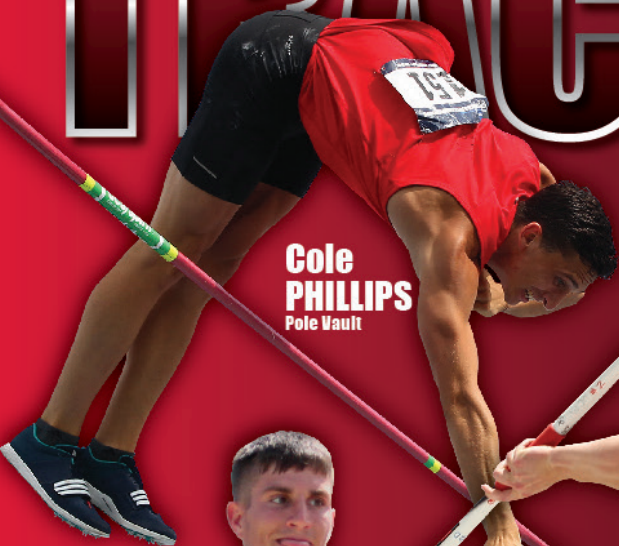


UNIVERSITY OF CENTRAL MISSOURI TRACK & FIELD



**Cole
PHILLIPS**
Pole Vault



**Brittany
KALLENBERGER**
Pole Vault



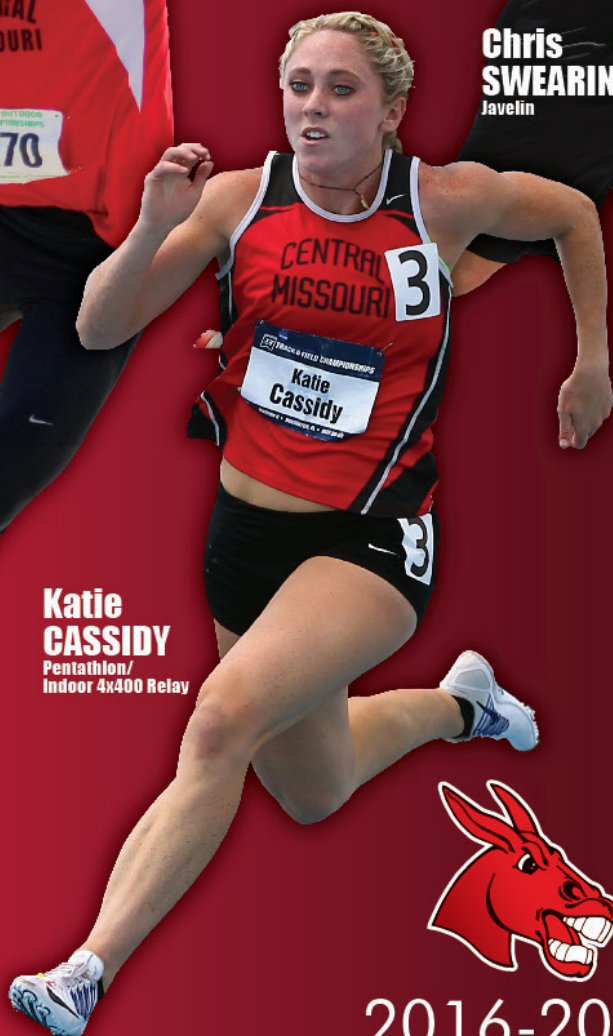
**Blake
SEITZ**
Decathlon



**Chris
SWEARINGIN**
Javelin



**Jacob
MAHIN**
Shot Put



**Katie
CASSIDY**
Pentathlon/
Indoor 4x400 Relay



**Kailey
FUCHS**
Indoor 4x400 Relay



2016-2017
MEDIA GUIDE



Central Missouri Track and Field

**386 All
Americans**

**52 National
Champions**

Heavin Warner

Back-to-Back-to-Back

Hammer Throw National Champion

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University Facts

Location	Warrensburg, Mo.
Founded	1871
Enrollment	14,595
Athletic Director	Jerry Hughes
Sr. Assoc. AD/SWA	Kathy Anderson
Nickname	Mules/Jennies
Colors	Red & Black
Affiliation	NCAA Division II
Conference	Mid-America Intercollegiate Athletics Assn.
Stadium	Walton Stadium-Kennedy Field
Capacity	12,000
Athletic Department Phone	(660) 543-4250

Assistant AD/Media Relations	Mike Knipper
Phone	(660) 543-4312
Track & Field Contact	Joe Hoffmann
Phone	(660) 543-8091
Email	jhoffmann@ucmo.edu
Website	www.UCMathletics.com
Marketing/Promotions	Bob Jackson

Track & Field Co-Head Coach	Kip Janvrin
Phone	(660) 543-4254
Cross Country Head Coach	Kirk Pedersen
Track & Field Co-Head Coach	Kirk Pedersen
Phone	(660) 543-8309
Assistant Coaches	Tucker Woolsey
.....	Kurtis Brondyke
.....	Ben Barrows
Graduate Assistants	Matthew Harris
.....	Megan Snow
Volunteer Assistants	Daniel McCarty
.....	Guy Mosher
.....	Jana Palmowski

Credits

The 2016-17 UCM Cross Country / Track & Field Media Guide is a publication of the University of Central Missouri Athletics Media Relations Office, Mike Knipper, director. Written and designed by Joe Hoffmann. Editorial assistance provided by Kirk Pedersen, Kip Janvrin, and Mike Knipper. Cover design by Tim Pinkston.

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Mules and Jennies on the Internet

Coverage of the Mules and Jennies Cross Country and Track & Field programs can be found on the official website of University of Central Missouri Athletics, www.UCMathletics.com

The University of Central Missouri transforms students into lifelong learners, dedicated to service, with the knowledge, skills and confidence to succeed and lead.

Future-Focused Academics

The world moves at a faster pace than ever before. UCM's innovative programs use new technologies to keep students up to date on the latest changes in their fields of study.

Our faculty members are accomplished in their fields as well. They bring their experiences in industry and academia to their classrooms for our on-campus students in Warrensburg and Lee's Summit, as well as to their virtual classrooms through our online programs.



Hands-on Experience

Learning by doing is a cornerstone of our 150 academic programs. Through hands-on experiences, students take their knowledge from the classroom and apply it in real-life situations.

Whether it's conducting research with faculty members, developing a business plan for a local company or battling it out in a national criminal justice competition, UCM students graduate well prepared for the future with practical, applicable experience.

Culture of Service

For more than 140 years, UCM's motto, "Education for Service," has been embodied by students who volunteer countless hours assisting communities, businesses and non-profit agencies.



President Barack Obama spoke to a crowd of UCM students, faculty and staff, and Warrensburg residents on July 24, 2013 at the UCM Student Recreation & Wellness Center.

This tradition continues today when student groups clear debris after a tornado or build homes for local families through Habitat for Humanity. Service has always been a foundation of the university. By learning at a university that values that service, UCM students continue to make an impact on their communities long after they graduate.



Global Perspective

UCM values diversity in thought, culture and people. As a result, the university takes a worldly perspective on education and prepares students to thrive in a globalized economy.

UCM's International Studies major examines global issues affecting human development, peace and security. The university's study abroad programs connect students with more than 60 countries and 285 universities worldwide. UCM also has nearly 600 students from 47 different countries represented on campus. Experiencing these different ideas, cultures and people gives our students a unique perspective and prepares them for today's global society.

For more information about why the University of Central Missouri is the right fit, or for more detailed information about programs or admission to Central Missouri, call the Office of Admissions at

1-877-SAY-UCMO

or visit Central Missouri's website at

www.ucmo.edu

Undergraduate Programs

College of Arts, Humanities, and Social Sciences

- School of Visual and Performing Arts
 - Department of Music
 - Department of Theatre and Dance
 - Department of Art and Design
- Department of English and Philosophy
- Department of History and Anthropology
- Department of Government, International Studies, and Languages
- Department of Communication and Sociology

Harmon College of Business and Professional Studies

- School of Business Administration
 - Department of Economics, Finance, and Marketing
 - School of Accountancy and Computer Information Systems
 - Department of Management
- School of Professional Studies
 - Department of Aviation
 - Department of Criminal Justice
 - Department of Communication Disorders and Social Work

College of Education

- Department of Career and Technology Education
- Department of Educational Foundations and Literacy
- Department of Educational Leadership and Human Development
- Department of Elementary and Early Childhood Education

College of Health, Science, and Technology

- School of Health and Human Performance
 - Department of Nursing
 - Department of Nutrition and Kinesiology
- Department of Biology and Earth Science
- School of Environmental, Physical, and Applied Sciences
- School of Technology
- Department of Mathematics and Computer Science
- Department of Psychological Science

Graduate Programs

Master of Arts

Accountancy
Communication
English
Environmental Studies
History
Music
Sociology
Teaching English as a Second Language
Theatre

Master of Arts in Teaching

Middle School Education
Secondary Education

Master of Business Administration

Accounting
Ethical Strategic Leadership
Finance
General Concentration
Computer Information Systems
Marketing

Master of Science

Aviation Safety
Biology
Career and Technical Education
Leadership
College Student Personnel Administration
Computer Science
Counseling
Criminal Justice
Educational Technology
Industrial Hygiene
Industrial Management
Information Technology
Kinesiology
Library Science and Information Services
Mathematics
Nursing, Rural Family
Occupational Safety Management
Psychology
Social Gerontology
Speech-Language Pathology and Audiology
Technology

Master of Science in Education

Elementary and Early Childhood Education
Curriculum and Instruction
School Administration
K-12 Education
Curriculum and Instruction
Special Education
Literacy Education
Secondary Education
Curriculum and Instruction
School Administration
Special Education

Education Specialist/School Administration

Superintendency

Education Specialist/Human Services

Professional Counseling
Learning Resources
Technology and Occupational Education

Cooperative Doctoral Programs

Education Leadership
Technology Management



Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles



UCM Multipurpose Building -- Home of UCM Indoor Track and Field

Considered one of the finest facilities of its kind in the nation, the Multipurpose Building is in its 40th year of service to the university. The \$5.5 million facility was built at no expense to the State of Missouri, as financing was accomplished solely through student fees.

The "Multi" truly lives up to its name, as it is one of the busiest places on campus. In addition to being the home of Mules and Jennies indoor track, basketball, Jennies volleyball, and Mules wrestling, the facility is used by university students, faculty, and staff, as well as the general public.

Designed primarily for recreational use, the building features a spacious main arena with a six-lane track, a swimming pool, two indoor handball/racquetball courts, areas for free and universal weights, an activities area, locker rooms, meeting rooms, and offices for UCM's Intercollegiate Athletics staff. The main arena can accommodate four basketball or six volleyball courts at one time or all of the events for an indoor track meet.

Seating capacity in the Multipurpose Building is 8,500 for basketball and volleyball, making it the largest such facility in the MIAA. It also seats 1,640 fans for indoor track meets and 11,000 people for concerts.

Numerous special events take place in the Multi each year. It has hosted the Missouri State High School Activities Association's state volleyball tournament since 1988, while state high-school playoff games for basketball are also played annually in the building.

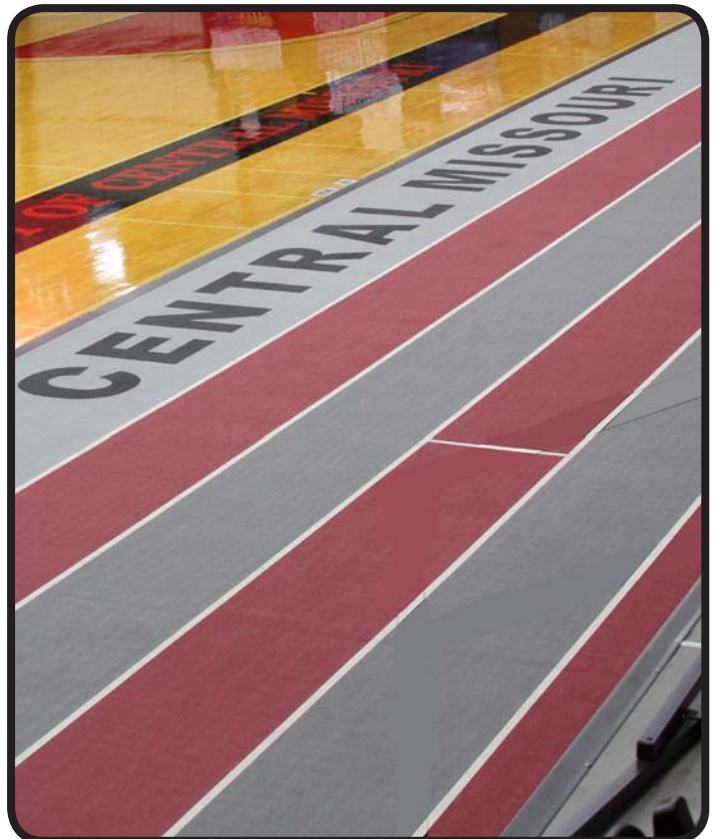
In addition, the MIAA Indoor Track and Field Championships are contested every third year in the Multipurpose Building. The facility is also used for Central's annual commencement ceremonies and for major concerts.

The Multi underwent a major renovation during the summer of 1998. An inlaid-wood floor was installed in the main arena, replacing most of the original Tartan surface and eliminating the need for the portable-wood floor that had been used for basketball since 1988.

Previous improvements include the addition of a new scoreboard, containing a four-color message center manufactured by Daktronics, in 1986, the purchase of two Sport Courts® for volleyball in 1995 and 1998 and the installation of new bleachers on the north and south sides in 2008.

The Multipurpose Building also got a brand new Mondo track installed during the summer of 2015. It is the same surface used at the 2008 and 2012 Olympic Games, designed for superior athletic performance with the perfect combination of energy return and comfort for runners, as well as shock absorption and rebound elasticity for jumps. With the new track surface also came a new pole vault pit.

The Multi was designed by the architectural firm of Mantel and Teeter of Kansas City, Mo. It is managed by Karen Hibdon.





Kirk Pedersen

Cross Country

Head Coach

Track & Field

Co-Head Coach

Kirk Pedersen is in his 30th season as head coach of the Mules and Jennies cross-country teams. It is also his 21st season as co-head coach of Central Missouri track and field. Pedersen served as an assistant under former head coach Les Stevens for 10 years, and now shares the head coaching position for track and field with Kip Janvrin.

Pedersen has guided the Mules' cross country team to 11 MIAA championships in the past 23 years, with 11 straight Top-25 finishes (from 1996-2007) at the NCAA Division II Cross Country Championships. He has also coached the Jennies CC team to a trio of MIAA championships. In his career, Pedersen has earned MIAA Cross Country Coach of the Year honors 13 times.

Since 1994, Pedersen has helped coach the Mules to 17 MIAA indoor championships, and 12 outdoor. In the last 12 years, he and Janvrin have garnered 15 MIAA Indoor Coach of the Year awards, adding 10 more Coach of the Year honors for the outdoor season. In 2002 and 2015, Pedersen and Janvrin were also named United States Track & Field and Cross Country Coaches Association (USTFCCCA) National Indoor Coaches of the Year and the 2015 National Outdoor Coaches of the Year.

This past cross country season, the Jennies took sixth place and the Mules ninth at the MIAA Championships. Ian Frazier was named All-MIAA Honorable Mention.

In the 2014-15 track season, Pedersen coached Megan Glamann to a 5th place All-American finish at the NCAA Outdoor Championships, helping UCM to their first-ever Outdoor National Championship. Pedersen also played a hand in helping UCM to their first Indoor Championship, that same year. Glamann was a three-time All-MIAA honoree and twice named to the All-Region team. She finished as high as third at the conference meet at the 2014 MIAA Championships.

In 2010, the Mules tied the school's highest national finish with a third-place showing at the NCAA Outdoor National Championships. In 2000, Mules and Jennies Cross Country both placed 13th. For the Jennies' team championship performances in the 2000 and 2004 South Central Regional, Pedersen was named South Central Region Women's Coach of the Year.

Prior to the 2015, Central Missouri Mules Cross Country had finished in the top-10 at the NCAA Regional Meet 27 straight seasons (1988-2014). They Jennies have had 21 top-10 finishes at the regional meet including 20 straight from 1993-2012..

Pedersen's 1995 and 1997 men's teams earned runner-up finishes at the Division-II Championships. In 1996 the Mules placed sixth at the NCAA Championships and produced an individual national champion in Alexandr Alexin. The 1995 men's team became the first cross country team to be inducted into the UCM Athletic Hall of Fame. The 1993 team joined them, and in 2006, the 1997 team was also inducted.

In 1999 both cross country teams won MIAA titles, with the Mules finishing seventh overall at the Division II Championships.

The West Liberty, Iowa native is a 1985 graduate of Simpson College (Iowa). While at Simpson, he was a five-time NCAA Division III All-American and won the 800-meter indoors his senior year. In 1995, he was inducted into the Simpson Athletic Hall of Fame.

Pedersen is married to the former Jill Green. They are the parents of 18-year-old twins, daughter Jodi and son J.D., and 11-year-old daughter Amber. Jodi is a member of the Jennies Cross Country and Track and Field teams' while J.D. is on the Mules Golf team.



Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles



Kip Janvrin

Track & Field Co-Head Coach

United States Olympian Kip Janvrin shares the head-coaching duties for track & field with Kirk Pedersen. He is in his 28th season on the Central Missouri staff and his 21st as co-head coach. Janvrin works primarily with the sprinters, hurdlers, and multi-event athletes.

Janvrin helped to bring Central Missouri their first-ever National Championship in women's track and field, winning the Indoor and Outdoor Championships in 2014-15.

The coaching tandem of

Pedersen and Janvrin has produced 15 MIAA men's and five MIAA women's indoor championships, 11 MIAA men's outdoor titles and three Jennies outdoor conference championships.

Janvrin's squads have also been successful on the national level. In addition to winning the 2015 Indoor and Outdoor National Championship with the Jennies, he has led UCM to a combined 24 NCAA top-10 finishes on the men's side and 13 on the women's side. In the past six years, The Jennies have finished in the NCAA top-10 in nine out of 12 national meets and the Mules in five.

Both the Mules and Jennies finished 11th at the NCAA Indoor Championships in 2016 with two All-Americans on the women's side and three for the Mules. The Jennies 4x400m relay team also received All-American honors, the first Jennie 4x400m relay to ever win an All-American award at the indoor national meet. Outdoors, the Mules finished in seventh place while the Jennies were eighth and UCM took home 10 All-American honors.

While the Jennies deservedly received all the attention for winning the 2014-15 national championships, the Mules enjoyed their most successful season since 2012-13. Central Missouri took second place at the indoor conference meet and 19th at indoor nationals. They then finished third at outdoor MIAA's and just missed the top-10 finishing 11th at outdoor nationals, their highest outdoor national finish since 2011.

During Janvrin's tenure at UCM, he has overseen 24 National Champions win 43 titles. In 2011-2012, Janvrin coached multi-event athlete Lindsay Lettow to two National Championships in both the heptathlon and pentathlon. She is the only athlete in UCM track and field history to win four National Championships in a two-year span.



Janvrin also helped coach thrower Heavin Warner who won three consecutive hammer throw national championships. The 10-time All-American placed fifth at the 2016 United States Olympic Trials.

For years Janvrin was ranked as one of the world's top decathletes, winning the 2001 USA Outdoor Track & Field Championships. He reached the pinnacle of his career in 2000 as a member of the U.S. Olympic Team in the Sydney Olympic Games. To make the U.S. team at the Olympic Trials, he had to run the final decathlon event, the 1,500m, in under 4:13. He won the event in 4:12.01 to make the U.S. team.

In Sydney, Janvrin, the oldest U.S. decathlete to ever compete in the Olympics, placed 21st and was the winner in the 1,500m. He is the world record holder for most career decathlon wins (41) and the American record holder for most career decathlons over 8,000 points (26). After placing fourth in the decathlon trials, Janvrin just missed making the 1996 U.S. Olympic Team. Later that summer, he scored a personal-best 8,462 points, which, at the time, made him the sixth-highest performer in U.S. decathlon history.

In the fall of 2003, Janvrin set a world record in the double decathlon, competing in 20 track & field events over two days in Turku, Finland. In 2005, he set a World Masters (40+) Decathlon Record in San Sebastian, Spain.

Janvrin has won the decathlon a record 15 times at the Drake Relays, the most by any athlete in the history of the competition. In 1996, he was inducted into the Drake Relays Hall of Fame. He also won the decathlon at the 1989 U.S. Olympic Festival and 1995 Pan Am Games.

A 1988 graduate of Simpson College (Iowa), Janvrin had an outstanding collegiate career, winning three NCAA Division-III championships in the decathlon, as well as individual championships in the pole vault and 400m hurdles.

In July 2012, Janvrin led the U.S. team as head coach at the NACAC Under-23 Championships, a competition between North American, Central American, and Caribbean nations, taking place in Guanajuato, Mexico.

Janvrin is married to the former Teresa Snyder, who was a stand-out performer for the Jennies' track team (1986-89). They have two sons, Jaxon, who is 20, and Mason, born just hours before the Pedersen twins in 1998, who is 18 and plays on the Mules baseball team.

Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 8 MIAA Indoor Titles – 3 MIAA Outdoor Titles



Tucker Woolsey Assistant Coach

Tucker Woolsey is in his 15th season as an assistant at the University of Central Missouri, working with the Mules and Jennies throwers. He was honored as the Regional Assistant Coach of the Year in 2008 and 2015, and the Outdoor National Assistant Coach of the Year in 2015. Woolsey has worked with 43 individual conference champions, 65 All-Americans, and 11 national champions in

the shot put, discus, hammer throw and weight throw, including Heavin Warner to back-to-back-to-back National Championships in the hammer throw in 2014-16.

A four-time Academic All-MIAA selection, he was a six-time All-American in the shot put, a Verizon Academic All-American, and a four-year letter winner in both football and track & field for Northwest Missouri State. He helped lead the Bearcats football team to a pair of National Championships (1998-1999) and four consecutive conference crowns as an All-MIAA fullback. The Excelsior Springs, Mo. native won the Ken B. Jones Award as the conference's Outstanding Male Athlete. Recently, Woolsey was inducted into the Northwest Missouri State University Athletic Hall of Fame.

At Excelsior Springs High, he earned a total of 15 letters in football, wrestling, track, and baseball. The NCAA Postgraduate Scholarship recipient now has an education specialist's degree in curriculum and instruction from the University of Central Missouri.

When Woolsey is not coaching the UCM throwers, he teaches mathematics at Crest Ridge High School. He is married to Katie Woolsey. The couple has a four-year old son, Westin, and the couple just gave birth to their second son, Colton, in the summer of 2015.



Ben Barrows Assistant Coach

Ben Barrows joins the UCM cross country and track and field coaching staff as a volunteer assistant in 2015-16. Barrows follows up a successful career as a member of the Mules cross country and track and field teams and will be coaching the distance runners.

Barrows came to UCM in 2010 out of Smithville, Mo. As a senior, he claimed All-MIAA honors by finishing second in the outdoor 5,000m run at the conference meet. Barrows has also been the recipient of the MIAA Academic Excellence award with a perfect 4.0 grade point average on three occasions. During the 2013 cross country season, Barrows was awarded the NCAA Elite 89 Award for carrying the highest cumulative grade point average at a championship event.



Matthew Harris Graduate Assistant Coach

Matthew Harris is in his first season as a Central Missouri Track and Field Graduate Assistant. He will be working predominantly with the pole vaulters.

Harris comes to UCM after graduating from Division II Hillsdale in the state of Michigan, where he was a pole vaulter and sprinter.

As a senior, Harris was the outdoor Great Lakes Intercollegiate Athletic Conference (GLIAC) champion in the pole vault. He was an All-GLIAC member three times with the Chargers in the vault.

In 2016, Harris provisionally qualified for the national championships in the pole vault both indoors and outdoors.

Prior to Hillsdale, Harris attended Almont High School where he was the state runner up in the pole vault as a senior in 2012, and set the school record.

Harris is currently working towards his MBA in Marketing at UCM.



Kurtis Brondyke Assistant Coach

Kurtis Brondyke enters his second season as an assistant coach on the Mules and Jennies coaching staff. Brondyke was previously a graduate assistant in 2012-14. He will be working primarily with the jumps and multi-events.

Brondyke had a successful collegiate track & field career as a multi-event athlete at Central College (Iowa). As a senior, Brondyke won the 2011 NCAA

Division III national championship in the Indoor Pentathlon, with a score of 3,827, and finished 2nd in the Decathlon during the outdoor season.

Brondyke has competed in the decathlon at the U.S. Championships the past two years. He finished in 7th place in 2015 with 7475 points and in 10th place in 2014 with a score of 7416. He recorded a personal-best score of 7613 at USA combined events Championships in Worthington, Ohio in 2014.

Brondyke received his master's degree in kinesiology from UCM, graduating in 2014.



Megan Snow Graduate Assistant Coach

Megan Snow is in her first year as a Graduate Student for Central Missouri Track and Field in 2016-17. She will be working primarily with the long, triple and high jumpers.

Snow is a 2014 graduate of Division I Central Arkansas where she competed in the multi-events. She finished third in the heptathlon at the 2013 Southland Outdoor Conference Championships and was also named to the SLC All-Academic Team.

She left UCA in the all-time top-10 in seven different events. She has the sixth-best outdoor heptathlon score in school history and seventh-best indoor pentathlon and is a member of the second-fastest 4x100m relay team at UCA.

As a prep athlete, Snow was a six-time state champion in Arkansas. She graduated high school as the class 3A state record holder in the long jump.

After graduating with a Bachelor's Degree in Kinesiology, Snow coached high school track and field for two years. She is currently working on her Master's Degree in Exercise Science.

Volunteer Assistant Coaches

Daniel McCarty

Guy Mosher

Jana Palmowski

Jared Schatz

Central Missouri Track and Field Since 1982

Mules						Jennies					
Year	Coach	MIAA In.	NCAA In.	MIAA Out.	NCAA Out.	Year	Coach	MIAA In.	NCAA In.	MIAA Out.	NCAA Out.
1982	Les Stevens	4th		5th		1982	Les Stevens	4th		4th	
1983	Les Stevens	4th		2nd		1983	Stevens/Edlunch	T1st (65)		4th	
1984	Les Stevens	4th (64)		2nd (125)		1984	Les Stevens	4th (33)		3rd (56)	
1985	Les Stevens	3rd		3rd		1985	Dick Clay	3rd		3rd	
1986	Les Stevens	3rd (69)		3rd (113)		1986	Les Stevens	1st (61)		2nd (56.6)	
1987	Les Stevens	3rd (109)		3rd (132)		1987	Les Stevens	4th (62)		5th (41)	
1988	Les Stevens	2nd (123)		2nd (116)		1988	Les Stevens	2nd (119)		2nd (100)	
1989	Les Stevens	4th (99)		3rd (131)		1989	Les Stevens	3rd (97.5)		3rd (87)	
1990	Les Stevens	4th		5th		1990	Les Stevens	3rd		4th	
1991	Les Stevens	4th		3rd		1991	Les Stevens	4th		4th	
1992	Les Stevens	2nd (102)		2nd (121)		1992	Les Stevens	2nd (99)		2nd (111)	
1993	Les Stevens	2nd (85.5)		2nd (122)		1993	Les Stevens	2nd (88)		2nd (129)	
1994	Les Stevens	1st (115)		1st (161)		1994	Les Stevens	1st (129)		2nd (161)	
1995	Les Stevens	2nd (117)	12th (9)	3rd (109)	10th (27.5)	1995	Les Stevens	2nd (94.5)	23rd (2)	4th (83)	T-43rd (1)
1996	Les Stevens	1st (132)	4th (34.3)	3rd (125)	5th (29)	1996	Les Stevens	3rd (84)	T-13th (9)	6th (53)	—
1997	Janvrin/Pedersen	1st (172)	4th (24.5)	2nd (138)	3rd (40)	1997	Janvrin/Pedersen	6th (43.5)	—	6th (35)	—
1998	Janvrin/Pedersen	1st (161)	3rd (34)	1st (216)	3rd (57)	1998	Janvrin/Pedersen	3rd (73)	T-22nd (2)	7th (61)	T-41st (1)
1999	Janvrin/Pedersen	1st (178)	4th (22)	2nd (168)	7th (37)	1999	Janvrin/Pedersen	1st (103)	—	5th (98)	—
2000	Janvrin/Pedersen	1st (133)	T-9th (12)	2nd (160)	6th (33)	2000	Janvrin/Pedersen	3rd (79)	T-18th (6)	4th (79)	T-50th (1)
2001	Janvrin/Pedersen	1st (194)	8th (19)	1st (196)	4th (42)	2001	Janvrin/Pedersen	3rd (73)	T-26th (4)	4th (73)	—
2002	Janvrin/Pedersen	1st (154)	5th (22)	1st (146.5)	4th (18)	2002	Janvrin/Pedersen	3rd (103)	T-30th (3)	4th (104)	41st (41)
2003	Janvrin/Pedersen	1st (149)	4th (33)	1st (180)	10th (25)	2003	Janvrin/Pedersen	2nd (80.33)	—	2nd (112)	28th (9)
2004	Janvrin/Pedersen	2nd (111)	9th (18)	1st (170)	12th (21)	2004	Janvrin/Pedersen	4th (79)	T-8th (13)	2nd (137.5)	13th (21)
2005	Janvrin/Pedersen	1st (122)	33rd (3)	3rd (121)	32nd (6)	2005	Janvrin/Pedersen	1st (134)	9th (24.5)	1st (199)	11th (23)
2006	Janvrin/Pedersen	1st (156)	10th (18)	1st (203)	11th (23)	2006	Janvrin/Pedersen	1st (157)	6th (25)	1st (204.5)	14th (17)
2007	Janvrin/Pedersen	3rd (88.5)	29th (4)	1st (159)	T-10th (21)	2007	Janvrin/Pedersen	1st (145)	14th (12)	1st (188)	T-37th (6)
2008	Janvrin/Pedersen	1st (120)	21st (9)	1st (174.5)	14th (15)	2008	Janvrin/Pedersen	2nd (78)	39th (0.33)	2nd (152.5)	36th (5.5)
2009	Janvrin/Pedersen	1st (139.5)	6th (36)	1st (198)	5th (30)	2009	Janvrin/Pedersen	3rd (77.5)	3rd (41)	3rd (97)	13th (19)
2010	Janvrin/Pedersen	1st (137)	T-4th (37)	1st (190)	3rd (39)	2010	Janvrin/Pedersen	3rd (76)	12th (14)	2nd (117.5)	25th (11)
2011	Janvrin/Pedersen	1st (154)	4th (36.5)	1st (189)	8th (31.5)	2011	Janvrin/Pedersen	2nd (81)	6th (28.5)	2nd (130.5)	T-6th (29.5)
2012	Janvrin/Pedersen	1st (149)	6th (31)	2nd (153)	15th (20)	2012	Janvrin/Pedersen	2nd (140.5)	4th (42)	2nd (172)	4th (56.5)
2013	Janvrin/Pedersen	1st (122.5)	7th (29)	3rd (113)	20th (13)	2013	Janvrin/Pedersen	3rd (67.5)	13th (20)	5th (76.5)	22nd (12)
2014	Janvrin/Pedersen	4th (77.20)	31st (5)	3rd (108)	36th (5)	2014	Janvrin/Pedersen	3rd (82)	7th (20)	2nd (104.5)	6th (34)
2015	Janvrin/Pedersen	2nd (108)	T-19th (14)	3rd (111)	11th (23)	2015	Janvrin/Pedersen	1st (159)	1st (47)	2nd (164)	1st (59)
2016	Janvrin/Pedersen	T4th (64)	T11th (18)	4th (94)	7th (31)	2016	Janvrin/Pedersen	3rd (94)	11th (18)	3rd (127)	8th (30)

Central Missouri Cross Country Since 1978

Mules					Jennies				
Year	Coach	MIAA (Pts.)	Regional (Pts.)	NCAA (Pts.)	Year	Coach	MIAA (Pts.)	Regional (Pts.)	NCAA (Pts.)
1978	James Pilkington	1st (41)	1st (44)	—	1979	James Pilkington	3rd	9th (221)	—
1979	James Pilkington	2nd (42)	2nd (43)	7th (253)	1980	James Pilkington	—	9th (233)	—
1980	James Pilkington	2nd (67)	2nd (67)	18th (464)	1981	Les Stevens	2nd (45)	—	—
1981	Les Stevens	1st (44)	1st (53)	14th (303)	1982	Stevens/Busby	3rd (59)	4th (107)	—
1982	Stevens/Busby	1st (38)	1st (44)	13th (283)	1983	Les Stevens	2nd (49)	5th (123)	—
1983	Les Stevens	1st (47)	5th (150)	—	1984	Stevens/Clay	2nd (61)	4th (135)	—
1984	Stevens/Clay	5th (106)	9th (227)	—	1985	Stevens/Clear	2nd (55)	T-3rd (136)	—
1985	Stevens/Clear	4th (100)	6th	—	1986	Stevens/Clear	3rd (68)	3rd (105)	—
1986	Stevens/Clear	4th (108)	9th (251)	—	1987	Stevens/Pedersen	2nd (54)	5th (139)	—
1987	Stevens/Pedersen	3rd (86)	11th (294)	—	1988	Stevens/Pedersen	3rd (97)	—	—
1988	Stevens/Pedersen	3rd (63)	T-8th (192)	—	1989	Stevens/Pedersen	2nd (69)	11th (273)	—
1989	Stevens/Pedersen	3rd (79)	7th (172)	—	1990	Stevens/Pedersen	4th (94)	11th (269)	—
1990	Stevens/Pedersen	5th (120)	8th (227)	—	1991	Stevens/Pedersen	4th (107)	17th (431)	—
1991	Stevens/Pedersen	1st (43)	7th (228)	—	1992	Stevens/Pedersen	3rd (68)	12th (264)	—
1992	Stevens/Pedersen	4th (71)	8th (195)	—	1993	Stevens/Pedersen	2nd (52)	2nd (99)	16th (373)
1993	Stevens/Pedersen	1st (25)	2nd (91)	T-5th (187)	1994	Stevens/Pedersen	4th (84)	6th (160)	—
1994	Stevens/Pedersen	3rd (64)	6th (143)	—	1995	Stevens/Pedersen	3rd (87)	6th (202)	—
1995	Stevens/Pedersen	1st (20)	3rd (78)	2nd (98)	1996	Stevens/Pedersen	2nd (72)	4th (150)	—
1996	Stevens/Pedersen	1st (48)	5th (127)	6th (198)	1997	Kirk Pedersen	1st (23)	1st (42)	2nd (83)
1997	Kirk Pedersen	1st (23)	1st (42)	2nd (83)	1998	Kirk Pedersen	1st (38)	4th (106)	17th (352)
1998	Kirk Pedersen	1st (38)	4th (106)	17th (352)	1999	Kirk Pedersen	1st (35)	1st (68)	7th (206)
1999	Kirk Pedersen	1st (35)	1st (68)	7th (206)	2000	Kirk Pedersen	3rd (62)	4th (86)	13th (332)
2000	Kirk Pedersen	3rd (62)	4th (86)	13th (332)	2001	Kirk Pedersen	3rd (83)	4th (87)	17th (409)
2001	Kirk Pedersen	3rd (83)	4th (87)	17th (409)	2002	Kirk Pedersen	3rd (77)	4th (123)	21st (533)
2002	Kirk Pedersen	3rd (77)	4th (123)	21st (533)	2003	Kirk Pedersen	3rd (87)	3rd (115)	23rd (649)
2003	Kirk Pedersen	3rd (87)	3rd (115)	23rd (649)	2004	Kirk Pedersen	1st (43)	2nd (73)	17th (375)
2004	Kirk Pedersen	1st (43)	2nd (73)	17th (375)	2005	Kirk Pedersen	2nd (65)	3rd (102)	22nd (526)
2005	Kirk Pedersen	2nd (65)	3rd (102)	22nd (526)	2006	Kirk Pedersen	3rd (72)	3rd (100)	14th (390)
2006	Kirk Pedersen	3rd (72)	3rd (100)	14th (390)	2007	Kirk Pedersen	5th (129)	10th (276)	—
2007	Kirk Pedersen	5th (129)	10th (276)	—	2008	Kirk Pedersen	6th (133)	9th (241)	—
2008	Kirk Pedersen	6th (133)	9th (241)	—	2009	Kirk Pedersen	4th (90)	8th (249)	—
2009	Kirk Pedersen	4th (90)	8th (249)	—	2010	Kirk Pedersen	1st (37)	1st (105)	16th (423)
2010	Kirk Pedersen	1st (37)	1st (105)	16th (423)	2011	Kirk Pedersen	1st (53)	3rd (97)	—
2011	Kirk Pedersen	1st (53)	3rd (97)	—	2012	Kirk Pedersen	4th (92)	9th (274)	—
2012	Kirk Pedersen	6th (131)	9th (240)	—	2013	Kirk Pedersen	5th (159)	17th (437)	—
2013	Kirk Pedersen	1st (56)	2nd (115)	21st (556)	2014	Kirk Pedersen	7th (172)	14th (397)	—
2014	Kirk Pedersen	4th (112)	9th (236)	—	2015	Kirk Pedersen	9th (225)	20th (559)	—
2015	Kirk Pedersen	6th (132)	12th (296)	—	2016	Kirk Pedersen	6th (146)	11th (326)	—
2016	Kirk Pedersen	9th (216)	14th (353)	—					

Returning All-Americans



Kailey Fuchs
Katie Cassidy
Emily Thole
Nikki Douglas
All-American 4x400m Relay



Katie CASSIDY

Senior
Glendale, Pa.
St. Basil Academy
Multi-Events

Personal Records

Indoor			Outdoor		
60m Dash	7.90	2016	100m Dash	12.17	2016
400m Dash	1:00.24	2016	200m Dash	24.85	2016
600yd Run	1:25.01	2016	400m Dash	59.22	2015
800m Run	2:16.16	2016	800m Run	2:15.08	2016
60m Hurdles	9.14	2016	100m Hurdles	15.25	2016
High Jump	5' 5.25"	2016	400m Hurdles	1:06.92	2016
Long Jump	18' 3.25"	2016	High Jump	5' 6"	2016
Shot Put	38' 0.75"	2016	Long Jump	18' 10"	2016
Pentathlon	3805	2016	Shot Put	36' 5.75"	2016
			Javelin	84' 3"	2016
			Heptathlon	5008	2016

All-American

2016 Pentathlon (Indoor)
 2016 4x400m Relay (Indoor)

All-MIAA

2016 4x400m Relay (Indoor)
 2016, 2015 4x400m Relay (Outdoor)

2015-16: (Indoor): Won her first NCAA All-American award in the pentathlon scoring a personal-best 3805 points, eighth-best in UCM history, to finish in eighth place ... Also helped the 4x400m relay team to an All-American eighth-place finish as the team ran a school record 3:45.87 ... Finished in fourth-place at the conference meet in the pentathlon scoring 3681 points and in fourth-place in the 600 yard run with a time of 1:25.60 ... Set indoor personal-bests and joined the UCM top-10 list in the 600 yard run (1:25.01, sixth all-time) and the 800m run (2:16.16, ninth all-time) ... Jumped an indoor PR 18-3.25 in the long jump which with 10th in UCM history ...

(Outdoor): Competed in the heptathlon at the NCAA Championships and placed 15th with 4156 points ... Also was on the 4x400m relay at the national meet as the team ran a school record 3:41.62, fifth-fastest in the preliminary round ... Was a part of the MIAA Championship 4x400m relay and placed fourth at the conference meet in the heptathlon with a personal-best 5008 points, eighth all-time at UCM and fourth with the 4x100m relay ... Set personal-bests in nine events and is in the UCM top-10 in the 100m (12.24, tied-eighth all-time), 200m (24.85, seventh all-time) and the long jump (18' 10", tied-eighth all-time) ... Was a member of the school record setting 4x800m relay that ran 9:01.67 at the Drake Relays ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Set a new personal-best in the pentathlon scoring 3527 points at the MIAA Championships to place fourth, eighth-best mark in UCM history ... Provisionally qualified for nationals in the event with the 20th best score in the country ... Finished fourth at the at the conference meet in the 600 yard run in 1:27.13 ... Set a PR in the 600 yard run, running the ninth-fastest time in school history, 1:26.99 in the preliminary round of the MIAA Championships ... Was a part of the 4x400m relay team which placed fourth at the MIAA Championships in 3:55.86 to provisionally qualify for nationals ... **(Outdoor):** Placed seventh at the MIAA Championships in the heptathlon with a personal-best score 4610 to provisionally qualify for nationals with the 35th best score in the country ... Was a part of the All-MIAA 4x400m relay team which took third at the conference meet in 3:49.64 ... Ran a leg on the second-fastest outdoor 4x400m relay in school history, 3:46.51, at the Sam Williams Twilight qualifier to provisionally qualify for nationals ... Named to the MIAA Academic Honor Roll.

2013-14: (Indoor): Competed at the MIAA Championships in the pentathlon, finishing 13th with 3286 points ... Was a part of the indoor MIAA Championship 4x400m relay team ...

(Outdoor): Finished eighth in the heptathlon at the MIAA Championships with 4396 points ... Placed fourth at the UCM Mule Relays in the 400m dash with a personal-best time of 59.41.

Personal: Majoring in Public Relations

Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 8 MIAA Indoor Titles – 3 MIAA Outdoor Titles



Kailey FUCHS

Senior
Loveland, Colo.
Loveland HS
Sprints

Personal Records

Indoor		
60m Dash	8.08	2016
400m Dash	56.89	2016
600yd Run	1:24.46	2015
800m Run	2:10.48	2016
Outdoor		
100m Dash	12.86	2016
200m Dash	25.45	2015
400m Dash	55.83	2015
800m Run	2:11.41	2016

All-American
 2016 4x400m Relay (Indoor)

All-MIAA
 2016 800m Run (Indoor)
 2016, 2014 4x400m Relay (Indoor)
 2016 800m Run (Outdoor)
 2016, 2015 4x400m Relay (Outdoor)
 2015 600 Yard Run (Indoor)

2015-16: (Indoor): Ran the second-fastest time in school history at the NCAA Championships, finishing the 800m race ninth in 2:10.48 ... Earned her first career All-American award as a part of the Jennies 4x400m relay that finished eighth in a school record 3:45.87 ... Finished second at the MIAA Championships in both the 800m and 4x400m relay ... Set a new personal-best for 400m, running 56.89 at the Pittsburg State Invitational which is sixth all-time at UCM ... **(Outdoor):** Took second-place at the MIAA Championships in the 800m running 2:14.24 ... Also was on the MIAA Champion 4x400m relay team (3:47.76) and the fourth-place 4x100m (46.80), which broke the school record ... Was on the 4x400m relay at the NCAA Division II Championships as the team ran a school record 3:41.62, fifth-fastest in the preliminary round ... Ran an outdoor PR in the event of 2:11.41, sixth-fastest outdoor time in school history at the ESU Qualifier ... Was a member of the school record setting 4x800m relay that ran 9:01.67 at the Drake Relays ... Named to the MIAA Academic Honor Roll and an MIAA Scholar Athlete.

2014-15: (Indoor): Was the MIAA champion in the 600 yard run, running 1:24.98 ... Ran a personal-best 1:24.46 in the preliminary round, the third-best time in UCM history ... Also competed in the 4x440 yard relay and distance medley relay at the MIAA Championships, finishing in fourth and sixth places, respectively ... Preliminary qualified for nationals in the 4x400m relay, running 3:55.86 ... Ran an indoor PR 58.32 400m dash at the Grand Valley State Big Meet, cracking the UCM top-10 with the eighth-fastest time in school history ... **(Outdoor):** Set a new school record in the 400m dash at the MIAA Championship, running 55.83 to place fifth and provisionally qualify for nationals ... Was a part of the All-MIAA 4x400m relay team which took third at the conference meet in 3:49.64 ... Ran a leg on the second-fastest outdoor 4x400m relay in school history, 3:46.51, at the Sam Williams Twilight qualifier to provisionally qualify for nationals ... Was a part of the fifth fastest 4x100m relay team, which ran 47.59 at the MIAA Championships and finished fifth ... Finished second in the 800m run at the Pittsburg State Gorilla Classic, running a PR, and fifth-best time in school history, 2:13.61 ... MIAA Scholar Athlete and named to the MIAA Academic Honor Roll.

2013-14: (Indoor): Ran at the MIAA Championships, finishing fourth in the 600 yard run in 1:26.12 ... Was also a part of the MIAA champion 4x400m relay team ... Won the 800m run at the UCM Mule run and the 600 yard run at the MSSU Lion Invite ... **(Outdoor):** Finished 10th at the MIAA Championships in the 800m run ... Was also a part of the 4x100m and 4x400m relays which finish fifth and sixth ... Won the 800m run at the Pittsburg State Gorilla Invite.

Before UCM: A four-year letter winner she was a member of three conference and state championship teams ... member of the 4x400 relay team that captured title at the Great Southwest Track & Field Classic ... a member of the National Honor Society, four-year honor roll member, French Honor Society, Colorado District Honor Award, Fantastic Freshman Award and Athletic Academic Excellence Award winner.

Personal: Majoring in Biology with a minor in Chemistry ... Daughter of Daryl and Cindy Fuchs.

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles



Osvaldo GRANILLO

Senior
Moscow, Kan.
Moscow HS
Sprints

Personal Records

Outdoor			Indoor		
400m Dash	47.92	2016	60m Dash	7.04	2014
800m Run	1:56.39	2015	400m Dash	47.92	2016
Discus	124' 7"	2014	600yd Run	1:13.39	2016
			800m Run	1:59.80	2016
			1000m Run	2:43.98	2014
			60m Hurdles	9.16	2014
			High Jump	5' 10.5"	2014
			Long Jump	21' 3.5"	2014
			Shot Put	42' 7.5"	2014
			Pole Vault	12' 1.5"	2014
			Heptathlon	4852	2014

All-American
2015 4x400m (Outdoor)

All-MIAA
2016, 2015 4x400m Relay (Outdoor)
2015 400m Dash (Indoor)

2015-16: (Indoor): Ran the third-fastest time at UCM in the 400m, running 47.92 at the MIAA Championships to finish fourth ... Also ran on the fourth-place 4x400m relay at the conference championships which ran 3:16.44 ... Set a personal-best in the 600 yard run at the UCM Classic, running 1:13.39 ... **(Outdoor):** Like the indoor season, also ran 47.92 for the 400m at the MIAA Championships which placed fourth overall ... Ran on both the 4x400m relay which took second at the conference meet in 3:13.12 and the 4x100m that placed sixth in 41.84 ... Provisionally qualified for nationals in both the open 400m and as a part of the 4x400m relay team ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Qualified for the NCAA National Championship meet in the open 400 dash and with the 4x400m relay team ... Set an indoor PR of 48.18 in the event at Grand Valley, fourth-fastest indoor 400m in school history ... Finished 17th in the national meet ... Placed second in the 400m dash at the MIAA Championships running 48.63 ... Was a part of the school-record setting indoor 4x400m relay team that ran 3:11.59 at Grand Valley ... Set a personal-best in the shot put, throwing 42' 7.5" ... **(Outdoor):** Set a personal-best in the 400m, breaking 48-seconds, running 47.95 in the MIAA Conference Championship preliminary round ... Came in sixth place at the conference meet in the 400m dash running 48.83 ... Ran at NCAA Nationals with the 4x400m relay team and was named an All-American as they finished in fifth place with a time of 3:10.36 ... Was a part of the second-fastest outdoor 4x400m relay in school history, when UCM ran 3:10.18 at the Sam Williams Twilight Qualifier.

2013-14: (Indoor): Competed in the heptathlon and scored a career-best 4852 at the Happy Holiday's Multi Meet, finishing fifth ... Was a part of the first place 4x440yd relay team at the UCM Classic ... **(Outdoor):** Competed mostly in the 400m dash and 4x100m and 4x400m relays ... Ran in both relays at the MIAA Championships, placing third in both events to earn All-MIAA Honors ... Also placed sixth in the open 400m dash at the championship meet ... Named to the MIAA Academic Honor Roll.

Before UCM: Nine-time state champion in the state of Kansas ... Earned 11 All-State honors while at Moscow HS ... Named All-Area Athlete of the Year after junior and senior seasons of 2011 & 2012 ... Four-time All-Conference Team ... Won state titles as a sophomore as member of the 4x400m and 4x800m teams ... Picked up four more state crowns, defending his two relay titles as a junior while adding 100m and 200m titles ... Claimed the state title in 100m, 200m and 400m as a senior ... Also earned All-State honors in football.

Personal: Son of Rafael and Alma Granillo ... Majoring in Computer Information Systems.

Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 8 MIAA Indoor Titles – 3 MIAA Outdoor Titles



Brittany KALLENBERGER

Senior
Lee's Summit, Mo.
Lee's Summit West HS
High Jump/Pole Vault

Personal Records

Indoor			Outdoor		
400m Dash	1:04.46	2014	200m Dash	27.78	2013
800m Run	2:40.49	2015	400m Dash	1:01.63	2014
55m Hurdles	8.58	2013	800m Run	2:34.32	2013
60m Hurdles	9.25	2015	100m Hurdles	14.88	2014
High Jump	5' 7.25"	2016	400m Hurdles	1:08.25	2013
Long Jump	16' 6.5"	2015	High Jump	5' 7.75"	2016
Pole Vault	12' 10.25	2015	Long Jump	17' 10.25"	2013
Shot Put	29' 9.5	2015	Pole Vault	13' 3.5	2015
Pentathlon	3282	2015	Shot Put	28' 4.5"	2013
			Javelin	50' 3"	2013
			Heptathlon	3953	2013

All-American

2016, 2015 Pole Vault (Outdoor)
 2015 Pole Vault (Indoor)

All-MIAA

2016, 2015 Pole Vault (Outdoor)
 2016, 2013 High Jump (Indoor)
 2015 Pole Vault (Indoor)
 2013 Pole Vault (Indoor)

2015-16: (Indoor): Finished in ninth place at the NCAA Championships in the high jump, clearing 5' 5.25" ... Qualified for nationals in the pole vault, jumping a season-best 12' 5.5" at the UCM Invitational ... Jumped an indoor personal-best 5' 7.25" in the high jump at the MIAA Championships to take second and finished seventh in the pole vault clearing 12' 2.5" ... **(Outdoor):** Took sixth place at the NCAA Championships in the pole vault clearing 12' 7.5" ... Also competed in the high jump at the national meet and placed 18th, jumping 5' 4.5" ... Set a new personal-best in the high jump, jumping 5' 7.75" at the MIAA Championships to place fourth ... Was the MIAA Champion in the pole vault, her second straight conference crown in the event, jumping 12' 8.75" ... Named to the MIAA Academic Honor Roll and an MIAA Scholar Athlete.

2014-15: (Indoor): Competed at the NCAA Championships for the first time and was crowned All-American in pole vault after taking sixth place with a jump of 12' 9.5" ... Was the MIAA Champion in the pole vault jumping 12' 7.5" and took fifth place in the high jump, jumping a personal-best 5' 7" ... Her mark of 5' 7" provisionally qualified her for nationals and placed her in a tie for 10th place all-time at UCM ... Jumped 12' 10.25" in the pole vault at the MSSU Invite to set a new school record in the event ... Participated in one pentathlon and set a PR, provisionally qualifying for the NCAA meet with a score of 3282 ... **(Outdoor):** Crowned National Champion in the pole vault, scoring 10 points to help the Jennies to their first ever outdoor championship as she jumped 13' 1.5" ... Is the first Jennie to ever win the pole vault at the NCAA Championships ... Also won the MIAA Championship in the event, jumping a personal-best and UCM record 13' 3.5" ... Her jump of 13' 3.5" sets a new record for the pole vault at the conference meet since it first became an MIAA event in 2000 ... Also placed ninth at the MIAA meet in the high jump, jumping 5' 3.25" ... MIAA Scholar Athlete and named to the MIAA Academic Honor Roll.

2013-14: Redshirted, competed unattached ... Named to the MIAA Academic Honor Roll.

2012-13 (Indoor): Earned All-MIAA honors with a 3rd place finish in the high jump ... **(Outdoor):** Earned All-MIAA honors with a 3rd place finish at the MIAA Championships in the pole vault... also placed 6th in the high jump

Before UCM: Won six state championships, two each in the 100m hurdles, high jump, and pole vault ... set Missouri state record in the pole vault (12' 10") ... Competed at the Nike Track Nationals in 2010 & 2011.

Personal: Majoring in both drafting and design tech & engineering ... Daughter of Rodney and Debbie Kallenberger.

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles



Michael LOCKHART

Senior
Freeport, Bahamas
Sunland Baptist Academy
Sprints

Personal Records

Indoor		
60m Dash	7.00	2015
400m Dash	48.48	2015
600yd Run	1:16.13	2015
Outdoor		
100m Dash	11.11	2014
200m Dash	21.71	2015
400m Dash	48.38	2015

All-American
 2015 4x400m (Indoor)

2015-16: Redshirted during the indoor and outdoor seasons.

2014-15: (Indoor): Earned All-American status with the 4x400m relay team at the NCAA Championships, as they took fifth place in 3:14.41 ... Was also a member of the record-setting 4x400m relay team that ran 3:11:59 at Grand Valley ...

Set a new indoor personal-best and sixth-fastest time in UCM history running 48:48 in the open 400m, also at Grand Valley ...

Placed fifth at the MIAA Championship in the 400m, running the quarter-mile in 49:29 ... Set a new PR in the 60m dash, winning the event at the UCM Classic in 7.00 ... **(Outdoor):** Set a personal-record in the 400m dash at the MIAA Championships, running 48.38 in the preliminary round ... Finished eighth at the conference meet, sprinting to a time of 48.88 ... Was also a member of the sixth-place 4x100m relay team at the MIAA Championships that circled the track in 42.20 ... Ran a personal-best in the 200m dash at the ESU Relays, placing fourth in 21.71.

2013-14: (Indoor): Placed 10th at the MIAA Championships in the 400m dash in 50.90 ... Ran the fifth fastest indoor 400m in school history at the Grand Valley meet, crossing the line in 48.87 ... Ran a PR time of 7.08 in the 60m dash at the UCM Relays ... **(Outdoor):** Competed in the 400m at the MIAA Championships and finished 12th with a season-best 49.03 ... Was a member of the first-place 4x400m relay team at the Pittsburg State Gorilla Invite and the third-place 4x100m relay team at the Sam Williams Twilight Qualifier ... Ran a PR 11.11 in the 100m dash at the PSU "Wendy's" Invite.

Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 8 MIAA Indoor Titles – 3 MIAA Outdoor Titles



Jacob MAHIN

**Senior
Staunton, III.
Staunton HS
Throws**

Personal Records

Indoor		
Shot Put	58' 4.75"	2016
Weight Throw	48' 10"	2016
Outdoor		
Shot Put	59' 9.5"	2016
Discus	162' 8"	2014

All-American
2016 Shot Put (Indoor)
2016 Shot Put (Outdoor)

All-MIAA
2016, 2015, 2014 Shot Put (Indoor)
2016 Shot Put (Outdoor)

2015-16: (Indoor): Named All-American for the Mules at the Division II National Championships, placing seventh with a mark of 56' 10.75" ... Took second-place at the conference meet, throwing a personal-best 58' 4.75", which is fourth-best indoor in UCM history ... Had six top-three finishes including wins in the shot put at the UCM Classic and Mule Relays ... **(Outdoor):** Finished in fourth-place at the NCAA Championships, throwing 58' 1.25" to earn his second All-American award ... Finished second at the MIAA Championships, throwing 56' 9.25" and took sixth in the discus with a throw of 159' 4" ... Set a personal-best 59' 9.5" throw in the shot put at the MSSU Invitational, which is second all-time at UCM ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Placed third for the Mules at the MIAA Championships in the shot put, throwing 53' 6.25" ... Set a season-best and provisionally qualified for nationals in the event throwing 53' 11.25" at the UCM Invitational ... Finished in the top five in the shot put in all five meets he competed in ... **(Outdoor):** Scored for UCM at the MIAA Championships in both the shot put and discus ... Placed fifth in the shot put throwing 54' 7.5" and eighth in the discus with a personal-best mark 162' 5" ... Provisionally qualified for nationals in both events ... Set a personal-best in the shot put throwing 55' 6.25" at the PSU Invitational, the ninth-best throw in school history.

2013-14: (Indoor): On his final throw of the shot put at the MIAA Championships, jumped from sixth-place to third with a PR throw of 53' 2.75" to be named All-MIAA ... Also competed in the weight throw at the MIAA Championships and finished 15th ... Placed second in the shot put at the UCM Classic ... **(Outdoor):** Threw the shot put and discus at the MIAA Championships, scoring for the Mules with fifth and eighth place finishes respectively ... His toss of 51' 10" in the shot at the Conference Championships was a season-best ... Took home seventh-place in the discus at the Pittsburg State Gorilla Invite with a PR throw of 162' 8" ... Named to the MIAA Academic Honor Roll.

Before UCM: A conference, county and sectional champion in both the shot put and discus for head coach B.J. Ogata at Staunton High School ... was the state runner-up in the discus and placed fifth in the shot put ... helped his team to three straight conference titles ... also earned all-conference honors as a right tackle in football, helping his team to a conference crown, two state playoff appearances ... also played in the North/South All-Star Game as a senior.

Personal: Accounting major, minoring in Management ... Son of Russell and Kim Mahin.



Omari McDONALD

Senior
Kingston, Jamaica
Monroe College
Sprints

Personal Records

<i>Indoor</i>		
400m Dash	49.56	2016
600yd Run	1:19.40	2015
<i>Outdoor</i>		
100m Dash	10.72	2016
200m Dash	22.34	2016
400m Dash	48.60	2015

All-American
 2015 4x400m Relay (Indoor)

All-MIAA
 2015 4x400m Relay (Outdoor)

2015-16: (Indoor): Qualified for the finals in the 400m dash at the conference meet with a 49.56, good for seventh in the preliminary round, which was also a season-best ... **(Outdoor):** Had the fastest 100m dash time for the Mules, running 10.85 in the preliminary round of the conference championship, but sustained an injury during the finals and finished eighth ... Set a personal-best in the 200m dash running 22.34 at the ESU Relays.

2014-15: (Indoor): Finished 13th at the MIAA Championships in the 400m dash, running 50.63 ... **(Outdoor):** ... Ran at NCAA Nationals with the 4x400m relay team and was named an All-American as they finished in fifth place with a time of 3:10.36 ... Was a part of the second-fastest outdoor 4x400m relay in school history, when UCM ran 3:10.18 at

the Sam Williams Twilight Qualifier ... Ran both the 4x400m relay and the open 400m dash at the MIAA Championship ... Finished second in 3:12.36 with the 4x400m relay and 11th in a personal-best 48.60 in the 400m dash.



Cole PHILLIPS

Senior
Nixa, Mo.
Nixa HS
Pole Vault

Personal Records

Indoor		
Pole Vault	17' 3"	2016
Outdoor		
Pole Vault	17' 7.25"	2015

All-American
2016, 2015 Pole Vault (Indoor)
2016, 2015 Pole Vault (Outdoor)

All-MIAA
2016, 2015 Pole Vault (Indoor)
2016, 2015, 2014 Pole Vault
(Outdoor)

2015-16: (Indoor): Took second place at the NCAA Division II National Championships in the pole vault clearing 17' 1" ... Won his second straight Indoor MIAA Championship with an indoor personal-best jump of 17' 3", third-best indoor jump at UCM ... Finished in the top two in the pole vault in six of seven meets competed in ... **(Outdoor):** Again placed second at the NCAA Championships, jumping 17' for his fourth All-American award ... Won the MIAA Championship clearing 16' 8.75", his fourth career MIAA Championship ... Jumped a season-high 17' 1.5" to win the Missouri S&T Invitational ... Finished in the top three in nine of 10 meets.

2014-15: (Indoor): Won his first NCAA All-American Award by finishing fifth at the NCAA Championships in the pole vault, jumping 16' 6.75" ... Had the second-best jump in the nation and third-best in school history when he cleared 17' 1.5" at the UCM Relays ... Won his first ever MIAA Championship jumping 16' 9.25" ... Placed no lower than fifth at any meet he competed in including winning the pole vault in five out of eight meets ... **(Outdoor):** Again claimed All-American honors by placing seventh in the pole vault at the NCAA Championships, jumping 16' 6.75" ... Had the best-mark in the country at 17' 7.25" which won the MIAA Championship and is the second-best mark in UCM history ... Placed either first or second in five outdoor meets.

2013-14: (Indoor): Redshirted, competed unattached ... **(Outdoor):** Recorded the third-highest jump in UCM history in the pole vault at the UCM Mule Relays, winning the event with a jump of 16' 8.75" ... Finished second in the pole vault at the MIAA Championships, earning All-MIAA status with a jump of 16' 8" ... Finished first at the Sam Williams Twilight Qualifier, jumping 16' 5.25".

2012-13: (Indoor): Picked up a point for UCM at the MIAA Championships with a 4th place finish ... Had three 2nd place finishes at the UCM Classic, the Iowa State Classic, and the UCM Mule Relays ... **(Outdoor):** Competed for UCM four times ... Won the pole vault at the UCM Mule Relays ... Set a career-high mark at the MSSU Last Chance, finishing 2nd.

Before UCM: Set Nixa HS school record in the pole vault during senior season.

Personal: Business major ... Son of Angie and Clay Phillips.



Jacob Randle

Junior
Pleasant Hill, Mo.
Missouri State
Sprints

Personal Records

Indoor		
400m Dash	50.77	2016
600yd Run	1:10.76	2016
800m Run	1:56.28	2016
Outdoor		
400m Dash	49.81	2016
800m Run	1:52.56	2016

All-American

2015 4x400m Relay (Indoor)
 2015 4x400m Relay (Outdoor)

All-MIAA

2016, 2015 600yd Dash (Indoor)
 2016, 2015 4x400m Relay (Outdoor)

2015-16: (Indoor): Took second place at the MIAA Championships in the 600 yard run, running a personal-best 1:10.76, third-fastest time in school history ... Also ran on the 4x400m relay at the conference meet, which took fourth place in an NCAA provisional qualifying time of 3:16.44 ... Set season-bests in the 400m with a time of 50.77 at the UCM Invitational and 1:56.28 for 800m at the Pitt State Indoor Gorilla Classic ... Won the 800m at the UCM Classic, running 1:58.75 ... **(Outdoor):** Ran a personal-best 1:52.56 for 800m in the preliminary round of the MIAA Championships, seventh-best all-time at UCM and finished eighth in the finals running 1:58.82 ... Again ran on the NCAA provisional-qualifying 4x400m relay team which ran 3:13.12 to place second at the MIAA Championships ... Competed at the Drake Relays where he finished 13th in the Sprint Medley Relay which ran 3:33.39 and ninth in the 4x400m relay on a team that ran 3:13.53 ... Set a new PR in the open 400m dash, running 49.81 at the ESU Relays ... Named to the MIAA Academic Honor Roll and an MIAA Scholar Athlete.

2014-15: (Indoor): Named All-American after finishing in fifth place as a part of the 4x400m relay team at the NCAA Championships, which ran 3:14.41 ... Ran the 400m and 800m races during the indoor season ... Was named All-Conference after finishing second at the MIAA Championships in the 600 yard run, running 1:13.59 ... Set a personal-best in the event in the preliminary round, running 1:13.03 ... **(Outdoor):** Again ran at the NCAA Championships with the 4x400m relay team and was named All-American, finishing in fifth place with a time of 3:10.36 ... Was a part of the second-fastest 4x400m relay in school history which ran 3:10.18 at the Sam Williams Twilight ... Finished in second-place in the 4x400 at the MIAA Championships that ran 3:12.36 ... Also ran the open 800m run at the conference meet, finishing in 15th place with a PR time of 1:55.44.

2013-14: Redshirted both indoor and outdoor seasons, competed unattached.

Before UCM: Captured a conference championship and qualified for the state meet as a senior for head coach John Hamilton at Pleasant Hill High School ... was a two-time Academic All-Conference honoree as well ... also lettered four years in football and wrestling and qualified for the state wrestling tournament in 2013.

Personal: Finance major ... Son of Brian and Cathy Randle.



Blake SEITZ

Senior
Napoleon, Mo.
Wellington-Napoleon HS
Multi-Events

Personal Records

Indoor			Outdoor		
55m Dash	7.13	2013	100m Dash	11.37	2016
60m Dash	7.28	2015	200m Dash	23.35	2016
1,000m Run	2:46.69	2016	400m Dash	51.50	2016
55m Hurdles	8.87	2013	1,500m Run	4:38.78	2016
60m Hurdles	8.78	2016	110m Hurdles	15.70	2016
High Jump	6' 6.75"	2016	High Jump	6' 5"	2015
Pole Vault	14' 1.25"	2014	Pole Vault	14' 5.25"	2016
Long Jump	22' 1.5"	2014	Long Jump	22' 3"	2016
Shot Put	46' 0.5"	2014	Shot Put	45' 6.25	2014
Heptathlon	5216	2015	Discus	137' 10"	2015
			Javelin	202' 5"	2016
			Decathlon	7219	2016

All-American

2016, 2015 Decathlon (Outdoors)
 2014 Heptathlon (Indoors)

All-MIAA

2016, 2014 Heptathlon (Indoors)
 2016, 2015 Decathlon (Outdoors)

conference meet, threw a personal-best 202' 5", second furthest in school history ... Competed in the open javelin at the MIAA Championships and placed eighth throwing 182' 6" ... Set personal-bests in eight individual events plus the decathlon during the season ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Placed 10th at the NCAA Championships in the heptathlon scoring 5085 points ... Scored for the Mules at the conference meet, setting a personal-best 5216 in the heptathlon, fifth-best score at UCM ... **(Outdoor):** Earned his second career All-American Award, placing sixth in the decathlon with a personal-best score 7018, seventh-best score in school history ... Placed fifth for the Mules at the MIAA Championships in the event, posting a score of 6885 ... Also scored for UCM at the conference meet in the javelin, throwing 183' 1" to place eighth.

2013-14: (Indoor): Named NCAA Division II All-American after finished seventh in the country in the heptathlon ... Recorded a personal-best 5087, the seventh-best mark in school history ... Placed third at the MIAA Championships, garnering All-Conference honors ... Set personal-best marks in six of the seven heptathlon events ... **(Outdoor):** Qualified for the Division II National meet, finishing 10th in the pentathlon ... Finished second at the MIAA Championships with a PR score of 6972, the sixth best ever at UCM, and was named All-MIAA ... Recorded a personal-best in all 10 of the decathlon events, including a throw of 195' 7" in the javelin, the fourth-best throw in Mules history ... Named to the MIAA Academic Honor Roll.

2012-13: (Indoor): Competed for the Mules three times, at the UCM Mule Relays, the UCM Invite, and the Happy Holidays Multi ... Finished 7th in the heptathlon with a then-career-best 4,616 at the Happy Holiday Multi ... **(Outdoor):** Finished 5th in the decathlon with a then-career-best of 6,315 at the Bobcat Invitational ... Also competed at the Emporia State Relays, finishing 5th in the decathlon.

Personal: Majoring in Construction Management.

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles



Chris SWEARINGIN

Senior
Odessa, Mo.
Odessa HS
Javelin

Personal Records

Outdoor		
Javelin	216' 8"	2016
Hammer Throw	134' 1"	2013

All-American
 2016, 2013 Javelin (Outdoors)

All-MIAA
 2016, 2014, 2013 Javelin
 (Outdoors)

2015-16: (Outdoor): Earned his second All-American award in the javelin throw by placing fourth at the NCAA Championships ... Set a new school record at the national meet with a throw of 216' 8" ... Finished second at the MIAA Championships, throwing the spear 210' 4" ... Threw over 200 feet in four of the six meets he competed in ... Named to the MIAA Academic Honor Roll and an MIAA Scholar Athlete.

2014-15: Medical redshirt in 2014-15.

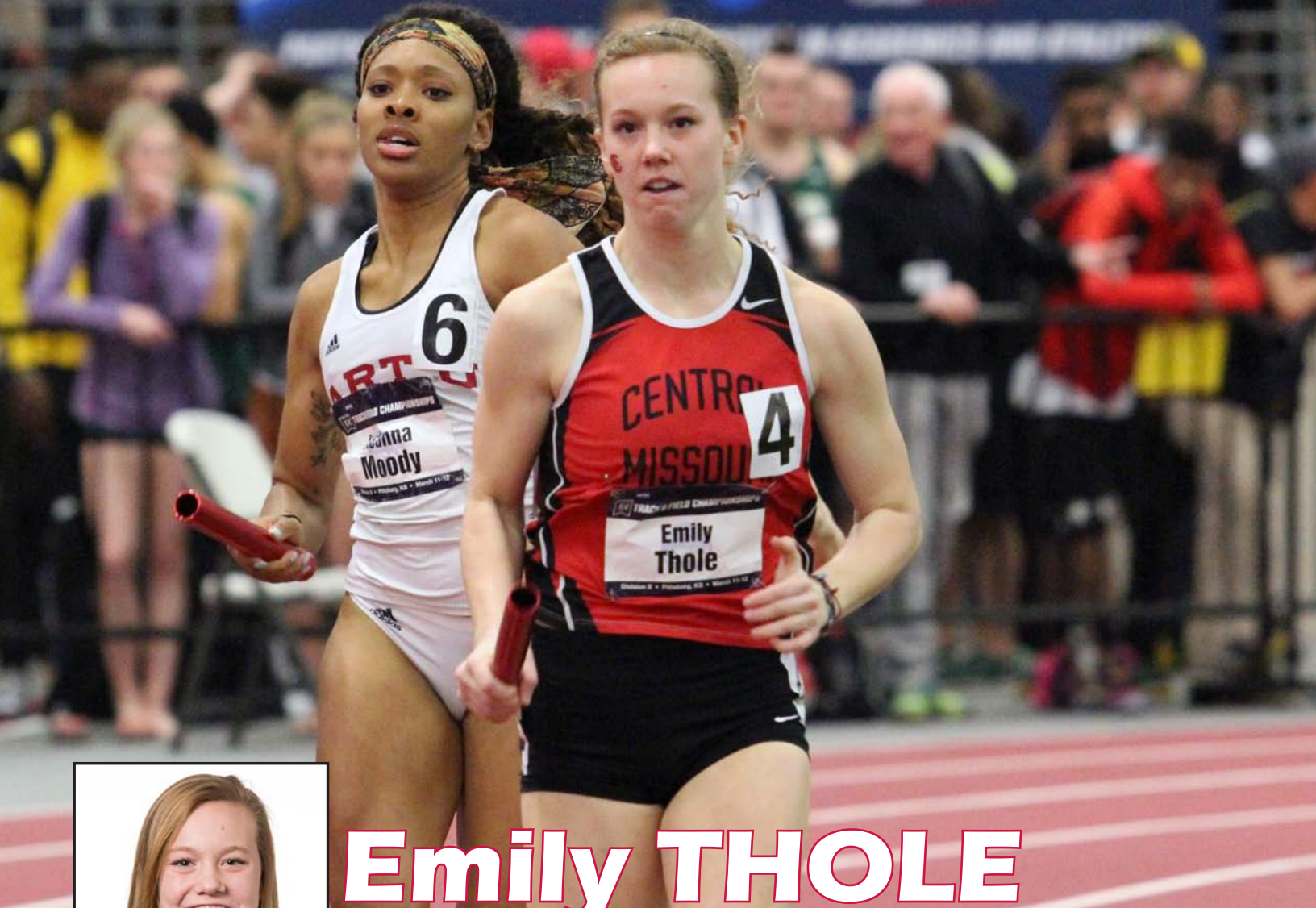
2013-14: (Outdoor): Set the school record in the javelin with a throw of 214' 7" to win the MIAA Championship ... Qualified for the Division II National meet where he finished 15 in the javelin, throwing 197' 6" ... Also took home first place honors in the javelin at the UCM Mule Relays and Pittsburg State Gorilla Invite ... Named an MIAA Scholar Athlete and to the MIAA Academic Honor Roll.

2012-13: (Outdoor): Finished 8th in javelin at the NCAA Championship, with a career-high mark and new school record of 209' 4" ... MIAA Champion in the javelin... Won the javelin at the Sam Williams Twilight Qualifier.

Before UCM: Named All-Conference three times, twice earning All-District honors.

Personal: Safety Management major major ... Son of Chuck and Marcy Swearingin ... Sister, Brooke, was a three-time All-American thrower for the Jennies, who graduated in 2015.

Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 8 MIAA Indoor Titles – 3 MIAA Outdoor Titles



Emily THOLE

Sophomore
Manchester, Iowa
West Delaware HS
Sprints

Personal Records

Indoor		
60m Dash	8.06	2016
200m Dash	25.81	2016
400m Dash	58.87	2016
600yd. Run	1:23.84	2016
Outdoor		
100m Dash	12.49	2016
200m Dash	25.19	2016
400m Dash	57.27	2016
800m Run	2:18.68	2016

All-American
 2016 4x400m Relay (Indoor)

All-MIAA
 2016 600yd Run (Indoor)
 2016 4x400m Relay (Indoor)
 2016 4x400m Relay (Outdoor)

2015-16: (Indoor): Ran on the All-American 4x400m relay team that set a school record 3:45.87 at the NCAA Championships ... Finished in second place at the MIAA Championships in the 600 yard run, running 1:23.84, second-fastest in school history ... Ran all the sprint races, setting a personal-best 25.81 in the 200m dash, which is seventh all-time, and 58.87 for 400m ... **(Outdoor):** Was a part of all three school record-breaking relay teams during the outdoor season ... Was on the 4x400m relay at the NCAA Division II Championships as the team ran 3:41.62, fifth-fastest in the preliminary round ... Ran on the 4x800m relay that ran 9:01.67 at the Drake Relays ... Finished in sixth place at the MIAA Championships in the open 400m dash, running 57.39 ... Set a personal-best in the prelims running 57.27 ... Ran on the MIAA Championship 4x400m relay that ran 3:47.76 ... Was on the school record 4x100m relay team that took

fourth at the conference meet in 46.80 ... Ran a PR 25.19 in the 200m dash at the ESU Twilight Qualifier ... Named to the MIAA Academic Honor Roll and an MIAA Scholar Athlete.

In High School: Ran track for four years at West Delaware High School ... Qualified for the state meet 16 times across all four years and placed 12 times ... Also played volleyball, basketball and softball for all four years ... Named First Team All-State and First Team All-Conference in softball and volleyball ... Helped softball and volleyball teams to three state tournaments and three district titles ... Won conference volleyball in 2014 and participated in the Iowa all-star volleyball game.

Personal: Daughter of Rick and Kris Thole ... Undecided on major.

2016-17 Central Missouri Jennies

Name	Year (Indoor/Outdoor)	Event	Hometown	Previous School
Shay Babcock	JR/JR	Jumps	Slater, Mo.	Slater HS
Jenna Bartholomew	SO/SO	Distance	Drexel, Mo.	Drexel HS
Ryan Beard	JR/JR	Sprints	Olathe, Kan.	Johnson County CC
Hannah Becker	SO/SO	Multi-Events	Mount Pleasant, Iowa	Mount Pleasant HS
Stephanie Boan	SO/SO	Distance	Liberty, Mo.	Liberty North HS
Rachel Boone	JR/JR	Mid Distance	Warrensburg, Mo.	Warrensburg HS
Ashlan Burton	FR/FR	Throws	Urbandale, Iowa	Urbandale, HS
Alyssa Carlton	SO/SO	Multi-Events	Imperial, Mo.	Kent State/Seckman HS
Katie Cassidy	SR/SR	Multi-Events	Glenside, Pa.	St. Basil Academic
Jami Clay	SO/SO	Distance	Olathe, Kan.	Olathe North HS
Amy Dorge	JR/JR	Throws	Jefferson City, Mo.	Blair Oaks HS
Riley Dovel	FR/FR	Distance	Blue Springs, Mo.	Lindenwood
Rebecca Freund	FR/FR	Pole Vault	Pingree Grove, Ill.	Hampshire HS
Kailey Fuchs	SR/SR	Sprints	Loveland, Co.	Loveland HS
Sanikee Gardner	FR/JR	Sprints	Clarendon, Jamaica	Arkansas-Pine Bluff
Yesenia Gomez	JR/JR	Distance	Kansas City, Mo.	Liberty North HS
Laia Gonzalez	FR/FR	Hurdles	Barcelona, Spain	
Cassidy Harris	SO/SO	Multi-Events	Poplar Bluff, Mo.	Poplar Bluff HS
Lexi Heim	FR/Fr	Pole Vault	Columbia, Mo.	Rockbridge HS
Marissa Henry	SR/SR	Sprints	Kansas City, Kan.	Butler CC/Washington HS
Jayda Hill	JR/JR	Sprints	O'Fallon, Ill.	McKendree/O'Fallon Township
Victoria Jackson	SR/SR	Multi-Events	Columbia, Mo.	Northern Iowa/Hickman HS
Brittany Kallenberger	SR/SR	High Jump/Pole Vault	Lee's Summit, Mo.	Lee's Summit West HS
Kasey Kohlhof	FR/FR	Sprints	Lincoln, Neb.	Lincoln Lutheran HS
Ashton Lile	SO/SO	Distance	Plattsburg, Mo.	Plattsburg HS
Haley Lindenbusch	SO/SO	Multi-Events	O'Fallon, Mo.	Fort Zumwalt West HS
Amy Marx	SO/SO	Distance	St. Charles, Mo.	Francis Howell HS
Madison May	JR/JR	Distance	Columbia, Mo.	Columbia-Rock Bridge HS
Alliyah Mayweather	FR/FR	Sprints	Independence, Mo.	William Chrisman HS
Alliah McClendon	JR/JR	Hurdles	St. Louis, Mo.	William Woods/Hazelwood Central HS
Jodi Pedersen	FR/FR	Sprints	Warrensburg, Mo.	Warrensburg HS
Courtney Rogers	SO/SO	Distance	St. Peters, Mo.	Southwest Baptist
Kymmalett Ross	SR/SR	Sprints	Clarksville, Tenn.	Austin Peay
Callie Ruffener	FR/FR	Pole Vault	Bucyrus, Ohio	Colonel Crawford HS
Raquel Smith-Collier	FR/FR	Sprints	Kansas City, Mo.	Truman HS
Jyl Stewart	FR/FR	Sprints	Olathe, Kan.	Olathe North HS
Nicole Svendsen	JR/JR	Distance	Clive, Iowa	Dowling Catholic HS
Emily Thole	SO/SO	Sprints	Manchester, Iowa	West Delaware HS
Morgan Van Harn	FR/FR	Distance	Centerview, Mo.	Crestridge HS
Kaylee VanBlarcum	SR/SR	Pole Vault	Warrensburg, Mo.	Warrensburg HS
Hannah VanBuskirk	FR/FR	Multi-Events	Shawnee Mission, Kan.	Blue Valley Northwest HS
Kyra Webster	FR/FR	Multi-Events	Springfield, Ill.	Springfield HS
Maria Wendell	SO/SO	Sprints	Blue Springs, Mo.	Blue Springs HS
Christine Wigginton	SR/SR	Distance	Atlanta, Ill.	Olympia HS



Brittany Kallenberger
Senior
Pole Vault
Three-time All-American
2015 National Champion



Shay Babcock
Junior
Slater, Mo.
Slater HS
Jumps

2015-16: (Indoor): Running the 60m and performed the long and triple jumps ... Ran a PR time of 9.42 in the 60m dash ... Jumped 14' 6.5" in the long jump at the UCM Classic and 31' 7.5" in the triple jump at the UCM Mule Relays ... **(Outdoor):** Mostly competed in the long and triple jumps ... Set personal-bests in both events at the Missouri S&T Invitational, jumping 15' 8.25" in the long jump and 33' 10" in the triple jump ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Competed in four meets, participating in the long jump in all four ... Jumped a season-best 14' 4" at the UCM Classic ... Triple jumped for the only time at the UCM Classic, registering a mark of 32' 5" ... **(Outdoor):** Took part in five meets, competing primarily in the long and triple jumps ... Performed best in both events at the UCM Mule Relays jumping 15' 4.75" in the long jump and 33' 3.75" in the triple jump.

Before UCM: Competed at Slater High School for coach Bob Gonzalez ... Three time All-Conference selection in the triple jump ... Two time All-State in the triple jump, finishing in fifth place at the state meet in 2014 and seventh place in 2013 ... Also All-State in the long jump in 2014, finishing in sixth place ... Member of the 2011 District Championship team ... Ran a leg on the state champion 4x400m relay team in 2011 ... Was a part of the third place 4x200m relay in 2011 ... Also lettered and was All-Conference in softball and basketball in 2014.

Personal: Daughter of Joe and Madeline Giger ... Undecided on major.

Personal Records

Indoor		
60m Dash	9.42	2016
Long Jump	14' 6.5"	2016
Triple Jump	32' 5"	2015
Outdoor		
200m Dash	29.64	2015
Long Jump	15' 8.25"	2016
Triple Jump	33' 10.25"	2015



Jenna Bartholomew
Sophomore
Drexel, Mo.
Drexel HS
Distance

2015-16: (Cross Country): Competed in all five races for UCM ... Scored for UCM at the MIAA Championships, coming in 61st place and running a season-best 25:23.0 for the 6K race ... Also competed at the NCAA Central Region Championship, crossing the line in 25:34.69 for the 6,000m ... Ran a season-best 5K at the Missouri Southern Stampede, finishing in 20:29.91 ... Finished in 15th place at the CMU Invitational, completing the 5K course in 20:56.96 ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Mostly ran the 600 yard run, setting a season-best time 1:35.51 at the UCM Mule Relays ... **(Outdoor Track):** Ran most of the mid-distance races, running a 2:36.08 800m at the Gorilla Classic and 5:31.26 1500m at the Missouri S&T Invitational.

In High School: Ran cross country for three years at Drexel R-IV High School ... Was a three-time state qualifier and one time All-State honoree ... Was also a three-time All-District Team member, twice on the First Team and once on the Second Team ... Ran track for four years, qualifying for states all four years and named All-State three times ... Also played basketball and volleyball for the Bobcats ... Was a two-time captain in basketball and named the team MVP ... Two-time All-Conference Honorable Mention and three time Academic All-State selection ... Helped the Bobcats to three District and Sectional championships on the hardwood ... In volleyball, was a four-time Academic All-State selection and was named All-District Second Team as well as being a team captain ... Was a member of the National Honor Society and named Valedictorian of her class.

Personal: Daughter of Darin and Robin Bartholomew ... Majoring in Agricultural Business.

Personal Records

Indoor		
600yd. Run	1:35.51	2016
Mile Run	6:13.59	2016
Outdoor		
800m Run	2:36.26	2016
1500m Run	5:31.26	2016
Cross Country		
5K	20:56.96	2015
6K	25:53.40	2015



Hannah Becker
Sophomore
Mt. Pleasant, Iowa
Mt. Pleasant HS
Multi-Events

2015-16: (Indoor): Finished 13th at the MIAA Championships in the pentathlon, scoring 3203 points ... Also ran a leg on the distance medley relay at the conference meet and finished ninth with a time of 13:14.53 and competed in the open 60m hurdles, running a personal-best 9.28 to place 16th ... **(Outdoor):** Finished in 14th place at the MIAA Championships in the heptathlon, scoring 2511 points ... Ran the 400m hurdles at the conference championships and placed 12th in a personal-best 1:05.42, second-fastest time for the Jennies on the season ... Set a personal-best in the heptathlon at the Arkansas Spring Invitational, scoring 4388 points.

In High School: Ran track for four years at Mount Pleasant High School ... Was a First Team All-Conference and Elite All-State selection ... Helped Mount Pleasant to four conference titles and a runner-up finish at the Class 3A Championships in 2014 ... Was a three-time state champion in the shuttle hurdle relay ... Finished in the top-five at the state meet in the 400m hurdles in 2014 and 2015 ... Placed seventh in the 100m hurdles at the state meet in 2015 ... Was a four-time qualifier for the Drake Relays ... Also played basketball and volleyball, earning First Team All-Conference in both sports ... Played in the Southeast Iowa All Star volleyball game.

Personal: Daughter of Aaron and Amy Becker ... Majoring in accounting.

Personal Records

Indoor			Outdoor		
60m Dash	8.65	2016	100m Dash	13.10	2016
800m Run	2:31.05	2016	200m Dash	26.92	2016
60m Hurdles	9.28	2016	800m Run	2:34.06	2016
High Jump	5' 1.75"	2016	100m Hurdles	15.27	2016
Long Jump	16' 8.5"	2016	400m Hurdles	1:05.42	2016
Shot Put	34' 1.5"	2016	High Jump	4' 11.75"	2016
Pentathlon	3203	2016	Long Jump	16' 8.5"	2016
			Shot Put	35' 6.5"	2016
			Javelin	105' 10"	2016
			Heptathlon	4388	2016



Stephanie Boan
Sophomore
Liberty, Mo.
Liberty North HS
Distance

2015-16: (Cross Country): Ran in all five races for the Jennies as a freshman ... Was UCM's top finisher at the MIAA Championships, running 23:53.3 over the 6K race and placed 31st ... Ran at the NCAA Central Regional Championship and was the second Jennie to cross the line, running a season-best 6K time of 23:25.51 ... Ran a PR for 5,000m at the Missouri Southern stampede, completing the course in 19:37.63 ... Placed fourth at the CMU Invitational, running 19:46.68 for 5,000m ... **(Indoor Track):** Was the Jennies top distance runner, competing in the 3000m and 5000m races at the MIAA Championships ... Placed ninth in the 5K at the conference meet in a season-best 18:26.47 ... Set a personal-best in the 3K 10:29.81 at the PSU Gorilla Classic ... **(Outdoor Track):** Scored for the Jennies at the conference meet in the 10,000m running 39:22.19 ... Ran a season-best 5K 18:43.21 at the MIAA vs. NSIC Showdown and 4:59.25 1500m at the ESU Relays.

In High School: Ran for head coach David Chatlos and the Liberty North cross country and track teams ... Named All-Conference and All-District in cross country ... Was the conference two-mile champion in 2015 and helped the Eagles to a conference championship in 2014 ... Also played basketball for three years where the Eagles were the district champions in 2012.

Personal: Majoring in Nursing ... Daughter of Timothy and Diane Boan.

Personal Records

Indoor		
3,000m Run	10:29.81	2016
5,000m Run	18:26.47	2016
Outdoor		
1500m Run	4:59.25	2016
5,000m Run	18:43.21	2016
10,000m Run	39:22.19	2016
Cross Country		
5K	19:37.6	2015
6K	23:25.5	2015



Rachel Boone
Junior
Warrensburg, Mo.
Warrensburg HS
Mid-Distance

2015-16 (Cross Country): Raced in all five meets as a sophomore, setting PR's in both distances competed in ... Ran a personal-best 6K at the MIAA Championships, completing the course in 25:53.4 ... Set a new PR in the 5K as well, running 20:15.25 at the Missouri Southern Stampede ... Ran at the NCAA Central Region Championships, finishing the 6K race in 26:56.77 ... Had a top-20 finish at the CMU Invitational, running 21:13.01 to place 18th in the 5K race.

(Indoor Track): Competed in two events at the MIAA Championships running a leg on the ninth place DMR team ... Placed 11th in the 800m run in a season-best 2:22.77 ... Placed fifth in the 600 yard run at the Mule Relays running a PR 1:31.86 ... **(Outdoor Track):** Placed 15th at the conference meet in the 1500m run running 5:14.79 ... Ran a season-best 5:14.19 in the event at the ESU Relays.

2014-15: (Cross Country): As a freshman for the Jennies ran in five races ... Set a personal-best in the 5K at the St. Louis Pharmacy Fall Classic running 21:41 and finishing 56th out of 137 competitors ... Also ran a PR time in the 6K at the MIAA Championships, crossing the line in 26:16.98 ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Primarily ran the 800m indoors, setting an indoor season-best at the UCM Classic, running 2:27.72 and finished third ... Competed in the mile at the UCM Indoor Relays, running 5:39.42 ... **(Outdoor):** Ran at six different meets ... Set a season-best in the 800m at the Pittsburg State Gorilla Classic, running 2:22.54 ... Competed at the MIAA Championships in the 800 and ran 2:24.09 and finished 18th ... Ran a season-best 1500m at the ESU Relays, finishing in 5:11.40.

Before UCM: Ran at Warrensburg High School ... Was named All-Conference, All-District and All-Sectional ... Was a part of the conference championship cross country and track field teams ... Also lettered in varsity swimming, helping to lead the Tigers to a conference championship.

Personal: Majoring in Sports Management.

Personal Records

Indoor		
600yd. Run	1:31.65	2016
800m Run	2:22.77	2016
Mile Run	5:39.42	2015
Outdoor		
800m Run	2:22.54	2015
5,000m Run	5:11.40	2015
Cross Country		
4K	17:23.85	2014
5K	20:56.96	2015
6K	25:53.40	2015



Jami Clay
Sophomore
Olathe, Kan.
Olathe North HS
Distance

2015-16: (Cross Country): Did not compete ... Earned the MIAA Academic Excellence Award and was named to the MIAA Academic Honor Roll ... **(Indoor Track):** Mostly ran the mile and 3K races during the season ... Was a part of the ninth place DMR team at the MIAA Championships and placed 18th in the 3000m run in a personal-best 10:48.48 ... Ran a season-best mile time 5:31.54 at the PSU Invitational ... **(Outdoor Track):** Placed 13th at the MIAA Championships running 19:12.40 over 5,000m ... Set a PR at that distance at the MIAA vs. NSIC Showdown running 18:59.76 ... Ran a 5:11.20 1500m at the ESU Relays.

In High School: Ran cross country for four years at Olathe North High School, qualifying for the Kansas State Championships in 2012 and 2014 ... Ran one year of track for the Eagles & broke the school record in the two-mile run and qualified for the state meet as a senior ... Also played on the softball and basketball teams.

Personal: Daughter of Brad and Trisha Clay ... Majoring in Dietetics.

Personal Records

Indoor		
Mile Run	5:31.54	2016
3,000m Run	10:48.48	2016
Outdoor		
1,500m Run	5:11.20	2016
5,000m Run	18:59.76	2016
Cross Country		
5K	19:30.8	2016
6K	23:31.4	2016



Amy Dorge
Junior
Jefferson City, Mo.
Blair Oaks HS
Throws

2014-15: Redshirted, did not compete indoor or outdoor ... Named to the MIAA Academic Honor Roll.

2013-14: (Indoor): Competed at the MIAA Championships in the shot put, finishing in 14th place ... Threw a PR 41' 1" in her first collegiate meet, the UCM Invite ...

(Outdoor): Finished in 12th place at the MIAA Championship meet in the hammer throw ... Also finished in 13th and 16th places respectfully in the shot put and discus at the MIAA Championships ... Set PRs in the shot put and hammer throw at the UCM Mule Relays

Before UCM: All-State honoree in the discus her senior year, placing fourth ... a three-year all-conference and three-time all-district performer in the shot put and discus ... was also an all-state softball player and a two-time all-conference basketball player ... track & field coach was former UCM National Champion, Dan Raithel.

Personal: Undecided major ... daughter of Rich and Marlene Dorge.

Personal Records

Indoor		
Shot Put	44' 1.25"	2016
Weight Throw	50' 4.75"	2016
Outdoor		
Shot Put	41' 4.5"	2015
Discus	147' 6"	2016
Hammer Throw	162' 8"	2016



Riley Dovel
Freshman
Blue Springs, Mo.
Lindenwood
Distance

2015-16 (Cross Country) (At Lindenwood): Ran in five races for the Lions ... Set a personal-best in the 6K at the NCAA Regional Championships, running 23:46 ... Placed 50th at the MIAA Championships, running 24:59.8 for the 6K race.

In High School: Attended Blue Springs South High School in Blue Springs, Mo. ... Was a four-year letterwinner in track and cross country ... Named All-Conference Honorable Mention in 2014 ... Named All-District in 2014 ... Qualified for states in 2014 ... Was a member of the third-place finishing 5A team ... Had a personal record of 20:02 in the 5K, 5:36 in the 1600m and a 12:05 in the 3200m.

Personal: Daughter of Karen and Dennis Dovel.

Personal Records

Cross Country		
5K	20:47.6	2015
6K	24:06.4	2015



Rebecca Freund
Freshman
Pingree Grove, Il
Hampshire HS
Pole Vault

2015-16: Redshirted during the indoor and outdoor seasons.

In High School: Competed in the pole vault for Hampshire High School ... Holds the school record in the event having jump 9-6 ... Helped Hampshire High School to conference and sectional championships in 2013 and 2014.

Personal: Daughter of William and Christine Freund ... Majoring in Art Education.



Yesenia Gomez
Junior
Kansas City, Mo.
Liberty North HS
Distance

Finished first at the Mule Relays in the 5K running a season-best 20:15.84 ... Also ran 11:37.81 for 3K and 5:51.43 for the mile ... **(Outdoor Track):** Ran an outdoor personal-best 3000m 11:21.12 at the Missouri S&T Invite ... Ran a season-best 20:10.34 5K at the PSU Gorilla Classic.

2014-15: (Cross Country): Competed in all six races for the Jennies as a freshman ... Was the Jennies third overall scorer at the MIAA Championships, setting a personal-best in the 6K running 24:21.86 ... Ran at the NCAA Central Regional Championships, completing the 6K course in 25:17.54 ... Had a PR time in the 5K at the Southwest Baptist Invitational, running 20:13.17 ... Placed 27th at the UCM Mule Run, running the 4K course in 16:08.44 ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Ran five different meets during the indoor season, including the 3,000m run at the MIAA Championship where she placed 26th in a personal-best 11:18.80 ... Also ran the mile (5:45.91) and 5,000m run (20:08.81) during the season ... **(Outdoor):** Ran the 5,000m run at the MIAA Championships, running 21:23.18 ... Ran a season-best 20:25.53 in the event at the PSU Invitational ... Ran 11:52.30 for 3,000m at the ESU Relays.

Before UCM: Ran for three years at Liberty North High School for coach David Chatlos ... Named All-Metro Honorable Mention for cross country in 2012 and 2013 ... Was a part of the 2013 conference and district champion cross country team ... Member of the two-time conference championship 4x800m relay team (2013-14).

Personal: Full name Yesenia Lizbeth Gomez ... Daughter of Jose and Maria Gomez ... Dual majoring in Education and Math.

Personal Records

Indoor		
Mile Run	5:45.91	2015
3,000m Run	11:18.80	2015
5,000m Run	20:08.81	2015
Outdoor		
3,000m Run	11:21.12	2016
5,000m Run	20:10.34	2016
Cross Country		
4K	16:08.40	2014
5K	19:44.8	2016
6K	23:37.3	2016



Cassidy Harris
Sophomore
Poplar Bluff, Mo
Poplar Bluff HS
Multi-Events

pentathlon to take eighth place and provisionally qualify for nationals ... Also placed 17th in the open long jump at the conference meet, jumping 16' 11.5" ... Set a personal-best in the long jump during the MIAA pentathlon, jumping 17' 6.75"

In High School: Ran cross country and track and field all four years at Poplar Bluff High School ... Named All-Conference in track and field all four years and was a two-time All-State long jumper ... Also named All-State in the 4x200m and 4x400m relays ... Helped Poplar Bluff to a state championship in 2015 ... Also was on the swimming team for four years and the basketball team for three years ... All-State 200m medley relay swimmer and three-time All-Conference selection ... Two-time All-Conference, All-District, and All-Region in basketball.

Personal: Daughter of Scott and Paula Harris ... Undecided on major.

Personal Records

Indoor			Outdoor		
60m Dash	8.62	2016	200m Dash	26.70	2016
800m Run	2:28.50	2016	800m Run	2:30.02	2016
60m Hurdles	9.38	2016	100m Hurdles	15.44	2016
High Jump	5' 4.25"	2016	400m Hurdles	1:10.02	2016
Long Jump	17' 0.5"	2016	High Jump	5' 3.25"	2016
Shot Put	31' 1.75"	2016	Long Jump	17' 6.75	2016
Pentathlon	3308	2016	Shot Put	31' 10"	2016
			Javelin	101' 9"	2016
			Heptathlon	4553	2016



Marissa Henry
Senior
Kansas City, Kan.
Butler CC
Sprints

before making her way to Warrensburg ... Graduated Washington High School in Kansas City, Kan. ... Also participated in volleyball in high school.

Personal: Daughter of Steven and Kelli Henry ... Criminal Justice major.

Personal Records

Indoor		
60m Dash	8.03	2016
200m Dash	27.26	2016
Outdoor		
100m Dash	12.85	2016
200m Dash	26.35	2016



Jayda Hill
Sophomore
O'Fallon, Ill.
McKendree
Sprints

Outdoor Championships.

In High School: Earned four varsity letters in track and field at O'Fallon Township High School ... Four-time Illinois High School Association state qualifier and medalist ... Named All-Conference all four years at O'Fallon ... Helped O'Fallon to conference and sectional championships in 2014 ... Was also a member of the varsity cheerleading squad for four years.

Personal: Daughter of Todd and Valeska Hill ... Majoring in Digital Media Production ... Cousin of former Green Bay Packer, Justin Harrell.

Personal Records

Indoor		
60m Dash	8.27	2016
200m Dash	27.92	2016
Outdoor		
100m Dash	13.38	2016
200m Dash	28.45	2016



Victoria Jackson Senior Columbia, Mo. Northern Iowa Multi-Events

All-MIAA
2016 Pentathlon (Indoor)
2016, 2013 Heptathlon
(Outdoor)

where she took second with the seventh-best score in team history ... Took fourth place in the MIAA in the 60m hurdles, running 8.61 ... Set a new PR and ran the third-fastest time in school history in the event when she ran 8.58 in the 60m hurdles of the pentathlon ... Jumped 18' 4.5" in the long jump at the conference meet, eighth-furthest in UCM history ... **(Outdoor):** Was one place away from an All-American award, finishing ninth at the NCAA Championships in the heptathlon with 5155 points, a personal-best and sixth-most at UCM ... Set four personal-bests at the NCAA Championships, including two UCM Top-10 marks in the shot put (43' 9") and long jump (19' 0.5"), both are sixth in school history ... Competed in five events at the conference meet, placing as high as third in the heptathlon with 5069 points ... Took eighth in the 100m hurdles running 14.61 and eighth in the long jump with a leap of 18' 7.25"

... Also finished 11th in the javelin throwing 119' 3" and 16th in the shot put throwing 40' 1.5" ... During the heptathlon at the MIAA Championships, set personal-bests and UCM top-10 marks in the javelin (134', third all-time) and the 100m hurdles (14.05, fourth all-time) ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Scored the ninth-best mark in school history in the pentathlon with 3523 points, an NCAA provisional qualifier and 21st best score in Division II at the MIAA Championships where she placed fifth ... Also set a PR in the 60m hurdles running 8.73 at the MIAA Championships to finish in fourth place, seventh-best time at UCM and provisionally qualified her for nationals ... Jumped 18' 3" in the long jump portion of the pentathlon for a personal-best mark and tied for ninth in school history ... **(Outdoor):** Participated in the NCAA Championships in the heptathlon, but was disqualified for lane a violation during the 200m dash and did not score ... Qualified for the meet with a 4990 personal-best score at the OBU Last Chance Meet ... Her mark of 4990 is seventh-best in UCM history and was 15th best in the nation ... Ran a 14.17 100m hurdles at the OBU Last Chance Meet to crack the UCM top-10 in seventh place and record an NCAA provisional qualifying time ... Finished in fifth place at the MIAA Championships in the pentathlon (4776) and eighth place in the 100m hurdles (14.37) ... Threw the fifth-furthest javelin mark at UCM, 131' 1" at the OBU Last Chance Meet ... Named to MIAA Academic Honor Roll.

2013-14: Redshirted, competed unattached ... Named to the MIAA Academic Honor Roll.

2012-13: (Indoor): Redshirted during the indoor season ... **(Outdoor):** Placed 2nd at the MIAA Championships in the heptathlon (4,755 pts) and 6th in the shot put (42' 3.25") ... finished 16th in the heptathlon at the NCAA Championships.

Before UCM: Jackson was featured as a sprinter and hurdler at Northern Iowa, recording personal records in the 60m dash (8.27) and 60m hurdles (8.83) ... Placed 12th in the 60m hurdles at the Missouri Valley Conference Indoor Championships ... Won the long jump at two separate meets, at the UNI Panther Open, and the Iowa Invitational ... Earned All-State honors in the long jump all four years while at Hickman HS ... Twice named All-State in the 100m hurdles, and once each in the 300m hurdles and 4x100m relay ... Also lettered two seasons in tennis.

Personal: Physical education/exercise science major ... Daughter of Mark and Camisha Jackson ... Uncle Calmez Atkins played football for the Mules.

2015-16: (Indoor): Competed in her first NCAA Indoor Championships in the pentathlon, scoring 3717

points and finishing 11th in the nation ... Also ran the open 60m hurdles at the national meet, finishing in 14th place in 8.60 ... Set a personal-best score of 3823 in the pent. at the MIAA Championships

Personal Records

Indoor			Outdoor		
60m Dash	8.04	2016	100m Dash	12.98	2015
200m Dash	26.45	2016	200m Dash	26.05	2016
800m Run	2:34.18	2016	400m Dash	1:03.27	2013
60m Hurdles	8.58	2016	800m Run	2:33.12	2016
High Jump	5' 3.25"	2015	100m Hurdles	14.05	2016
Long Jump	18' 4.5"	2016	High Jump	5' 2.5"	2016
Shot Put	42' 8.75"	2016	Long Jump	19' 0.5"	2016
Pentathlon	3823	2016	Shot Put	43' 9"	2016
			Javelin	134' 0"	2016
			Heptathlon	5155	2016



Ashton Lile Sophomore Plattsburg, Mo. Plattsburg HS Distance

(Indoor): Ran at five different meets during the season, competing in distance events from the mile-5,000m ... Ran the mile at the MIAA Championship and finished 15th in a season-best time 5:29.68 ... Ran season-best times of 11:43.65 for 3,000m and 20:03.48 for 5,000m ... **(Outdoor):** Ran in two meets, running 5:35.57 for 1500m and 12:15.60 for 3,000m.

Before UCM: Ran four years at Plattsburg High School under coach Dale Sharp ... Set records on the track for 1600m, 3200m and 5000m and was a part of the record setting 4x800m and Distance Medley relay teams ... Selected All-State, All-Sectional, All-District and All-Conference for the 1600m, 3200m and 4x800m, All-Sectional, All District and All-Conference for the 4x100m and 4x200m relays, and All-Conference and All-District for the 400m ... Also lettered in softball and basketball ... Helped her team to the All-Sectional Championship in track.

Personal: Daughter of Joseph Lile and Robyn Tippit ... Majoring in Athletic Training.

2015-16: Redshirted, did not compete during the year ... Named to the MIAA Academic Honor Roll.

2014-15: (Cross Country): Competed in five races as a freshman ... Ran a personal-best 6K at the MIAA Championships, completing the course in 26:11.04 ... Had her fastest 5K time at the Southwest Baptist Invitational where she finished 34th in 21:25.21 ... Ran the 4K course at the UCM Mule run in 16:59.18 where she placed 64th ... Named to the MIAA Academic Honor

Personal Records

Indoor		
Mile Run	5:29.68	2015
3,000m Run	11:43.65	2015
5,000m Run	20:03.48	2015
Outdoor		
1500m Run	5:35.57	2015
3,000m Run	12:15.60	2015
Cross Country		
4K	16:59.20	2014
5K	21:25.20	2014
6K	26:11.00	2015



Haley Lindenbusch Sophomore O'Fallon, Mo Fort Zumwalt West HS Multi-Events

Holiday's Invitational ... **(Outdoor):** Scored 3570 in the heptathlon at the Arkansas Spring Invitational ... Jumped 5' 3.25" in the high jump and 15' 9.5" in the long jump as a part of the Arkansas Spring heptathlon.

In High School: Earned three varsity track and field letters at Fort Zumwalt West High School ... Participated in the state championship meet as a junior and senior and was named All-Conference all three varsity years and All-State as a junior ... Also was a member of the volleyball and swimming and diving teams where she earned Academic All-Conference in swimming.

Personal: Daughter of Bradley and Patricia Lindenbusch ... Undecided on major.

2015-16: (Indoor): Competed in the multi-events, scoring a season-best 2732 points in the pentathlon at the Happy Holiday Combined Meet ... Took 13th place in the high jump at the MIAA Championships, clearing 5' 1" ... Jumped a personal-best in the high jump, 5' 5.25" as a part of the pentathlon at the Happy

Personal Records

Indoor			Outdoor		
60m Dash	9.01	2016	100m Dash	13.97	2016
800m Run	2:49.69	2016	200m Dash	29.56	2016
60m Hurdles	10.35	2016	800m Run	2:52.42	2016
High Jump	5' 5.25"	2016	100m Hurdles	17.34	2016
Long Jump	15' 5"	2016	High Jump	5' 3.25"	2016
Shot Put	25' 4.5"	2016	Long Jump	15' 9.5"	2016
Pentathlon	2732	2016	Shot Put	25' 7.25"	2016
			Javelin	88' 3"	2016
			Heptathlon	3570	2016



Amy Marx
Sophomore
St. Charles, Mo.
Francis Howell HS
Distance

Ran a personal-best 1500m and placed 14th at the MIA Championships, finishing in 4:58.51 ... Ran a personal-best 19:16.09 for 5000m at the Kansas Relays.

In High School: Earned varsity letters all four years at Francis Howell High School in both cross country and track and field ... Qualified for the cross country state meet in 2011, 2013 and 2014 ... As a senior, was named to the All-Conference Team ... Three time All-District selection (2011-13) and two-time All-Sectional (2011 and 2014) ... On the track, was an All-Conference member in three events in 2015, the 1600m and 3200m runs and the 4x800m relay ... Also named All-District and qualified for state meet as a senior ... In the classroom, was named Academic All-Conference all four years in both cross country and track and field.

Personal: Daughter of Greg and Tammy Marx ... Majoring in Marketing ... Cousin, Nick Webber, played on the Mules baseball team (2003-05) and uncle, Russ Webber, played Mules football.

2015-16: (Cross Country): Ran in four races as a freshman ... Raced at the MIAA Championships, running 26:12.2 for 6,000m ... Ran a season-best 5K time of 19:52.82 at the Missouri Southern Stampede ... Finished in 16th place at the CMU Invitational, running 20:57.42 in the 5K race ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Ran two events at the conference meet, finishing 16th in the mile in a PR time of 5:26.27 and 17th in the 5K running 19:14.30 ... Ran a personal-best 3K time of 10:48.35 at the PSU Gorilla Classic ... **(Outdoor Track):**

Personal Records

Indoor		
Mile Run	5:26.27	2016
3,000m Run	10:48.35	2016
5,000m Run	19:05.03	2016
Outdoor		
1500m Run	4:58.51	2016
5,000m Run	19:16.09	2016
Cross Country		
5K	19:27.7	2016
6K	23:19.6	2016



Madison May
Junior
Columbia, Mo.
Rock Bridge HS
Distance

for her only 5K of the season at the MIAA vs. NSIC Showdown.

2014-15: (Cross Country): In her first season with the Jennies, ran in four races ... Ran the 5K at the St. Louis Pharmacy Fall Classic in 21:06 and finished 42nd overall ... At the MIAA Championships, ran the 6K in 27:13.71 ... Ran a season-best 6K at the Roy Griak Minnesota Invitational, completing the course in 27:11.8 ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Competed at five meets, running mostly the 3,000m race ... Ran a personal-best in the 3K at the MIAA Championships, running 11:14.80 ... Ran the 5K at the MSSU Invite, crossing the line in 20:47.05 ... **(Outdoor):** Ran the 3,000m steeplechase, running a PR time of 12:55.28 at the Pittsburg State Gorilla Classic ... Also ran 11:38.20 for the 3K at the ESU Relays.

In High School: Ran four years at Columbia-Rock Bridge High School under coach Neal Blackburn ... Was named All-District three-times in cross country and twice in track ... Was a part of four cross country district championships and two district championships in track.

Personal: Daughter of Tom and Robin May ... Majoring in nursing.

2015-16 (Indoor Track): Ran the mile and 3,000m races during the indoor season ... Ran a personal-best 5:49.51 for the mile at the UCM Mule Relays and a season-best 11:28.47 for 3,000m at the Indoor Pitt State Gorilla Classic ... **(Outdoor Track):** Finished in 11th place at the MIAA Championships in the 3,000m steeplechase in a time of 12:39.10, a personal-best ... Ran 20:54.74

Personal Records

Cross Country			Indoor		
4K	17:13.79	2014	Mile Run	5:49.51	2016
5K	21:06	2014	3,000m Run	11:14.80	2015
6K	27:11.80	2014	5,000m Run	20:47.05	2015
			Outdoor		
			3,000m Run	4:58.51	2016
			5,000m Run	20:54.74	2016
			3,000m Steeplechase	12:39.0	2016



Courtney Rogers
Sophomore
St. Peter's, Mo.
Southwest Baptist
Distance

Personal: Daughter of Michael and Lisa Rogers ... Majoring in Social Work.

2015-16: Did not compete during the year.

In High School: Ran track and field and cross country at Lutheran High School in St. Peter's, Mo. ... Two-time cross country state champion and two-time third place finisher at the state meet ... Four-time cross country conference and district champion ... On the track, two-time state champion in the 1600m run and one time in the 3200m run ... Also won four state championship relays ... 12 time all-state track honoree ... Helped Lutheran to two state track championships ... Also was on the swim team, and was named All-Conference.

Personal Records

Cross Country		
6K	23:26.0	2016



Nicole Svendsen
Junior
Clive, Iowa
Dowling Catholic HS
Distance

running a season-best 11:37.64 and placing sixth at the UCM Invitational ... Set a personal-best in the mile running 5:42.84 at the Mule Relays ... **(Outdoor Track):** Ran the 10K at the MIAA Championships and placed 13th running 42:18.01 for a personal-best ... Ran a season-best 5K at the Kansas Relays, running 19:19.12.

