

University of Toledo Track & Field

QUICK FACTS

Location	Toledo, OH
Founded.....	1872
Enrollment.....	23,064
Nickname	Rockets
Colors	Midnight Blue and Gold
Conference.....	Mid-American
Track.....	UT Varsity Track
Athletic Director	Mike O'Brien

COACHING STAFF

Head Coach.....	Kevin Hadsell (12th year)
Alma mater	Vermont (1993)
.....	Coastal Carolina (1997)
Assistant Coach/Distance.....	Sara Vergote (2nd year)
Alma mater	Toledo (2003)
Graduate Assistant/Sprints	Adam Kiesler (1st year)
Assistant Coach/Jumps.....	Jiana Jin (20th year)
Assistant Coach/Throws	Chris Nadolny (10th year)

MEDIA RELATIONS

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2009-10 Indoor Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
12/4-5	Findlay Oiler Opener	Findlay, OH
12/11-12	Golden Flash Gala	Kent, OH
1/10	Western Michigan Dual	Kalamazoo, MI
1/16	BGSU Team Challenge	Bowling Green, OH
1/22	Great Dane Classic	New York, NY
1/29-30	Indiana Relays	Bloomington, IN
2/12-13	The Big Meet	Allendale, MI
2/20	Silverston Invitational	Ann Arbor, MI
2/26-27	MAC Championships	Mt. Pleasant, MI

2010 Outdoor Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
3/12-13	Coastal Carolina Invite	Conway, SC
3/27	COLLEGIATE CHALLENGE	TOLEDO, OH
4/10	Ohio Univ. Team Challenge	Athens, OH
4/23-24	Hillsdale Relays	Hillsdale, MI
4/23-24	Drake Relays	Des Moines, IA
4/30	TOLEDO INVITATIONAL	TOLEDO, OH
5/7	TOLEDO TUNE-UP	TOLEDO, OH
5/13-15	MAC Championships	Buffalo, NY
5/28-29	NCAA First Round Regional	TBA
6/9-12	NCAA Championships	Eugene, OR

Rockets Return to Action for Ohio Team Challenge

After winning the Toledo Collegiate Challenge on March 27, the Toledo track and field team looks to carry that momentum to Athens, OH for the Ohio University Team Challenge on Saturday.

Action from the Goldsberry Track begins at noon with the field events, while the running events are slated to begin at 2 p.m. with the 5,000 meter run. The forecast calls for sunny skies and temperatures near 70.

The Rockets scored 144.5 points to finish first at the Collegiate Challenge two weeks ago, edging out Bowling Green (131) and Ohio (127.5). Six individuals claimed event victories, while the 4x400 relay team closed the meet with a victory as well.

In the jumps, Kiah Douglas recorded a distance of 19-08.00 to place first, while Jaime Gittens won the triple jump (37-03.00). Kimara Morgan won the 100 (12.42) and Amanda Kaverman took first in the 400 (56.92), and Alexandra Afloari claimed a win in the 100 hurdles (15.09). Rounding out the individual titlists was Audra Brown, who scored a victory in the 3000 meter run with her time of 10:28.40.

The 4x400 relay team, comprised of Morgan, Kaverman, Joyce Kennedy and Sarah Woodrum, breezed to a 4.5 second win with a time of 3:58.73.

UT has posted some of the conference's best times in numerous events despite competing just twice in outdoor competition. Kaverman has the second-best mark in the 200 (24.28) and is fifth in the 400. Woodrum is a shade in front of the junior in the 400 (56.84, fourth).

In the distance events, Brown's time in the 3,000 at the Collegiate Challenge is the third-fastest in the MAC. Lindsay Toussant sits fifth in the 3000 (10:30.80), and Karen Sovacool's time of 18:17.44 is third-best in the 5000. The Rockets also own eight of the top-11 10,000 meter times, led by Brown's 37:27.65, which is fourth, and Emma Kertesz (37:49.35, fifth). In the steeplechase, Joni Camp sits fourth (11:51.22), followed by Hannah Brisson (11:53.81, fifth).

In the field events, Douglas' long jump at the Collegiate Challenge leads the conference by nearly a foot. Michelle Sutherland's high jump of 5-05 is good for second, while Gittens (37-05.75, third) and Afloari (37-01.75, fifth) have top marks in the triple jump.

