iowa State, New Mexico, Michigan, Wake Forest, Eastern Kentucky, Boise State, Air Force, 20. Stanford, Iona, Wisconsin, Georgetown, Butler, Michigan State, Gonzaga, Washington, Florida State, Loyola (Ill.), 30. Portland, NC State, 32. **Tulsa (706)**, Utah State, Providence, Ole Miss, 36. Colorado State (964)

THE AMERICAN CHAMPIONSHIPS - 8K - 1st Place GREENVILLE, N.C. — Oct. 28, 2023

TU Rk	Name (Place)	Time
1	Charlie Krasnoff (4)	23:00.6
2	Malte Propp (7)	23:07.6
3	Chris McLeod (8)	23:09.6
4	Johnny Livingstone (9)	23:12.2
5	Christian Baker (10)	23:13.8
6	Sean Korsmo (23)	23:47.6
7	Luke Birdseye (24)	23:47.7

Team Results

1. **TULSA (38)**, Charlotte (44), Tulane (61), Wichita State (4), Rice (135), Temple, North Texas, South Florida, East Carolina, Memphis, UTSA, Florida Atlantic (371).

NCAA MIDWEST REGIONAL - 10K - 3rd Place STILLWATER, OKLA. — Nov. 10, 2023

TU Rk	Name (Place)	Time
1	Charlie Krasnoff (12)	30:29.1
2	Malte Propp (16)	30:58.5
3	Chris McLeod (20)	31:05.2
4	Johnny Livingstone (30)	31:26.8
5	Luke Birdseye (53)	31:48.4
6	Sean Korsmo (108)	32:45.3
7	Christian Baker (110)	32:46.7

Team Results

1. Oklahoma State (19), 2. Iowa State (56), 3. ***Tulsa (131)**, Loyola (Ill.) (131), South Dakota State (196), Illinois, Drake, Bradley, Kansas, Wichita State

*Winner of tiebreaker

2023 Cross Country Results

Women's Results

COWBOY PREVIEW - 3K - 4th Place
STILLWATER, OKLA. — Sept. 1, 2023

TU Rk	Name (Place)	Time
1	Chloe Hershenow (23)	11:11.9
2	Alicen Ashley (24)	11:12.0
3	Katharina Pesendorfer (25)	11:12.0
4	Robyn Kowalski (26)	11:12.1
5	Avery Hill (27)	11:14.5
6	Tamara Reeves (30)	11:23.6
7	Billie Rouse (46)	12:50.7

Team Results

1. Arkansas (16), Oklahoma State (53), SMU (68), **Tulsa (105)**, Oklahoma (149), Central Oklahoma (190)

LOYOLA LAKEFRONT INVITE - 6K - 6th Place
CHICAGO, ILL — Sept. 29, 2023

TU Rk	Name (Place)	Time
1	Chloe Hershenow (57)	21:03.01
2	Katharina Pesendorfer (76)	21:22.27
3	Alicen Ashley (87)	21:33.75
4	Robyn Kowalski (100)	21:45.39
5	Avery Hill (106)	21:56.91

Team Results

1. Furman (58), Ole Miss, Wisconsin, Lipscomb, Gonzaga, Ohio State, Michigan, Northwestern, Toledo, 10. Ohio, Indiana, Drake, Kentucky, **14. Tulsa (385)**, Loyola (Ill.) (391), 16. Depaul (452)

NUTTYCOMBE INVITATIONAL - 6K -
B Race - 4th Place
MADISON, WISC. — Oct. 13, 2023

TU Rk	Name (Place)	Time
1	Alicen Ashley (12)	21:55.2
2	Chloe Hershenow (13)	21:56.2
3	Katharina Pesendorfer (26)	22:14.6
4	Robyn Kowalski (28)	22:16.2
5	McKenna Terrell (80)	23:01.5
6	Avery Hill (105)	23:30.0

Team Results

1. Northern Arizona (62), Michigan State, Stanford, **4. Tulsa (126)**, Iowa State (140), Loyola (Ill.), Butler, Wisconsin, Utah State, 10. Notre Dame, Oregon State, Georgetown, 13. Texas (291)

THE AMERICAN CHAMPIONSHIPS - 6K - 4th Place
GREENVILLE, N.C. — Oct. 28, 2023

TU Rk	Name (Place)	Time
1	Robyn Kowalski (14)	21:27.6
2	Chloe Hershenow (16)	21:31.0
3	Katharina Pesendorfer (18)	21:35.4
4	Alicen Ashley (26)	21:51.8
5	McKenna Terrell (28)	21:52.3
6	Avery Hill (48)	22:31.9
7	Amy Morefield (80)	23:25.9

Team Results

Tulane (42), Charlotte (58), SMU (76), **4. TULSA (102)**, Wichita State (128), Rice, East Carolina, South Florida, Memphis, Temple, Florida Atlantic, UTSA, North Texas, UAB (318)

NCAA MIDWEST REGIONAL - 6K - 11th Place
STILLWATER, OKLA. — Nov. 10, 2023

TU Rk	Name (Place)	Time
1	Alicen Ashley (28)	21:25.1
2	Chloe Hershenow (41)	21:34.6
3	Robyn Kowalski (48)	21:40.9
4	McKenna Terrell (98)	22:22.5
5	Katharina Pesendorfer (103)	22:26.7
6	Amy Morefield (133)	22:53.0

Team Results

1. Oklahoma State (30), Iowa State, Northwestern, Minnesota, Kansas State, Bradley, Nebraska, South Dakota, Loyola (Ill.), Illinois, **11. Tulsa (318)**

INTRO

PLAYERS

STAFF

REVIEW

RECORDS & HISTORY

AMERICAN ATHLETIC
CONFERENCE

Men's Indoor Records

55-Meter Dash

(No Longer Contested)

1.	John Mosley	6.28	1998
2.	Sedrick Lusk	6.32	1997
	Trey Runnels	6.32	2000
4.	Hassan Faggett	6.37	1998
5.	Tim Gordon	6.44	1987

55-Meter Hurdles

(No Longer Contested)

1.	Joal Stockton	7.82	1999
2.	Branon Vaughan	7.97	2001
3.	Jamal Bogle	8.00	2002

60-Meter Dash

1.	Bryce Robinson	6.59	2015
2.	Bryce Robinson	6.60	2016
3.	Bryce Robinson	6.61	2013
4.	Bryce Robinson	6.62	2016
5.	Bryce Robinson	6.63	2016
6.	Josh Sutton	6.72	2022
7.	John Teeters	6.77	2013
8.	Josh Sutton	6.78	2022
9.	Josh Sutton	6.79	2023
10.	Josh Sutton	6.80	2023
	Josh Sutton	8.80	2022
	Cory Ray	6.80	2004

60-Meter Hurdles

1.	DeVonne Harrison	8.07	2005
2.	Jamal Bogle	8.27	2004
3.	Henry Visser	8.28	2019
4.	Henry Visser	8.31	2019
5.	Rickey Wilson	8.35	2004

200-Meter Dash

1.	Bryce Robinson	20.63	2016
2.	Bryce Robinson	20.69	2016
3.	Bryce Robinson	20.70	2015
4.	Bryce Robinson	20.73	2016
5.	Bryce Robinson	20.75	2015
6.	Bryce Robinson	20.78	2015
7.	Bryce Robinson	20.94	2014
8.	Bryce Robinson	21.19	2013
9.	Josh Sutton	21.40	2023
10.	Julian Frazier	21.47	2013

300-Meter Dash

1.	Evan Sanni-Thomas	33.40	2021
2.	Evan Sanni-Thomas	33.74	2023
3.	Evan Sanni-Thomas	33.81	2022
4.	Henry Visser	34.68	2019
5.	Novo Onovwerosuoke	34.87	2022
6.	Henry Visser	35.24	2021
7.	Kyran Lacye	35.70	2019
8.	Emmanuel Okwuone	35.77	2019
9.	Kyran Lacy	35.89	2021
10.	Emmanuel Okwuone	35.91	2021

400-Meter Dash

1.	Bryce Robinson	46.75	2015
2.	Derron Davis	47.18	2000
3.	Clint Small	47.35	1999
4.	Julian Frazier	47.36	2012
5.	Evan Sanni-Thomas	47.52	2022
6.	Bailey Stewart	47.62	2016
7.	Bailey Stewart	47.63	2019
8.	Evan Sanni-Thomas	47.66	2022
9.	Bailey Stewart	47.73	2017

600-Yard Run

1.	Grey Howard	1:12.10	2016
2.	Clif Mitchell	1:12.29	2005
3.	Greg Johnson	1:12.52	2001
4.	Branon Vaughan	1:12.60	2003
5.	Rodney Peterson	1:12.76	1996
6.	Simon Greiner	1:12.92	2013

600-Meter Dash

1.	Grey Howard	1:19.42	2016
2.	Robert Tully	1:19.89	2017
3.	Grey Howard	1:20.09	2019
4.	Isaac Sanders	1:22.51	2015
5.	Isaac Sanders	1:23.08	2014
6.	David Anderson	1:23.43	2015

800-Meter Run

1.	Chris O'Hare	1:48.28	2013
2.	Simon Greiner	1:49.47	2016
3.	Elijah Silva	1:49.58	2016
4.	Elijah Silva	1:49.92	2015
5.	Adam Ellison	1:50.36	1998
6.	Robert Tully	1:50.49	2019
7.	Justin Duncan	1:50.60	2010
8.	Robert Tully	1:50.66	2018
9.	Robert Tully	1:50.67	2017
10.	Elijah Silva	1:50.76	2015

1,000-Meter Run

1.	Chris O'Hare	2:20.99	2012
2.	Isaac Akers	2:24.27	2022
2.	Jacob Brown	2:24.62	2020
3.	Simon Greiner	2:24.86	2014
4.	Elijah Silva	2:25.08	2016
5.	Christian Baker	2:25.78	2022
5.	Andrew Heyes	2:26.04	2012
6.	Cameron Field	2:26.44	2020
7.	Simon Greiner	2:26.55	2015
8.	Mark Davidson	2:26.81	2009
9.	Robert Tully	2:26.89	2018
10.	Sam Masters	2:27.56	2012

Mile Run

1.	Chris O'Hare	3:52.98	2013
2.	Micheal Power	3:58.76	2023
3.	Isaac Akers	3:59.39	2022
4.	Christian Baker	3:59.88	2023
5.	Adam Palamar	3:59.91	2015
6.	Mark Davidson	3:59.97	2009
7.	Tom Marshall	4:00.74	2011
8.	Isaac Akers	4:00.65	2022
9.	Justin Duncan	4:00.89	2010
10.	Dwight Davis	4:01.00	2000

3,000-Meter Run

1.	Scott Beattie	7:49.33	2022
2.	Scott Beattie	7:50.10	2023
3.	Micheal Power	7:50.12	2023
4.	Micheal Power	7:52.80	2023
5.	Micheal Power	7:53.80	2022
6.	Isaac Akers	7:54.28	2023
7.	Marc Scott	7:55.37	2015
8.	Shay McEvoy	7:56.32	2022
9.	Tim Rackers	7:58.72	2015
10.	Edwin Henshaw	7:58.82	2007
11.	Cormac Dalton	7:59.15	2023
12.	Scott Beattie	7:59.43	2022
13.	Cormac Dalton	7:59.73	2022
14.	Andrew Heyes	8:00.29	2012
15.	Shay McEvoy	8:00.39	2022

5,000-Meter Run

1.	Scott Beattie	13:32.38	2022
2.	Marc Scott	13:37.34	2016
3.	Marc Scott	13:38.87	2016
4.	Scott Beattie	13:40.42	2021
5.	Micheal Power	13:40.96	2023
6.	Peter Lynch	13:47.33	2022
7.	Marc Scott	13:47.96	2015
8.	Scott Beattie	13:52.51	2023
9.	John Beattie	13:53.80	2010
10.	Marc Scott	13:54.25	2015
11.	Ben Preisner	13:57.97	2018
12.	Scott Beattie	13:58.75	2023
13.	Scott Beattie	13:59.42	2019

4x400-Meter Relay (1,600 Meters)

1.	Tulsa	3:13.20	2012
	David Fitter, Justin Smith, Matt Davis, Julian Frazier		
2.	Tulsa	3:13.76	1998
	Frankie Johnson, Clint Small, Adam Ellison, Rodney Peterson		
3.	Tulsa	3:13.89	2016
	Isaac Sanders, Austin Hostetler, Simon Greiner, Bailey Stewart		
4.	Tulsa	3:13.96	2015
	Isaac Sanders, Otugo Ananaba, Bryce Robinson, Grey Howard		
5.	Tulsa	3:14.52	2018
	Hans Kunsch, Zachary Adee Henry Visser, Bailey Stewart		
6.	Tulsa	3:14.78	2015
	Isaac Sanders, Otugo Ananaba, Bryce Robinson, Grey Howard		
7.	Tulsa	3:14.83	2012
	David Fitter, Justin Smith, Julian Frazier, Andrew Jameson		

Distance Medley Relay (1,200, 400, 800, 1,600)

1.	Tulsa	9:37.95	1999
	Clint Small, Shawn McCullough, David Bohlen, Dwight Davis		
2.	Tulsa	9:38.00	1966
	Ron Vick, Skip Greenig, Boyd George, Lloyd George		
3.	Tulsa	9:39.90	2022
	Shay McEvoy, Henry Visser, Isaac Akers, Michael Power		
4.	Tulsa	9:42.24	1998
	Adam Ellison, Clint Small, Rodney Peterson, Dwight Davis		
5.	Tulsa	9:48.07	2011
	Chris O'Hare, Brian Tabb, Justin Duncan, Carl Stones		

Mile Relay (4x400 Yards)

(No Longer Contested)

1.	Tulsa	3:15.47	1998
	Frankie Johnson, Clint Small, Adam Ellison, Rodney Peterson		
2.	Tulsa	3:17.32	1998
	Hassan Faggett, Clint Small, Adam Ellison, Rodney Peterson		
3.	Tulsa	3:18.60	1985
	Tim Gordon, Ronnie Kelly, Greg Petty, Steve Hill		
4.	Tulsa	3:18.66	1999
5.	Tulsa	3:21.38	1997
	Loren Kool, Rodney Peterson, Cornelius Mason, Adam Ellison		

Heptathlon

1. Alex Sementelli	4,773	2011
2. Thomas Stoltz	4,640	2007
3. Kolton Taylor	4,599	2012
4. Colt Johnson	4,404	2013
5. Louis Dailey	4,136	2004

High Jump

1. Jason Krueger	6-10.75	2001
2. Heston King	6-9	2002
3. Morgan	6-8	1972
4. Kyle McGillen	6-7	2007
Cory Pixley	6-7	2007

Long Jump

1. Sedrick Lusk	24-11.25	2000
2. Paul Akintade	23-7.5	2016
3. Drane Scrivener	23-6	1971
4. Paul Akintade	23-0.5	2016
5. Kyle McGillen	22-10.50	2007
6. Robert Nickels	22-8.50	2007
7. Paul Akintade	22-4.5	2016
8. Colt Johnson	22-3	2013

Triple Jump

1. Keven Guynn	49-10.5	1999
2. Paul Akintade	47-5	2016
3. Drane Scrivener	46-10	1971
4. Kyle McGillen	45-3.75	2007
5. Robert Nickels	44-4.0	2006
6. Josh Childs	42-7	2002

Pole Vault

1. Louis Dailey	14-1.25	2004
Derrick O'Keefe	14-1.25	2005
3. Seth Conaway	13-0	1998
4. Alex Sementelli	12-4.6	2011
5. Thomas Stoltz	12-3.50	2008

Shot Put

1. Chase Sammons	57-7	2013
2. Alex Lybarger	51-3.5	2016
3. Alex Lybarger	50-11.50	2015
4. Tim Nedow	50-3.50	2009
5. Aleks Rapp	50-3.50	2017
6. Alex Lybarger	49-11.75	2013
7. Aleks Rapp	49-10.81	2018
8. Alex Lybarger	49-1.5	2016
9. Alex Lybarger	48-6	2016
Ron Weigleb	48-6	1972

Weight Throw

1. Aleks Rapp	70-10.00	2017
2. Aleks Rapp	68-5.00	2017
3. Aleks Rapp	66-4.84	2018
4. Aleks Rapp	66-1	2018
5. Aleks Rapp	64-7.75	2017
6. Aleks Rapp	64-7.25	2017
7. Aleks Rapp	63-10.25	2018
8. Aleks Rapp	63-5.02	2018
9. Aleks Rapp	63-4.75	2019
10. Aleks Rapp	63-3.50	2018

Men's Outdoor Records

100-Meter Dash

1. Bryce Robinson	9.99	2015
2. Bryce Robinson	10.15	2014
3. Josh Sutton	10.22	2022
4. Josh Sutton	10.24	2023
5. John Teeters	10.27	2013
6. Levi Gillen	10.32	1994
7. Marcus Anderson	10.40	1981
Trey Runnels	10.40	2000
9. Bryce Robinson	10.43	2013

200-Meter Dash

1. Bryce Robinson	20.30	2014
Bryce Robinson	20.30	2015
3. Josh Sutton	20.92	2023
4. Larry Hearne	21.00	1966
5. Trey Runnels	21.11	2001
6. Josh Sutton	21.12	2023
7. Josh Sutton	21.18	2023
8. Bryce Robinson	21.22	2013
9. John Teeters	21.26	2013
10. Novo Onowerosuoke	21.30	2023
11. Justin Smith	21.31	2011

400-Meter Dash

1. Derron Davis	46.75	2000
2. Bailey Stewart	46.89	2019
3. Bailey Stewart	46.92	2017
4. Bailey Stewart	46.95	2019
5. Julian Frazier	46.98	2014
6. Evan Sanni-Thomas	47.01	2023
7. Bailey Stewart	47.11	2019
8. Julian Frazier	47.12	2012
9. Evan Sanni-Thomas	47.23	2023
10. Bailey Stewart	47.25	2018
11. Evan Sanni-Thomas	47.33	2023
12. Greg Johnson	47.36	2001
13. Bailey Stewart	47.57	2018

800-Meter Run

1. Adam Ellison	1:47.69	1998
2. Rodney Peterson	1:48.11	1998
3. Grey Howard	1:48.46	2019
4. Elijah Silva	1:48.54	2015
5. Robert Tully	1:48.78	2016
6. Simon Greiner	1:48.90	2015
7. Robert Tully	1:48.94	2019
8. Chris O'Hare	1:49.01	2011
9. Grey Howard	1:49.02	2018
10. Adam Palamar	1:49.04	2015

1,500-Meter Run

1. Chris O'Hare	3:37.95	2012
2. Micheal Power	3:40.97	2022
3. Adam Palamar	3:41.60	2015
4. Marc Scott	3:42.39	2016
5. Isaac Akers	3:42.48	2022
6. Justin Duncan	3:42.80	2011
7. Dwight Davis	3:43.18	1999
8. Mark Davidson	3:43.32	2008
Christian Baker	3:43.32	2023
10. Shay McEvoy	3:43.56	2023

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. Patrick Dever	13:19.85	2021
2. Micheal Power	13:29.57	2022
3. Scott Beattie	13:30.57	2023
4. Micheal Power	13:31.23	2022
5. Micheal Power	13:31.40	2022
6. Isaac Akers	13:32.84	2022
7. Marc Scott	13:36.81	2015
8. John Beattie	13:42.03	2010
9. Peter Lynch	13:43.52	2022
10. Scott Beattie	13:45.42	2022
11. Shay McEvoy	13:46.45	2022

