

**CENTRAL MISSOURI
TRACK & FIELD**

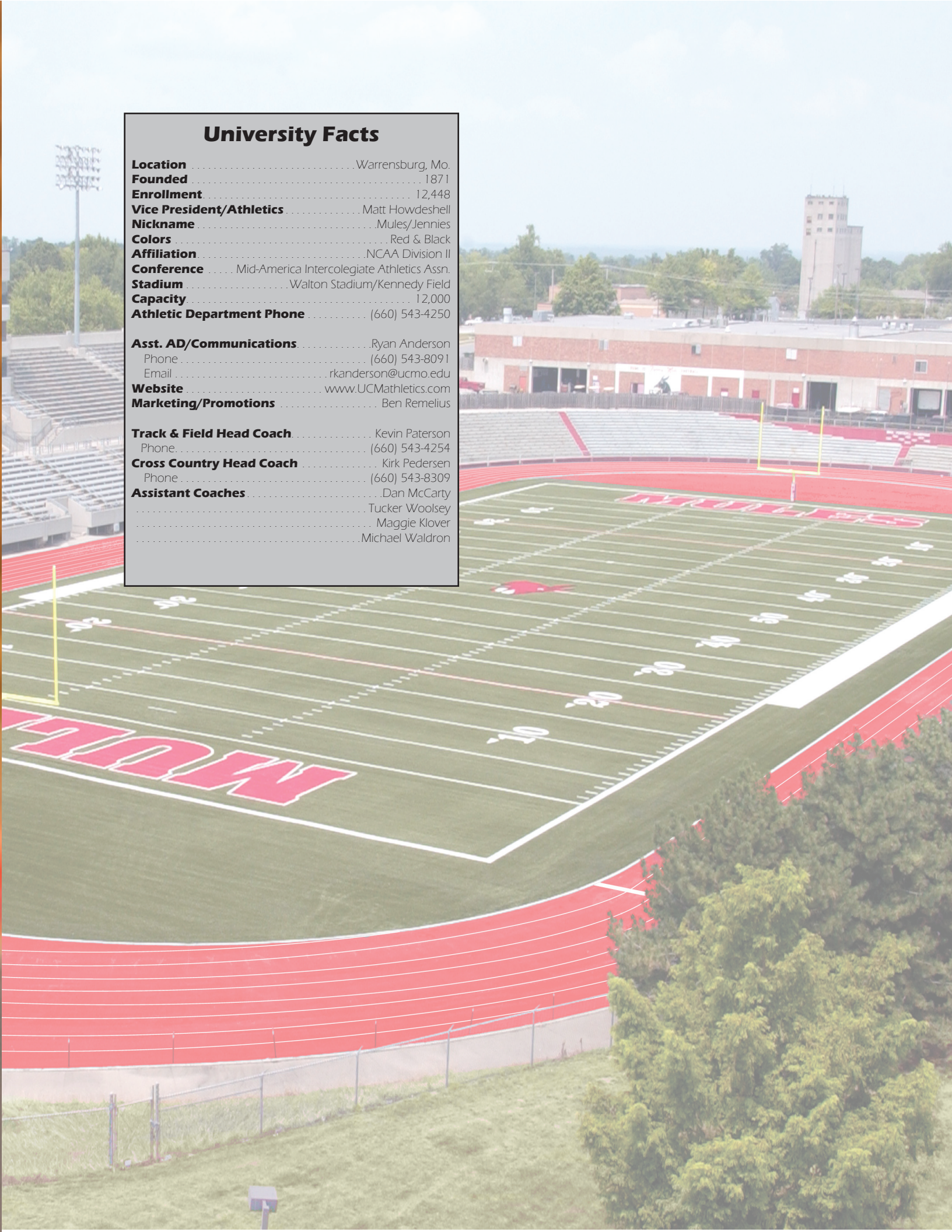
604 All Americans
54 National Champions

University Facts

Location Warrensburg, Mo.
Founded 1871
Enrollment 12,448
Vice President/Athletics Matt Howdeshell
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

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Cross Country Head Coach Kirk Pedersen
Phone (660) 543-8309
Assistant Coaches Dan McCarty
..... Tucker Woolsey
..... Maggie Klover
..... Michael Waldron





Jerry M. Hughes Athletics Center -- Home of UCM Indoor Track and Field

Considered one of the finest facilities of its kind in the nation, the Jerry M. Hughes Athletics Center is in its 48th 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.

Previously named the UCM Multipurpose Building, the building was renamed in February 2024 in honor of former longtime UCM Vice President for Intercollegiate Athletics, Jerry M. Hughes, who served in the position for 40 years (1983-2023) before passing away in January 2023.

The facility is one of the busiest places on campus. In addition to being the home of Mules and Jennies basketball and indoor track and field, Jennies volleyball, and Mules wrestling, the facility is used by university students, faculty, and staff, as well as the general public.

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 Jerry M. Hughes Athletics Center is 6,500 for basketball and volleyball, making it the largest such facility in the MIAA. It also seats 1,640 fans for indoor track meets and 10,000 people for concerts.

Numerous special events take place in the building each year. It hosted the Missouri State High School Activities Association's state volleyball tournament from 1988 until 2008, while state high school playoff games for basketball are also played annually in the building.

In addition, the MIAA Indoor Track and Field Championships have been contested in the Jerry M. Hughes Athletics Center. The facility is also used for Central's annual commencement ceremonies, major concerts, and other UCM events.

The building 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, while the running track was resurfaced and new jumping and vaulting pits were created for track and field. The basketball floor got its first redesign in the summer of 2019.

Previous improvements include the addition of a new scoreboard, containing a four-color message center manufactured by Daktronics,

in 1986 and the purchase of two Sport Courts for volleyball in 1995 and 1998.

The facility received a new look at the start of the 2008-09 basketball season with the replacement of the general admission seating on the South end, and new chair-back seating in the lower reserved section on the North end of the arena.

The building underwent another major change in the summer of 2012 with the addition of a new center-hung display featuring a four-sided digital scoreboard with a 6'5" x 8'8" 10mm video display on each of the sides, with a static digital scoreboard underneath each display. In addition to the new center-hung display, the Multipurpose was equipped with new auxiliary wall scoreboards with stat panels. Three-sided shot clocks were added to both baskets and a 30' LED Scorer's Table system was also purchased for use during basketball games.

The first basketball game was played in the building on Nov. 27, 1976, when the Mules defeated Midland Lutheran College 92-75. The Jennies played their first contest in the facility on Dec. 8 of that season, dropping a 66-44 decision to Tarkio College.

The Jennies posted their first win in the building on Jan. 7, 1977, with a 76-42 victory over Grand View College. The facility was formally dedicated eight days later as the Mules beat Southwest Missouri State 90-62.

The Jerry M. Hughes Athletics Center was designed by the architectural firm of Mantel and Teeter of Kansas City, Mo., and is managed by Kelsey Lee.

Jerry M. Hughes Athletics Center

60-Meter Dash				
Men:	6.64	LeRone Clarke	Unattached	2008
Women:	7.33	Beverly Grant	Mizuno T.C.	1998
200-Meter Dash				
Men:	21.51	Jeffrey Fraley	MSSU	2015
Women:	23.64	Beverly Grant	Mizuno T.C.	1998
400-Meter Dash				
Men:	47.74	Dinsdale Morgan	Pittsburg State	1996
Women:	53.67	Lorraine Graham	Lincoln	1997
600-Yard Run				
Men:	1:09.34	Bob Thomas	Southeast Mo. State	1983
Women:	1:22.43	Lovan Palmer	Lincoln	2013
	1:22.43	Kailey Fuchs	UCM	2017
800-Meter Run				
Men:	1:51.08	John Matheri	BCCC	1999
Women:	2:09.81	Margaret Nakintu	Missouri Baptist	2006
Mile Run				
Men:	4:08.02	Alexandr Alexin	UCM	1997
Women:	4:45.63	Margaret Nakintu	Missouri Baptist	2006
3,000-Meter Run				
Men:	8:21.85	Laban Sialo	UCM	2013
Women:	9:47.15	Katelyn Mona	Emporia State	2012
5,000-Meter Run				
Men:	14:32.10	Josphat Boit	Central Methodist	2002
Women:	17:05.12	Kristen Anderson	UCM	2005
60-Meter Hurdles				
Men:	7.69	Decasmo Wright	Unattached	2008
Women:	8.41	Myrna Moore	Unattached	1984
4x440 Yd. Relay				
Men:	3:16.74	Southeast Missouri State		1984
Women:	3:46.54	Lincoln		1997

Distance Medley Relay				
Men:	10:15.65	UCM		2015
Women:	11:46.14	Missouri Baptist		2007
High Jump				
Men:	7' 3.25"	Ivan Varbanov	UCM	2005
Women:	6' 2.75"	Erika Kinsey	UCM	2015
Pole Vault				
Men:	17' 7"	Cole Phillips	UCM	2017
Women:	13' 8.25"	Andrea Dutoit	Unattached	2004
Long Jump				
Men:	25' 9.25"	Chris Wright	Kansas City Kan. C.C.	1969
Women:	20' 6.25"	Tongula Givens	Unattached	2001
Triple Jump				
Men:	53' 5"	Keith Presberry	Southeast Mo. State	1986
Women:	43' 8"	Nkeiruka Domike	Nebraska-Omaha	2011
Shot Put				
Men:	72' 9.25"	Christian Cantwell	Nike	2008
Women:	52' 7.5"	Heather Leverington	Emporia State	2001
Weight Throw				
Men:	73' 0 5"	Chris Rohr	Missouri	2008
Women:	70' 8.5"	Heavin Warner	UCM	2016
1,000-Meter Run				
Men:	2:30.45	Jurmain Mitchell	Emporia State	1995
Women:	3:00.05	Bethany Brown	Mid-America Nazarene	2018
Two-Mile Relay				
Men:	7:44.53	Lincoln		1982
Women:	9:27.34	Kansas		1981
Heptathlon/Pentathlon				
Men:	5,450	Brent Vogel	UCM	2013
Women:	4,379	Emilyn Dearman	Unattached	2019