2014-15: (Cross Country): Competed in all six races as a freshman ... Was the Jennies third finisher at the NCAA Central Region Championships, running the 6K course in a personal-best time of 24:07.79 and placing 79th ... Was the Jens fourth scorer at the MIAA Championships, placing 57th overall in 24:32.74 for 6K ... Placed 23rd overall in the 5K at the Southwest Baptist Invitational, with a season-best 20:22.44 ... Ran the 4K at the UCM Mule Run in 15:59.88 to finish 22nd ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Ran the 3,000m and 5,000m races as a freshman ... Finished 20th at the MIAA Championships in the 5,000m run in 19:34.04 ... Ran a season-best in the event of 19:21.86 at the MSSU Lion Invite ... Ran 11:06.21 for 3,000m at the UCM Classic ... **(Outdoor):** Placed 20th at the MIAA Championships in the 5,000m run, finishing in 20:30.73 ... Ran a season-best 5K 19:08.42 at the UCM Mule Relays ... Ran 5:14.41 in her only 1500m race of the season.

Before UCM: Ran for four years at West De Moines Dowling Catholic High School ... Named All-Conference and All-District in track in 2011 ... Was a part of four straight conference championship cross country teams (2010-13), three straight district championship teams (2010-12) and three state championship teams (2010-11, 2013) ... Was also a part of the 2013 district track championship team ... Honored with the Academic All-Conference Award for all four years of cross country (2010-13) and all four years of track (2011-14).

Personal: Daughter of Steven and Judy Svendsen ... Majoring in Physical Education - Exercise Science.

2015-16: (Cross Country): Competed in all five races in her second year with the Jennies ... Set a personal-best in the 5K at the Missouri Southern Stampede, running 20:19.54 ... Finished in 14th place at the CMU Invitational, running 20:50.05 for the 5K course ... Was the third scorer for the Jens at the NCAA Central Region Championships, running the 6K course in a season-best time of 24:08.27 ... Also competed at the MIAA Championships, running 25:34.5 for 6,000m ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Primarily ran the 3,000m

Personal Records

Indoor		
Mile Run	5:42.84	2016
3,000m Run	11:06.21	2015
5,000m Run	19:21.86	2015
Outdoor		
1,500m Run	5:14.41	2015
5,000m Run	19:08.42	2015
10,000m Run	42:18.01	2016
Cross Country		
4K	15:59.90	2014
5K	18:46.2	2016
6K	22:57.9	2016



Kaylee VanBlarcum Senior Warrensburg, Mo. Warrensburg HS Pole Vault

Showdown with a jump of 11' 4.5" ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Set a huge PR in the pole vault at the MIAA Championships, jumping 11' 11.75", the third-best jump in UCM history, and placed sixth overall ... **(Outdoor):** Jumped a season-best again at the MIAA Championships, 11' 7.25", fourth-best at UCM and finished in 10th place in the event ... Named to the MIAA Academic Honor Roll.

2013-14: (Indoor): Competed in the pole vault at four meets with an indoor personal-best jump of 10' 2" coming at the MSSU Lion Invite ... Also ran 8.88 for the 60m dash at the UCM Classic ... **(Outdoor):** Vaulted in five meets including the MIAA Championships ... Had a personal-best 10' 6" coming at the UCM Mule Relays.

Personal: Majoring in Aviation.

2015-16: (Indoor): Finished in sixth place at the MIAA Championships in the pole vault, jumping a season-best 12' 2.5", third-best at UCM ... Provisionally qualified for nationals with her mark at the conference meet ... Finished in second-place in the vault clearing 11' 7" at the UCM Mule Relays ... **(Outdoor):** Jumped a personal-best and second-best mark in school history at the Missouri Southern Last Chance meet, clearing 12' 3.25" ... Again took sixth place in the MIAA Championships jumping 11' 9" ... Took first place at the MIAA vs. NSIC

Personal Records

Indoor		
60m Dash	8.08	2016
200m Dash	29.11	2015
Pole Vault	12' 2.5"	2016
Outdoor		
200m Dash	29.20	2016
Pole Vault	12' 3.25"	2016



Maria Wendell Sophomore Blue Springs, Mo. Blue Springs HS Distance

DMR team at the conference team which placed ninth in 13:14.53 ... Ran a personal-best 5:38.98 for the mile and 1:32.84 for 600 yards ... **(Outdoor Track):** Ran a season-best 2:24.72 at the MIAA Championships in the 800m run ... Ran 5:14.01 for 1500m at the Missouri S&T Invitational.

In High School: Four-year letter-winner in cross country at Blue Springs High School ... Qualified for the state meet in 2011 and 2013 ... Also ran track for four years ... Named All-State in two events as a senior as a part of the 4x800m and 4x400m relays ... Also an All-State honoree for the 4x800m relay as a junior ... Finished ninth at the state meet in the open 800m run in 2015 ... Helped lead Blue Springs track and field to a third-place finish in the 2015 state championship and to conference titles in 2013 and 2015.

Personal: Daughter of Mike and Gina Wendell ... Majoring in Nursing.

2015-16: (Cross Country): In her first season with the Jennies ran in four races ... Competed at the MIAA Championships, running 26:01.5 for her first 6K race ... Ran a season-best time 21:30.93 for 5,000m at the SBU Invitational ... Placed 12th at the CMU Invitational, completing the 5K course in 20:42.98 ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Competed mostly in the mid-distance races ... Ran at the MIAA Championships and finished 12th in the 800m setting a personal-best 2:23.06 ... Also was on the

Personal Records

Indoor		
600yd. Run	1:32.84	2016
800m Run	2:23.06	2016
Mile Run	5:38.98	2016
Outdoor		
800m Run	2:24.72	2016
1500m Run	5:14.01	2016
Cross Country		
5K	20:17.0	2016
6K	26:01.5	2016



Christine Wigginton Senior Atlanta, Ill. Olympia HS Distance

Run ... Named to the MIAA Academic Honor Roll.

2012-13: (Cross Country): Earned two top-25 finishes during the regular season ... Placed a season-best 15th at the UCM Mule Run ... Finished 24th at the Missouri State Invitational.

Before UCM: A four-year varsity letterwinner for head coach Mike Neisler at Olympia High School ... Two-time all-conference and all-state honoree ... Helped lead her school to regional and sectional championships as a senior ... Lettered in track earning all-conference honors as a senior and participated in the state meet.

Personal: Graphic Design major ... Daughter of Todd and Kim Wigginton ... Her uncle, Barry Davis, was an Olympic Silver Medalist in wrestling at the 1984 Olympics in Los Angeles, and currently serves as the head wrestling coach at Wisconsin.

2015-16: (Cross Country): Did not compete ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Ran a personal-best 3K 11:44.49 at the UCM Mule Relays ... **(Outdoor Track):** Ran in four meets running 5:45.20 for 1500m, 11:31.37 for 3000m and 19:59.38 for 5000m.

2014-15: Did not compete in 2014-15 ... Named to the MIAA Academic Honor Roll.

2013-14: (Cross Country): Had a season-best 15th place finish at Central Methodist Invite ... Placed 25th at SBU Twilight Meet and 37th at the UCM Mule

Personal Records

Cross Country		
4K	15:54	2012
5K	19:48	2012
6K	25:32	2013



Ryan Beard
Junior
Olathe, Kan.
Johnson County CC
Sprints

At Johnson County CC: Ran the 100m dash at the NJCAA Outdoor Division I Championships, coming in 30th place ... Ran a season-best 12.19 in the event to qualify for the meet ... Also ran at the 2016 NJCAA Indoor Championships, coming in 36th

place in the 60m dash in 7.96.

In High School: Earned three varsity letters at Olathe East High School ... Was Kansas Class 6A All-State as a member of the third place 4x100m relay as a senior ... Helped Olathe East finish in second-place at the state meet in 2014 ... Was on the third-place 4x100m relay team as the Hawks took first place in the 6A Regional Meet.

Personal: Daughter of Regina Lewis ... Majoring in Nursing.



Ashlan Burton
Freshman
Urbandale, Iowa
Urbandale HS
Throws

In High School: Competed for Urbandale High School in Urbandale, Iowa ... Was All-State in the discus all four years ... Helped her team to the 2016 state championship and district championships in 2015 and 2016 ... Also played Softball for 3 years and was All-Conference Honorable Mention.

Personal: Daughter of Kelly Burton and Mary Davis ... Majoring in Sociology.



Alyssa Carlton
Sophomore
Imperial, Mo.
Kent State
Multi-Events

At Johnson County CC: Ran the 100m dash at the NJCAA Outdoor Division I Championships, coming in 30th place ... Ran a season-best 12.19 in the event to qualify for the meet ... Also ran at the 2016 NJCAA Indoor Championships, coming in 36th

place in the 60m dash in 7.96.

In High School: Earned three varsity letters at Olathe East High School ... Was Kansas Class 6A All-State as a member of the third place 4x100m relay as a senior ... Helped Olathe East finish in second-place at the state meet in 2014 ... Was on the third-place 4x100m relay team as the Hawks took first place in the 6A Regional Meet.

Personal: Daughter of Regina Lewis ... Majoring in Nursing.



Sanikee Gardner
Junior
Clarendon, Jamaica
Arkansas Pine-Bluff
Sprints

Laia Gonzalez
Freshman
Barcelona, Spain
Institut Angeleta Ferrer i Sensat
Hurdles

Personal: Majoring in Design and Drafting Technology ... Daughter of Manuel Gonzalez Solanes and Montserrat Call Canals.



Jennies Newcomers



Lexi Heim
Freshman
Columbia, Mo.
Rock Bridge HS
Pole Vault

In High School: Lettered all four years for Rock Bridge High School in Columbia, Mo. ... Set the school record in the pole vault ... Competed at the state championship in 2015 and 2016 ... Also played softball and was named second team All-District.

Personal: Majoring in Athletic Training ... Daughter of Luke and Teresa Heim.

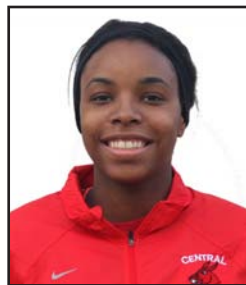


Kacey Kohlhof
Freshman
Lincoln, Neb.
Lincoln Lutheran HS
Sprints

In High School: Ran four years at Lincoln Lutheran High School in Lincoln, Neb. ... Was the state champion in the 100m in both 2015 and 2016 ... As a senior, finished second in the state in the 200m dash ... Won the 100m and 200m dashes at the conference and district championship as both a junior and a

senior ... Named to the All-Conference team all four years.

Personal: Daughter of Sue Siegler ... Majoring in Business Marketing.



Alliah McClendon
Junior
St. Louis, Mo.
William Woods
Hurdles

At William Woods: Was an NAIA All-American in the 100m hurdles, running a personal-best 14.00 to finish second at the NAIA National Championship meet ... Also qualified for NAIA Nationals in the 100m dash and as a part of the

4x100m relay team ... Was the AMC/SLIAC Conference Champion in both the 100m dash and 100m hurdles, winning the events in a personal-best 12.15 for the 100m dash and 14.29 for the 100m hurdles ... Won her first All-American award during the 2016 indoor season, taking third place in the 60m hurdles running 8.87 in the finals after a personal-best 8.79 in the preliminary round ... Also qualified for nationals in the 60m dash after running a personal-best 7.77 to take second in the AMC Conference Championships ... Helped William Woods to indoor and outdoor conference championships in 2014-15 and 2015-16.

In High School: Four year letter winner at Hazelwood Central High School, helping the Hawks to a State Championship in 2013 and third-place finish in 2014 ... Placed third in the state in the 100m hurdles as a senior in 2014 ... Three-time All-Conference and three-time All-State selection ... Helped the Hawks to a first-place finish in the 4x200 at the state championships in 2013 ... Earned Hazelwood Central's Most Improved in 2012.

Personal: Majoring in Psychology ... Daughter of Cecil and Marquitta McClendon.



Alliyah Mayweather
Freshman
Independence, Mo.
William Chrisman HS
Sprints

In High School: Earned four varsity letters at William Chrisman High School in Independence, Mo. ... Finished in eighth place at the state championship in the 4x100m relay in 2013 ... In 2015, was a part of the conference champion 4x100m relay team ... Also ran two years of cross country.

Personal: Daughter of David Tabor and Cheryl Mayweather ... Majoring in Criminal Justice.



Jodi Pedersen
Freshman
Warrensburg, Mo.
Warrensburg HS
Distance

In High School: Ran cross country and track and field at Warrensburg High School ... Helped the Tigers win XC Conference Championships from 2013-15 ... Was named to the All-Conference track team and was a part of the All-State

4x800m relay team ... Was also a member of the Warrensburg Swim Team and was named All-Conference and won conference swim championships in 2013 and 2014.

Personal: Daughter of Central Missouri Head Cross Country and Co-Head Track and Field Coach Kirk and Jill Pedersen ... Majoring in Nursing.



Jyl Stewart
Freshman
Olathe, Kan.
Olathe North HS
Sprints

In High School: Ran four years at Olathe North High School ... Finishing fifth in the 100m dash at the state championship and was a member of the second-place 4x100m relay ... Qualified for the state meet all four years, first to do so at Olathe North HS.

Personal: Majoring in Psychology ... Daughter of Jack and Jolene Stewart.



Morgan Van Harn
Freshman
Centerview, Mo.
Crestridge HS
Distance



Hannah VanBuskirk
Freshman
Shawnee Mission, Kan.
Blue Valley Northwest HS
Multi-Events

In High School: Two-time state champion in the high jump ... Also, three year volleyball letterwinner at Blue Valley Northwest HS ... Helped Blue Valley Northwest to three Sub-State championships and finished second in the class 6A

volleyball tournament in 2013 and 2015 and third place in 2014 ... Named to the 2015 Missouri/Kansas Volleyball All Star Team.

Personal: Daughter of Rex and Gretchen VanBuskirk ... Majoring in Criminal Justice ... Will also compete on the UCM Volleyball team.



Kyra Webster
Freshman
Springfield, Ill.
Springfield HS
Multi-Events

In High School: Earned four varsity letters at Springfield High School in Springfield, Ill. ... Was a four time All-Conference and All-State selection ... Helped Springfield to the 2016 City Championship and back-to-back conference

championships in 2015-16 ... Won the 2014 IHSA Class 3A 4x400m relay championship ... Also played basketball for three years, once being named All-Conference ... Played in the IBCA All-Star game and finished fourth in the state in 2016 ... Four times named Academic All-Conference.

Personal: Daughter of Tony and Stephanie Webster ... Majoring in Biology.



Kymmalett Ross
Senior
Clarksville, Tenn.
Austin Peay
Sprints

At Austin Peay: Was the OVC Champion in 2016 in the indoor 55m dash and second in the 200m dash ... Was a member of the conference championship 4x400m relay and 4x100m relay teams during the 2016 outdoor season ...

Finished in third place in the OVC in the 100m dash and fourth in the 200m dash outdoors in 2016 ... Set the Governor's school record in the 55m, 60m, and 200m dashes indoors.

In High School: Ran two years at Northwest High School in Eureka, Calif. ... Was the California State champion in the 400m dash in 2012 and took fourth in the 200m dash and seventh in the 100m dash ... All-State for 200m in 2011 finishing in sixth place ... Left as the school record holder in the 400m having run 55.89 ... Also played basketball where she was All-District and All-Conference all four years and the team MVP from 2008-2012.

Personal: Daughter of Cornelius Dewayne Ross and Kimberlee Ann Ross ... Majoring in Psychology ... Father, Cornelius, played Arena League Football for the Pittsburg Gladiators and was named the Arena Bowl III Iron Man of the Game.



Callie Ruffener
Freshman
Bucyrus, Ohio
Colonel Crawford HS
Pole Vault

In High School: Four year letterwinner for Colonel Crawford High School in Bucyrus, Ohio ... State Champion indoors and outdoors in the pole vault as a senior ... Qualified for all four indoor and outdoor state championships, finishing

in the top-eight in every one ... Named All-Conference in the pole vault, 300m hurdles, 100m and 200m dash ... Was also on the swim team and named All-State as a senior in the 200m and 400m relays and was All-District in four different events in 2016 ... Named Academic All-State 2014-16.

Personal: Daughter of Bradley and Mary Ruffener ... Majoring in Actuarial Science.



Raquel Smith-Collier
Freshman
Kansas City, Mo.
Truman HS
Sprints

In High School: Four-year letterwinner for Truman High School in Independence, Mo. ... Also was on the varsity cheerleading team which took fourth place in the state in 2014.

Personal: Daughter of Adam Smith and Robin Collier ... Majoring in Psychology.

2016-17 Central Missouri Mules

Name	Year (Indoor/Outdoor)	Event	Hometown	Previous School
Brent Alumbaugh	FR/FR	Jumps	Odessa, Mo.	Odessa HS
Dominique Anderson	SR/SR	Sprints	Kansas City, Mo.	Park Hill HS
Ronald Ayabei	FR/FR	Distance	Kapsowar, Kenya	
Chris Basinski	SO/SO	Distance	Belton, Mo.	Belton HS
John Berry	SO/SO	Throws	Pleasant Hill, Mo.	Pleasant Hill HS
Brendan Black	JR/JR	Sprints	Greenfield, Mo.	Greenfield HS
Andrew Bodicky	JR/JR	Hurdles	St. Joseph, Mo.	St. Joe Central HS
Colton Bray	SO/SO	Pole Vault	Shawnee, Kan.	Mill Valley HS
Isaac Calvert	SO/SO	Distance	Sedalia, Mo.	Smithton HS
Devin Cornelius	SR/SR	Multi-Events	Rochester, N.Y.	St. John Fisher
Nathan Cummings	FR/FR	Throws	Festus, Mo.	Festus HS
David Frazier	SO/SO	Distance	Independence, Mo.	Truman HS
Ian Frazier	JR/SO	Distance	Springfield, Mo.	Missouri State/Kickapoo HS
Michael Frazier	SR/SR	Distance	Independence, Mo.	Truman HS
Kenny Froebe	JR/JR	Distance	Lenexa, Kan.	Home Schooled
Ty Garrettsen	FR/FR	Jumps	Stockton, Mo.	Stockton HS
Trevor Gonzales	SR/SR	Hurdles	Byrnes Mill, Mo.	Truman State
Johnny Good	SR/SR	Sprints	Wellington, Mo.	Wellington-Napoleon HS
Osvaldo Granillo	SR/SR	Sprints	Moscow, Kan.	Moscow HS
Ben Hanson	SR/SR	Throws	Aurora, Colo.	Bethany College/Grandview HS
Drew Harms	JR/JR	Sprints	Cole Camp, Mo.	Benton County HS
Tyson Holcombe	FR/FR		Spartanburg, Mo.	Benton County HS
Joel Holloway	FR/FR	Jumps	Moundridge, Kan.	Moundridge HS
Ijon Howard	SR/SR	Jumps/Sprints	St. Louis, Mo.	Mehlville HS
Justin Howard	JR/JR	Distance	Raymore, Mo.	Raymore-Peculiar HS
Tyler Hughes	JR/JR	Distance	Liberty, Mo.	Liberty North HS
Franklin Hunt	FR/FR	Sprints	Richton Park, Ill.	Rich Central HS
Samuel Hunt II	JR/JR	Multi-Events	Clearwater, Fla.	St. Petersburg/Countryside HS
Chris James	SR/SR	Sprints	St. Louis, Mo.	Mehlville HS
Jan Jansky	FR/FR	Pole Vault	Kladno, Czech Republic	
Brad Jenkins	FR/FR	Jumps	St. Louis, Mo.	Pattonville HS
Blake Johnson	FR/FR	Sprints/Jumps	Olathe, Kan.	Olathe North HS
Garvey Jones	SO/SO	Throws	Kansas City, Mo.	Mizzou/O'hara HS
Jace Kaleikau	JR/JR	Throws	Lee's Summit, Mo.	Lee's Summit North HS
Shadrack Kipngetchi	FR/FR	Distance	Kericho, Kenya	
Austin Larsen	SO/SO	Distance	Warsaw, Mo.	Warsaw HS
Noah Larsen	JR/JR	Mid-Distance	Kellerton, Iowa	Iowa Central CC
Eli Leavell	JR/SO	Jumps/Sprints	Blue Springs, Mo.	Blue Springs HS
Dalton Lewallen	FR/FR	Throws	Overland Park, Mo.	Shawnee Mission South HS
Nathan Liby	SO/SO	Throws	Salina, Kan.	Friends U / Salina South HS
Michael Lockhart	SR/SR	Sprints	Freeport, Bahamas	Sunland Baptist Academy
Corbin Lowe	JR/JR	Sprints	Clive, Iowa	Waukeel HS
Jacob Mahin	SR/SR	Throws	Staunton, Ill.	Staunton HS
Trevor McClelland	JR/JR	Sprints	Eldon, Mo.	Eldon HS
Jacob McClung	FR/FR	Distance	St. Louis, Mo.	Oakville HS
Omari McDonald	SR/SR	Sprints	Kingston, Jamaica	Monroe College / HyDel HS
Jesse Miller	FR/FR	Jumps	Chillicothe, Mo.	Chillicothe HS
Eric Nehlsen	FR/FR	Sprints	Huntley, Ill.	Huntley HS
Dylan Norton	FR/FR	Hurdles	California, Mo.	California HS
Andrew Palmer	JR/JR	Sprints	Lee's Summit, Mo.	Lee's Summit West HS
Trey Pettit	FR/FR	Throws	St. Charles, Mo.	Francis Howell North HS
Alex Philipps	FR/FR	Distance	Jackson, Mo.	Jackson HS
Cole Phillips	SR/SR	Pole Vault	Nixa, Mo.	Nixa HS
Chris Quinn	SO/SO	Sprints	Moberly, Mo.	Moberly HS
Jacob Randle	JR/JR	Sprints	Pleasant Hill, Mo.	Missouri State/Pleasant Hill HS
Max Rodgers	SR/SR	Pole Vault	Parkville, Mo.	Park Hill South HS
Elias Roelfsema	SO/SO	Multi-Events	Neosho, Mo.	Seneca HS
Matt Scaletty	JR/JR	Multi-Events	Lee's Summit, Mo.	Avila
Dylan Scheirich	FR/FR	Throws	Roselle, Ill.	Lake Park HS
Brandon Schneider	SR/SR	Distance	St. Paul, Mo.	St. Dominic HS
Tyler Schrimpf	FR/FR	Pole Vault	Jefferson City, Mo.	Helias HS
Jimmy Scott	SR/SR	Hurdles	Agency, Mo.	Mid-Buchanan HS
Blake Seitz	SR/SR	Multi-Events	Napoleon, Mo.	Wellington-Napoleon HS
Nick Shovald	FR/FR	Sprints	Lexington, Mo.	Lexington HS
Marcus Sitko	FR/FR	Sprints/Jumps	Staunton, Ill.	Staunton HS
Kyle Skopec	FR/FR	Distance	Bolivar, Mo.	Bolivar HS
Ryan Skopec	FR/FR	Distance	Bolivar, Mo.	Bolivar HS
Seth Skopec	FR/FR	Distance	Bolivar, Mo.	Bolivar HS
Sterling Spicer	SR/SR	Sprints	Lawson, Mo.	Lawson HS
Ben Sporleder	SO/SO	Distance	Marshall, Mo.	Marshall HS
Austin Subke	SO/SO	Throws	Washington, Mo.	Washington HS
Chris Swearingin	SR/SR	Javelin	Odessa, Mo.	Odessa HS
Anthony Taylor	FR/FR	Jumps	Kansas City, Mo.	Liberty North HS
Joshua Terry	FR/FR	Sprints	Broadview, Ill.	Proviso East HS
Wezley Turner	SO/SO	Sprints	Oak Creek, Wis.	St. Cloud State
Jacob Weber	FR/FR	Sprints	Odessa, Mo.	Odessa HS
Tahj Williams	FR/FR	Sprints	Florissant, Mo.	Hazelwood Central HS
James Willis	JR/JR	Sprints	Kirkwood, Mo.	Kirkwood HS
Josh Wingo	FR/FR	Hurdles	St. Louis, Mo.	Pine Forest HS



Cole Phillips
Senior
Pole Vault
Four-Time All-American



Dominique Anderson
Senior
Kansas City, Mo.
Park Hill HS
Sprints

Invite ... **(Outdoor):** Ran at three meets running primarily the 100m and 200m dashes ... At the PSU Invitational ran 11.70 for 100m and 23.71 for 200m.

2013-14: (Indoor): Ran the 60m and 200m dashes ... Ran indoor PR's 7.45 (60m) and 23.79 (200m) at the UCM Classic. **(Outdoor):** Competed in the 100m and 200m events ... Had PR's of 11.63 (100m) and 23.53 (200m) at the UCM Mule Relays.

Personal: Majoring in Digital Media Production.

2015-16: (Indoor): Ran at all the UCM home meets, running the 60m and 200m dashes ... Ran a personal-best 7.38 for 60m at the UCM Invite and 23.78 for 200m at the UCM Mule Relays ... **(Outdoor):** Ran the 100m and 200m dashes during the season ... Set a new, wind-aided PRs of 11.17 for 100m and 22.60 for 200m at the MSSU Invitational.

2014-15: (Indoor): Ran at three meets during the indoor season ... Ran 24.61 for 200m at the UCMA Mule Relays ... Ran 57.95 for 400m at the MSSU Lion

Personal Records

Indoor		
60m Dash	7.38	2016
200m Dash	23.78	2016
400m Dash	57.96	2015
Outdoor		
100m Dash	11.38	2016
200m Dash	23.03	2016



Chris Basinski
Sophomore
Belton, Mo.
Belton HS
Distance

2014-15: (Cross Country): Ran in three races his freshman year ... Had a personal-best 8K time of 34:05.30 at the Southwest Baptist Invitational ... Finished 63rd in the UCM Mule Run, running the 6.4K course in 23:42.66 ... **(Indoor):** Ran the 3,000m at the UCM Classic, placing 12th in 10:00.31 ... **(Outdoor):** Ran the 3,000m steeplechase at the UCM Mule Relays, running 11:19.11 to finish seventh.

In High School: Ran at Belton High School, letting four years in cross country and track ... Twice named All-County and All-Conference in cross country.

Personal: Son of Anthony and Tammy Basinski ... Majoring in mathematics.

2015-16: (Cross Country): Ran in three Races for the Mules ... Set a personal-best for 8,000m at the CMU Gary Stoner Invite, finishing 16th in 28:26.85 ... Ran 23:13.27 for 6.4K at the SBU Invitational ... **(Indoor Track):** Ran at three meets, setting a personal best in the mile (4:43.98) and 3,000m (9:48.02) ...

(Outdoor Track): Competed at four meets in three different events ... Had the fastest steeplechase for the Mules, running 10:33.33 ... Also set personal-bests in the 1500m (4:29.51) and 5K (16:39.24).

Personal Records

Indoor		
Mile Run	4:43.98	2016
3,000m Run	9:48.02	2016
Outdoor		
1500m Run	4:29.51	2016
5,000m Run	16:39.24	2016
3,000m Steeplechase	10:33.33	2016
Cross Country		
6.4K	23:13.27	2015
8K	27:11.00	2016
10K	34:09.9	2016



John Berry
Sophomore
Pleasant Hill, Mo.
Pleasant Hill HS
Throws

Personal: Majoring in Physical Education.

2015-16: (Indoor): Threw at the MIAA Championships where he placed ninth in the weight throw with a PR of 51' 11.75" and finished 12th in the shot put throwing 48' 2", another personal-best ... **(Outdoor):** Threw the hammer throw and shot put during the season with season-best marks of 47' 11.75 in the shot put and 166' 2" in the hammer throw ... Placed eighth in the hammer at the conference championship throwing 163' 5".

2014-15: Redshirted in 2014-15, competed unattached.

Personal Records

Indoor		
Shot Put	51' 7.75	2015
Weight Throw	51' 11.75	2016
Outdoor		
Shot Put	50' 5.5"	2015
Hammer Throw	171' 4"	2015



Brendan Black
Junior
Greenfield, Mo.
Greenfield HS
Sprints

the Drake Relays in both the 4x100m and 1600m Sprint Medley Relay ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Ran the short sprints during the indoor season ... Set a personal-best in the 60m dash at the MIAA Championships, running 7.01 to finish 18th ... Also finished 23rd in the 200m dash at the conference meet ... Ran a season-best 23.14 in the event at the UCM Classic where he placed third ... **(Outdoor):** Set a personal-bests in the 100m dash at the MIAA Championships ... Broke 11.00 in the 100m dash and ran 10.98 to finish 16th ... Also placed sixth in the 4x100m relay which ran 42.20 ... Set a PR of 22.46 in the 200m dash at the Mule Relays and finished fifth.

Before UCM: Ran for four years at Greenfield High School under Coach Crystal Turner ... Named All-Conference, All-District, All-Sectional and All-State all four years ... Set the school record in the 100m and 200m dashes and was a part of the 4x100m and 4x200m school record-setting relay teams ... State champion in the 200m dash in 2014 ... Was the conference, district and sectional champion in the 100m and 200m in 2014 ... Was the conference, district and sectional champion in the 200m, 4x100m relay and 4x200m relay in 2012 ... Part of the state championship team in 2014 ... Also played football and basketball ... Named Academic All-State in football and basketball.

Personal: Son of Tim and Annette Black ... Majoring in Health Studies.

2015-16: (Indoor): Ran the short sprints during the season ... Set season-best 7.04 for 60m at the UCM Invitational and 22.81 at the Pitt State Gorilla Classic ... Ran at the MIAA Championships, placing 17th in the 60m dash running 7.10 and 20th in the 200m, running 22.83 ... **(Outdoor):** Set personal-bests in 100m and 200m dashes, running 10.98 in the 100 and 22.38 in the 200 at the MIAA Championships where he placed 16th and 19th, respectively ... Also ran on the 4x100m relay at the conference meet and placed sixth ... Took 13th place at

Personal Records

Indoor		
60m Dash	7.01	2015
200m Dash	22.81	2016
Outdoor		
100m Dash	10.98	2015
200m Dash	22.38	2016



Drew Bodicky Junior St. Joseph, Mo. St. Joe Central HS Hurdles

2014-15: Redshirted in 2014-15, competed unattached.

2013-14: (Indoor): Finished eighth in the 60m hurdles with a PR time of 8.89 at the UCM Classic ... Ran every short sprint from 60m-400m ... (Outdoor): Ran the 110m and 400m hurdles ... Ran personal-best times 15.70 (110m) and 58.72 (400m) at the Pittsburg State Invite ... Finished fifth in the 110m hurdles at the Wildcat Open.

Before UCM: A two-time district champion and all-sectional honoree ... was a two-time state qualifier, earning all-state honors in the 110m hurdles as a senior ... two-time first team all-area ... also lettered four years in swimming and was a three-time all-conference performer.

Personal: Majoring in Pre-Physical Therapy/Pre-Occupational Therapy ... Son of Mark and Laura Bodicky.

2015-16: (Indoor): Set personal-bests at all three distances raced ... Ran 52.92 for 400m earlier in the season at the UCM Invitational ... For 60m hurdles, ran 8.66 at the Pitt State Invitational and 1:16.34 for 600 yards at the Pitt State Gorilla Classic ... (Outdoor): Primarily ran the 110m and 400m hurdles during the season and at the conference meet ... Set personal-bests in both events at the MIAA Championships, placing sixth in the 400m hurdles running 54.84 in the prelims and 54.96 in the finals ... Took 10th place at the conference meet in the 110m hurdles running 15.16 ... Named to the MIAA Academic Honor Roll.

Personal Records

Indoor		
60m Dash	7.61	2014
200m Dash	24.47	2014
400m Dash	52.92	2016
600yd Run	1:16.34	2016
60m Hurdles	8.66	2016
Outdoor		
110m Hurdles	15.16	2016
400m Hurdles	54.84	2016



Colton Bray Sophomore Shawnee, Kan. Mill Valley HS Pole Vault

Valley to a third-place finish at the state meet in 2015 and won the regional championship 2013-15 ... Also was a member of the wrestling team for two years.

Personal: Son of Dean and Heather Bray ... Majoring in Mechanical Engineering Technology.

2015-16: (Indoor): Set a personal-best by more than a foot at the MIAA Championships, where he placed 10th jumping 15' 2.75" in the pole vault ... (Outdoor): Jumped a season-best in the vault of 15 feet at the Missouri S&T Invitational ... Placed 14th at the conference championships, clearing 14' 9".

In High School: Three time letterwinner at Mill Valley High School ... Regional champion in the pole vault as a junior and senior ... Placed fifth at the state championship in the vault as a junior and third place as a senior ... Helped Mill

Personal Records

Indoor		
60m Dash	7.59	2016
Pole Vault	15' 2.75"	2016
Outdoor		
Pole Vault	15' 0"	2016



Isaac Calvert Sophomore Sedalia, Mo. Smithton HS Distance

All-Conference and All-State teams.

Personal: Son of Paul and Sondra Calvert ... Majoring in Safety Management.

2015-16: (Cross Country): Ran in four races as a freshman ... Set a personal-best in the 8K at the MIAA Championships, placing 59th in 26:56.5 ... Placed seventh at the CMU Invitational, completing the 8K in 27:11.87 ... Named to the MIAA Academic Honor Roll ... (Outdoor Track): Ran the 1500m and 5,000m races ... Ran 4:18.27 for 1500 at the Missouri S&T Invitational and 16:22.26 for 5K at the MIAA vs. NSIC Showdown.

In High School: Ran cross country for Smithton High School ... Was named to the

Personal Records

Outdoor		
1500m Run	4:18.27	2016
5,000m Run	16:22.26	2016
Cross Country		
6.4K	22:46.2	2015
8K	26:35.0	2016



Nathan Cummings R-Freshman Festus, Mo. Festus HS Throws

2015-16: Redshirted during the indoor and outdoor seasons, competed unattached.

In High School: Competed for Festus High School ... Was an All-Conference and Second Team All-District selection ... Also played football.

Personal: Son of Tammy Self ... Majoring in Engineering Technology.

Personal Records

Indoor		
Shot Put	47' 7.25"	2016
Weight Throw	50' 8"	2016



David Frazier Sophomore Independence, Mo. Truman HS Distance

Team All-Conference and was a sectional qualifier in 2013 and 2014.

Personal: Son of Michael and Carol Frazier ... Majoring in Criminal Justice ... Brother of Mule teammate Michael Frazier.

2015-16: (Cross Country): Competed in three races in his first season with UCM ... Ran a personal-best 27:51.56 for 8,000m at the Missouri Southern Stampede ... Ran 24:23.12 for 6,400m at the SBU Invitational ... (Indoor Track): Ran the 3,000m and mile during the indoor season, setting a PR of 9:51.48 in the 3K and ran 4:51.63 for his only mile race.

In High School: Earned four varsity letters at Truman High School in cross country and track and field ... Was a cross country state qualifier in 2014 ... Named Second

Personal Records

Indoor		
Mile Run	4:51.63	2016
3,000m Run	9:51.48	2016
Cross Country		
6.4K	22:46.2	2015
8K	27:51.6	2015



Ian Frazier
Junior
Springfield, Mo.
Missouri State
Distance

All-MIAA
2016 Cross Country

2015-16: (Cross Country): Ran in all five races for the Mules ... Finished third for UCM, 21st overall, at the MIAA Championships, running 25:27.8 for 8K ... Set a personal-record for 8,000m at the Missouri Southern Stampede, running 25:23.82 ... Placed third overall at the CMU Gary Stoner Invitational, running 26:07.74 for the 8K ... Competed at the NCAA Regional Championships, running 32:54.54 for 10K, a personal-best ... **(Indoor Track):** Ran in one indoor race, completing the 3,000m in 9:17.02 at the UCM Classic.

2014-15: (Cross Country): Competed in all six races for UCM in his first year with the Mules ... Ran a personal-best 8K time of 26:14.59 at the MIAA Championship race and was the Mules fifth finisher in the race, placing 29th ... Had two top-10 finishes including a fifth place finish at the UCM Mule Run, running 20:30.68 over 6.4K ... Finished 56th overall running 33:32.90 in the 10K at the NCAA Central Region Championships ... **(Indoor):** Competed in one track race during the 2014-15 season, running 9:04.61 for the indoor 3,000m at the UCM Invitational.

In High School: Ran at Kickapoo High School for coach Jeremy Goddard ... Was a two-time All-State honoree in cross country (2011-2012) and All-Conference for the 1600m and 3200m (2012) ... Was the individual champion for the 2012 cross country district champions.

Personal: Son of David and Carla Frazier ... Majoring in secondary history education.

Personal Records

Indoor		
3,000m Run	9:04.61	2015
Cross Country		
6.4K	20:30.80	2014
8K	25:23.80	2015
10K	32:13.0	2016



Michael Frazier
Senior
Independence, Mo.
Truman HS
Distance

Championships in his first 10K race, running 33:23.66 ... Ran a 16:01.37 5K at the MSSU Invitational and 4:16.16 1500 at the ESU Relays.

2014-15: (Cross Country): Ran in five races for the Mules including the MIAA Championship ... Set a new personal-best in the 8K of 26:48 at the St. Louis Pharmacy Classic where he placed 13th overall ... Ran 26:56.11 at the MIAA Championships and placed 47th ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Ran in four races competing in everything from the mile to the 5,000m ... Set personal-bests in the mile (4:39.18) and 3,000m (9:14.39) ... **(Outdoor):** Ran 4:22.00 for 1500m at the ESU Relays and 16:26.12 for the 5K at the PSU Invitational, both personal-bests.

2013-14: (Indoor): Ran the 3K and 5K at UCM's home meets ... Ran season-best 3K, 9:38.36 and 5K, 16:39.05 ... **(Outdoor):** Ran in four meets, competing in the 1,500m, 3K and 5K events ... Had season-best times of 4:24.25 (1,500m), 9:40.99 (3K) and 16:26.68 (5K) ... **(Cross Country):** Competed in four races during the season ... Best finish was a 17th place effort at the SBU Twilight, completing the 5K course in 17:11.05 ... Ran his best 8K at the Central Methodist Invitational in 28:05.56.

Before UCM: Was a two-time all-conference selection and two-time sectional qualifier for head coach John Steele at Truman High School ... was a member of the Quill and Scroll Honor Society and was named to the Honor Roll.

Personal: Majoring in Digital Media Production ... Son of Mike and Carol Frazier.

Personal Records

Indoor		
Mile Run	4:39.18	2015
3,000m Run	9:22.11	2015
5,000m Run	16:28.61	2015
Outdoor		
1,500m Run	4:22.00	2015
3,000m Run	9:40.99	2014
5,000m Run	16:26.12	2015
Cross Country		
6.4K	21:33.66	2015
8K	25:59.79	2015
10K	32:43.83	2015



Kenny Froebe
Junior
Lenexa, Kan.
Home Schooled
Distance

(Outdoor Track): Ran the 800m and 1500m races, setting a PR 2:02.23 800m race at the MSSU Invitational ... Placed 14th at the MIAA Championships in the 1500m running a personal-best 4:06.19.

2014-15: (Cross Country): As a freshman, competed in four races for the Mules ... Ran a PR 27:30.84 in the 8K at the Southwest Baptist Invitational and finished 25th ... Placed 26th at the UCM Mule Run, completing the 8K course in 21:59.27 ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Ran in the mile and 3,000m races ... Ran a season-best 4:34.84 for the mile at the UCM Classic and 9:10.16 for 3,000m at the UCM Indoor Mule Relays ... **(Outdoor):** Placed 17th at the MIAA Championships in the 1500m run, setting a PR 4:07.95 ... Also ran 9:17.13 for 3,000m at the ESU Relays and 16:30.21 for 5,000m at the Wildcat Open.

Before UCM: Ran track and cross country for four years as a part of the National Christian Home School ... Was the 2013 NCHC Cross Country varsity boys national individual champion ... Was a part of four NCHC Cross Country national championship teams.

Personal: Majoring in Accountancy.

Personal Records

Indoor		
Mile Run	4:34.51	2016
3,000m Run	9:10.16	2015
Outdoor		
800m Run	2:02.23	2016
1,500m Run	4:06.19	2016
3,000m Run	9:17.13	2015
5,000m Run	16:30.21	2015
Cross Country		
6.4K	21:59.30	2014
8K	26:20.60	2016
10K	32:57.20	2015



Johnny Good Senior Wellington, Mo. Wellington-Napoleon HS Sprints

the 60m dash running 7.50 at the UCM Invitational in his first race of the season ... Ran a season-best 53.62 for 400m and finished fourth at the UCM Classic ... **(Outdoor):** Set new personal-bests in the 200m and 400m dashes ... Ran 23.51 in his first outdoor race at the PSU Invitational ... Placed 14th at the UCM Mule Relays running a PR time of 52.32.

2013-14: (Indoor): Ran the 60m and 200m sprints ... Recorded personal-best times of 7.53 (60m) and 24.08 (200m) on the UCM Multipurpose Building Track ... **(Outdoor):** Competed in the 100m, 200m and 400m dashes ... Finished sixth at the Wildcat Open in the 200m dash ... Ran a personal-best 11.57 in the 100m at the UCM Mule Relays.

Before UCM: Helped lead his team to the 2010 State Track Championship ... was a state medalist in the 4x800, 4x400 and 4x200m relays ... won district titles in the 800m in 2010 and 2011 ... also played defensive back on the 2009 and 2010 state semifinlist football teams.

Personal: Athletic training major ... son of Mark and Norita Good.

2015-16: (Indoor): Ran at all of the UCM home meets, competing mostly in the sprinting events ... Set a new personal-best of 1:18.60 in the 600 yard run at the UCM Classic ... **(Outdoor):** Competed in every event from 100m — 800m ... Set a PR in the 800m run at the Pitt State Gorilla Classic, running 2:03.05 ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Ran each sprint from 60m to 400m ... Set a PR in

Personal Records

Indoor		
60m Dash	7.50	2015
200m Dash	24.08	2014
400m Dash	53.62	2015
600 Yd. Dash	1:18.60	2016
Outdoor		
100m Dash	11.57	2014
200m Dash	23.51	2015
400m Dash	52.32	2015
800m Run	2:04.04	2016



Ben Hanson R-Senior Aurora, Colo. Bethany College Throws

Personal: Son of Robert and Cornelia Hanson ... Majoring in Safety Management.

2015-16: Redshirted during the indoor and outdoor seasons, competed unattached.

Before UCM: Attended Bethany College in Lindsbrog, Kan. where he was coached by UCM alum, Drew Frizzell ... Was a two-time All-American and four-time conference champion for the Swedes.

In High School: Attended Grandview High School where he was a conference and regional champion and state qualifier.

Personal Records

Indoor		
Shot Put	53' 0.75"	2016
Weight Throw	58' 11.5"	2016



Drew Harms Junior Cole Camp, Mo. Benton County HS Sprints

seasons-best of 7.26 for 60m at the UCM Classic and 24.16 for 200m at the Indoor Mule Relays ... **(Outdoor):** Ran the 100m and 200m dashes during the outdoor season ... Set PRs of 11.28 in the 100m at the Wildcat Open and 22.71 in the 200m at the UCM Mule Relays.

In High School: Ran for coach Tom Ward at Cole Camp High School ... Was the district champion in the 100m dash ... Named All-District in the 100m, 4x100m and 4x200m relays ... Was All-Conference in the 200m, long jump, 4x200m and 4x400m relays ... Was a member of the conference champion football, basketball and track teams ... Three times named to the All-Conference and All-District teams in soccer ... Also lettered in football and basketball.

Personal: Son of Randy and Lora Harms ... Majoring in finance.

2015-16: (Indoor): Ran the short sprints during the season, setting personal-bests of 7.20 for 60m and 22.80 for 200m at the PSU Indoor Gorilla Classic ... Finished 21st in the 200 at the MIAA Championships, running 22.83 ... **(Outdoor):** Ran the 100m and 200m dashes, setting a personal-best of 11.24 in the 100m at the MIAA vs. NSIC Showdown and 22.45 for 200m at the MSSU Invitational ... Named to the MIAA Academic Honor Roll.

2014-14: (Indoor): Primarily ran the 60m and 200m dashes ... Set

Personal Records

Indoor		
60m Dash	7.20	2016
200m Dash	22.80	2016
400m Dash	55.25	2015
Outdoor		
100m Dash	11.24	2016
200m Dash	22.48	2016



Ijon Howard Senior St. Louis, Mo. Mehlville HS Jumps

2014-15: (Indoor): Competed in the long jump in four meets and jumped a personal-best 20' 1.5" at the UCM Classic ... **(Outdoor):** Also jumped 20' 1.5" at the PSU Invitational.

2013-14: Did not compete ... Named to the MIAA Academic Honor Roll.

2012-13: (Indoor): Competed in the 200m dash and high jump at the UCM Classic ... **(Outdoor):** Competed at the UCM Mule Relays, Gorilla Classic, Emporia State Relays, and the PSU Wendy's Open.

Before UCM: Lettered two seasons at Mehlville HS, setting personal bests in the 100m dash (11.7), 400m dash (54.0) and the long jump (20' 2").

Personal: Athletic Training major ... son of Derwin Miloy and Michelle Howard.

2015-16: (Indoor): Competed in the long jump and 60m dash at Central Missouri's home meets ... Set a personal-best running 7.45 at the UCM Classic and jumped an indoor PR mark of 20-6.25 at the UCM Invite ... **(Outdoor):** Again competed in the long jump and short sprinting events, setting personal-bests in three events ... At the PSU Gorilla Classic ran 11.50 for 100m and 24.33 for 200m, both personal-best times ... Jumped 21-4.25 at the MSSU Invitational ... Named to the MIAA Academic Honor Roll.

Personal Records

Indoor		
60m Dash	7.45	2016
200m Dash	25.66	2013
Long Jump	20' 6.25"	2016
Outdoor		
100m Dash	11.50	2016
200m Dash	24.33	2016
Long Jump	21' 4.25"	2016



Justin Howard
Junior
Raymore, Mo.
Raymore-Peculiar HS
Distance

the 3000m, running a season-best 9:16.09 at the UCM Classic ... **(Outdoor Track):** Ran the 5000m at the MIAA Championships where he finished 20th running 16:09.81 ... Ran a personal-best 16:02.77 in the event at the MIAA vs. NSIC Showdown.

2014-15: (Cross Country): Competed in five races in his first season with the Mules ... Had a top-20 finish at the St. Louis Pharmacy Fall Classic, where he finished 19th in an 8K personal-best time of 27:08 ... Ran at the MIAA Championships where he placed 57th with a time of 27:23.75 ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Primarily ran the mile, setting a season-best 4:38.92 at the UCM Classic ... Ran the 3K at the Indoor Mule Relays and set a PR of 9:14.04 ... **(Outdoor):** Ran a season-best 4:16.26 1500m at the Pittsburg State Gorilla Classic ... Ran a 16:23.07 5K at the Outdoor Mule Relays.

Before UCM: Ran at Raymore-Peculiar High School ... Was a four year letter winner and team MVP ... Named first team All-Conference and first team All-District ... Placed 20th at the Missouri State meet.

Personal: Son of David and Shannon Howard ... Majoring in Criminal Justice.

2015-16: (Cross Country): Competed in all five races for the Mules ... Set personal-bests in all three distances raced ... Placed 44th at the MIAA Championships in a PR time of 26:25.60 for 8K ... Scored for the Mules finishing fourth on the team at the NCAA Central Region Championship, running 32:25.20 and setting a PR for the 10K ... Ran 21:46.88 for 6,400m and finished 18th with a new PR at the SBU Invitational ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Was on the ninth place DMR relay team at the MIAA Championships ... Mostly ran

Personal Records

Indoor		
Mile Run	4:38.92	2015
3,000m Run	9:14.04	2015
Outdoor		
1,500m Run	4:16.26	2015
3,000m Run	9:23.40	2015
5,000m Run	16:02.77	2016
Cross Country		
6.4K	21:46.90	2015
8K	26:25.1	2016
10K	32:25.20	2015



Ty Hughes
Junior
Liberty, Mo.
Liberty North HS
Distance

MIAA Championships, the 3000m and 5000m runs where he placed 21st and 16th respectively ... Ran an indoor personal-best in the 5K at the conference meet in 15:29.52 ... Set a personal-best in the 3K at the PSU Gorilla Classic running 8:55.92 ... **(Outdoor Track):** Posted a top-10 finished at the MIAA Championships in the 5K running a personal-best 15:18.85 to finish ninth ... Also set a personal-best in the 1500m at the MSSU Invitational running 4:16.55.

2014-15: (Cross Country): Ran in all six races for the Mules as a freshman ... Placed 58th at the NCAA Central Region Championships, running the 10K course in 33:34.70 ... Placed third for the Mules at the MIAA Championships, running a personal-best 8K time of 25:56.84 ... Had a pair of top-15 finishes at the Southwest Baptist Invitational and the St. Louis Pharmacy Fall Classic ... Named to the MIAA Academic Honor Roll ... **(Indoor):** Ran the 5,000m run at the MIAA Championship, finishing 13th in a personal-best 15:32.07 ... Ran a season-best 3K time of 9:05.20 at the UCM Classic ... **(Outdoor):** Finished in 12th place at the MIAA Championship in the 5K, running 16:01.03 ... Ran a season-best 5K of 15:43.27 at the PSU Invitational.

Before MSU: Ran for Liberty North High School and coach Dave Chatlos ... Three-time cross country All-Conference honoree (2011-13), two-time district champion (2012-13), two-time All-State ... Helped his team to the 2014 Missouri State track championship ... 2013 conference and district championship for 3200m ... Named All-State for 3200m in 2014.

Personal: Son of Joel and Tammy Hughes ... Majoring in mathematics.

2015-16: (Cross Country): Ran in all five races for UCM in 2015 ... Was named All-Region after placing 22nd at the NCAA Regional Championship, in a 10K PR time of 31:19.35 ... Was the second UCM finisher at the MIAA Championships, placing 12th and running an 8K personal-best time of 25:11.1 ... Also set a new PR in the 6.4K, running 21:41.30 at the SBU Invitational ... Placed second at the CMU Gary Stoner Invitational, running 26:07.29 for the 8,000m race ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Competed in two events at the

Personal Records

Indoor		
Mile Run	4:38.55	2015
3,000m Run	8:55.92	2016
5,000m Run	15:29.52	2016
Outdoor		
1,500m Run	4:16.45	2016
5,000m Run	15:18.85	2016
Cross Country		
6.4K	21:41.30	2015
8K	25:11.1	2015
10K	31:19.3	2015

All-MIAA
2015 Cross Country



Samuel Hunt II
Junior
Clearwater, Fla.
St. Petersburg
Multi-Events

2013-14: (Indoor): Finished in 11th place at the MIAA Championships in the heptathlon, scoring 4451 points ... Had a high-place of fourth in the pole vault portion of the event, jumping 14' 5.25" ... Had a personal-best score of 4613 at the MSSU Lion Invite in the decathlon where he finished eighth ... **(Outdoor):** Competed for UCM in the decathlon at the conference championship meet where he finished 12th ... Had second-place finishes in two of the 10 events, the 100m dash (11.21) and the javelin (173' 6") ... Scored a personal-best 5800 in the decathlon at the ASU Spring Break Multi.

In High School: A two-year letterwinner in track & field for head coach Eileen Givens at Countryside High School ... helped his team to three district championships ... also lettered in football.

Personal: Bio-medical sciences major ... Son of Janet and Samuel Hunt, Sr.

2014-15: (Indoor): Competed in one heptathlon, scoring 4436 at the Doane College Multi Meet ... Jumped 20' 7.75" in the long jump at the meet and ran a 7.29 60m dash ... **(Outdoor):** Ran at the UCM Mule Relays, running 11.51 for 100m, 23.86 for 200m and 16.27 for the 100m hurdles.

Personal Records

Indoor			Outdoor		
60m Dash	7.28	2014	100m Dash	11.21	2014
1000m Run	3:12.26	2014	200m Dash	23.83	2014
60m Hurdles	8.77	2014	400m Dash	53.75	2014
High Jump	5' 3"	2014	1500m Run	6:06.53	2014
Long Jump	21' 3.25"	2014	110m Hurdles	16.16	2014
Pole Vault	15' 1"	2014	High Jump	5' 5.25"	2014
Shot Put	40' 5"	2014	Long Jump	21' 8"	2014
Heptathlon	4613	2014	Pole Vault	14' 2.75"	2014
			Shot Put	36' 7"	2014
			Discus	113' 4"	2014
			Javelin	173' 6"	2014
			Decathlon	5800	2014



Chris James
Senior
St. Louis, Mo.
Mehlville HS
Sprints

2015-16: (Indoor): Ran the 60m and 200m dashes, setting a PR of 7.33 for 60m at the UCM Mule Relays and a season-best 23.30 for 200m at the PSU Gorilla Classic ... **(Outdoor):** At the Missouri S&T Invitational, ran wind-aided personal-best times of 11.39 for 100m and 23.03 for 200m.

2014-15: (Indoor): Ran 60m-400m sprints ... Ran a season-best 60m dash time of 7.41 at the Indoor Mule Relays and 23.59 for 200m at the UCM Invitational ... **(Outdoor):** Competed in the 100m-400m sprints ... Set a personal-best 100m

dash running 11.43 at the Outdoor Mule Relays and 55.08 400m dash at the Pitt State Gorilla Classic.

2013-14: (Indoor): Ran the 60m and 200m dashes at three meets ... Recorded personal-bests of 7.40 (60m) and 23.40 (200m) at the UCM Classic ... **(Outdoor):** Ran the 100m and 200m dashes ... Logged PR times of 11.76 (100m) and 23.54 (200m).

Before UCM: Captured conference, district and sectional medals, while competing for head coach Jay Holtmeyer at Mehlville Senior High School.

Personal: Civil engineering major ... son of Dennis and Roni James.

Indoor		
60m Dash	7.33	2016
200m Dash	23.30	2016
400m Dash	55.42	2015
Outdoor		
100m Dash	11.39	2016
200m Dash	23.03	2016
400m Dash	55.08	2015



Garvey Jones
Sophomore
Kansas City, Mo.
Shawnee Mission NW HS
Throws

2015-16: (Indoor): Threw the shot put at two meets, setting a season-best mark of 44-11 at the UCM Classic and placing sixth ... **(Outdoor):** Placed 11th at the MIAA Championships in the shot put, throwing 47-0.75 ... Set a personal-best in the event at the Missouri S&T Invitational with a mark of 48-1.75 ... Also threw the discus with a top mark of 133-10 in four meets.

In High School: Received two varsity track and field letters at Archbishop O'Hara High School ... Also played football for two years and was named First Team All-District and Second Team All-Conference at guard.

Personal: Son of Reginald and Cerise Jones ... Majoring in Finance.

Personal Records

Indoor		
Shot Put	44' 11"	2016
Outdoor		
Shot Put	48' 1.75"	2016
Discus	133' 10"	2016



Jace Kaleikau
Junior
Lee's Summit, Mo.
Lee's Summit North HS
Throws

2015-16: Redshirted during the indoor and outdoor seasons ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Threw the weight throw indoors at five meets ... Set a new personal-best in the event by more than 11 feet as he placed fifth at the MIAA Championship meet with a mark of 55' 6.5" ... **(Outdoor):** Threw the discus and weight throw, setting personal-bests in both events ... Provisionally qualified for nationals in the hammer

throw throwing 185' 6" at the Wildcat Open, tying the mark for eighth-place in UCM history ... Placed third in the event at the MIAA Championships throwing 184' 2" ... Threw 150' 2" in the discus Pittsburg State Gorilla Classic, the eighth-best mark in UCM history.