10,000-Meter Run

1. Patrick Dever	27:41.87	2021
2. Scott Beattie	27:58.92	2023
3. Cormac Dalton	28:04.29	2023
4. Marc Scott	28:07.97	2017
5. Isaac Akers	28:19.90	2022
6. Scott Beattie	28:21.97	2023
7. Cormac Dalton	28:21.98	2023
8. Marc Scott	28:30.33	2015
9. John Beattie	28:32.21	2010
10. Cormac Dalton	28:35.83	2023
11. Peter Lynch	28:36.32	2022
12. Shuaib Aljabaly	28:37.67	2023
13. Cormac Dalton	28:50.06	2022
14. Tim Rackers	28:52.57	2015
15. Malte Propp	28:56.71	2023
16. Ben Preisner	29:08.17	2018

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. Henry Visser	15.01	2018

400-Meter Hurdles

1. Henry Visser	51.29	2022
2. Henry Visser	51.48	2022
3. Henry Visser	51.77	2018
4. Henry Visser	51.87	2022
5. Henry Visser	51.97	2018
6. Clint Small	52.00	1999
7. Henry Visser	52.06	2018
8. Rickey Wilson, Jr.	52.18	2007

2,000-Meter Steeplechase

1. Ben Preisner	5:47.83	2017
2. Austin Del Rosso	5:52.85	2017
3. Isaac Dobos	5:56.96	2017
4. Isaac Dobos	6:00.81	2015
5. Austin Del Rosso	6:04.79	2015

THE UNIVERSITY OF TULSA GOLDEN HURRICANE

3,000-Meter Steeplechase

1.	Christian Baker	8:38.66	2023
2.	Carl Stones	8:39.70	2012
3.	Christian Baker	8:42.53	2023
4.	Carl Stones	8:43.79	2012
5.	Danny Thater	8:45.30	2014
6.	Ben Preisner	8:49.44	2017
7.	Austin Del Rosso	8:49.71	2017
8.	Owain Matthews	8:51.58	2003
9.	Pete Johnson	8:55.37	2023
9.	Ben Preisner	8:56.22	2018
10.	Christian Baker	8:56.79	2022
11.	Ben Preisner	8:58.95	2016

4x100-Meter Relay (400 Meters)

1.	Tulsa	40.38	2013	Matt Davis, John Teeters, Julian Frazier, Bryce Robinson
2.	Tulsa	40.68	2023	Josh Sutton, Novo Onovwerosuke Jake Green, Zander Baker
3.	Tulsa	40.76	2000	Merrick Woodard, Trey Runnels, Sedrick Lusk, Derron Davis
4.	Tulsa	40.78	2022	Josh Sutton, Zachary Adeo, Henry Visser, Kyran Lacy
5.	Tulsa	40.88	1999	John Mosley, Hassan Faggett, Sedrick Lusk, Clint Small
6.	Tulsa	41.05	2018	Joseph Nemeo, Henry Visser, Bailey Stewart, Zachary Adeo

4x400-Meter Relay (1,600 Meters)

1.	Tulsa	3:10.69	2012	David Fitter, Justin Smith, Andrew Jameson, Julian Frazier
2.	Tulsa	3:10.75	2014	Julian Frazier, Bryce Robinson, Otugo Ananaba, Andrew Jameson
3.	Tulsa	3:10.83	2016	Bailey Stewart, Austin Hostetler, Isaac Sanders, Otugo Ananaba
4.	Tulsa	3:10.87	2019	Henry Visser, Grey Howard, Hans Kunsch, Bailey Stewart
5.	Tulsa	3:11.50	2010	David Fitter, Justin Smith, Matt Davis, Julian Frazier

Mile Relay (4x400 Yards)

(No Longer Contested)

1.	Tulsa	3:15.94	2014	Julian Frazier, Bryce Robinson, Otugo Ananaba, Andrew Jameson
2.	Tulsa	3:16.11	2001	Derron Davis, Shawn McCullough, Branon Vaughan, Greg Johnson
3.	Tulsa	3:17.53	2002	Branon Vaughan, Derek Sparks, Josh Childs, Michael Ledowsky
4.	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	7:25.21	2019	Mark Middleton, Robert Tully, Braydon Rennie, Grey Howard
5.	Tulsa	7:26.59	1997	Rodney Peterson, David Bohlen, 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	17:02.80	2019	Jerik Embleton, Scott Beattie, Adam Breau, Isaac Akers
5.	Tulsa	17:12.38	2009	Justin Duncan, Lewis Timmins, John Beattie, Mark Davidson

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

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 McCullough, Dwight Davis
3.	Tulsa	9:42.75	2018	Mark Middleton, Bailey Stewart, Grey Howard, Robert Tully
4.	Tulsa	9:42.97	1999	Clint Small, Shawn McCullough, David Bohlen, Dwight Davis
5.	Tulsa	9:48.45	2011	Bill Martin, Justin Smith, Danny Thater, Tom Marshall

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

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

Long Jump

1.	Sedrick Lusk	24-11.75	1997
2.	Paul Akintade	24-.75	2016
3.	Gordon Lee	23-11.5	1965
4.	Cheek	23-7.5	1952
5.	Paul Akintade	23-6.75	2016
6.	Alex Sementelli	23-01.25	2011
7.	Kyle McGillen	23-0	2008

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

Discus

1.	Chase Sammons	183-00	2013
2.	Robbie Nichols	175-7	1967
3.	Aleks Rapp	167-2	2018
4.	Aleks Rapp	165-5	2018
5.	Tim Nedow	163-04	2009
6.	Aleks Rapp	156-8	2018
7.	Aleks Rapp	156-5	2019
8.	Aleks Rapp	155-3	2018
9.	Aleks Rapp	154-5	2018

Shot Put

1.	Chase Sammons	59-0.25	2013
2.	Alex Lybarger	55-6.25	2014
3.	Dan Houtman	53-00	1963
4.	Alex Lybarger	53-8.5	2015
5.	Tim Nedow	51-07.50	2009
6.	Alex Lybarger	49-7.75	2013
7.	Aleks Rapp	49-10	2017

Hammer

1.	Aleks Rapp	200-11	2019
2.	Alex Lybarger	197-3	2015
3.	Alex Lybarger	194-5	2016
4.	Aleks Rapp	193-10	2017

Javelin

1.	Thomas Stoltz	220-2	2005
2.	George Wallace	213-0	1961
3.	Ryan Still	188-6	2019
4.	Cal Purdin	188-1.75	1942
5.	Jacob Chavez	180-2.0	2004

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 Indoor Records

55-Meter Dash

(No Longer Contested)

1.	Shana Robinson	6.93	2002
2.	Carla Hanson	7.10	2001
3.	Karlisha Atkins	7.31	2002
4.	Kendra Lollis	7.40	1999
5.	Jenny Simms	7.50	1994

55-Meter Hurdles

(No Longer Contested)

1.	Kendra Lollis	8.18	2000
2.	Jamese James	8.21	2002
3.	Danielle German	8.32	1997
4.	Carrie Swayze	8.47	1997
5.	Suzanne Smith-Hogg	8.57	2002

60-Meter Dash

1.	Shana Robinson	7.38	2003
2.	Aaliyah Birmingham	7.41	2017
3.	Aaliyah Birmingham	7.48	2018
4.	Aaliyah Birmingham	7.50	2017
5.	Aaliyah Birmingham	7.54	2018
6.	Aaliyah Birmingham	7.55	2018
7.	Jade Tudman	7.57	2015
8.	Carla Hanson	7.58	2001
9.	Aaliyah Birmingham	7.59	2018
10.	Chantelle Willard	7.60	2006

60-Meter Hurdles

1.	Jamese James	8.73	2003
2.	Kendra Lollis	8.80	2001
3.	Carolyn Imhof	8.86	2010
4.	Dreu Harris	8.92	2004
5.	Suzanne Smith	8.99	2003

200-Meter Dash

1.	Shana Robinson	23.96	2004
2.	Jennifer Mace	24.11	2010
3.	Aaliyah Birmingham	24.22	2018
4.	Aaliyah Birmingham	24.24	2017
5.	Paula Richardson	24.27	2003
6.	Audrey Jean-Baptiste	24.44	2015
7.	Audrey Jean-Baptiste	24.48	2015
8.	Carolina Avbovbede	24.50	1998

300-Meter Dash

1.	Jayda Gibson	39.37	2022
2.	Jaidyn McCallon	39.47	2019
3.	Elizabeth Roca	39.53	2023
4.	Jaidah McCallon	39.62	2021
5.	Anna Mager	40.00	2021
6.	Elizabeth Roca	40.46	2021
7.	Anna Mager	40.53	2022
8.	Jayda Gibson	40.60	2021
9.	Ca'Purnika Galbert	40.70	2019
10.	Raniya Laneau	40.97	2022
11.	Raniya Laneau	41.45	2023

400-Meter Dash

1.	Audrey Jean-Baptiste	52.82	2015
2.	Audrey Jean-Baptiste	53.39	2015
3.	Audrey Jean-Baptiste	53.40	2015
4.	Jennifer Mace	53.66	2009
5.	Caroline Avbovbede	54.11	1999
6.	Elizabeth Roca	54.23	2023
7.	Tiffaney Williams	54.33	2000
8.	Jamese James	54.85	2003
9.	Paula Richardson	55.10	2004

600-Meter Run

1.	Allison Bailey	1:35.88	2020
2.	Anna Mager	1:36.19	2023
3.	Keely Jones	1:37.53	2023
4.	Sarah Hosey	1:37.96	2023
5.	Brianna Hays	1:38.55	2020
6.	Lianne Holtermann	1:39.02	2023
7.	Rachel Hamel	1:44.47	2021

600-Yard Run

1.	Jennifer Mace	1:21.58	2009
2.	Melanie Hardy	1:21.96	2005
3.	Monica Joannes	1:22.32	2003
4.	Tiffaney Williams	1:22.34	2001
5.	Jamese James	1:22.44	2003

800-Meter Run

1.	Melanie Hardy	2:05.79	2005
2.	Katherine Camp	2:07.73	2013
3.	Dawn Nagazina	2:08.77	2009
4.	Sabrina Monsees	2:09.09	2019
5.	Monica Joannes	2:09.15	2002

1,000-Meter Run

1.	Olivia O'Hare	2:47.66	2014
2.	Emma Galbraith	2:48.88	2016
3.	Sarah Macpherson	2:50.73	2013
4.	Katharina Pesendorfer	2:51.04	2022
5.	Melanie Hardy	2:51.21	2005
6.	Paula Whiting	2:51.67	2011
7.	Alex Becker	2:52.17	2007
8.	Taylor Rigsby	2:52.44	2008

Mile Run

1.	Alex Becker	4:41.35	2007
2.	Sarah Macpherson	4:43.69	2013
3.	Olivia O'Hare	4:46.08	2015
4.	Chloe Hershenow	4:46.25	2023
5.	Katharina Pesendorfer	4:46.27	2022
6.	Layla Roebke	4:46.60	2023
7.	Paula Whiting	4:46.93	2011
8.	Keely Jones	4:47.16	2022
9.	Layla Roebke	4:47.38	2023
10.	Chloe Hershenow	4:48.16	2023
11.	Erin Huddleston	4:49.01	2013
12.	Keely Jones	4:49.48	2022
13.	Melanie Hughes	4:51.51	2013

3,000-Meter Run

1.	Alex Becker	9:13.80	2008
2.	Chloe Hershenow	9:15.23	2023
3.	Paula Whiting	9:19.01	2011
4.	Katharina Pesendorfer	9:27.97	2022
5.	Layla Roebke	9:29.35	2023
6.	Chloe Hershenow	9:29.86	2022
7.	Chloe Hershenow	9:31.48	2023
8.	Olivia Lopez	9:34.22	2015
9.	Layla Roebke	9:34.38	2023
10.	Layla Roebke	9:34.61	2023
11.	Chloe Hershenow	9:36.55	2022
12.	Chloe Hershenow	9:37.49	2023
13.	Sarah Macpherson	9:38.35	2013
14.	Fride Vullum	9:38.82	1998
15.	Caitlin Klopfer	9:39.53	2018

5,000-Meter Run

1.	Alex Becker	15:58.53	2010
2.	Layla Roebke	16:20.02	2023
3.	Chloe Hershenow	16:20.69	2023
4.	Rachel Baptista	16:27.64	2014
5.	Caitlin Klopfer	16:28.82	2019
6.	Caitlin Klopfer	16:31.00	2020
7.	Caitlin Klopfer	16:41.14	2020
8.	Rachel Baptista	16:41.48	2015
9.	Fride Vullum	16:42.24	2000
10.	Chloe Hershenow	16:42.31	2022
11.	Caroline Miller	16:43.10	2022
12.	Sara Scott	16:47.63	2023
13.	Tamara Reeves	16:48.90	2023
14.	Stacie Taylor	16:49.59	2016

4x400-Meter Relay (1,600 Meters)

1.	Tulsa	3:36.34	2002	Paula Richardson, Alisha Burnett, Monica Joannes, Jamese James
2.	Tulsa	3:38.18	2003	Paula Richardson, Chatney Noble, Monica Joannes, Jamese James
3.	Tulsa	3:39.56	2003	Chatney Noble, Alisha Burnett, Monica Joannes, Jamese James
4.	Tulsa	3:39.76	2002	Paula Richardson, Alisha Burnett, Monica Joannes, Jamese James
5.	Tulsa	3:39.84	2002	Paula Richardson, Alisha Burnett, Monica Joannes, Jamese James

Mile Relay (4x400 Yards)

(No Longer Contested)

1.	Tulsa	3:47.13	1999	Kendra Lollis, Tiffaney Williams, Caroline Avbovbede, Dana Jackson
2.	Tulsa	3:47.34	2003	Paula Richardson, Chatney Noble, Monica Joannes, Jamese James
3.	Tulsa	3:49.07	1998	Inemesit Usoroh, Tiffaney Williams, Caroline Avbovbede, Erin Simpson
4.	Tulsa	3:49.98	2003	Chatney Noble, Monica Joannes, Paula Richardson, Jamese James
5.	Tulsa	3:51.58	2001	Wendy McFarlane, Jamese James, Monica Joannes, Tiffaney Williams

Distance Medley Relay (1,200, 400, 800, 1,600)

1.	Tulsa	11:28.21	2008
	Tayley Rigsby, Jennifer Mace, Ashley Aitken, Alex Becker		
2.	Tulsa	11:34.21	2020
	Keely Jones, Carsyn Spurgeon, Jaidah McCallon, Katharina Pesendorfer		
3.	Tulsa	11:37.23	2010
	Melanie Cleland, Carolina Schuster, Tayley Rigsby, Paula Whiting		
4.	Tulsa	11:37.65	2023
	Chloe McEachern, Lianne Holtermann Sarah Hosey, Keely Jones		
5.	Tulsa	11:40.07	2013
	Lauren Collette, Katherine Camp, Sarah Macpherson, Erin Huddleston		
6.	Tulsa	11:39.39	2015
	Olivia Lopez, Roos-Anne Claassen, Emma Galbraith, Olivia O'Hare		
7.	Tulsa	11:40.37	2007
	Alex Becker, April Montgomery, Dawn Nagazina, Jessica Ford		
8.	Tulsa	11:40.52	2022
	Chloe McEachern, Jayda Gibson, Layla Roebke, Katharina Pesendorfer		
9.	Tulsa	11:41.84	2022
	Keely Jones, Jaidah McCallon, Katharina Pesendorfer, Caroline Miller		
10.	Tulsa	11:42.25	2006
	Dawn Nagazina, Shameka Holloway, April Montgomery, Alex Becker		

High Jump

1.	Lydia Chamberlin	5-8.0	2010
2.	Jessica Lingor	5-7.0	2000
3.	Brianna Steel	5-6.5	2008
4.	Katy McGillen	5-3.0	2007
5.	Rachel Hamel	5-2.25	2022
6.	Rachel Hamel	5-1.75	2022
7.	Megan Oberste	5-1.0	2006

Long Jump

1.	Carsyn Spurgeon	20-1.75	2020
2.	Carsyn Spurgeon	19-11.5	2019
3.	Carsyn Spurgeon	19-10.25	2020
4.	Carsyn Spurgeon	19-8.25	2020
5.	Carsyn Spurgeon	19-7.5	2020
6.	Lydia Chamberlin	19-6.0	2010
7.	Margaret Glover	19-4.0	2007

Triple Jump

1.	Sophia Rodriguez	39-7.25	2005
2.	Katie Haney	35-10.5	2001
3.	Rylie Hancock	35-10	2023
4.	Andrea McGillen	35-5	2003
5.	Sheryl Briggs	32-5	1993

Pentathlon

1.	Brianna Steel	3,784	2011
2.	Lydia Chamberlin	3,663	2010
3.	Carolin Imhof	3,502	2013
4.	Rachel Hamel	3,250	2022
5.	Katy McGillen	2,872	2008
6.	Katie Haney	2,814	2001

Pole Vault

1.	Caitlin Clancy	11-7.75	2007
	Caitlin Clancy	11-7.75	2010
3.	Andrea McGillen	10-8.25	2003
4.	Suzanne Hogg-Smith	10-0.50	2004

Shot Put

1.	Stephanie Jeffers	50-4.5	2006
2.	Jennifer Swanson	43-1.75	1994
3.	Kelsey Klein	40-9.5	2008
4.	Hartly Carlisle	40-09.00	2012
5.	Cecilya Johnson	39-3	2016
6.	Brianna Steel	37-10.50	2008

Weight Throw

1.	Baylor Reese	55-9	2019
2.	Stephanie Jeffers	55-5.75	2006
3.	Cecilya Johnson	54-11.25	2016
4.	Kelsey Klein	54-10.75	2009
5.	Cecilya Johnson	52-8.25	2016
6.	Baylor Reese	50-5.25	2019
7.	Baylor Reese	50-1.57	2018

Women's Outdoor Records

100-Meter Dash

1.	Shana Robinson	11.23	2004
2.	Aaliyah Birmingham	11.49	2017
3.	Aaliyah Birmingham	11.61	2018
4.	Chantelle Willard	11.65	2007
5.	Candalyne Lyons	11.74	2017

200-Meter Dash

1.	Shana Robinson	22.84	2003
2.	Aaliyah Birmingham	23.74	2018
3.	Chantelle Willard	23.78	2006
4.	Caroline Avbovbede	23.82	1999
	Karlisha Atkins	23.82	2000
6.	Paula Richardson	23.91	2003
	Aaliyah Birmingham	23.91	2017

400-Meter Dash

1.	Audrey Jean-Baptiste	51.93	2015
2.	Tiffaney Williams	53.12	1999
3.	Audrey Jean-Baptiste	53.20	2014
4.	Jennifer Mace	53.46	2009
5.	Wendy McFarlane	53.47	2000