Audrey J. Walton Stadium

100-Meter Dash				
Men:	10.30	Brandon Truman	Truman	1993
Women:	11.38	Bev Grant	Unattached	1998
200-Meter Dash				
Men:	20.75	Raymone Campbell	Lincoln	2019
Women:	23.16	Ariel Jackson	Lindenwood	2019
400-Meter Dash				
Men:	46.36	Duane Hill	Lincoln	1996
Women:	53.16	Kissi-Ann Brown	Lincoln	2019
800-Meter Run				
Men:	1:50.16	Kellin Loch	UCM	2013
Women:	2:10.46	Laura Byrne	Southeast Mo. State	1987
1,500-Meter Run				
Men:	3:47.78	Brian Radle	Southeast Mo. State	1987
Women:	4:31.2	Margaret Smith	Missouri	1981
3,000-Meter Run				
Women:	9:38.59	Darla Moberly	UCM	1986
5,000-Meter Run				
Men:	13:54.80	Ryan Riddle	Missouri Southern	2021
Women:	16:29.23	Darla Moberly	UCM	1986
10,000-Meter Run				
Men:	29:36.4	Art Waddle	Southeast Mo. State	1987
Women:	32:17.10	Christine McMiken	Oklahoma State	1986
110 / 100-Meter Hurdles				
Men:	13.9	Mark McKinney	Lincoln	1989
Women:	13.35	Courtney Nelson	Pittsburg State	2019
400-Meter Hurdles				
Men:	51.06	Dinsdale Morgan	Unattached	1998
Women:	57.95	Kissi-Ann Brown	Lincoln	2019
3,000-Meter Steeplechase				
Men:	8:37.4	Mike Vanatta	Southeast Mo. State	1984
Women:	10:49.5	Ester Erdelyi	Central Methodist	2001

4x100-Meter Relay				
Men:	40.62	Central Missouri		2004
Women:	45.74	Pittsburg State		2019
4x400-Meter Relay				
Men:	3:09.56	Emporia State		2019
Women:	3:37.80	Lincoln		2019
High Jump				
Men:	7' 1"	Ivan Varbanov	UCM	2004
Women:	5' 9.25"	Jennifer Drum	UCM	2004
Pole Vault				
Men:	17' 8.5"	Andrei Skvortsov	UCM	1999
Women:	14' 0"	Madi Wulfekotter	UCM	2023
Long Jump				
Men:	25' 11"	Ryan Brown	Lincoln	2019
Women:	19' 11"	Meleah Ridenour	Southwest Baptist	2019
Triple Jump				
Men:	51' 6.5"	Ivan Varbanov	UCM	2004
Women:	41' 4.25"	Kayla Goodwin	UCM	2021
Shot Put				
Men:	65' 6"	Brad Mears	Unattached	1996
Women:	53' 2.25"	Desirea Buerge	Missouri Southern	2019
Discus				
Men:	193' 8"	Alan De Falchi	Highland CC	2021
Women:	182' 2"	Desirea Buerge	Missouri Southern	2019
Hammer Throw				
Men:	224' 1"	Dan Raithe	Unattached	2014
Women:	225' 1"	Heavin Warner	Unattached	2018
Javelin				
Men:	253' 11"	Dan Thomasson	Pittsburg State	1982
Women:	160' 9"	Shelby Edwards	Washburn	2019
Decathlon / Heptathlon				
Men:	7,577	Jeff Sander	Unattached	2000
Women:	5,003	Brianna Schmitz	Emporia State	2019

Mules Cross Country & Track

15 MIAA Cross Country Titles – 21 MIAA Indoor Titles – 22 MIAA Outdoor Titles



Kevin Paterson

Track & Field Head Coach

University of Central Missouri Vice President for Intercollegiate Athletics Matt Howdeshell announced Thursday, August 8, the hiring of Kevin Paterson as the new head coach for the University of Central Missouri Track & Field program.

Paterson is the fourth head coach for the Mules program and sixth for the Jennies program since 1982.

Paterson came to Warrensburg after five standout seasons (2019-24) as the head coach for the Lenoir-Rhyne University Track & Field and Cross Country Programs in Hickory, North Carolina.

During his time at Lenoir-Rhyne, Paterson coached 58 NCAA Division II All-Americans, including eight NCAA Individual National Champions and four NCAA National Runners-Up, and had three top-10 and six top-25 team finishes at the NCAA Championships. He led the Bears to the 2022 South Atlantic Conference (SAC) Outdoor Track & Field Championship and coached an impressive 50 conference champions.

During the 2023-24 season, Paterson coached Lenoir-Rhyne student-athlete Alexis Brown to NCAA Division II National Championships in the 100m dash (outdoor), 60m dash (indoor) and 200m dash (indoor). Brown's time of 7.18 in the 60m dash broke the meet record and tied the NCAA Division II All-Time record. In addition, Paterson led the women's 4x100m relay to a national title at the outdoor championships.

He was named the 2024 Outdoor Women's Southeast Region Coach of the Year and garnered recognition as the 2024 SAC Indoor Men's Coach of the Year. In his tenure at Lenoir-Rhyne, Paterson earned either region or conference coach of the year accolades six times between both indoor and outdoor men's and women's programs.

Paterson's student-athletes at Lenoir-Rhyne broke 30 men's and 29 women's school records and posted 257 NCAA Southeast All-Region honors and 181 SAC All-Conference accolades.

In addition, three student-athletes received prestigious Academic All-America recognition for their performances in the classroom and in competition.

Prior to his time at Lenoir-Rhyne, Paterson spent four years (2015-19) as the Director of Men's & Women's Cross Country/Track & Field at Benedictine University in Lisle, Illinois, where he was the NACC Indoor and Outdoor Coach of the Year five times and recorded a combined eight NACC Conference titles (four indoor, three outdoor and one cross country).

Additionally, Paterson coached four NCAA National Champions and 22 All-Americans during his time at Benedictine.

Before arriving at Benedictine, Paterson served as the head track & field and cross country coach for his alma mater, Calumet College of St. Joseph in Whiting, Indiana, from 2012-2015.

Prior to returning to Calumet College of St. Joseph as the head coach, he was a volunteer assistant coach at the University of Illinois-Chicago (2012), and an assistant cross country/track & field coach at Bacone College (2011-12) in Muskogee, Oklahoma, and Indiana Tech (2010-11) in Fort Wayne, Indiana.

Paterson, who is originally from Hobart, Indiana, earned a bachelor's degree in management in 2009 from Calumet College of St. Joseph before receiving a master's degree in management from Calumet College of St. Joseph in 2014.

As a track & field student-athlete at Calumet College of St. Joseph, Paterson was a two-time team captain, totaled eight school records in two years with the program, and graduated as one of the most accomplished student-athletes in school history.



Kirk Pedersen Cross Country Head Coach

Kirk Pedersen is in his 40th season as head coach of the Mules and Jennies cross-country teams in 2024. It is also his 30th season as the distance coach of Central Missouri track and field. Pedersen

served as an assistant under former head coach Les Stevens for 10 years.

Pedersen has guided the Mules' cross country team to 11 MIAA championships in the past 30 years, with 11 straight Top-25 finishes (from 1996-2007) at the NCAA Division II Cross Country Championships. He has also coached the Jennies Cross Country 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 18 MIAA indoor championships, and 14 outdoor. In the last 14 years, he and Janvrin have garnered 18 MIAA Indoor Coach of the Year awards, adding 12 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, as they led the Jennies to NCAA National Championships both indoors and out.

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.

In 2000, Mules and Jennies Cross Country both placed 13th at Cross Country Nationals. 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.

In 2010 on the track, the Mules tied the school's highest national finish with a third-place showing at the NCAA Outdoor National Championships. In 2015, Pedersen coached Megan Glamann to a fifth place All-American finish at the NCAA Outdoor Championships in the 10,000m as the Jennies won the National Championship.

The Mules Cross Country team made it back to nationals in 2017 after finishing third in the central region and second in the MIAA.



The Central Missouri men returned to the NCAA-II Cross Country Championships in 2021 after earning an at-large bid and finishing fifth at the NCAA-II Central Region Championships.

The native of West Liberty, Iowa 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 twins, daughter Jodi and son J.D., and daughter Amber.

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	
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 (5)
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)
2017	Janvrin/Pedersen	4th (88)	T-21st (9)	T-1st (135)	5th (36)	2017	Janvrin/Pedersen	5th (68.5)	19th (15)	3rd (90)	T-43rd (5)
2018	Janvrin/Pedersen	3rd (85.5)	T-26th (7)	2nd (103.5)	21st (11.5)	2018	Janvrin/Pedersen	2nd (77.25)	43rd (4)	3rd (93.5)	T-71st (0.25)
2019	Janvrin/Pedersen	1st (121)	7th (26)	1st (133)	31st (8.5)	2019	Janvrin/Pedersen	5th (54)	42nd (3)	5th (79.5)	—
2020	Janvrin/Pedersen	5th (87)	—	—	—	2020	Janvrin/Pedersen	5th (71.5)	—	—	—
2021	Janvrin/Pedersen	4th (96)	T12th (16)	3rd (105.5)	T-11th (22)	2021	Janvrin/Pedersen	1st (137)	4th (36.5)	2nd (129)	10th (23.5)
2022	Janvrin/Pedersen	4th (83)	5th (29)	4th (92)	T-10th (27)	2022	Janvrin/Pedersen	4th (82.5)	14th (19)	2nd (117.5)	T-16th (15)
2023	Janvrin/Pedersen	6th (60)	15th (17)	4th (83)	T-19th (15)	2023	Janvrin/Pedersen	4th (80)	7th (27)	6th (82.5)	T-28th (9)
2024	Janvrin/Pedersen	4th (59)	15th (14)	7th (62.5)	12th (20)	2024	Janvrin/Pedersen	6th (50)	17th (13)	7th (59.5)	T-34th (6)

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)	—	2017	Kirk Pedersen	8th (201)	15th (393)	—
2017	Kirk Pedersen	2nd (71)	3rd (162)	20th (528)	2018	Kirk Pedersen	10th (253)	24th (665)	—
2018	Kirk Pedersen	8th (204)	16th (439)	—	2019	Kirk Pedersen	2nd (84)	12th (309)	—
2019	Kirk Pedersen	3rd (100)	12th (359)	—	2021	Kirk Pedersen	2nd (88)	7th (283)	—
2021	Kirk Pedersen	5th (131)	5th (179)	32nd (790)	2022	Kirk Pedersen	7th (206)	23rd (612)	—
2022	Kirk Pedersen	5th (110)	6th (195)	—	2023	Kirk Pedersen	10th (269)	—	—
2023	Kirk Pedersen	6th (112)	10th (303)	—					