2013-14: (Indoor): Threw the shot put and weight throw at four meets ... Registered personal-bests of 44' 8.25" in the weight throw to finish 10th at the UCM Classic and 42' 8" at the UCM Mule Relays ... **(Outdoor):** Competed in four events at the MIAA Championships, finishing 14th in all four - shot put, discus, hammer throw, javelin ... Recorded PR's in the shot put (46' 8.25") and discus (147') at the conference meet ... Set personal-bests in the hammer throw (159' 1") and javelin (171' 11") at the UCM Mule Relays.

Before UCM: A three-year letterwinner for head coach Eric Davis at Lee's Summit North High School ... was an all-conference performer in the shot put and discus during his junior and senior seasons ... earned all-district honors in the discus as a senior and earned all-district and all-sectional awards in the shot put ... was a state qualifier in the shot put and helped his team to a conference championship.

Personal: Business management major ... son of Robert and Cynthia Kaleikau.

Personal Records

Indoor		
Shot Put	42' 8"	2014
Weight Throw	55' 6.25"	2015
Outdoor		
Shot Put	46' 8.25"	2014
Discus	150' 2"	2015
Hammer Throw	185' 6"	2015
Javelin	171' 11"	2014

All-MIAA
2015 Hammer Throw



Austin Larsen
Sophomore
Warsaw, Mo.
Warsaw HS
Distance

2015-16: (Cross Country): Ran in four meets in his first season with UCM ... Ran a season-best 8K time at the MIAA Championships, where he placed 68th running 25:11.1 ... Finished 25th at the SBU Invitational, running 22:14.96 in the 6.4K race ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Primarily ran the 3000m race, setting a season-best time of 9:21.25 at the UCM Mule Relays and finished sixth ... Ran his only mile race of the season at the PSU Invitational in 4:41.31 ... **(Outdoor**

Track): Ran three 5000m races and had a season-best time of 16:10.00 at the PSU Gorilla Classic to place 12th ... Ran a 4:21.42 1500m at the ESU Relays.

In High School: Competed in track and field for four years and cross country for one at Warsaw High School ... Qualified for the cross country state championship ... Named All-Conference in the 1600m run and was the district champion in the 1600m and 3200m events... Also was a wrestler for Warsaw where he was a two-time state qualifier at 138 pounds and a one-time district champion.

Personal: Son of Derrick and Charine Larsen ... Majoring in Accounting.

Personal Records

Indoor		
Mile Run	4:41.31	2016
3,000m Run	9:21.25	2016
Outdoor		
1,500m Run	4:21.42	2016
5,000m Run	16:10.00	2016
Cross Country		
6.4K	22:15.0	2015
8K	26:56.70	2016
10K	34:20.70	2016



Eli Leavell
Junior
Blue Springs, Mo.
Blue Springs HS
Jumps

best in the long jump jumping 21-10.25 at the conference meet and jumped a season-best 44-4.25 in the triple jump ... Ran 53.39 for 400m and 1:59.29 for 800m during the season ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Competed in five different events at three meets ... Jumped a season-best 20' 7" in the long jump and 43' 7" in the triple jump at the MSSU Lion Invite ... Also competed in the 60m and 200m dashes, running 7.49 and 24.11, respectively ... **(Outdoor):** Redshirted during the outdoor season ... Competed unattached and jumped 19' 0.5" at the UCM Mule Relays in the long jump.

Before UCM: Ran for Blue Springs High School and Coach Joe Cusack ... Part of the All-State 4x400 and 4x800m relay teams in 2014 ... The 4x800m team was the 2014 state champions ... Was a part of the three-time conference and district championship teams from 2012-14, sectional champions in 2013-14 and state champions in 2014.

Personal: Son of Will Mieir and Mark Leavell ... Majoring in mechanical engineering technology.

2015-16: (Indoor): Was the Mules top triple-jumper and second-best long jumper ... Placed seventh in the triple jump at the MIAA Championships, jumping a personal-best 46-1.5 ... Also ran on the ninth-place distance medley relay team at the conference meet ... Jumped a season-best 21-2.75 in the long jump at the UCM Classic ... **(Outdoor):** Jumped both the long and triple jumps at the MIAA Championships, placing 14th in both events ... Set a personal-

Personal Records

Indoor		
60m Dash	7.36	2016
200m Dash	24.11	2015
600 Yd. Dash	1:18.15	2015
Long Jump	21' 2.75"	2016
Triple Jump	46' 1.5"	2016
Outdoor		
100m Dash	11.30	2016
400m Dash	53.39	2016
800m Run	1:59.29	2016
Long Jump	21' 10.25"	2016
Triple Jump	44' 4.25"	2016



Dalton Lewallen
R-Freshman
Overland Park, Mo.
Shawnee Mission South HS
Throws

for wrestling.

Personal: Son of Doug and Brenda Lewallen ... Majoring in Construction Management.

2015-16: Redshirted during the indoor and outdoor seasons, competed unattached ... Named to the MIAA Academic Honor Roll.

In High School: A three-year letter winner at Shawnee Mission South High School, Lewallen was the Kansas 6A State Champion in the shot put as a senior ... Competed at the state championship meet all three years ... Named Second Team All-Sunflower League in the shot put in 2015 ... Also received three letters for football and two

Personal Records

Indoor		
Shot Put	50' 8.75"	2016
Weight Throw	42' 10.75"	2016



Nathan Liby
R-Sophomore
Salina, Kan.
Friends University
Throws

In High School: Attended Salina South High School where he was a four-year letterman for coach TJ Turner ... Placed fifth at the state championships in the javelin throw ... Also played on the basketball and football teams.

Personal: Son of Yvonne Liby ... Majoring in Safety Management.

2015-16: Redshirted during the indoor and outdoor seasons, competed unattached ... Named to the MIAA Academic Honor Roll.

Before UCM: Was a thrower at Friends University in Wichita, Kan. with coach Damien Smithhisler ... Helped the Falcons to indoor and outdoor conference championships in 2014-15 ... Was a national qualifier outdoors in the javelin in 2015 ... Finished in second place at the conference championships in the indoor weight throw.

Personal Records

Indoor		
Weight Throw	55' 6.5"	2016



Corbin Lowe
Junior
Clive, Iowa
Waukee HS
Sprints

at the MIAA Championships ... The 4x400m relay took second-place running an NCAA provisional-time of 3:13.12 and the 4x100 finished sixth, running 41.84 ... Also ran the open 400m dash at the conference meet, taking 16th place in a season-best time of 50.06 ... Set a personal-best 11.24 for 100m and season-best 22.82 200m at the ESU Relays ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Ran every event from 60m to 600 yards ... Competed and scored for the Mules at the MIAA Championships in the 600 yard run, placing seventh in 1:15.30 ... Ran a season-best 1:14.46 in the preliminary round at the conference meet ... Placed second in the 200m dash at the UCM Classic with a season-best 22.97 ... **(Outdoor):** Competed in three events at the MIAA Championships ... Set personal-bests in the 200m dash (22.31) and 400m dash (49.71) placing 17th and 22nd, respectively ... Also was a part of the sixth-place 4x100m relay which ran 42.20.

Before UCM: Received three varsity letters running at Waukee High School under Coach Brent Heitland ... Was a part of the 2014 state championship team, where he ran legs on the winning 4x100m and 4x200m relay teams ... Ran a leg on the state champion 4x400m relay team in 2013 ... Named 2013 Elite All-State in the 200m, 4x100m and 4x200m relays ... Named All-State in 2012 for the 400m dash, 4x400m and DMR relays.

Personal: Son of Doug and Gregg Ann Lowe ... Majoring in Exercise Science.

2015-16: (Indoor): Finished seventh at the MIAA Championships in the 600 yard run, running 1:13.48 ... Ran a personal-best in the event in the preliminary round of 1:12.61, tied for the eighth-fastest time in school history ... Also ran on the fourth-place 4x400m relay team at the conference meet that ran 3:16.44 ... Ran a season-best 7.27 for 100m and 50.62 for 400m at the Pittsburg State Invitational ... **(Outdoor):** Ran on both the 4x100 and 4x400m relay teams

Personal Records

Indoor		
60m Dash	7.25	2015
200m Dash	22.97	2015
400m Dash	50.62	2016
600m Dash	1:23.92	2015
600 Yd. Dash	1:12.61	2016
800m Run	2:01.77	2016
Outdoor		
100m Dash	11.24	2016
200m Dash	22.31	2015
400m Dash	49.71	2015
800m Run	2:01.39	2015

All-MIAA
2016 4x400m Relay
(Outdoor)

Mules Returners

41



Trevor McClelland
Junior
Eldon, Mo.
Eldon HS
Sprints

53.80 in the 400m dash at the UCM Mule Relays.

Personal: Majoring in Management.

2015-16: (Indoor): Ran the sprinting events at the UCM home meets ... Ran a season-best 7.42 for 60m at the UCM Invite and 24.02 for 200m at the UCM Classic ... **(Outdoor):** Set season-bests at the ESU Relays, running 11.32 for 100m and 23.03 for 200m ... Ran 50.47 for 400m at the Missouri S&T Invitational ... Named to the MIAA Academic Honor Roll.

2013-14: (Indoor): Ran at two meets competing in the short sprints ... Ran a season-best 23.94 for 200m at the UCM Classic and

Personal Records

Indoor		
60m Dash	7.42	2016
200m Dash	23.94	2014
400m Dash	53.33	2016
Outdoor		
100m Dash	11.32	2016
200m Dash	23.03	2016
400m Dash	50.47	2016



Eric Nehlsen
R-Freshman
Huntley, Ill.
Huntley HS
Javelin

2015-16: Redshirted during the indoor and outdoor seasons ... Named to the MIAA Academic Honor Roll.

In High School: Competed at Huntley High School where he also played football and lacrosse.

Personal: Son of Tim and Jennifer Nehlsen ... Majoring in Exercise Science.



Dylan Norton
R-Freshman
California, Mo.
California HS
Hurdles

2015-16: Redshirted during the indoor and outdoor seasons ... Named to the MIAA Academic Honor Roll.

In High School: Four-year letter winner in track and field at California High School ... Qualified for the state championships seven times and won seven All-Conference awards ... Named All-State and was a conference champion in the 300m hurdles as a senior ... Holds three California High School records in the 4x200 and 4x400m relay and the 300m hurdles ... Two-time conference champion in the 4x400m relay and was a district champion in the 300m hurdles and 4x400m relay ... Helped California HS to a conference and district championship in 2015 ... Also played three years of football and two years of basketball ... Went to three state semifinals in football and won two conference and three district championships.

Personal: Son of Michelle Barrow ... Majoring in Economics.



Chris Quinn
Sophomore
Moberly, Mo.
Moberly HS
Sprints

2015-16: (Indoor): Ran at two of UCM's home meets, running events from 60m — 400m ... Set season-best times of 7.89 for 60m, 25.79 for 200m and 56.50 for 400m ... **(Outdoor):** Primarily competed in the 200m and 400m events ... Ran a season-best 400m 52.80 at the Missouri S&T Invitational and 23.73 for 200m at the Pitt State Gorilla Classic ... Named to the MIAA Academic Honor Roll

2014-15: Redshirted in 2014-15, competed unattached.

Before UCM: Played football, basketball and track at Moberly High School ... Was a three-year letterman in track and two-time All-Conference and All-District ... Also named an All-Conference and All-District defensive back in football ... Member of the conference championship football team.

Personal: Son of Kevin and Bianca Quinn ... Dual majoring in accounting and economics.

Personal Records

Indoor		
60m Dash	7.85	2015
200m Dash	25.79	2016
400m Dash	56.50	2016
Outdoor		
100m Dash	11.93	2016
200m Dash	23.73	2016
400m Dash	52.80	2016



Max Rodgers
Senior
Parkville, Mo.
Park Hill South HS
Pole Vault

unattached at the UCM Mule Relays, running the 200m dash in 24.76 and jumping 12' 9.5" in the pole vault.

2013-14: (Indoor): Competed in the pole vault and also ran the short sprints ... Set a collegiate-best in the vault with a jump of 12' 6" at the UCM Classic to place eighth ... Ran a personal-best 7.63 in the 60m dash at the Mule Relays ... **(Outdoor):** Vaulted at five meets with a best jump of 12' 1.5" at the Wildcat Open, placing fifth ... Named to the MIAA Academic Honor Roll.

2012-13: (Indoor): Competed in three events at the UCM Classic ... **(Outdoor):** Competed at the UCM Mule Relays and at the Gorilla Classic.

Before UCM: Placed 3rd at the conference meet and 2nd at the district championships in the pole vault during senior season ... Holds the Park Hill South HS school record for the pole vault at 13' 7".

Personal: Criminal justice major ... Son of Jeff and Renea Rodgers.

2015-16: (Indoor): Jumped a season-best 13' 1.5" in the pole vault at the UCM Invitational ... **(Outdoor):** Competed in the pole vault in four meets and set a personal-best jump of 13' 4.25" at the Pitt State Gorilla Classic where he placed 15th ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Competed in the pole vault at five meets ... Jumped a personal-best 13' 1.5" at the UCM Invitational to place 10th ... **(Outdoor):** Redshirted during the outdoor season and competed

Personal Records

Indoor		
60m Dash	7.63	2014
200m Dash	24.76	2014
Pole Vault	13' 4.25"	2016
Outdoor		
100m Dash	11.80	2013
200m Dash	24.15	2013
Pole Vault	13' 1.5"	2016



Elias Roelfsema
Sophomore
Neosho, Mo.
Seneca HS
Multi-Events

... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Competed in two heptathlons and five meets ... Scored a season-best 4133 in the heptathlon at the Doane College Happy Holiday Multi Meet ... Placed second in the heptathlon at the UCM Mule Relays, scoring 4099 ... **(Outdoor):** Redshirted, competed unattached.

Before UCM: Attended Seneca High School in Neosho, Mo. ... Ran track for four years for coach Victoria Kline ... Named All-Conference and All-District in the 300m hurdles ... Also lettered in basketball for four years where he was also named All-Conference and All-District.

Personal: Son of Kirk and Becky Roelfsema ... Undecided on major.

2015-16: (Indoor): Redshirted during the indoor season, competed unattached ... **(Outdoor):** Set a personal-best in the decathlon at the Arkansas Spring Invitational, scoring 5936 points and placing sixth ... Competed in the decathlon at the MIAA Championships and placed seventh scoring 5458 points ... Also threw the open javelin at the conference meet and placed 11th with a throw of 164' 8" ...

Personal Records

Indoor			Outdoor		
60m Dash	7.79	2016	100m Dash	12.08	2016
600 Yd. Dash	1:20.84	2015	200m Dash	24.67	2016
1000m Run	2:56.41	2015	400m Dash	53.77	2016
60m Hurdles	9.08	2016	1500m Run	4:45.52	2016
High Jump	5' 10.5"	2015	110m Hurdles	16.50	2016
Long Jump	19' 7.5"	2015	400m Hurdles	1:00.00	2016
Shot Put	37' 7.25"	2016	High Jump	5' 10.75"	2016
Pole Vault	13' 6"	2016	Long Jump	20' 5"	2016
Heptathlon	4415	2016	Pole Vault	14' 0"	2016
			Shot Put	36' 5.5"	2016
			Discus	110' 3"	2016
			Javelin	169' 7"	2016
			Decathlon	5936	2016



Jimmy Scott
Senior
Agency, Mo.
Mid-Buchanan HS
Hurdles

2014-15: (Indoor): Competed at the MIAA Championships in the 60m hurdles where he placed 14th running 8.74 ... Set a personal-best in the event at the UCM Classic, placing third in 8.69 ... **(Outdoor):** Ran both the 110m hurdles and 400m hurdles for UCM at the conference meet ... Set personal-bests in both events at the MIAA Championships running 15.61 in the 110m hurdles and 58.88 in the 400m hurdles, finishing 14th and 19th, respectively.

2013-14: (Indoor): Ran the short sprints and hurdle events ... Placed as high as sixth in the 60m hurdles at the UCM Classic in 8.88 ... Set a PR in the event in the preliminary round of the UCM Classic, running 8.78 ... Also PR'd at the UCM Classic in the 200m dash, crossing the line in 24.88 ... **(Outdoor):** Ran the 110m and 400m hurdle events ... Came in seventh at the Wildcat Open in the 110m hurdles, running 16.60 ... Set PR's in both events at the UCM Mule Relays, running 16.29 for the 110m hurdles and 1:00.78 for the 400m hurdles.

Before UCM: Was a first team All-Conference performer in track and a four-year letterwinner for head coach Ron Musser at Mid-Buchanan ... also lettered in football, earning all-conference and all-district honors as a running back.

Personal: Communications Studies Major ... Son of Kent and Cindy Scott.

2015-16: (Indoor): Ran the short sprint and hurdles races ... Placed 13th at the MIAA Championships in the 60m hurdles, running 8.74 ... Set a Personal-best in the event of 8.55 at the UCM Mule Relays ... Also set a new PR in the 60m dash, running 7.51 at the UCM Invitational ... **(Outdoor):** Ran a pair of season-best times at the MIAA Championships in the 110m and 400m hurdles ... Finished 14th in the 400m hurdles running 59.10 and 15th in the 110m hurdles with a time of 15.70 ... Named to the MIAA Academic Honor Roll.

Personal Records

Indoor		
60m Dash	7.51	2016
200m Dash	24.35	2015
400m Dash	55.48	2015
60m Hurdles	8.55	2016
Outdoor		
110m Hurdles	15.61	2015
400m Hurdles	58.88	2015



Marcus Sitko
R-Freshman
Staunton, Ill.
Staunton HS
Sprints/Jumps

championship.

Personal: Son of Mark and Cheryl Sitko ... Majoring in Automotive Technology.

2015-16: Redshirted during the indoor and outdoor seasons.

In High School: Competed in track and field at Staunton High School ... Named All-Conference as a junior and senior ... Won the long and triple jumps and the 100m dash at the Illinois State Championships ... Placed second as a junior and third as a sophomore in the long jump and fourth in the triple jump as a junior ... Named MVP both junior and senior year ... Also played football and was named All-State, All-Conference and All-American and helped Staunton finish second in the state

Personal Records

Indoor		
60m Dash	6.90	2016
Long Jump	23' 0.5"	2016



Kyle Skopec
R-Freshman
Bolivar, Mo.
Bolivar, HS
Distance

cross country teammates, Ryan and Seth Skopec.

2015-16: Redshirted during the cross country, indoor track and outdoor track seasons, competed unattached ... Named to the MIAA Academic Honor Roll.

In High School: Ran cross country and track and field at Bolivar High School ... Qualified for the cross country state championship and was named All-Conference and All-District three straight years (2012-14) ... In 2014 on the track, was the conference champion in the 3200m run and as a part of the 4x800m relay.

Personal: Son of Stephen and Sara Skopec ... Majoring in Finance ... Brother of Mule

Personal Records

Indoor		
Mile Run	4:42.79	2016
3,000m Run	9:54.66	2016
Cross Country		
8K	27:21.30	2016



Ryan Skopec
R-Freshman
Bolivar, Mo.
Bolivar, HS
Distance

and was named All-Conference for the event ... Helped Bolivar to the 2014 team conference championship.

Personal: Son of Stephen and Sara Skopec ... Brother of Mule cross country teammates, Kyle and Seth Skopec ... Undecided on major.

2015-16: Redshirted during the cross country, indoor track and outdoor track seasons, competed unattached... Named to the MIAA Academic Honor Roll ... Named to the MIAA Academic Honor Roll.

In High School: Ran cross country and track and field at Bolivar High School ... Was the conference and district individual runner-up as a senior ... Named All-Conference three straight years (2012-14) and All-State in 2014 as the Liberators were the district champions ... As a senior on the track, helped set a 4x800m relay conference record

Personal Records

Indoor		
Mile Run	4:41.60	2016
3,000m Run	9:41.80	2016
Cross Country		
8K	27:50.20	2016



Seth Skopec
R-Freshman
Bolivar, Mo.
Bolivar, HS
Distance

country teammates Ryan and Seth Skopec.

2015-16: Redshirted during the cross country, indoor track and outdoor track seasons, competed unattached.

In High School: Ran cross country and track and field at Bolivar High School ... Was a part of the district championship team and was also named All-Conference and All-District ... Helped Bolivar cross country to a fifth-place finish at the state championship meet.

Personal: Son of Stephen and Sara Skopec ... Undecided on major ... Brother of cross

Personal Records

Indoor		
Mile Run	4:58.74	2016
3,000m Run	10:19.24	2016
Cross Country		
8K	27:26.90	2016



Sterling Spicer
Senior
Lawson, Mo.
Lawson, HS
Sprints

the Missouri S&T Invitational ... Named to the MIAA Academic Honor Roll.

In High School: Played golf at Lawson High School.

Personal: Son of Brent and Cindy Spicer ... Majoring in Sports Management.

2015-16: (Indoor): Ran a season-best 50.71 for 400m at the MIAA Championships and placed 13th overall ... Also ran on the distance medley relay team at the conference meet that placed ninth in 10:40.98 ... Ran indoor-best times of 7.38 for 60m at the UCM Invitational and 23.30 for 200m at the UCM Mule Relays ...

(Outdoor): Placed 22nd at the MIAA Championships in the 400m, running 51.55 ... Ran a personal-best in the event at the Missouri S&T Invitational, crossing the line in 50.34 ... Ran personal-best times of 11.51 in the 100m at the ESU Relays and 22.83 at

Personal Records

Indoor		
60m Dash	7.38	2016
200m Dash	23.30	2016
400m Dash	50.71	2016
Outdoor		
100m Dash	11.51	2016
200m Dash	22.83	2016
400m Dash	50.34	2016



Ben Sporleder
Sophomore
Marshall, Mo.
Marshall, HS
Distance

NSIC Showdown ... Also ran 4:14.36 for 1500m at the Missouri S&T Invitational.

In High School: Earned four letters in both cross country and track and field at Marshall High School ... Three-time cross country All-Conference selection ... Also twice named All-District and one time to the All-State team ... On the track, was the 3200m conference champion as a senior and named All-Conference in 2015 for both the 1600m and 3200m events ... In 2015, named All-District and All-Sectional in the 3200m run.

Personal: Majoring in Physical Education.

2015-16: (Cross Country): Ran in all five races as a freshman ... Set a season-best in the 8K at the MIAA Championships, running 26:37.6, placing 48th and scoring for the UCM ... Ran at the NCAA Central Region Championships, completing the 10K in 33:47.64 ... Named to the MIAA Academic Honor Roll ... **(Indoor Track):** Ran a 9:22.17 3000m at the UCM Mule Relays and 4:41.28 mile at the PSU Invitational, both season bests ... **(Outdoor Track):** Placed 23rd at the MIAA Championships in the 5K running 16:41.83 ... Set a personal-best in the 5K running 16:04.87 at the MIAA vs.

Personal Records

Indoor		
Mile Run	4:41.28	2016
3,000m Run	9:22.17	2016
Outdoor		
1,500m Run	4:14.36	2016
5,000m Run	16:04.87	2016
Cross Country		
6.4K	22:54.00	2015
8K	26:14.00	2016
10K	33:41.60	2016



Austin Subke
Sophomore
Washington, Mo.
Washington HS
Throws

Before UCM: Lettered in track for Washington High School ... Was the 2014 GAC central champion in the discus and a Class 4 All-District selection in the event ... Also lettered three years in basketball and football ... Was a part of the 2013 Class 4 District 10 basketball championship.

Personal: Son of Charles and Denise Subke ... Undecided on major.

2015-16: (Indoor): Competed in the weight throw in four different meets ... Finished 12th at the MIAA Championships in the event throwing 47' 5" ... Set a personal-best at the UCM Mule Relays with a toss of 49' 2.25" ... **(Outdoor):** Placed 11th at the conference meet in the hammer throw throwing 148' 11" ... Set a PR in the event at the Missouri Southern Invitational throwing 152' 8" ... Also threw the discus and had a season-best 129' 1" at the Emporia State Relays.

2014-15: Redshirted in 2014-15, competed unattached.

Personal Records

Indoor		
Shot Put	40' 9.5"	2015
Weight Throw	49' 2.25"	2016
Outdoor		
Shot Put	41' 5.75"	2015
Discus	129' 1"	2016
Hammer Throw	152' 8"	2016



James Willis
Junior
Kirkwood, Mo.
Kirkwood HS
Sprints

Mule Relays ... **(Outdoor):** Placed ninth in the 100m dash at the Pitt State Gorilla Classic, running 11.18 ... Also set a PR in the 200m dash at Pitt State running 22.62 ... Ran 52.22 for 400m at the UCM Mule Relays.

Before UCM: Lettered in track & field capturing conference championships in the 400m, 4x200 and 4x400 meter relays ... Was second in the 200 meter dash ... Captured the district title in the 400 meters and 4x200m relay ... Also lettered in football and was A First Team All-Suburban South honoree and an Honorable Mention All-State selection in football as a senior.

2015-16: (Indoor): Mostly ran the short sprints, setting new personal-bests in the 60m (7.24), 200m (23.16) and 400m (53.10) ... **(Outdoor):** Again ran the short sprints and set personal-bests in all three races ... Ran 11.11 at the ESU Relays for 100m, 22.50 for 200 at the Missouri S&T Invitational and 51.44 for 400m at the Missouri Southern Invite ... Named to the MIAA Academic Honor Roll.

2014-15: (Indoor): Ran the short sprints from 60m to 400m ... Ran a personal-best 7.35 for 60m at the UCM Invitational and 23.84 for 200m at the UCM

Personal Records

Indoor		
60m Dash	7.24	2016
200m Dash	23.16	2016
400m Dash	53.10	2016
Outdoor		
100m Dash	11.11	2016
200m Dash	22.50	2016
400m Dash	51.44	2016



Brent Alumbaugh
Freshman
Odessa, Mo.
Odessa HS
Jumps/Javelin

In High School: All-State jumper for Odessa High School ... Conference champion in the triple jump in 2013, 2015 and 2016 and the long jump in 2015 ... All-State in both the triple jump and javelin in 2016, All-State in the long jump in

2015 ... Academic All-State in 2015-16 and four times named Academic All-Conference ... Also played football and basketball winning a football district championship and basketball conference championship in 2016.

Personal: Majoring in Mechanical Engineering Technology ... Son of Michael and Janet Alumbaugh.



Trevor Gonzales
Senior
Byrnes Mill, Mo.
Truman State
Hurdles

At Truman State: Was on the team's fourth-place 4x100m relay at the GLVC Championships ... Set indoor personal-bests of 7.12 for 60m, 11.11 for 100m, 22.13 for 200m and 54.93 for the 400m hurdles ... Took 10th place at the conference meet in the 55m dash and 15th in the 200m dash in 2016.

In High School: Competed for Northwest High School in Byrnes Mill, Mo. ... Was a three-time letterwinner and all-conference in the 300m hurdles, 4x100m and 4x200m relays ... District champion in the 4x400m relay and state qualifier in the 300m hurdles.

Personal: Son of David and Krista Gonzales ... Majoring in Criminal Justice.



Ronald Ayabei
Freshman
Kapsowar, Kenya
Distance



Tyson Holcombe
Junior
Spartanburg, S.C.
Byrnes HS
Jumps

In High School: Qualified for the state championships in the triple jump and was the Team Field MVP in 2011 at Byrnes High School ... Played football, leading his team to three straight state semifinals appearances and two state championships

Personal: Undecided on major ... Son of Shandrell and Shirley Holcombe ... Plays linebacker on the Mules Football team.



Devin Cornelius
Senior
Deansboro, N.Y.
St. John Fisher
Multi-Events

At St. John Fisher: A two-time Division III All-American, finished in fifth place in the heptathlon at the NCAA Championships with a school record mark of 5093 ... Took eighth place at the Outdoor National Championships and set another school record scoring 6626 points ... Holds six other

school records, the 60m dash (7.12), indoor pole vault (13' 6"), outdoor pole vault (13' 9.25") and as a member of both indoor and outdoor 4x400m relays and the 4x100m relay.

In High School: Qualified for states and was a four-year letterwinner at Clinton Senior High School in Deansboro, NY ... Tri-Valley League All-Star as a junior ... Sectional champion in the 400m hurdles and the pentathlon ... Named team MVP as a senior ... Also played basketball and soccer and won the league championship in soccer.

Personal: Working towards a Master's Degree in Sports Management.



Joel Holloway
Freshman
Moundridge, Kan.
Moundridge HS
Jumps

In High School: Four year letterwinner at Moundridge HS in Moundridge, Kan. ... Qualified for the state meet all four years ... Two-time league champion, in the triple jump as a senior and with the 4x400m relay as a junior ... As a junior, finished third at states in the long jump and eighth in the triple jump and 4x400m relay ... Senior year took sixth place at states in the long jump and was a member of the seventh-place finishing 4x100m relay as a freshman ... Also played football and basketball, and was All-District four times and All-League three times.

Personal: Son of Brian and Jodi Holloway ... Majoring in Criminal Justice ... Uncle, Jacy Holloway, played four years of Iowa State Basketball.



Ty Garretson
Freshman
Stockton, Mo.
Stockton HS
Jumps

In High School: Earned four varsity letters in track and field at Stockton High School ... As a senior, named All-Conference in the high, triple and long jumps and the 110m hurdles ... All-District in the high jump in 2015 and 2016 ... State Qualifier in the high jump as a junior.

Personal: Son of Stanton and Sara Rains ... Majoring in Marketing.



Franklin Hunt
Freshman
Richton Park, Ill.
Rich Central HS
Sprints

In High School: Lettered in track and field, earning All-Conference and All-State accolades at Rich Central High School ... Also played football and was an All-Conference and Second Team All-Area performer ... A member of the Gold Honor Roll

and the National Honor Society ... Played for the Mules Football team in 2016.

Personal: Accounting major ... Son of Frank and Cynthia Broughton-Hunt.



Jan Jansky
Freshman
Kladno, Czech Republic
Pole Vault

Before UCM: Three time winner of the Czech Republic Under 20 National Championship in the pole vault and one time second-place finisher.

Personal: Son of Jiri Janski and Jana Janska ... Majoring in Sport and Fitness Management.



Brad Jenkins
Freshman
St. Louis, Mo.
Pattonville HS
Jumps

In High School: Was a member of the Pattonville High School track team in St. Louis, Mo. ... Placed sixth in Class 5 in the triple jump and fifth as a part of the 4x100m relay as a senior ... Named First Team All-Conference with the 4x200m relay ... Received the Pattonville Outstanding Athletic

Achievement Award and Scholar Activity Award ... Also played basketball for two years.

Personal: Son of Debrit and Margalyn Jenkins ... Majoring in Graphic Design.



Blake Johnson
Freshman
Olathe, Kan.
Olathe North HS
Sprints/Jumps

In High School: Earned three letters at Olathe North High School ... Qualified for the State Championship in the 400m dash, long jump and 4x100m relay ... Part of the state-champion winning 4x100m relay team and All-League champion in the event in 2015 and 2016.

Personal: Son of Jeff and Traci Johnson ... Majoring in Pre-Physical-Therapy.



Shadrack Kipngetch
Freshman
Kericho, Kenya
Distance

Mules Newcomers



Noah Larsen
Junior
Kellerton, Iowa
Iowa Central CC
Mid-Distance

At Iowa Central CC: Larsen ran two seasons at Iowa Central CC and Coach Denny Myers ... Was a member of the 2016 Indoor National Championship team and regional championship teams in 2015 and 2016 ... Was the national

runner-up in the indoor 800m run as a sophomore ... Also an All-American as a part of the second-place 4x800m relay outdoors and third-place distance medley relay.

In High School: Ran four years at Mount Ayr Community High School ... Was a four-time conference champion and 2014 district and state champion ... Was the individual state champion in the 3200m (9:43), 1600m (4:34) and 4x800m relay as a senior ... Ran 1:59 in the 800m to take second place at the state meet ... Also ran cross country and was the conference and district champion and qualified for the state championships.

Personal: Son of John and Debbie Larsen ... Majoring in Engineering Technology.



Jacob McClung
Freshman
St. Louis, Mo.
Oakville HS
Distance

In High School: Ran at Oakville High School in St. Louis, Mo. ... A four-sport athlete, also lettered in track, football and wrestling.

Personal: Son of James and Kerry McClung ... Majoring in Biochemistry.



Jesse Miller
Freshman
Chillicothe, Mo.
Chillicothe HS
Jumps

In High School: Lettered four years at Chillicothe High School ... Won back-to-back state championships in the high jump ... Also named All-State in the long and triple jumps ... Holds the Chillicothe school record in the high, long and

triple jumps ... Helped Chillicothe to four straight conference champions and back-to-back district championships.

Personal: Majoring in Exercise Science.



Trey Pettit
Freshman
St. Charles, Mo.
Francis Howell North HS
Throws

In High School: Lettered four years at Francis Howell North ... Also played football and was a Second-Team All-Conference defensive tackle in football.

Personal: Majoring in Business ... Son of Otis and Bernice Pettit.



Alex Philipps
Freshman
Jackson, Mo.
Jackson HS
Distance

In High School: Four time All-Conference selection in cross country for Jackson High School ... As a senior, was named a member of the 2016 All-Southeast Missouri Team and was a First-Team All-Region member ... Qualified for the state meet in 2016 ... Twice named All-District and was All-Sectional

in 2016 ... Helped Jackson HS to three cross country Conference Championships and a District Championship in 2015 ... Also ran track and was a six-time conference champion, twice qualified for the state championships and All-State in the 4x800m relay.

Personal: Son of Tom and Amy Philipps ... Majoring in Photography.



Anthony Taylor
Freshman
Kansas City, Mo.
Liberty North HS
Jumps



Joshua Terry
Freshman
Broadview, Ill.
Proviso East HS
Sprints

In High School: Was an All-Conference honoree at safety while playing for head coach Thomas Williams at Proviso East High School.

Personal: Undecided on a major ... Son of James Terry, Jr.

and Cordelia Dotson.



Matt Scaletty
Junior
Lee's Summit, Mo.
Avila
Hurdles

At Avila: Team captain and All-Conference selection in the 200m dash, 400m hurdles and javelin throw.

In High School: Three-year All-Conference selection for Lee's Summit North High School in the 300m hurdles and

4x200m relay ... School record holder and All-State in the 300m hurdles ... All-Conference in the 4x400m relay.

Personal: Son of Mark Scaletty ... Majoring in Business Management.



Wezley Turner
Sophomore
Oak Creek, Wis.
St. Cloud State
Sprints



Dylan Scheirich
Freshman
Roselle, Ill.
Lake Park HS
Throws

In High School: An All-State honoree in track & field for head coach Bob Nihells, placing third in the state in the shot put ... Also played football and was an All-Conference and Academic All-Conference honoree on the offensive line for head coach Chris Roll at Lake Park High School ... Plans to compete in

both football and track & field at UCM.

Personal: Criminal Justice major ... Son of Jon and Georgeann Scheirich.



Jacob Weber
Freshman
Odessa, Mo.
Odessa HS
Sprints

In High School: Ran for four years at Odessa High School ... As a senior, named All-State in the 400m dash and is the school record holding in the event along with the 4x1600m relay and 4x200m relay ... All-State in the 800m in 2015 and was the district and sectional champion ... Conference

champion in the 1600m run in 2013 ... Two-time Academic All-State and four-time Academic All-Conference member ... Ran cross country and was the conference champion in 2014 and holds the school record in the 5K ... Qualified for the cross country state championship meet three times ... Named Academic All-Conference in basketball for four years.

Personal: Majoring in Mechanical Engineering Technology ... Son of Daniel and Glenda Weber.



Tyler Schrimpf
Freshman
Jefferson City, Mo.
Helias HS
Pole Vault

In High School: Earned four varsity letters at Helias Catholic High School in Jefferson City, Mo. ... Qualified for the state meet in 2016 and was named All-Sectional ... Was the district champion in 2015 and named All-District in 2015-16 ...

Helped Helias Catholic to the district championship in 2016.

Personal: Son of Brad and Kristi Schrimpf ... Majoring in Middle School Education.



Tahj Williams
Freshman
Florissant, Mo.
Hazelwood Central HS
Sprints

In High School: Ran at Hazelwood Central High School in St. Louis, Mo. ... High Point Male Runner of the Year ... Named All-Conference and All-State ... Was a part of the State Championship team in 2012 and District and Conference

Championship teams in 2015 ... Also played football.

Personal: Son of Derrick and Senia Williams ... Majoring in Sports Management.



Nick Shovald
Freshman
Lexington, Mo.
Lexington HS
Distance

In High School: Competed for Lexington High School ... Named Academic All-Conference.

Personal: Majoring in Computer Science ... Son of Scott and Gail Shovald.

NCAA Indoor Championships**March 11-12, 2016 • Pittsburg, Kan.****Mules and Jennies Each Finish 11th at NCAA Championships**

PITTSBURG, Kan. — Four Central Missouri Track and Field members and one relay team were crowned All-Americans on day two of the NCAA Championships. Both the Mules and Jennies scored 18 team points and finished in a tie for 11th place.

Heavin Warner continued her assault on the Central Missouri record book. Entering the shot put seeded sixth, Warner launched a personal-best and new school-record throw, 52-6.75. That mark had her in first place until Cassie Caswell of Pittsburg State surpassed her on her final throw, throwing 55-7.75. Warner took second place for her second All-American award of the championships and seventh in her career.

Warner also finished in second-place in the weight throw for the second straight year on day one. She threw 70-8 which was a meet record for a few minutes before Kaitlyn Long passed her with her winning throw of 74-5.75.

Moments before Warner took second place in the shot put, Cole Phillips also finished in second place in the pole vault. Phillips soared over the 17-1 bar to earn his second straight indoor All-American award.

The morning started with Katie Cassidy and Victoria Jackson competing in the pentathlon. Cassidy moved up four spots from 12th to eighth after running a personal-best 2:16.16 800m in the final event to claim her first All-American award. Her final score of 3805 is a personal-best and her 800m time is the ninth fastest ever at UCM.

Jackson finished in 11th place with a score of 3717. She placed second in both the shot put portion, throwing 42-6.25 for a PR, and the 60m hurdles, running 8.74. In the open 60m hurdles on day one, Jackson ran an 8.60 and placed 14th.

The championships ended with the 4x400m relay. Cassidy, Nikki Douglas, Emily Thole and Kailey Fuchs combined to run a 3:45.87, breaking their own school record and placing eighth to earn All-American honors. They become the first Jennies team to be crowned All-Americans in the indoor 4x400m relay and second 4x400m relay ever to reach All-American status.

Jacob Mahin earned his first All-American award in the shot put. He placed seventh throwing 56-10.75.

Caniggia Raynor was the Mules first All-American. He too took second-place in the weight throw. He fell just a centimeter shy of his personal-best throwing 21.59m (70-10). Raynor was the leader going into the final round, but was passed in the finals by Jordan Crayon of Ashland, who threw 71-6.75.

Blake Seitz started day two in third place in the heptathlon, and ran a personal-best 8.78 in the 60m hurdles in day two's first event. Unfortunately for Seitz, he did not clear a bar in pole vault and fell to 15th place with a final score of 4572. Seitz won the shot put and set a personal-best in the high jump on day one.

On the track Jana Palmowski took ninth place in the mile run running 4:58.32. She ran a personal-best 4:52.87 in the preliminary round.

Palmowski and Fuchs both ran in the 800m run prelims on day one. Fuchs finished in ninth place running a personal-best 2:10.48 and just missed qualifying for the finals. Palmowski ran a 2:15.13 and placed 15th.

Brittany Kallenberger competed in two events on day one, the high jump and the pole vault. She cleared 5-5.25 in the high jump to place ninth, but no heighted in the pole vault.

MIAA rival Lincoln was the 2016 women's champions. They scored 60 team points. On the men's side, Tiffin was the overall winner with 49 points.

Central Missouri will now shift their attention to the outdoor season where their first meet will be at the Emporia State Relays, April 2.

Katie Cassidy won her first career All-American award in the pentathlon and also ran a leg on the Jennies All-American 4x400m relay team



Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 8 MIAA Indoor Titles – 3 MIAA Outdoor Titles



Jacob Mahin won his first of two Shot Put All-American awards at the 2016 Indoor National Championships

UCM National Championship Results

60m Hurdles (Prelims)	Victoria Jackson (8.60) • 14th
400m Relay (Finals)	Nikki Douglas, Emily Thole, Katie Cassidy, Kailey Fuchs (3:45.87) • 8th
800m Run (Prelims)	Kailey Fuchs (2:10.48) • 9th Jana Palmowski (2:15.13) • 15th
Mile Run (Prelims)	Jana Palmowski (4:52.87) • 7th
Mile Run (Finals)	Jana Palmowski (4:58.32) • 9th
High Jump	Brittany Kallenberger (1.66m; 5' 5.25") • 9th
Pole Vault	Cole Phillips (5.21m; 17' 1") • 2nd Brittany Kallenberger - NH
Shot Put	Heavin Warner (16.02m; 52' 6.75") • 2nd Jacob Mahin (17.34m; 56' 10.75") • 7th
Weight Throw	Heavin Warner (21.54m; 70' 8") • 2nd Caniggia Raynor (21.59m; 70' 10") • 2nd
Pentathlon	Katie Cassidy (3,805) • 8th Victoria Jackson (3,717) • 11th
Heptathlon	Blake Seitz (4,572) • 15th

Final Team Standings

Men		Women	
1. Tiffin	49	1. Lincoln	60
2. Adams State	47	2. Hillsdale	58
3. Lincoln	39	3. Grand Valley	33
3. Academy of Art	39	4. Pittsburg State	31
5. Grand Valley	38.25	4. Lewis	31
6. TAMU-Kingsville	30	6. St. Augustine's	29
7. Pittsburg State	29	7. Johnson C. Smith	28
8. TAMU-Commerce	27	8. New Mexico Highlands	23
9. St. Augustine's	22	9. Alaska Anchorage	20.50
10. Ashland	19	10. Chadron State	20
11. Central Missouri	18	11. Central Missouri	18
11. Lewis	18	11. Seattle Pacific	18
13. Colorado Mines	17	11. Queens (N.C.)	18
14. Alaska Anchorage	16	14. Missouri Southern	17
14. American International	16	14. Minnesota-Duluth	17
16. Johnson C. Smith	15	16. Adams State	15
16. West Texas A&M	15	16. Angelo State	15
18. Black Hills State	14	18. Minnesota State	14.50
19. Minnesota State	13.25	19. West Texas A&M	14
20. Chadron State	11	20. Merrimack	13
21. Findlay	10.25	20. Shorter	13
22. Shorter	10	20. Slippery Rock	13
22. So. Connecticut State	10	20. Southwest Baptist	13
22. Western State	10	24. Findlay	10.50
22. Asuza Pacific	10	25. Cedarville	10
26. Western Oregon	9	25. Winona State	10
26. Southern Indiana	9	25. Claflin	10

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

NCAA Outdoor Championships**May 26-28, 2016 • Bradenton, Fla.****Mules and Jennies Each Place in Top-10 at NCAA Championships**

BRADENTON, Fla. - The third and final day of the NCAA Track and Field National Championships saw five Central Missouri Track and Field athletes claim All-American awards. The two teams earned a combined 10 All-American awards and the Mules took seventh place with 31 points and the Jennies eighth with 30 points.

Senior Heavin Warner went out with a bang, picking up her third All-American of the championships in the shot put. She finished third throwing a personal-best and school record 53-3.5. Warner's throw came on her final attempt and gave her every UCM record in the throws. Her 10th career All-American award makes her the sixth ever UCM Track and Field athlete to collect double digits and the fourth Jennie to do so.

Warner stole the show on the opening day. She broke her own Division II record in the hammer throw with a throw of 227-5. It was her third straight national title in the event. Warner then took third in the discus on day two with a throw of 171-10 on day two.

Later in the afternoon, Cole Phillips became a four time All-American by placing second in the pole vault. Phillips cleared 17', tied with two others but was awarded second place due to number of missed attempts. Phillips also was a second-place finisher in this year's indoor pole vault and has been an All-American in each of the last four national championship meets.

Chris Swearingin got the day started bettering his own school record in the javelin with a throw of 216-8. He finished in fourth place and took home his second All-American award.

Jacob Mahin followed that up by also finishing fourth in the shot put. The junior threw 58-1.25 to claim his All-American award to go along with the one he earned during the indoor season.

Nikki Douglas was the final competitor for Central Missouri. She too ended her career with a personal-best in the 400m hurdles. Douglas ran 59.14 to finish in third place, which is her third career All-American award.

Brittany Kallenberger completed in two events over the three days. She cleared 12-7.5 in the pole vault on day one to place sixth and earned her third career All-American honor. She later competed in the high jump on day three where she finished in a tie for 18th with a jump of 5-4.5.

Caniggia Raynor also made the medal stand on day one. He took second in the hammer throw with a throw of 217-2. Raynor also finished 16th in the discus throwing 158-4. Raynor has now won five All-American awards as a Mule.

In the multi-events, Blake Seitz became a three All-American with his fourth place finish in the decathlon. He scored a new personal-best 7219, moving to sixth on the UCM all-time list.

Seitz ran a personal-best 15.70 in the 110m hurdles and finished third in the discus throwing a season-best 134-08 and fourth in the javelin throwing 176-02. He won the shot put portion on day one throwing 44-9.

After the two day heptathlon, Victoria Jackson scored a personal-best 5155 points and placed ninth. Katie Cassidy took 15th place scoring 4156.

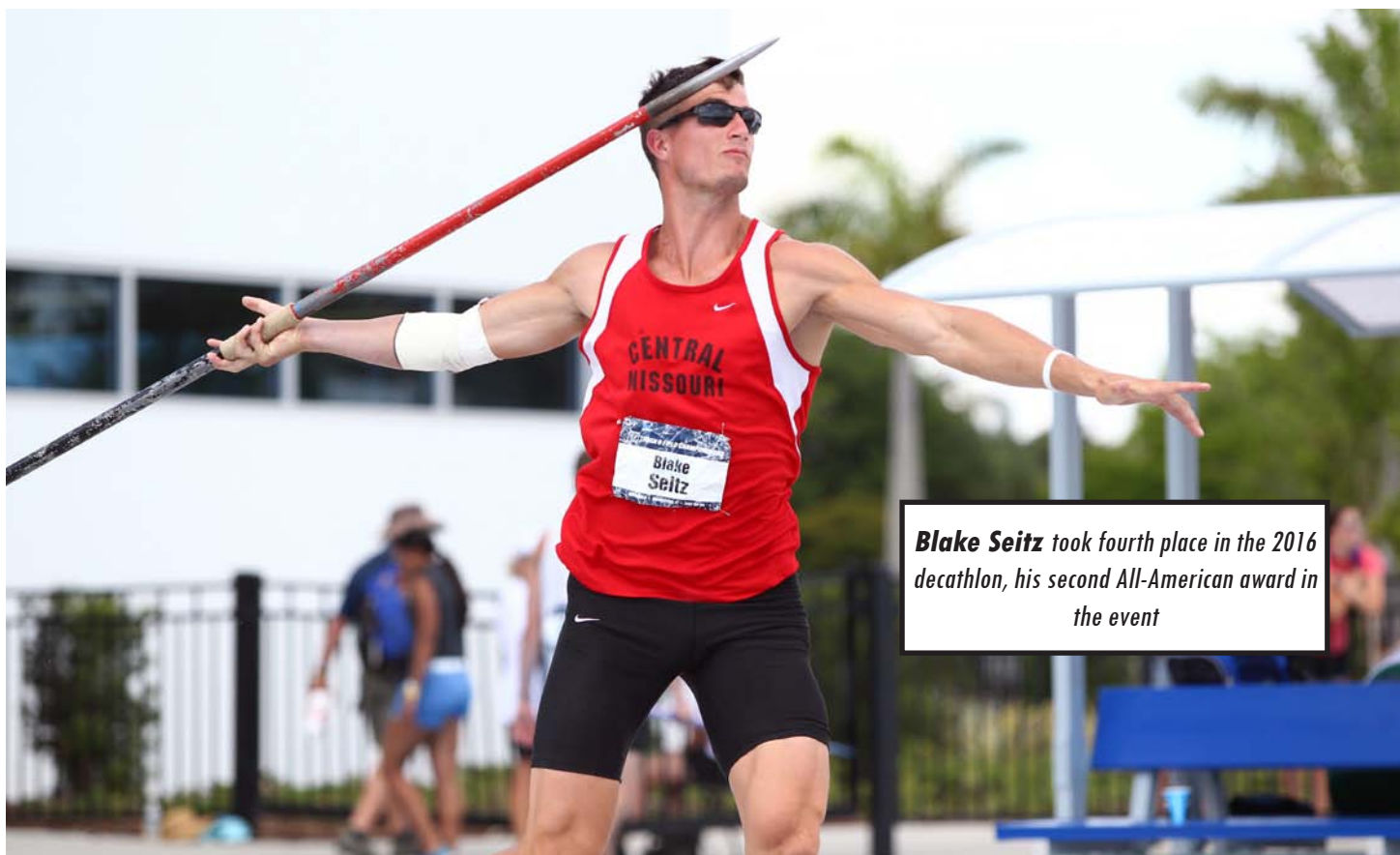
Both Jennies jumped personal-best and UCM top-10 jumps in the long jump portion of the heptathlon. Jackson took fourth in the event jumping 19-0.5, sixth all-time. Cassidy had a leap of 18-10 which was fifth in the competition and tied for seventh all-time.

On day one, Jackson won the shot put portion, throwing 43-8.75 which is a personal-best and fifth-best throw in school history. She also finished third in the 100m hurdles running 14.33, while Cassidy ran 25.08 to take second in the 200m dash.

In the finals of the 3,000m steeplechase, Jana Palmowski ran a 10:45.42 to finish in 11th place. Palmowski set a new school record in the event during the preliminary round, running 10:25.90.

The Jennies 4x400m relay of Katie Cassidy, Emily Thole, Kailey Fuchs and Douglas ran another school-record 3:41.62 and finished fifth in the preliminary round to conclude day two. Unfortunately, due to an unfavorable decision by the officials, the team was disqualified as they were deemed to have competed with an ineligible athlete. They will not compete in the finals.

St. Augustine's ran away with the men's title scoring 85 points. MIAA foe Pittsburg State was the team champion on the women's side in a very tight race with St. Augustine's. The Gorillas won by a single point, 52-51.



Blake Seitz took fourth place in the 2016 decathlon, his second All-American award in the event



UCM National Championship Results

400m Hurdles (Prelims)	Nikki Douglas (59.90) • 5th
400m Hurdles (Finals)	Nikki Douglas (59.14) • 3rd
3,000m SC (Prelims)	Jana Palmowski (10:25.90) • 5th
3,000m SC (Finals)	Jana Palmowski (10:24.42) • 11th
400m Relay (Prelims)	Katie Cassidy, Emily Thole Kailey Fuchs, Nikki Douglas (3:41.62) • 5th
High Jump	Brittany Kallenberger (1.64m; 5' 4.5") • 18th
Pole Vault	Cole Phillips (5.18m; 17' 0") • 2nd Brittany Kallenberger (3.85m; 12' 7.5") • 6th
Shot Put	Heavin Warner (16.24m; 53' 3.5") • 3rd Jacob Mahin (17.71m; 58' 1.25") • 4th
Discus	Heavin Warner (52.38m; 171' 10") • 3rd Caniggia Raynor (48.27; 158' 4") • 16th
Hammer Throw	Heavin Warner (69.33; 227' 5") • 1st Caniggia Raynor (66.20; 217' 2") • 2nd
Javelin	Chris Swearingin (66.03; 216' 8") • 4th
Heptathlon	Victoria Jackson (5,155) • 9th Katie Cassidy • (4,156) • 15th
Decathlon	Blake Seitz (7,219) • 4th

Final Team Standings

Men		Women	
1. St. Augustine's	85	1. Pittsburg State	52
2. Tiffin	36	2. St. Augustine's	51
3. TAMU-Kingsville	36	3. Hillsdale	45
4. Grand Valley	33	4. West Texas A&M	36
4. Adams State	33	4. Grand Valley	36
6. Academy of Art	33	6. Johnson C. Smith	35
7. Central Missouri	31	6. Findlay	35
8. West Texas A&M	27	8. Central Missouri	30
9. Ashland	26	9. Lewis	28
9. Azusa Pacific	26	10. Lincoln	25
11. Chico State	23	11. Stanislaus State	24
11. Minnesota State	23	12. Adams State	23
13. Missouri Southern	21	13. Claflin	21
14. Pittsburg State	18	14. Chadron State	19
14. Alaska Anchorage	18	14. TAMU-Kingsville	19
16. Angelo State	16	16. Missouri Southern	18
17. Stanislaus State	15	16. Queens (N.C.)	18
17. Carson-Newman	15	16. Merriamck	18
19. American International	13	19. Chico State	15
19. TAMU-Commerce	13	20. Western Washington	14
21. Southern Indiana	12	20. Shorter	14
21. Chadron State	12	22. So. Connecticut State	13
21. Johnson C. Smith	12	22. Asuza Pacific	13
24. Stillman	11	24. Augustana	12
25. Black Hills State	10	25. Central Oklahoma	10
25. Saint Martin's	10	25. Black Hills State	10
25. P.R.-Rio Piedras	10	25. Cedarville	10
25. Cal St. Los Angeles	10	28. Minnesota State	9.50

Southwest Baptist Invitational

Mules: 2nd ~ Jennies: 3rd

BOLIVAR, Mo. (Sept. 2, 2016) - Central Missouri's Cross Country team's got underway Friday evening at the Southwest Baptist Invitational. The men took second place overall out of eight teams and the Jennies were third out of nine.

In the men's 8K race, Ian Frazier was the top finisher, placing in the top-10 in ninth place. He ran 24:39.34. Two other Mules finished in the top-15 with Ben Sporleder and Ty Hughes finishing 13th and 14th, respectively. Sporleder crossed the finish line in 25:25.51 and Hughes was right behind him in 25:27.37. Kenny Froebe (25:52.76), Austin Larsen (25:53.22) and Justin Howard (25:55.51) all finished in a pack in 25-27th place. Ryan Skopec rounded out the top-seven in his first collegiate race in 26:19.59.

For the Jennies, Jana Palmowski led the way in her first collegiate cross country race. She took ninth place overall with a time of 19:22.72 for the 5K race. Nicole Svendsen claimed a top-15 spot in 13th place, running a time of 19:45.85. Stephanie Boan (20:07.50) and Amy Marx (20:13.69). Yesenia Gomez was the final scorer for the Jennies with a time of 20:39.46. Jami Clay (20:43.85) and Jodi Pedersen (20:48.44) round out the top-seven.

Both teams are back in action Saturday, Sept. 17 at the Missouri Southern Stampede in Joplin, Mo.