800-Meter Run

1.	Katherine Camp	2:04.49	2014
2.	Monica Joannes	2:05.65	2003
	Melanie Hardy	2:05.65	2004
4.	Katherine Camp	2:06.38	2013
5.	Jaidah McCallon	2:07.31	2022
6.	Jaidah McCallon	2:07.78	2022
7.	Taylor Rigsby	2:08.07	2010
8.	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.	Olivia O'Hare	4:23.45	2015
5.	Sarah Macpherson	4:25.86	2012
6.	Keely Jones	4:26.24	2022
7.	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.	Nicole Lee	9:51.56	2017
4.	Danielle Medearis	9:53.73	2016
5.	Natasha Cockrum	9:53.95	2014
6.	Brandi Krieg	9:54.04	2014
7.	Emily Dunn	9:55.76	2015
8.	Olivia O'Hare	9:56.03	2015
9.	Avery Culpepper	9:56.05	2016
10.	Caitlin Klopfer	9:59.96	2017

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.	Chloe Hershenow	16:05.76	2023
5.	Layla Roebke	16:13.34	2023
6.	Nicole Lee	16:32.63	2015
7.	Ashley Scott	16:38.91	2012
8.	Caitlin Klopfer	16:40.09	2019

10,000-Meter Run

1.	Chloe Hershenow	33:21.75	2023
2.	Caitlin Klopfer	33:33.86	2021
3.	Alex Becker	33:44.63	2009
4.	Caitlin Klopfer	33:51.85	2019
5.	Charlotte Sanderson	34:25.78	2001
6.	Caitlin Klopfer	34:40.25	2019
7.	Caitlin Klopfer	34:55.89	2018
8.	Danielle Medearis	35:06.00	2016
9.	Nicole Lee	35:08.01	2017
10.	Caitlin Klopfer	35:12.37	2019

100-Meter Hurdles

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

400-Meter Hurdles

1.	Jamese James	57.86	2002
2.	Anna Mager	58.54	2023
3.	April Montgomery	58.71	2009
4.	Anna Mager	58.76	2023
5.	Anna Mager	58.77	2023
6.	Anna Mager	59.16	2023
7.	Kiara Reed (Jones)	59.30	2018
8.	Kiara Reed (Jones)	59.50	2017
9.	Kiara Reed (Jones)	59.70	2018
10.	Danielle German	59.85	2000

2,000-Meter Steeplechase

1.	Stacie Taylor	6:59.84	2015
2.	Alyssa Bollinger	7:00.80	2015
3.	Ashley Barnes	7:24.89	2017

3,000-Meter Steeplechase

1.	Layla Roebke	10:07.80	2023
2.	Layla Roebke	10:09.23	2022
3.	Layla Roebke	10:11.61	2023
4.	Katharina Pesendorfer	10:14.44	2019
5.	Katharina Pesendorfer	10:15.84	2022
6.	Layla Roebke	10:16.18	2023
7.	Layla Roebke	10:18.36	2022
8.	Katharina Pesendorfer	10:22.27	2019
9.	Ashley Barnes	10:24.60	2018
10.	Alyssa Bollinger	10:25.50	2019
11.	Layla Roebke	10:25.72	2022
12.	Alyssa Bollinger	10:25.84	2019

4x100-Meter Relay (400 Meters)

1.	Tulsa	45.18	2017
	Quin Washington (Patterson), Breonna Hall, Candalyn Lyons, Aaliyah Birmingham		
2.	Tulsa	45.35	2004
	Shameka Holloway, Chantelle Willard, Paula Richardson, Shana Robinson		
3.	Tulsa	45.48	2003
	Alisha Burnett, Shameka Holloway, Paula Richardson, Shana Robinson		
4.	Tulsa	45.66	2018
	Quin Washington, Ca'Purnika Galbert, Candalyn Lyons, Aaliyah Birmingham		
5.	Tulsa	45.72	2002
	Paula Richardson, Alisha Burnett, Karlisha Atkins, Shana Robinson		

4x200-Meter Relay (800 Meters)

1.	Tulsa	1:35.31	2003
	Shana Robinson, Chatney Noble, Paula Richardson, Jameese 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, Jameese James		
2.	Tulsa	3:36.74	2003
	Paula Richardson, Chatney Noble, Monica Joannes, Jameese James		
3.	Tulsa	3:36.93	2000
	Wendy McFarlane, Tiffany Williams, Jameese 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, Jameese James		

Mile Relay (4x400 Yards)

(No Longer Contested)

1.	Tulsa	3:41.30	2001
	Wendy McFarlane, Monica Joannes, Jameese James, Tiffany Williams		
2.	Tulsa	3:46.61	2014
	Katherine Camp, Roos-Anne Claassen, Audrey Jean-Baptiste, Alex Lyons		
3.	Tulsa	3:53.32	2006
	Shameka Holloway, Dawn Nagazina, Krystal Lartey, April Montgomery		
4.	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	8:56.92	2019
	Sabrina Monsees, Allison Bailey, Jaidah McCallon, Adrena Mazzei		
4.	Tulsa	8:59.16	1997
	Monique Poindexter, Erin Simpson, Summer Lamons, Chris Haldeman		

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	20:13.77	2019
	Caitlin Klopfer, Caroline Miller, Adrena Mazzei, Katharina Pesendorfer		

Sprint Medley Relay (200, 200, 400, 800)

1.	Tulsa	3:47.44	2010
	Ashley Wills, Caroline Schuster, Jennifer Mace, Tayler Rigsby		
2.	Tulsa	3:47.62	2003
	Shana Robinson, Paula Richardson, Jameese James, Monica Joannes		
3.	Tulsa	3:51.41	2018
	Candalyn Lyons, Aaliyah Birmingham, Ca'Purnika Galbert, Allison Bailey		
4.	Tulsa	3:56.24	2011
	Lenora Guion-Firmin, Caroline Schuster, Jennifer Mace, Lauren Collete		
5.	Tulsa	3:57.00	2002
	Shana Robinson, Paula Richardson, Alisha Burnett, Monica Joannes		

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, Tiffany Williams, Monica Joannes, Fride Vullum		
5.	Tulsa	11:40.24	2009
	Tayler Rigsby, Jennifer Mace, Dawn Nagazina, Alex Becker		

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

High Jump

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

Long Jump

1.	Carsyn Spurgeon	20-8	2019
2.	Carsyn Spurgeon	19-8	2019
3.	Margaret Glover	19-4.25	2004
4.	Lydia Chamberlin	19-4.0	2010
5.	Mary John-Williams	19-2.67	2000

Triple Jump

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

Discus

1.	Cecilya Johnson	175-3	2016
2.	Cecilya Johnson	171-11	2016
3.	Cecilya Johnson	171-10	2016
4.	Cecilya Johnson	170-11	2016
5.	Cecilya Johnson	170-7	2016
6.	Stephanie Jeffers	160-11	2007
7.	Hartly Carlisle	156-02	2012
8.	Baylor Reese	154-5	2018
9.	Baylor Reese	154-3	2016
10.	Kelsey Klein	154-0	2011

Shot Put

1.	Stephanie Jeffers	52-6.75	2007
2.	Ty'Jae Scales	45-7.25	2016
3.	Jennifer Swanson	43-3	1993
4.	Ty'Jae Scales	42-11.5	2016
5.	Corhanda Dawson	42-0	1991
6.	Hartly Carlisle	38-10.92	2012
7.	Brianna Steel	38-8	2011

Hammer

1.	Kelsey Klein	176-03	2011
2.	Cecilya Johnson	170-7	2016
3.	Cecilya Johnson	162-4	2016
4.	Stephanie Jeffers	159-5	2007
5.	Cecilya Johnson	158-10	2016
6.	Baylor Reese	148-11	2019
7.	Baylor Reese	145-7	2019
8.	Baylor Reese	143-7	2018

Javelin

1.	Katy McGillen	159-1	2006
2.	Ali Lund	150-3	2019
3.	Ashley Ast	143-2	2004
	Carolin Imhof	143-2	2010
5.	Ali Lund	140-6	2019

Heptathlon

1.	Brianna Steel	5,158	2011
2.	Lydia Chamberlin	5,021	2010
3.	Carolin Imhof	4,807	2011
4.	Carsyn Spurgeon	4,526	2018
5.	Rachel Hamel	4,280	2022



Chris O'Hare Wins Indoor Mile at 2012 NCAA Championship

Chris O'Hare was not going to be denied for a second straight year.

After finishing runner-up in 2011, the junior All-American member of the Tulsa track and field team captured the national championship in the mile run at the 2012 Division I Indoor Track & Field Championships at the Jacksons Indoor Track at the Idaho Center in Napa, Idaho on March 12, 2012.

"It feels great, better than I ever expected," O'Hare said. "When I came into the home straight, I could taste it. I didn't want it to go away like it happened last year. I was just fighting with everything I had in those last steps."

He posted a facility-record mark of 4:01.66 in the finals to become the first track national champion in school history, beating second-place Rich Peters of Boston University by 0.12 seconds.

"I'm about as happy as I could get. Chris is pretty easy to coach, and I feel fortunate for what he has done today," Tulsa coach Steve Gulley said. "Him winning is not a surprise to me because he is such a great competitor. I would say going into the race he had about a 50-50 shot at winning, and he was able to bring it home."

O'Hare pushed the tempo early and was able to outlast his competitors in his wire-to-wire victory, most notably defending champion Miles Batty of BYU who finished third in 4:01.86.

"We didn't really plan on taking it from the gun, but that's how it played out," O'Hare said. "My biggest thing was I did not want to get stuck. I ended up in the front, which is where I'm most comfortable, and I was able to hold on. I wanted to push the tempo and make everybody behind me work for it."

Sam McEntee of Villanova was fourth and Andrew Bayer of Indiana was fifth.

The victory also gave Tulsa 10 points towards the overall team standings, which was the most in school history at the NCAA Indoor Championships.

O'Hare said that the win was made that much sweeter because it was his mother Gillian's birthday.

"I can't be home to give her a present or a birthday hug, so to be able to give this to her means a lot to me," he said. "Winning this championship means even more to me knowing that it is on her birthday."



Marc Scott Wins Outdoor 10,000-Meters at 2017 NCAA Championship

Marc Scott became The University of Tulsa’s second track and field national champion as he took the lead and pulled away down the stretch to win the 10,000-meters at the NCAA Division I Track and Field Championships on June 7, 2017 at historic Hayward Field. The redshirt senior won the event with a time of 29:01.54 as he earned his eighth All-American honor.

“I thought some guys might separate earlier, but the slow race is what I’ve done all year,” said Scott. “Sit and sit for as long as I can and then really go after it for the last 400-600m. It was spot on for me.”

Scott’s late push to take a lead that he never surrendered allowed him to become the second Tulsa national champion in program history (Chris O’Hare, Indoor Mile) and the first in an outdoor event.

“I’ve been working on it all year, practicing as much as I can,” said Scott. “I knew it would come down to the last lap and that is what I’ve been working on for a long time. I worked really, really hard to develop the final lap.”

Two nights later, Scott participated in the NCAA Outdoor 5,000-meters and placed fourth overall with a time of 14:36.57, thus picking up his ninth All-American honor.

He and teammate Luke Traynor combined to score 16 points for an overall 14th place team finish.



Patrick Dever Wins Outdoor 10,000-Meters at 2021 NCAA Championship

Patrick Dever became Tulsa's third individual track and field NCAA Champion as he shattered a 42-year old meet record by more than 19 seconds in the 10,000m run in 2021 at the NCAA Championships in Eugene, Ore.

Dever's time of 27:41.87 led 10 runners that finished faster than the previous meet record of 28:01.30 which was set in 1979. His time was also a personal best and a school record, topping his previous mark by 46.26 seconds (28:28.13) set earlier this season at the Hayward Premiere (4/2/21) and the previous school mark by 26.1 seconds set by Marc Scott (28:07.97) in 2015.

"It feels pretty surreal to be an NCAA Champion," Dever said. "I knew I was capable of something special, but I didn't know for sure I could do this. It is cliché, but it really is a dream come true, and to replicate Marc Scott's success was great. I'm going to race the 5,000 as

a bonus and whatever I can do to get as many points for the team is the main goal for sure."

"I discussed it with my coach beforehand and we were going to see how Wesley Kiptoo went out and judge where we were going to sit based on how many people went with him. I thought a lot of people were going to go with him and you either go with him or you don't have a chance. I just tried to get on the rail and relax as much as possible, and save something for the home stretch."

Two days later, Dever tallied a sixth-place finish in the NCAA Outdoor 5,000-meters at 13:19.85, giving him his second All-American honor, and was a personal best while setting a new program record by 8.23 seconds as his and the school's previous mark was 13:28.08 set at the John McDonnell Invitational earlier that year.

NCAA Championship Participants

CROSS COUNTRY

NCAA Championship Team Results - Men

2007 Tulsa (29th)
 2008 Tulsa (13th)
 2011 Tulsa (25th)
 2012 Tulsa (7th)
 2013 Tulsa (27th)
 2014 Tulsa (25th)
 2015 Tulsa (20th)
 2016 Tulsa (11th)
 2018 Tulsa (30th)
 2019 Tulsa (5th)
 2020-21 Tulsa (6th)
 2021 Tulsa (6th)
 2022 Tulsa (9th)

NCAA Championship Team Results - Women

2010 Tulsa (30th)
 2015 Tulsa (29th)
 2019 Tulsa (25th)
 2020-21 Tulsa (28th)

Midwest Region Champions - Men

Marc Scott, 2015
 Luke Traynor, 2016

NCAA Championship Individual Results - Men

Year	Athlete	Time	Place	
2007	John Beattie	31:21.5	127th	
	Joel Stansloski	31:22.0	129th	
	Lewis Timmons	31:26.5	145th	
	Kyle Dekker	31:50.7	188th	
	Eric Harris	31:53.5	189th	
	Jay Matlack	32:47.8	229th	
2008	Brett Turowski	32:59.5	235th	
	John Beattie	30:05.0	29th	
	Mark Davidson	30:47.5	87th	
	Lewis Timmons	30:56.5	103rd	
	Kyle Dekker	30:59.4	109th	
	Edwin Henshaw	31:12.2	144th	
2009	Eric Harris	32:11.0	221st	
	Daniel Lepage	33:29.2	250th	
	John Beattie	30:25.9	46th	
	2011	Andrew Heyes	30:41.7	86th
		Paulo Pinheiro	30:43.4	90th
		Tom Marshall	31:21.3	163rd
Dennis Hadapp		31:42.3	193rd	
Geraint Davies		31:50.5	203rd	
Carl Stones		32:01.8	215th	
2012	Sam Masters	32:06.0	221st	
	Chris O'Hare	29:46.4	20th	
	Andrew Heyes	30:10.7	44th	
	Paulo Pinheiro	30:36.0	81st	
	Marc Scott	30:39.3	93rd	
	Danny Thater	30:40.5	95th	
2013	Tim Rackers	31:00.7	135th	
	Dennis Hodapp	31:03.5	141st	
	Chris O'Hare	30:54.6	50th	
	Andrew Heyes	31:23.0	107th	
	Tim Rackers	31:56.8	170th	
	Marc Scott	32:13.3	195th	
	Danny Thater	33:25.8	247th	
	Emmett Cookson	33:43.8	253rd	

2014	Marc Scott	30:38.6	14th	
	Tim Rackers	31:17.1	71st	
	Ben Preisner	32:25.2	186th	
	Adam Palamar	32:32.8	199th	
	Jake McDonnell	32:58.6	220th	
	Danny Thater	32:59.6	221st	
2015	Adam Roderique	34:14.9	239th	
	Marc Scott	30:02.6	10th	
	Luke Traynor	30:22.3	34th	
	Ben Preisner	31:06.1	114th	
	Adam Roderique	31:52.2	188th	
	Austin Del Rosso	32:27.9	224th	
2016	Isaac Dobos	33:16.5	246th	
	Elijah Silva	34:28.2	250th	
	Luke Traynor	30:07.7	13th	
	Ben Preisner	30:42.0	72nd	
	Adam Roderique	30:43.9	76th	
	Henry Pearce	30:55.0	106th	
2017	Isaac Dobos	31:19.1	159th	
	Austin Del Rosso	31:22.1	169th	
	Jay Ort	31:56.7	219th	
	Henry Pearce	32:00.0	220th	
	2018	Peter Lynch	30:47.1	114th
		Ryan Riddle	31:15.2	168th
Isaac Akers		31:31.6	194th	
Cameron Field		32:04.8	218th	
Adam Breaux		33:27.9	249th	
Mark Middleton		34:19.6	251st	
2019	Scott Beattie	DNF		
	Patrick Dever	30:58.7	11th	
	Peter Lynch	31:04.3	13th	
	Cameron Field	31:45.6	77th	
	Scott Beattie	31:47.5	81st	
	Isaac Akers	31:59.3	100th	
2020-21	Reed Sahadevan	32:49.1	197th	
	Adam Breaux	34:34.2	240th	
	Patrick Dever	30:00.0	5th	
	Peter Lynch	30:17.7	12th	
	Isaac Akers	30:25.4	19th	
	Scott Beattie	31:25.7	89th	
2021	Cameron Field	32:13.9	151st	
	Shay McEvoy	32:18.5	157th	
	Malte Propp	DNF		
	Cormac Dalton	29:28.5	34th	
	Peter Lynch	29:32.6	42nd	
	Michael Power	29:39.7	51st	
2022	Michael Beattie	29:45.2	58th	
	Isaac Akers	30:05.2	86th	
	Shay McEvoy	30:34.7	148th	
	Chris McLeod	30:39.7	157th	
	Cormac Dalton	29:16.0	15th	
	Shay McEvoy	29:25.7	23rd	
	Isaac Akers	29:40.4	44th	
	Michael Power	29:51.3	61st	
	Malte Propp	31:04.0	202nd	
	Luke Lambert	31:29.8	223rd	
	Max Nores	31:56.0	236th	

NCAA Championship Individual Results - Women

Year	Athlete	Time	Place
1998	Fride Vullum	17:57.24	61st
1999	Fride Vullum	18:00.0	95th
2006	Alex Becker	21:24.0	34th
2007	Alex Becker	20:35.0	15th
2010	Melanie Cleland	21:29.3	116th
	Paula Whiting	21:38.3	133rd
	Jacqueline Fairchild	22:06.3	183rd
	Josie Wilcox	22:09.8	189th
	Jaclyn Rollins	22:25.0	210th

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AMERICAN ATHLETIC

	Ashley Scott	23:19.0	242nd
	Erin Huddleston	23:51.6	248th
2011	Paula Whiting	20:37.0	49th
2015	Rachel Baptista	20:39.1	69th
	Stacie Taylor	21:10.8	144th
	Nicole Lee	21:12.2	149th
	Danielle Medearis	22:01.0	223rd
	Clara Langley	22:06.1	229th
	Alyssa Bolliger	22:33.2	245th
	Emma Galbraith	23:31.2	252nd
2019	Catilin Klopfer	21:02.8	67th
	Caroline Miller	21:36.6	148th
	Ashley Barnes	21:38.5	152nd
	Jenny O'Bryan	21:54.3	184th
	Adrena Mazzei	22:00.5	192nd
	Regan Hausmann	22:00.6	193rd
	Alice Newcombe	DNF	
2020-21	Caitlin Klopfer	21:16.4	69th
	Caroline Miller	21:54.6	158th
	Katharina Pesendorfer	22:11.4	180th
	Alice Newcombe	22:20.2	192nd
	Jenny O'Bryan	22:23.6	197th
	Layla Roebke	22:58.5	233rd
	Abbey Yuhasz	23:03.1	236th
2022	Chloe Hershenow	20:49.6	135th