Central Missouri Jennies – 2015 Indoor & Outdoor National Champions
3 MIAA Cross Country Titles – 9 MIAA Indoor Titles – 3 MIAA Outdoor Titles

60 Meters

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
6.	Alliah McClendon	7.72	2017
7.	Kacey Kohlhof	7.73	2019
T8.	Tonja Ashcraft	7.74	1989
T8.	Evelise Gomez	7.74	2007
T8.	Lucy Steinmeyer	7.74	2022

200 Meters

1.	Brooklynn Holtman	23.98	2024
2.	Lenetta Lee	24.84	2024
3.	Shelly Holder-Johnson	25.07	1995
4.	Lucy Steinmeyer	25.11	2022
5.	Chelsea Luck	25.13	2007
6.	Grace Wormek	25.44	2022
7.	Nikki Douglas	25.55	2016
8.	Sanikee Gardner	25.58	2018
T9.	Emily Thole	25.62	2017
T9.	Destiney Nash	25.62	2020

400 Meters

1.	Lucy Steinmeyer	54.92	2022
2.	Marilyn Carlson	55.54*	1976
3.	Brooklynn Holtman	55.65	2024
4.	Clarissa Thomas	55.57	2014
5.	Shelly Holder-Johnson	56.00	1995
6.	Destiney Nash	56.35	2020
7.	Kailey Fuchs	56.72	2016
8.	Lori Pitz	56.74	2006
9.	Lindsay Lettow	56.79	2011
T10.	Nikki Douglas	57.38	2015
T10.	Sanikee Gardner	57.38	2018

600 Yards

1.	Kailey Fuchs	1:22.43	2017
2.	Jana Shawver	1:23.22	2022
3.	Lindsay Lettow	1:23.45	2011
4.	Emily Thole	1:23.61	2018
5.	Brooklynn Holtman	1:23.82	2024
6.	Laia Gonzalez	1:24.22	2018
7.	Lori Pitz	1:24.42	2005
8.	Jackie Neville	1:24.89	1984
9.	Laia Gonzalez	1:24.90	2022
10.	Katie Cassidy	1:25.01	2016

800 Meters

1.	Marilyn Carlson	2:05.94*	1976
2.	Kailey Fuchs	2:07.55	2017
3.	Jana Shawver	2:09.70	2022
4.	Rachel Harvey	2:10.89	2002
5.	Katie Bean	2:12.39	2023
6.	Jana Palmowski	2:12.55	2016
7.	Mariah Elmore	2:12.67	2022
8.	Melissa Short	2:13.19	2000
9.	Millicent Foskin	2:13.47	1990
10.	Candy Knabe	2:14.09	1992

1,000 Meters

1.	Angela Elsberry	3:04.98	1993
2.	Kim Corp	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.	Kimberlee Sewester	3:11.06	2019
10.	MacKenna Muncy	3:11.57	2002

Mile

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.	Cynthia Togom	5:02.70	2021
9.	Beth Cook	5:04.04	1998
10.	Angela Elsberry	5:04.83	1994

3,000 Meters

1.	Darla Moberly	9:31.44*	1985
2.	Cynthia Togom	9:53.29	2019
3.	Megan Glamann	10:00.61	2015
4.	Jane Rudkin	10:04.81	2002
5.	Nancy Goodwine	10:10.84*	1983
6.	Kristin Anderson	10:13.00	2005
7.	Rachel Harvey	10:20.42	1999
8.	Gina Kennison	10:24.20	2008
9.	Lilian Busienei	10:25.42	2021
10.	Connie Frank	10:26.74*	1988

5,000 Meters

1.	Kristin Anderson	16:28.86	2006
2.	Cynthia Togom	17:16.66	2021
3.	Megan Glamann	17:30.64	2015
4.	Jane Rudkin	17:35.33	2002
5.	Sandy Thomas	17:36.00	1999
6.	Carrie Reidel	17:47.48	2002
7.	Lilian Busienei	17:53.74	2021
8.	Gina Kennison	17:59.31	2006
9.	Nicole Svendsen	18:03.59	2017
10.	Nicole Hasemeier	18:04.54	2006

60 Meter Hurdles

1.	Lindsay Lettow	8.50	2012
2.	Zoe Sharplin	8.56	2015
3.	Victoria Jackson	8.58	2016
4.	Madison Smith	8.60	2015
T5.	Denise Sandbothe	8.61	2005
T5.	Alliah McClendon	8.61	2017
7.	Claire Luallen	8.64	2023
8.	Chelsea Luck	8.65	2007
9.	Erin Alewine	8.69	2012
10.	Laia Gonzalez	8.72	2021

High Jump

1.	Erika Kinsey	6-2 3/4	2015
2.	Jennifer Drum	5-11 1/4	2004
3.	Lindsay Lettow	5-10 1/2	2012
4.	Jenna Schmidt	5-9 3/4	2009
T5.	Erin Alewine	5-9 1/4	2012
T5.	Madison Smith	5-9 1/4	2014
T5.	Hannah VanBuskirk	5-9 1/4	2021
T8.	Eby Hardman	5-8	1992
T8.	Robin Miller	5-8	2005
10.	Katie Cassidy	5-7 3/4	2017

Long Jump

1.	Erika Kinsey	20-1 3/4	2015
2.	Kayla Goodwin	19-8 3/4	2023
3.	Erin Alewine	19-6	2013
4.	Lindsay Lettow	19-4	2011
5.	Stacy Clark	19-0 3/4	1995
T6.	Camryn Holloman	19-0 1/2	2022
T6.	Katie Cassidy	19-0 1/2	2017
T6.	Claire Luallen	19-0 1/2	2023
9.	Maggie Klover	18-10 3/4	2024
10.	Anne Carlson	18-10 1/2	2009

Triple Jump

1.	Erika Kinsey	42-5 1/4	2015
2.	Kayla Goodwin	41-5 1/4	2023
3.	Stephany Johnson	40-5	2011
4.	Brittanie Roldan	40-1 1/2	2009
5.	Camryn Holloman	40-1 1/4	2022
6.	Maggie Klover	39-11 1/2	2024
7.	Simone Green	39-9 3/4	2024
8.	Audrey Fisher	39-3	2021
9.	Jenna Schmidt	39-2 1/2	2012
T10.	Khalilah Childress	39-0 1/2	1997
T10.	Kenna Jenkins	39-0 1/2	2003

Pole Vault

1.	Madi Wulfekotter	13-11 3/4	2022
2.	Cassie Jennings	13-3 1/2	2020
3.	Brittany Kallenberger	13-1 3/4	2017
4.	Denise Sandbothe	12-10	2005
5.	Callie Ruffener	12-8 1/4	2019
6.	Kaylee VanBlarcum	12-5 1/4	2016
7.	Molly Greene	11-7 3/4	2022
8.	Iva Vasileva	11-6 1/4	2002
9.	Cori Whitson	11-5	2011
T10.	Cristie Stevenson	11-3 3/4	2001
T10.	Emma Elwood	11-3 3/4	2016

Shot Put

1.	Ashlan Burton	53-3 1/2	2022
2.	Heavin Warner	52-6 3/4	2016
3.	Ashlan Burton	52-6 1/2	2019
4.	Kayla Muyskens	50-3 1/4	2012
5.	Alisha Straws	48-5 1/2	2021
6.	Amy Dorge	45-9	2018
7.	Haley Heuer	45-7 1/4	2016
8.	Mary Otto	45-1 1/2	1986
9.	Laurie Onstot	45-1	1986
10.	Jessica Donovan	44-9 3/4	2008

Weight Throw

1.	Heavin Warner	70-8 1/2	2016
2.	Rachael Molloy	63-7	2024
3.	Ashlan Burton	58-9 1/2	2020
4.	Brooke Swearingin	58-6	2013
5.	Amy Dorge	57-11 1/4	2018
6.	Abby Vogel	56-2	2023
7.	Rachel Schultz	55-9	2020
8.	Kayla Muyskens	55-7	2012
9.	Abby Vogel	53-6 1/2	2022
10.	Haley Heuer	52-0 1/2	2014

Pentathlon

1.	Lindsay Lettow	4193 pts.	2012
2.	Erin Alewine	4134	2012
3.	Kayla Goodwin	4018	2023
4.	Claire Luallen	3920	2023
5.	Katie Cassidy	3903	2017
6.	Madison Smith	3888	2015
7.	Hannah VanBuskirk	3887	2021
8.	Erika Kinsey	3857	2015
9.	Zoe Sharplin	3831	2015
10.	Anne Carlson	3830	2009

4x400m Relay

1.	Alex Foote Laia Gonzalez Jana Shawver Lucy Steinmeyer	3:44.46	2022
2.	Nikki Douglas Emily Thole Katie Cassidy Kailey Fuchs	3:45.87	2016
3.	Kylee Terry Kayla Goodwin Lenetta Lee Brooklynn Holtman	3:46.87	2024
4.	Katie Cassidy Emily Thole Laia Gonzalez Kailey Fuchs	3:46.72	2017
5.	Sanikee Gardner Laia Gonzalez Destiney Nash Emily Thole	3:47.28	2018

Distance Medley Relay

1.	Alison Kelley Amber Walker Lori Pitz Kristin Anderson	11:44.87	2006
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* Converted Time

Mules Indoor Records

60 Meters

1.	Antonio Lay	6.65	2022
2.	Imani Butler	6.73	2006
3.	Jeremy Knox	6.75	2001
4.	Ariel Kerr	6.79	2024
T5.	Mike Dotts	6.81	1987
T5.	Greg Schmidt	6.81	2001
T7.	Fred Murrell	6.82*	1974
T7.	Rick Williams	6.82*	1980
T9.	Cameron Hesker	6.83	2022
T9.	Akeemo Minott	6.83	2019

200 Meters

1.	Imani Butler	21.04	2006
2.	Antonio Lay	21.13	2023
3.	Petko Yankov	21.51	2004
4.	Bruce Williams	21.54	2006
T5.	Ariel Kerr	21.66	2024
T5.	Jeremy Knox	21.66	1999
7.	Brockton McLaughlin	21.68	2024
8.	Akeemo Minott	21.79	2018
9.	Kai Roper	21.80	2009
10.	Kevin O'Sadnick	21.94	2002

400 Meters

1.	Chris Donald	47.12	2019
2.	Edwin Harris	47.34	2000
3.	Petko Yankov	47.44	2004
4.	Oswaldo Granillo	47.92	2015
5.	Jeremy Knox	48.05	1999
6.	Michael Payne	48.23	1991
7.	Michael James	48.43	2022
8.	Michael Lockhart	48.48	2015
9.	Willie Tague	49.01	1988
10.	Jerald Allen	49.04	2020