Men's Results

1	Kiprop, Vincent	SO	Missouri Southern	23:08.68
2	Renteria, Cristobal	SR	Missouri Southern	23:55.24
3	Rush, William	JR	Missouri Southern	24:23.52
4	Shanahan, Mike	FR	Missouri Southern	24:24.92
5	Berry, Cody	FR	Missouri Southern	24:29.72
6	Sanderson, T. Jay	UN	Unattached	X24:31.48
7	Klemz, Jacob	FR	Washburn University	24:32.96
8	Haltom, Jared	SO	Missouri Southern	24:37.14
9	Frazier, Ian	JR	U.C.M.	24:39.34
10	Way, Ryan	JR	Drury University	24:41.92
11	Inman, Jeremy	SO	S.B.U.	25:02.26
12	Fenske, Terry	JR	S.B.U.	25:03.83
13	Sporleder, Ben	SO	U.C.M.	25:25.51
14	Hughes, Ty	JR	U.C.M.	25:27.37
15	Webb, Josh	FR	Missouri Southern	25:30.48

Women's Results

1	Pierson, Summer	FR	S.B.U.	18:32.77
2	Morrow, Taylor	SO	S.B.U.	18:41.52
3	Harris, Emily	SR	Missouri Southern	18:48.13
4	Torres, Cynthia	SR	Missouri Southern	18:52.54
5	Fritz, Alexis	JR	S.B.U.	18:58.02
6	Lawson, Ashley	JR	S.B.U.	19:00.28
7	Robinson, Victoria	JR	Drury University	19:17.91
8	Usher, Sarah	SO	Missouri Southern	19:21.21
9	Palmowski, Jana	SR	U.C.M.	19:22.72
10	Ray, Bailey	FR	S.B.U.	19:24.59
11	Provence, Christian	SO	Missouri Southern	19:32.91
12	Sitzes, Katherine	UN	Unattached	X19:38.65
13	Svendsen, Nicole	JR	U.C.M.	19:45.85
14	Penticuff, Stephanie	FR	S.B.U.	19:48.98
15	Barton, Jessie	SR	Drury University	19:52.34

Missouri Southern Stampede

Mules: 14th ~ Jennies: 7th

JOPLIN, Mo. (Sept. 17, 2016) — Central Missouri Cross Country took part in their second race of the season Saturday at the Missouri Southern Stampede. The Jennies took seventh place out of 21 Division II teams and Mules 14th out of 18 Division II teams.

Jana Palmowski was the top finisher for the UCM women, placing 13th in a personal-best time of 18:13.42. Nicole Svendsen ran under 19 minutes for the 5K race for the first time in her career. She placed 25th in 18:46.21 for a personal-best.

All of the Jennies top-five finishers race personal-bests. Amy Marx crossed the line in 19:27.72 good to score 50th for UCM. Jami Clay (19:30.78) and Yesenia Gomez (19:44.75) round out the top-five for UCM in 54th and 62nd places.

Emily Harris was the top finisher among scorers, running 17:32.49. Dallas Baptist was the Division II winner scoring 51 points. Kelsey Bruce, competing unattached was the overall winner, completing the course in 16:54.42.

For the Mules, Kenny Froebe led UCM running a 26:20.59 for the 8K course, which is a personal-best at that distance. He finished in 42nd place. Follow Froebe was Ty Hughes who ran a 26:26.62, taking 46th place. Ben Sporleder (26:36.05) and Justin Howard (26:36.59) finished back-to-back in 55th and 56th place. Kyle Skopec rounded out the top five running a 27:21.30 in his first collegiate 8K race to finish in 91st place.

Missouri Southern's Vincent Kiprop was the top finisher overall, running 23:18.45 as the Lions won the meet, scoring 50 points.

Central Missouri is back in action in two weeks, Oct. 1 at the Kansas Rim Rock Classic, hosted by the University of Kansas.

Men's Results

1	Kiprop, Vincent	SO	Missouri Southern	23:18.45
2	Thomas, Jackson	JR	Bacone College	24:03.40
3	Harvey, Baylor	JR	Rogers State	24:55.36
4	Orozco, Ulysses	JR	M.V.C.	25:01.36
5	Renteria, Cristobal	SR	Missouri Southern	25:02.28
6	McQuirk, Evan	FR	Oklahoma Christian	25:02.46
7	Phelps, Trent	SO	Dallas Baptist Un.	25:03.85
8	Rayas, Stetson	SO	Dallas Baptist Un.	25:04.33
9	Curry, Andrew	SO	Dallas Baptist Un.	25:08.50
10	Banuelos, Ricardo	SO	Allen County C.C.	25:10.78
11	Curley, Binahni	UN	N.W.E.	X25:19.05
12	Ebert, Chris	SO	Southern Nazarene	25:19.89
13	Haltom, Jared	SO	Missouri Southern	25:21.12
14	Burch, Jacob	SR	Southwest Baptist	25:21.68
15	Kromminga, Colby	SR	Pittsburg State	25:23.36

Women's Results

1	Bruce, Kelsey	UN	Unattached	X16:54.42
2	Hoover, Abby	UN	Unattached	X17:26.64
3	Harris, Emily	SR	Missouri Southern	17:32.49
4	Hammer, Layne	SR	Oklahoma Christian	17:38.96
5	Wiggins, Ruth	UN	Unattached	X17:39.25
6	DeVries, Hannah	SR	Pittsburg State	17:47.42
7	Rayas, Cashlee	JR	Dallas Baptist Un.	17:51.80
8	Lamb, Micaela	FR	Dallas Baptist Un.	17:59.49
9	Pieper, Julia	JR	Dallas Baptist Un.	18:01.81
10	Mora, Anna	SO	East Central	18:01.99
11	Lawson, Ashley	SR	Southwest Baptist	18:02.64
12	Farmer, Samantha	UN	Unattached	X18:02.65
13	Morrow, Taylor	SO	Southwest Baptist	18:03.89
14	Misse, Piper	FR	Pittsburg State	18:06.20
15	Hammons, Caitlin	JR	M.R.C.	18:06.75

Kansas Rim Rock Classic

Mules: 6th ~ Jennies: 4th

LAWRENCE, Kan. (Oct. 1, 2016) - Central Missouri Cross Country was back in action this morning for the first time in two weeks. UCM competed against a mix of Division I and II schools at the Kansas Rim Rock Classic, hosted by the University of Kansas in Lawrence, Kan.

The Jennies took fourth place out of nine teams and were the top non-Division I school out of five. The Mules finished sixth out of seven teams, bettering Division I Oral Roberts.

For the third straight meet, the one-two combination of Jana Palmowski and Nicole Svendsen led the Jennies. Palmowski was 29th overall in 22:47.6 and was the top D-II finisher for the 6K course. Svendsen ran a personal-best 23:37.0 and finished 38th. A trio of sophomores rounded out the top-five for UCM. Jami Clay ran her first ever 6K at UCM and finished 40th in 23:47.1. Amy Marx also ran a PR in 24:10.9 to finish 45th and Stephanie Boan completed the scoring in 49th place and 24:34.5.

As consistent as the top of the Jennies have been, Ben Sporleder becomes the third different Mule to lead the pack in as many races. He completed the 8K course in 26:20.2 to come in 41st place. The Mules ran tight with their top six all finishing within a minute of each other. Following Sporleder was Justin Howard in 51st place in 26:43. Ian Frazier and Kenny Froebe finished back-to-back in 55th and 56th place running 26:55.4 and 27:02.6, respectively. Isaac Calvert rounded out the top five in 61st place in 27:13.3.

Central Missouri has one more meet before the conference championships. They'll run again next week, Saturday, Oct. 8 at the Missouri S&T Jackling Jocks Classic.

Men's Results

1	Jackson Thomas		Bacone	23:49.11
2	Evan Landes	UN	23:50.4	
3	Jason Crist	SR	Indiana	24:09.32
4	Matthew Schwartz	SR	Indiana	24:13.43
5	Ben Veatch	FR	Indiana	24:14.14
6	Chris Melgares	JR	Kansas	24:19.05
7	Mark Chandler	SR	Indiana	24:22.56
8	James Wilson	UN		24:25.9
9	Dylan Hodgson	SO	Kansas	24:29.97
10	Bryce Millar	FR	Indiana	24:33.58
11	Daniel Koech	SR	Kansas	24:37.09
12	Michael Melgares	SO	Kansas	24:39.310
13	James Hampton	SR	Kansas	24:42.311
14	Kyle Mau	FR	Indiana	24:44.712
15	Jeremy Coughler	JR	Indiana	24:50.713

Women's Results

1	Abigail Cartwright	JR	Rice	20:28.7
2	Katherine Receveur	SO	Indiana	20:29.0
3	Katie Jensen	SR	Rice	20:29.4
4	Sharon Lokedi	SO	Kansas	20:37.7
5	Cali Roper	SR	Rice	21:05.9
6	Brenna Calder	SO	Indiana	21:11.1
7	Malika Baker	SR	Kansas	21:20.1
8	Haley Harris	SO	Indiana	21:34.8
9	Margaret Allen	SO	Indiana	21:35.6
10	Nashia Baker	SR	Kansas	21:40.3
11	Chanli Mundy	SR	Indiana	21:44.1
12	Hannah Richardson	SR	Kansas	21:46.7
13	Hannah Dimmick	SR	Kansas	21:48.7
14	Lexa Barrott	FR	Indiana	21:51.4
15	Jennifer Angles	SR	Kansas	21:57.5

2016 Cross Country Results

Missouri S&T Jackling Jocks Classic

Mules: 2nd ~ Jennies: 2nd

ROLLA, Mo. (Oct. 8, 2016) — In their final tune up before the MIAA Championships, the Mules and Jennies took second place at the Missouri S&T Jackling Jock Classic.

Jana Palmowski led the Jennies for the 6K race while Ty Hughes paced the men's 8K.

Three of the Mule five scorers set personal-bests. Hughes became the fourth different Mule to lead UCM scoring in four races this season. He took 11th place in 26:10.23. Ben Sporleder and Kenny Froebe were right behind him in 12th and 13th place. Sporleder ran a PR 26:13.99 and Froebe ran 26:27.33. Isaac Calvert and Austin Larsen round out the UCM scoring and set new personal-bests. Calvert finished in the top-20 in 16th place running 26:34.99 and Larsen crossed the line in 27:00.49 to place 22nd.

All five Jennies scorers placed in the top-15 and set personal-bests over the 6K course. The duo of Palmowski and Nicole Svendsen placed 1-2 for UCM for the fourth straight race. Palmowski ran 22:22.92 to place 4th and Svendsen ran 22:57.94 and placed 8th, in nearly a 40 second personal-best. Amy Marx was the 3rd Jennie in the top-10, placing 10th in 23:19.62.

Yesenia Gomez and Jami Clay completed the scoring for UCM, finishing back-to-back in 14th and 15th place. Gomez ran a 23:37.26 and Clay crossed the line in 23:43.54.

MIAA foes Missouri Southern were the team champions in both the men's and women's races. The Lions went 1-5 on the men's side and finished 54 points ahead of the Mules. The Jennies were 15 points back of MSSU scoring 51 points.

Cody Berry was the men's winner in 25:19.46 and Laura Tarantino of Truman State won the women's race in 22:06.47.

Central Missouri will compete in the MIAA Championships in two weeks, Saturday Oct. 22. The meet is hosted by Lindenwood and will be held in Elsau, Ill. at the Trails of Principia College.

MIAA Championships

Mules: 9th ~ Jennies: 6th

ELSAH, Ill. - (Oct. 22, 2016) - The first MIAA Championships of the 2016-17 season took place Saturday morning as the cross country championships were underway. Both the Mules and Jennies raced with the Jennies taking sixth place, scoring 146 points and the Mules ninth with 216. The Jennies sixth place finish is their highest since coming in fifth in 2013.

Ian Frazier and Jana Palmowski were the top finishers for UCM. Frazier was named All-MIAA Honorable Mention for this 17th place finish among the field of 92. Frazier ran a season-best for the 8K race, completing the course in 25:35.88. Palmowski finished in 23rd place for the Jennies out of 91 runners. She finished up the 6K race in 23:06.94.

Four of the Jennies top-five finished in the top-30. After Palmowski, Nicole Svendsen was three spots behind in 26th place, running 23:14.19. Courtney Rogers and Jami Clay finished back-to-back in 29th and 30th place. They each race personal-best 6K times with Rogers crossing the line in 23:26.00 and Clay in 23:31.44. Yesenia Gomez rounded out the UCM top-five. She scored for the Jennies coming in 40th place and running 23:48.04.

Including Frazier, four of the Mules top five finishers set season-best times for an 8K race. Ty Hughes followed Frazier in 43rd place running 26:09.29. Justin Howard and Ben Sporleder finished three places and seven seconds apart. Howard was the third Mule to cross the line in 26:25.12 and 48th place while Sporleder ran a 26:32.36 to finish in 51st place.

Austin Larsen completed the scoring for UCM. He was 63rd in 26:56.66. Larsen led a pack of three straight Mules to cross the line. Kenny Froebe ran a 26:57.98 and Isaac Calvert was a second behind in 26:58.47.

Southwest Baptist repeated as team champions on the women's side. They scored 36 points to finish ahead of Pittsburg State and Fort Hays State. Morgan Benesch of Nebraska-Kearney took the individual title, running 21:02.06.

Missouri Southern were the champions on the men's side scoring 42 points. The Lions had the individual champion in Vincent Kiprop who won his second straight individual crown, running 24:17.98. Northwest Missouri and Pittsburg State finished second and third.

NCAA Central Regional

Mules: 14th ~ Jennies: 11th

SIOUX FALLS, S.D. (Nov. 5, 2016) - Jana Palmowski earned an All-Region finish for Central Missouri placing 14th at the NCAA Central Region Championships. She helped the Jennies to an 11th place finish at the meet, their highest since 2012. Palmowski ran a personal-best 6K time of 21:25.76 to finish 14th and was the fifth finisher out of the MIAA in a field of 211. Following the meet, she was named to the USTFCCA All-Region Team.

Ian Frazier was the Mules top finisher in the 10K race. He set a new personal-best running 32:12.95 to finish 29th overall in the field of 170. The Mules finished 14th as a team.

All five of the Jennies top-five finishers ran personal-best times. Nicole Svendsen was the second Jennie to cross the line in 22:21.56. Running in her first-ever NCAA race, Courtney Rogers placed 67th in 22:34.83. This was also the first NCAA race for Jami Clay, she ran 22:57.74 to finish 90th and Yesenia Gomez completed the scoring for UCM finishing 104th and running 23:14.53.

For senior Christine Wigginton, this was her first NCAA race after being a part of UCM Cross Country since 2012. She ran 24:09.76 and finished 138th. Stephanie Boan also raced for the Jennies, finishing 115th in 23:32.73.

The University of Mary was the overall team winner scoring 60 points. They had the top individual in Alexis Zeis who ran 19:43.84. Southwest Baptist and Fort Hays State finished in third and fourth place and will head to the national meet to represent the MIAA.

The top three for the Mules finished just like they did at the MIAA Championships two weeks ago. Ty Hughes and Justin Howard followed Frazier. Hughes ran 32:40.92 to finished in 47th place and Howard placed 72nd in 33:07.90. Kenny Froebe (33:35.40, 101st) and Ben Sporleder 33:41.61 (107th) rounded out the scoring for the Mules. The time was a personal-best for Sporleder who ran at this race last year as a freshman.

Competing in their first regional meet were Chris Basinski and Austin Larsen. Basinski was the sixth Mule to cross the line in 34:09.92 for 122nd place and Larsen finished shortly behind in 127th place, running 34:20.65.

Host school Augustana won the meet scoring 65 points, just three points ahead of the MIAA's Missouri Southern. The Lions' Vincent Kiprop won the meet with a time of 29:33.61. The top four team finishers qualified for the national meet meaning Missouri Southern and third-place Northwest Missouri will represent the MIAA.

Men's Results

1	Berry, Cody	FR	Missouri Southern	25:19.46
2	Schatz, Jarod	UN	Unattached	25:30.79
3	Haltom, Jared	SO	Missouri Southern	25:39.15
4	Rush, William	JR	Missouri Southern	25:39.49
5	Shanahan, Mike	FR	Missouri Southern	25:39.80
6	Kiptoo, Nickson	FR	Missouri Southern	25:40.68
7	Pavey, Brice	JR	Truman State	25:43.13
8	Byrley, Cameron	SO	Drury University	25:51.19
9	Way, Ryan	JR	Drury University	26:00.60
10	Bindner, Joe	JR	Mo. S.&T.	26:04.37
11	Hughes, Ty	JR	U.C.M.	26:10.23
12	Sporleder, Ben	SO	U.C.M.	26:13.99
13	Froebe, Kenny	JR	U.C.M.	26:27.33
14	Gordon, Andrew	SR	Truman State	26:31.66
15	Richter, Benjamin	JR	McKendree	26:32.78

Women's Results

1	Tarantino, Laura	SR	Truman State	22:06.47
2	Provence, Christian	SO	Missouri Southern	22:14.50
3	Schulte, Megan	FR	Mo. S.&T.	22:18.81
4	Palmowski, Jana	SR	U.C.M.	22:22.92
5	Harris, Emily	SR	Missouri Southern	22:29.68
6	Torres, Cynthia	SR	Missouri Southern	22:43.15
7	Hylan, Micheala	JR	Truman State	22:47.76
8	Svendsen, Nicole	JR	U.C.M.	22:57.94
9	Fricke, Katelyn	FR	Mo. S.&T.	23:15.89
10	Marx, Amy	SO	U.C.M.	23:19.62
11	Usher, Sarah	SO	Missouri Southern	23:19.81
12	Jackson, Shelby	FR	Missouri Southern	23:21.26
13	Robinson, Victoria	JR	Drury University	23:24.07
14	Gomez, Yesenia	JR	U.C.M.	23:37.26
15	Clay, Jami	FR	U.C.M.	23:43.54

Men's Results

1	Kiprop, Vincent	SO	Missouri Southern	24:17.98
2	Clews-Practor, Brayden	SO	Northwest Missouri	24:40.73
3	Klemz, Jacob	FR	Washburn University	24:46.80
4	Zimmer, Nolan	SR	Northwest Missouri	24:50.53
5	Renteria, Cristobal	SR	Missouri Southern	25:03.91
6	Cunningham, Wick	SR	Northwest Missouri	25:12.14
7	Burch, Jacob	SR	Southwest Baptist	25:12.51
8	Rush, William	JR	Missouri Southern	25:15.08
9	Wineinger, Troy	SR	Fort Hays St.	25:15.45
10	Adamson, Jonathan	SR	Pittsburg St.	25:16.39
11	Landrigan, Jahn	SR	Kearney	25:19.50
12	Kromminga, Colby	SR	Pittsburg St.	25:26.45
13	Shanahan, Mike	FR	Missouri Southern	25:26.58
14	Fenske, Terry	JR	Southwest Baptist	25:27.50
15	Berry, Cody	FR	Missouri Southern	25:29.71

Women's Results

1	Benesch, Morgan	SR	Kearney	21:02.06
2	Bonine, Shea	JR	Fort Hays St.	21:48.86
3	Carr, Mary	JR	Southwest Baptist	21:50.73
4	Morrow, Taylor	SO	Southwest Baptist	21:58.15
5	DeVries, Hannah	SR	Pittsburg St.	22:02.08
6	Fritz, Alexis	JR	Southwest Baptist	22:03.15
7	Torres, Cynthia	SR	Missouri Southern	22:08.47
8	Provence, Christian	SO	Missouri Southern	22:10.79
9	Lawson, Ashley	SR	Southwest Baptist	22:13.18
10	Laurenza, Samantha	JR	Northwest Missouri	22:13.77
11	Schoenfeld, Emily	JR	Emporia State	22:19.44
12	Henson, Ashton	SO	Pittsburg St.	22:20.88
13	Greene, Carlin	JR	Pittsburg St.	22:24.24
14	Piereson, Summer	FR	Southwest Baptist	22:31.05
15	Krzyszinski, Micki	SR	Fort Hays St.	22:32.15

Men's Results

1	Kiprop, Vincent	Missouri Southern	29:33.61
2	Clews-Practor, Brayden	NW Missouri	30:56.16
3	Ellingson, Glen	Augustana	31:04.46
4	Carda, Keegan	Augustana	31:10.17
5	Klemz, Jacob	Washburn	31:15.00
6	Zimmer, Nolan	NW Missouri	31:20.12
7	Rush, William	Missouri Southern	31:24.69
8	Cunningham, Wick	NW Missouri	31:25.96
9	Christ, Cody	MSU-Moorhead	31:27.36
10	Fields, Andrew	Nebraska-Kearney	31:29.16
11	Hauge, Nathan	Augustana	31:30.20
12	Renteria, Cristobal	Missouri Southern	31:31.07
13	Landrigan, Jahn	Nebraska-Kearney	31:31.51
14	Urtusastegui, Jesus	Augustana	31:31.66
15	Young, Josh	MSU-Moorhead	31:37.18

Women's Results

1	Zeis, Alexis	U-Mary	19:43.84
2	Trost, Emilee	Minnesota-Duluth	19:53.82
3	Narbuval, Ida	U-Mary	20:14.75
4	Montonye, Molly	MSU-Moorhead	20:22.77
5	Colbenson, Breanna	Minnesota-Duluth	20:31.78
6	Benesch, Morgan	Nebraska-Kearney	20:39.10
7	Sunstrom, Sam	St. Cloud State	20:47.74
8	Bonine, Shea	Fort Hays St.	20:56.48
9	Kelly, Mackenzie	Augustana	21:05.86
10	Mora, Anna	East Central	21:06.95
11	Fox, Kate	U-Mary	21:11.33
12	Schoenfeld, Emily	Emporia St.	21:19.39
13	Harris, Emily	Missouri Southern	21:22.96
14	Palmowski, Jana	Central Missouri	21:25.76
15	Dalmasso, Sophie	Fort Hays St.	21:25.89

Mules Cross Country & Track

15 MIAA Cross Country Titles — 20 MIAA Indoor Titles — 20 MIAA Outdoor Titles

60 Meter Dash (55 m + .53)	mark	year
1. Elise Johnson	7.59	2007
2. Shelly Holder-Johnson	7.65	1995
3. Charise Smith	7.67	1983
4. Chelsea Luck	7.69	2007
5. Serena Brown	7.70	1989
T6. Tonja Ashcraft	7.74	1989
T6. Evelise Gomez	7.74	2007
8. Nikki Douglas	7.76	2016
9. Rochelle Moss	7.77	1991
10. Teresa Snyder	7.80	1987

200 Meter Dash	mark	year
1. Shelly Holder-Johnson	25.07	1995
2. Chelsea Luck	25.13	2007
3. Nikki Douglas	25.55+	2016
4. Amber Walker	25.70	2006
5. Lindsay Lettow	25.74	2010
6. Elise Johnson	25.79	2007
7. Emily Thole	25.81+	2016
8. Angela Selby	25.90	2010
9. Evelise Gomez	25.93	2008
10. Treisha Thorpe	25.94	2000

400 Meter Dash	mark	year
1. Marilyn Carlson	55.54*	1976
2. Clarissa Thomas	55.57	2014
3. Shelly Holder-Johnson	56.00	1995
4. Lori Pitz	56.74+	2006
5. Lindsay Lettow	56.79	2011
6. Kailey Fuchs	58.32+	2015
7. Nikki Douglas	57.38+	2015
8. Treisha Thorpe	58.28	2001
9. Victoria Freeman	58.36	2003
10. Charise Smith	58.54*	1983

600 Yard Run	mark	year
1. Lindsay Lettow	1:23.45	2011
2. Emily Thole	1:23.84+	2016
3. Lori Pitz	1:24.42+	2005
4. Kailey Fuchs	1:24.46+	2015
5. Jackie Neville	1:24.89	1984
6. Katie Cassidy	1:25.01	2016
7. Melissa Bolinger	1:25.82	2005
8. Elaine Jarnagin	1:26.02	1999
9. Storm Simons	1:26.65	2011
10. Erin Alewine	1:26.87	2012

800 Meter Run	mark	year
1. Marilyn Carlson	2:05.94*	1976
2. Kailey Fuchs	2:10.48+	2016
3. Rachel Harvey	2:10.9	2002
4. Jana Palmowski	2:12.55+	2016
5. Melissa Short	2:13.2	2000
6. Millicent Foskin	2:13.5	1990
7. Candy Knabe	2:14.09+	1992
8. Elizabeth George	2:15.94*	1993
9. Katie Cassidy	2:16.16+	2016
10. Connie Frank	2:16.74*	1986

Mile Run	mark	year
1. Marilyn Carlson	4:52.24*	1976
2. Jana Palmowski	4:52.87+	2016
3. Connie Frank	4:55.24*	1988
4. Kristin Anderson	4:56.26	2006
5. Darla Moberly	4:56.98	1985
6. Rachel Harvey	5:01.77	2001
7. Sandy Thomas	5:01.86+	1995
8. Beth Cook	5:04.04+	1998
9. Angela Elsberry	5:04.83+	1994
10. Susie Thomas	5:07.37	1994

3000 Meter Run	mark	year
1. Darla Moberly	9:31.44*	1985
2. Megan Glamann	10:00.61	2015
3. Jane Rudkin	10:04.81	2002
4. Nancy Goodwine	10:10.84*	1983
5. Kristin Anderson	10:13.00	2005
6. Rachel Harvey	10:20.42+	1999
7. Gina Kennison	10:24.20	2008
8. Connie Frank	10:26.74*	1988
9. Jana Palmowski	10:27.74	2016
10. Carrie Reidel	10:28.91	2002

5000 Meter Run	mark	year
1. Kristin Anderson	16:28.86	2006
2. Megan Glamann	17:30.64+	2015
3. Jane Rudkin	17:35.33	2002
4. Sandy Thomas	17:36.00+	1999
5. Carrie Reidel	17:47.48	2002
6. Gina Kennison	17:59.31+	2006
7. Nicole Hasemeier	18:04.54+	2006
8. Danielle Moul	18:10.00	2005
9. Brandi Heaps	18:14.84	1994
10. Sandy Davidson	18:20.16	2007

60 Meter Hurdles (55 m + .57)	mark	year
1. Lindsay Lettow	8.50	2012
2. Zoe Sharplin	8.56	2015
3. Victoria Jackson	8.58	2016
4. Madison Smith	8.60	2015
5. Denise Sandbothe	8.61	2005
6. Chelsea Luck	8.65	2007
7. Erin Alewine	8.69	2012
8. Teresa Snyder	8.74	1989
9. Angela Selby	8.77	2010
10. Heather Jones	8.80	1992

4x400m Relay	mark	year
1. Nikki Douglas, Emily Thole3:45.87+ Katie Cassidy, Kailey Fuchs		2016
1. Nikki Douglas, Kailey Fuchs, Erin Alewine, Clarissa Thomas	3:48.59+	2014
2. Storm Simons, Lindsay Lettow, Erin Alewine, Clarissa Thomas	3:49.89+	2012
3. Storm Simons, Lindsey Kunkel, Angela Selby, Lindsay Lettow	3:51.59+	2011
4. Nikki Douglas, Katie Cassidy, Madison Smith, Kailey Fuchs	3:51.84+	2015

Distance Medley Relay	mark	year
1. Alison Kelley, Amber Walker, Lori Pitz, Kristin Anderson	11:44.87	2006
2. Gina Kennison, Melissa Bolinger, Lori Pitz, Kristin Anderson	12:05.44	2005
3. Melissa Short, Colleen Cook, MacKenna Muncy, Rachel Harvey	12:19.21+	2002

High Jump	mark	year
1. Erika Kinsey	6' 2.75"	2015
2. Jennifer Drum	5' 11.25"	2004
3. Lindsay Lettow	5' 10.5"	2012
4. Jenna Schmidt	5' 9.75"	2009
5T. Erin Alewine	5' 9.25"	2012
5T. Madison Smith	5' 9.25"	2014
7T. Eby Hardman	5' 8"	1992
7T. Robin Miller	5' 8"	2005
9T. Haley Morrissey	5' 7.25"	2008
9T. Brittany Kallenberger	5' 7.25"	2016

Pole Vault	mark	year
1. Brittany Kallenberger	12' 10.25"	2015
2. Denise Sandbothe	12' 10"	2005
3. Kaylee VanBlaricum	12' 2.50"	2016
4. Iva Vasileva	11' 6.25"	2002
5. Cori Whitson	11' 5"	2011
6T. Cristie Stevenson	11' 3.75"	2001
6T. Emma Elwood	11' 3.75"	2016
7. Rachel Mincemeyer	11' 2.50"	2014
8. Amy Kennison	10' 11.75"	2009
9T. Meagan O'Donnell	10' 10"	2006
9T. Heather Wohllerber	10' 10"	2006

Long Jump	mark	year
1. Erika Kinsey	20' 1.75	2015
2. Erin Alewine	19' 6"	2013
3. Lindsay Lettow	19' 4"	2011
4. Stacy Clark	19' 0.75"	1995
5. Anne Carlson	18' 10.5"	2009
6. Rochelle Moss	18' 9"	1991
7. Zoe Sharplin	18' 5.25"	2012
8. Victoria Jackson	18' 4.50"	2016
9. Brittanie Roldan	18' 4.25"	2009
10. Katie Cassidy	18' 3.25"	2016

Triple Jump	mark	year
1. Erika Kinsey	42' 5.25"	2015
2. Stephany Johnson	40' 5"	2011
3. Brittanie Roldan	40' 1.5"	2009
4. Jenna Schmidt	39' 2.5"	2012
T5. Khalilah Childress	39' 0.5"	1997
T5. Kenna Jenkins	39' 0.5"	2003
7. Iva Vasileva	38' 6"	2003
8. Anne Carlson	39' 0.25"	2006
9. Anne Scholl	37' 9.5"	2010
10T. Erin Alewine	37' 8.5"	2012
10T. Jennifer Sartorio	37' 8.5"	2015

Shot Put	mark	year
1. Heavin Warner	52' 6.75"	2016
2. Kayla Muyskens	50' 3.25"	2012
3. Haley Heuer	45' 7.25"	2016
4. Mary Otto	45' 1.5"	1986
5. Laurie Onstot	45' 1"	1986
6. Jessica Donovan	44' 9.75"	2008
7. Mary Hyder	44' 8.5"	1980
8. Becky Haug	44' 8"	2006
9. Dina Grubb	44' 3.25"	1989
10. Amy Dorge	44' 1.25"	2016

Weight Throw	mark	year
1. Heavin Warner	70' 8.5"	2016
2. Brooke Swearingin	58' 6"	2013
3. Kayla Muyskens	55' 7"	2012
4. Haley Heuer	52' 0.5"	2014
5. Kita McCain	51' 4.5"	2004
6. Daleen Banks	50' 9.5"	2000
7. Amy Dorge	50' 4.75"	2016
8. Chelsi Rohr	49' 10.50"	2007
9. Alana Richmond	48' 8"	2001
10. Victoria Mitchell	47' 5.75"	2016

Pentathlon	mark	year
1. Lindsay Lettow	4,193	2012
2. Erin Alewine	4,134	2012
3. Madison Smith	3,888	2015
4. Erika Kinsey	3,857	2015
5. Zoe Sharplin	3,831	2015
6. Anne Carlson	3,830	2009
7. Victoria Jackson	3,823	2016
8. Katie Cassidy	3,805	2016
9. Zoe Sharplin	3,768	2013
10. Lori Pitz	3,692	2006

300 Yard Dash	mark	year
1. Serena Brown	36.72	1988
2. Charise Smith	36.74*	1983
3. Teresa Snyder	37.12	1989
4. Tonja Ashcraft	37.57	1989
5. Kathy Gephards	37.74*	1979
6. Theresa Kelleghan	37.74*	1987
7. Terrie Robinson	37.76	1987
8. Jenny Wrigley	38.14*	1979
9. Vanessa Cunningham	38.22	1984
10. Dedra Frazier	38.44	1983

1000 Yard Run	mark	year
1. Darla Moberly	2:40.01	1985
2. Connie Frank	2:41.90	1986
3. Lucille Carson	* 2:42.14	1987
4. Denise Jackson	2:44.87	1988
5. Nancy Blunt	2:46.24	1981
6. Jo Flora	2:46.25	1990
7. Dee Steffee	* 2:49.34	1983
8. Sybil Cassidy	2:51.89	1991
9. Jaleen Wormsley	2:52.01	1983
10. Brandi Heaps	2:53.69	1991

1000 Meter Run	mark	year
1. Angela Elsberry	3:04.98	1993
2. Kim Curp	3:05.95	1995
3. Susie Thomas	3:06.18	1994
4. Brandi Heaps	3:06.60	1993
5. Sybil Cassidy	3:06.98	1993
6. Sandy Thomas	3:07.19	1995
7. Sheri Lentz	3:08.96	1995
8. Sandy Davidson	3:09.79+	2006
9. MacKenna Muncy	3:11.57	2002
10. Kirsten Hasemeier	3:12.96+	2002

Two Mile Run	mark	year
1. Darla Curp	10:24.42	1984
2. Connie Frank	10:44.74*	1988
3. Nancy Goodwine	10:51.14*	1983
4. Barb Thompson	11:31.04	1982
5. Sandy Clutter	11:38.54*	1983
6. Mary Adams	11:54.34*	1981
7. Michelle Terhune	11:54.64*	1981
8. Kellie Metcalf	11:57.14*	1986
9. Terri Hunter	12:12.54*	1991
10. Barb Hostmeyer	12:14.84*	1981

3200 Relay (Two Mile Relay -2.40)	mark	year
1. Marisa Johnston, Erica Foltz, Colleen Cook, Melissa Short	9:26.72	2000
2. Runners N/A	* 9:32.04	1982
3. Jill Call, Marisa Johnston, Melinda Branch, Rachel Harvey	9:32.74	2001
4. Susie Thomas, Sheri Lentz, Kim Menke, Sandy Thomas	9:34.02	1996
5. Melissa Short, MacKenna Muncy, Lori Pitz, Rachel Harvey	9:34.81	2002

* = converted time

+ = oversized track

Mules Indoor Records

55

60 Meter Dash (55m + .48)	mark	year
1. Imani Butler	6.73	2006
2. Jeremy Knox	6.75	2001
3T. Mike Dotts	6.81	1987
3T. Greg Schmidt	6.81	2001
5T. Fred Murrell	6.82*	1974
5T. Rick Williams	6.82*	1980
7. Chris Leverette	6.85	2010
8. James Robinson	6.86	1997
9T. Michael Payne	6.88	1991
9T. Bruce Williams	6.88	2006
9T. Damond Berry	6.88	2008

200 Meter Dash	mark	year
1. Imani Butler	21.04+	2006
2. Petko Yankov	21.51	2004
3. Bruce Williams	21.54	2006
4. Jeremy Knox	21.66	1999
5. Kai Roper	21.80+	2009
6. Kevin O'sadnick	21.94	2002
7. Edwin Harris	21.98	2000
8. Eddie Murillo	22.02	2003
9. Greg Schmidt	22.06	2001
10. Eric Moore	22.16	2008

400 Meter Dash	mark	year
1. Edwin Harris	47.34	2000
2. Petko Yankov	47.44+	2004
3. Osvaldo Granillo	47.92+	2016
4. Jeremy Knox	48.05	1999
5. Michael Payne	48.23	1991
6. Michael Lockhart	48.48+	2015
7. Willie Tague	49.01	1988
8. Ryan Irvin	49.06+	2004
9. Kai Roper	49.09	2008
10. Ira Baldwin	49.11	1991

600 Yard Run	mark	year
1. Edwin Harris	1:10.52	2000
2. Aaron Schlecht	1:10.69+	2001
3. Jacob Randle	1:10.78+	2016
4. Kellin Loch	1:11.75	2015
5. Kirk Tyner	1:12.02+	2004
6. Leif Kennedy	1:12.14	2002
7. Ryan Irvin	1:12.50	2004
8. Brent Vogel	1:12.61	2011
T8 Corbin Lowe	1:12.61+	2016
10. Kyle Brown	1:12.62+	2006

800 Meter Run	mark	year
1. Kellin Loch	1:49.84+	2015
2. Leif Kennedy	1:51.97	2003
3. Dale Elliott	1:53.00+	2002
4. Jonah Melly	1:53.06	1995
5. Presley Cherubin	1:53.42+	2004
6. Brayce Forsha	1:53.76	2000
7. Mike Fairbanks	1:54.34*	1985
8. Cole Davis	1:54.39+	2014
9. Kyle Brown	1:54.97	2007
10. Alexandr Alexin	1:55.22	1996

1000 Meter Run	mark	year
1. Adam Akers	2:30.06+	2006
2. Mike Knutson	2:30.10+	2002
3. Paul Orsheln	2:31.26	1993
4. Jamie Moreno	2:33.26	1995
5. Brent Vogel	2:33.44	2013
6. Jason Ramsey	2:35.01	1997
7. Patrik Eder	2:35.05+	2004
8. Brent Curp	2:35.36	1995
9. Kyle McClure	2:36.70	2009
10. Rodger Knedel	2:38.14*	1992

Mile Run	mark	year
1. Alexander Alexin	4:05.10	1998
2. Dale Elliott	4:08.51	2002
3. Paul Bennett	4:08.90	2000
4. Laban Sialo	4:09.35	2012
5. Brayce Forsha	4:09.45	2001
6. Jonah Melly	4:09.76	1995
7. Brett Carter	4:10.91	2011
8. Jim Brocksmith	4:11.34*	1977
9. Adam Tredway	4:11.48+	2014
10. Mike Knutson	4:11.91	2003

3000 Meter Run	mark	year
1. Jarod Wall	8:18.55+	2006
2. Laban Sialo	8:19.95	2013
3. Alexandr Alexin	8:21.93	1998
4. Vladimir Golias	8:21.94	1998
5. Brett Carter	8:26.16	2011
6. Dalton Moberly	8:30.29	2012
7. Dale Elliott	8:29.69	2002
8. Justin Adams	8:30.74	1993
9. Mike Knutson	8:33.18	2002
10. Adam Akers	8:35.03	2006

5000 Meter Run	mark	year
1. Laban Sialo	14:02.97+	2012
2. Dalton Moberly	14:18.86	2012
3. Jarod Wall	14:19.91+	2006
4. Brett Carter	14:30.61	2011
5. Vladimir Golias	14:36.17	1999
6. Martin Fysh	14:36.71+	1995
7. Todd Beran	14:37.42+	1995
8. Rafael Colmenares	14:38.02	1992
9. Justin Adams	14:40.84+	1995
10. Tyler Stuber	14:43.30+	2014

60 Meter Hurdles (55m + .53)	mark	year
1. Bruce Derks	7.87*	1979
2. Ralph Watson	7.95	2012
3T. Danny Holland	7.97	1987
3T. Jason Ramsey	7.97	1997
3T. Jeff Sander	7.97	1999
6. David Baxter	8.02	2001
7. Darius Walker	8.05	2012
8. Darwin Featherston	8.09	1984
9T. Stephen Chambers	8.11	2003
9T. Brent Vogel	8.11	2013

4x400m Relay	mark	year
1. Michael Lockhart, Marquis Jones		
Osvaldo Granillo, Kellin Loch	3:11.59+	2015
2. Jeremy Knox, Tim Stockdale		
Tommy Tavegia, Jason Ramsey	3:11.64+	1997
3. Jeremy Knox, Lamont Truitt		
Aaron Schlecht, Edwin Harris	3:12.65+	2001
4. Darius Walker, Anthony Cooper		
Brent Vogel, Kai Roper	3:12.97	2010
5. Darius Walker, Anthony Cooper		
Britt Johnson, Kai Roper	3:13.09+	2009

Distance Medley Relay	mark	year
1. Jon Dalby, Todd Devoe		
Leif Kennedy, Dale Elliott	10:03.23+	2002

High Jump	mark	year
1. Ivan Varbanov	7' 3"	2004
2. Leander Toney	7' 1"	2012
3. Mark Blahnik	7' 0.25"	1988
4. Devin Claypool	6' 11.75"	2013
5. Chris Millentree	6' 11.5"	2011
6T. Jeff Sander	6' 11"	1999
6T. Neal Brownsfield	6' 11"	1977
8. Andy Gilmore	6' 10.75"	2001
9. Mark Webster	6' 10"	1991
10. Mark Spartz	6' 9"	1981

Pole Vault	mark	year
1. Andrei Skvortsov	17' 8.5"	1998
2. Roman Botchcharnikov	17' 5.5"	1996
3. Cole Phillips	17' 3"	2016
4. Brad Feddickamp	17' 0"	1990
5. Aaron Crossley	16' 5.25"	2002
6. Chris Thoma	16' 4"	1996
7. Chad Harting	16' 3.25"	1992
8. Alex Lohman	16' 1.25"	2009
9. Jeff Sander	16' 0.75"	1999
10. Jeff Chanay	16' 0"	1996

Long Jump	mark	year
1. Danny Holland	25' 5.75"	1986
2. Greg Schmidt	25' 4"	2000
3. Darrell Sears	25' 0.75"	1995
4. Meelis Siimson	24' 5.75"	2013
5. Eric Moore	24' 0.25"	2009
6. Aaron Crossley	23' 11.75"	2002
7. Marques Wooten	23' 11"	2004
8. Duane Brisson	23' 8.75"	2002
9T. Randall Mercer	23' 8.5"	1982
9T. Jimmy Rocquemore	23' 8.5"	1986

Triple Jump	mark	year
1. Duane Brisson	52' 2"	2002
2. Ivan Varbanov	51' 9.25"	2003
3. Darrell Sears	51' 5"	1996
4. Meelis Siimson	50' 8.75"	2013
5. Tyrone McNichols	50' 5.5"	1986
T6. Dave Ogilvie	50' 1.75"	1977
T6. James Robinson	50' 1.75"	1997
8. Danny Holland	49' 6.5"	1985
9. Stephen Chambers	49' 2.25"	2003
10. Andrei Skvortsov	48' 10.75"	1998

Shot Put	mark	year
1. Brad Mears	59' 4.25"	1994
2. Jaban Moore	59' 2.25"	2009
3. Drew Frizzell	58' 6.75"	2010
4. Jacob Mahin	58' 4.75	2016
5T. Jeff Kremer	56' 8.75"	1997
5T. Steven Edwards	56' 8.75"	2006
6. Kerry Tarr	55' 4"	1985
7. Zak Thompson	55' 3.5"	2013
8. Derrick Mears	54' 10"	1987
9. Wes Martin	54' 9"	1984

Weight Throw	mark	year
1. Drew Frizzell	71' 9"	2011
2. Caniggia Raynor	70' 10.5"	2016
3. Jeff Kremer	62' 11.25"	1998
4. Dan Rathel	62' 10.75"	2008
5. Steven Edwards	62' 6.75"	2005
6. Jaban Moore	59' 5.75"	2009
7. Aaron Thurman	58' 10.75"	1996
8. Zak Thompson	58' 9.5"	2013
9. Tyler Werle	57' 10.5"	2011
10. Tom Woodward	56' 10"	2002

Heptathlon	mark	year
1. Brent Vogel	5,760	2013
2. Darius Walker	5,377	2010
3. Zach Miller	5,334	2001
4. Tyler Chancellor	5,304	2015
5. Blake Seitz	5,216	2015
6. Shawn Boss	5,110	2012
7. Aaron Crossley	5,108	2001
8. Alex Lohman	5,107	2009
9. Daniel McCarty	5,004	2014
10. Hassan Ilyas	5,003	2014

300 Yard Dash	mark	year
1. Michael Payne	31.00	1991
2. Arnold Hammond	31.24*	1983
3. Kevin Henry	31.25	1989
4. Darrell Glasco	32.04	1984
5. Ric Phillips	32.42	1985
6. Keith Thornton	32.44*	1975
7. Terry Thompson	32.53	1986
8. Jim Rocquemore	32.54*	1986
9T. James Esters	32.74*	1981
9T. Don Wells	32.74*	1983

1000 Yard Run	mark	year
1. Bill Kanan	2:13.84*	1977
2. Mike Fairbanks	2:14.04*	1986
3. Dave Plains	2:14.92	1988
4. Scott Stetzler	2:15.31	1988
5. Mark Leicht	2:15.44	1977
6. Kevin Clark	2:16.24*	1986
7. Don Wehmeyer	2:17.04	1974
8. Jeff Buehrle	2:17.14*	1987
9. Craig Heeney	2:17.27	1990
10. Jerry Coleman	2:17.54*	1973

Two Mile Run	mark	year
1. Mark Curp	8:51.54*	1980
2. Rick Clear	8:57.14*	1977
3. Jim Brocksmith	9:05.24*	1977
4. Gary Denny	9:07.24*	1978
5. Ron Tabb	9:10.24*	1976
6. Rick Schmid	9:10.74*	1982
7. Charlie Gray	9:11.84*	1977
8. Ed Crumm	9:12.24*	1977
9. Kyle Ellis	9:14.24*	1978
10. Steve Brummit	9:14.34*	1980

Three Mile Run	mark	year
1. Rick Clear	14:07.24*	1977

880 Yard Relay	mark	year
1. Darrell Sears, Aaron Whitehurst, Jemar Hayes, Tim Stockdale	* 1:31.84	1995

3200 Relay (Two Mile Relay -2.40)	mark	year
1. Leif Kennedy, Jon Dalby		
Mike Knutson, Dale Elliott	7:46.63	2002
2. Runners N/A	7:47.74*	1977
3. Jon Dalby, Joe Conley		
Joe Mack, Paul Bennett	7:48.50	2000
4. Jeff Buehrle, Darin Calton		
Craig Heeney, Kevin Clark	7:50.57	1987
5. Jon Dalby, Paul Bennett		
Brayce Forsha, Leif Kennedy	7:51.20	2001

Pentathlon	mark	year
1. Jeff Sander	4,088	1999
2. Zack Miller	3,887	2001
3. Aaron Crossley	3,833	2002
4. Dustin Boswell	3,765	2003
5. Ryan Thompson	3,238	2005
6. Robbie Marin	3,144	2005
7. Michael Klaus	3,112	2004
8. Joe Hettlinger	3,108	1997
9. Jason Ramsey	3,067	1997
10. Ryan McCracken	3,059	2002

* = converted time + = oversized track

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

100 Meter Dash	mark	year
1. Elise Johnson	11.84	2007
2. Nikki Douglas	11.90	2016
3. Rochelle Moss	12.04*	1993
4. Evelise Gomez	12.11	2008
5. Serena Brown	12.14*	1988
6. Shelly Holder	12.15	1994
7. Stephany Johnson	12.17	2011
8. Lori Mortenson	12.24	2011
T8. Katie Cassidy	12.24	2016
10. Charise Smith	12.30	1982

200 Meter Dash	mark	year
1. Nikki Douglas	24.41	2016
2. Lindsay Lettow	24.47	2012
3. Amber Walker	24.52	2006
4. Chelsea Luck	24.74	2007
5. Shantel Newbold	24.81	2005
6. Elise Johnson	24.82	2007
7. Katie Cassidy	24.85	2016
8. Clarissa Thomas	24.96	2012
9. Shelly Holder	25.01	1993
10. Serena Brown	25.11	1988

400 Meter Dash	mark	year
1. Kailey Fuchs	55.83	2015
2. Shantel Newbold	56.20	2005
3. Doris Hammond	56.39	1984
4. Lindsay Lettow	56.62	2011
5. Catherine Rucker	56.80	2004
6. Shelly Holder	56.88	1994
7. Millicent Foskin	56.92	1990
8. Marilyn Carlson	56.94*	1978
9. Meshel Nelson	57.21	1991
10. Victoria Freeman	57.22	2003

800 Meter Run	mark	year
1. Marilyn Carlson	2:06.64*	1976
2. Millicent Foskin	2:09.90	1990
3. Jana Palmowski	2:09.96	2016
4. Melissa Short	2:10.35	2002
5. Rachel Harvey	2:10.83	2001
6. Kailey Fuchs	2:11.41	2016
7. Lucille Carson	2:14.08	1987
8. Erica Foltz	2:14.38	2003
9. Elizabeth George	2:14.72	1993
10. Karen Sanders	2:14.84	1982

1500 Meter Run	mark	year
1. Connie Frank	4:30.00	1986
2. Darla Moberly	4:33.04*	1986
3. Jana Palmowski	4:36.08	2016
4. Kristin Anderson	4:36.54	2004
5. Rachel Harvey	4:39.20	2000
6. Lucille Carson	4:39.24*	1987
7. Mackenna Muncy	4:41.05	2002
8. Erica Foltz	4:41.82	2003
9. Susie Thomas	4:42.82	1995
10. Angela Elsberry	4:42.84	1995

3000 Meter Run	mark	year
1. Marilyn Carlson	2:06.64*	1976
2. Millicent Foskin	2:09.90	1990
3. Jana Palmowski	2:09.96	2016
4. Melissa Short	2:10.35	2002
5. Rachel Harvey	2:10.83	2001
6. Kailey Fuchs	2:11.41	2016
7. Lucille Carson	2:14.08	1987
8. Erica Foltz	2:14.38	2003
9. Elizabeth George	2:14.72	1993
10. Karen Sanders	2:14.84	1982

5000 Meter Run	mark	year
1. Darla Moberly	16:29.23	1986
2. Kristin Anderson	17:14.04	2005
3. Megan Glammann	17:19.18	2015
4. Nancy Goodwine	17:26.13	1983
5. Carrie Reidel	17:30.55	2002
6. Connie Frank	17:49.24*	1988
7. Barb Hostmeyer	17:53.54*	1980
8. Barb Thompson	17:55.44*	1981
9. Sandy Thomas	17:56.55	1996
10. Amber Neal	17:58.10	2000

10,000 Meter Run	mark	year
1. Darla Moberly	34:37.54*	1986
2. Megan Glammann	34:54.32	2015
3. Nancy Goodwine	35:39.64*	1983
4. Carrie Reidel	36:48.12	2002
5. Sandy Thomas	37:02.00	1996
6. Barb Thompson	37:24.24*	1982
7. Kristin Anderson	37:52.58	2005
8. Danielle Moul	37:54.18	2005
9. Robyn Windsor	38:09.14*	1992
10. Nicole Hasemeier	38:12.60	2006

100 Meter Hurdles	mark	year
1. Lindsay Lettow	13.69	2012
2. Madison Smith	13.94	2015
3. Zoe Sharplin	13.96	2015
4. Victoria Jackson	14.05	2016
5. Chelsea Luck	14.06	2007
6. Denise Sandbothe	14.10	2004
7. Erin Alewine	14.12	2012
8. Nikki Douglas	14.20	2014
9. Melissa Bolinger	14.23	2005
10. Belinda Hayden	14.25	1986

400 Meter Hurdles	mark	year
1. Lindsay Lettow	58.90	2012
2. Nikki Douglas	59.14	2016
3. Shelly Holder	59.93	1994
4. Marilyn Carlson	1:00.74*	1977
5. Lori Pitz	1:01.35	2005
6. Melissa Bolinger	1:01.58	2004
7. Teresa Snyder	1:01.83	1989
8. Stephanie Thompson	1:01.84*	1981
9. Kathy Gephards	1:02.44*	1979
10. Kim Riebold	1:03.12	2002

3000 Meter Steeplechase	mark	year
1. Jana Palmowski	10:25.90	2016
2. Kristin Anderson	10:32.92	2005
3. Jane Rudkin	11:05.58	2002
4. Sandy Davidson	11:18.44	2008
5. Allie Rexroat	11:19.32	2015
6. Kacy Hession	11:23.20	2012
7. Kirsten Hasemeier	11:23.98	2003
8. Nicole Hasemeier	11:26.63	2006
9. Amber Neal	11:34.99	2001
10. Nicole Arnold	11:42.64	2012

4x100 Meter Relay	mark	year
1. Nikki Douglas, Emily Thole, Kailey Fuchs, Katie Cassidy	46.80	2016
2. Chelsea Luck, Beth Eiken		
Elise Johnson, Evelise Gomez	47.26	2007
3. Catherine Rucker, Beth Eiken		
Elise Johnson, Shantel Newbold	47.28	2005
4. Chelsea Luck, Nikki Morris		
Elise Johnson, Evelise Gomez	47.33	2008
5. Chelsea Luck, Amber Walker		
Elise Johnson, Beth Eiken	47.42	2006

4x200 Meter Relay	mark	year
1. Beth Eiken, Lori Pitz		
Elise Johnson, Amber Walker	1:39.88	2006

4x400 Meter Relay	mark	year
1. Katie Cassidy, Emily Thole, Kailey Fuchs, Nikki Douglas	3:41.62	2016
2. Shantel Newbold, Beth Eiken, Melissa Bolinger, Lori Pitz	3:45.56	2005
3. Nikki Douglas, Katie Cassidy, Madison Smith, Kailey Fuchs	3:46.51	2015
4. Treisha Dulgarian, Melissa Bolinger, Melinda Branch, Victoria Freeman	3:47.31	2003
5. Storm Simons, Lindsey Kunkel, Perrine Chapot, Lindsay Lettow	3:48.20	2011

Sprint Medley Relay (2-2-4-8)	mark	year
1. Treisha Dulgarian, Shannon Henson		
Victoria Freeman, Erica Foltz	4:00.76	2003

4x800 Meter Relay	mark	year
1. Katie Cassidy, Emily Thole, Jana Palmowski, Kailey Fuchs	9:01.67	2016

Distance Medley Relay	mark	year
1. Rachel Harvey, Colleen Cook, Melissa Short, Jane Rudkin	12:05.95	2002

4x1600 Meter Relay	mark	year
1. Jane Rudkin, Melissa Short, Erica Foltz, Rachel Harvey	20:41.29	2002

High Jump	mark	year
1. Erika Kinsey	6' 3.5"	2015
2. Madison Smith	5' 11.5"	2015
3. Erin Alewine	5' 10"	2012
4. Jenna Schmidt	5' 9.75"	2009
5T. Jennifer Drum	5' 9.25"	2004
5T. Lindsay Lettow	5' 9.25"	2012
7. Angela Horned	5' 9"	1983
8T. Robin Miller	5' 7.75"	2005
8T. Brittany Kallenberger	5-7 3/4	2016
10T. Haley Morrissey	5' 7.25"	2006
10T. Jodi Donovan	5' 7.25"	2006
10T. Lori Pitz	5' 7.25"	2006

Pole Vault	mark	year
1. Brittany Kallenberger	13' 3.5"	2015
2. Kaylee VanBlaricum	12' 3.25"	2016
3. Denise Sandbothe	12' 2"	2005
4. Cori Whitson	11' 7.75"	2012
5. Cristie Stevenson	11' 7"	2001
6. Rachel Mincemeyer	11' 6.50"	2014
7. Amy Kennison	11' 3"	2010
8. Meagan O'Donnell	10' 11.75"	2006
9. Iva Vasileva	10' 8.25"	2002
10T. Heather Wohleber	10' 8"	2006
10T. Jenny Beissenherz	10' 8"	1999

Long Jump	mark	year
1. Erika Kinsey	20' 7.25"	2015
2. Lindsay Lettow	20' 1.25"	2012
3. Erin Alewine	19' 9.5"	2012
4. Jenna Schmidt	19' 5.5"	2012
5. Stacy Clark	19' 0.75"	1995
6. Victoria Jackson	19-0 1/2	2016
7. Lori Pitz	18' 11"	2002
8T. Angela Selby	18' 10"	2010
8T. Katie Cassidy	18-10	2016
10. Rochelle Moss	18' 8"	1991