INDOOR

NCAA Championship Team Results - Men

2009 Tulsa (59th)
 2011 Tulsa (26th)
 2012 Tulsa (18th)
 2013 Tulsa (40th)
 2017 Tulsa (13th)

NCAA Championship Individual Results - Men

1999

David Bohlen, Distance Medley Relay
 Clint Small, Distance Medley Relay
 Shawn McCullough, Distance Medley Relay
 Dwight Davis, Distance Medley Relay (10 – 9:50.31)

2000

Dwight Davis, Mile (5 – 4:02.35)

2009

Mark Davidson, Mile (8 – 4:03.09)

2011

Chris O'Hare, Mile (2 – 3:59.62)

2012

Chris O'Hare, Mile (1 – 4:01.66)

2013

Chris O'Hare, Mile (7 – 4:02.96)
 Bryce Robinson, 60m Dash (6 – 6.69)

2015

Bryce Robinson, 60m Dash (11 – 6.67)
 Bryce Robinson, 200m Dash (3 – 20.75)
 Marc Scott, 5,000m (5 – 13:54.25)

2016

Bryce Robinson, 60m Dash (8 – 7.33)
 Bryce Robinson, 200m Dash (9 – 21.085)
 Marc Scott, 5,000m (13 – 14:04.86)

2017

Aleks Rapp, Weight Throw (16 – 20.08m)
 Marc Scott, 3,000m (3 – 7:57.19)
 Marc Scott, 5,000m (2 – 13:43.83)

NCAA Championship Individual Results - Women

1998

Caroline Avboubede, 400m (18 – 55.35)

1999

Caroline Avboubede, 400m (11 – 54.25)

2002

Paula Richardson, 4x400-Meter Relay
 Alisha Burnett, 4x400-Meter Relay
 Monica Joannes, 4x400-Meter Relay
 James James, 4x400-Meter Relay (11 – 3:39.84)

2005

Melanie Hardy, 800m (10 – 2:08.01)

2007

Alex Becker, 3000m (7 – 9:19.69)

2009

Jennifer Mace, 400m (13p – 54.07)

2010

Alex Becker, 3000m (15 – 9:21.78)
 Alex Becker, 5000m (5 – 15:58.53)

2015

Audrey Jean-Baptiste, 400m (14 – 53.60)

OUTDOOR

NCAA Championship Team Results - Men

2012 Tulsa (66th)
 2017 Tulsa (14th)

NCAA Championship Individual Results - Men

1998

Adam Ellison, 800m (15 – 1:52.37)

1999

Dwight Davis, 1,500m (14 – 3:50.61)

2007

Edwin Henshaw, 5,000m (14 – 14:08.59)

2008

Mark Davidson, 1,500m (14 – 3:46.04)

2009

John Beattie, 10,000m (10th – 29:19.97)
 Justin Duncan, 1,500m (17sf – 3:45.91)

2010

John Beattie, 10,000m (10 – 29:16.48)

2011

Chris O'Hare, 1,500m (11 – 3:47.61)

2012

Chris O'Hare, 1,500m (12 – 3:51.64)
 Carl Stones, 3,000m Steeplechase (8 – 8:46.67)

2014

Bryce Robinson, 100m (12 – 10.21)
 Bryce Robinson, 200m (16 – 20.97)
 Danny Thater, 3,000m Steeplechase (13 – 8:46.74)

2015

Simon Greiner, 800m (21 – 1:49.88)
 Bryce Robinson, 200m (12 – 20.38)
 Marc Scott, 10,000m (11 – 29:37.18)

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2016

Luke Traynor, 10,000m (13 – 29:33.54)

2017

Marc Scott, 5,000m (4 – 14:36.57)
 Marc Scott, 10,000m (1 – 29:01.54)
 Luke Traynor, 10,000m (8 – 29:10.58)

2021

Patrick Dever, 10,000m (1 – 27:41.87), 5,000m (6 – 13:19.85)

2022

Michael Power, 5,000m (6 – 13:31.23)

2023

Cormac Dalton, 10,000m (10 – 28:35.83)
 Scott Beattie, 10,000m (13 – 29:10.31)

NCAA Championship Individual Results - Women

1998

Fride Vullum, 3,000m (15 – 9:39.46)

2001

Shana Robinson, 100m (8sf – 11.92)
 Charlotte Sanderson, 10,000m (7 – 34:53.85)
 Fride Vullum, 5,000m (6 – 16:04.96)

2002

Jamese James, 400m Hurdles (14 – 58.51)
 Monica Joannes, 800m (13 – 2:06.61)

2003

Shana Robinson, 200m (12 – 23.78)
 Monica Joannes, 800m (23 – 2:08.31)

2004

Shana Robinson, 100m (14 – 11.39)
 Melanie Hardy, 800m (17 – 2:07.45)

2007

Alex Becker, 5,000m (7 – 16:00.34)

2009

Alex Becker, 5,000m (6 – 16:34.63)
 Alex Becker, 10,000m (5 – 34:00.82)
 Jennifer Mace, 400m (21q – 54.26)
 April Montgomery, 400m Hurdles (24 - 59.58)

2010

Paula Whiting, 5,000m (15 – 16:15.41)

2011

Paula Whiting, 5,000m (13 – 16:00.78)

2014

Katherine Camp, 800m (12 – 2:05.36)

NCAA All-Americans

Men's Cross-Country

Year	Name	Event	Place	Time
2008	John Beattie	10K	29th	30:05
2012	Chris O'Hare	10K	20th	29:46.4
2014	Marc Scott	10K	14th	30:38.6
2015	Marc Scott	10K	10th	30:02.6
	Luke Traynor	10K	34th	30:22.3
2016	Luke Traynor	10K	13th	30:07.7
2019	Patrick Dever	10K	11th	30:59.4
	Peter Lynch	10K	13th	31:04.3
2020-21	Patrick Dever	10k	5th	29:59.9
	Peter Lynch	10k	12th	30:17.7
	Isaac Akers	10k	19th	30:25.4
2021	Cormac Dalton	10k	34th	29:28.5
2022	Cormac Dalton	10k	15th	29:16.0
	Shay McEvoy	10k	23rd	29:25.7

Women's Cross-Country

Year	Name	Event	Place	Time
2007	Alex Becker	6K	15th	20:06

Men's Indoor Track

Year	Name	Event	Place	Team	Time
2000	Dwight Davis	Mile	5th	1st	4:01.55
2009	Mark Davidson	Mile	8th	1st	4:03.09
2011	Chris O'Hare	Mile	2nd	1st	3:59.62
2012	Chris O'Hare	Mile	1st	1st	4:01.66
2013	Bryce Robinson	60-Meters	6th	1st	6.79
	Chris O'Hare	Mile	7th	1st	4:02.96
2015	Bryce Robinson	200-Meters	3rd	1st	20.75
	Marc Scott	5,000-Meters	5th	1st	13:54.25
	Bryce Robinson	60-Meters	11th	2nd	6.67
2016	Bryce Robinson	60-Meters	8th	1st	7.33
	Bryce Robinson	200-Meters	9th	2nd	21.085
	Marc Scott	5,000-Meters	13th	2nd	14:04.86
2017	Marc Scott	3,000-Meters	3rd	1st	7:57.19
	Marc Scott	5,000-Meters	2nd	1st	13:43.83
	Aleks Rapp	Weight Throw	16th	2nd	20.08m

Women's Indoor Track

Year	Name	Event	Place	Team	Time
2005	Melanie Hardy	800-Meters	10th/8th	1st	2:08.01
2007	Alex Becker	3,000-Meters	7th	1st	9:19.69
2010	Alex Becker	5,000-Meters	5th	1st	15:58.52
2015	Audrey Jean-Baptiste	400-Meters	14th	2nd	53.60

Men's Outdoor Track

Year	Name	Event	Place	Team	Time
2009	John Beattie	10,000-Meters	10th	2nd	29:19.97
2011	Chris O'Hare	1,500-Meters	11th	2nd	3:47.61
2012	Carl Stones	Steeplechase	8th	1st	8:46.67
	Chris O'Hare	1,500-Meters	12th	2nd	3:51.64
2014	Bryce Robinson	100-Meters	12th	2nd	10.21
	Bryce Robinson	200-Meters	16th	2nd	20.97
	Danny Thater	Steeplechase	8th	1st	8:46.74
2015	Bryce Robinson	200-Meters	12th	2nd	10.21
	Marc Scott	10,000-Meters	11th	2nd	29:37.18
	Simon Greiner	800-Meters	21st	HM	1:49.88
2016	Luke Traynor	10,000-Meters	13th	2nd	29:33.54
2017	Marc Scott	5,000-Meters	4th	1st	14:36.57
	Marc Scott	10,000-Meters	1st	1st	29:01.54
	Luke Traynor	10,000-Meters	8th	1st	29:10.58
2021	Patrick Dever	10,000-Meters	1st	1st	27:41.87
	Patrick Dever	5,000-Meters	6th	1st	13:19.85
2022	Michael Power	5,000-Meters	6th	1st	13:31.23
2023	Cormac Dalton	10,000-Meters	10th	2nd	28:35.83
	Scott Beattie	10,000-Meters	13th	2nd	29:10.31

Women's Outdoor Track

Year	Name	Event	Place	Team	Time
2001	Fride Vullum	5,000-Meters	6th	1st	16:04.96
	Charlotte Sanderson	10,000-Meters	7th	1st	34:53.85
2007	Alex Becker	5,000-Meters	7th	1st	16:00.34
2009	Alex Becker	5,000-Meters	6th	1st	16:34.63
	Alex Becker	10,000-Meters	5th	1st	34:00.82
2011	Paula Whiting	5,000-Meters	13th	2nd	16:00.78
2014	Katherine Camp	800-Meters	12th	2nd	2:05.36

NCAA Regional Participants

Men's Outdoor

Year	Name	Event
2004	Owain Matthews	3,000-Meters
	Charles Ramsdell	High Jump
	Justin Rempel	1,500-Meters
2005	Mathew Musengezi	800 Meters
	Thomas Stoltz	Javelin
	Rickey Wilson, Jr.	110-Meter Hurdles
2006	Mathew Musengezi	800-Meters
	Thomas Stoltz	Javelin
	Rickey Wilson, Jr.	110-Meter Hurdles

THE UNIVERSITY OF TULSA GOLDEN HURRICANE

2007	Edwin Henshaw	5,000-Meters
	Rickey Wilson, Jr.	110-Meter Hurdles
2008	John Beattie	5,000-Meters
	Mark Davidson	1,500-Meters
2009	Edwin Henshaw	5,000-Meters
	Mark Davidson	1,500-Meters
	Justin Duncan	1,500-Meters
	Tim Nedow	Discus
	Thomas Stoltz	Javelin
2010	Lewis Timmins	5,000-Meters
	Justin Duncan	1,500-Meters
	Chris O'Hare	1,500-Meters
	Carl Stones	3,000-Meter Steeplechase
2011	Lewis Timmins	5,000-Meters
	Geraint Davies	5,000-Meters
	Justin Duncan	1,500-Meters
	Mitch Johnson	10,000-Meters
	Chris O'Hare	1,500-Meters
2012	Tom Marshall	1,500-Meters
	Carl Stones	3,000-Meter Steeplechase
	Julian Frazier	400-Meters
	Tom Marshall	1,500-Meters
	Bill Martin	1,500-Meters
	Sam Masters	1,500-Meters
	Chris O'Hare	1,500-Meters
	Paulo Pinheiro	5,000-Meters
	Chase Sammons	Discus
	Carl Stones	3,000-Meter Steeplechase
2013	Adam Palamar	1,500-Meters
	Tim Rackers	5,000-Meters
	Bryce Robinson	100-Meters, 200-Meters
	John Teeters	100-Meters, 200-Meters
	Chase Sammons	Shot Put, Discus
	Matt Davis	4x100 Meter Relay
	Julian Frazier	4x100 Meter Relay
	Bryce Robinson	4x100 Meter Relay
	John Teeters	4x100 Meter Relay
	Julian Frazier	400-Meters
2014	Bryce Robinson	100-Meters, 200-Meters
	Elijah Silva	800-Meters
	Danny Thater	3,000-Meter Steeplechase
	Otugo Ananaba	100-Meters
	Simon Greiner	800-Meters
2015	Alex Lybarger	Hammer Throw
	Adam Palamar	1,500-Meters
	Tim Rackers	10,000-Meters
	Bryce Robinson	200-Meters
	Marc Scott	10,000-Meters
	Elijah Silva	800-Meters
	Ben Preisner	3,000-Meter Steeplechase
2016	Tim Rackers	10,000-Meters
	Marc Scott	5,000-Meters
	Luke Traynor	10,000-Meters
	Robert Tully	800-Meters
	Bailey Stewart	400-Meters
2017	Marc Scott	10,000-Meters
	Luke Traynor	10,000-Meters
	Ben Preisner	3,000-Meter Steeplechase
	Marc Scott	5,000-Meters
	Henry Visser	400-Meter Hurdles
2018	Grey Howard	800-Meters
	Robert Tully	800-Meters
	Ben Preisner	10,000-Meters
	Grey Howard	800-Meters
	Ben Preisner	10,000-Meters
2019	Bailey Stewart	400-Meters
	Robert Tully	800-Meters
	Due to the COVID-19 pandemic, the 2020 outdoor track season was canceled entirely.	
2020		
2021	Zachary Adee	100-Meters
	Isaac Akers	1,500-Meters, 5,000-Meters

2022	Scott Beattie	10,000-Meters
	Patrick Dever	10,000-Meters, 5,000-Meters
	Peter Lynch	10,000-Meters
	Isaac Akers	5,000-Meters
	Scott Beattie	10,000-Meters, 5,000-Meters
2023	Cormac Dalton	10,000-Meters
	Peter Lynch	10,000-Meters, 5,000-Meters
	Michael Power	5,000-Meters
	Josh Sutton	100-Meters
	Henry Visser	400-Meter Hurdles
	Shuaib Aljabaly	10,000-Meters
	Christian Baker	3,000-Meter Steeplechase
	Scott Beattie	10,000-Meters
	Cormac Dalton	10,000-Meters
	Shay McEvoy	5,000-Meters
Malte Propp	10,000-Meters	
Josh Sutton	100-Meters	

Women's Outdoor

Year	Name	Event
2004	Ashley Ast	Javelin
	Melanie Hardy	800-Meters
	Chatney Noble	400-Meters
	Shana Robinson	100-Meters
	Shameka Holloway	4x100 Meter Relay
	Krystal Lartey	4x100 Meter Relay
	Shana Robinson	4x100 Meter Relay
	Chantelle Willard	4x100 Meter Relay
	Shameka Holloway	4x400 Meter Relay
	Chatney Noble	4x400 Meter Relay
2005	Shana Robinson	4x400 Meter Relay
	Chantelle Willard	4x400 Meter Relay
	Melanie Hardy	800-Meters
	DaVonne Harrison	100-Meter Hurdles
	Katy McGillen	Javelin
2006	Alex Becker	1,500-Meters
	Shameka Holloway	400-Meters
	Stephanie Jeffers	Discus, Shot Put
	Kate McGillen	Javelin
	April Montgomery	400-Meter Hurdles
2007	Sophia Rodriguez	Triple Jump
	Alex Becker	1,500-Meters
	Ashlea Gilfillan	3,000-Meter Steeplechase
	Shameka Holloway	400-Meters
	Stephanie Jeffers	Discus, Shot Put
2008	Kate McGillen	Javelin
	April Montgomery	400-Meter Hurdles
	Dawn Nagazina	800-Meters
	Chantelle Willard	200-Meters
	Ashley Aitken	800-Meters
	Jennifer Mace	400-Meters
	Kate McGillen	Javelin
2009	April Montgomery	400-Meter Hurdles
	Alex Becker	5,000-Meters
	Jennifer Mace	400-Meters
	April Montgomery	400-Meter Hurdles
	Dawn Nagazina	800-Meters
2010	Lenora Guion-Firmin	4x400 Meter Relay
	Carolin Imhof	Javelin
	Jennifer Mace	400-Meters, 4x400 Meter Relay
	Taylor Rigsby	800-Meters
	Caroline Schuster	4x400 Meter Relay
	Ashley Wills	4x400 Meter Relay
	Katie Wright	1,500-Meters
2011	Lenora Guion-Firmin	4x400 Meter Relay
	Jennifer Mace	4x400 Meter Relay, 400-Meters
	Racquell Powell	4x400 Meter Relay
	Caroline Schuster	4x400 Meter Relay
	Ashley Scott	5,000-Meters
Paula Whiting	5,000-Meters	

2012	Sarah Macpherson	1,500-Meters
	Ashley Scott	5,000-Meters
2013	Katherine Camp	800-Meters
	Erin Huddleston	3,000-Meter ST
	Sarah Macpherson	1,500-Meters
	Caroline Schuster	400-Meters
2014	Audrey Jean-Baptiste	400-Meters
	Katherine Camp	800-Meters
2015	Audrey Jean-Baptiste	400-Meters
	Olivia O'Hare	1,500-Meters
	Nicole Lee	5,000-Meters
2016	Kiarra Jones	400-Meter H.
	Cecilya Johnson	Discus
2017	Aaliyah Birmingham	100-Meters
	Stacie Taylor	3,000-Meter ST
	Aaliyah Birmingham	4x400 Relay
	Kiarra Jones	4x400 Relay
	Candalyn Lyons	4x400 Relay
	Breonna Hall	4x400 Relay
2018	Aaliyah Birmingham	400-Meters
	Kiarra Reed	400-Meter H.
	Ashley Barnes	3,000-Meter ST
2019	Alyssa Bolliger	3,000-Meter ST
	Caitlin Klopfer	10,000-Meters
	Katharina Pesendorfer	3,000-Meter ST
	Carsyn Spurgeon	Long Jump
2020	Due to the COVID-19 pandemic, the 2020 outdoor track season was canceled.	
2021	Ashley Barnes	3,000-Meter ST
	Caitlin Klopfer	10,000-Meters
	Ali Lund	Javelin
	Katharina Pesendorfer	3,000-Meter ST
2022	Katharina Pesendorfer	3,000-Meter ST
	Layla Roebke	3,000-Meter ST
2023	Chloe Hershenow	5,000-Meters
	Anna Mager	400-Meter H.
	Layla Roebke	3,000-Meter ST

NATIONAL HONORS

DIVISION 1A FAR Academic Excellence Award

Jenny O'Bryan, 2020

CSC Academic All-America - Men

1996
Jonathon Pillow, First Team (Cross Country/Track & Field)

1997
Jonathon Pillow, First Team (Cross Country)

1999
Tim Surface, First Team (Cross Country)
Tim Surface, Third Team (Track & Field)

2000
Tim Surface, First Team (Cross Country)
Tim Surface, First Team (Track & Field)

2001
Tim Surface, First Team (Cross Country)
Tim Surface, First Team (Track & Field)

2003
Ben Orozco, Third Team (Cross Country/Track & Field)

2010
John Beattie, Second Team (Cross Country/Track & Field)

2016
Tim Rackers, Third Team (Cross Country/Track & Field)

2017
Kirk Smith, First Team (Cross Country/Track & Field)

CSC Academic All-America - Women

2002
Debbie Cardenas, First Team (Cross Country/Track & Field)
Charlotte Sanderson, First Team (Cross Country/Track & Field)