600 Yards

1.	Edwin Harris	1:10.52	2000
2.	Aaron Schlecht	1:10.69	2001
3.	Jacob Randle	1:10.78	2016
4.	Jacob Weber	1:11.02	2019
5.	Tanner Skotnicki	1:11.34	2019
6.	Jerald Allen	1:11.70	2020
7.	Kellin Loch	1:11.75	2015
8.	Michael James	1:11.83	2022
9.	Isaak Rasche	1:11.88	2024
10.	Kye Mason	1:11.93	2023

800 Meters

1.	Kellin Loch	1:49.84	2015
2.	Noah Larsen	1:50.58	2018
3.	Leif Kennedy	1:51.97	2003
4.	Brian Mitei	1:52.44	2024
5.	Dale Elliott	1:53.00	2002
6.	Jonah Melly	1:53.06	1995
7.	Presley Cherubin	1:53.42	2004
8.	Brayce Forsha	1:53.76	2000
9.	Jacob Randle	1:53.85	2017
10.	Tanner Skotnicki	1:53.90	2019

1,000 Meters

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

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

3,000 Meters

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.	Alex Kirk	8:23.34	2022
6.	Brett Carter	8:26.16	2011
7.	Brian Mitei	8:27.60	2023
8.	Dale Elliott	8:29.69	2002
9.	Dalton Moberly	8:30.29	2012
10.	Justin Adams	8:30.74	1993

5,000-Meters

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.	Cooper Palmer	14:37.36	2023
8.	Todd Beran	14:37.42	1995
9.	Rafael Colmenares	14:38.02	1992
10.	Justin Adams	14:40.84	1995

60-Meter Hurdles

1.	Parker Wormek	7.77	2024
2.	Bruce Derks	7.87*	1979
3.	Jathan Deberry	7.91	2022
4.	Ralph Watson	7.95	2012
T5.	Danny Holland	7.97	1987
T5.	Jason Ramsey	7.97	1997
T5.	Jeff Sander	7.97	1999
8.	David Baxter	8.02	2001
9.	Jentry Acklin	8.03	2024
T10.	Darius Walker	8.05	2012
T10.	Chris Donald	8.05	2019

High Jump

1.	Ivan Varbanov	7-3	2004
2.	Cadman Evans	7-2 1/2	2023
3.	Leander Toney	7-1	2012
4.	Mark Blahnik	7-0 1/4	1988
5.	Devin Claypool	6-11 3/4	2013
6.	Chris Millentree	6-11 1/2	2011
T7.	Jeff Sander	6-11	1999
T7.	Neal Brownsfield	6-11	1977
T7.	Jesse Miller	6-11	2018
10.	Andy Gilmore	6-10 3/4	2001

Long Jump

1.	Danny Holland	25-5 3/4	1986
2.	Greg Schmidt	25-4	2000
3.	Christopher Goodwin	25-2	2022
4.	Darrell Sears	25-0 3/4	1995
5.	Meelis Siimson	24-5 3/4	2013
6.	Trey Miller	24-4 1/2	2019
7.	Eric Moore	24-0 1/4	2009
8.	Aaron Crossley	23-11 3/4	2002
9.	Marques Wooten	23-11	2004
10.	Jesse Miller	23-9 1/2	2018

Triple Jump

1.	Duane Brisbon	52-2	2002
2.	Ivan Varbanov	51-9 1/4	2003
3.	Darrell Sears	51-5	1996
4.	Brad Jenkins	51-3 3/4	2019
5.	Meelis Siimson	50-8 3/4	2013
6.	Tyrone McNichols	50-5 1/2	1986
T7.	Dave Oglivie	50-1 3/4	1977
T7.	James Robinson	50-1 3/4	1997
9.	Chris Goodwin	49-9.25	2021
10.	Jesse Miller	49-7 3/4	2018

Pole Vault

1.	Reagan Ulrich	17-11 1/4	2024
2.	Andrei Skvortsov	17-8 1/2	1998
T3.	Cole Phillips	17-7	2017
T3.	Vincent Hobbie	17-7	2019
5.	Roman Botcharnikov	17-5 1/2	1996
T6.	Jack Hodge	17-3 1/2	2023
T6.	Jan Jansky	17-3 1/2	2020
8.	Charlie Garino	17-0 3/4	2024
9.	Brad Feldkamp	17-0	1990
10.	Colton Bray	16-7 1/2	2018

Shot Put

1.	Nathan Cummings	61-5 3/4	2019
2.	Jacob Mahin	59-5 3/4	2017
3.	Brad Mears	59-4 3/4	1994
4.	Jaban Moore	59-2 1/4	2009
5.	Dalton Lewallen	59-0 3/4	2019
6.	Drew Frizzell	58-6 3/4	2010
T7.	Jeff Kremer	56-8 3/4	1997
T7.	Steven Edwards	56-8 3/4	2006
9.	John Berry	56-1	2018
10.	Addison Snowball	55-7 1/2	2022

Weight Throw

1.	Drew Frizzell	71-9	2011
2.	Caniggia Raynor	70-10 1/2	2016
3.	Nathan Liby	67-6	2019
4.	Jace Kaleikau	65-6 3/4	2018
5.	Ben Hanson	63-5	2017
6.	Addison Snowball	63 1/4	2023
7.	Jeff Kremer	62-11 1/4	1998
8.	Dan Raithe	62-10 3/4	2008
9.	Nathan Cummings	62-10	2020
10.	Steven Edwards	62-6 3/4	2005

Heptathlon

1.	Brent Vogel	5760 pts.	2013
2.	Trey Miller	5688	2022
3.	Darius Walker	5377	2010
4.	Zach Miller	5334	2001
5.	Tyler Chancellor	5304	2015
6.	Devin Cornelius	5263	2017
7.	Garrett Francis	5233	2021
8.	Blake Seitz	5216	2015
9.	Shawn Boss	5110	2012
10.	Aaron Crossley	5108	2001

4x400m Relay

1.	Oswaldo Granillo Marquis Jones Michael Lockhart Kellin Loch	3:11.59	2015
2.	Jeremy Knox Tim Stockdale Tommy Tavegia Jason Ramsey	3:11.64	1997
3.	Chris Donald Matt Scaletty Tanner Skotnicki Jacob Weber	3:12.28	2019
4.	Jeremy Knox Lamont Truitt Aaron Schlecht Edwin Harris	3:12.65	2001
5.	Darius Walker Anthony Cooper Brent Vogel Kai Roper	3:12.97	2010

Distance Medley Relay

1.	Jon Dalby Todd Devoe Leif Kennedy Dale Elliott	10:03.23	2002
2.	Aaron Westhoff Isaak Rasche Evan Finger Alex Kirk	10:10.47	2022
3.	Kellin Loch Marquis Jones Adam Bands Adam Tredway	10:12.08	2015

* Converted Time

100 Meters

1.	Brooklynn Holtman	11.58	2024
T2.	Elise Johnson	11.84	2007
T2.	Alliah McClendon	11.84	2018
4.	Nikki Douglas	11.90	2016
T5.	Kymmalett Ross	11.99	2017
T5.	Destiney Nash	11.99	2021
7.	Kacey Kohlhof	12.01	2019
T8.	Lenetta Lee	12.04	2022
T8.	Rochelle Moss	12.04*	1993
10.	Evelise Gomez	12.11	2008

200 Meters

1.	Brooklynn Holtman	23.47	2024
2.	Nikki Douglas	24.41	2016
3.	Lindsay Lettow	24.47	2012
4.	Amber Walker	24.52	2006
5.	Kymmalett Ross	24.57	2017
6.	Lucy Steinmeyer	24.60	2022
7.	Emily Thole	24.65	2018
8.	Chelsea Luck	24.74	2007
9.	Destiney Nash	24.75	2021
T10.	Lenetta Lee	24.81	2022
T10.	Shantel Newbold	24.81	2005

400 Meters

1.	Brooklynn Holtman	53.47	2024
2.	Lucy Steinmeyer	54.53	2022
3.	Emily Thole	54.89	2018
4.	Kailey Fuchs	55.83	2015
5.	Shantel Newbold	56.20	2005
6.	Sanikee Gardner	56.28	2018
7.	Doris Hammond	56.39	1984
8.	Lindsay Lettow	56.62	2011
9.	Catherine Rucker	56.80	2004
10.	Shelly Holder	56.88	1994

800 Meters

1.	Marilyn Carlson	2:06.64*	1976
2.	Jana Shawver	2:07.64	2022
3.	Kailey Fuchs	2:08.74	2017
4.	Millicent Foskin	2:09.90	1990
5.	Jana Palmowski	2:09.96	2016
6.	Mariah Elmore	2:10.12	2022
T7.	Katie Bean	2:10.35	2024
T7.	Melissa Short	2:10.35	2002
9.	Rachel Harvey	2:10.83	2001
10.	Emily Thole	2:12.41	2019

1500 Meters

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.	Cynthia Togom	4:37.49	2019
6.	Mariah Elmore	4:38.10	2022
7.	Rachel Harvey	4:39.20	2000
8.	Lucille Carson	4:39.24*	1987
9.	MacKenna Muncy	4:41.05	2002
10.	Katie Bean	4:41.77	2022

3,000 Meters

1.	Darla Moberly	9:20.85	1986
2.	Connie Frank	9:47.70	1988
3.	Erica Foltz	9:52.69	2003
4.	Kristin Anderson	9:57.58	2005
5.	Rachel Harvey	10:02.61	2000
6.	Carrie Reidel	10:11.66	2002
7.	Gina Kennison	10:15.35	2008
8.	Sandy Thomas	10:21.27	1995
9.	Jane Rudkin	10:26.24	2002
10.	Susie Thomas	10:28.74*	1995

5,000 Meters

1.	Darla Moberly	16:29.23	1986
2.	Cynthia Togom	16:43.34	2019
3.	Kristin Anderson	17:14.04	2005
4.	Megan Glamann	17:19.18	2015
5.	Nancy Goodwine	17:26.13	1983
6.	Carrie Reidel	17:30.55	2002
7.	Lilian Busienei	17:35.47	2021
8.	Connie Frank	17:49.24*	1988
9.	Barb Hostmeyer	17:53.54*	1980
10.	Barb Thompson	17:55.44*	1981