Triple Jump	mark	year
1. Erika Kinsey	43' 0.25"	2015
2. Jenna Schmidt	42' 1.5"	2012
3. Brittany Roldan	40' 6.75"	2009
4. Stephany Johnson	40' 0.75"	2011
5. Khalilah Childress	39' 8.5"	1998
6. Iva Vasileva	39' 3.25"	2002
7. Erin Alewine	39' 0.5"	2012
8. Kathy Collier	38' 9"	1984
9. Kenna Jenkins	38' 7.75"	2003
10. Jennifer Sartorio	38' 3.5"	2015

Shot Put	mark	year
1. Heavin Warner	53' 3.5"	2016
2. Kayla Muyskens	52' 6.5"	2012
3. Mary Otto	45' 6.5"	1988
4. Jessica Donovan	44' 4"	2010
5. Haley Heuer	44' 2"	2016
6. Victoria Jackson	43' 9"	2016
7. Laurie Onstot	43' 7"	1985
8. Becky Haug	43' 6.5"	2006
9. Onetha Jackson	43' 6.25"	1981
10. Brooke Swearingin	43' 6"	2013

Discus	mark	year
1. Heavin Warner	180' 5"	2016
2. Brooke Swearingin	171'	2014
3. Kayla Muyskens	162' 9"	2012
4. Becky Haug	159' 1"	2005
5. Haley Heuer	152' 5"	2015
6. Debbie Mann	149' 8"	1998
7. Dina Grubb	148' 8"	1987
8. Angel Benner	147' 9"	1995
9. Amy Dorge	147' 5"	2016
10. Pam Lueckenotto	147' 2"	1987

Hammer Throw	mark	year
1. Heavin Warner	227' 5"	2016
2. Kayla Muyskens	184' 3"	2011
3. Jessica Donovan	176' 9"	2010
4. Brooke Swearingin	171' 6"	2013
5. Haley Heuer	169'	2015
6. Debbie Mann	162' 11"	1999
7. Amy Dorge	162' 8"	2016
8. Kita McCain	162' 6"	2004
9. Erin Brechue	160' 11"	2005
10. Leah Lord	160'	2007

Javelin	mark	year
1. Mary Riley	163' 5"	2014
2. Angela Selby	143' 11"	2010
4. Victoria Jackson	134'	2016
4T. Neikki Shelton	132' 2"	1984
4T. Zoe Sharplin	132' 2"	2013
6. Anne Carlson	130' 8"	2006
7. Haley Morrissey	128' 2"	2007
8. Leah Bateman	127' 9.5"	2009
9. Lori Pitz	127' 7"	2006
10. Jean Hills	126' 3"	1984

Heptathlon	mark	year
1. Lindsay Lettow	5,807	2012
2. Erin Alewine	5,371	2012
3. Madison Smith	5,290	2015
4. Zoe Sharplin	5,240	2015
5. Lori Pitz	5,230	2006
6. Victoria Jackson	5,155	2016
7. Angela Selby	5,031	2010
8. Katie Cassidy	5,008	2016
9. Anne Carlson	4,880	2007
10. Cody Varner	4,863	2007

* - converted time

Mules Outdoor Records

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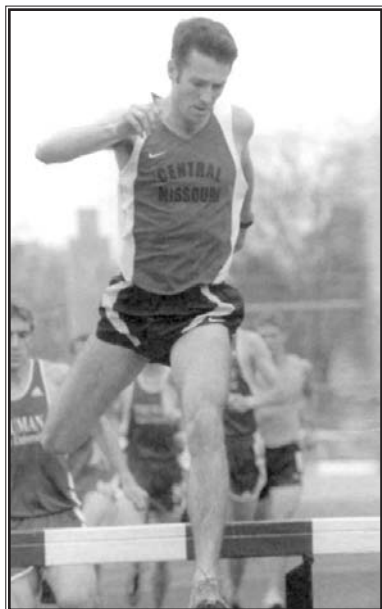
100 Meter Dash			mark	year	400 Meter Hurdles			mark	year	Long Jump			mark	year
1.	Bruce Williams	10.36	2006			1.	Tony McCulloch	50.36	1993	1.	Danny Holland	25' 8.5"	1987	
2.	Diamond Berry	10.43	2008			2.	Jason Ramsey	51.29	1997	2.	Meelis Siimson	25' 5.50"	2014	
3.	Jeremy Knox	10.53	1998			3.	Anthony Cooper	51.41	2010	3.	Greg Schmidt	25' 0.75"	1999	
4.	Eric Moore	10.54	2007			4.	Darius Walker	51.82	2012	4.	Jimmy Rocquemore	24' 10.5"	1987	
5.	Greg Schmidt	10.55	2000			5T.	Jerry Miller	52.84*	1975	5.	Duane Brisbon	24' 9"	2002	
6.	Eric Griffin	10.58	2010			5T.	David Baxter	52.84*	2001	6T.	Marques Wooten	24' 7"	2004	
7.	Michael Payne	10.59	1991			7.	Arvis Greene	52.97	1989	6T.	Eric Moore	24' 7"	2009	
T8.	Britt Johnson	10.64	2009			8.	Jacob Palmer	53.35	2004	8.	Darrell Sears	24' 5.75"	1993	
T8.	Ivey Lee	10.64	2011			9.	Stephen Chambers	53.54	2003	9.	James Gillespie	24' 3.5"	1999	
10.	Jason Shaw	10.67	2002			10.	Casey Canada	53.73	2006	10.	Byron Russell	24' 1.75"	1967	
200 Meter Dash			mark	year	3000 Meter Steeplechase			mark	year	Triple Jump			mark	year
1.	Bruce Williams	20.93	2006			1.	Vladimir Golias	8:43.04	2000	1.	Duane Brisbon	52' 11"	2002	
2.	Jeremy Knox	20.95	1998			2.	Charlie Gray	8:56.44*	1975	2.	Ivan Varbanov	52' 8.25"	2002	
3.	Imani Butler	21.02	2006			3.	Kyle Ellis	8:57.80	1978	3.	James Robinson	51' 11.75"	1999	
4.	Arnold Hammond	21.08	1983			4.	Eliasa Tanui	9:00.05	1996	4.	Darrell Sears	51' 2.25"	1994	
5.	Edwin Harris	21.10	2001			5.	Gary Thompson	9:05.20	1982	5.	Meelis Siimson	50' 4"	2014	
6.	Diamond Berry	21.13	2008			6.	Jonah Melly	9:05.40	1994	6.	Tyrone McNichols	50' 3.5"	1986	
7.	Petko Yankov	21.23	2004			7.	Ed Crumm	9:07.54*	1977	7.	Danny Holland	49' 1.25"	1984	
8.	Greg Schmidt	21.28	2001			8.	Paul Orscheln	9:09.91	1994	8.	Stephen Chambers	48' 10.25"	2003	
9.	Kevin O'sadnick	21.32	2004			9.	Ron Clark	9:11.50	1982	9.	Dave Ogilvie	48' 8.5"	1977	
10T.	Kai Roper	21.38	2007			10.	Gary Denny	9:12.94	1978	10T.	Willie Cook	48' 6.25"	1988	
10T.	Britt Johnson	21.38	2009			4x100 Meter Relay			mark	year	10T.	Nick Ramirez	48-6 1/4	2015
400 Meter Dash			mark	year	4x200 Meter Relay			mark	year	Shot Put			mark	year
1.	Edwin Harris	46.79	2000			1.	Dannon Abney, Damond Berry, Eric Moore, Chris Leverette	40.29	2008	1.	Brad Mears	60' 7.25"	1994	
2.	Arnold Hammond	46.94	1983			2T.	Dannon Abney, Bruce Williams, Eric Moore, Kai Roper	40.62	2007	2.	Jacob Mahin	59' 9.50"	2016	
3.	Ira Baldwin	47.18	1991			2T.	Jason Shaw, Petko Yankov, Kevin O'sadnick, Kirk Tyner	40.62	2004	3.	Drew Frizzell	58' 10"	2010	
4.	Kai Roper	47.44	2008			2T.	Denis Hopgood, Ivey Lee, Chris Leverette, Britt Johnson	40.62	2009	4.	Jeff Kremer	57' 4.25"	1998	
5.	Petko Yankov	47.74	2004			5.	Jeremy Knox, Greg Schmidt, Edwin Harris, Kevin O'sadnick	40.72	2001	5.	Derrick Mears	56' 10.5"	1987	
6.	Darius Walker	47.75	2010			4x400 Meter Relay			mark	year	6.	Jaban Moore	56' 8.5"	2009
7T.	Duane Brisbon	47.77	2002			1.	Seth Mason, Ryan Irvin, Kai Roper, Bruce Williams	1:24.82	2007	7.	Zak Thompson	56' 8"	2012	
7T.	Kellin Loch	47.77	2015			2.	Lamont Truitt, Greg Schmidt, Duane Brisbon, Edwin Harris	1:24.90	2000	8.	Aaron Thurman	56' 2"	1987	
8.	Kirk Tyner	47.80	2004			4x800 Meter Relay			mark	year	9.	Kerry Tarr	56'	1985
9.	Willie Tague	47.89	1988			1.	Brayce Forsha, Mike Knutson, Paul Bennett, Leif Kennedy	7:32.52	2001	10.	Steven Edwards	55' 2.25"	2005	
800 Meter Run			mark	year	Sprint Medley Relay (2-2-4-8)			mark	year	Discus			mark	year
1.	Kellin Loch	1:49.57	2013			1.	Tim Stockdale, Jeremy Knox, Edwin Harris, Alexandr Alexin	3:19.02	1998	1.	Jeff Kremer	197' 6"	1998	
2.	Leif Kennedy	1:49.80	2002			4x1600 Meter Relay			mark	year	2.	Caniggia Raynor	196' 1"	2015
3.	Kyle Brown	1:50.57	2007			1.	Kyle McClure, Laban Sialo, Dalton Moberly, Kevin Denny	17:37.81	2010	3.	Steven Edwards	181' 10"	2006	
4.	Craig Heeney	1:51.28	1987			High Jump			mark	year	4.	Drew Frizzell	178' 4"	2011
5.	Kevin Clark	1:51.30	1985			1T.	Ivan Varbanov	7' 2.5"	2004	5.	Zak Thompson	175' 10"	2012	
6.	Jerry Coleman	1:51.94*	1973			1T.	Leander Toney	7' 2.5"	2012	6.	Eddie Velarde	175'	1992	
7.	Jacob Randle	1:52:56	2016			3.	Andy Gilmore	7' 1.75"	2003	7.	Kerry Tarr	173' 6"	1983	
8.	Alexandr Alexin	1:52.63	1998			4.	Devin Claypool	7' 1.25"	2014	8.	Jace Kaleikau	173' 5"	2015	
9.	Cole Davis	1:52.64	2014			5.	Jeff Sander	7' 0.5"	1999	9.	Brad Mears	172' 4"	1994	
10.	Presley Cherubin	1:52.70	2004			6.	Mark Blahnik	7'	1987	10.	Aaron Thurman	169'	1996	
1500 Meter Run			mark	year	Pole Vault			mark	year	Hammer Throw			mark	year
1.	Alexandr Alexin	3:45.67	1997			1.	Andrei Skvortsov	18' 0.5"	1997	1.	Caniggia Raynor	232' 7"	2016	
2.	Brayce Forsha	3:47.74	2000			2.	Cole Phillips	17' 7.25"	2015	2.	Drew Frizzell	220' 10"	2011	
3.	Paul Bennett	3:49.49	2000			3.	Roman Botcharnikov	17' 0.75"	1996	3.	Dan Raithe	219' 8"	2008	
4.	Mike Knutson	3:49.71	2002			4.	Brad Feldkamp	16' 8"	1990	4.	Jeff Kremer	213' 9"	1997	
5.	Leif Kennedy	3:51.12	2003			5.	Chris Thoma	16' 5.5"	1996	5.	Steven Edwards	191' 9"	2006	
6.	Adam Tredway	3:51.91	2015			6T.	Jeff Chanay	16' 5.25"	1996	6.	Jaban Moore	188'	2008	
7.	Brett Carter	3:51.96	2011			6T.	Josh Roberts	16' 5.25"	2000	7.	Aaron Thurman	186' 10"	1996	
8.	Ed Lundsford	3:52.77	1982			8.	Chad Harting	16' 5"	1992	8T.	Spencer McKnight	185' 6"	1996	
9.	Mark Leicht	3:53.04*	1977			9.	Mike Housh	16' 2.5"	1991	8T.	Jace Kaleikau	185' 6"	2015	
10.	Mike Fairbanks	3:54.29	1985			10.	Tarius McClure	16' 1.75"	1988	10.	Tom Woodward	180' 8"	2002	
5000 Meter Run			mark	year	Decathlon			mark	year	Javelin Throw			mark	year
1.	Laban Sialo	13:58.75	2012			1.	Jeff Sander	7636 pts.	1999	1.	Chris Swearingin	216' 8"	2016	
2.	Mark Curp	14:02.21	1981			2.	Brent Vogel	7462	2011	2.	Blake Seitz	202' 4"	2016	
3.	Rick Clear	14:21.24*	1977			3.	Tyler Chancellor	7289	2015	3.	Carl McCargo	200' 3"	2013	
4.	Jarod Wall	14:21.60	2006			4.	Darius Walker	7264	2012	4.	Connor Coleman	199' 8"	2011	
5.	Vladimir Golias	14:24.28	2000			5.	Jason Ramsey	7259	1997	5.	Dan Tarpey	192' 3"	1988	
6.	Dalton Moberly	14:26.68	2013			6.	Blake Seitz	7219	2016	6.	A.J. Roth	190' 9"	2007	
7.	Mike Knutson	14:28.90	2003			7.	Aaron Crossley	7212	2002	7.	Brent Vogel	186' 2"	2011	
8.	Adam Akers	14:31.03	2007			8.	Dustin Boswell	6948	2002	8.	Sam Corrigan	181' 4"	1993	
9.	Brett Carter	14:32.32	2011			9.	Zack Miller	6860	2001	9.	Alfie Bethel	180' 10"	1999	
10.	Ron Tabb	14:37.24*	1976			10.	A.J. Roth	6820	2008	10.	Ryan McCracken	179' 7"	2003	
10,000 Meter Run			mark	year	110 Meter Hurdles			mark	year	Decathlon			mark	year
1.	Laban Sialo	28:57.15	2012			1.	Bruce Derks	14.04	1979	1.	Jeff Sander	7636 pts.	1999	
2.	Mark Curp	29:14.62	1980			2.	Darius Walker	14.07	2012	2.	Brent Vogel	7462	2011	
3.	Jarod Wall	29:53.67	2006			3.	Ralph Watson	14.16	2012	3.	Tyler Chancellor	7289	2015	
4.	Dalton Moberly	29:57.62	2011			4.	Stephen Chambers	14.19	2003	4.	Darius Walker	7264	2012	
5.	Rick Clear	30:12.04*	1977			5.	Jeff Sander	14.25	1999	5.	Jason Ramsey	7259	1997	
6.	John Mulligan	30:22.03	1979			6.	Jason Ramsey	14.29	1997	6.	Blake Seitz	7219	2016	
7.	Philip Saina	30:27.34*	1998			7.	Joseph Holland	14.36	2013	7.	Aaron Crossley	7212	2002	
8.	Steve Brummit	30:32.50	1979			8.	Arvis Greene	14.39	1989	8.	Dustin Boswell	6948	2002	
9.	Ron Tabb	30:42.24*	1976			9.	Danny Holland	14.40	1988	9.	Zack Miller	6860	2001	
10.	Justin Adams	30:45.20	1995			10.	Darwin Featherston	14.44*	1984	10.	A.J. Roth	6820	2008	

* - converted time

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

Central Missouri has won 46 individual national championships in track and field/cross country. Two standout distance runners from Russia, **Vladimir Golias** and **Alexandr Alexin**, won four each, as did Jennie **Lindsay Lettow**. **Heaven Warner** is the only Jennie to win three-straight national



**Vladimir Golias - four-time
NCAA Division II
Steeplechase Champion
(1998, 1999, 2000, 2001)**

championships in the same event, winning the hammer throw from 2014-16.

Golias won the NCAA Division II 3,000-meter steeplechase four straight years, from 1998-2001. He became only the second athlete in Division II history to win any event four straight years. He earned a total of seven All-America awards in track and cross country while at UCM.

In a career cut short by injury, Alexin won three national titles in track and UCM's only national title in cross country. He won the indoor mile and outdoor 1,500-meter National Championships in 1996 and repeated as indoor mile champion in 1997. His cross country title also came in 1996. Like Golias, he earned a total of seven All-America awards in his

career.

Lettow became the first female athlete to join UCM's four-time champion club, winning the indoor pentathlon and outdoor heptathlon for the second time in 2012. Lettow recorded a program-record 16 All-American performances, and competed at the 2012 and 2016 U.S. Olympic Team Trials, finishing 8th in the heptathlon in 2012 and 10th in 2016.

Warner won three straight hammer throw national championships at the outdoor competition from 2014-16. She improved her mark at each championship, culminating in a personal-best throw of 227' 5". She qualified for the 2016 US Olympic Trials, finishing in fifth place at Eugene.

Another Russian performer, pole vaulter **Andrei Skvortsov**, won three National Championships, one indoors and two outdoors, in his UCM career (1997-2000). He also earned a total of seven All-America awards.

In 2003, **Ivan Varbanov** won both the high jump and triple jump at the NCAA Division II Indoor Track & Field Championships.

And in 2004, **Jennifer Drum-Greer** became only the second Jennies track & field athlete to claim a National Championship title, taking first in the nation in the high jump. She would claim a second in 2006, as she won the National Championships high jump competition in Boston. Both came during the indoor season.

She was followed in 2005 by **Denise Sandbothe**, who won the 60 meter hurdles indoors, and **Kristin Anderson**, who took the 3,000 meter steeplechase outdoors and the 5000 meter run indoors in 2006.

In terms of All-America honors, two-time national champion **Drew Frizzell** is UCM's most decorated track and field athlete. He won a total of 17 All-American awards for the Mules during his career, the most of any thrower in NCAA Division II. In 2009 Frizzell became the second Mule to claim a national title in both

an indoor and outdoor track & field event in the same year. Alexin accomplished the feat 13 years prior. First-place finishes in the hammer throw, and the weight throw (indoor) were just two of his five All-American performances in the year. Fellow thrower



**2009 National Champions receive their rings at a
home basketball game.
L-R (Frizzell, Schmidt, Carlson)**

Jeff Kremer, who won a national title in the discus in 1998, also earned a total of seven All-America awards.

For the Jennies, **Darla Moberly** is one of the most decorated female distance athletes in UCM history. During her four-year career (1982-86), she earned a total of eight all-America honors in cross country and track, including the first national title in Jennies' history, when she won the outdoor 3,000-meters in 1986.

Mark Curp (Moberly's older brother) and **Darrell Sears** did not win any national championships during their UCM careers, but each won nine All-America awards.

Curp earned his honors, including two in Division I, in cross country and track (1977-81) and was an inaugural UCM Hall of Fame inductee. Sears earned his in the long jump and triple jump (1993-96) and was inducted into the Hall of Fame in 2002, along with **Keith Browne**, who was UCM's first national champion, winning the javelin in 1966.

Darla's son, **Dalton Moberly** is a former All-MIAA distance runner for the Mules, and her daughter **Marissa** also competed for UCM.

A pair of Jennies also captured national titles in 2009. **Jenna Schmidt** followed in the footsteps of Drum-Greer and became UCM's second indoor high jump National Champion. At the same National Championships meet in Houston, **Anne Carlson** set a Jennies track and field record (3,830 pts.) while winning a pentathlon National Championship.

Central Missouri's success continued in 2010, when multi-



**Darla Moberly - 1986 NCAA D-II
3,000-Meter Champion**



Lindsay Lettow - 2011 & 2012 NCAA Division II Indoor Pentathlon & Outdoor Heptathlon Champion

event athlete **Darius Walker** became the fourth Mule to win multiple national championships in the same season. Walker took the heptathlon title at the Indoor Championships, then two months later won the decathlon at the Outdoor Championships. Walker's 5,377-point performance in the heptathlon set a new UCM school record.

Just a year later, **Brent Vogel** followed Walker's decathlon national championship with one of his own, winning the event with 7,462 points, the second highest point total in Central Missouri history. Vogel is the third Mule to win the decathlon title, and the 16th Mule to win a national championship.

For the first time in UCM history, the Mules and Jennies swept the multi-events at the NCAA Outdoor Championships in 2011, as Lettow won the heptathlon. Lettow broke her own school record with 5,514 points in the event. Lettow also picked up the

pentathlon championship during the indoor season, becoming the first Jennie to sweep the multi-event championships.

While Lettow's championship success continued in 2012, a pair of UCM athletes broke through for their first national titles as well. Distance runner **Laban Sialo** became the Mules first national champion in the 5,000m run, winning the indoor title. In her senior year, **Kayla Muyskens** claimed the national championship in the shot put, becoming the first national champ in a throwing event in Jennies track history.

UCM swept the multi-events at the NCAA Indoor Championships in 2013 when **Erin Alewine** captured her first national title in the pentathlon and Vogel captured his second national title, this time in the heptathlon with an NCAA record 5,760 points.

For the sixth consecutive year, UCM saw a student-athlete win gold at the NCAA Championships in 2014. Alewine repeated at the pentathlon champion while sophomore Warner won her first of three straight national championships in the hammer throw.

UCM had four individual champions and six total first place finishes in 2015. **Erika Kinsey** won three individual national championships taking both the indoor and outdoor high jump medal and the indoor triple jump gold. Heavin Warner repeated as the hammer throw champion and **Brittany Kallenberger** won her first national championship in the pole vault. For the Mules, Caniggia Raynor won the first national championship since 2013 when he took the crown in the discus.

Warner successfully defended her hammer throw national championship in 2016 for the first three-peat in Jennies history. Her individual championship extended UCM's streak to eight straight years with a national champion.

UCM Track and Cross Country National Champions

Alexandr Alexin Mile Run (1996*, 1997*) 1,500m Run (1996) Cross Country (1996)	Stephen Edwards Discus (2006)	Lindsay Lettow Pentathlon (2011*, 2012*) Heptathlon (2011, 2012)	Laban Sialo 5,000m Run (2012*)
Erin Alewine Pentathlon (2013*, 2014*)	Drew Frizzell Hammer Throw (2009) Weight Throw (2009*)	Brad Mears Shot Put (1994*)	Andrei Skvortsox Pole Vault (1997, 1998*, 2000)
Kristin Anderson Steeplechase (2005) 5,000m Run (2006*)	Vladimir Golias Steeplechase (1998, 1999, 2000, 2001)	Darla Moberly 3,000m Run (1986)	Ivan Varbanov High Jump (2003*) Triple Jump (2003*)
Mark Blahnik High Jump (1987*)	Charles Gray Steeplechase (1975)	Kayla Muyskens Shot Put (2012)	Brent Vogel Decathlon (2011) Heptathlon (2013*)
Keith Browne Javelin (1966)	Brittany Kallenberger Pole Vault (2015)	Dan Raithel Hammer Throw (2008)	Darius Walker Heptathlon (2010*) Decathlon (2010)
Anne Carlson Pentathlon (2009*)	Erika Kinsey High Jump (2015^) Triple Jump (2015*)	Caniggia Raynor Discus (2015)	Heavin Warner Hammer Throw (2014, 2015, 2016)
Rick Clear 10,000m Run (1977)	Jeff Kremer Discus (1998)	Denise Sandbothe 60m Hurdles (2005*)	* - Indoor Championship ^ - Indoor & Outdoor Championships
Jennifer Drum High Jump (2004*, 2006*)		Jeff Sander Decathlon (1998, 1999)	
		Jenna Schmidt High Jump (2009*)	

Cross Country All-Americans

Mules

1975 • Ron Tabb
1976 • Ron Tabb
1978 • Mark Curp
1979 • Mark Curp
1980 • Mark Curp
1982 • Tony Lehr
1993 • Jonah Melly
1994 • Jonah Melly
1995 • Jonah Melly
1996 • Alexandr Alexin
1997 • Alexandr Alexin
Vladimir Golias
Philip Saina
1999 • Paul Bennett
2000 • Vladimir Golias
2009 • Laban Sialo
2011 • Laban Sialo
2013 • Tyler Stuber

Jennies

1981 • Nancy Goodwine
1982 • Nancy Goodwine
1983 • Darla Moberly
Cindy Sitz
1984 • Darla Moberly
2000 • Rachel Harvey

55m Dash

1999 • Jeremy Knox*

200m Dash

2006 • Imani Butler*

400m Dash

1999 • Jeremy Knox
2000 • Edwin Harris*
2000 • Edwin Harris
2014 • Clarissa Thomas*

800m Run

1975 • Marilyn Carlson
1976 • Marilyn Carlson
1988 • Millicent Foskin*
1990 • Millicent Foskin*
1990 • Millicent Foskin
2000 • Rachel Harvey*
2000 • Rachel Harvey
2000 • Melissa Short*
2001 • Rachel Harvey*
2001 • Leif Kennedy
2002 • Rachel Harvey*
2002 • Leif Kennedy*
2003 • Leif Kennedy*
2003 • Leif Kennedy
2007 • Kyle Brown
2013 • Kellin Loch

Mile Run

1976 • Jim Brocksmith
1997 • Alexandr Alexin*
1998 • Alexandr Alexin*
2001 • Brayce Forsha*
2011 • Brett Carter*
2012 • Laban Sialo*

1,500m Run

1988 • Connie Frank*
1988 • Connie Frank
1995 • Jonah Melly
1996 • Alexandr Alexin
1997 • Alexandr Alexin
1998 • Alexandr Alexin
2000 • Brayce Forsha

3,000m Run

1983 • Darla Moberly
1985 • Darla Moberly*
1985 • Darla Moberly
1986 • Darla Moberly
1988 • Connie Frank
2003 • Erica Foltz

5,000m Run

1976 • Rick Clear
1979 • Mark Curp
1980 • Mark Curp
1981 • Mark Curp
1985 • Darla Moberly
1986 • Darla Moberly
1995 • Justin Adams
1995 • Todd Beran*
1995 • Todd Beran
2000 • Vladimir Golias
2005 • Kristin Anderson*
2006 • Kristin Anderson*
2006 • Jarod Wall*
2011 • Laban Sialo*
2011 • Laban Sialo
2012 • Laban Sialo*
2012 • Laban Sialo

10,000m Run

1976 • Ron Tabb
1977 • Rick Clear
1980 • Mark Curp
1981 • Mark Curp
1983 • Nancy Goodwine
1995 • Justin Adams
1995 • Todd Beran
1998 • Philip Saina
2009 • Laban Sialo
2012 • Laban Sialo
2015 • Megan Glamann

55m Hurdles

1989 • Teresa Snyder*
1990 • Heather Jones*
1991 • Heather Jones*
1999 • Jeff Sander*

60m Hurdles

2004 • Denise Sandbothe*
2005 • Denise Sandbothe*
2007 • Chelsea Luck*
2010 • Lindsay Lettow*
2011 • Lindsay Lettow*
2012 • Ralph Watson*

100m Hurdles

1974 • Marilyn Carlson
2004 • Denise Sandbothe

110m Hurdles

1979 • Bruce Derks
2003 • Stephen Chambers
2004 • Stephen Chambers

400m Hurdles

1977 • Marilyn Carlson

Mules & Jennies All-Americans

1989 • Teresa Snyder
1993 • Tony McCulloch
1994 • Shelly Holder
1995 • Shelly Holder*
2010 • Anthony Cooper
2011 • Lindsay Lettow
2012 • Lindsay Lettow
2014 • Nikki Douglas
2016 • Nikki Douglas

3,000m Steeplechase

1975 • Ed Crumm
1975 • Charles Gray
1976 • Charles Gray
1977 • Kyle Ellis
1978 • Kyle Ellis
1993 • Jonah Melly
1994 • Jonah Melly
1994 • Paul Orscheln
1995 • Paul Orscheln
1995 • Nate Stroot
1998 • Vladimir Golias
1999 • Vladimir Golias
2000 • Vladimir Golias
2001 • Vladimir Golias
2003 • Kristin Anderson
2004 • Kristin Anderson
2005 • Kristin Anderson

4x100m Relay

2004 • Jason Shaw, Petko Yankov,
Kevin O'Sadnick, Kirk Tyner
2007 • Dannon Abney, Bruce Williams,
Ryan Irvin, Kai Roper
2008 • Dannon Abney, Diamond Berry,
Eric Moore, Chris Leverette
2009 • Dennis Hopgood, Eric Moore,
Britt Johnson, Ivey Lee

4x400m Relay

1997 • Jeremy Knox, Jason Ramsey,
Tim Stockdale, Tommy Tavegia*
2001 • Lamont Truitt, David Baxter,
Aaron Schlecht, Edwin Harris*
2001 • David Baxter, Leif Kennedy,
Jeremy Knox, Edwin Harris
2002 • Duane Brisbon, Aaron Crossley,
Todd Devoe, Kirk Tyner*
2003 • Treisha Dulgarian, Melinda
Branch, Melissa Bolinger, Victoria Freeman
2004 • Ryan Irvin, Presley Cherubin,
Kevin O'Sadnick, Kirk Tyner*
2006 • Ryan Irvin, Bruce Williams, Kyle
Brown, Dannon Abney*
2006 • Dannon Abney, Ryan Irvin, Kyle
Brown, Bruce Williams
2007 • Dannon Abney, Kyle Brown,
Ryan Irvin, Bruce Williams*
2007 • Dannon Abney, Ryan Irvin,
Bruce Williams, Kai Roper
2009 • Darius Walker, Anthony
Cooper, Britt Johnson, Kai Roper*
2009 • Darius Walker, Anthony
Cooper, Britt Johnson, Kai Roper
2010 • Darius Walker, Anthony
Cooper, Brent Vogel, Kai Roper*
2010 • Darius Walker, Anthony
Cooper, Brent Vogel, Kai Roper
2015 • Michael Lockhart, Jacob
Randle, Marquis Jones, Kellin Loch*
2015 • Omari McDonald, Jacob
Randle, Osvaldo Granillo, Kellin Loch
2016 • Katie Cassidy, Emily Thole,
Kailey Fuchs, Nikki Douglas*

Distance Medley Relay

2006 • Alison Kelley, Amber Walker,
Lori Pitz, Kristin Anderson

High Jump

1976 • Neal Brownfield
1987 • Mark Blahnik*
1992 • Eby Hardman*
1997 • Jeff Sander*
1998 • Jeff Sander*
1999 • Jeff Sander*
2001 • Andy Gilmore
2001 • Ivan Varbanov*
2002 • Ivan Varbanov*
2003 • Andy Gilmore
2003 • Ivan Varbanov*
2003 • Ivan Varbanov
2004 • Jennifer Drum*
2004 • Jennifer Drum
2004 • Ivan Varbanov*
2004 • Ivan Varbanov
2005 • Jennifer Drum*
2005 • Jennifer Drum
2005 • Robin Miller
2006 • Jennifer Drum*
2006 • Jennifer Drum
2008 • Haley Morrissey*
2009 • Jenna Schmidt*
2009 • Jenna Schmidt
2010 • Chris Millentree
2011 • Erin Alewine*
2011 • Chris Millentree*
2011 • Chris Millentree
2011 • Jenna Schmidt*
2011 • Jenna Schmidt
2012 • Erin Alewine*
2012 • Erin Alewine
2012 • Lindsay Lettow*
2012 • Jenna Schmidt*
2012 • Leander Toney*
2012 • Leander Toney
2013 • Devin Claypool*
2014 • Devin Claypool
2014 • Madison Smith
2015 • Erika Kinsey*
2015 • Erika Kinsey
2015 • Madison Smith *

Pole Vault

1952 • John Titus
1974 • Mark Hewett
1989 • Tarius McClure*
1989 • Tarius McClure*
1990 • Brad Feldkamp*
1990 • Brad Feldkamp
1992 • Chad Harting*
1992 • Chad Harting
1995 • Chris Thoma
1997 • Andrei Skvortsov*
1997 • Andrei Skvortsov
1998 • Andrei Skvortsov*
1998 • Andrei Skvortsov
1999 • Jeff Sander*
1998 • Andrei Skvortsov*
1998 • Andrei Skvortsov
2000 • Josh Roberts
2000 • Andrei Skvortsov
2001 • Derek Kliethermes
2001 • Josh Roberts
2005 • Denise Sandbothe*
2005 • Denise Sandbothe
2015 • Brittany Kallenberger*
2015 • Brittany Kallenberger
2015 • Cole Phillips *

2015 • Cole Phillips
2016 • Brittany Kallenberger
2016 • Cole Phillips *
2016 • Cole Phillips

Long Jump

1962 • Mark Pitman
1985 • Danny Holland
1987 • Danny Holland
1993 • Darrell Sears
1994 • Darrell Sears*
1995 • Darrell Sears*
2002 • Aaron Crossley*
2004 • Marques Wooten*
2004 • Marques Wooten
2009 • Eric Moore*
2009 • Eric Moore
2011 • Lindsay Lettow*
2012 • Erin Alewine
2012 • Lindsay Lettow*
2012 • Lindsay Lettow
2013 • Erin Alewine*
2013 • Meelis Siimson*
2014 • Meelis Siimson*
2015 • Erika Kinsey*
2015 • Erika Kinsey

Triple Jump

1993 • Darrell Sears*
1994 • Darrell Sears*
1994 • Darrell Sears
1995 • Darrell Sears
1997 • James Robinson
1998 • Khalilah Childress*
1998 • James Robinson*
1999 • Duane Brisbon*
1999 • Duane Brisbon
1999 • James Robinson
2000 • Duane Brisbon
2001 • Duane Brisbon*
2001 • Duane Brisbon
2002 • Duane Brisbon*
2003 • Stephen Chambers*
2003 • Ivan Varbanov*
2003 • Ivan Varbanov
2004 • Ivan Varbanov*
2004 • Ivan Varbanov
2007 • Brittanie Roldan
2009 • Brittanie Roldan*
2009 • Brittanie Roldan
2013 • Meelis Siimson*
2015 • Erika Kinsey*
2015 • Erika Kinsey

Shot Put

1985 • Laurie Onstat
1985 • Kerry Tarr
1987 • Derrick Mears
1991 • Brad Mears*
1991 • Brad Mears
1992 • Brad Mears*
1992 • Brad Mears
1994 • Brad Mears*
1994 • Brad Mears
1997 • Jeff Kremer
1998 • Jeff Kremer*
1998 • Jeff Kremer
2008 • Drew Frizzell
2009 • Drew Frizzell*
2009 • Drew Frizzell
2009 • Jaban Moore*
2009 • Jaban Moore
2009 • Kayla Muyskens*
2010 • Drew Frizzell*
2010 • Drew Frizzell
2010 • Kayla Muyskens*

2010 • Kayla Muyskens
2011 • Drew Frizzell*
2011 • Drew Frizzell
2011 • Kayla Muyskens
2012 • Kayla Muyskens*
2012 • Kayla Muyskens
2016 • Jacob Mahin*
2016 • Jacob Mahin
2016 • Heavin Warner*
2016 • Heavin Warner

Discus

1976 • Andy Yinger
1994 • Brad Mears
1995 • Angel Benner
1997 • Jeff Kremer
1998 • Jeff Kremer
2004 • Becky Haug
2005 • Becky Haug
2005 • Stephen Edwards
2006 • Becky Haug
2006 • Stephen Edwards
2008 • Kayla Muyskens
2009 • Drew Frizzell
2010 • Drew Frizzell
2011 • Drew Frizzell
2011 • Kayla Muyskens
2012 • Kayla Muyskens
2012 • Brooke Swearingin
2012 • Zak Thompson
2013 • Brooke Swearingin
2014 • Heavin Warner
2015 • Caniggia Raynor
2015 • Brooke Swearingin
2016 • Heavin Warner

Hammer Throw

1989 • Derrick Mears
1998 • Jeff Kremer
2005 • Stephen Edwards
2005 • Dan Raithe
2005 • Stephen Edwards
2006 • Dan Raithe
2007 • Dan Raithe
2008 • Jaban Moore
2008 • Dan Raithe
2009 • Drew Frizzell
2010 • Drew Frizzell
2011 • Drew Frizzell
2011 • Kayla Muyskens
2014 • Heavin Warner
2015 • Heavin Warner
2016 • Heavin Warner
2016 • Caniggia Raynor

Javelin

1966 • Keith Browne
1974 • Bernie Raouls
2012 • Mary Riley
2013 • Chris Swearingin
2014 • Mary Riley
2016 • Chris Swearingin

Weight Throw

1985 • Derrick Mears*
1998 • Jeff Kremer*
2005 • Stephen Edwards*
2006 • Stephen Edwards*
2006 • Dan Raithe*
2007 • Dan Raithe*
2008 • Drew Frizzell*
2008 • Dan Raithe*
2009 • Drew Frizzell*
2010 • Drew Frizzell*
2011 • Drew Frizzell*
2014 • Heavin Warner*

2015 • Caniggia Raynor*
2015 • Heavin Warner*
2016 • Caniggia Raynor*
2016 • Heavin Warner*

Pentathlon

2009 • Anne Carlson*
2009 • Lindsay Lettow*
2010 • Lindsay Lettow*
2011 • Erin Alewine*
2011 • Lindsay Lettow*
2012 • Erin Alewine*
2012 • Lindsay Lettow*
2013 • Erin Alewine*
2013 • Madison Smith*
2013 • Zoe Sharplin*
2014 • Erin Alewine*
2014 • Madison Smith*
2015 • Madison Smith*
2015 • Katie Cassidy*

Heptathlon

1998 • Elaine Jarnagin
2005 • Lori Pitz
2006 • Lori Pitz
2007 • Anne Carlson
2007 • Cody Varner
2008 • Anne Carlson
2009 • Alex Lohman*
2009 • Lindsay Lettow
2009 • Darius Walker*
2010 • Shawn Boss*
2010 • Lindsay Lettow
2010 • Brent Vogel*
2010 • Darius Walker*
2011 • Erin Alewine
2011 • Shawn Boss
2011 • Lindsay Lettow
2011 • Angela Selby
2011 • Brent Vogel*
2012 • Erin Alewine
2012 • Shawn Boss*
2012 • Lindsay Lettow
2012 • Zoe Sharplin
2013 • Brent Vogel*
2013 • Zoe Sharplin
2014 • Blake Seitz*
2014 • Madison Smith
2014 • Erin Alewine
2015 • Tyler Chancellor*
2015 • Zoe Sharplin
2015 • Madison Smith

Decathlon

1992 • Troy Harding
1997 • Jeff Sander
1998 • Jeff Sander
1999 • Jeff Sander
2001 • Aaron Crossley
2001 • Zach Miller
2007 • Cody Varner
2010 • Brent Vogel
2010 • Darius Walker
2011 • Brent Vogel
2012 • Darius Walker
2013 • Brent Vogel
2015 • Blake Seitz
2016 • Blake Seitz

3 Mile Run

1975 • Rick Clear
1975 • Ron Tabb

* - Indoor

National Champions in Bold

Most Career All-American Awards

Mules				
Athlete	XC	In	Out	Total
Drew Frizzell		7	10	17
Ivan Varbanov		6	4	10
Laban Sialo	2	3	4	9
Mark Curp	3		5	8
Jeff Sander		5	3	8
Brent Vogel		3	5	8
Darius Walker		2	6	8
Duane Brisbon		3	4	7
Vladimir Golias	2		5	7
Jeff Kremer		2	5	7
Brad Mears		3	4	7
Dan Raithe		3	4	7
Darrell Sears		4	3	7
Andrei Skvortsov		3	4	7
Dannon Abney		1	5	6
Alexandr Alexin	2	2	2	6
Stephen Edwards		2	4	6
Jonah Melly	3		3	6
Kai Roper		2	4	6
Caniggia Raynor		2	3	5
Edwin Harris		2	2	4
Ryan Irvin			4	4
Leif Kennedy		2	2	4
Jeremy Knox		1	3	4
Eric Moore		1	3	4
Cole Phillips		2	2	4
Ron Tabb	2		2	4
Bruce Williams		1	3	4
Todd Beran		1	2	3
Shawn Boss		2	1	3
Kyle Brown			3	3
Stephen Chambers		1	2	3
Rick Clear			3	3
Kellin Loch		1	2	3
Derrick Mears		1	2	3
Chris Millentree		1	2	3
Jaban Moore		1	2	3
Blake Seitz		1	2	3
James Robinson		1	2	3
Meelis Siimson		2	1	3
Kirk Tyner		2	1	3

Jennies

Athlete	XC	In	Out	Total
Lindsay Lettow		9	7	16
Erin Alewine		7	5	12
Kayla Muyskens		3	7	10
Heavin Warner		4	6	10
Darla Moberly	2	1	5	8
Madison Smith		4	3	7
Kristin Anderson		2	4	6
Erika Kinsey		3	3	6
Jennifer Drum		3	2	5
Rachel Harvey	1	3	1	5
Denise Sandbothe		3	2	5
Jenna Schmidt		3	2	5
Marilyn Carlson			4	4
Heather Jones		3	1	4
Anne Carlson		1	2	3
Nikki Douglas		1	2	3
Millicent Foskin		2	1	3
Connie Frank		1	2	3
Becky Haug			3	3
Britt Johnson			3	3
Brittany Kallenberger		1	2	3
Lori Pitz			3	3
Brittanie Roldan		1	2	3
Zoe Sharplin		1	2	3
Brooke Swearingin			3	3

Mules Cross Country & Track

15 MIAA Cross Country Titles — 20 MIAA Indoor Titles — 20 MIAA Outdoor Titles

Multipurpose Building

60-Meter Dash					Distance Medley Relay				
Men:	6.64	LeRone Clarke	Unattached	2008	Men:	10:15.65	UCM		2015
Women:	7.33	Bev Grant	Mizuno	1998	Women:	11:50.25	Missouri Baptist		2006
200-Meter Dash					High Jump				
Men:	21.51	Jeffrey Fraley	MSSU	2015	Men:	7' 3.25"	Ivan Varbanov	UCM	2005
Women:	23.64	Beverly Grant	Mizuno T.C.	1998	Women:	6' 2.75"	Erika Kinsey	UCM	2015
400-Meter Dash					Pole Vault				
Men:	47.74	Dinsdale Morgan	Pittsburg State	1996	Men:	17' 6.5"	Lance Adams	Kansas	1988
Women:	53.67	Lorraine Graham	Lincoln	1997			Andrei Skvortsov	UCM	1999
600-Yard Run					Women:	13' 8.25"	Andrea Dutoit	Unattached	2004
Men:	1:09.34	Bob Thomas	Southeast Mo. State	1983	Long Jump				
Women:	1:22.43	Lovan Palmer	Lincoln	2013	Men:	25' 9.25"	Chris Wright	Kansas City Kan. C.C.	1969
800-Meter Run					Women:	20' 6.25"	Tongula Givens	Unattached	2001
Men:	1:51.08	John Matheri	BCCC	1999	Triple Jump				
Women:	2:09.81	Margaret Nakintu	Missouri Baptist	2006	Men:	53' 5"	Keith Presberry	Southeast Mo. State	1986
Mile Run					Women:	43' 8"	Nkeiruka Domike	Nebraska-Omaha	2011
Men:	4:08.02	Alexandr Alexin	UCM	1997	Shot Put				
Women:	4:45.63	Margaret Nakintu	Missouri Baptist	2006	Men:	72' 9.25"	Christian Cantwell	Nike	2008
3,000-Meter Run					Women:	52' 7.5"	Heather Leverington	Emporia State	2001
Men:	8:21.85	Laban Sialo	UCM	2013	Weight Throw				
Women:	9:47.15	Katelyn Mona	Emporia State	2012	Men:	73'0 5"	Chris Rohr	Missouri	2008
5,000-Meter Run					Women:	70' 8.5"	Heavin Warner	UCM	2016
Men:	14:32.10	Josphat Boit	Central Methodist	2002	1,000-Meter Run				
Women:	17:05.12	Kristen Anderson	UCM	2005	Men:	2:30.45	Jurmain Mitchell	Emporia State	1995
60-Meter Hurdles					Women:	3:00.28	Melanie Enneking	Pittsburg State	1995
Men:	7.69	Decasmo Wright	Unattached	2008	Two-Mile Relay				
Women:	8.41	Myrna Moore	Unattached	1984	Men:	7:44.53	Lincoln	1982	
4x440 Yd. Relay					Women:	9:27.34	Kansas	1981	
Men:	3:16.74	Southeast Missouri State		1984	Heptathlon/Pentathlon				
Women:	3:46.54	Lincoln		1997	Men:	5,413	Tanner McNutt	PSU	2015
					Women:	3,961	Lindsay Lettow	UCM	2011

Audrey J. Walton Stadium

100-Meter Dash					4x100-Meter Relay				
Men:	10.30	Brandon Truman	Truman	1993	Men:	40.62	Central Missouri		2004
Women:	11.38	Bev Grant	Unattached	1998	Women:	46.04	Northeastern Oklahoma A&M 1988		
200-Meter Dash					4x400-Meter Relay				
Men:	21.07	Orion Nicely	Mid-America Nazarene	2004	Men:	3:12.86	Johnson County C.C.		1999
Women:	24.40	Nika Smith	Florida Valley CC	1994	Women:	3:46.7	Northeastern Oklahoma A&M 1989		
400-Meter Dash					High Jump				
Men:	46.36	Duane Hill	Lincoln	1996	Men:	7' 1"	Ivan Varbanov	UCM	2004
Women:	53.50	Kehinde Vaughan	Southeast Mo. State	1987	Women:	5' 9.25"	Jennifer Drum	UCM	2004
800-Meter Run					Pole Vault				
Men:	1:50.16	Kellin Loch	UCM	2013	Men:	17' 8.5"	Andrei Skvortsov	UCM	1999
Women:	2:10.46	Laura Byrne	Southeast Mo. State	1987	Women:	13' 4.25"	Amy Linnen	Unattached	2004
1,500-Meter Run					Long Jump				
Men:	3:47.78	Brian Radle	Southeast Mo. State	1987	Men:	25' 5.5"	Danny Holland	UCM	1987
Women:	4:31.2	Margaret Smith	Missouri	1981	Women:	19' 7.75"	Tongula Givens	Missouri Southern	1993
3,000-Meter Run					Triple Jump				
Women:	9:38.59	Darla Moberly	UCM	1986	Men:	51' 6.5"	Ivan Varbanov	UCM	2004
5,000-Meter Run					Women:	39' 9.25"	Tongula Givens	Missouri Southern	1993
Men:	14:13.4	Mark Corp	UCM	1981	Shot Put				
Women:	16:29.23	Darla Moberly	UCM	1986	Men:	65' 6"	Brad Mears	Unattached	1996
10,000-Meter Run					Women:	50' 10"	Kathy Devine	Emporia State	1976
Men:	29:36.4	Art Waddle	Southeast Mo. State	1987	Discus				
Women:	32:17.10	Christine McMiken	Oklahoma State	1986	Men:	189' 9"	Jeff Kremer	Unattached	1996
110 / 100-Meter Hurdles					Women:	169' 2"	Marie Frees	Mid-America Nazarene	1985
Men:	13.9	Mark McKinney	Lincoln	1989	Hammer Throw				
Women:	13.7	Kareecia Thompson	Mid-America Nazarene	2004	Men:	224' 1"	Dan Raiithel	Unattached	2014
400-Meter Hurdles					Women:	220' 7"	Heavin Warner	UCM	2015
Men:	51.06	Dinsdale Morgan	Unattached	1998	Javelin				
Women:	1:00.07	Emilyn Dearman	PSU	2015	Men:	253' 11"	Dan Thomasson	Pittsburg State	1982
3,000-Meter Steeplechase					Women:	157' 8"	Dana Glidden	Missouri	1979
Men:	8:37.4	Mike Vanatta	Southeast Mo. State	1984	Decathlon / Heptathlon				
Women:	10:49.5	Ester Erdelyi	Central Methodist	2001	Men:	7,577	Jeff Sander	Unattached	2000
					Women:	4,927	Tonya Kneifl	South Dakota	2000

Over the past 103 years, the MIAA has gained the reputation of being one of the top NCAA Division II conferences in the nation.

MIAA student-athletes have won 32 NCAA team championships and, since 1963, 214 individual national titles. The MIAA currently conducts championships in ten sports for men and nine for women.

For the men, champions are crowned in football, cross country, basketball, indoor and outdoor track & field, baseball, soccer, tennis, golf and wrestling.

The women compete for titles in volleyball, cross country, soccer, basketball, indoor and outdoor track & field, softball, golf and tennis.

The MIAA turned a new page on July 1, 1992, when the NCAA Division II conference changed its name from the Missouri Intercollegiate Athletic Association to the Mid-America Intercollegiate Athletics Association.

The decision to make the change originated in 1989, when Pittsburg State University and Washburn University became the first schools outside the state of Missouri to gain membership in the MIAA.

The conference was first organized in 1912 with 14 member institutions. Of those original members, the University of Central Missouri and Northwest Missouri State University remain a part of the MIAA.

The first change in membership came in 1924, when the MIAA reorganized to include only the five regional Missouri state colleges: Central, Truman (at the time known as Northeast Missouri State), Northwest, Southeast Missouri State University and Southwest Missouri State University (now Missouri State).

Over the next 56 years, three schools joined the membership: the Missouri School of Mines (later the University of Missouri-Rolla and now the Missouri University of Science & Technology) in 1935, Lincoln University in 1970, and the University of Missouri-St. Louis in 1980.

The 1980s brought the biggest changes in the conference. In 1981, Southwest Missouri State University opted to move to NCAA Division I and the MIAA appointed its first full-time commissioner, Ken Jones, in July.

He would be in the position for 16 years, retiring in 1997. Former Gulf South and Metro commissioner Ralph McFillen succeeded Jones, serving 10 years before his retirement in 2007. Jim Johnson succeeded McFillen in July of that year and served as commissioner until September of 2010. Dr. Bob Boerigter succeeded Johnson in September 2010 and is the current commisioner for the MIAA.

Southwest Baptist University brought membership back to eight schools in 1986, before the major expansion of the conference in 1989. Pittsburg State, Washburn, Missouri Southern State College (now University) and Missouri Western State College (now University) - formerly members of the Central States Intercollegiate Conference - began competition in the 1989-90 season.



Bob Boerigter
MIAA
Commissioner

Larry House
Assistant
Commissioner

Amber Feldman
Assistant
Commissioner

Josh Slaughter
Communications
Director

Southeast Missouri State left the MIAA following the 1990-91 season to move on to NCAA Division I, and was replaced by Emporia State University in the 1991-92 season. Missouri-St. Louis left the MIAA in 1996, as did Missouri-Rolla in 2005 -- Lincoln forfeited membership in 1999.

Fort Hays State University joined the MIAA in 2006, the University of Nebraska Omaha entered the league in 2008, and Lincoln re-joined the conference in 2010.

On July 29, 2010, the MIAA CEO Council voted to extend invitations to the University of Central Oklahoma and Northeastern State University to become members of the league, and on September 24, 2010, it voted to extend invitations to the University of Nebraska-Kearney and Lindenwood University to become conference institutions, beginning in 2012-13.

With the departure of Nebraska Omaha in 2011, the membership of the MIAA was at 11 schools. Central Oklahoma, Lindenwood, Nebraska-Kearney and Northeastern State will began league play in 2012-13 to push the league membership to a total of 15 schools. The league returned to 14 institutions with the departure of Truman following the 2012-13 season.

Lincoln and Southwest Baptist dropped out of the league in football only, starting with the 2014 season.

Info taken from themiaa.com

Current MIAA Members

School	Joined MIAA
University of Central Missouri	1912
University of Central Oklahoma	2012
Emporia State University	1991
Fort Hays State University	2006
Lincoln University	1970-1999, 2010
Lindenwood University	2012
Missouri Southern State University	1989
Missouri Western State University	1989
University of Nebraska-Kearney	2012
Northeastern State University	2012
Northwest Missouri State University	1912
Pittsburg State University	1989
Southwest Baptist University	1986
Washburn University	1989

MIAA Men's Cross Country Championship

October 22, 2016 • Elsah, Ill.