2003
April Johnson, Second Team (Cross Country/Track & Field)

2004
Shana Robinson, Third Team (Cross Country/Track & Field)

2009
Caitlin Clancy, Third Team (Cross Country/Track & Field)

2010
Alex Becker, Second Team (Cross Country/Track & Field)
Caitlin Clancy, First Team (Cross Country/Track & Field)

CoSIDA Academic All-District - Men

1996
Jonathon Pillow, Third Team

1997
Jonathon Pillow, First Team

1999
Tim Surface, First Team

2000
Tim Surface, First Team

2001
Tim Surface, First Team

2003
Blake Carpenter, First Team
Ben Orozco, Third Team

2004
Blake Carpenter, First Team
Ben Orozco, First Team

2010
John Beattie, First Team

2012
Bill Martin, First Team

2016
Tim Rackers, Third Team

2017
Kirk Smith, First Team

2023
Scott Beattie
Cormac Dalton
Micheal Power

CSC Academic All-District - Women

1999
Fride Vullum

2000
Fride Vullum, Second Team
Sarah Haskins, First Team

2002
Debbie Cardenas, First Team
Charlotte Sanderson, First Team

2003
Sarah Haskins, Second Team
April Johnson, First Team
Shana Robinson, Second Team

2004
Shana Robinson, First Team

2006
Alex Becker, First Team

2009
Caitlin Clancy, Third Team

2010
Alex Becker, Second Team
Caitlin Clancy, First Team
Jennifer Mace, Second Team

2011
Paula Whiting, Second Team

2017
Clara Langley

2019
Caitlin Klopfer, First Team

2023
Chloe Hershenow
Chloe McEachern

Women's Intercollegiate Cross Country Coaches Association Academic All-America - Women

Charlotte Sanderson, 2001

CROSS COUNTRY

Midwest Region Coach of the Year - Men

Steve Gulley, 2012
Steve Gulley, 2019

Midwest Region Athlete of the Year - Men

Chris O'Hare, 2012

Midwest Region Champions - Men

Marc Scott, 2015
Luke Traynor, 2016

USTFCCCA All-Midwest Region - Men

2006
Edwin Henshaw
Brett Turowski

THE UNIVERSITY OF TULSA GOLDEN HURRICANE

2007 John Beattie	Lewis Timmins
2008 John Beattie Eddie Henshaw Kyle Dekker	Mark Davidson Lewis Timmins
2009 John Beattie	Lewis Timmins
2010 Justin Duncan	
2011 Gerraint Davies Carl Stones	Paulo Pinheiro
2012 Andy Heyes Chris O'Hare Marc Scott	Dennis Hodapp Paulo Pinheiro Danny Thater
2013 Andrew Hayes Marc Scott	Chris O'Hare Danny Thater
2014 Adam Palamar Marc Scott	Tim Rackers Danny Thater
2015 Benjamin Preisner Luke Traynor	Marc Scott
2016 Henry Pearce Adam Roderique	Benjamin Preisner Luke Traynor
2017 Henry Pearce Adam Roderique	Benjamin Preisner
2018 Scott Beattie	Peter Lynch
2019 Isaac Akers Patrick Dever Peter Lynch	Scott Beattie Cameron Field
2021 Isaac Akers Cormac Dalton Shay McEvoy	Scott Beattie Peter Lynch Micheal Power
2022 Isaac Akers Shay McEvoy	Cormac Dalton Michael Power
2023 Charlie Krasnoff Chris McLeod	Malte Propp

USTFCCCA All-Midwest Region - Women

2006 Alex Becker	
2007 Alex Becker	
2010 Paula Whiting	Katie Wright
2011 Paula Whiting	

2014 Brandi Krieg	
2015 Rachel Baptista	Nicole Lee
2016 Clara Langley	Stacie Taylor
2017 Ashley Barnes	
2018 Caitlin Klopfer	
2019 Caitlin Klopfer	Caroline Miller
2021 Katharina Pesendorfer	
2022 Chloe Hershenow	

USTFCCCA Midwest All-Academic Team - Men

2007	
2009	
2011	
2012	
2013	

USTFCCCA Midwest All-Academic Team - Women

2006	
2007	
2009	
2010	
2011	
2012	
2013	

USTFCCCA All-Academic Individuals - Men

2009 John Beattie	
2012 Jukian Frazier Bill Martin Chris O'Hare Carl Stones	Andrew Heyes Sam Masters Paulo Pinheiro Daniel Thater
2013 Andrew Heyes Daniel Thater	Marc Scott
2019 Patrick Dever Peter Lynch	Cameron Field
2020-21 Scott Beattie Cameron Field Shay McEvoy	Patrick Dever Peter Lynch Malte Propp
2021 Scott Beattie Peter Lynch Michael Power	Cormac Dalton Shay McEvoy
2022 Cormac Dalton	Shay McEvoy

USTFCCCA All-Academic Individuals - Women

2006 Alex Becker	
2007 Alex Becker	
2011 Paula Whiting	
2019 Caitlin Klopfer	Caroline Miller
2020-21 Caitlin Klopfer Jenny O'Bryan Abbey Yuhasz	Caroline Miller Katharina Pesendorfer
2021 Katharina Pesendorfer	
2022 Chloe Hershenow	

USTFCCCA Athlete of the Week - Men

Marc Scott, 10-19-15

INDOOR

USTFCCCA Midwest Region ITF Track Athlete of the Year - Men

2013 Chris O'Hare

OUTDOOR

USTFCCCA All-Midwest Region - Men

2007 Edwin Henshaw (5,000m)
2008 Mark Davidson (1,500m)
2009 Justin Duncan (1,500m)

USTFCCCA All-Midwest Region - Women

2008 April Montgomery (400m Hurdles)
2009 Alex Becker (5,000m) Jennifer Mace (400m) April Montgomery (400m Hurdles)

USTFCCCA National Scholar Track Athlete of the Year

2021 Patrick Dever

USTFCCCA All-Academic Team - Men

2009
2010
2012
2013
2014

USTFCCCA All-Academic Team - Women

2006
2009
2010
2012
2013
2014

USTFCCCA All-Academic Individuals - Men

2007

Edwin Henshaw

2008

John Beattie Mark Davidson
Edwin Henshaw

2009

John Beattie Mark Davidson
Lewis Timmins

2012

Julian Frazier Anderw Heyes
Bill Martin Sam Masters
Chris O'Hare Paulo Pinheiro
Carl Stones

2013

Julian Frazier Chris O'Hare
Adam Palamar Tim Rackers

2014

Julian Frazier Elijah Silva
Daniel Thater

2015

Simon Greiner Adam Palamar
Tim Rackers Bryce Robinson
Marc Scott Elijah Silva

2016

Bryce Robinson Simon Greiner
Elijah Silva Marc Scott
Tim Rackers Robert Tully

2017

Marc Scott Luke Traynor

2018

Grey Howard Robert Tully
Henry Visser

2019

Scott Beattie Grey Howard
Benjamin Preisner Aleks Rapp
Robert Tully

2020

Scott Beattie Patrick Dever
Peter Lynch

2021

Scott Beattie Patrick Dever
Peter Lynch

2022

Isaac Akers Scott Beattie
Cormac Dalton Peter Lynch
Shay McEvoy Micheal Power
Josh Sutton Henry Visser

2023

Isaac Akers Christian Baker
Scott Beattie Cormac Dalton
Shay McEvoy Michael Power
Malte Propp Josh Sutton

USTFCCCA All-Academic Individuals - Women

2007

Alex Becker April Montgomery
Dawn Nagazina

2008

Alex Becker Jennifer Mace
April Montgomery

2009

Alex Becker Jennifer Mace
April Montgomery Dawn Nagazina

2014

Katherine Camp

2015

Nicole Lee

2016

Cecilya Johnson Kiarra Reed

2017

Candalyn Lyons Kiarra Reed

2018

Kiarra Reed

2019

Alyssa Bolliger Caitlin Klopfer
Katharina Pesendorfer Carsyn Spurgeon

2020

Caitlin Klopfer Carsyn Spurgeon

2021

Caitlin Klopfer Alison Lund
Katharina Pesendorfer

2022

Katharina Pesendorfer Layla Roebke

2023

Chloe Hershenow Anna Mager
Layla Roebke Sara Scott

AMERICAN ATHLETIC CONFERENCE HONORS

2014-Present

Female All-Sport Scholar Athlete of the Year

Caitlin Klopfer, 2019-20

Scholar-Athlete of the Year - Men

Tim Rackers, OTF, 2015-16
Adam Rodrigue, XC, 2017-18
Reed Sahadeven, OTF, 2019-20
Marc Scott, XC, 2015-16
Reed Sahadevan, OTF, 2019-20
Patrick Dever, XC, 2020-21
Henry Visser, ITF, 2020-21
Scott Beattie, XC, 2021-22
Henry Visser, XC, 2021-22
Isaac Akers, XC, 2022-23
Cormac Dalton, OTF, 2022-23

Scholar-Athlete of the Year - Women

Alyssa Bolliger, XC, 2018-19
Caitlin Klopfer, XC, 2019-20
Clara Langley, XC, 2016-17
Alyssa Bolliger, XC, 2018-19
Caitlin Klopfer, XC, 2020-21
Caroline Miller, XC, 2021-22
Katharina Pesendorfer, ITF, 2021-22
Katharina Pesendorfer, XC, 2022-23

Commissioner's Postgraduate Leadership Award

Kirk Smith, 2016-17

FAR Institutional Scholar-Athlete Awards

2016-17
Adam Roderique, Men's Cross Country
Clara Langley, Women's Cross Country

Team Academic Excellence Awards

Men's Cross Country
2015-16

Men's Indoor Track and Field

2014-15
2016-17
2018-19
2019-20
2020-21
2022-23

Women's Indoor Track and Field

2016-17
2021-22
2022-23

Men's Outdoor Track and Field

2014-15
2016-17
2018-19
2019-20
2020-21
2022-23

Women's Outdoor Track and Field

2021-22
2022-23

All-Academic Team - Men

2015

David Anderson	Ellis Coon
Isaac Dobos	Dallas Elmore
John Esswein	Simon Greiner
Peter Hodkinson	Grey Howard
Colt Johnson	Jake McDonnell
Mark Middleton	Adam Palamar
Ben Preisner	Tim Rackers
Bryce Robinson	Adam Roderique
Marc Scott	Elijah Silva
Kirk Smith	

2016

Paul Akintade	David Anderson
Robert Blankenship	August Bont
Ellis Coon	Bryan Corbaz
Isaac Dobos	Dallas Elmore
John Esswein	Simon Greiner
Austin Hostetler	Grey Howard
Mark Middleton	Jay Ort
Ben Preisner	Tim Rackers
Bradton Rennie	Bryce Robinson

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Adam Roderique
Elijah Silva
Luke Traynor

2017

Otugo Ananaba
August Bont
Adam Breaux
Bryan Corbaz
Dallas Elmore
Austin Hostetler
Hans Kunsch
Luke Moran
Henry Pearce
Aleks Rapp
Adam Roderique
Marc Scott
Kirk Smith
Robert Tully

2018

Zachary Adee
Joseph Nemeč
Reed Sahadevan
Robert Tully
Henry Williams

2019

Isaac Akers
Scott Beattie
Brett Davis
Michael Gates
Peter Lynch
Mark Middleton
Joseph Nemeč
Benjamin Preisner
Braydon Rennie
Jackson Schwartz
Ryan Still
Henry Visser

2020

Hashane Abey
Christian Baker
Archer Bennett
Jacob Brown
Jerik Embleton
Cameron Field
Pete Johnson
Rory Mitchell
Emmanuel Okwuone
Malte Propp
Jackson Schwartz
Ryan Still
Henry Visser
Henry Williams

2021

Scott Beattie
Peter Lynch
Michael Power

2022

Isaac Akers
Scott Beattie
Brett Davis
Michael Gates
Sean Korsmo
Peter Lynch
Chris McLeod
Malte Propp

2023

Isaac Akers
Zander Baker
Ben Black
Jake Green
Korsmo

Marc Scott
Kirk Smith
Robert Tully

David Anderson
Carter Bradford
Ellis Coon
Isaac Dobos
Hutch Helbig
Grey Howard
Mark Middleton
Jeremiah Ort
Benjamin Preisner
Braydon Rennie
Reed Sahadevan
Elijah Silva
Luke Traynor

Hans Kunsch
Aleks Rapp
Jackson Schwartz
Henry Visser

Steve Aston
Bryan Corbaz
Jerik Embleton
Grey Howard
Tyler McGinnis
Rory Mitchell
Emmanuel Okwuone
Aleks Rapp
Reed Sahadevan
Bailey Stewart
Robert Tully
Henry Williams

Isaac Akers
Scott Beattie
Adam Breaux
Brett Davis
Greg Fehribach
Michael Gates
Peter Lynch
Joseph Nemeč
Colton Palmer
Reed Sahadevan
Rory Seidel
Josh Sutton
Mason Walters
Stanley Williams

Cormac Dalton
Shay McEvoy

Christian Baker
Ben Black
Jerik Embleton
Peter Johnson
Luke Lambert
Shay McEvoy
Max Nore

Christian Baker
Scott Beattie
Cormac Dalton
Pete Johnson Sean
Charlie Krasnoff

Luke Lambert
Shay McEvoy
Muir
Novo Onovwerosuoke
Gian Pulido
Ryan Shumaker

All-Academic Team - Women

2015

Rachel Baptista
Alyssa Bolliger
Roos-Sanne Claassen
Janessa Dunn
Kiarra Jones
Clara Langley
Olivia Lopez
Candalyon Lyons
Quin Patterson Stacie Taylor

2016

Alyssa Bolliger
Avery Culpepper
Amanda Heard
Alyssa Jones
Nicole Lee
Candalyon Lyons
Sabrina Monsees
Kiarra Reed
Stacie Taylor

2017

Ashley Barnes
Avery Culpepper
Breonna Hall
Cecilya Johnson
Caitlin Klopfer
Nicole Lee
Candalyon Lyons
Sabrina Monsees
Quin Patterson
Baylor Reese

2018

Katherine Andrews
Hannah Booe
Breonna Hall
Nicole Lee
Sabrina Monsees
Kiarra Reed
Kassidy Shuaib
Quin Washington

2019

Katherine Andrews
Avery Culpepper
Caitlin Klopfer
Adrena Mazzei
Jaidyn McCallon
Sabrina Monsees
Katharina Pesendorfer
Kassidy Shuaib
Carsyn Spurgeon

2020

Maya Boschee
Jhordin Galmore
Brianna Hays
Cara Johnson
Keely Jones
Emily Lowery
Adrena Mazzei
Jaidyn McCallon
Alice Newcombe
Kinga Parrish
Kylee Reed
Carsyn Spurgeon

2021

Katharina Pesendorfer

Johnny Livingstone
Chris McLeod Chanel
Max Nore
Malte Propp
Carson Royse
Dillon Stinson

Anna Bearss
Hartly Carlisle
Emily Dunn
Emma Galbraith
Brandi Krieg
Nicole Lee
Elizabeth Lothamer
Danielle Medearis
Lauren Thomas

Hartly Carlisle
Emma Galbraith
Cecilya Johnson
Clara Langley
Olivia Lopez
Danielle Medearis
Quin Patterson
Baylor Reese
Lauren Thomas

Alyssa Bolliger
Emma Galbraith
Amanda Heard
Alyssa Jones
Clara Langley
Olivia Lopez
Adrena Mazzei
Jenny O'Bryan
Kiarra Reed
Stacie Taylor

Alyssa Bolliger
Avery Culpepper
Caitlin Klopfer
Alison Lund
Jenny O'Bryan
Baylor Reese
Alyssa Solberg

Alyssa Bolliger
Cara Johnson
Alison Lund
Jaidah McCallon
Caroline Miller
Jenny O'Bryan
Baylor Reese
Alyssa Solberg

Maicie Brown
Rachel Hamel
Chloe Hershenow
Kaitlyn Johnson
Caitlin Klopfer
Ali Lund
Jaidah McCallon
Caroline Miller
Jenny O'Bryan
Katharina Pesendorfer
Alyssa Solberg

2022

Maya Boschee
Chloe Hershenow
Keely Jones
Chloe McEachern
Alice Newcombe
Katharina Pesendorfer
Layla Roebke
Hallie Sheffield
Abbey Yuhasz

2023

Jemima Antoniazzi
Jayda Gibson
Rylie Hancock
Brianna Hays
Avery Hill
Sarah Hosey
Robyn Kowalski
Anna Mager
Kinga Parrish
Kylee Reed
Julie Richard
Layla Roebke
Christine Russell
Carlota Soler
Keely Vallejo

Brianna Hays
Avery Hill
Jaidah McCallon
Caroline Miller
Kinga Parish
Kylee Reed
Sara Scott
Carota Soler

Maya Boschee
Rachel Ramel
Lilly Harrell
Chloe Hershenow
Lianne Holtermann
Kaitlyn Johnson
Marta Lourenco
Chloe McEachern
Kat Pesendorfer
Tamara Reeves
Elizabeth Roca
Billie Rouse
Sara Scott
McKenna Terrell
Kayleigh Wagnon

CROSS COUNTRY

Team Champions - Men

2014
2015
2016
2017
2018
2019
2020-21
2021
2022
2023

Team Champions - Women

2014
2015
2019
2020-21
2021
2022

Individual Champions - Men

Marc Scott, 2014
Marc Scott, 2015
Luke Traynor, 2016
Patrick Dever, 2020-21
Scott Beattie, 2021
Isaac Akers, 2022

Individual Champions - Women

Chloe Hershenow, 2022

Coaching Staff of the Year - Men

2014
2015
2016
2017
2018
2019
2020-21
2021
2022
2023

Coaching Staff of the Year - Women

2014
2015
2019
2020-21
2021
2022

Freshman of the Year - Men

Scott Beattie, 2017
Isaac Akers, 2018
Shay McEvoy, 2020-21
Chris McLeod, 2021
Luke Lambert, 2022
Charlie Krasnoff, 2023

Freshman of the Year - Women

Katharina Pesendorfer, 2019

All-Conference - Men

2014	Dennis Hodapp Adam Roderique Elijah Silva	Tim Rackers Marc Scott Danny Thater
2015	Austin Del Rosso Adam Roderique Elijah Silva	Benjamin Preisner Marc Scott Luke Traynor
2016	Austin Del Rosso Dallas Elmore Benjamin Preisner Luke Traynor	Isaac Dobos Henry Pearce Adam Roderique
2017	Scott Beattie Benjamin Preisner	Henry Pearce Adam Roderique
2018	Isaac Akers Adam Breaux Cameron Field Zach Seiger	Scott Beattie Austin Del Rosso Peter Lynch
2019	Isaac Akers Adam Breaux Cameron Field	Scott Beattie Patrick Dever Peter Lynch
2020-21	Isaac Akers Scott Beattie Cameron Field Shay McEvoy	Christian Baker Patrick Dever Peter Lynch
2021	Scott Beattie Michael Power Chris McLeod	Peter Lynch Shay McEvoy
2022	Isaac Akers Michael Power Luke Lambert	Cormac Dalton Malte Propp
2023	Christian Baker Johnny Livingstone Propp	Charlie Krasnoff Chris McLeod Malte Propp