10,000 Meters

1.	Darla Moberly	34:37.54*	1986
2.	Megan Glamann	34:54.32	2015
3.	Nancy Goodwine	35:39.64*	1983
4.	Cynthia Togom	35:59.04	2022
5.	Carrie Reidel	36:48.12	2002
6.	Sandy Thomas	37:02.00	1996
7.	Barb Thompson	37:24.24*	1982
8.	Nicole Svendsen	37:38.80	2017
9.	Kristin Anderson	37:52.58	2005
10.	Danielle Moul	37:54.18	2005

3,000 Meter Steeplechase

1.	Jana Palmowski	10:25.90	2016
2.	Kristin Anderson	10:32.92	2005
3.	Lilian Busienei	10:42.21	2021
4.	Jane Rudkin	11:05.58	2002
5.	Sandy Davidson	11:18.44	2008
6.	Allie Rexroat	11:19.32	2015
7.	Amy Marx	11:19.79	2019
8.	Kacy Hession	11:23.20	2012
9.	Kirsten Hasemeier	11:23.98	2003
10.	Nicole Hasemeier	11:26.63	2006

100 Meter Hurdles

1.	Lindsay Lettow	13.69	2012
2.	Alliah McClendon	13.83	2018
3.	Laia Gonzalez	13.92	2021
4.	Madison Smith	13.94	2015
5.	Zoe Sharplin	13.96	2015
6.	Claire Luallen	13.99	2023
7.	Victoria Jackson	14.05	2016
8.	Chelsea Luck	14.06	2007
9.	Denise Sandbothe	14.10	2004
10.	Erin Alewine	14.12	2012

400 Meter Hurdles

1.	Lindsay Lettow	58.90	2012
2.	Nikki Douglas	59.14	2016
3.	Shelly Holder	59.93	1994
4.	Katie Cassidy	1:00.49	2017
5.	Marilyn Carlson	1:00.74*	1977
T6.	Destiney Nash	1:00.75	2019
T6.	Laia Gonzalez	1:00.75	2021
8.	Lori Pitz	1:01.35	2005
9.	Melissa Bolinger	1:01.58	2004
10.	Teresa Snyder	1:01.83	1989

High Jump

1.	Erika Kinsey	6-3 1/2	2015
2.	Madison Smith	5-11 1/2	2015
3.	Erin Alewine	5-10	2012
4.	Jenna Schmidt	5-9 3/4	2009
T5.	Lindsay Lettow	5-9 1/4	2012
T5.	Jennifer Drum	5-9 1/4	2004
7.	Angela Horned	5-9	1983
T8.	Robin Miller	5-7 3/4	2005
T8.	Brittany Kallenberger	5-7 3/4	2016
T8.	Hannah VanBuskirk	5-7 3/4	2018

Long Jump

1.	Erika Kinsey	21-2 1/2	2015
2.	Lindsay Lettow	20-1 1/4	2012
T3.	Kayla Goodwin	19 9 1/2	2023
T3.	Erin Alewine	19-9 1/2	2012
5.	Claire Luallen	19-9	2023
6.	Jenna Schmidt	19-5 1/2	2012
7.	Camryn Holloman	19-4 3/4	2022
T8.	Maggie Klover	19-2	2023
T8.	Katie Cassidy	19-2	2017
10.	Stacy Clark	19-0 3/4	1995

Triple Jump

1.	Erika Kinsey	43-0 1/4	2015
2.	Jenna Schmidt	42-1 1/2	2012
3.	Kayla Goodwin	41-8 1/2	2021
4.	Camryn Holloman	41-6 1/2	2022
5.	Brittanie Roldan	40-6 3/4	2009
6.	Maggie Klover	40-1 1/4	2024
7.	Stephany Johnson	40-0 3/4	2011
8.	Audrey Fisher	39-11 1/2	2019
9.	Khalilah Childress	39-8 1/2	1998
10.	Iva Vasileva	39-3 1/4	2002

Pole Vault

1.	Madi Wulfekotter	14-1 3/4	2023
2.	Brittany Kallenberger	13-4 1/2	2017
3.	Cassie Jennings	13-3 3/4	2021
4.	Kaylee VanBlarcum	12-3 1/4	2016
5.	Denise Sandbothe	12-2	2005
6.	Callie Ruffener	11-10	2019
T7.	Cori Whitson	11-7 3/4	2012
T7.	Molly Green	11-7 3/4	2021
9.	Cristie Stevenson	11-7	2001
10.	Rachel Mincemeyer	11-6 1/2	2014

Shot Put

1.	Heavin Warner	53-3 1/2	2016
2.	Ashlan Burton	52-6 3/4	2022
3.	Kayla Muyskens	52-6 1/2	2012
4.	Alisha Straws	48-4 1/2	2021
5.	Amy Dorge	46-10 3/4	2018
6.	Madison Mears	46-3 1/4	2024
7.	Mary Otto	45-6 1/2	1988
8.	Jessica Donovan	44-4	2010
9.	Haley Heuer	44-2	2016
10.	Victoria Jackson	43-9	2016

Discus

1.	Heavin Warner	180-5	2016
2.	Brooke Swearingin	171-0	2014
3.	Ashlan Burton	168-7	2019
4.	Alisha Straws	165-9	2021
5.	Kayla Muyskens	162-9	2012
6.	Amy Dorge	159-11	2017
7.	Becky Haug	159-11	2005
8.	Haley Heuer	152-5	2015
9.	Abby Vogel	151-8	2021
10.	Laken Manns	149-11	2024

Hammer Throw

1.	Heavin Warner	227-5	2016
2.	Rachael Molloy	194-9	2023
3.	Amy Dorge	189-0	2018
4.	Kayla Muyskens	184-3	2011
5.	Ashlan Burton	178-8	2019
6.	Jessica Donovan	176-9	2010
7.	Baylie Bellin	175-7	2019
8.	Brooke Swearingin	171-6	2013
9.	Abby Vogel	171-2	2023
10.	Haley Heuer	169-0	2015

Javelin

1.	Mary Riley	163-5	2014
2.	Paige VanBlarcum	154-3	2022
3.	Angela Selby	143-11	2010
4.	Ally Fox	140-8	2024
5.	Marley Sands	134-3	2024
6.	Victoria Jackson	134-0	2016
7.	Kayla Goodwin	133-9	2023
8.	Laken Manns	132-10	2024
9.	Brandi VanBlarcum	132-5	2021
T10.	Neikki Shelton	132-2	1984
T10.	Zoe Sharplin	132-2	2013

Heptathlon

1.	Lindsay Lettow	5807pts	2012
2.	Kayla Goodwin	5476	2023
3.	Erin Alewine	5371	2012
4.	Madison Smith	5290	2015
5.	Zoe Sharplin	5240	2013
6.	Lori Pitz	5230	2006
7.	Victoria Jackson	5155	2016
8.	Claire Luallen	5141	2023
9.	Katie Cassidy	5097	2017
10.	Angela Selby	5031	2010

4x100 Meter Relay

1.	Anayla Waters, Brooklynn Holtman, Kylee Terry, Lenetta Lee	46.05	2024
2.	Camryn Holloman, Lenetta Lee, Grace Wormek, Lucy Steinmeyer	46.76	2022
3.	Nikki Douglas, Emily Thole, Kailey Fuchs, Katie Cassidy	46.80	2016
4.	Alliah McClendon, Emily Thole, Destiney Nash, Kymmalett Ross	46.83	2018
5.	Alliah McClendon, Emily Thole, Kailey Fuchs, Katie Cassidy	46.88	2017

4x200 Meter Relay

1.	Beth Eiken, Lori Pitz, Elise Johnson, Amber Walker	1:39.88	2006
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4x400 Meter Relay

1.	Katie Cassidy, Emily Thole, Kailey Fuchs, Nikki Douglas	3:41.62	2016
2.	Alex Foote, Laia Gonzalez, Jana Shawver, Lucy Steinmeyer	3:42.60	2022
3.	Sanikee Gardner, Katie Cassidy, Emily Thole, Kailey Fuchs	3:42.82	2017
4.	Alex Foote, Hope Thiel, Laia Gonzalez, Destiney Nash	3:45.30	2021
5.	Sanikee Gardner, Laia Gonzalez, Destiny Nash, Emily Thole	3:45.33	2022

4x800 Meter Relay

1.	Mariah Elmore, Emily Sporleder, Katie Bean, Jana Shawver	8:58.20	2022
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4x1600 Meter Relay

1.	Jane Rudkin, Melissa Short, Erica Foltz, Rachel Harvey	20:41.29	2002
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Sprint Medley Relay (2-2-4-8)

1.	Katie Cassidy, Sanikee Gardner, Emily Thole, Kailey Fuchs	3:59.98	2017
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Distance Medley Relay (12-4-8-16)

1.	Rachel Harvey, Colleen Cook, Melissa Short, Jane Rudkin	12:05.95	2002
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* Converted Time

Mules Outdoor Records

10

100 Meters

1.	Antonio Lay	10.07	2023
T2.	Bruce Williams	10.36	2006
T2.	Akeemo Minott	10.36	2018
4.	Cameron Hesker	10.39	2023
5.	Damond Berry	10.43	2008
6.	Ariel Kerr	10.45	2023
7.	Jeremy Knox	10.53	1998
8.	Eric Moore	10.54	2007
9.	Greg Schmidt	10.55	2000
10.	Eric Griffin	10.58	2010

200 Meters

1.	Antonio Lay	20.63	2023
2.	Bruce Williams	20.93	2006
3.	Jeremy Knox	20.95	1998
4.	Imani Butler	21.02	2006
T5.	Cameron Hesker	21.08	2023
T5.	Arnold Hammond	21.08	1983
7.	Edwin Harris	21.10	2001
8.	Damond Berry	21.13	2008
9.	Brockton McLaughlin	21.22	2024
10.	Petko Yankov	21.23	2004

400 Meters

1.	Edwin Harris	46.79	2000
2.	Arnold Hammond	46.94	1983
3.	Rawley Chard	47.13	2024
4.	Ira Baldwin	47.18	1991
5.	Kai Roper	47.44	2008
6.	Oswaldo Granillo	47.61	2017
7.	Petko Yankov	47.74	2004
8.	Darius Walker	47.75	2010
T9.	Duane Brisbon	47.77	2002
T9.	Kellin Loch	47.77	2015