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
									
42	72	114	132	135	145	159	193	216	221

Individual Results

Pos.	Name	Year	School	Finals	Points	Pos.	Name	Year	School	Finals	Points
1	Kiprop, Vincent	SO	Missouri Southern	24:17.98	1	47	Burson, Alexander	JR	Pittsburg St.	26:24.88	47
2	Clews, Brayden	SO	Northwest Missouri	24:40.73	2	48	Howard, Justin	JR	Central Missouri	26:25.12	48
3	Klemz, Jacob	FR	Washburn University	24:46.80	3	49	Murphy, Jonathan	JR	Southwest Baptist	26:27.89	49
4	Zimmer, Nolan	SR	Northwest Missouri	24:50.53	4	50	Miller, Zac	SO	Northwest Missouri	26:30.36	
5	Renteria, Cristobal	SR	Missouri Southern	25:03.91	5	51	Sporleder, Ben	SO	Central Missouri	26:32.36	50
6	Cunningham, Wick	SR	Northwest Missouri	25:12.14	6	52	Barco, Israel	SO	Fort Hays State	26:34.32	51
7	Burch, Jacob	SR	Southwest Baptist	25:12.51	7	53	Masco, Ty	FR	Nebraska-Kearney	26:34.49	52
8	Rush, William	JR	Missouri Southern	25:15.08	8	54	Crum, Kaleb	FR	Fort Hays State	26:37.21	53
9	Wineinger, Troy	SR	Fort Hays State	25:15.45	9	55	Elgin, Brock	SR	Fort Hays State	26:37.91	
10	Adamson, Jonathan	SR	Pittsburg State	25:16.39	10	56	Staebell, Travis	SR	Lindenwood	26:41.87	54
11	Landrigan, Jahn	SR	Nebraska-Kearney	25:19.50	11	57	Burlingame, Peyton	FR	Pittsburg St.	26:42.93	55
12	Kromminga, Colby	SR	Pittsburg St.	25:26.45	12	58	Wiegert, Trevor	JR	Nebraska-Kearney	26:47.93	
13	Shanahan, Mike	FR	Missouri Southern	25:26.58	13	59	Dickerson, Ty	SO	Pittsburg St.	26:48.91	
14	Fenske, Terry	JR	Southwest Baptist	25:27.50	14	60	Chabreck, Thomas	JR	Southwest Baptist	26:51.57	56
15	Berry, Cody	FR	Missouri Southern	25:29.71	15	61	Rogers, Jacob	FR	Fort Hays State	26:52.94	
16	Doce, Ero	SO	Lindenwood	25:33.73	16	62	Es Salmouny, Omar	JR	Lindenwood	26:55.88	57
17	Frazier, Ian	JR	Central Missouri	25:35.88	17	63	Larsen, Austin	SO	Central Missouri	26:56.66	58
18	Fonseca, Dominick	SO	Pittsburg St.	25:38.05	18	64	Fraebe, Kenny	JR	Central Missouri	26:57.98	59
19	Fields, Andrew	JR	Nebraska-Kearney	25:38.71	19	65	Calvert, Isaac	SO	Central Missouri	26:58.47	60
20	Haltom, Jared	SO	Missouri Southern	25:39.04	20	66	Hartzell, Ethan	SO	Pittsburg St.	26:59.65	
21	Newkirk, Brian	JR	Emporia State	25:39.19	21	67	Ray, Nicholas	FR	Pittsburg St.	27:05.49	
22	Keter, Kelvin	JR	Washburn University	25:43.18	22	68	Stansbury, Jake	SR	Northwest Missouri	27:06.25	
23	Kiptoo, Nickson	FR	Missouri Southern	25:45.22	23	69	Castro, Issac	FR	Washburn University	27:07.02	61
24	Thomas, Jacob	SR	Fort Hays State	25:47.87	24	70	Sams, Gabe	SO	Emporia State	27:09.48	62
25	Inman, Jeremy	SO	Southwest Baptist	25:49.74	25	71	James, Tayler	JR	Nebraska-Kearney	27:18.85	
26	Broadbooks, Jerod	SO	Lindenwood	25:53.64	26	72	Colner, Brandon	FR	Southwest Baptist	27:22.01	63
27	Crowe, Austin	FR	Lindenwood	25:54.64	27	73	Knoll, Grant	SO	Emporia State	27:22.29	64
28	Phipps, Brandon	JR	Northwest Missouri	25:54.80	28	74	Seise, Tucker	SR	Southwest Baptist	27:24.30	
29	Rodgers, Andrew	SR	Pittsburg St.	25:57.22	29	75	Mosier, Brian	SR	Emporia State	27:32.15	65
30	Rahmeto, Faysel	SR	Fort Hays State	25:59.35	30	76	Drendel, Ryan	SO	Missouri Southern	27:36.01	
31	Werth, Layton	SO	Fort Hays State	26:01.75	31	77	Jones, Will	JR	Nebraska-Kearney	27:41.06	
32	Grundmayer, Tim	SR	Northwest Missouri	26:02.83	32	78	Basinski, Chris	JR	Central Missouri	27:43.20	
33	LaRoche, Thomas	JR	Emporia State	26:03.36	33	79	Skopec, Seth	FR	Central Missouri	27:48.16	
34	Hansen, Corbin	FR	Nebraska-Kearney	26:03.93	34	80	Roths, Lucas	FR	Fort Hays State	27:49.32	
35	Anger, Joe	SR	Northwest Missouri	26:04.81	35	81	Schneider, Brandon	SR	Central Missouri	27:51.76	
36	Cernik, Colin	SR	Lindenwood	26:05.64	36	82	McKinley, Zach	SO	Lindenwood	27:54.59	66
37	Burkey, Shane	FR	Nebraska-Kearney	26:05.89	37	83	Bosley, Cole	SO	Emporia State	27:59.87	67
38	Carmona, Oscar	JR	Fort Hays State	26:07.04	38	84	Gakuru, Duncan	FR	Southwest Baptist	28:15.21	
39	Hockenbury, Tanner	FR	Washburn University	26:07.12	39	85	Duncan, Cole	FR	Washburn University	28:21.62	68
40	Furtkamp, Travis	JR	Southwest Baptist	26:08.03	40	86	Johnson, Luke	SO	Missouri Southern	28:22.71	
41	Taylor, Aaron	SO	Emporia State	26:08.48	41	87	Frazier, Jack	FR	Northwest Missouri	28:24.60	
42	Harley, Johnny	SR	Northwest Missouri	26:08.82	42	88	Castillo, Joaquin	FR	Lindenwood	29:09.89	
43	Hughes, Ty	JR	Central Missouri	26:09.29	43	89	Golightley, Bryce	JR	Washburn University	29:27.14	69
44	Wirth, Cody	JR	Nebraska-Kearney	26:15.41	44	90	Moes, Caleb	FR	Emporia State	29:37.67	
45	Wilson, Matthew	FR	Pittsburg St.	26:19.08	45	91	Reyes, Tristan	FR	Washburn University	29:41.54	70
46	Clausen, Tejai	FR	Nebraska-Kearney	26:22.13	46	92	Gulick, Brycen	FR	Washburn University	29:45.22	

Past Men's Team Champions

2016	Missouri Southern
2015	Nebraska-Kearney
2014	Missouri Southern
2013	Central Missouri
2012	Fort Hays State
2011	Central Missouri
2010	Central Missouri
2009	Missouri Southern
2008	Southwest Baptist
2007	Missouri Southern
2006	Missouri Southern
2005	Missouri Southern
2004	Central Missouri
2003	Missouri Southern
2002	Missouri Southern
2001	Missouri Southern/Truman
2000	Missouri Southern
1999	Central Missouri
1998	Central Missouri
1997	Central Missouri
1996	Central Missouri
1995	Central Missouri
1994	Truman
1993	Central Missouri
1992	Truman
1991	Central Missouri
1990	Southeast Mo. St.
1989	Southeast Mo. St.
1988	Southeast Mo. St.
1987	Southeast Mo. St.
1986	Southeast Mo. St.
1985	Southeast Mo. St.
1984	Southeast Mo. St.
1983	Truman
1982	Central Missouri
1981	Central Missouri
1980	Missouri State
1979	Missouri State
1978	Central Missouri
1977	Missouri State
1976	Missouri State
1975	Missouri State
1974	Missouri State
1973	Missouri State
1972	Northwest Missouri
1971	Southeast Mo. St.
1970	Southeast Mo. St.
1969	Central Missouri
1968	Truman
1967	Southeast Mo. St.
1966	Southeast Mo. St.
1965	Southeast Mo. St.
1964	Truman
1963	Truman
1962	Truman
1961	Truman
1960	Truman
1959	Truman
1958	Missouri S&T

Most MIAA Titles:

Central Missouri • 15
 Southeast Missouri St. • 12
 Truman • 11
 Missouri Southern • 10
 Missouri State • 7
 Missouri S&T • 1
 Nebraska-Kearney • 1
 Northwest Missouri • 1
 Southwest Baptist • 1
 Fort Hays State • 1

Three-time MIAA Champions:

Ed Schneider, TSU (1962-64)
 Ron Werling, TSU (1965-67)
 Mark Curp, UCM (1978-80)
 Two-time MIAA Champions:
 John Prasuhn, MSU (1974, '76)
 Art Waddle, SEMSU (1985, '87)
 Brian Radle, SEMSU (1986, '88)
 Jonah Melly, UCM (1993, '95)
 Jurmain Mitchell, ESU (1994, '96)
 Jarod Wall, UCM (2003, '05)
 Laban Sialo, UCM (2010-11)
 Vincent Kiprop, MSSU (2015-16)

UCM's Individual Champions:

2010, 2011: Laban Sialo
 2003, 2005: Jarod Wall
 1999: Vladimir Golias
 1997: Alexandr Alexin
 1993, 1995: Jonah Melly
 1983: Rick Schmid
 1978, 1979, 1980: Mark Curp
 1977: Mark Leicht
 1969: Dave Frazier

2016 MIAA Cross Country Results

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MIAA Women's Cross Country Championship

October 22, 2016 • Elsie, Ill.

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
											
36	72	75	92	143	146	234	234	250	254	265	360

Individual Results

Pos.	Name	Year	School	Finals	Points	Pos.	Name	Year	School	Finals	Points
1	Benesch, Morgan	SR	Nebraska-Kearney	21:02.06	1	47	Hill, Gabrielle	FR	Missouri Southern	24:28.97	44
2	Bonine, Shea	JR	Fort Hays State	21:48.86	2	48	Roberts, Lauren	JR	Fort Hays State	24:29.97	45
3	Carr, Mary	JR	Southwest Baptist	21:50.73	3	49	Boon, Stephanie	SO	Central Missouri	24:31.64	46
4	Morrow, Taylor	SO	Southwest Baptist	21:58.15	4	50	Bond, Deven	FR	Central Oklahoma	24:32.26	47
5	DeVries, Hannah	SR	Pittsburg St.	22:02.08	5	51	Brower, Kayli	FR	Lindenwood	24:32.88	48
6	Fritz, Alexis	JR	Southwest Baptist	22:03.15	6	52	Marx, Amy	SO	Central Missouri	24:34.40	49
7	Torres, Cynthia	SR	Missouri Southern	22:08.47	7	53	Wellnitz, Dani	FR	Nebraska-Kearney	24:35.16	50
8	Provence, Christian	SO	Missouri Southern	22:10.79	8	54	Duarte, Jasmine	FR	Washburn University	24:37.01	51
9	Lawson, Ashley	SR	Southwest Baptist	22:13.18	9	55	Waddell, Savannah	FR	Central Oklahoma	24:38.12	52
10	Laurenzo, Samantha	JR	Northwest Missouri	22:13.77	10	56	Mostek, Maria	SO	Northwest Missouri	24:42.86	53
11	Schoenfeld, Emily	JR	Emporia State	22:19.44	11	57	Penner, Lisa	SO	Fort Hays State	24:53.89	54
12	Henson, Ashton	SO	Pittsburg St.	22:20.88	12	58	LeDuc, Nikki	FR	Washburn University	24:56.59	55
13	Greene, Carlin	JR	Pittsburg St.	22:24.24	13	59	Werner, Shelby	SO	Missouri Southern	25:00.42	
14	Pierson, Summer	FR	Southwest Baptist	22:31.05	14	60	Wigginton, Christine	SR	Central Missouri	25:03.40	
15	Krzesinski, Micki	SR	Fort Hays State	22:32.15	15	61	Smith, Devyn	FR	Emporia State	25:06.18	56
16	Harris, Emily	SR	Missouri Southern	22:35.08	16	62	Miller, Paige	JR	Washburn University	25:10.62	57
17	Jackson, Chelsea	JR	Fort Hays State	22:43.69	17	63	Brisso, Amanda	SR	Lindenwood	25:11.86	58
18	Misse, Piper	FR	Pittsburg St.	22:48.80	18	64	LaPointe, Ashley	JR	Lindenwood	25:17.42	59
19	Dalmasso, Sophie	SO	Fort Hays State	22:52.24	19	65	Mora, Maricruz	SR	Nebraska-Kearney	25:19.60	
20	Theisen, Anna-Lena	FR	Lindenwood	22:54.52	20	66	Davis, Keagan	SO	Fort Hays State	25:20.45	
21	Pentecuff, Stephanie	FR	Southwest Baptist	22:55.76	21	67	Wankum, Christina	FR	Emporia State	25:23.89	60
22	Gonzales, Yessenia	SO	Fort Hays State	23:04.79	22	68	Matzen, Sassie	SO	Northwest Missouri	25:27.66	61
23	Palmowski, Jana	SR	Central Missouri	23:06.94	23	69	Stadler, Hannah	SR	Central Oklahoma	25:29.08	62
24	Puvogel, Jordan	SO	Pittsburg St.	23:08.04	24	70	Shepherd, Melissa	JR	Northwest Missouri	25:29.52	63
25	Usher, Sarah	SO	Missouri Southern	23:11.52	25	71	Brown, Madeline	FR	Central Oklahoma	25:30.32	64
26	Svendsen, Nicole	JR	Central Missouri	23:14.19	26	72	Friesen, Abby	FR	Southwest Baptist	25:35.50	
27	Metzger, Christina	JR	Pittsburg St.	23:16.46	27	73	Towers, Jocie	FR	Nebraska-Kearney	25:41.32	
28	Denton, Paige	JR	Pittsburg St.	23:22.86	28	74	Tessa, Durnell	FR	Fort Hays St.	25:48.16	
29	Rogers, Courtney	SO	Central Missouri	23:26.00	29	75	Most, Caitlyn	JR	Lindenwood	25:55.97	65
30	Clay, Jami	FR	Central Missouri	23:31.44	30	76	Williams, Ja'anna	FR	Lincoln	26:01.35	66
31	Gracia, Gabby	SO	Nebraska-Kearney	23:31.87	31	77	Coen, Sierra	SO	Northwest Missouri	26:02.06	67
32	Walcott, Quinnlyn	SO	Pittsburg St.	23:32.47		78	Morgan, Amanda	JR	Fort Hays State	26:16.98	
33	Kernodle, Sara	SO	Pittsburg St.	23:33.34		79	Uhing, Madisyn	FR	Washburn University	26:29.70	68
34	Cramer, Elizabeth	FR	Nebraska-Kearney	23:35.31	32	80	Bartholomew, Jenna	SO	Central Missouri	26:39.80	
35	Snyder, Sheri	FR	Central Oklahoma	23:36.34	33	81	Williams, Willomena	SR	Lincoln	26:49.42	69
36	Snell, Kaylee	FR	Washburn University	23:44.23	34	82	Boone, Rachel	JR	Central Missouri	26:54.85	
37	Perez, Mercy	SO	Emporia State	23:45.90	35	83	Flores, Elyse	JR	Lindenwood	27:07.53	70
38	Jackson, Shelby	FR	Missouri Southern	23:46.10	36	84	Baptiste, Terri	FR	Lincoln	27:09.79	71
39	Dibben, Molly	JR	Nebraska-Kearney	23:46.62	37	85	Wilson, Bailee	SO	Emporia State	27:37.81	72
40	Gomez, Yessenia	JR	Central Missouri	23:48.04	38	86	Shelton, Rebecca	FR	Washburn University	28:20.20	73
41	Evans, Katelyn	JR	Southwest Baptist	24:05.32	39	87	Robertson, Kelsey	FR	Lindenwood	28:33.89	74
42	Campbell, Audrey	FR	Central Oklahoma	24:10.49	40	88	Blick, Nicole	FR	Emporia State	29:30.60	75
43	Gray, Sierra	SR	Missouri Southern	24:16.60	41	89	Shaw, Kimona	FR	Lincoln	29:30.70	76
44	Stanley, Natalie	FR	Nebraska-Kearney	24:16.94	42	90	Imhoff, Katie	FR	Northwest Missouri	29:53.40	77
45	Bacon, Zoeie	FR	Nebraska-Kearney	24:17.36	43	91	Clarke, Shanice	SO	Lincoln	33:37.22	78
46	Rienbolt, Katren	SO	Pittsburg St.	24:26.61							

Past Women's Team Champions

2016	Southwest Baptist
2015	Southwest Baptist
2014	Missouri Southern
2013	Southwest Baptist
2012	Missouri Southern
2011	Pittsburg State
2010	Pittsburg State
2009	Missouri Southern
2008	Missouri Southern
2007	Missouri Southern
2006	Missouri Southern
2005	Central Missouri
2004	Central Missouri
2003	Pittsburg State
2002	Pittsburg State
2001	Pittsburg State
2000	Truman
1999	Central Missouri
1998	Missouri Southern
1997	Northwest Missouri
1996	Northwest Missouri
1995	Northwest Missouri
1994	Emporia State
1993	Pittsburg State
1992	Pittsburg State
1991	Pittsburg State
1990	Southeast Mo. St.
1989	Southeast Mo. St.
1988	Southeast Mo. St.
1987	Southeast Mo. St.
1986	Southeast Mo. St.
1985	Southeast Mo. St.
1984	Southeast Mo. St.
1983	Southeast Mo. St.
1982	Southeast Mo. St.
1981	Southeast Mo. St.

Most MIAA Titles:

Southeast Missouri St.	• 10
Pittsburg State	• 8
Missouri Southern	• 7
Northwest Missouri	• 3
Central Missouri	• 3
Southwest Baptist	• 3
Emporia State	• 1
Truman State	• 1

Two-time MIAA Champions:

Darla Moberly, UCM (1984-85)	Jeanette Mott, PSU (2000-01)
Laura Byrne, SEMSU (1986, '88)	Kristen Anderson, UCM (2003-04)
Lucie Mays, SEMSU (1989-90)	Jonel Rosbach, ESU (2006-07)
Christie Allen, PSU (1991-92)	Kimi Shank, MSSU (2008-09)
Julie Heiskell, PSU (1993-94)	
Sonia Eudy, MSSU (1997-98)	

UCM's Individual Champions:

2005:	Gina Kennison
2003, 2004:	Kristin Anderson
1995:	Sandy Thomas
1987:	Connie Frank
1984, 1985:	Darla Moberly
1982:	Nancy Goodwine

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

MIAA Men's Indoor Championships, Pittsburg, Kan. / Pittsburg State

Team Results

1st	2nd	3rd	4th	4th	6th	7th	8th	9th	10th
									
145	118.50	104	64	64	62	58	39	29.50	18

60m Dash		
1	Roberto Smith	LU 6.83
2	Stephen Rose	LU 6.88
3	Jakiel David	LU 6.90
4	Keson Payton	MSSU 6.91
5	Rodrigo Alves	FHSU 6.91
6	Wesley Best	LU 6.93
7	Elijah McGill	PSU 6.94
8	Jaron Alexander	LWU 6.95

3,000m Run		
1	Vincent Kiprop	MSSU 8:18.20
2	Eric Schott	MSSU 8:27.77
3	Wick Cunningham	NWMSU 8:29.25
4	Nolan Zimmer	NWMSU 8:30.12
5	Alex Obermier	UNK 8:32.28
6	Austin Bogina	PSU 8:33.95
7	Michael Gawlick	UCM 8:39.73
8	Drew Cargill	SBU 8:41.35

Pole Vault		
1	Cole Phillips	UCM 17-3.00
2	Morgan Hold	MSSU 16-4.50
3	Jake Morrow	FHSU 16-0.50
4	Grant Myers	UNK 15-8.50
5	Xavier Boland	LWU 15-8.50
5	Jayce Thomas	MSSU 15-8.50
7	Connor McGuire	PSU 15-8.50
8	Darren Fowler	PSU 15-8.50

200m Dash		
1	Miguel Barton	LU 21.57
2	Roger Blake	LU 21.64
3	Stallone Watson	LU 21.73
4	Roberto Smith	LU 21.80
5	Desmond Williams	MSSU 21.80
6	Wesley Best	LU 21.93
7	Slade Nordic	PSU 22.08
8	Dukiya Tibbs	ESU 47.59

5,000m Run		
1	Vincent Kiprop	MSSU 14:19.81
2	Eric Schott	MSSU 14:26.38
3	Nolan Zimmer	NWMSU 14:36.26
4	Drew Cargill	SBU 14:49.16
5	Michael Gawlick	UCM 15:00.30
6	Isaac Williams	FHSU 15:02.72
7	Jacob Burch	SBU 15:04.16
8	Andrew Fields	UNK 15:04.44

Long Jump		
1	Louis Rollins	PSU 25-00.00
2	Sedeekie Edie	LU 24-11.00
3	Ornelo Thomas	LU 24-7.00
4	Elijah McGill	PSU 24-4.50
5	Desmond Williams	MSSU 23-9.00
6	Tanner McNutt	PSU 22-9.25
7	Jordan Carroll	FHSU 22-3.75
8	Enrique Alvarez	UNK 22-2.25

400m Dash		
1	Faedon Royes	LU 47.37
2	Taysean Goodwin	ESU 47.53
3	Miguel Barton	LU 47.82
4	Oswaldo Granillo	UCM 47.92
5	Roger Blake	LU 48.32
6	Parker Evans	ESU 48.73
7	Thomas Hawkins	MSSU 49.67
8	Omari McDonald	UCM 55.75

60m Hurdles		
1	Stallone Watson	LU 7.92
2	Jayce Thomas	MSSU 8.24
3	Luke Norris	PSU 8.40
4	Emmai Brown	NWMSU 8.43
5	Darran Hunter	LU 8.44
6	Wyatt Sander	ESU 8.53
7	Kyle Comstock	FHSU 8.54
8	Justice Burks	PSU 8.70

Triple Jump		
1	Owen Smith	LU 49-9.75
2	Kennan Harrison	MSSU 49-5.00
3	Sedeekie Edie	LU 49-4.50
4	Jayce Thomas	MSSU 49-3.00
5	J.L. Savage	PSU 48-8.25
6	Jordan Carroll	FHSU 47-5.50
7	Eli Leavell	UCM 46-1.50
8	Jace Anderson	UNK 45-10.50

600 Yard Run		
1	Luke Stenzel	ESU 1:10.43
2	Jacob Randle	UCM 1:10.76
3	Jeromia Riley	LU 1:11.04
4	Dallas Steiner	NWMSU 1:11.29
5	Sky Loving	PSU 1:12.73
6	Brett Meyer	FHSU 1:13.47
7	Corbin Lowe	UCM 1:13.48
8	Travis Sipe	ESU 1:13.70

4x400m Relay		
1	Emporia State	3:13.71
2	Lincoln	3:14.01
3	Pittsburg State	3:16.26
4	Central Missouri	3:16.44
5	Missouri Southern	3:19.55
6	Northwest Missouri	3:19.72
7	Fort Hays State	3:20.20
8	Nebraska-Kearney	3:20.25

Shot Put		
1	Garrett Appier	PSU 63-9.50
2	Jacob Mahin	UCM 58-4.75
3	Bo Farrow	PSU 57-1.50
4	Deondra Canaday	LWU 54-7.25
5	Derek McKnight	PSU 54-1.75
6	Jacob Bartling	UNK 53-10.50
7	Alec Garcia	ESU 52-7.25
8	Tyler Hovey	MSSU 51-11.75

800m Run		
1	Thomas Laroche	ESU 1:52.78
2	Cody Wirth	UNK 1:53.57
3	Kevon Robinson	LU 1:53.63
4	Brody Wild	PSU 1:54.49
5	Michael Kinuthia	FHSU 1:56.13
6	Alexander Burson	PSU 1:56.21
7	Garrett Cross	PSU 1:56.52
8	Jeromia Riley	LU 3:10.90

Distance Medley Relay		
1	Northwest Missouri	10:01.17
2	Nebraska-Kearney	10:02.60
3	Emporia State	10:05.37
4	Pittsburg State	10:13.04
5	Fort Hays State	10:16.04
6	Southwest Baptist	10:25.13
7	Lindenwood	10:26.20
8	Lincoln	10:37.64

Weight Throw		
1	Caniggia Raynor	UCM 66-11.50
2	Deondra Canaday	LWU 57-1.50
3	Caleb Mather	NWMSU 55-5.50
4	Garrett Appier	PSU 55-2.25
5	Bo Farrow	PSU 54-2.25
6	Marcus Gonzales	UNK 54-1.00
7	Jerod Strong	UNK 53-11.25
8	Tyler Hovey	MSSU 53-11.25

Mile Run		
1	Cole Wellnitz	UNK 4:10.80
2	Eric Schott	MSSU 4:12.89
3	Ryan Cox	NWMSU 4:13.92
4	Cole Bosley	ESU 4:17.62
5	Trevor Wiegert	UNK 4:17.92
6	Daniel Claassen	ESU 4:18.30
7	Joe Anger	NWMSU 4:18.78
8	Drew Cargill	SBU 4:19.74

High Jump		
1	Akintund Akinyemi	LWU 6-9.75
2	Payton Nelson	UNK 6-8.75
3	Judson Horton	SBU 6-8.75
4	Cody Vogt	MSSU 6-7.50
5	Trevon Payne	MSSU 6-5.50
5	Jayce Thomas	MSSU 6-5.50
5	Kal Hamm	FHSU 6-5.50
8	Kolt Newell	FHSU 6-5.50

Heptathlon		
1	Jayce Thomas	MSSU 5615
2	Tanner McNutt	PSU 5559
3	Blake Seitz	UCM 5154
4	Bevan Wemhoff	UNK 4782
5	Kevin Schultz	NWMSU 4726
6	Jared Page	PSU 4647
7	Derek Bixenman	FHSU 4599
8	Hassan Ilyas	UCM 3813

2016 All-MIAA

Indoor Track & Field Team

Akintund Akinyemi	LWU	HJ
Cole Bosley	ESU	DMR
Daniel Claassen	ESU	DMR
Luke Stenzel	ESU	600 yd., 4x400m
Parker Evans	ESU	4x400m
Taysean Goodwin	ESU	400m, 4x400m
Thomas Laroche	ESU	800m, DMR
Wyatt Sander	ESU	4x400m, DMR
Jake Morrow	FHSU	PV
Faedon Royes	LU	400m, 4x400m
Jakiel David	LU	60m
Jeromia Riley	LU	600 yd.
Kevon Robinson	LU	800m, 4x400m
Miguel Barton	LU	200m, 400m, 4x400m
Ornelo Thomas	LU	LJ
Owen Smith	LU	TJ
Roberto Smith	LU	60m
Roger Blake	LU	200m, 4x400m
Sedeekie Edie	LU	LJ, TJ
Stallone Watson	LU	200m, 60mH
Stephen Rose	LU	60m
Deondra Canaday	LWU	WT
Eric Schott	MSSU	Mile, 3,000m, 5,000m
Jayce Thomas	MSSU	60mH, Hep.
Kennan Harrison	MSSU	TJ
Morgan Hold	MSSU	PV
Vincent Kiprop	MSSU	3,000m, 5,000m
Caleb Mather	NWMSU	WT
James Williams	NWMSU	DMR
Joe Anger	NWMSU	DMR
Nolan Zimmer	NWMSU	5,000m
Ryan Cox	NWMSU	Mile, DMR
Wick Cunningham	NWMSU	3,000m, DMR
Aren Martin	PSU	4x400m
Bo Farrow	PSU	SP
Elonte Battle	PSU	4x400m
Garrett Appier	PSU	SP
Jared Page	PSU	4x400m
Louis Rollins	PSU	LJ
Luke Norris	PSU	60mH
Tanner McNutt	PSU	Hep., 4x400m
Judson Horton	SBU	HJ
Blake Seitz	UCM	Hep.
Caniggia Raynor	UCM	WT
Cole Phillips	UCM	PV
Jacob Mahin	UCM	SP
Jacob Randle	UCM	600 yd.
Alex Obermier	UNK	DMR
Cody Wirth	UNK	800m
Cole Wellnitz	UNK	Mile
Jerod Schoneman	UNK	DMR
Machol Chol	UNK	DMR
Mandera Gatwech	UNK	DMR
Payton Nelson	UNK	HJ

High Point Award

Jayce Thomas, MSSU

Coach of the Year

Victor Thomas, LU

MIAA Men's Indoor Championship Meet Records

60m Dash	6.65	Kimour Bruce	Lincoln	2011
200m Dash	21.22	Imani Butler	Central Missouri	2006
400m Dash	47.37	Faedeon Royes	Lincoln	2016*
600 Yard Run	1:09.34	Bob Thomas	Southeast Missouri State	1983
800m Run	1:52.12	Jermaine Blake	Lincoln	2014
Mile Run	4:08.53	Dewayne Minor	Southwest Baptist	1995
3,000m Run	8:18.20	Vincent Kiprop	Missouri Southern	2016*
5,000m Run	14:19.81	Vincent Kiprop	Missouri Southern	2016*
60m Hurdles	7.87	Bruce Derks	Central Missouri	1979
Mile Relay	3:13.71		Emporia State	2016*
Two Mile Relay	7:44.53		Lincoln	1982
Distance Medley Relay	10:01.17		Northwest Missouri	2016
High Jump	7' 2.5"	Briar Ploude	Emporia State	2013
Pole Vault	17' 4"	Andrei Skvortsov	Central Missouri	1996
Long Jump	25' 5.75"	Danny Holland	Central Missouri	1986
Triple Jump	53' 5"	Keith Presberry	Southeast Missouri State	1986
Shot Put	63-9.50	Garrett Appier	Pittsburg State	2016
Weight Throw	71' 9"	Drew Frizzell	Central Missouri	2011
Heptathlon	5,615	Jayce Thomas	Missouri Southern	2016*

* Events run on 300m track



Osvaldo Granillo is a three-time All-MIAA performer, twice in the 4x400m relay and once in the indoor 400m dash.

Past MIAA Champions

2016	Lincoln
2015	Pittsburg State
2014	Pittsburg State
2013	Central Missouri
2012	Central Missouri
2011	Central Missouri
2010	Central Missouri
2009	Central Missouri
2008	Central Missouri
2007	Missouri Southern
2006	Central Missouri
2005	Central Missouri
2004	Missouri Southern
2003	Central Missouri
2002	Central Missouri
2001	Central Missouri
2000	Central Missouri
1999	Central Missouri
1998	Central Missouri
1997	Central Missouri
1996	Central Missouri
1995	Pittsburg State
1994	Central Missouri
1993	Pittsburg State
1992	Pittsburg State
1991	Southeast Mo. St.
1990	Southeast Mo. St.
1989	Southeast Mo. St.
1988	Southeast Mo. St.
1987	Southeast Mo. St.
1986	Southeast Mo. St.
1985	Southeast Mo. St.
1984	Southeast Mo. St.
1983	Southeast Mo. St.
1982	Northwest Mo. St.
1981	Lincoln
1980	Truman
1979	Truman
1978	Truman
1977	Truman & Southeast Mo. St.
1976	Truman
1975	Lincoln
1974	Truman
1973	Truman
1972	Truman
1971	Southeast Mo. St.
1970	Truman
1969	Southeast Mo. St.
1968	Truman
1967	Truman
1966	Truman
1965	Truman
1964	Truman
1963	Truman
1962	Truman
1961	Truman
1960	Truman
1959	Truman
1958	Southeast Mo. St.
1957	Southeast Mo. St.
1956	Southeast Mo. St.
1955	Central Missouri
1954	Central Missouri
1953	Central Missouri
1952	Missouri State
1951	Missouri State
1950	Northwest Mo. St.
1949	Northwest Mo. St.
1948	Missouri S&T
1942-47	no meet
1941	Southeast Mo. St.
1940	Southeast Mo. St.
1939	Southeast Mo. St.
1938	Southeast Mo. St.
1937	Southeast Mo. St.
1933-36	no meet

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

MIAA Women's Indoor Championships, Pittsburg, Kan./Pittsburg State**Team Results**

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	T10th	T10th
										
169	147	94	81	43	38	36.33	32.66	25	20	16

60m Dash		
1	Yanique Ellington	LU 7.52
2	Kimberley Bailey	LU 7.62
3	Adewum Ademuwagun	LU 7.68
4	Imani Hutchinson	PSU 7.71
5	Diana Caldwell	LU 7.74
6	Nikki Douglas	UCM 7.82
7	Kelsey Lewis	PSU 7.85
8	Cekia Pierce	SBU 7.90

3,000m Run		
1	Emily Harris	MSSU 9:59.53
2	Hannah DeVries	PSU 10:06.39
3	Cynthia Torres	MSSU 10:07.07
4	Micki Krzesinski	FHSU 10:09.38
5	Morgan Benesch	UNK 10:10.67
6	Emily Schoenfeld	ESU 10:17.14
7	Lida Feuerherdy	LWU 10:24.77
8	Shelbi Sloup	UNK 10:32.87

Pole Vault		
1	Melanie Bower	MSSU 12-10.25
2	Megan Wickersham	PSU 12-6.25
3	Emily Presley	MSSU 12-6.25
4	Heather Glenn	PSU 12-6.25
5	Staci Wickersham	SBU 12-6.25
6	Kaylee VanBlaricum	UCM 12-2.50
7	Brittany Kallenberger	UCM 12-2.50
8	Selam Ball	FHSU 11-10.50

2016 All-MIAA Indoor Track & Field Team		
Brianna Schmitz	ESU	DMR
Mercy Perez	ESU	DMR
Sophie Hayes	ESU	DMR
Taylor Stueve	ESU	DMR
Adewum Ademuwagun	LU	60m
Chrisdal McCarthy	LU	60mH
Diana Caldwell	LU	LJ, TJ
Ebony Rose	LU	DMR
Jhevere Hall	LU	800m, 4x400m, DMR
Jonelle Campbell	LU	Tj
Kimberley Bailey	LU	60m, 200m
Kissi-Ann Brown	LU	400m, 4x400m
Ladonna Richards	LU	60mH
Monique Thompson	LU	800m, 4x400m, DMR
Venicha Baker	LU	200m, 400m
Willomena Williams	LU	4x400m, DMR
Yanique Ellington	LU	60m, 200m
Lisa Feuerherdt	LWU	Mile
Brittani Reagan	MSSU	LJ
Cynthia Torres	MSSU	3,000m, 5,000m
Emily Harris	MSSU	Mile, 3,000m
Emily Presley	MSSU	PV
Kaylee Morgan	MSSU	LJ
Melanie Bower	MSSU	PV
Chloe Wichman	NWMSU	600 yd., Pent.
Alyssa Hammons	PSU	DMR
Amira Jenkins	PSU	TJ
Cassie Caswell	PSU	SP, WT
Courtney Nelson	PSU	60mH
Emilee Iverson	PSU	HJ
Emilyn Dearman	PSU	600 yd., Pent.
Hannah DeVries	PSU	3,000m, 5,000m
Hope Manning	PSU	DMR
Jasmine Smith	PSU	SP
Jordan Puvogel	PSU	DMR
Megan Wickersham	PSU	PV
Paige Denton	PSU	DMR
Cekia Pierce	SBU	4x400m
MaKenna Watson	SBU	4x400m
Mary Bergman	SBU	400m, 4x400m
Mary Carr	SBU	4x400m
Natalie O'Keefe	SBU	HJ
Brittany Kallenberger	UCM	HJ
Emily Thole	UCM	600 yd., 4x400m
Heavin Warner	UCM	SP, WT
Jana Palmowski	UCM	Mile
Kailey Fuchs	UCM	800m, 4x400m
Katie Cassidy	UCM	4x400m
Nikki Douglas	UCM	4x400m
Victoria Jackson	UCM	Pent.
Danyell Coons	UNK	WT
Morgan Benesch	UNK	5,000m

200m Dash		
1	Venicha Baker	LU 23.88
2	Yanique Ellington	LU 24.07
3	Kimberley Bailey	LU 24.47
4	Mary Bergman	SBU 24.67
5	Ladonna Richards	LU 24.71
6	Juannae Lewis	UCO 24.88
7	Imani Hutchinson	PSU 24.93
8	Kelsey Lewis	PSU 25.27

5,000m Run		
1	Hannah DeVries	PSU 17:16.52
2	Morgan Benesch	UNK 17:24.01
3	Cynthia Torres	MSSU 17:30.04
4	Micki Krzesinski	FHSU 17:41.15
5	Emily Schoenfeld	ESU 17:52.94
6	Ashley Lawson	SBU 18:13.10
7	Ashton Henson	PSU 18:18.55
8	Allie Rexroat	UCM 18:24.10

Long Jump		
1	Kaylee Morgan	MSSU 19-9.00
2	Brittani Reagan	MSSU 18-10.00
3	Diana Caldwell	LU 18-7.75
4	Tina Coombs	LU 18-7.25
5	Chloe Wichmann	NWMSU 18-6.50
6	Ramie Grayson	PSU 18-4.50
7	Adewum Ademuwagun	LU 17-11.75
8	Keiona Doctor	ESU 17-8.00

400m Dash		
1	Venicha Baker	LU 54.13
2	Mary Bergman	SBU 54.74
3	Kissi-Ann Brown	LU 55.13
4	Courtney Nelson	PSU 55.26
5	Willomena Williams	LU 55.71
6	Juannae Lewis	UCO 55.85
7	Olivia Boone	PSU 57.14
8	Kelly Wycoff	FHSU 57.61

60m Hurdles		
1	Ladonna Richards	LU 8.21
2	Chrisdal McCarthy	LU 8.39
3	Courtney Nelson	PSU 8.55
4	Victoria Jackson	UCM 8.61
5	Nadia Harriott	LU 8.63
6	Sarah Hines	ESU 8.71
7	Emilyn Dearman	PSU 8.76
8	Erin Hodge	LWU 8.91

Triple Jump		
1	Diana Caldwell	LU 42-2.00
2	Amira Jenkins	PSU 40-5.00
3	Jonelle Campbell	LU 39-10.50
4	Brittani Reagan	MSSU 39-7.75
5	Kendra Smith	LWU 39-7.00
6	Carrie Kellie	ESU 38-11.50
7	Jerica Heyd	UCO 38-6.75
8	Frankie Noeldner	UNK 37-9.25

600 Yard Run		
1	Chloe Wichman	NWMSU 1:22.77
2	Emily Thole	UCM 1:24.79
3	Emilyn Dearman	PSU 1:24.21
4	Katie Cassidy	UCM 1:25.60
5	Linsey Chapa	LWU 1:25.63
6	Elizabeth Blevins	ESU 1:25.92
7	Tangie Hileman	UNK 1:27.09
8	Ebony Rose	LU 1:29.00

4x400m Relay		
1	Lincoln	3:42.18
2	Central Missouri	3:45.91
3	Southwest Baptist	3:49.14
4	Northwest Missouri	3:51.14
5	Pittsburg State	3:51.15
6	Lindenwood	3:52.82
7	Nebraska-Kearney	3:57.42
8	Emporia State	3:57.96

Shot Put		
1	Cassie Caswell	PSU 52-0.50
2	Jasmine Smith	PSU 49-4.25
3	Heavin Warner	UCM 47-9.00
4	Mackenzie Crowder	UNK 47-0.75
5	Jena Black	PSU 46-5.50
6	Morgan Gilliland	EUS 44-8.00
7	Haley Heuer	UCM 43-6.50
8	Kayla Henault	ESU 43-6.00

800m Run		
1	Jhevere Hall	LU 2:09.11
2	Kailey Fuchs	UCM 2:11.51
3	Monique Thompson	LU 2:12.95
4	Shanice Clarke	LU 2:13.84
5	Jana Palmowski	UCM 2:14.20
6	Haley Manning	NWMSU 2:18.42
7	Mary Carr	SBU 2:18.92
8	Jordan Puvogel	PSU 2:20.40

Distance Medley Relay		
1	Lincoln	12:07.41
2	Pittsburg State	12:16.09
3	Emporia State	12:32.66
4	Fort Hays State	12:33.67
5	Nebraska-Kearney	12:40.99
6	Missouri Southern	12:43.93
7	Southwest Baptist	12:45.02
8	Northwest Missouri	12:55.46

Weight Throw		
1	Heavin Warner	UCM 66-11.25
2	Cassie Caswell	PSU 63-8.25
3	Danyell Coons	UNK 57-6.25
4	Michelle Kyle	LWU 57-4.75
5	Mariah Garcia	UCO 57-2.75
6	Victoria Foley	MSSU 55-9.25
7	Darien Stancell	PSU 54-4.00
8	Morgan Gilliland	ESU 51-11.00

Mile Run		
1	Emily Harris	MSSU 4:54.75
2	Jana Palmowski	UCM 4:56.18
3	Lisa Feuerherdt	LWU 5:04.07
4	Hope Hamming	PSU 5:07.88
5	Madison Brown	UCO 5:07.93
6	Shea Bonine	FHSU 5:11.66
7	Ashley Lawson	SBU 5:15.53
8	Paige Denton	PSU 5:16.32

High Jump		
1	Natalie O'Keefe	SBU 5-8.50
2	Brittany Kallenberger	UCM 5-7.25
3	Emilee Iverson	PSU 5-7.25
4	Emily Everitt	UNK 5-6.00
5	Chloe Wichmann	NWMSU 5-5.00
6	Emilyn Dearman	PSU 5-5.00
7	Audrey Wichmann	NWMSU 5-5.00
8	Three tied	5-3.00

Pentathlon		
1	Emilyn Dearman	PSU 3928
2	Victoria Jackson	UCM 3823
3	Chloe Wichmann	NWMSU 3706
4	Katie Cassidy	UCM 3681
5	Kaylee Morgan	MSSU 3560
6	Monica Howard	ESU 3453
7	Chandler Wilson	PSU 3371
8	Bryn Matulka	NWMSU 3353

High Point Award
Chloe Wichmann, NWMSU
Coach of the Year
Victor Thomas, LU

MIAA Women's Indoor Championship Meet Records

60m Dash	7.38	Benita Thomas	Southeast Mo. St.	1987
200m Dash	23.88	Venicha Baker	Lincoln	2016*
400m Dash	53.67	Lorraine Graham	Lincoln	1997
600 Yard Run	1:22.43	Lovan Palmer	Lincoln	2013
800m Run	2:09.11	Jhevere Hall	Lincoln	2016*
Mile Run	4:54.04	Katelyn Mona	Emporia State	2012
3,000m Run	9:53.12	Jessica Macy	Pittsburg State	2015
5,000m Run	16:59.85	Kimi Shank	Missouri Southern	2010
60m Hurdles	8.21	Ladonna Richards	Lincoln	2016
4x400m Relay	3:42.18		Lincoln	2016*
Two Mile Relay	9:29.12		Emporia State	2001
Distance Medley Relay	12:01.93		Southwest Baptist	2015
High Jump	5' 11.5"	Erika Kinsey	Central Missouri	2015
Pole Vault	12' 10.25"	Katrina Biermann	Truman	2010
Long Jump	20' 1.5"	Melanie Lewis	Pittsburg State	1996
Triple Jump	43' 8"	Nkeiruka Domike	Nebraska-Omaha	2011
Shot Put	52' 1.75"	Heather Leverington	Emporia State	2001
Weight Throw	66' 11.25"	Heavin Warner	Central Missouri	2016
Pentathlon	3,961	Lindsay Lettow	Central Missouri	2011

* Events run on 300m track

Past MIAA Champions

2016	Lincoln
2015	Central Missouri
2014	Lincoln
2013	Lincoln
2012	Lincoln
2011	Lincoln
2010	Nebraska-Omaha
2009	Nebraska-Omaha
2008	Missouri Southern
2007	Central Missouri
2006	Central Missouri
2005	Central Missouri
2004	Missouri Southern
2003	Emporia State
2002	Emporia State
2001	Emporia State
2000	Truman
1999	Central Missouri
1998	Northwest Missouri
1997	Northwest Missouri
1996	Pittsburg State
1995	Pittsburg State
1994	Central Missouri
1993	Pittsburg State
1992	Northwest Missouri
1991	Southeast Mo. St.
1990	Truman
1989	Truman
1988	Southeast Mo. St.
1987	Southeast Mo. St.
1986	Central Missouri
1985	Southeast Mo. St.
1984	Southeast Mo. St.
1983	Central Missouri



Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

MIAA Men's Outdoor Championships, Maryville, Mo. / Northwest Missouri**Team Results**

1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th



145 134 104 94 78 62.5 56 54 47 43.5

100m Dash

1	Roberto Smith	LU	10.40
2	Jeffrey Fraley	MSSU	10.59
3	DeAngelo Strickling	LWU	10.69
4	Preston Foley	UNK	10.72
5	Jaron Alexander	LU	10.73
6	Slade Nordic	PSU	10.75
7	Omar McDonald	UCM	21.07
8	Stephen Rose	LU	FS

10,000m Run

1	Vincent Kiprop	MSSU	31:04.32
2	Nolan Zimmer	NWMSU	31:16.70
3	Austin Bogina	PSU	31:31.63
4	Jacob Burch	SBU	31:34.93
5	Connor Stark	PSU	31:39.54
6	Jonathan Adamson	PSU	31:40.58
7	Michael Gawlick	UCM	31:41.94
8	Jahn Landrigan	UNK	31:45.87

High Jump

1	Kevin Schultz	NWMSU	6-10.75
2	Jayce Thomas	MSSU	6-9.50
3	Kolt Newell	FHSU	6-9.50
4	Akintunde Akinyemi	LWU	6-8.25
5	Judson Horton	SBU	6-8.25
6	Cody Vogt	MSSU	6-5.00
6	Trevon Payne	MSSU	6-5.00
6	Payton Nelson	UNK	6-5.00

Hammer Throw

1	Caniggia Raynor	UCM	218-3
2	Bo Farrow	PSU	180-1
3	Deondra Canaday	LWU	173-5
4	Garrett Appier	PSU	172-10
5	Joseph Talbert	PSU	170-5
6	Zac Bendrick	NWMSU	169-9
7	TJ Dozier	FHSU	168-9
8	John Berry	UCM	163-5

200m Dash

1	Jeffrey Fraley	MSSU	20.95
2	Dukiya Tibbs	ESU	21.30
3	Roger Blake	LU	21.54
4	Stephen Rose	LU	21.55
5	Taysean Goodwin	ESU	21.61
6	DeAngelo Strickling	LU	21.73
7	Miguel Barton	LU	31.24
8	Roberto Smith	LU	1:13.00

110m Hurdles

1	Dylan Barnum	SBU	14.30
2	Darran Hunter	LU	14.58
3	Stallone Watson	LU	14.84
4	Jayce Thomas	MSSU	14.88
5	Emmai Brown	NWMSU	14.94
6	Wyatt Sander	ESU	14.98
7	Sean Manhertz	MSSU	14.99
8	Garrett Arnold	UNK	15.11

Pole Vault

1	Cole Phillips	UCM	16-8.75
2	Xavier Bolland	LWU	16-4.75
2	Morgan Hold	MSSU	16-4.75
4	Bailey Stapleman	UNK	16-0.75
4	Jake Morrow	FHSU	16-0.75
6	Kai Miller	PSU	16-0.75
7	Jayce Thomas	MSSU	15-9.00
8	Tanner Schwanz	UNK	15-3.00

Javelin

1	Daniel Hernandez	MSSU	213-10
2	Chris Swearingin	UCM	210-4
3	John Blazeovic	PSU	198-7
4	Jordan Morton	PSU	195-3
5	Jacob Beckemeyer	NWMSU	194-5
6	Brenner Wells	FHSU	191-4
7	Jake Robison	PSU	187-11
8	Blake Seitz	UCM	182-6

400m Dash

1	Dukiya Tibbs	ESU	47.18
2	Jeffrey Fraley	MSSU	47.35
3	Taysean Goodwin	ESU	47.87
4	Oswaldo Granillo	UCM	47.92
5	Elonte Battle	PSU	48.32
6	Aren Martin	PSU	49.03
7	Parker Evans	ESU	49.31
8	Miguel Barton	LU	58.63

400m Hurdles

1	Darran Hunter	LU	52.67
2	Winston Edwards	LU	53.34
3	Seth Shurvington	NWMSU	54.12
4	Wyatt Sander	ESU	54.76
5	Alva Henry	LU	54.87
6	Andrew Bodicky	UCM	54.96
7	Jordan Jackson	PSU	55.19
8	Luke Norris	PSU	56.57

Long Jump

1	Sedeekie Edie	LU	25-5.50
2	Louis Rollins	PSU	25-4.75
3	Michael Mlambo	LWU	24-6.25
4	Desmond Williams	MSSU	24-3.50
5	Elijah McGill	PSU	24-2.50
6	Ornelo Thomas	LU	23-11.50
7	Jayce Thomas	MSSU	23-4.50
8	Tanner McNutt	PSU	23-3.25

Decathlon

1	Tanner McNutt	PSU	7315
2	Blake Seitz	UCM	7137
3	Derrick Schluter	NWMSU	6902
4	Daniel McCarty	UCM	6584
5	Hassan Ilyas	UCM	6261
6	Bevan Wemhoff	UNK	5744
7	Elias Roelfsema	UCM	5458
8	Corey Evans	SBU	4757

800m Run

1	Michael Kinuthia	FHSU	1:54.02
2	Brett Meyer	FHSU	1:54.18
3	Sam Kohrs	MSSU	1:54.31
4	Cody Wirth	UNK	1:54.91
5	Joe Anger	NWMSU	1:55.15
6	Jeromia Riley	LU	1:56.14
7	Cole Wellnitz	UNK	1:57.24
8	Jacob Randle	UCM	1:58.82

3,000m Steeplechase

1	Vincent Kiprop	MSSU	9:17.12
2	Wick Cunningham	NWMSU	9:21.78
3	Andrew Fields	UNK	9:27.91
4	Travis Furtkamp	SBU	9:31.06
5	Trevor Wiegert	UNK	9:31.39
6	Nathan Henry	MSSU	9:33.46
7	Brian Wright	PSU	9:40.01
8	Dominick Fonseca	PSU	9:43.15

Triple Jump

1	Kennan Harrison	MSSU	49-0.25
2	Ornelo Thomas	LU	48-10.25
3	Jayce Thomas	MSSU	48-6.75
4	Judson Horton	SBU	47-9.00
5	Jace Anderson	UNK	47-7.75
6	Morgan Everett	PSU	46-10.00
7	Owen Smith	LU	46-10.00
8	Tre Dickerson	ESU	46-8.75

High Point Award
Vincent Kiprop, MSSU

Coach of the Year
Bryan Schiding, MSSU

1,500m Run

1	Cole Wellnitz	UNK	3:51.86
2	Ryan Cox	NWMSU	3:53.05
3	Tim Grundmayer	NWMSU	3:53.24
4	Alexander Burson	PSU	3:52.92
5	Drew Cargill	SBU	3:56.60
6	J.P. Rech	UNK	3:58.95
7	Colin Cernik	LWU	3:59.47
8	Justin Montney	FHSU	4:00.71

4x100m Relay

1	Lincoln	40.74
2	Missouri Southern	40.97
3	Pittsburg State	41.12
4	Emporia State	41.16
5	Lindenwood	41.17
6	Central Missouri	41.84
7	Nebraska-Kearney	42.47
8	Northwest Missouri	42.62

Shot Put

1	Garrett Appier	PSU	67-0.50
2	Jacob Mahin	UCM	56-9.25
3	Bo Farrow	PSU	55-9.25
4	Deondra Canaday	LWU	54-6.50
5	Derek McKnight	PSU	51-5.00
6	Tyler Hovey	MSSU	51-3.75
7	Jacob Bartling	UNK	51-2.75
8	Christian Delaney	FSU	50-0.50

5,000m Run

1	Vincent Kiprop	MSSU	14:56.38
2	Brayden Clews-Proctor	NWMSU	15:00.97
3	Cody Smith	SBU	15:05.45
4	Alex Obermier	UNK	15:08.31
5	Drew Cargill	SBU	15:13.49
6	Jacob Burch	SBU	15:13.95
7	Colby Kromminga	PSU	15:17.20
8	Brandon Phipps	NWMSU	15:18.41

4x400m Relay

1	Emporia State	3:12.70
2	Central Missouri	3:13.12
3	Lincoln	3:14.45
4	Pittsburg State	3:15.32
5	Missouri Southern	3:16.31
6	Fort Hays State	3:16.50
7	Lindenwood	3:19.15
8	Northwest Missouri	3:19.60

Discus

1	Caniggia Raynor	UCM	181-3
2	Bo Farrow	PSU	172-11
3	Deondra Canaday	LWU	172-10
4	TJ Dozier	FHSU	166-1
5	Tyler Hovey	MSSU	163-3
6	Jacob Mahin	UCM	159-4
7	Jacob Bartling	UNK	158-10
8	Hampton Mayson	LU	158-3

MIAA Men's Outdoor Championship Meet Records

100m Dash	10.19	Brian Dzingai	Truman	2001
200m Dash	20.50	Brian Dzingai	Truman	2001
400m Dash	46.31	Dinsdale Morgan	Pittsburg State	1996
		William Shell	Southwest Baptist	2014
800m Run	1:50.00	Jermaine Blake	Lincoln	2014
1,500m Run	3:47.27	Brennan Benkert	Missouri Southern	2010
5,000m Run	14:22.66	Mark Curp	Central Missouri	1981
10,000m Run	29:16.96	Mark Curp	Central Missouri	1981
110m Hurdles	13.81	James McCarthy	Pittsburg State	1997
400m Hurdles	50.82	Sean Bergstedt	Truman	2007
3,000m Steeplechase	8:44.34	Mike Vanatta	Southeast Missouri State	1984
4x100m Relay	39.96		Lincoln	2011
4x400m Relay	3:10.12		Lincoln	2014
			Emporia State	2000
High Jump	7' 5"	Bob Sundell	Northwest Missouri	1988
Pole Vault	17' 7.25"	Cole Phillips	Central Missouri	2015
Long Jump	25' 8.25"	Keenan Soles	Pittsburg State	2012
Triple Jump	52' 10.25"	Earl Whiting	Southeast Missouri State	1986
Shot Put	67-0.50	Garrett Appier	Pittsburg State	2016
Discus	190' 10"	Max Alonso	Fort Hays State	2013
Hammer Throw	220' 4"	Drew Frizzell	Central Missouri	2011
Javelin	232' 10"	Andy Vogelsberg	Emporia State	2007
Decathlon	7,881 pts.	John Schwepker	Southeast Missouri State	1988

2016 All-MIAA Outdoor Track & Field Team

Dukiya Tibbs	ESU	200m, 400m, 4x400m	Brayden Clews-Proctor	NWMSU	5,000m
Parker Evans	ESU	4x400m	Derrick Schluter	NWMSU	Dec.
Taysean Goodwin	ESU	400m, 4x400m	Kevin Schultz	NWMSU	HJ
Wyatt Sander	ESU	4x400m	Nolan Zimmer	NWMSU	10,000m
Brett Meyer	FHSU	800m	Ryan Cox	NWMSU	1,500m
Kolt Newell	FHSU	HJ	Seth Shurvington	NWMSU	400mH
Michael Kinuthia	FHSU	800m	Tim Grundmayer	NWMSU	1,500m
Darran Hunter	LU	110mH, 400mH	Wick Cunningham	NWMSU	3,000mS
Jakiel David	LU	4x100m	Austin Bogina	PSU	10,000m
Jeromia Riley	LU	4x400m	Bo Farrow	PSU	SP, DT, HT
Kevon Robinson	LU	4x400m	Elijah McGill	PSU	4x100m
Ornelo Thomas	LU	TJ	Garrett Appier	PSU	SP
Roberto Smith	LU	100m, 4x100m	John Blazevec	PSU	JT
Roger Blake	LU	200m, 4x100m, 4x400m	Louis Rollins	PSU	LJ, 4x100m
Sedeekie Edie	LU	LJ	Slade Nordic	PSU	4x100m
Stallone Watson	LU	110mH	Tanner McNutt	PSU	Dec., 4x100m
Stephen Rose	LU	4x100m	Cody Smith	SBU	5,000m
Winston Edwards	LU	400mH, 4x400m	Dylan Barnum	SBU	110mH
DeAngelo Strickling	LWU	100m	Blake Seitz	UCM	Dec.
Deondra Canaday	LWU	DT, HT	Caniggia Raynor	UCM	DT, HT
Michael Mlambo	LWU	LJ	Chris Swearingin	UCM	JT
Xavier Boland	LWU	PV	Cole Phillips	UCM	PV
Daniel Hernandez	MSSU	JT	Corbin Lowe	UCM	4x400m
Jayce Thomas	MSSU	HJ, TJ	Jacob Mahin	UCM	SP
Jeffrey Fraley	MSSU	100m, 200m, 400m, 4x100m	Jacob Randle	UCM	4x400m
Kennan Harrison	MSSU	TJ	Marquis Jones	UCM	4x400m
Keson Payton	MSSU	4x100m	Oswaldo Granillo	UCM	4x400m
Morgan Hold	MSSU	PV	Andrew Fields	UNK	3,000mS
Sam Kohrs	MSSU	800m	Cole Wellnitz	UNK	1,500m
Thomas Hawkins	MSSU	4x100m			
Vincent Kiprop	MSSU	5,000m, 10,000m, 3,000mS			
Warren Leak	MSSU	4x100m			