All-Conference - Women

2014	Anna Bearss Brandi Krieg Nicole Lee Stacie Taylor	Natasha Cockram Clara Langley Olivia Lopez
2015	Rachel Baptista Nicole Lee	Clara Langley Stacie Taylor
2016	Clara Langley Olivia Lopez Stacie Taylor	Nicole Lee Adrena Mazzei
2017	Ashley Barnes	
2018	Ashley Barnes Jenny O'Bryan	Caitlin Klopfer
2019	Ashley Barnes Caitlin Klopfer Jenny O'Bryan	Reagan Hausmann Caroline Miller Katharina Pesendorfer
2020-21	Caitlin Klopfer Jenny O'Bryan Abbey Yuhasz	Caroline Miller Katharina Pesendorfer
2021	Caroline Miller Katharina Pesendorfer	Chloe Hershonow Alice Newcombe
2022	Chloe Hershonow Katharina Pesendorfer	Layla Roebke Sara Scott
2023	Robyn Kowalski	

Athletes of the Week - Men

Marc Scott, 10-20-15
Peter Lynch, 10-22-19
Cormac Dalton, 10-4-22
Michael Power, 10-18-22

Athletes of the Week - Women

Rachel Baptista, 10-20-15
Caitlin Klopfer, 9-24-19

INDOOR

Champions - Men

200-Meter Dash
Bryce Robinson, 2015
Bryce Robinson, 2016

400-Meter Dash
Bryce Robinson, 2015

1-Mile Run
Adam Palamar, 2015
Marc Scott, 2016
Marc Scott, 2017
Isaac Akers, 2022
Christian Baker, 2023

3,000-Meter Run
Marc Scott, 2015
Marc Scott, 2017
Benjamin Preisner, 2018
Benjamin Preisner, 2019
Patrick Dever, 2020
Scott Beattie, 2022
Micheal Power, 2023

5,000-Meter Run
Marc Scott, 2015
Tim Rackers, 2016
Benjamin Preisner, 2017
Benjamin Preisner, 2018
Benjamin Preisner, 2019
Scott Beattie, 2022
Scott Beattie, 2023

Middle Distance Medley Relay
2015
2016
2017
2018
2022

Men's Weight Throw
Aleks Rapp, 2017

Champions - Women

400-Meter Dash
Audrey Jean-Baptiste, 2015

3,000-Meter Run
Katharina Pesendorfer, 2022

5,000-Meter Run
Chloe Hershonow, 2022
Layla Roebke, 2023

Women's Distance Medley Relay
2015

Women's Long Jump
Carsyn Spurgeon, 2020

Athlete of the Year - Men

Bryce Robinson, 2015
Marc Scott, 2017

Coaching Staff of the Year - Men

2015

All-Conference - Men

2015

Otugo Ananaba (60m, 4x400)
 Simon Greiner (800m, DMR)
 Grey Howard (4x400)
 Colt Johnson (DMR)
 Alex Lybarger (Weight Throw)
 Adam Palamar (Mile)
 Tim Rackers (3,000m, 5,000m)
 Bryce Robinson (200m, 400m, 4x400)
 Isaac Sanders (4x400, DMR)
 Marc Scott (3,000m, 5000m)
 Elijah Silva (800m, DMR)

2016

Ellis Coon (Mile)
 Simon Greiner (800m)
 Mark Middleton (DMR)
 Benjamin Preisner (5,000m)
 Tim Rackers (3,000m, 5,000m)
 Braydon Rennie (DMR)
 Bryce Robinson (60m, 200m)
 Isaac Sanders (DMR)
 Marc Scott (Mile, 3,000m, 5,000m)
 Bailey Stewart (400m)
 Robert Tully (DMR)

2017

Austin Del Rosso (5,000m)
 Benjamin Preisner (3,000m, 5,000m)
 Aleks Rapp (Weight Throw)
 Adam Roderique (5,000m)
 Marc Scott (Mile, 3,000m)
 Bailey Stewart (800m)

2018

Ellis Coon (DMR)
 Benjamin Preisner (3,000m, 5,000m)
 Aleks Rapp (Weight Throw)
 Braydon Rennie (DMR)
 Adam Roderique (3,000m)
 Robert Tully (800m, DMR)
 Henry Visser (DMR)

2019

Isaac Akers (DMR)
 Scott Beattie (3,000m, 5,000m)
 August Bont (DMR)
 Jerik Embleton (DMR)
 Benjamin Preisner (3,000m, 5,000m)
 Robert Tully (800m)
 Henry Visser (DMR)

2020

Isaac Akers (5,000m)
 Scott Beattie (Mile, 3,000m)
 Patrick Dever (3,000m, 5,000m)
 Cameron Field (Mile)

2022

Isaac Akers (Mile, DMR)
 Scott Beattie (3,000m, 5,000m)
 Cormac Dalton (3,000m, 5,000m)
 Peter Lynch (5,000m)
 Shay McEvoy (DMR)
 Michael Power (3,000m, DMR)
 Henry Visser (DMR)

2023

Christian Baker (Mile)
 Scott Beattie (5,000m)
 Sean Korsmo (800m)
 Chanel Muir (Mile)
 Micheal Power (3,000m)
 Malte Propp (5,000m)
 Novo Onovwerosuoke (4x400)
 Noah Reed (4x400)
 Evan Sanni-Thomas (4x400)
 Josh Sutton (4x400)

All-Conference - Women

2015

Rachel Baptista (5,000m)
 Roos-Sanne Claassen (DMR)
 Cydney Fogle (4x400)
 Emma Galbraith (DMR)
 Audrey Jean-Baptiste (400m, 4x400)
 Olivia Lopez (DMR)
 Candalyn Lyons (4x400)
 Olivia O'Hare (DMR)
 Lauren Thomas (4x400)

2016

Rachel Baptista (5,000m)

2018

Caitlin Klopfer (5,000m)

2019

Sabrina Monsees (800m)

2020

Caitlin Klopfer (5,000m)
 Keely Jones (DMR)
 Carsyn Spurgeon (DMR, Long Jump)
 Jaidah McCallon (DMR)
 Katharina Pesendorfer (DMR)

2022

Jayda Gibson (DMR)
 Chloe Hershenow (3,000m, 5,000m)
 Keely Jones (Mile)
 Chloe McEachern (DMR)
 Caroline Miller (5,000m)
 Katharina Pesendorfer (3,000, DMR)
 Layla Roebke (DMR)

2023

Jayda Gibson (4x400)
 Chloe Hershenow (3,000m, 5,000m)
 Lianne Holtermann (4x400, DMR)
 Sarah Hosey (DMR)
 Keely Jones (DMR)
 Anna Mager (4x400)
 Chloe McEachern (DMR)
 Elizabeth Roca (4x400)
 Layla Roebke (3,000m, 5,000m)

Athletes of the Week - Men

Marc Scott, 2-17-15
 Bryce Robinson, 1-19-16
 Bryce Robinson, 2-9-16
 Marc Scott, 2-16-16
 Aleks Rapp, 2-14-17
 Aleks Rapp, 2-21-17
 Isaac Akers, 2-1-22

Athletes of the Week - Women

Jaidyn McCallon, 1-15-19

OUTDOOR

Champions - Men

100-Meter Dash
 Bryce Robinson, 2015

200-Meter Dash
 Bryce Robinson, 2015

800-Meter Run
 Simon Greiner, 2015
 Grey Howard, 2019

1,500-Meter Run
 Adam Palamar, 2015
 Marc Scott, 2017
 Patrick Dever, 2021

5,000-Meter Run

Marc Scott, 2015
 Marc Scott, 2016
 Luke Traynor, 2017
 Benjamin Preisner, 2018
 Patrick Dever, 2021
 Scott Beattie, 2022
 Cormac Dalton, 2023

10,000-Meter Run

Marc Scott, 2015
 Luke Traynor, 2016
 Henry Pearce, 2017
 Peter Lynch, 2022

3,000-Meter Steeplechase

Benjamin Preisner, 2016

Champions - Women

400-Meter Dash

Aaliyah Birmingham, 2018

3,000-Meter Steeplechase

Ashley Barnes, 2019
 Layla Roebke, 2022
 Layla Roebke, 2023

5,000-Meter Run

Layla Roebke, 2022
 Chloe Hershenow, 2023

10,000-Meter Run

Caitlin Klopfer, 2021
 Chloe Hershenow, 2022
 Chloe Hershenow, 2023

Long Jump

Carsyn Spurgeon, 2019

Most Outstanding Performer - Men

Bryce Robinson, 2015

All-Conference - Men

2015

Simon Greiner (800m, 1500m)
 Alex Lybarger (Hammer Throw)
 Adam Palamar (1500m)
 Tim Rackers (5000m, 10000m)
 Bryce Robinson (100m, 200m)
 Marc Scott (5000m, 10000m))
 Elijah Silva (1500m)

2016

Ellis Coon (1,500m)
 Benjamin Preisner (3,000 steeplechase)
 Tim Rackers (5,000m, 10,000m)
 Marc Scott (5,000m)
 Luke Traynor (10,000m)

2017

Grey Howard (800m)
 Henry Pearce (5000m, 10000m)
 Benjamin Preisner (3000m steeplechase)
 Aleks Rapp (Hammer throw)
 Adam Roderique (10000m)
 Marc Scott (1500m, 5000m)
 Bailey Stewart (400m)
 Luke Traynor (5000m)

2018

Grey Howard (800m)
Benjamin Preisner (5000m)
Adam Roderique (5000m, 10000m)

2019

Isaac Akers (10,000m)
Grey Howard (800m, 4x400m)
Hans Kunsch (4x400m)
Benjamin Preisner (5000m)
Aleks Rapp (Hammer throw)
Bailey Stewart (4x400m)
Robert Tully (800m)
Henry Visser (400mH, 4x400m)

2021

Zachary Adee (4x100m)
Isaac Akers (1,500m)
Patrick Dever (1,500m,5,000m)
Kyran Lacy (4x100m)
Peter Lynch (5,000m)
Josh Sutton (4x100m)
Henry Visser (4x100m)

2022

Isaac Akers (1,500m, 5,000m)
Christian Baker (3,000m steeplechase)
Scott Beattie (5,000m)
Jerik Embleton (10,000m)
Peter Lynch (5,000m, 10,000m)
Michael Power (1,500m)
Malte Propp (10,000m)
Henry Visser (400m hurdles)

2023

Scott Beattie (5,000m)
Cormac Dalton (5,000m)
Pete Johnson (3,000m steeplechase)
Sean Korsmo (800m)
Shay McEvoy (1,500m)
Malte Propp (10,000m)

All-Conference - Women

2015

Olivia O'Hare (1500m)

2016

Cecilya Johnson (Discus Throw)

2017

Aaliyah Birmingham (4x400m relay)
Breonna Hall (4x400m relay)
Kiara Jones (4x400m relay)
Candaly Lyons (4x400m relay)
Stacie Taylor (3000m steeplechase)

2018

Ashley Barnes (3000m steeplechase)
Aaliyah Birmingham (400m, 4x400m)
Ca'Purnika Galbert (4x400m)
Kiara Jones (400mH, 4x400m)
Candalyn Lyons (4x400m)

2019

Caitlin Klopfer (10000m)
Katharina Pesendorfer (3000m steeplechase)
Carsyn Spurgeon (Long jump)

2021

Ashley Barnes (3,000m steeplechase)
Caitlin Klopfer (10,000m)
Jenny O'Bryan (10,000m)

2022

Chloe Hershenow (5,000m, 10,000m)
Katharina Persendorfer (3,000m ST, 5,000m)
Layla Roebke (3,000m steeplechase, 5,000m)

2023

Alicen Ashley (3,000m steeplechase)
Chloe Hershenow (5,000m, 10,000m)
Anna Mager (400m hurdles)
Layla Roebke (3,000m steeplechase, 5,000m)
Sara Scott (10,000m)

Athletes of the Week - Men

Ben Preisner, 4-4-17
Marc Scott, 4-18-17
Marc Scott, 4-7-15
Bryce Robinson, 5-5-15
Patrick Dever, 4-28-21
Michael Power, 4-5-22
Scott Beattie, 4-25-23
Christian Baker, 5-2-23

Athletes of the Week - Women

Jaidyn McCallon, 1-15-19

CONFERENCE USA HONORS

2005-14

All-Academic Team - Men

2007

Jordan Hughes

2009

John Beattie Mark Davidson

2010

John Beattie Bill Martin
Carl Stones

2011

Carl Stones

2012

Bill Martin Carl Stones

2013

Paulo Pinheiro Tim Rackers

2014

Colt Johnson

All-Academic Team - Women

2007

Alex Becker

2009

Caitlin Clancy April Montgomery
Dawn Nagazina

2010

Alex Becker Caitlin Clancy
Kelsey Klein Jennifer Mace
Paula Whiting

2011

Paula Whiting

2013

Erin Huddleston

2014

Brandi Krieg

CROSS COUNTRY

Team Champions - Men

2008
2010
2011
2012
2013

Team Champions - Women

2010
2013

Individual Champions - Men

John Beattie, 2008
John Beattie, 2009

Individual Champion - Women

Alex Becker, 2007

Athlete of the Year - Men

John Beattie, 2008
John Beattie, 2009

Athlete of the Year - Women

Alex Becker, 2007

Outstanding Senior - Men

John Beattie, 2009
Andy Heyes, 2012
Chris O'Hare, 2013

Outstanding Senior - Women

Alex Becker, 2008
Katie Wright, 2010

Newcomer of the Year - Men

John Beattie, 2007

Freshman of the Meet - Women

Lauren Collette, 2011

Coaching Staff of the Year - Men

2008
2010
2011
2012
2013

Coaching Staff of the Year - Women

2010

All-Academic Team - Men

2007
John Matlack

INTRO

PLAYERS

STAFF

REVIEW

RECORDS & HISTORY

AMERICAN ATHLETIC CONFERENCE

THE UNIVERSITY OF TULSA GOLDEN HURRICANE

2008

John Beattie

2009

John Beattie
Bill Martin

2010

Carl Stones

2011

Bill Martin
Carl Stones

2012

Tim Rackers

2013

Tim Rackers

All-Academic Team - Women

2006

Dawn Nagazina

2007

Alex Becker

2008

Dawn Nagazina, First Team
Alex Becker, Second Team

2009

Lana Kelley

2010

Paula Whiting
Katie Wright

2011

Paula Whiting

2012

Brandi Krieg

All-Conference - Men

2005

Second Team

Edwin Henshaw Brett Turowski

Third Team

Andrew Beard Joel Stansloski

2006

First Team

Edwin Henshaw Brett Turowski

Second Team

Joel Stansloski

Third Team

Eric Harris Kyle Dekker

2007

Second Team

John Beattie Edwin Henshaw
Joel Stansloski Lewis Timmins

Third Team

Kyle Dekker Eric Harris
Jay Matlack Brett Turowski

2008

First Team

John Beattie Kyle Dekker
Eddie Henshaw Lewis Timmins

Second Team

Mark Davidson Eric Harris

Third Team

Daniel LePage

2009

First Team

John Beattie Kyle Dekker
Lewis Timmins

Second Team

Mark Davidson Justin Duncan
Chris O'Hare

Third Team

Carl Stones

2010

First Team

Justin Duncan Chris O'Hare
Carl Stones

Second Team

Thomas Marshall Geraint Davies
Mitch Johnson Sam Masters

Third Team

Paulo Pinheiro Daniel LePage

2011

First Team

Carl Stones Andy Heyes
Gerraint Davies

Second Team

Tom Marshall Paulo Pinheiro
Dennis Hodapp Sam Masters

Third Team

Mitch Johnson Bill Martin

2012

First Team

Andy Heyes Dennis Hodapp
Chris O'Hare Paulo Pinheiro

Second Team

Tim Rackers Marc Scott

Third Team

Emmett Cookson Kevin Mayer

2013

First Team

Andy Heyes Chris O'Hare
Marc Scott Danny Thater

Second Team

Tim Rackers

Third Team

Emmett Cookson

All-Conference - Women

2005

Second Team

Lise Olivier

Third Team

Breanna Chipney

2006

First Team

Alex Becker Lise Olivier

Third Team

Dawn Nagazina

2007

First Team

Alex Becker

Second Team

Lana Kelley

Third Team

Laura Englehutt Ashlea Giffillan

2008

First Team

Alex Becker

Second Team

Katie Wright

Third Team

Dawn Nagazina

2009

First Team

Melanie Cleland

Second Team

Paula Whiting

Third Team

Jaclyn Rollins

2010

First Team

Melanie Cleland Jacqueline Fairchild
Paula Whiting Katie Wright

Second Team

Jaclyn Rollins

Third Team

Ashley Scott

2011

First Team

Paula Whiting

Second Team

Jaclyn Rollins
Ashley Scott

Third Team

Lauren Collette Josie Wilcox

2012

First Team

Sarah Macpherson

Second Team

Brandi Krieg Ashley Scott
Josie Wilcox

Third Team

Lauren Collette Erin Huddleston
Melanie Hughes

2013

Second Team

Brandi Krieg Stacie Taylor

Third Team

Rachel Baptista Natasha Cockram

Athletes of the Week - Men

Brett Turowski, 9-5-06
Edwin Henshaw, 10-3-06
Eric Harris, 9-5-07
Edwin Henshaw, 10-2-07
John Beattie, 10-7-08
John Beattie, 10-21-08

Mitch Johnson, 9-22-09
John Beattie, 10-6-09
Chris O'Hare, 10-5-10
Chris O'Hare, 10-2-12

Athletes of the Week - Women

Lise Olivier, 9-7-05
Alex Becker, 9-18-07
Alex Becker, 10-16-07
Alex Becker, 10-30-07
Alex Becker, 10-7-08
Melanie Cleland, 9-22-09
Paula Whiting, 10-5-10

INDOOR

High Point Scorer of the Meet - Men

John Beattie, 2010
Mark Davidson, 2009

Coach of the Year - Men

Steve Gulley, 2012

Track Athlete of the Year - Men

John Beattie, 2010
Mark Davidson, 2009
Chris O'Hare, 2011
Chris O'Hare, 2012

Freshman of the Meet - Men

Dennis Hodapp, 2011
Bryce Robinson, 2013

Newcomer of the Year - Men

John Beattie, 2008

Team Champions - Men

2012

Individual Champions - Men

60-Meter Dash
Bryce Robinson, 2013

800-Meter Run

Chris O'Hare, 2011
Chris O'Hare, 2012
Chris O'Hare, 2013

Mile Run

Lewis Timmins, 2008
Mark Davidson, 2009
Chris O'Hare, 2010
Chris O'Hare, 2011
Chris O'Hare, 2012
Chris O'Hare, 2013

3,000-Meter Run

Mark Davison, 2008
Mark Davidson, 2009
John Beattie, 2010
Tom Marshall, 2011
Paulo Pinheiro, 2012

5,000-Meter Run

John Beattie, 2009

John Beattie, 2010
Paulo Pinheiro, 2012

4x400-Meter Run

Matt Davis, 2010
David Fitter, 2010
Julian Frazier, 2010
Justin Smith, 2010

Distance Medley Relay

Nathan Barrett, 2012
Matt Davis, 2010
Matt Davis, 2013
Justin Duncan, 2010
Julian Frazier, 2010
Julian Frazier, 2011
Andrew Jameson, 2012
Tom Marshall, 2011
Tom Marshall, 2012
Bill Martin, 2011
Bill Martin, 2012
Steven Morrow, 2010
Chris O'Hare, 2013
Brian Tabb, 2013
Danny Thater, 2011
Danny Thater, 2013