800 Meters

1.	Kellin Loch	1:49.57	2013
2.	Leif Kennedy	1:49.80	2002
3.	Kyle Brown	1:50.57	2007
4.	Brian Mitei	1:50.84	2023
5.	Craig Heeney	1:51.28	1987
6.	Kevin Clark	1:51.30	1985
7.	Noah Larsen	1:51.31	2018
8.	Jerry Coleman	1:51.94*	1973
9.	Jacob Randle	1:52:56	2016
10.	Alexander Alexis	1:52.63	1998

1500 Meters

1.	Alexandr Alexin	3:45.67	1997
2.	Brayce Forsha	3:47.74	2000
3.	Paul Bennett	3:49.49	2000
4.	Mike Knutson	3:49.71	2002
5.	Brian Mitei	3:50.39	2023
6.	Leif Kennedy	3:51.12	2003
7.	Adam Tredway	3:51.91	2015
8.	Brett Carter	3:51.96	2011
9.	Ed Lundsford	3:52.77	1982
10.	Mark Leicht	3:53.04*	1977

3,000 Meters

1.	Jarod Wall	8:18.55	2006
2.	Laban Sialo	8:21.48	2012
3.	Alexandr Alexin	8:21.93	1998
4.	Vladimir Golias	8:21.94	1998
5.	Brett Carter	8:26.16	2001
6.	Dale Elliot	8:29.69	2002
7.	Dalton Moberly	8:30.29	2012
8.	Justin Adams	8:30.74	1993
9.	Mike Knutson	8:33.18	2002
10.	Adam Akers	8:35.03	2006

5,000 Meters

1.	Laban Sialo	13:58.75	2012
2.	Mark Curp	14:02.21	1981
3.	Rick Clear	14:21.24*	1977
4.	Jarod Wall	14:21.60	2006
5.	Vladimir Golias	14:24.28	2000
6.	Dalton Moberly	14:26.68	2013
7.	Mike Knutson	14:28.90	2003
8.	Adam Akers	14:31.03	2007
9.	Brett Carter	14:32.32	2011
10.	Ron Tabb	14:37.24*	1976

10,000 Meters

1.	Laban Sialo	28:57.15	2012
2.	Mark Curp	29:14.62	1980
3.	Jarod Wall	29:53.67	2006
4.	Dalton Moberly	29:57.62	2011
5.	Rick Clear	30:12.04*	1977
6.	John Mulligan	30:22.03	1979
7.	Philip Saina	30:27.34*	1998
8.	Steve Brummit	30:32.50	1979
9.	Ron Tabb	30:42.24*	1976

3,000 Meter Steeplechase

1.	Vladimir Golias	8:43.04	2000
2.	Charlie Gray	8:56.44	1975
3.	Kyle Ellis	8:57.80	1978
4.	Eliasa Tanui	9:00.05	1996
5.	Gary Thompson	9:05.20	1982
6.	Jonah Melly	9:05.40	1994
7.	Paul Korir	9:06.31	2023
8.	Ed Crumm	9:07.54	1977
9.	Paul Orscheln	9:09.91	1994
10.	Ron Clark	9:11.50	1982

110 Meter Hurdles

1.	Parker Wormek	13.54	2024
2.	Bruce Derks	14.04	1979
3.	Darius Walker	14.07	2012
4.	Ralph Watson	14.16	2012
5.	Stephen Chambers	14.19	2003
6.	Jeff Sander	14.25	1999
7.	Jathan Deberry	14.26	2022
8.	Jason Ramsey	14.29	1997
9.	Joseph Holland	14.36	2013
10.	Arvis Greene	14.39	1989

400 Meter Hurdles

1.	Tony McCullouch	50.36	1993
2.	Jason Ramsey	51.29	1997
3.	Anthony Cooper	51.41	2010
4.	Darius Walker	51.82	2012
5.	Chris Donald	52.23	2019
T6.	Jerry Miller	52.84*	1975
T6.	David Baxter	52.84*	2001
8.	Arvis Greene	52.97	1989
9.	Brayden Blackman	53.26	2023
10.	Jacob Palmer	53.35	2004

High Jump

1.	Evans Yamoah	7-3 3/4	2024
T2.	Ivan Varbanov	7-2 1/2	2004
T2.	Leander Toney	7-2 1/2	2012
4.	Andy Gilmore	7-1 3/4	2003
5.	Devin Claypool	7-1 1/2	2014
T6.	Jeff Sander	7-0 1/2	1999
T6.	Jesse Miller	7-0 1/2	2018
8.	Mark Blahnik	7-0	1987
T9.	Neil Brownfield	6-11	1977
T9.	Chris Millentree	6-11	2011

Long Jump

1.	Christopher Goodwin	26-0 1/4	2022
2.	Danny Holland	25-8 1/2	1987
3.	Meelis Siimson	25-5 1/2	2014
4.	Jesse Miller	25-1 1/4	2021
5.	Greg Schmidt	25-0 3/4	1999
6.	Jimmy Rocquemore	24-10 1/2	1987
7.	Trey Miller	24-9 3/4	2019
8.	Duane Brisbon	24-9	2002
T9.	Marques Wooten	24-7	2004
T9.	Eric Moore	24-7	2009

Triple Jump

1.	Duane Brisbon	52-11	2002
2.	Ivan Varbanov	52-8 1/4	2002
3.	James Robinson	51-11 3/4	1999
4.	Darrell Sears	51-2 1/4	1994
5.	Brad Jenkins	50-7 1/4	2018
6.	Meelis Siimson	50-4	2014
7.	Tyrone McNichols	50-3 1/2	1986
8.	Jesse Miller	50-0 1/2	2019
9.	Chris Goodwin	49-6 1/2	2021
10.	Jeremi Barnes	49-4 1/4	2019

Pole Vault

1.	Reagan Ulrich	18-1	2023
2.	Andrei Skvortsov	18-0 1/2	1997
3.	Vincent Hobbie	17-8 1/2	2022
4.	Cole Phillips	17-7 1/4	2015
5.	Jan Jansky	17-5	2019
6.	Jack Hodge	17-4 1/2	2023
7.	Roman Botcharnikov	17-0 3/4	1996
8.	Brad Feldkamp	16-8	1990
T9.	Chris Thoma	16-5 1/2	1996
T9.	Jeff Chanay	16-5 1/2	1996

Shot Put

1.	Jacob Mahin	62-5	2017
2.	Brad Mears	60-7 1/4	1994
3.	Nathan Cummings	59-11 1/4	2018
4.	Dalton Lewallen	59-9 1/2	2019
5.	John Berry	59-9	2018
6.	Drew Frizzell	58-10	2011
7.	Jeff Kremer	57-4 1/4	1998
8.	Derrick Mears	56-10 1/2	1987
9.	Jaban Moore	56-8 1/2	2009
10.	Zak Thompson	56-8	2012

Discus

1.	Jeff Kremer	197-6	1998
2.	Caniggia Raynor	196-1	2015
3.	Addison Snowball	190-8	2024
4.	Steven Edwards	181-10	2006
5.	Nathan Cummings	178-5	2019
6.	Drew Frizzell	178-4	2011
7.	Zak Thompson	175-10	2012
8.	Eddie Velarde	175-0	1992
9.	Kerry Tarr	173-6	1983
10.	Brad Mears	172-4	1994

Hammer Throw

1.	Caniggia Raynor	232-7	2016
2.	Nathan Liby	222-9	2019
3.	Drew Frizzell	220-10	2011
3.	Dan Raithe	219-8	2008
5.	Jace Kaleikau	214-5	2018
6.	Jeff Kremer	213-9	1997
7.	John Berry	204-8	2019
8.	Nathan Cummings	203-1	2018
9.	Ben Hanson	200-8	2017
10.	Steven Edwards	191-9	2006

Javelin

1.	Chris Swearingin	220-0	2017
2.	Michael Waldron	204-7	2024
T3.	Trenton Flug	204-6	2023
T3.	Blake Seitz	204-6	2017
5.	Carl McCargo	200-3	2013
6.	Connor Coleman	199-8	2011
7.	Aiden Smith	197-6	2024
8.	Cain Fowles	196-4	2019
9.	Dan Tarpey	192-3	1988
10.	A. J. Roth	190-9	2007

Decathlon

1.	Jeff Sander	7636 pts.	1999
2.	Brent Vogel	7462	2011
3.	Blake Seitz	7362	2017
4.	Trey Miller	7343	2024
5.	Tyler Chancellor	7289	2015
6.	Darius Walker	7264	2012
7.	Jason Ramsey	7259	1997
8.	Garrett Francis	7221	2021
9.	Aaron Crossley	7212	2002
10.	Dustin Boswell	6948	2002

4x100 Meter Relay

1.	Ariel Kerr, Brockton McLaughlin, Rawley Chard, Antonio Lay	39.43	2024
2.	Ariel Kerr, Cameron Hesker, Brockton McLaughlin, Antonio Lay	40.04	2023
3.	Dannon Abney, Damond Berry, Eric Moore, Chris Leverette	40.29	2008
T4.	Dannon Abney, Bruce Williams, Eric Moore, Kai Roper	40.62	2007
T4.	Jason Shaw, Petko Yankov, Kevin O'sadnick, Kirk Tyner	40.62	2004

4x200 Meter Relay

1.	Seth Mason, Ryan Irvin, Kai Roper, Bruce Williams	1:24.82	2007
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4x400 Meter Relay

1.	Dannon Abney, Ryan Irvin, Bruce Williams, Kai Roper	3:06.42	2007
2.	Omari McDonald, Jacob Randle, Oswaldo Granillo, Kellin Loch	3:10.18	2015
3.	Corbin Lowe, Jacob Weber, Noah Larsen, Jacob Randle	3:10.30	2018
4.	Michael Lockhart, Jacob Weber, Jacob Randle, Oswaldo Granillo	3:10.37	2017
5.	Daniel McCarty, Khaldon Evans, Brent Vogel, Kellin Loch	3:10.39	2013

4x800 Meter Relay

1.	Brayce Forsha, Mike Knutson, Paul Bennett, Leif Kennedy	7:32.52	2001
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4x1600 Meter Relay

1.	Kyle McClure, Laban Sialo, Dalton Moberly, Kevin Denny	17:37.81	2010
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Sprint Medley Relay (2-2-4-8)

1.	Tim Stockdale, Jeremy Knox, Edwin Harris, Alexandr Alexin	3:19.02	1998
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Distance Medley Relay (12-4-8-16)