Past MIAA Champions

2016.	Missouri Southern
2015.	Pittsburg State
2014.	Pittsburg State
2013.	Pittsburg State
2012.	Pittsburg State
2011.	Central Missouri
2010.	Central Missouri
2009.	Central Missouri
2008.	Central Missouri
2007.	Central Missouri
2006.	Central Missouri
2005.	Pittsburg State
2004.	Central Missouri
2003.	Central Missouri
2002.	Central Missouri
2001.	Central Missouri
2000.	Pittsburg State
1999.	Emporia State
1998.	Central Missouri
1997.	Pittsburg State
1996.	Pittsburg State
1995.	Emporia State
1994.	Central Missouri
1993.	Pittsburg State
1992.	Pittsburg State
1991.	Southeast Mo. St.
1990.	Pittsburg State
1989.	Southeast Mo. St.
1988.	Southeast Mo. St.
1987.	Southeast Mo. St.
1986.	Southeast Mo. St.
1985.	Southeast Mo. St.
1984.	Southeast Mo. St.
1983.	Southeast Mo. St.
1982.	Southeast Mo. St.
1981.	Southeast Mo. St.
1980.	Lincoln
1979.	Truman
1978.	Truman
1977.	Southeast Mo. St.
1976.	Southeast Mo. St.
1975.	Lincoln
1974.	Truman
1973.	Truman
1972.	Truman
1971.	Southeast Mo. St.
1970.	Southeast Mo. St.
1969.	Southeast Mo. St.
1968.	Truman
1967.	Truman
1966.	Truman
1965.	Truman
1964.	Truman
1963.	Truman
1962.	Truman
1961.	Truman
1960.	Truman
1959.	Truman
1958.	Southeast Mo. St.
1957.	Southeast Mo. St.
1956.	Central Missouri
1955.	Central Missouri
1954.	Southeast Mo. St.
1953.	Central Missouri
1952.	Missouri State
1951.	Central Missouri
1950.	Northwest Mo. St.
1949.	Northwest Mo. St.
1948.	Southeast Mo. St.
1947.	Southeast Mo. St.
1943-46.	no meet
1942.	Southeast Mo. St.
1941.	Southeast Mo. St.
1940.	Southeast Mo. St.
1939.	Southeast Mo. St.
1938.	Southeast Mo. St.
1937.	Southeast Mo. St.
1936.	Southeast Mo. St.
1935.	Southeast Mo. St.
1934.	Northwest Mo. St.
1933.	Missouri State
1932.	no meet
1931.	Truman
1930.	Truman
1929.	Central Missouri
1928.	Central Missouri
1927.	Central Missouri
1926.	Central Missouri
1925.	Missouri State
1924.	Missouri State

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

MIAA Women's Outdoor Championships, Maryville, Mo./Northwest Missouri**Team Results**

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th
										
170	138	127	83.6	72.5	53.2	41.1	39.5	36	31.6	25.5

100m Dash 1 Kimberley Bailey LU 11.81 2 Nikki Douglas UCM 11.90 3 Imani Hutchinson PSU 12.02 4 Kelsey Lewis PSU 12.12 5 Diana Cauldwell LU 12.12 6 Chrisdale McCarthy LU 12.40 7 Aliyah Lee NWMSU 12.40 8 Morgan Flowers ESU 12.43			10,000m Run 1 Micki Krzesinski FHSU 36:47.95 2 Hannah DeVries PSU 37:17.34 3 Cynthia Torres MSSU 37:38.28 4 Christina Metzger PSU 38:25.20 5 Chelsea Jackson FHSU 38:42.05 6 Sammy Laurenzo NWMSU 38:47.40 7 Stephanie Boan UCM 39:22.19 8 Kelly Messbarger UNK 40:12.70			High Jump 1 Emilee Iverson PSU 5-10.00 2 Natalie O'keefe SBU 5-8.75 3 Morgan Brant ESU 5-7.75 4 Brittany Kallenberger UCM 5-7.75 5 Selina Kendall NWMSU 5-3.25 6 Zori Holman LWU 5-3.25 7 Audrey Wichmann NWMSU 5-3.25 8 Emily Everitt UNK 5-3.25			Hammer Throw 1 Heavin Warner UCM 205-2 2 Cassie Caswell PSU 186-9 3 Mariah Garcia UCO 183-8 4 Danyell Coons UNK 170-8 5 Rachael Monteil FHSU 163-7 6 D'Andria Blow PSU 161-5 7 Holly Bower UNK 160-2 8 Victoria Foley MSSU 160-1		
200m Dash 1 Kimberley Bailey LU 24.25 2 Kelsey Lewis PSU 24.75 3 Kaley Hauschild NWMSU 24.95 4 Imani Hutchinson PSU 24.95 5 Kelly Wycoff FHSU 25.06 6 Juannae Lewis UCO 25.47			100m Hurdles 1 Chrisdale McCarthy LU 13.38 2 Courtney Nelson PSU 13.58 3 Nadia Harriott LU 14.22 4 Erin Hodge LWU 14.43 5 Kaylee Morgan MSSU 14.44 6 Julianna Burr UNK 14.45 7 Emilyn Dearman PSU 14.51 8 Victoria Jackson UCM 14.61			Pole Vault 1 Brittany Kallenberger UCM 12-8.75 2 Emily Presley MSSU 12-8.75 3 Staci Wickersham SBU 12-4.75 4 Melanie Bower MSSU 12-4.5 5 Megan Wickersham PSU 12-0.75 6 Kaylee VanBlaricum UCM 11-9.00 7 Five Tied 11-3.00			Javelin 1 Estefania Lopez FHSU 166-0 2 Madison Wolf FHSU 153-11 3 Scout Wiebe FHSU 135-11 4 Allyn Murray PSU 132-10 5 Shannon Toll FHSU 132-5 6 Nicole Hopkins NWMSU 130-7 7 Lizzy Jeronimus PSU 128-11 8 Elizabeth Costello ESU 126-10		
400m Dash 1 Kissi-Ann Brown LU 53.98 2 Mary Bergman SBU 54.47 3 Chloe Wichmann NWMSU 55.97 4 Kelly Wycoff FHSU 56.14 5 Emily Thole UCM 57.39 6 Olivia Boone PSU 58.44 7 Juannae Lewis UCO 1:03.26			400m Hurdles 1 Nikki Douglas UCM 59.84 2 Courtney Nelson PSU 1:00.57 3 Kimona Shaw LU 1:00.81 4 Emilyn Dearman PSU 1:01.82 5 Emma Taylor NWMSU 1:03.13 6 Linsey Chapa LWU 1:03.30 7 Kara Simmons FHSU 1:08.30 8 Chelsea Wickard UNK 1:14.81			Long Jump 1 Diana Cauldwell LU 20-3.75 2 Kaylee Morgan MSSU 20-3.00 3 Brittani Reagan MSSU 19-9.50 4 Tina Coombs LU 19-3.50 5 Ramie Grayson PSU 19-0.75 6 Kendra Smith LWU 18-10.75 7 Amira Jenkins PSU 18-8.50 8 Victoria Jackson UCM 18-7.25			Heptathlon 1 Emilyn Dearman PSU 5363 2 Chloe Wichmann NWMSU 5249 3 Victoria Jackson UCM 5069 4 Katie Cassidy UCM 5008 5 Monica Howard ESU 4893 6 Chandler Wilson PSU 4821 7 Kaley Hauschild NWMSU 4687 8 Cassidy Harris UCM 4553		
800m Run 1 Jhevere Hall LU 2:11.50 2 Kailey Fuchs UCM 2:14.24 3 Mary Carr SBU 2:14.79 4 Jana Palmowski UCM 2:19.69 5 Alexis Fritz SBU 2:22.26 6 Melissa Davison UNK 2:23.20 7 Sarah Jewett PSU 2:24.56 8 Haley Manning NWMSU 2:25.20			3000m Steeplechase 1 Jana Palmowski UCM 10:35.79 2 Morgan Benesch UNK 10:40.26 3 Emily Schoenfeld ESU 11:06.60 4 Audrey Campbell UCO 11:27.48 5 Shelbi Sloup UNK 11:30.53 6 Carlin Greene PSU 11:35.87 7 Allie Rexroat UCM 11:41.67 8 Molly Dibben UNK 11:56.87			Triple Jump 1 Diana Cauldwell LU 40-9.00 2 Jonelle Campbell LU 40-7.75 3 Amira Jenkins PSU 40-4.25 4 Kendra Smith LWU 40-4.00 5 Brittani Reagan MSSU 39-3.75 6 Carrie Kellie ESU 39-1.00 7 Tina Coombs LU 38-10.25 8 Conner Schultz PSU 37-10.75			High Point Award Heavin Warner, UCM Cassie Caswell - PSU Coach of the Year Russ Jewett, PSU		
1,500m Run 1 Emily Harris MSSU 4:34.67 2 Jhevere Hall LU 4:37.90 3 Madison Brown UCO 4:38.31 4 Melissa Davison UNK 4:39.79 5 Shea Bonine FHSU 4:40.60 6 Lisa Feuerherdt LWU 4:42.51 7 Alexis Fritz SBU 4:43.24 8 Sheridan Snyder UCO 4:43.30			4x100m Relay 1 Pittsburg State 45:42 2 Northwest Missouri 46:78 3 Central Missouri 46:80 4 Emporia State 47:58 5 Southwest Baptist 47:64 6 Missouri Southern 48:29 7 Fort Hays State 48:32 8 Lincoln DQ			Shot Put 1 Cassie Caswell PSU 49-2.50 2 Jasmine Smith PSU 49-1.00 3 Heavin Warner UCM 48-11.75 4 Morgan Gilliland ESU 45-3.75 5 Haley Heuer UCM 42-2.75 6 Courtney Geiger FHSU 42-0.00 7 Emily Rohrer UNK 41-10.50 8 Baja Robinson FHSU 41-7.00					
5,000m Run 1 Shea Bonine FHSU 17:52.54 2 Cynthia Torres MSSU 17:59.43 3 Micki Krzesinski FHSU 18:01.07 4 Hannah DeVries PSU 18:03.68 5 Emily Harris MSSU 18:13.40 6 Paige Denton PSU 18:17.21 7 Sophie Dalmasso FHSU 18:17.85 8 Christina Metzger PSU 18:28.94			4x400m Relay 1 Central Missouri 3:47.76 2 Northwest Missouri 3:51.08 3 Emporia State 3:52.51 4 Southwest Baptist 3:52.90 5 Lindenwood 3:53.12 6 Nebraska-Kearney 3:56.61 7 Pittsburg State 3:56.72 8 Fort Hays State 3:59.92			Discus 1 Mariah Garcia UCO 179-9 2 Heavin Warner UCM 171-5 3 Cassie Caswell PSU 156-3 4 Desirea Buerge MSSU 150-1 5 Haley Heuer UCM 144-4 6 Jena Black PSU 140-1 7 D'Andria Blow PSU 137-6 8 Victoria Foley MSSU 137-3					

MIAA Women's Outdoor Championship Meet Records

100m Dash	11.20	Beverly Grant	Lincoln	1997
200m Dash	23.06	Lorraine Graham	Lincoln	1997
		Judith Riley	Lincoln	2011
400m Dash	52.50	Lorraine Graham	Lincoln	1997
800m Run	2:08.24	Monique Thompson	Lincoln	2014
1,500m Run	4:30.23	Laura Byrne	Southeast Missouri	1986
3,000m Run	9:49.70	Connie Frank	Central Missouri	1988
5,000m Run	16:46.93	Kimi Shank	Missouri Southern	2010
10,000m Run	34:37.10	Darla Moberly	Central Missouri	1986
100m Hurdles	13.22	Ladonna Richards	Lincoln	2015
400m Hurdles	57.70	Yanique Haye	Lincoln	2012
3,000m Steeplechase	10:35.79	Jana Palmowski	Central Missouri	2016
4x100m Relay	45.39		Lincoln	2016
4x400m Relay	3:35.77		Lincoln	1997
High Jump	6' 3.5"	Erika Kinsey	Central Missouri	2015
Pole Vault	13' 3.5"	Brittany Kallenberger	Central Missouri	2015
Long Jump	20' 3.75"	Busarind Rogers	Pittsburg State	1991
		Diana Cauldwell	Lincoln	2016
Triple Jump	43' 0.25"	Erika Kinsey	Central Missouri	2015
Shot Put	50' 10.25"	Heather Leverington	Emporia State	2001
Discus	179' 9"	Mariah Garcia	Central Oklahoma	2016
Hammer Throw	220' 2"	Heavin Warner	Central Missouri	2015
Javelin	166' 0"	Estefania Lopez	Fort Hays State	2016
Heptathlon	5,390	Lizz Barringer	Southeast Missouri	1988

Past MIAA Champions

2016.	Pittsburg State
2015.	Pittsburg State
2014.	Lincoln
2013.	Lincoln
2012.	Lincoln
2011.	Lincoln
2010.	Missouri Southern
2009.	Missouri Southern
2008.	Missouri Southern
2007.	Central Missouri
2006.	Central Missouri
2005.	Central Missouri
2004.	Pittsburg State
2003.	Emporia State
2002.	Emporia State
2001.	Emporia State
2000.	Truman
1999.	Emporia State
1998.	Northwest Missouri
1997.	Northwest Missouri
1996.	Emporia State
1995.	Pittsburg State
1994.	Pittsburg State
1993.	Pittsburg State
1992.	Pittsburg State
1991.	Pittsburg State
1990.	Pittsburg State
1989.	Southeast Mo. St.
1988.	Southeast Mo. St.
1987.	Southeast Mo. St.
1986.	Southeast Mo. St.
1985.	Southeast Mo. St.
1984.	Southeast Mo. St.
1983.	Truman
1982.	Southeast Mo. St.

2016 All-MIAA Outdoor Track & Field Team

Brianna Schmitz	ESU	4x400m	Kelsey Lacy	NWMSU	4x100m
Elizabeth Blevins	ESU	4x400m	Zenova Harris	NWMSU	4x100m
Emily Schoenfeld	ESU	3,000mS	Amira Jenkins	PSU	TJ
Kaycee Mayfield	ESU	4x400m	Cassie Caswell	PSU	SP, DT, HT
Morgan Brant	ESU	HJ	Courtney Nelson	PSU	100mH, 400mH
Sophie Hayes	ESU	4x400m	Emilee Iverson	PSU	HJ
Estefania Lopez	FHSU	JT	Emilyn Dearman	PSU	Hep.
Madison Wolf	FHSU	JT	Hannah DeVries	PSU	10,000m
Micki Krzesinski	FHSU	5,000m, 10,000m	Imani Hutchinson	PSU	100m
Scout Wiebe	FHSU	JT	Jasmine Smith	PSU	SP
Shea Bonine	FHSU	5,000m	Kelsey Lewis	PSU	200m
Chrisdale McCarthy	LU	100mH	Ramie Grayson	PSU	4x100m
Diana Cauldwell	LU	LJ, TJ	Mary Bergman	SBU	400m
Jhevere Hall	LU	800m, 1500m	Mary Carr	SBU	800m
Jonelle Campbell	LU	TJ	Natalie O'keefe	SBU	HJ
Kimberley Bailey	LU	100m, 200m	Staci Wickersham	SBU	PV
Kimona Shaw	LU	400mH	Brittany Kallenberger	UCM	PV
Kissi-Ann Brown	LU	400m	Emily Thole	UCM	4x100m, 4x400m
Nadia Harriott	LU	100mH	Heavin Warner	UCM	SP, DT, HT
Brittani Reagan	MSSU	LJ	Jana Palmowski	UCM	3,000mS
Cynthia Torres	MSSU	5,000m, 10,000m	Kailey Fuchs	UCM	800m, 4x100m, 4x400m
Emily Harris	MSSU	1,500m	Katie Cassidy	UCM	4x100m, 4x400m
Emily Presley	MSSU	PV	Nikki Douglas	UCM	100m, 400mH, 4x100m, 4x400m
Kaylee Morgan	MSSU	LJ	Victoria Jackson	UCM	Hep.
Aliyah Lee	NWMSU	4x100m	Madison Brown	UCO	1,500m
Chloe Wichmann	NWMSU	Hep., 4x400m	Mariah Garcia	UCO	DT, HT
Emma Taylor	NWMSU	4x400m	Morgan Benesch	UNK	3,000mS
Haley Manning	NWMSU	4x400m			
Kaley Hauschild	NWMSU	4x100m, 4x400m			

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

Dr. Charles Ambrose ***University President***

Charles M. Ambrose, Ed.D., became the 15th president of the University of Central Missouri on Aug. 1, 2010. A career educator who is a fervent advocate of servant leadership and engaged learning, he is committed to promoting academic quality, excellence in teaching and the collegiate experience.



During his first year at UCM, President Ambrose helped guide the institution through the building of a new Strategic Governance Model in partnership with the Association for Governing Boards. He also provided leadership through an extensive administrative and academic review process designed to provide a stronger, more viable educational experience for students, while also cutting operational costs.

Ambrose sought to build student enrollment, an effort that continues to pay off with the largest enrollment in the university's 140-year history. He has also begun a major initiative to encourage and provide assistance for students to graduate college within four years with less debt.

The president continues to build strong relationships with the men and women who serve this country. This includes the establishment of the Whiteman Advantage Program, which brings together personnel from Whiteman Air Force Base and the university to work cooperatively in creating new educational opportunities for military members. The university also developed the Military Tuition Package, which provides savings on an education for military men and women currently serving their country, as well as their spouses and dependents, and veterans.

Under his direction, the university developed a new strategic positioning initiative to provide a more articulated understanding of what makes UCM unique and helped guide the institution in establishing its future priorities. In fall 2012, Ambrose launched the new Missouri Innovation Campus, in collaboration with the Lee's Summit R-7 School District and private industry, which will allow students to begin college during their junior year of high school and complete a degree in four years with little or no debt.

President Ambrose attended Furman University, where he was a four-year letterman and captain of the soccer team. After graduating from Furman with a bachelor's degree in sociology, he earned two advanced degrees in higher education administration, a master's from the University of Louisville and a Doctor of Education degree from the University of Georgia.

Ambrose and his wife, Kris, are active in the community and have participated in charitable bike rides to raise funds and awareness for poverty, hunger and disease.

The Ambroses have two children; Charlie, a December 2013 UCM graduate, and Kathryn, a 2016 graduate of Drake University.

Board of Governors



Dr. Gus Wetzel II
Board President
Clinton



John Collier
Board Vice President
Weston

Mary Dandurand



Board Secretary
Warrensburg



Weldon Brady
Governor
Warrensburg



Walt Hicklin
Governor
Gravois Mills



Mary Long
Governor
Kansas City



Marvin Wright
Governor
Columbia



Matthew Martinez
Student Governor
Warrensburg



Jerry Hughes Athletics Director

Under the leadership of Jerry Hughes, UCM's athletics program has enjoyed unprecedented success, highlighted by the dual NCAA basketball championships in 1984 by the Mules and Jennies, the 1994 and 2003 NCAA baseball championships, the 2003 women's Intercollegiate Bowling Association national title, the 2014 men's basketball national crown and the 2015 Indoor

& Outdoor national titles for Jennies Track & Field. In 2005, Hughes was inducted into the Missouri Sports Hall of Fame and in January of 2016 he was named a Missouri Sports Legend, the highest honor bestowed by the Missouri Sports Hall of Fame.

Entering the 2016 fall semester, the Mules and Jennies have won 153 Mid-America Intercollegiate Athletics Association championships, eight national championships, had 46 other top four NCAA finishes, and made more than 270 NCAA post-season appearances during Hughes' tenure. The Central Missouri athletic program also won the Mid-America Intercollegiate Athletics Association All-Sports Trophy each year from 1998-99 (the year of the award's inception) until the award was discontinued in 2002-03. UCM finished second in the NACDA Directors' Cup in 2010-11, the best finish in school and MIAA history after finishing third the previous two years. In the 21 year history of the Directors' Cup, UCM has 13 Top 10 finishes and 19 Top 20 finishes.

Hughes was named Central Region Athletics Director of the Year for the 1998-99, 2001-02, 2010-11 and 2015-16 seasons as selected by the National Association of Collegiate Directors of Athletics (NACDA). He was the first three-time winner - at any NCAA level--in the history of the Athletics Director of the Year program.

Hughes has been Central Missouri's athletics director since Jan. 25, 1983. Prior to that, Hughes had served as associate athletics director since July of 1981. In 1991-92, he served as the Mules' interim head basketball coach and guided the team to a 15-13 record.

Hughes has been a Division II member of the NCAA Executive Committee and chairman of the Division II Championships Committee. He also served a term as NCAA Vice President for Division II and has been a member of the NCAA Council, making him the only person to twice hold the highest-ranking office available to athletics administrators in NCAA Division II. Other NCAA committees on which he has served are the Membership Structure Committee, Administrative Committee, and Post-Season Football Subcommittee. He has chaired the NCAA Division II Management Council and Membership Growth Project Team and been a member of the NCAA Budget and Finance Committee and NCAA Administrative Review Panel, as well as the NACDA Sears Directors Cup Committee.

He has spearheaded fund-raising efforts for major renovations of the Central Missouri football and baseball stadiums, as well as the development of UCM's South Recreation Complex and the Audrey J. Walton Clubhouse at Pertle



University of Central Missouri Director of Athletics Jerry Hughes and his wife, Vici.

Springs. In 2015, he oversaw the complete redesign and renovation of Keth Memorial Golf Course. He is the founder of the Las Vegas High Desert Classic, a highly regarded NCAA Division II basketball tournament, which was held each December for 17 years in Las Vegas, Nev.

In addition to his service at Central Missouri, Hughes has served as Regional Director of the Show-Me State Games, and on the Governor's Council on Physical Fitness and Health.

Hughes has been at Central Missouri since October 1979, when he took a position as business placement director. The following year he became director of student recruitment. In 1981, Hughes was chosen for the new position of associate athletics director.

A native of Versailles, Mo., Hughes received his bachelor's degree in physical education in 1971 from Central Missouri, with a minor in safety education. He was a three-year letterman on the Mules' golf team, receiving All-MIAA honors in 1971. He also obtained a master's degree in secondary school administration, which he received in 1979 from Central Missouri. Following his graduation in 1971, Hughes spent a year of active duty in the Army National Guard.

In 1972, he returned to his hometown and took a position as physical education instructor, head golf coach and assistant basketball coach at Morgan County R-2 High School. From 1977-79, he served as the school's athletics director and assistant principal.

He and his wife, Vici, have four children - Greg, Chad, Parker, and Ashley. They have eight grandchildren - Tanner, Rylie, Dalton and Wyatt from Greg and his wife Catrina; Fallon, Kaiser, and Logan from Chad; and Sofija from Ashley and her husband Matt Ruzich. Vici works for UCM as Director of the Midwest Center for Urban Education and Charter Schools.



Central Missouri Athletic Director Jerry Hughes was named a Missouri Sports Legend in January of 2016. He is seen here with his bust, which is now on display at the Missouri Sports Hall of Fame in Springfield.

Central Missouri's Athletic Directors

Joe Ferguson	1899-1907
Guy Lowman	1907-1908
A.A. Mason	1908-1909
Frank Winters	1909-1912
Forrest C. (Phog) Allen	1912-1919
Bill Greim	1919-1923
Theodore (Tad) C. Reid	1923-1938
Carl Voltmer	1938-1945
Tate Page	1945-1952
Leroy Harper	1952-1957
Glenn Gerdes	1957-1962
Carmen Ness	1962-1964
Dr. Hal Yinger	1964-1966
Dr. Floyd Walker	1966-1980
Dr. Roger Denker	1980-1981
Al Molde	1981-1983
Jerry Hughes	1983-Present

Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles



Kathy Anderson
Senior Associate
Athletic Director



Susan Anderson
Head Softball Coach



Wes Bell
Assistant Football Coach



Kurtis Brondyke
Assistant Track & Field
Coach



Hannah Carlson
Assistant Soccer Coach



Chuck Clemens
Assistant Football Coach



Rhonda Crews
Athletics Secretary



Kyle Crookes
Head Baseball Coach



Jon Culp
Program Development/
Retention Coordinator



Lauren Curtis
Assistant Softball Coach



Rebecca David
Assistant Athletic
Trainer



Ron Dubuque
Head Athletic Trainer



Dr. Paul Engelmann
Faculty Athletics
Representative



Justin Ensign
Head Wrestling Coach



Karen Hibdon
Multipurpose Building
Manager



Joe Hoffmann
Assistant Media
Relations Director



Ron Holmes
Head Bowling Coach



Bob Jackson
Marketing & Promotions
Director



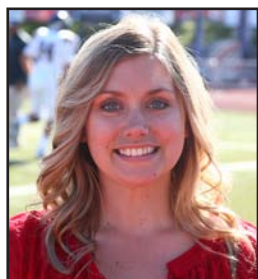
Kip Janvrin
Co-Head Track & Field
Coach



Nate Johnson
Assistant Men's
Basketball Coach



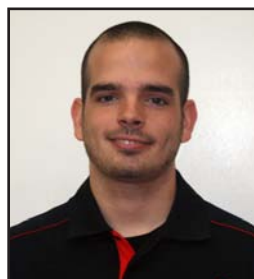
Doug Karleskint
Head Men's
Basketball Coach



Tina Kent
Mulekickers Coach



Mike Knipper
Asst Athletic Director/
Media Relations



Jeff Mason
Communication &
Events Coordinator



Hank McClung
Assistant Football Coach



John McMenamin
Assistant Football Coach



Crystal Meeks
Associate Head
Athletic Trainer



Mike Nicholson
Assistant Women's
Basketball Coach



Caitlin Pankratz
Associate Head
Volleyball Coach



Kirk Pedersen
Head XC/Co-Head
Track & Field Coach



Tim Pinkston
UCM Licensing &
Trademarks



Flip Piontek
Head Volleyball Coach



Tim Poe
Head Men's
Golf Coach



Chris Port
Head Women's
Golf Coach



Chris Richardson
Assistant Men's
Basketball Coach



Michelle Schubert
Athletics Development
Officer



Dave Slifer
Head Women's
Basketball Coach



Katie Smith
Video Operations
Coordinator



Damian Stammersky
Assistant Baseball Coach



Viridia Stevens
Athletics Accountant



Jim Svoboda
Head Football Coach



Pat Swoboda
Athletics Equipment
Manager



Sean Teter
Strength & Conditioning
Coach



Lewis Theobald
Head Soccer Coach



Scott Thomason
Assistant Athletic
Director/Facilities



Shonda Thomason
Athletics Academic
Coordinator



Travis Underwood
Athletic Ticket &
Operations Coordinator



Crystal Westphal
Insurance Specialist



Kyle Westphal
Assistant Football Coach



Kelli Woodson
Cheerleading Coach

Central Missouri Athletics Directory

Area Code: 660 - Main campus switchboard number: 660-543-4111

General athletics number: 660-543-4250

Athletics Fax number: 660-543-8034

Athletics Administration Phone Numbers

Athletics Director	Jerry Hughes	hughes@ucmo.edu	543-4250
Senior Associate Athletic Director	Kathy Anderson	klanderson@ucmo.edu	543-4310
Assistant Athletic Director/Media Relations	Mike Knipper	knipper@ucmo.edu	543-4312
Assistant Athletic Director/Facilities	Scott Thomason	sthomason@ucmo.edu	543-4011
Faculty Athletics Representative	Dr. Paul Engelmann	engelmann@ucmo.edu	543-4788
Marketing & Promotions Director	Bob Jackson	jackson@ucmo.edu	543-8194
Athletics Secretary	Rhonda Crews	rcrews@ucmo.edu	543-4250
Athletic Ticket & Development Operations Coordinator	Travis Underwood	tunderwood@ucmo.edu	543-4063
Athletic Development Officer	Michelle Schubert	schubert@ucmo.edu	543-8396
Head Athletic Trainer	Ron DuBuque	dubuque@ucmo.edu	543-4271
Associate Head Athletic Trainer	Crystal Meeks	cmeeks@ucmo.edu	543-4191
Assistant Athletic Trainer	Rebecca David	rdavid@ucmo.edu	543-4191

Central Missouri Coaching Staff**Baseball**

Head Coach	Kyle Crookes
crookes@ucmo.edu	543-4800
Assistant Coach	Damian Stammersky
stammersky@ucmo.edu	543-4892

Men's Basketball

Head Coach	Doug Karleskint
karleskint@ucmo.edu	543-4251
Assistant Coach	Nate Johnson
njohnson@ucmo.edu	543-4757
Assistant Coach	Chris Richardson
carichardson@ucmo.edu	543-4249

Women's Basketball

Head Coach	Dave Slifer
dslifer@ucmo.edu	543-4253
Assistant	Mike Nicholson
mnicholson@ucmo.edu	543-4269

Cross Country

Head Coach	Kirk Pedersen
pedersen@ucmo.edu	543-8309

Football

Head Coach	Jim Svoboda
jsvoboda@ucmo.edu	543-4252
Defensive Coordinator	Wes Bell
wbell@ucmo.edu	543-4697
Offensive Coordinator	John McMenamin
jmcmenamin@ucmo.edu	543-4216
Offensive Line	Hank McClung
mcclung@ucmo.edu	543-4199
Defensive Line	Chuck Clemens
cclemens@ucmo.edu	543-8021
Defensive Backs/Special Teams	Kyle Westphal
westphal@ucmo.edu	543-4486
Strength & Conditioning	Sean Teter
teter@ucmo.edu	543-4485

Men's Golf

Head Coach	Tim Poe
tpoe@ucmo.edu	543-4182

Women's Soccer

Head Coach	Lewis Theobald
theobald@ucmo.edu	543-4187
Assistant Coach	Hannah Carlson
hcarlson@ucmo.edu	543-4679

Softball

Head Coach	Susan Anderson
sanderson@ucmo.edu	543-4139
Assistant Coach	Lauren Sigwing
sigwing@ucmo.edu	543-4679

Track & Field

Co-Head Coach	Kirk Pedersen
pedersen@ucmo.edu	543-8309
Co-Head Coach	Kip Janvrin
janvrin@ucmo.edu	543-4254
Assistant Coach	Kurtis Brondyke
brondyke@ucmo.edu	543-8309

Volleyball

Head Coach	Flip Piontek
piontek@ucmo.edu	543-4905
Associate Head Coach	Caitlin Pankratz
pankratz@ucmo.edu	543-4572

Women's Bowling

Head Coach	Ron Holmes
holmes@ucmo.edu	543-8100

Women's Golf

Head Coach	Chris Port
cport@ucmo.edu	543-4182

Wrestling

Head Coach	Justin Ensign
jensign@ucmo.edu	543-8511

207 MIAA Titles, 10 National Titles

The University of Central Missouri has a long and rich history of excellence in athletics, both on the field of play and in the classroom.

Outstanding teams, combined with some of the finest facilities in Division II athletics give UCM's students, faculty and staff one more aspect of college life to enjoy with pride.

Always a contender for conference titles, Central Missouri belongs to the 14-member Mid-America Intercollegiate Athletics Association, which is recognized nationwide as one of the strongest conferences in all of NCAA Division II.

Since 1983, the tenure of Athletic Director Jerry Hughes, UCM has won or shared 153 MIAA championships, more than any other league school. All-time, the Mules have taken home 142 titles, while the Jennies are at 65.

Central Missouri has won eight national championships since 1980 (men's and women's basketball in 1984--the first school in NCAA history to win both titles in the same season--baseball in 1994 and 2003, women's bowling in 2003, men's basketball in 2014 and Jennies Track & Field with the indoor/outdoor sweep in 2015), and 10 overall.

The Jennies volleyball team has been to the NCAA Tournament every season for the past 23 years, and the Mules have won 17 MIAA Indoor Track & Field titles in the last 22 years, and 10 of the last 16 MIAA Outdoor Track & Field crowns. The Mules baseball squad has made 21 NCAA Tournament appearances in the last 23 seasons, including 14 Division II World Series berths in that span.

Two UCM teams captured MIAA Regular Season Championships in 2015-16, and added three conference postseason tournament titles to that

total as well. Five teams finished in the top 10 in the nation via ranking or place. Mules Baseball was fourth, Jennies Soccer was fifth as was Jennies Bowling. Mules Outdoor Track & Field finished seventh, with Jennies Outdoor Track & Field coming in eighth.

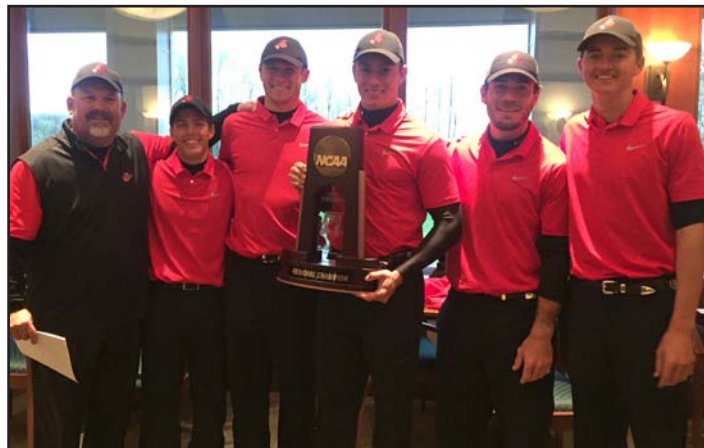
Additionally, Mules and Jennies Indoor Track & Field and Mules Golf finished in 11th. Jennies Golf also made their first ever NCAA Tournament appearance

Individually, UCM had 39 different All-America seasons and performances. Heavin Warner won her third straight hammer throw national championship at the NCAA Outdoor Track & Field Championships. She became the 20th athlete in Division II track & field history to win three individual national titles and just the 14th all-time to win three straight titles in the same event.

UCM student-athletes once again excelled in the classroom with a department-wide cumulative GPA of 3.0. UCM had 232 student-athletes named to the MIAA Academic Honor Roll, including 19 Academic Excellence Awards for student-athletes having 4.0 GPAs and 28 Scholar-Athlete Awards with student-athletes having at least a 3.5 GPA and earning All-MIAA honors in their respective sports. In addition, seven UCM student-athletes were named to the CoSIDA Academic All-Region Teams in their respective sports with four earning Academic All-America honors and Shelby Winkelmann being named the CoSIDA Academic All-American of the Year for women's basketball. Cross Country and Track & Field student-athlete Michael Gawlick was also awarded a prestigious NCAA Postgraduate Scholarship.

2015-16 Athletic Highlights

- **Two MIAA Regular Season Championships**
 - Jennies Soccer
 - Mules Baseball
- **Three MIAA Tournament Championships**
 - Jennies Soccer
 - Jennies Volleyball
 - Mules Baseball
- **Three NCAA Regional Championships**
 - Jennies Soccer
 - Mules Baseball
 - Mules Golf
- 10 NCAA Postseason appearances out of 17 sports
- Finished 10th overall in the Learfield Sports Directors' Cup standings (a competition for best overall athletic program in the nation); 16th time in last 17 years placing in the Top 20
- One Individual National Championship
- 39 Individual All-American seasons and performances
- Two NCAA Postgraduate Scholarships
- 4 CoSIDA Academic All-Americans, and one Academic All-American of the Year
- 4 MIAA Player of the Year awards
- Two MIAA Coach of the Year awards
- Three Regional Coach of the Year awards



Mules Cross Country & Track

15 MIAA Cross Country Titles – 20 MIAA Indoor Titles – 20 MIAA Outdoor Titles

Take a Mule Refresher and Learn What's So Special about Missouri's State Animal

Often called mankind's most successful hybrid, mules are the offspring of crossing a male donkey or jack with a female horse or mare. Since they can't reproduce, mules have been bred one generation at a time for more than 3,000 years.

A strong, resourceful beast of burden, the mule can outwork, outpull, outlive and outsmart a horse of similar size and type.

In 1995, the mule became Missouri's official state animal, but the long-eared creatures have been known as "Missouri Mules" long before then.

The term, "Missouri Mules," was used casually until it became famous at the historic 1904 St. Louis World's Fair. At that exposition a six-mule hitch belonging to W. A. Elgin of Platte County swept all competition, and a mule from a Morgan County farm received the \$10,000 Mayor's Award.

Newspaper accounts of this show-ring prowess brought worldwide attention to the state's mule breeders and helped assure that the largest and finest animals would be known as "Missouri Mules."



Central Missouri's Mancow is the only live mascot in the Mid-America Intercollegiate Athletics Association.

Many people assume that the relationship of mules and jennies is the same as that of siblings, but jennies are female donkeys. So, the relationship of mules and jennies is really the same as nephew/niece and aunt. Jenny is a common name but technically a female donkey is a jennet.

Popular with farmers and settlers because of its hardy nature, Missouri Mules pulled pioneer wagons to the Wild West and played a crucial role in moving troops, artillery and supplies in several wars. In fact, many of the mules used in World War I were shipped by train from Warrensburg.

The mule's affiliation with Central Missouri dates back to the early 1920s. When the 1921-22 school year began, school officials decided "Normals" and "Teachers" were no longer appropriate nicknames for UCM's athletic teams. Therefore, the school's Athletic Committee established a contest that promised the winner a three-year postgraduate subscription of the school newspaper. More than 80 suggestions were received, but the winning entry was submitted by John Thomason of Chilhowee, class of 1924, who felt at least one Missouri team should be known as "Mules."

Central Missouri's fifth mascot - Mancow - is the university's first real Missouri mule. The line-back brown mule comes from Paradise Mules in Belle, Mo. It took several months for farm manager Dave Ewing to find the perfect mule. He was determined to acquire the right mule trained to remain calm around big crowds and loud noises - that game cannon gets loud!

Mancow the Mule is the second UCM mule to be tall (14.1 hands), a result of her thoroughbred heritage. The university's first three mules were Shetland Pony breeds. She's the second mule to be presented to the university as a gift.

Erich "Mancow" Muller, '88, made a gift to purchase the new mascot. Abbedale, her immediate predecessor, was donated to the university by 1938 alumnus and well-known mule producer, Sam Smiser from Newhall, Calif. The 10-year-old mare mule represented the university at home football games and other events. UCM agriculture students care for her at Prussing Farm, a few miles east of Warrensburg on Division Road.

Following her first appearance at the 2004 Missouri State Fair, Mancow saw her first game action, as Central Missouri hosted MIAA-rival Northwest Missouri State on Sept. 11.



Mule #1 - Gizmo, after World War II



Mule #2 - Little Mo in the 1950s



Mule #3 - Roscoe in the 1960s



Mule #4 - Abbedale in the early 1980s



Mule #5 - Mancow in 2012

Top 10 Reasons to Admire a Mule

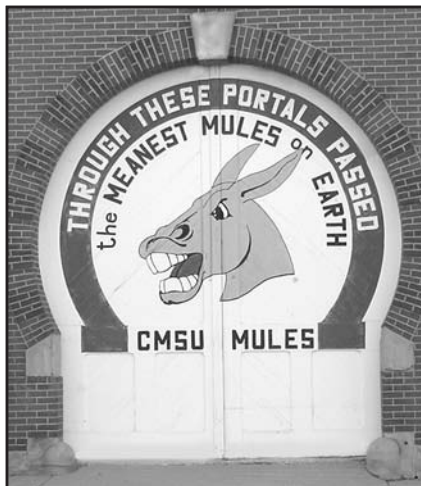
10. Affectionate and loving as a dog
9. Can carry heavy loads, up to 300 pounds
8. Rarely miss when they aim to kick something
7. Jump amazing heights from a stand-still start (go watch a mule jump at a county fair - it's amazing!)
6. Have a laid-back style and won't be rushed
5. Valued so highly, once bought sight unseen
4. Inspire attitudes - cum mula peperit (when a mule foals), similar to once in a blue moon
3. Knows when to quit (hence its reputation for stubbornness)
2. Intelligent and not afraid of working
1. Because it became our mascot in 1922, over the skunk, bobcat and hippopotamus!

Warrensburg, Missouri is a friendly community of 18,000 people near the intersection of U.S. Highway 50 and Missouri Route 13. It is located just 40 miles southeast of suburban Kansas City, with its many cultural offerings, entertainment options and professional sports franchises.

The county seat of Johnson County, Warrensburg is just four hours from St. Louis and three hours from Branson, Mo., with easy access by highway, Amtrak, or Greyhound bus. Other recreational opportunities include the beautiful Lake of the Ozarks 90 minutes to the southeast.

Warrensburg is a city that emerged from a frontier gathering place more than 150 years ago. In 1833, a blacksmith from Kentucky named Martin Warren chose a well-travelled spot along an Osage Indian Trail to build a cabin and set up his blacksmith shop. His shop served as an informal gathering place for local farmers. Three years after moving to Missouri, Mr. Warren's shop was named the county seat of the newly created County of Johnson. The township was named Warren's Burg in honor of the local blacksmith, and in 1855, the township was incorporated and became the City of Warrensburg. It is that same strong midwestern work ethic displayed by its founder, and the same friendly atmosphere shown by his neighbors that may be seen in Warrensburg today.

In the late 1800s and early 1900s Warrensburg was considered the Missouri Mule Capital because of the Horse and Mule Barn operated by the Jones Brothers on Railroad Street. Mules from the area won prizes at the State Fair (located just 30 minutes east in Sedalia, Mo.) and at even larger expositions like the one in St. Louis in 1904. The mule barn carried the motto, "Through these portals pass the meanest mules on earth."



Warrensburg is home to many historic sites, including "Blind" Boone Park, the historic Johnson County Courthouse, the Missouri Pacific Train Depot, and many historical churches.

It is also the site of the Old Drum Memorial Statue, in honor of Old Drum, the hound shot and killed by his owner's neighbor in 1869. Old Drum was eulogized by

George Graham Vest on September 23, 1870:

"The one absolutely unselfish friend that man can have in this selfish world, the one that never deserts him and the one that never proves ungrateful or treacherous is his dog."

Today the city's Park Department has eight park areas with a total of 326 acres, and a Community Center which offers a wide variety of recreational activities.

Two public golf courses are available in town -- one at the Hidden Pines Country Club, and another at Pertle Springs, operated by the University of Central Missouri.



Photo courtesy of United States Air Force

Other attractions in the area include Powell Gardens, a 1,250+ botanical garden just 12 miles west of Warrensburg on Missouri Highway 50 that contains hiking trails, picnic



areas, and seasonal displays; Whiteman Air Force Base in Knob Noster, Mo., home of the B-2 Bomber; Knob Noster State Park; and the Missouri State Fair, held each August in Sedalia, Mo.

Of course, visitors to Warrensburg can also take in the exciting athletic events and various cultural experiences provided at the University of Central Missouri.



Contact Information

Address..... UCM Athletic Media Relations
MPB 203
500 S. Washington Street
Warrensburg, MO 64093
Athletic Media Relations Phone 660-543-4312
Athletic Media Relations Fax..... 660-543-8034
Official Website.....www.ucmathletics.com

Media Credentials

All requests for press, photo, or broadcast credentials and press box space for Central Missouri home events should be made at least three days in advance to the Athletic Media Relations Office, Mike Knipper, Assistant Athletic Director for Media Relations:

Phone - 660-543-4312; **Fax** - 660-543-8034

Email - knipper@ucmo.edu

Radio/Television Broadcasts

Approval for radio/television broadcasts of all Central Missouri home games must be received in advance from the Media Relations Office.

The Athletics Office at Central Missouri provides one telephone line for use by visiting radio stations on a reciprocal basis. Stations wishing to use the line should contact the Media Relations Office at least one week in advance.

Television stations seeking videotape highlights may wish to contact Katie Smith (kosmith@ucmo.edu)

Photographers

Photo credentials allow access to both the sideline and press box/row areas, and must be displayed at all times. NCAA rules require photographers to remain in their designated areas. Photographers without media credentials from the Central Missouri Athletic Media Relations office will be asked to leave the media area. Any questions should be referred to the UCM Athletic Media Relations Office.

Game Services

Working media members are provided with a program, pregame notes, and statistics, as well as complete final game statistics and play-by-play accounts.

Telephones/Internet

A limited number of telephones and telephone lines for electronic transmission of stories are available on a first-come, first-served basis. There will also be several network cable lines available for home basketball, baseball, and football games as well as wireless internet in those three venues.

Student-Athlete Interviews

Student-Athlete interviews during the week must be arranged through the Athletic Media Relations Office. Please make arrangements in advance. Home telephone and cell phone numbers, and email addresses will not be released.

All postgame interviews are to be conducted outside of the locker room area following a customary 10-minute "cooling-off period."

Covering the Mules & Jennies

Print Media	Website	Contact	Phone	Fax	Address
Warrensburg Daily Star-Journal	dailystarjournal.com	Jack Miles	660-747-8123	660-747-8741	135 E Market, Warrensburg, MO 64093
Sedalia Democrat	sedaliademocrat.com	Alex Agueros	660-826-1000	660-826-0400	700 S. Massachusetts, Sedalia, MO 65301
Kansas City Star	kcstar.com	Blair Kerkhoff	816-234-4355	816-234-4360	1729 Grand Ave, Kansas City, MO 64108
The Muleskinner	digitalburg.com	Student Editor	660-543-4050	660-543-8663	Wood Room 312, UCM, Warrensburg, MO 64093
Radio	Website	Contact	Phone	Fax	Address
KOKO 1450/KWKJ 98.5 The Bar	warrensburgradio.com	Greg Hassler	660-747-9191	660-747-5611	PO Box 398, Warrensburg, MO 64093
KMZU 100.7 FM	kmzu.com	Matt Gang	660-542-0404	660-542-0420	102 North Mason, Carrollton, MO 64633
KDKD 95.3 FM	westcentralmoinfo.com	David Lee	660-885-6141	660-885-4801	PO Box 448, Clinton, MO 64735
Television	Website	Contact	Phone	Fax	Address
KMOS-TV	kmos.org	N/A	660-543-4155	660-543-8863	Wood Room 11, UCM, Warrensburg, MO 64093
Wire Services	Website	Contact	Phone	Fax	Address
Associated Press	ap.org	N/A	816-421-4844	N/A	N/A

UCM Media Relations Staff

Mike Knipper
Assistant AD
Media Relations



Joe Hoffmann
Assistant Media
Relations Director



Katie Smith
Video Operations
Coordinator



Will McLaughlin
Media Relations
Graduate Assistant

Mules & Jennies on the Internet

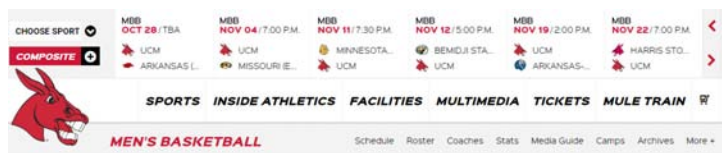
For the most up-to-date coverage of Mules and Jennies athletics, media members and fans can access the official website of University of Central Missouri Athletics, ucmathletics.com.

In addition to updated results, statistics and game stories, you can find photos, player and coach biographies, schedule and roster information and releases on all 17 of UCM's intercollegiate sports.

UCM football, men's and women's basketball, and select baseball, softball and volleyball game broadcasts may also be heard online by going to the link on the UCM Athletic website or by going to warrensburgradio.com.

The Central Missouri Athletic website is maintained by the UCM Athletic Media Relations office, Mike Knipper, Assistant AD/Media Relations.

Fans can also receive updates via their cell phone by signing up for textcaster on the UCM athletics website.

**LATEST NEWS**

UCM LITERACY TEAM SCHOOL VISITS SET FOR OCTOBER 28 / TBA
 MULES BASKETBALL TO HOLD WALK-ON TRYOUTS...
 SCHEDULE SET FOR 2016-17 UCM MULE TRAIN EV...
 2016 CELEBRATING CENTRAL MISSOURI ATHLETIC...
 2016 CELEBRATING CENTRAL MISSOURI ATHLETIC...
 MULES BASKETBALL TO HOST MULEBALL MASTE...
 CENTRAL MISSOURI FINISHES 10TH IN LEARNFIELD...
 MULES BASKETBALL RANKS 11TH IN THE NATION...
 MIAA ANNOUNCES ACADEMIC EXCELLENCE NEW...

Follow the Mules & Jennies on social media

@UCMMULES
@UCMTF



/UCMAthletics



@UCMMULES
@UCMTF

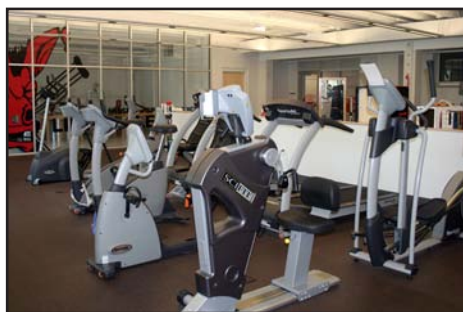


/UCMAthletics

The Dr. Ron “Doc” VanDam Athletic Training Facility was dedicated on January 22, 2011. In his 30-year tenure at Central Missouri, Doc treated and advised thousands of athletes, was an integral part of 78 MIAA Conference Championships, 41 MIAA Conference Tournament Championships, 26 NCAA Regional Championships and 3 NCAA National Championships as well as leading, teaching and mentoring the athletic training students at Central Missouri. Doc was foundational in setting the standard for success within the Athletics Department and the Physical Education Department at Central Missouri. His leadership was respected and appreciated while he served as the President of the Missouri Athletic Trainers’ Association, and as a member of the Missouri State High School Activities Association Sports Medicine Advisory Committee.



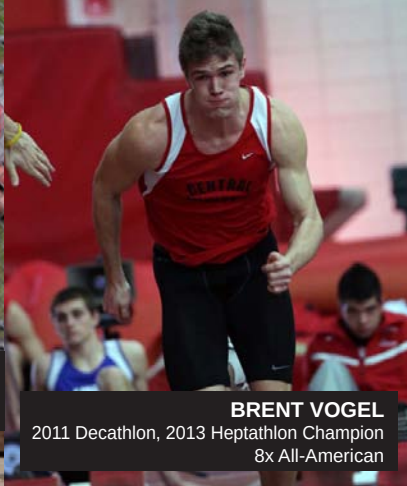
The Dr. Ron “Doc” VanDam main Athletic Training Facility as well as the Athletic Training Education Program occupies combined 6,000-square foot of the newly renovated, state-of-the-art Morrow-Garrison Student Recreation complex. The facility features state-of-the-art therapeutic modalities including the latest Electrical Stimulation/Ultrasound units, rehabilitation equipment including advanced Biodex isokinetic and balance/proprioception units, a hydro therapy area, advanced cardiovascular conditioning equipment, an on-site team physician office, and a corresponding athletic training student lab and classroom.





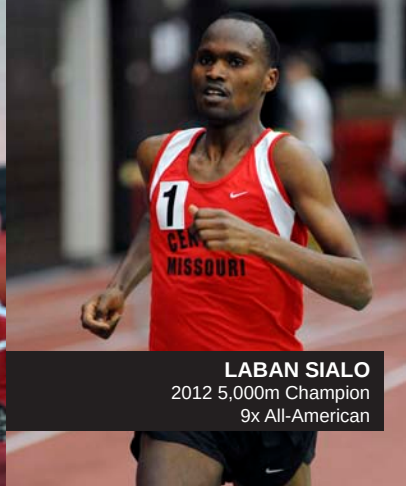
HEAVIN WARNER

2014, 2015, 2016 Hammer Throw Champion
10x All-American



BRENT VOGEL

2011 Decathlon, 2013 Heptathlon Champion
8x All-American



LABAN SIALO

2012 5,000m Champion
9x All-American



KAYLA MUYSKENS

2012 Shot Put Champion
10x All-American



ERIN ALEWINE

2013, 2014 Pentathlon Champion
12x All-American

LINDSAY LETTOW (BOTTOM LEFT),
IS THE FIRST 4-TIME NATIONAL
CHAMPION IN SCHOOL HISTORY.
HER 16 ALL-AMERICAN AWARDS IS A
JENNIES RECORD

•
HEAVIN WARNER (TOP LEFT), **ERIN
ALEWINE** (LEFT), **KAYLA MUYSKENS**
(TOP RIGHT) AND **LETTOW** ARE THE
TOP-FOUR IN JENNIES HISTORY IN
ALL-AMERICAN AWARDS



CANIGGIA RAYNOR

2015 Discus Champion
5x All-American

UCM HAS HAD 10 NCAA NATIONAL CHAMPIONS AND 20 NATIONAL CHAMPION AWARDS SINCE 2010

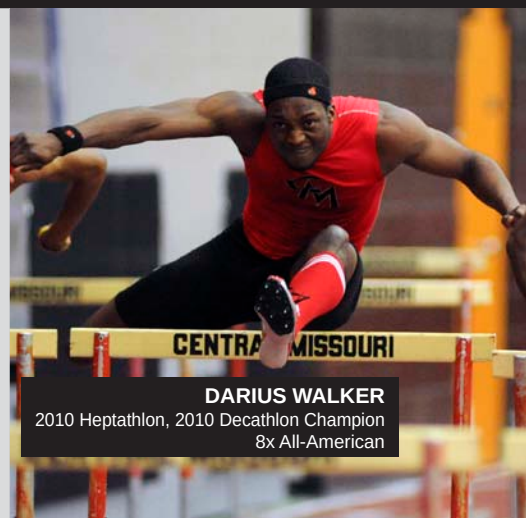


BRITTANY KALLENBERGER

2015 Pole Vault Champion
3x All-American

BRENT VOGEL (ABOVE) AND
DARIUS WALKER (RIGHT) ARE
THE ONLY TWO MULES TO WIN
NATIONAL CHAMPIONSHIPS IN
BOTH THE DECATHLON AND
HEPTATHLON

•
LABAN SIALO'S (ABOVE) NINE
ALL-AMERICAN AWARDS ARE THE
THIRD MOST IN MULES HISTORY,
WITH FOUR COMING IN THE 5,000M
RUN, INCLUDING HIS 2012 NATIONAL
CHAMPIONSHIP



DARIUS WALKER

2010 Heptathlon, 2010 Decathlon Champion
8x All-American



LINDSAY LETTOW

2011-12 Pentathlon, 2011-12 Heptathlon Champion
16x All-American



ERIKA KINSEY

2015 I/O High Jump, 2015 Triple Jump Champion
6x All-American



CENTRAL MISSOURI JENNIES WON THE 2014-15 INDOOR/OUTDOOR NATIONAL CHAMPIONSHIPS



UNIVERSITY OF CENTRAL MISSOURI

TRACK & FIELD

2016-2017 SCHEDULE

INDOOR

December 2-3
Doane College
Happy Holidays Multi Meet
Crete, NE

December 10
Crimson & Gold Invitational
Pittsburg, KS

January 20
UCM Invitational
Warrensburg, MO

January 28
Pittsburg State Invitational
Pittsburg, KS

February 3-4
Mule Relays
Warrensburg, MO

February 10-11
Indoor Gorilla Classic
Pittsburg, KS

February 17
UCM Classic
Warrensburg, MO

February 24-26
MIAA Indoor
Championships
Joplin, MO

March 10-11
NCAA Indoor
Championships
Birmingham, AL

OUTDOOR

March 17
Spring Break Multi Meet
TBA

April 1
ESU Relays
Emporia, KS

April 8
SBU Bearcat Invitational
Bolivar, MO

April 15
David Suenram
Gorilla Classic
Pittsburg, KS

April 19-22
Kansas Relays
Lawrence, KS

April 22
Dewey Allgood Invitational
Rolla, MO

April 27-29
Drake Relays
Des Moines, IA

April 28
Simpson Twilight
Indianola, IA

April 28
Williams/Laptad Open
Joplin, MO

May 5-7
MIAA Outdoor
Championships
Bolivar, MO

May 13
Sam Williams Qualifier
Emporia, KS

May 25-27
NCAA Outdoor
Championships
Bradenton, FL

Home meets are listed in **bold**.