Individual Champions - Women

400-Meter Dash

Jennifer Mace, 2010

800-Meter Run

Dawn Nagazina, 2009
Katherine Camp, 2013
Katherine Camp, 2014

Mile Run

Alex Becker, 2007
Paula Whiting, 2011
Sarah Macpherson, 2013

3,000-Meter Run

Alex Becker, 2007
Alex Becker, 2008
Paula Whiting, 2011

5,000-Meter Run

Alex Becker, 2010

4x400-Meter Run

Lenora Guion-Firmin, 2010
Jennifer Mace, 2010
Racquell Powell, 2010
Ashley Wills, 2010

Distance Medley Relay

Alex Becker, 2006
Alex Becker, 2007
Alex Becker, 2008
Melanie Cleland, 2010
Lauren Collette, 2013
Jessica Ford, 2007
Shameka Holloway, 2006
Melanie Hughes, 2013
April Montgomery, 2006
April Montgomery, 2007
April Montgomery, 2008
Dawn Nagazina, 2006
Dawn Nagazina, 2007
Tayler Rigsby, 2008
Tayler Rigsby, 2010
Caroline Schuster, 2013
Caroline Schuster, 2010
Done Vermaak, 2013
Paula Whiting, 2010
Ashley Wills, 2008

Shot Put

Stephanie Jeffers, 2006

Pentathlon

Brianna Steel, 2011

All-Conference - Men

First Team

Nathan Barrett (DMR), 2012
John Beattie (5000m), 2009
John Beattie (3000m), 2010
John Beattie (5000m), 2010
Mark Davidson (3000m), 2008
Mark Davidson (3000m), 2009
Mark Davidson (Mile), 2009
Matt Davis (4x400m), 2010
Matt Davis (DMR), 2010
Matt Davis (DMR), 2013
Justin Duncan (DMR), 2010
David Fitter (4x400m), 2010
Julian Frazier (4x400m), 2010
Julian Frazier (DMR), 2010
Julian Frazier (DMR), 2011
Andrew Jameson (DMR), 2012
Tom Marshall (DMR), 2011
Tom Marshall (DMR), 2012
Bill Martin (DMR), 2011
Bill Martin (DMR), 2012
Steven Morrow (DMR), 2010
Chris O'Hare (Mile), 2010
Chris O'Hare (800m), 2011
Chris O'Hare (Mile), 2011
Chris O'Hare (800m), 2012
Chris O'Hare (Mile), 2012
Chris O'Hare (800m), 2013
Chris O'Hare (Mile), 2013
Chris O'Hare (DMR), 2013
Paulo Pinheiro (3000m), 2011
Paulo Pinheiro (5000m), 2012
Bryce Robinson (60m), 2013
Justin Smith (4x400m), 2010
Brian Tabb (DMR), 2013
Danny Thater (DMR), 2011
Danny Thater (DMR), 2013
Lewis Timmins (Mile), 2008

Second Team

Mark Davidson (Mile), 2008
John Beattie (5000m), 2008
Josh Butts (DMR), 2009
Mark Davidson (DMR), 2008
Mark Davison (DMR), 2009
Mark Davidson (3000m), 2010
Matt Davis (4x400m), 2013
Kyle Dekker (5000m), 2009
Justin Duncan (DMR), 2009
Justin Duncan (Mile), 2010
Justin Duncan (Mile), 2011
David Fitter (4x400m), 2011
Julian Frazier (4x400m), 2011
Julian Frazier (400m), 2012
Julian Frazier (4x400m), 2013
Edwin Henshaw (3000m), 2007
Edwin Henshaw (DMR), 2008
Andrew Heyes (3000m), 2011
Andrew Heyes (Mile), 2012
Andrew Jameson (4x400m), 2013
Nolan Jenkins (DMR), 2008
Alex Lybarger (Shot Put), 2014
Paulo Pinheiro (3000m), 2013
Paulo Pinheiro (5000m), 2013
Bryce Robinson (200m), 2013
Bryce Robinson (4x400m), 2013
Alex Sementelli (4x400m), 2011
Elijah Silva (800m), 2014
Justin Smith (DMR), 2009
Justin Smith (4x400m), 2011

O'Dell Smith (DMR), 2008
 Carl Stones (5000m), 2011
 Danny Thater (Mile), 2014

Third Team

Emmett Cookson (5000m), 2014
 Matt Davis (4x400m), 2012
 Matt Davis (DMR), 2014
 David Fitter (4x400m), 2012
 Julian Frazier (200m), 2012
 Julian Frazier (4x400m), 2012
 Simon Greiner (800m), 2014
 Edwin Henshaw (Mile), 2007
 Edwin Henshaw (DMR), 2007
 Dennis Hodapp (5000m), 2011
 Attila Korosi (4x400m), 2008
 Jerrod Landress (DMR), 2007
 Jerrod Landress (4x400m), 2008
 Sam Masters (3000m), 2011
 Jonathan Moore (4x400m), 2008
 Matthew Musengezi (800m), 2006
 Chris O'Hare (DMR), 2014
 Marc Scott (3000m), 2013
 Marc Scott (5000m), 2013
 Justin Smith (4x400m), 2012
 O'Dell Smith (DMR), 2007
 O'Dell Smith (4x400m), 2008
 Carl Stones (5000m), 2012
 Brian Tabb (DMR), 2014
 Danny Thater (3000m), 2014
 Daniel Thater (DMR), 2014
 Lewis Timmins (DMR), 2007
 Lewis Timmins (Mile), 2009
 Lewis Timmins (3000m), 2009

All-Conference - Women

First Team

Alex Becker (DMR), 2006
 Alex Becker (Mile), 2007
 Alex Becker (3000m), 2007
 Alex Becker (DMR), 2007
 Alex Becker (3000m), 2008
 Alex Becker (DMR), 2008
 Alex Becker (5000m), 2010
 Katherine Camp (4x400), 2012
 Katherine Camp (800m), 2013
 Katherine Camp (800m), 2014
 Melanie Cleland (DMR), 2010
 Lauren Collette (DMR), 2013
 Jessica Ford (DMR), 2007
 Lenora Guion-Firmin (4x400m), 2010
 Shameka Holloway (DMR), 2006
 Melanie Hughes (DMR), 2013
 Audrey Jean-Baptiste (4x400), 2012
 Stephanie Jeffers (Shot Put), 2006
 Jennifer Mace (400m), 2010
 Jennifer Mace (4x400m), 2010
 Sarah Macpherson (Mile), 2013
 April Montgomery (DMR), 2006
 April Montgomery (DMR), 2007
 April Montgomery (DMR), 2008
 Dawn Nagazina (DMR), 2006
 Dawn Nagazina (DMR), 2007
 Dawn Nagazina (800m), 2009
 Racquell Powell (4x400m), 2010
 Racquell Powell (4x400), 2012
 Tayler Rigsby (DMR), 2008
 Tayler Rigsby (DMR), 2010
 Caroline Schuster (DMR), 2013
 Caroline Schuster (DMR), 2010
 Caroline Schuster (4x400), 2012
 Brianna Steel (Pentathlon), 2011
 Done Vermaak (DMR), 2013
 Paula Whiting (DMR), 2010
 Paula Whiting (Mile), 2011
 Paula Whiting (3000m), 2011
 Ashley Wills (4x400m), 2010
 Ashley Wills (DMR), 2008

Second Team

Alex Becker (Mile), 2006
 Alex Becker (Mile), 2008
 Alex Becker (Mile), 2010
 Katherine Camp (DMR), 2014
 Lydia Chamberlin (Pentathlon), 2010
 Melanie Cleland (DMR), 2011
 Emily Dunn (DMR), 2014
 Melanie Hughes (DMR), 2011
 Alex Lyons (DMR), 2014
 Jennifer Mace (400m), 2009
 Sarah Macpherson (DMR), 2011
 Olivia O'Hare (DMR), 2014
 Caroline Schuster (DMR), 2011
 Brianna Steel (Pentathlon), 2008
 Done Vermaak (800m), 2012

Third Team

Katherine Camp (4x400m), 2011
 Caitlin Clancy (Pole Vault), 2009
 Lenora Guion-Firmin (4x400m), 2011
 Shameka Holloway (400m), 2007
 Stephanie Jeffers (Weight Throw), 2007
 Jennifer Mace (400m), 2008
 Jennifer Mace (4x400m), 2009
 Jennifer Mace (400m), 2011
 Jennifer Mace (4x400m), 2011
 April Montgomery (4x400m), 2009
 Dawn Nagazina (800m), 2007
 Lise Olivier (5000m), 2006
 Racquell Powell (4x400m), 2009
 Tayler Rigsby (800m), 2010
 Caroline Schuster (4x400m), 2011
 Ashley Wills (4x400m), 2009

Athletes of the Week - Men

John Beattie, 2-16-10
 Mark Davidson, 1-20-09
 Julian Frazier, 1-24-12
 Edwin Henshaw, 1-17-07
 Kyle McGillen, 1-30-07
 Chris O'Hare, 2-15-11
 Chris O'Hare, 2-4-12
 Chris O'Hare, 2-19-13
 Bryce Robinson, 2-5-13
 Bryce Robinson, 1-14-14

Athletes of the Week - Women

Rachel Baptista, 2-4-14

OUTDOOR

Track Athlete of the Year - Men

John Beattie, 2009
 John Beattie, 2010
 Carl Stones, 2012

Individual Champions - Men

110-Meter Hurdles

Ricky Wilson, 2006

400-Meter Hurdles

Ricky Wilson, 2006
 Ricky Wilson, 2007

800-Meter Run

Chris O'Hare, 2011
 Chris O'Hare, 2012

1,500-Meter Run

Mark Davidson, 2008
 Justin Duncan, 2009
 Chris O'Hare, 2010
 Chris O'Hare, 2011
 Chris O'Hare, 2012

3,000-Meter Steeplechase

Carl Stones, 2011
 Carl Stones, 2012

5,000-Meter Run

John Beattie, 2010
 Paulo Pinheiro, 2012

10,000-Meter Run

John Beattie, 2009
 Paulo Pinheiro, 2012
 Paulo Pinheiro, 2013

Discus

Tim Nedow, 2009
 Chase Sammons, 2012
 Chase Sammons, 2013

Individual Champions - Women

400-Meter Run

Jennifer Mace, 2009

800-Meter Run

Taylor Rigsby, 2010
 Katherine Camp, 2013
 Katherine Camp, 2014

1,500-Meter Run

Katie Wright, 2010
 Paula Whiting, 2011

3,000-Meter Steeplechase

Erin Huddleston, 2013

5,000-Meter Run

Alex Becker, 2007
 Paula Whiting, 2010
 Paula Whiting, 2011

4x400-Meter Relay

Lenora Guion-Firmin, 2010
 Jennifer Mace, 2010
 Caroline Shuster, 2010
 Ashley Wills, 2010

Heptathlon

Lydia Chamberlin, 2010

All-Conference - Men

First Team

John Beattie (5000m), 2010
 John Beattie (10000m), 2009
 Mark Davidson (1500m), 2008
 Justin Duncan (1500m), 2009
 Tim Nedow (Discus), 2009
 Chris O'Hare (1500m), 2010
 Chris O'Hare (800m), 2011
 Chris O'Hare (1500m), 2011
 Chris O'Hare (800m), 2012
 Chris O'Hare (1500m), 2012
 Paulo Pinheiro (5000m), 2012
 Paulo Pinheiro (10000m), 2012
 Paulo Pinheiro (10000m), 2013
 Chase Simmons (Discus), 2012
 Chase Simmons (Discus), 2013
 Carl Stones (3000m Steeplechase), 2011
 Carl Stones (3000m Steeplechase), 2012
 Ricky Wilson (110m Hurdles), 2006
 Ricky Wilson (400m Hurdles), 2006
 Ricky Wilson (400m Hurdles), 2007

Second Team

John Beattie (5000m), 2008
 John Beattie (5000m), 2009
 Geraint Davies (5000m), 2011
 Matt Davis (4x400m), 2010
 Justin Duncan (800m), 2010
 Justin Duncan (1500m), 2010
 Justin Duncan (800m), 2011
 Justin Duncan (1500m), 2011
 David Fitter (4x400m), 2010
 Julian Frazier (4x400m), 2010
 Edwin Henshaw (1500m), 2007
 Mitch Johnson (10000m), 2010
 Tom Marshall (1500m), 2012
 Tim Nedow (Shot Put), 2009
 Adam Palamar (1500m), 2013
 Paulo Pinheiro (10000m), 2011
 Bryce Robinson (200m), 2013
 Bryce Robinson (200m), 2014
 Marc Scott (5000m), 2013
 Elijah Silva (800m), 2014
 Chase Simmons (Shot Put), 2013
 Justin Smith (4x400m), 2010
 Carl Stones (3000m Steeplechase), 2009
 Carl Stones (3000m Steeplechase), 2010
 Carl Stones (5000m), 2012
 Danny Thater (3000m Steeplechase), 2014
 Danny Thater (5000m), 2014
 Brett Turowski (10000m), 2006
 Rickey Wilson (110m Hurdles), 2007

Third Team

Geraint Davies (10000m), 2011
 Matt Davis (4x400m), 2012
 Matt Davis (4x400m), 2013
 Kyle Dekker (5000m), 2009
 Kyle Dekker (10000m), 2009
 Kyle Dekker (10000m), 2010
 David Fitter (4x400m), 2012
 Julian Frazier (4x400m), 2012
 Julian Frazier (4x400m), 2013
 Edwin Henshaw (5000m), 2007
 Dennis Hodapp (10000m), 2013
 Andrew Jameson (4x400m), 2013
 Mitch Johnson (5000m), 2011
 Kris Karnes (400m Hurdles), 2008
 James Keilbarth (3000m Steeplechase), 2013
 Attila Korosi (4x400m), 2008
 Jerrod Landress (4x400m), 2008
 Alex Lybarger (Hammer), 2014
 Jonathan Moore (4x400m), 2008
 Bryce Robinson (4x400m), 2013
 Bryce Robinson (100m), 2014
 Alex Sementelli (Heptathlon), 2010
 Alex Sementelli (Heptathlon), 2011

Justin Smith (4x400m), 2012
 O'Dell Smith (4x400m), 2008
 Joel Stansloski (10000m), 2006
 Joel Stansloski (10000m), 2007
 Thomas Stoltz (Javelin), 2009
 Brian Tabb (800m), 2011
 Lewis Timmins (5000m), 2010

All-Conference - Women

First Team

Alex Becker (5000m), 2007
 Katherine Camp (800m), 2013
 Katherine Camp (800m), 2014
 Lydia Chamberlin (Heptathlon), 2010
 Lenora Guion-Firmin (4x400m), 2010
 Erin Huddleston (3000m Steeplechase), 2013
 Jennifer Mace (400m), 2009
 Jennifer Mace (4x400m), 2010
 Tayler Rigsby (800m), 2010
 Caroline Shuster (4x400m), 2010
 Paula Whiting (5000m), 2010
 Paula Whiting (1500m), 2011
 Paula Whiting (5000m), 2011
 Ashley Wills (4x400m), 2010
 Katie Wright (1500m), 2010

Second Team

Alex Becker (1500m), 2007
 Alex Becker (5000m), 2009
 Alex Becker (10000m), 2009
 Ashlea Gilfillan (3000m Steeplechase), 2007
 Stephanie Jeffers (Discus), 2007
 Stephanie Jeffers (Shot Put), 2007
 Clara Langley (10000m), 2014
 Katy McGillen (Javelin), 2006
 April Montgomery (400m Hurdles), 2006
 Brianna Steel (Heptathlon), 2008

Third Team

Alex Becker (1500m), 2006
 Caitlin Clancy (Pole Vault), 2008
 Caitlyn Clancy (Shot Put), 2008
 Shameka Holloway (400m), 2007
 Shameka Holloway (4x400m), 2007
 Stephanie Jeffers (Discus), 2006
 Stephanie Jeffers (Shot Put), 2006
 Jennifer Mace (400m), 2008
 Jennifer Mace (4x400m), 2009
 Jennifer Mace (400m), 2010
 Sarah Macpherson (1500m), 2013
 Katy McGillen (Javelin), 2007
 Katy McGillen (Javelin), 2008
 April Montgomery (400m Hurdles), 2007
 April Montgomery (4x400m), 2007
 April Montgomery (400m Hurdles), 2009
 April Montgomery (4x400m), 2009
 Dawn Nagazina (4x400m), 2007
 Lise Olivier (3000m Steeplechase), 2006
 Racquell Powell (4x400m), 2009
 Josie Wilcox (10000m), 2012
 Chantelle Willard (4x400m), 2007
 Ashley Wills (4x400m), 2009

Athletes of the Week - Men

Mark Davidson, 5-13-08
 Chris O'Hare, 4-26-11
 Chris O'Hare, 5-3-11
 Chris O'Hare, 5-1-12
 Paulo Pinheiro, 4-3-12
 Carl Stones, 4-19-11
 Carl Stones, 4-24-12

Athletes of the Week - Women

Alex Becker, 4-20-10
 Katherine Camp, 5-6-14
 Brianna Steel, 4-26-11

WESTERN ATHLETIC CONFERENCE HONORS

1996-2005

All-Academic Team - Men

1996

David Bohlen, Cross Country
 Monte Hawkins, Cross Country
 Jeremy Hollis, Cross Country
 Jonathan Pillow, Cross Country

1997

David Bohlen, Cross Country/Track & Field
 Monte Hawkins, Track and Field
 Jeremy Hollis, Cross Country
 Jonathan Pillow, Cross Country
 Jonathan Pillow, Track and Field

1998

David Bohlen, Cross Country
 David Bohlen, Track and Field
 Keven Guynn, Track and Field
 Monte Hawkins, Track and Field
 Jeremy Hollis, Cross Country
 Jeremy Hollis, Track and Field
 David McWhorter, Cross Country
 Jonathan Pillow, Track and Field
 Tim Surface, Cross Country

1999

David Bohlen, Track and Field
 Jeff Demo, Track and Field
 Keven Guynn, Track and Field
 Monte Hawkins, Track and Field
 Jeremy Hollis, Track and Field
 Shawn McCullough, Track and Field
 David McWhorter, Track and Field
 Jason Roland, Track and Field
 Joal Stockton, Track and Field
 Tim Surface, Track and Field

2000

David Bohlen, Track and Field
 Shawn McCullough, Track and Field
 Jason Roland, Track and Field
 Tim Surface, Track and Field

2002

Aaron Berg, Cross Country
 Brian Erwin, Cross Country
 Anrew Norman, Cross Country
 Ben Orozco, Cross Country
 Derek Sparks, Cross Country

2003

Blake Carpenter, Track and Field
 Brian Erwin, Track and Field
 Tony Kay, Track and Field
 Andy Norman, Track and Field
 Ben Orozco, Track and Field
 Derek Sparks, Track and Field

2004

Aaron Berg, Track and Field
 Blake Carpenter, Track and Field
 Jacob Chavez, Track and Field
 Jed Falkowski, Track and Field
 Tony Kay, Track and Field
 Ben Orozco, Track and Field
 Charles Ramsdell, Track and Field
 Tad Schoedel, Cross Country/Track & Field

All-Academic Team - Women

1996

Kirsten Ayen, Cross Country
Debbie Dearman, Cross Country
Summer Lamons, Cross Country
Erin Simpson, Cross Country

1997

Kirsten Ayen, Track and Field
Dana Jackson, Track and Field
Summer Lamons, Cross Country
Summer Lamons, Track and Field
Sarah Shaw, Cross Country
Erin Simpson, Cross Country
Erin Simpson, Track and Field
Carrie Swayze, Track and Field