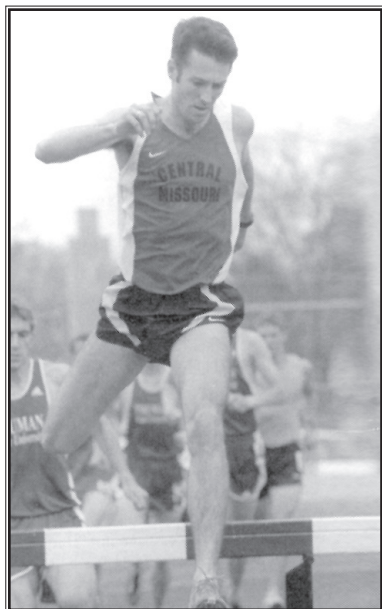
1.	Brayce Forsha, Edwin Harris, Joe Conley, Paul Bennett	9:52.48	2000
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* Converted Time

Mules Cross Country & Track

15 MIAA Cross Country Titles – 21 MIAA Indoor Titles – 22 MIAA Outdoor Titles

Central Missouri has won 54 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 Jenny to win three-straight national



**Vladimir Golias - four-time
NCAA Division II
Steeplechase Champion
(1998, 1999, 2000, 2001)**

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-American 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

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.

of his five All-American performances in the year. Fellow thrower **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



**2009 National Champions receive their rings at a home basketball game.
L-R (Frizzell, Schmidt, Carlson)**

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-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



**Darla Moberly - 1986 NCAA D-II
3,000-Meter Champion**



Lindsay Lettow - 2011 & 2012 NCAA Division II Indoor Pentathlon & Outdoor Heptathlon Champion

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 **Heavin 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 did not win an individual national champion in 2017 or 2018, but were right back at it in 2019 with **Vincent Hobbie** taking first in the indoor pole vault.

In 2022, **Christopher Goodwin** became the first-ever UCM track & field student-athlete to capture a national championship in the outdoor long jump. Goodwin posted a school record and personal-best jump of 7.93m (26-0.25) on his fifth attempt to secure the title.

UCM Track and Cross Country National Champions

Alexandr Alexin Mile Run (1996*, 1997*) 1,500m Run (1996) Cross Country (1996)	Drew Frizzell Hammer Throw (2009) Weight Throw (2009*)	Brad Mears Shot Put (1994*)	Ivan Varbanov High Jump (2003*) Triple Jump (2003*)
Erin Alewine Pentathlon (2013*, 2014*)	Vladimir Golias Steeplechase (1998, 1999, 2000, 2001)	Darla Moberly 3,000m Run (1986)	Brent Vogel Decathlon (2011) Heptathlon (2013*)
Kristin Anderson Steeplechase (2005) 5,000m Run (2006*)	Christopher Goodwin Long Jump (2022)	Kayla Muyskens Shot Put (2012)	Darius Walker Heptathlon (2010*) Decathlon (2010)
Mark Blahnik High Jump (1987*)	Charles Gray Steeplechase (1975)	Dan Raithe Hammer Throw (2008)	Heavin Warner Hammer Throw (2014, 2015, 2016)
Keith Browne Javelin (1966)	Vincent Hobbie Pole Vault (2019*)	Caniggia Raynor Discus (2015)	* - Indoor Championship ^ - Indoor & Outdoor Championships
Anne Carlson Pentathlon (2009*)	Brittany Kallenberger Pole Vault (2015)	Denise Sandbothe 60m Hurdles (2005*)	
Rick Clear 10,000m Run (1977)	Erika Kinsey High Jump (2015^) Triple Jump (2015*)	Jeff Sander Decathlon (1998, 1999)	
Jennifer Drum High Jump (2004*, 2006*)	Jeff Kremer Discus (1998)	Jenna Schmidt High Jump (2009*)	
Stephen Edwards Discus (2006)	Lindsay Lettow Pentathlon (2011*, 2012*) Heptathlon (2011, 2012)	Laban Sialo 5,000m Run (2012*)	
		Andrei Skvortsov Pole Vault (1997, 1998*, 2000)	

Mules Cross Country & Track

15 MIAA Cross Country Titles – 21 MIAA Indoor Titles – 22 MIAA Outdoor Titles

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*

60m Dash

2022 • Antonio Lay*

100m Dash

2022 • Antonio Lay

200m Dash

2006 • Imani Butler*
2022 • Antonio Lay

400m Dash

1999 • Jeremy Knox
2000 • Edwin Harris*
2000 • Edwin Harris
2014 • Clarissa Thomas*
2019 • Chris Donald*
2022 • Lucy Steinmeyer*

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
2017 • Kailey Fuchs*
2022 • Jana Shawver

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

Mules & Jennies All-Americans

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*
2021 • Laia Gonzalez*
2024 • Parker Wormek*

100m Hurdles

1974 • Marilyn Carlson
2004 • Denise Sandbothe

110m Hurdles

1979 • Bruce Derks
2003 • Stephen Chambers
2004 • Stephen Chambers
2024 • Parker Wormek

400m Hurdles

1977 • Marilyn Carlson
1989 • Teresa Snyder
1993 • Tony McCullough
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, Damond Berry, Eric Moore, Chris Leverette
2009 • Dennis Hopgood, Eric Moore, Britt Johnson, Ivey Lee
2024 • Ariel Kerr, Brockton McLaughlin, Rawley Chard, Antonio Lay

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*
 2017 • Emily Thole, Katie Cassidy, Kailey Fuchs, Sanikee Gardener
 2017 • Jacob Randle, Osvaldo Granillo, Jacob Weber, Michael Lockhart
 2018 • Corbin Lowe, Jacob Weber, Noah Larsen, Jacob Randle
 2021 • Alex Foote, Laia Gonzalez, Hope Thiel, Destiney Nash*
 2022 • Alex Foote, Laia Gonzalez, Jana Shawver, Lucy Steinmeyer*

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*
 2018 • Hannah VanBuskirk*
 2018 • Jesse Miller*
 2018 • Hannah VanBuskirk
 2018 • Jesse Miller
 2021 • Hannah VanBuskirk*
 2023 • Evans Yamoah*
 2023 • Evans Yamoah
 2024 • Evans Yamoah*
 2024 • Evans Yamoah

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
 2017 • Cole Phillips
 2017 • Brittany Kallenberger*
 2017 • Brittany Kallenberger*
2019 • Vincent Hobbie*
 2019 • Jan Jansky*

2019 • Vincent Hobbie
 2019 • Jan Jansky
 2021 • Madi Wulfekotter*
 2021 • Cassie Jennings*
 2021 • Vincent Hobbie*
 2021 • Reagan Ulrich*
 2021 • Cassie Jennings
 2021 • Vincent Hobbie
 2021 • Jan Jansky
 2021 • Reagan Ulrich
 2022 • Vincent Hobbie*
 2022 • Reagan Ulrich*
 2022 • Vincent Hobbie
 2022 • Jack Hodge
 2022 • Madi Wulfekotter
 2023 • Madi Wulfekotter*
 2023 • Madi Wulfekotter
 2023 • Jack Hodge*
 2023 • Jack Hodge
 2023 • Reagan Ulrich*
 2023 • Reagan Ulrich

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
 2021 • Chris Goodwin*
 2021 • Chris Goodwin
 2022 • Chris Goodwin*
2022 • Chris Goodwin
 2023 • Kayla Goodwin*

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

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 Galias	2		5	7
Jeff Kremer		2	5	7
Brad Mears		3	4	7
Dan Raitthel		3	4	7
Darrell Sears		4	3	7
Andrei Skvortsov		3	4	7
Dannan 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
Vincent Hobbie		3	3	6
Reagan Ulrich		2	3	5
Caniggia Raynor		2	3	5
Antonio Lay		1	3	4
Edwin Harris		2	2	4
Ryan Irvin			4	4
Leif Kennedy		2	2	4
Jeremy Knox		1	3	4
Jacob Mahin		2	2	4
Eric Moore		1	3	4
Cole Phillips		2	2	4
Jacob Randle		1	3	4
Blake Seitz		1	3	4
Ron Tabb	2		2	4
Bruce Williams		1	3	4
Christopher Goodwin		2	2	4
Evans Yamoah		2	2	4
Todd Beran		1	2	3
Shawn Boss		2	1	3
Kyle Brown			3	3
Stephen Chambers		1	2	3
Rick Clear			3	3
Jack Hodge		1	2	3
Jan Jansky		1	2	3
Kellin Loch		1	2	3
Derrick Mears		1	2	3
Chris Millentree		1	2	3
Jaban Moore		1	2	3
James Robinson		1	2	3
Meelis Siimson		2	1	3
Chris Swearingin			3	3
Kirk Tyner		2	1	3

Jennies				
Athlete	XC	In	Out	Total
Lindsay Lettow	9		7	16
Erin Alewine	7		5	12
Kayla Goodwin	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
Ashlan Burton	3		3	6
Hannah VanBuskirk	4		1	5
Jennifer Drum	3		2	5
Rachel Harvey	1	3	1	5
Brittany Kallenberger	2		3	5
Denise Sandbothe	3		2	5
Jenna Schmidt	3		2	5
Madi Wulfekotter	2		2	4
Marilyn Carlson			4	4
Katie Cassidy	2		2	4
Heather Jones	3		1	4
Anne Carlson	1		2	3
Nikki Douglas	1		2	3
Kailey Fuchs	1		2	3
Millicent Foskin	2		1	3
Connie Frank		1	2	3
Becky Haug			3	3
Britt Johnson			3	3
Lori Pitz			3	3
Brittanie Roldan		1	2	3
Zoe Sharplin		1	2	3
Brooke Swearingin			3	3

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
 2021 • Kayla Goodwin*
 2021 • Kayla Goodwin
 2022 • Kayla Goodwin*
 2023 • Kayla Goodwin*
 2024 • Kayla Goodwin*
 2024 • Kayla Goodwin

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
 2017 • Jacob Mahin*
 2017 • Jacob Mahin
 2017 • Nathan Cummings
 2019 • Nathan Cummings*
 2019 • Dalton Lewallen*
 2019 • Ashlan Burton*

2021 • Ashlan Burton*
 2021 • Ashlan Burton
 2022 • Ashlan Burton*
 2022 • Ashlan Burton

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
 2021 • Alisha Straws
 2022 • Ashlan Burton

Hammer Throw

1989 • Derrick Mears
 1998 • Jeff Kremer
 2005 • Stephen Edwards
 2005 • Dan Raithel
 2005 • Stephen Edwards
 2006 • Dan Raithel
 2007 • Dan Raithel
 2008 • Jaban Moore
2008 • Dan Raithel
2009 • Drew Frizzell
 2010 • Drew Frizzell
 2011 • Drew Frizzell
 2011 • Kayla Muyskens
2014 • Heavin Warner
2015 • Heavin Warner
2016 • Heavin Warner
 2016 • Caniggia Raynor
 2017 • Ben Hanson
 2018 • Jace Kaleikau
 2018 • Nathan Liby

Javelin

1966 • Keith Browne
 1974 • Bernie Raouls
 2012 • Mary Riley
 2013 • Chris Swearingin
 2014 • Mary Riley

Mules & Jennies All-Americans

2016 • Chris Swearingin
 2017 • Chris Swearingin

Weight Throw

1985 • Derrick Mears*
 1998 • Jeff Kremer*
 2005 • Stephen Edwards*
 2006 • Stephen Edwards*
 2006 • Dan Raithel*
 2007 • Dan Raithel*
 2008 • Drew Frizzell*
 2008 • Dan Raithel*
2009 • Drew Frizzell*
 2010 • Drew Frizzell*
 2011 • Drew Frizzell*
 2014 • Heavin Warner*
 2015 • Caniggia Raynor*
 2015 • Heavin Warner*
 2016 • Caniggia Raynor*
 2016 • Heavin Warner*
 2018 • Jace Kaleikau*
 2019 • Nathan Liby*
 2023 • Rachael Molloy*
 2024 • Rachael Molloy*

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*
 2017 • Katie Cassidy*
 2021 • Kayla Goodwin*
 2021 • Hannah VanBuskirk*
 2022 • Hannah VanBuskirk*
 2023 • Kayla Goodwin*
 2023 • Claire Luallen*
 2024 • Kayla Goodwin*

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
 2017 • Devin Cornelius*
 2019 • Trey Miller*
 2021 • Kayla Goodwin
 2022 • Trey Miller*
 2023 • Kayla Goodwin
 2023 • Claire Luallen
 2024 • Kayla Goodwin

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
 2017 • Blake Seitz
 2021 • Garrett Francis

3 Mile Run

1975 • Rick Clear
 1975 • Ron Tabb

* - Indoor

National Champions in Bold

UCM Track and Cross Country Hall of Fame

Mark Curp (1992)	Alexandr Alexin (2004)	1969 Mules Cross Country (2012)	Darius Walker (2018)
Vernon Kennedy (1992)	Jeff Kremer (2004)	Kristin Anderson (2012)	Erin Alewine (2019)
Darla (Curp) Moberly (1994)	Ron Tabb (2004)	Sandy Schneider (2012)	Brent Vogel (2019)
Marilyn Carlson (1995)	1997 Mules Cross Country (2005)	Becky Haug (2013)	Erika Kinsey (Special Recognition) (2020)
Charles Childress (1999)	Jeff Sander (2005)	Jennifer Drum-McClaflin (2014)	Kayla Muyskens (2020)
1995 Mules Cross Country (2001)	1996 Mules Indoor Track (2006)	Nancy Goodwine Wozniak (2015)	2016 Jennies Indoor & Outdoor Track (2020)
Rick Clear (2001)	Andrei Skvortsov (2006)	1998 Mules Track (2016)	Caniggia Raynor (2021)
1976 Mules Cross Country (2002)	Vladimir Golias (2007)	Anne Carlson (2016)	Heavin Warner (2021)
Keith Browne (2002)	Connie (Frank) White (2009)	Ivan Varbanov (2016)	Brittany Kallenberger (2022)
Darrell Sears (2002)	Mark Hewett (2010)	Drew Frizzell (2017)	Jonah Melly (2023)
1993 Mules Cross Country (2003)	Jeremy Knox (2010)	Lindsay Lettow (2017)	Steven Edwards (2025)
Charlie Gray (2003)	Denise (Sandbothe) Winters (2011)	Jenna Schmidt (2018)	

Past MIAA Men's XC Team Champions

2023. Pittsburg State
 2022. Missouri Southern
 2021. Pittsburg State
 2019. Missouri Southern
 2018. Missouri Southern
 2017. Lindenwood
 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

Past MIAA Women's XC Team Champions

2023. Pittsburg State
 2022. Pittsburg State
 2021. Nebraska Kearney
 2019. Pittsburg State
 2018. Pittsburg State
 2017. Pittsburg State
 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 Men's XC Titles:

Central Missouri • 15
 Missouri Southern • 13
 Southeast Missouri St. • 12
 Truman • 11
 Missouri State • 7
 Pittsburg State • 2
 Fort Hays State • 1
 Lindenwood • 1
 Missouri S&T • 1
 Nebraska-Kearney • 1
 Northwest Missouri • 1
 Southwest Baptist • 1

Most MIAA Women's XC Titles:

Pittsburg State • 13
 Southeast Missouri St. • 10
 Missouri Southern • 7
 Northwest Missouri • 3
 Central Missouri • 3
 Southwest Baptist • 3
 Emporia State • 1
 Nebraska Kearney • 1
 Truman State • 1

UCM Men's XC 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

UCM's Individual Women's XC Champions:

2005: Gina Kennison
2003, 2004: Kristin Anderson
1995: Sandy Thomas
1987: Connie Frank
1984, 1985: Darla Moberly
1982: Nancy Goodwine

Past MIAA Men's Indoor Champions

2024	Pittsburg State
2023	Pittsburg State
2022	Pittsburg State
2021	Pittsburg State
2020	Missouri Southern
2019	Central Missouri
2018	Pittsburg State
2017	Pittsburg State
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
1947	Missouri S&T
1946	no meet
1945	no meet
1944	no meet
1943	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

Past MIAA Women's Indoor Champions

2024	Pittsburg State
2023	Pittsburg State
2022	Pittsburg State
2021	Central Missouri
2020	Pittsburg State
2019	Pittsburg State
2018	Pittsburg State
2017	Pittsburg State
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

Past MIAA Men's Outdoor Champions

2024	Pittsburg State
2023	Pittsburg State
2022	Pittsburg State
2021	Pittsburg State
2020	No Meet
2019	Central Missouri
2018	Pittsburg State
2017	Central Missouri / Lincoln
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.
1946	no meet
1945	no meet
1944	no meet
1943	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

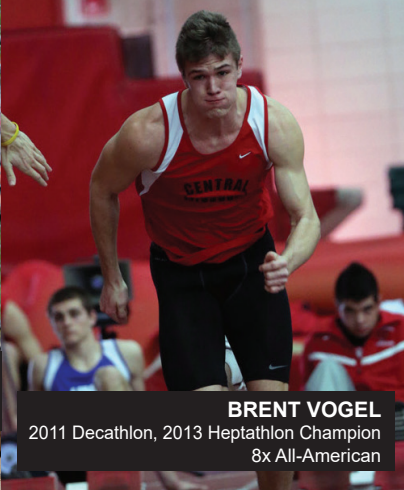
Past MIAA Women's Outdoor Champions

2024	Pittsburg State
2023	Northwest Missouri
2022	Pittsburg State
2021	Missouri Southern
2020	No Meet
2019	Pittsburg State
2018	Pittsburg State
2017	Pittsburg State
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	Southeast Mo. St.
1982	Southeast Mo. St.



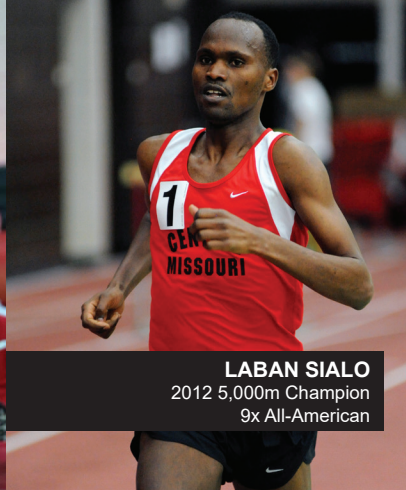
HEAVIN WARNER

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



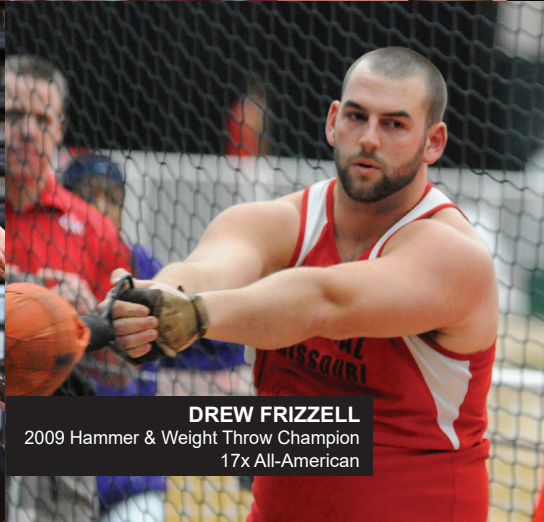
KAYLA MUYSKENS

2012 Shot Put Champion
10x All-American



ERIN ALEWINE

2013, 2014 Pentathlon Champion
12x All-American



DREW FRIZZELL

2009 Hammer & Weight Throw Champion
17x All-American



CANIGGIA RAYNOR

2015 Discus Champion
5x All-American

UCM HAS 16 NCAA NATIONAL CHAMPIONS AND 26 NATIONAL CHAMPION AWARDS SINCE 2009



BRITTANY KALLENBERGER

2015 Outdoor Pole Vault Champion
3x All-American



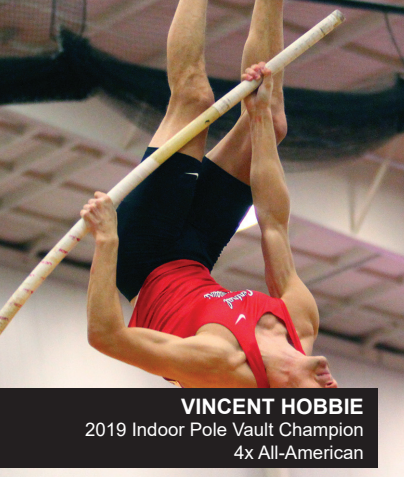
CHRISTOPHER GOODWIN

2022 Outdoor Long Jump Champion
4x All-American



DARIUS WALKER

2010 Heptathlon, 2010 Decathlon Champion
8x All-American



VINCENT HOBBIIE

2019 Indoor Pole Vault Champion
4x 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