1998

Debbie Cardenas, Cross Country
Dana Jackson, Track and Field
Summer Lamons, Cross Country
Summer Lamons, Track and Field
Sharon Newton, Track and Field
Sarah Shaw, Cross Country
Sarah Shaw, Track and Field
Erin Simpson, Track and Field
Fride Vullum, Cross Country
Fride Vullum, Track and Field

1999

Debbie Cardenas, Track and Field
Melissa Housley, Track and Field
Dana Jackson, Track and Field
Summer Lamons, Track and Field
Sharon Newton, Track and Field
Monica Reilly, Track and Field
Sarah Shaw, Track and Field
Erin Simpson, Track and Field
Inemesit, Usoroh, Track and Field

2000

Debbie Cardenas
Melissa Housley
Wendy McFarlane
Sharon Newton
Sarah Shaw
Inemesit Usoroh

2002

Sarah Haskins, Cross Country
Monica Joannes Cross Country
April Johnson Cross Country
Natalie Rasmussen, Cross Country

2003

Melanie Hardy, Track and Field
Sarah Haskins, Track and Field
Kathryn Hough, Track and Field
Monica Joannes, Track and Field
Andrewa McGillen, Track and Field
Natalie Rasmussen, Track and Field
Shana Robinson, Track and Field
Suzanne Smith, Track and Field

2004

Ashley Ast, Track and Field
Mikaela Montell, Track and Field
Natalie Rasmussen, Cross Country
Natalie Rasmussen, Track and Field
Amy Reeves, Track and Field
Shana Robinson, Track and Field
Suzanne Smith-Hogg, Track and Field

CROSS COUNTRY

Team Champions - Men

2003

Team Champions - Women

2001

Individual Champions - Women

Fride Vullum, 1999

Coach of the Year - Men

Steve Gulley, 2003

Coach of the Year - Women

Steve Gulley, 2001

All-Conference - Men

First Team

Owain Matthews, 2003
Andy Norman, 2002
Ben Orozco, 2003

Second Team

Andrew Beard, 2003
Owain Matthews, 2001
Owain Matthews, 2002
Andy Norman, 2001
Ben Orozco, 2001
Ben Orozco, 2002
Justin Rempel, 2003
Joel Stansloski, 2004
Tim Surface, 2000
Brett Turowski, 2004
Taylor Williams, 2003

All-Conference - Women

First Team

Charlotte Sanderson, 2001
Fride Vullum, 1996
Fride Vullum, 1998

Second Team

Sarah Haskins, 2000
Sarah Haskins, 2001
Sarah Haskins, 2002
Monica Joannes, 2002
Monica Joannes, 2003
Natalie Rasmussen, 2002
Natalie Rasmussen, 2004
Charlotte Sanderson, 2000
Fride Vullum, 1997

Athletes of the Week - Men

Cornelius Mason, 9-9-97
Owain Matthews, 9-25-01
Owain Matthews, 10-9-01
Owain Matthews, 9-5-03
Andrew Norman, 9-3-02
Ben Orozco, 10-13-03

Athletes of the Week - Women

Natalie Rasmussen, 9-20-04
Tami Scott, 9-3--02
Fride Vullum, 9-9-97

INDOOR

Individual Champions - Men

60-Meter Dash

Cory Ray, 2004

Mile Run

Ryan Siler, 1997
Dwight Davis, 2000

Long Jump

Cedrick Lusk, 1997

Individual Champions - Women

55-Meter Dash

Shana Robinson, 2002

60-Meter Dash

Shana Robinson, 2004

200-Meter Dash

Shana Robinson, 2004

800-Meter Run

Melanie Hardy, 2004

3,000-Meter Run

Debbie Cardenas, 2002

5,000-Meter Run

Fride Vullum, 2000

Freshman of the Year - Women

Shana Robinson, 2001

High Point Award - Women

Shana Robinson, 2004

Outstanding Performer - Women

Shana Robinson, 2004

All-Conference - Men

Josh Childs (4x400m), 2003
DeVonne Harrison (60m Hurdles), 2003
DeVonne Harrison (60m Hurdles), 2005
Tony Kay (4x400m), 2003
Clif Mitchell (4x400m), 2003
Cory Ray (60m), 2004
Cory Ray (60m), 2005
Brandon Vaughan (4x400m), 2003

All-Conference - Women

Alisha Burnett (DMR), 2003
 Erin Dessy (DMR), 2003
 Melanie Hardy (DMR), 2003
 Melanie Hardy (800m), 2004
 Melanie Hardy (800m), 2005
 Sarah Haskins (3,000m), 2003
 James James (400m), 2003
 James James (4x400m), 2003
 Monica Joannes (4x400m), 2003
 Megan Langwill (DMR), 2003
 Chatney Noble (4x400m), 2003
 Paula Richardson (4x400m), 2003
 Paula Richardson (400m), 2004
 Shana Robinson (60m), 2004
 Shana Robinson (200m), 2004

Athletes of the Week - Women

Shana Robinson, 1-27-03
 Shana Robinson, 1-19-04
 Sophia Rodriguez, 1-18-05

OUTDOOR

Individual Champions - Men

110-Meter Hurdles

Jamal Bogle, 2003

800-Meter Run

Shawn McCullough, 2000

1,500-Meter Run

Dwight Davis, 2000

Long Jump

Sedrick Lusk, 1997

Individual Champions - Women

100-Meter Dash

Shana Robinson, 2002
 Shana Robinson, 2003

200-Meter Dash

Shana Robinson, 2003

400-Meter Dash

Tiffany Williams, 1998

800-Meter Run

Monica Joannes, 2002
 Melanie Hardy, 2004

1,500-Meter Run

Fride Vullum, 2001

3,000-Meter Run

Fride Vullum, 2000

5,000-Meter Run

Fride Vullum, 1998
 Fride Vullum, 2001

4x400-Meter Relay

Alisha Burnett (4x400m), 2002
 James James (4x400m), 2002
 Monica Joannes (4x400m), 2002
 Shana Richardson (4x400m), 2002

**Tulsa's NCAA Cross-Country/
 Track & Field Championship Finishes**

Year	Cross-Country	Indoor	Outdoor
1999-00	DNQ	41st(M), n/a (w)	n/a
2000-01	DNQ	n/a	n/a (m), 40th (w)
2006-07	DNQ	n/a (m), 62nd (w)	n/a, 67th (w)
2007-08	29th (m)	n/a	n/a
2008-09	13th (m)	59th (m), n/a (w)	n/a (m), 40th (w)
2009-10	DNA (m)	n/a (m), 42nd (w)	n/a
2010-11	DNQ, 30th (w)	26th (m), n/a (w)	n/a
2011-12	25th (m)	18th (m), n/a (w)	66th (m), n/a (w)
2012-13	7th (m)	40th (m), n/a (w)	n/a
2013-14	27th (m)	n/a	n/a
2014-15	25th (m)	18th (m), n/a (w)	n/a
2015-16	20th (m), 29th (w)	64th (m), n/a (w)	n/a
2016-17	11th (m)	13th (m), n/a (w)	14th (m), n/a (w)
2017-18	DNQ	n/a	n/a
2018-19	30th (m)	n/a	n/a
2019-20	5th (m), 25th (w)	n/a	n/a
2020-21	6th (m), 28th (w)	n/a	24th (m), n/a (w)
2021-22	6th (m)	n/a	n/a
2022-23	9th (m)	n/a	n/a

Freshman of the Year - Men

Sedrick Lusk, 1997

Freshman of the Year - Women

Tiffany Williams, 1998

All-Conference - Men

Jamal Bogle (110m Hurdles), 2003
 DeVonne Harrison (110m Hurdles), 2003
 DeVonne Harrison (110m Hurdles), 2005
 Edwin Hughes (10,000m), 2005
 Owain Matthews (Steeplechase), 2004
 Mathew Musengezi (800m), 2005
 Charles Ramsdell (High Jump), 2004
 Thomas Stoltz (Javelin), 2005
 Rickey Wilson (110m Hurdles), 2005

All-Conference - Women

Melanie Hardy (800m), 2004
 Melanie Hardy (4x400), 2004
 Melanie Hardy (800m), 2005
 Shameka Holloway (4x100), 2004
 Krystal Lartey (4x100), 2004
 Chatney Noble (4x400), 2004
 Lise Olivier (10,000m), 2005
 Natalie Rasmussen (10,000m), 2005
 Paula Richardson (4x400), 2004
 Shana Robinson (100m), 2003
 Shana Robinson (200m), 2003
 Shana Robinson (100m), 2004
 Shana Robinson (4x100), 2004
 Chantelle Willard (4x100), 2004
 Chantelle Willard (4x400), 2004

Athletes of the Week - Men

Thomas Stoltz, 3-28-05

Athletes of the Week - Women

Shana Robinson, 3-24-03
 Shana Robinson, 3-22-04

**MISSOURI VALLEY
 CONFERENCE HONORS**

1935-96

Scholar Athletes - Men

Honorable Mention

Tim Barnes, 1994
 Richard Brown, 1993
 Richards Brown, 1994
 Tim Weaver, 1993
 Tim Weaver, 1994

Scholar Athletes - Women

First Team

Allison Clark, 1995
 Zoe Stewart, 1994
 Carrie Swayze, 1995

Honorable Mention

Sabrina Buddle, 1993
 Sabrina Buddle, 1994
 Allison Clark, 1994
 Amanda Erwin, 1993
 Amanda Erwin, 1994
 Ana Garcia, 1993
 Kendra Vandiver, 1994

CROSS COUNTRY

All-Conference - Men

Ben Berghall, 1988
Ben Berghall, 1990
Ben Berghall, 1991
Jay Caldwell, 1960
Joel Davis, 1960
Janne Hamalainen, 1984
Jarmo Malmberg, 1987
Jarmo Malmberg, 1988
Cornelius Mason, 1995
James Niedenberger, 1987

Scholar-Athletes - Men

First Team

Richard Brown, 1992
Jon Pillow, 1995

Second Team

Tim Barnes, 1992
Tim Barnes, 1993
Richard Brown, 1993

Scholar-Athletes - Women

Second Team

Sabrina Budde, 1992
Sabrina Budde, 1993
Amanda Erwin, 1993
Zoe Stewart, 1993

INDOOR

Individual Champions - Men

1,000-Meter Run
Kristian Braekkan, 1996

Mile Run

Jarnio Malniberg, 1986

Triple Jump

Duane Scrivener, 1972

All-Confernece - Men

Kristian Braekkan, 1995
Kristian Braekkan, 1996
A.J. Ellison, 1995
A.J. Ellison, 1996
Matt Norton, 1993
Matt Norton, 1994
Rodney Peterson, 1995
Rodney Peterson, 1996
Ryan Siler, 1995
Ryan Siler, 1996

All-Conference - Women

Allison Clark, 1995
Monique Poindexter, 1996

OUTDOOR

Team Champions - Men

1961
1962

Individual Champions - Men

100-Yard Dash

Jason Hall, 1965

220-Yard Dash

Brown, 1961

10,000-Meter Run

Ryan Siler, 1995

120 High Hurdles

Phillips, 1935
Bob Newell, 1962
220 Low Hurdles
Bob Newell, 1962

4x100-Meter Relay

1961
1962

High Jump

Coatney, 1938
Courter, 1953
Courter, 1954
Veatch, 1958

Pole Vault

Hoffenberger, 1939
Dave Smoot, 1961
Dave Smoot, 1962
Dave Smoot, 1963
Richard Ruane, 1964
Richard Ruane, 1965

Javelin

Purdin, 1942

Discus

Robbie Nichols, 1967

Long Jump

Bain, 1938
Check, 1952

Shot Put

Karl Henke, 1966

Triple Jump

Bob Daugherty, 1954

All-Conference - Men

Adam Ellison, 1995
Adam Ellison, 1996
Ryan Siler, 1994
Ryan Siler, 1995
Rodney Peterson, 1995
Rodney Peterson, 1996



American Athletic Conference

The American Athletic Conference, which has established itself as a preeminent NCAA Division I Football Bowl Subdivision conference, enters its second decade poised to continue its remarkable ascension to national prominence.

As of July 1, 2023, The American consists of 15 prestigious institutions: the University of Alabama at Birmingham, the University of North Carolina Charlotte, East Carolina University, Florida Atlantic University, the University of Memphis, the United States Naval Academy (in football only), the University of North Texas, Rice University, the University of South Florida, Southern Methodist University, Temple University, the University of Texas at San Antonio, Tulane University, the University of Tulsa, and Wichita State University (in basketball and Olympic sports).

Under the leadership of commissioner Mike Aresco, The American has fashioned an impressive list of accomplishments in the competitive arena, in the classroom and in support of student-athlete welfare. The American is firmly entrenched among the elite conference thanks to its collection of national team and individual championships, its football and basketball postseason victories, its expansive media rights contract with ESPN, and its commitment to providing the highest levels of support for student-athletes.

The league has produced four NCAA championship teams in addition to a College Football Playoff semifinalist, four New Year's Six bowl champions, two NCAA Men's Final Four participants, six Women's Final Four teams, an NIT champion, 15 NCAA individual championships, and a Rhodes Scholar. Additionally, American Athletic Conference teams have advanced to the College World Series, qualified for the match play round of the NCAA Men's Golf Championship and registered multiple top-10 finishes at the NCAA Cross Country and Outdoor Track and Field championships.

In the 2023-24 season, The American will be the only Division I conference to have a New Year's Six bowl winner (Tulane) and an NCAA Men's Final Four participant (Florida Atlantic) in its ranks.

The American has seen a member school claim a spot in a New Year's Six bowl eight times in the league's first 10 football seasons, including the 2022 campaign, when Tulane capped the biggest one-year turnaround in major college football history with a thrilling win

against USC in the Goodyear Cotton Bowl Classic.

Individual teams in The American have enjoyed some of their best football seasons in program history as members of the conference. Tulane went 12-2 and earned a top-10 final ranking in 2022. Navy won a program-record 11 games in 2015, its first season in the conference, and matched that mark with its 2019 campaign. Memphis, which had not won 10 games in a season since 1938, has registered three 10-win seasons in the last eight years (2015, 2017, 2019), including a school-record 12 wins in 2019. Temple enjoyed its first 10-win season in school history in 2015. South Florida finished in the top 25 for the first two times in program history (2016, 2017). SMU returned to national prominence in 2019 with a 10-win season, during which the Mustangs were ranked as high as No. 14 nationally. Tulsa returned to the top 25 for the first time in 11 years in 2020. East Carolina earned a top-20 ranking in 2014.

Since the conference's reconstitution in 2013-14, teams from The American have registered top-10 national rankings in football, men's basketball, women's basketball, baseball, men's soccer, women's soccer, women's lacrosse, men's golf, women's rowing, men's tennis, women's tennis, men's cross country, men's track and field, and women's track and field.

American Athletic Conference student-athletes have distinguished themselves in all facets of intercollegiate athletics. Memphis quarterback Brady White was the 2020 winner of the National Football Foundation's James V. Campbell Trophy as the top scholar-athlete in college football. Temple linebacker Tyler Matakevich won the Bednarik Award and the Nagurski Trophy as the nation's top defensive player in 2015, while Tulsa linebacker Zaven Collins repeated that feat in 2020. The American has had four top-10 Heisman Trophy finishes including Navy quarterback Keenan Reynolds, who was fifth in 2015. Reynolds was also selected as the winner of the 2016 AAU James E. Sullivan Award as the nation's top amateur athlete.

Additionally, SMU's Avery Acker was chosen as the Division I women's volleyball Academic All-America of the Year in 2015. South Florida star Georgina Corrick was the Division I softball Academic All-America of the Year in 2022, while Tulsa cross country standout Kirk Smith was chosen as a Rhodes Scholar in the fall of 2016.

American Athletic Conference alumni have made their mark in professional and international sports as well. A number of American Athletic Conference athletes have been selected in the first round of the professional entry drafts in football, basketball, baseball and soccer, including former Memphis center James Wiseman, who was the No. 2 pick in the 2020 NBA Draft, and former Wichita State third-baseman Alec Bohm, the No. 3 selection in the 2018 Major League Baseball Draft. Former SMU standout Bryson DeChambeau, who was the 2014 American Athletic Conference individual champion, went on to win the 2015 NCAA Championship and the 2015 US Amateur before enjoying a remarkable pro career that has included the 2020 U.S. Open title. Former Memphis tennis player Joe Salisbury, a 2014 all-conference selection, has gone on to win five Grand Slam championships in men's doubles and mixed doubles. Former Tulane standout Dominik Koepfer has earned a top-50 world ranking in men's tennis and reached the fourth round of the US Open in 2019.

The American announced a lucrative and comprehensive media rights extension with ESPN in May of 2019, providing the conference with a stronger and more extensive presence on ESPN's primary television networks (ABC, ESPN, ESPN2, ESPNU). Since the extension took effect in the 2020-21 academic year, a minimum of 40 regular-season football telecasts and 60 regular-season men's basketball games per season will appear on those primary networks. Nearly every conference-controlled game in all sports will appear either on an ESPN network or on ESPN+.

The first eight American Athletic Conference Football Championships were televised by ABC as part of Championship Saturday. Subsequent championship games will appear on either ABC or ESPN through the duration of the 12-year extension.

Away from the competitive arena, The American has established itself as a leader in the area of student-athlete wellness, both through the adoption of NCAA autonomous legislation on matters including full cost of attendance and nutrition. The conference, in conjunction with its Student-Athlete Advisory Committee has also launched the Powerful Minds campaign to improve awareness and education on mental issues and recognize the scholarly achievements of the conference's student-athletes.

The American Quick Facts

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NOTES





2024 TULSA TRACK & FIELD SCHEDULE

JANUARY

12 Fri. Arkansas Invitational^ Fayetteville, Ark. All Day
 19 Fri. Cyclone Open^ Ames, Iowa All Day
 27 Sat. Wendy's Invite^ Pittsburg, Kan. All Day

FEBRUARY

9-10 Fri.-Sat. Windy City Invite^ Chicago, Ill. All Day
 9-10 Fri.-Sat. Gorilla Classic^ Pittsburg, Kan. All Day
 23-24 Fri.-Sat. AAC Indoor Championships^ ... Birmingham, Ala. All Day

MARCH

8-9 Fri.-Sat. NCAA Indoor Championships^ . Boston, Mass. All Day
 29-30 Fri.-Sat. Stanford Invitational* Stanford, Calif. All Day

APRIL

6 Sat. Arkansas Spring Invitational ... Fayetteville, Ark. All Day
 11-13 Thurs.-Sat. Bryan Clay Invitational* Azusa, Calif. All Day
 12-13 Fri.-Sat. John Jacobs Invitational* Norman, Okla. All Day
 18-19 Thurs.-Fri. John McDonnell Invitational* ... Fayetteville, Ark. All Day
 24-27 Wed.-Sat. Drake Relays* Des Moines, Iowa ... All Day
 26 Fri. Payton Jordan Invitational Stanford, Calif. All Day

MAY

10-12 Fri.-Sun. AAC Outdoor Championships*. San Antonio, Texas. . All Day
 22-25 Wed.-Sat. NCAA West Regionals* Fayetteville, Ark. All Day

JUNE

5-8 Wed.-Sat. NCAA Outdoor Championships* ... Eugene, Ore. All Day

^Indoor Events • *Outdoor Events



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