2009-10 ROSTER

<u>Name</u>	<u>Events</u>	<u>Year (Ind./Out.)</u>	<u>Hometown (Previous School)</u>
Alexandra Afloari	Multi	Jr./Jr.	Deva, Romania (Grambling Univ.)
Holly Baird	Distance	Fr./Fr.	Wauseon, OH (Wauseon)
Antalesha Ballard	Sprints	Fr./Fr.	Cleveland, OH (Central Catholic)
Lei Bornhorst	Distance	Fr./Fr.	Minster, OH (Minster)
Danielle Borowske	Distance	Fr./Fr.	Kirtland, OH (Kirtland)
Hannah Brisson	Distance	Fr./Fr.	Casco, MI (Richmond)
Katie Bollin	Jumps	Fr./Fr.	Temperance, MI (Bedford)
Audra Brown	Distance	Jr./Jr.	Ayersville, OH (Ayersville)
Joni Camp	Distance	Jr./So.	Sterling, OH (Norwayne)
Megan Chambers	Distance	Jr./So.	Rocky River, OH (Magnificat)
Liza Cholin	Distance	So./So.	Oregon, OH (Clay)
Samantha Condron	Distance	Fr./So.	Miamisburg, OH (Miamisburg)
Kacy Crook	Distance	So./So.	Hilliard, OH (Davidson)
Kiah Douglas	Sprints/Jumps	Fr./Fr.	Saginaw, MI (Arthur Hill)
Hannah Evans	Distance	Fr./Fr.	Lakewood, OH (Lakewood)
Jenna Fausey	Distance	So./So.	Minster, OH (Minster)
Lauren Fausey	Distance	Fr./Fr.	Minster, OH (Minster)
Ali Fisher	Distance	So./So.	Lebanon, OH (Lebanon)
Ari Fisher	Distance	Jr./So.	Lebanon, OH (Lebanon)
Yuhong Fu	Jumps	Fr./Fr.	Beijing, China
Maureen Gibbs	Distance	Jr./Jr.	Ottawa Lake, MI (Whiteford)
Jaime Gittens	Jumps	So./So.	Wallaceburg, ONT (Wallaceburg)
Paulina Handzlik	Pole Vault	Sr./Sr.	Bielsko-Biala, Poland (Adem's Asruyk)
Danielle Jacoby	Distance	Jr./Jr.	Carey, OH (Carey)
Huijun Jing	Jumps	Fr./Fr.	Beijing, China
Amanda Kaverman	Sprints	Jr./Jr.	Sylvania, OH (Southview)
Joyce Kennedy	Sprints	Sr./Sr.	Cleveland, OH (Rhodes)
Emma Kertesz	Distance	Fr./Fr.	Toledo, OH (Central Catholic)
Ksenia Kraitchkova	Jumps	Fr./Fr.	Sylvania, OH (Southview)
Jessica Lipstraw	Throws	Jr./Jr.	Oak Harbor, OH (Defiance Coll.)
Nicole Macut	Pole Vault	So./So.	Toledo, OH (Whitmer)
Amanda Mannon	Distance	So./So.	Oregon, OH (Clay)
Jessica Myers	Pole Vault	Fr./Fr.	Hinckley, OH (Highland)
Kimara Morgan	Sprints	Jr./Jr.	Columbus, OH (Eastmoor)
Emily Nadolny	Throws	Sr./Jr.	Toledo, OH (Southern Utah Univ.)
Sarah Neubacher	Distance	So./So.	Ft. Wayne, IN (Concordia Lutheran)
Ashley Phillips	Sprints	Fr./Fr.	Columbus, OH (Reynoldsburg)
Devyn Ramsay	Distance	Fr./Fr.	Benzonia, MI (Benzie)
Julie Snyder	Multi	So./So.	Celina, OH (Celina)
Karen Sovacool	Distance	Jr./Jr.	Lakewood, OH (Magnificat)
Michelle Sutherland	Jumps	Sr./Sr.	Maumee, OH (Maumee)
Dagna Szykiel	Distance	Jr./Sr.	Bytom, Poland
Danielle Thomas	Distance	Jr./Jr.	Perrysburg, OH (Anthony Wayne)
Lindsay Toussant	Distance	Jr./Jr.	Minerva, OH (Minerva)
Sarah Woodrum	Sprints	Fr./Fr.	Marion, OH (Harding)
Alecia Zaper	Multi	Fr./Fr.	Whitehouse (Anthony Wayne)

PERFORMANCE LIST (BY ATHLETE)

Alexandra Afloari - JR

Event	Meet	Mark	Place
55H	Western Michigan	8.20	1st
	Great Dane	8.60	-
60H	IU Relays	9.19	-
100H	Collegiate Chall.	15.09	1st
HJ	MAC Indoor	5-04.50	9th
	Collegiate Chall.	5-02.25	
JT	Coastal Carolina	25.47	26th
	Collegiate Chall.	31.05	5th
LJ	Oiler Opener	17-01.25	8th
	Golden Flash Gala	18-00.50	4th
	Western Michigan	18-02.25	2nd
	Great Dane	18-03.75	5th
	Silverston Invite	18-03.25	3rd
	MAC Indoor	17-04.75	22nd
	Coastal Carolina	16-11.25	14th
Pent	GVSU	3505	4th
TJ	Oiler Opener	38-07.00	1st
	Golden Flash Gala	38-11.50	1st
	Western Michigan	39-00.25	1st
	BG Challenge	38-08.75	3rd
	Great Dane	40-01.50	1st
	IU Relays	39-05.25	1st
	GVSU	39-02.50	6th
	MAC	39-11.25	4th
	Coastal Carolina	37-01.75	8th
Shot	Western Michigan	30-02.75	8th
	Collegiate Chall.	28-09.00	9th

Holly Baird - FR

Event	Meet	Mark	Place
Mile	Western Michigan	5:51.54	9th

Antalesha Ballard - FR

Event	Meet	Mark	Place
200M	Golden Flash Gala	27.63	42nd
	Western Michigan	27.80	7th
	IU Relays	26.97	11th
	GVSU	27.35	53rd
400H	Coastal Carolina	1:08.86	17th
	Collegiate Chall.	1:10.56	4th
400M	Oiler Opener	1:06.97	22nd
	Western Michigan	1:04.20	9th
	BG Challenge	1:03.03	20th
	IU Relays	1:01.79	27th

	GVSU	1:04.58	50th
4x400M (2)	Golden Flash Gala	4:12.11	15th
4x800M (1)	Coastal Carolina	10:12.58	6th

Katie Bollin - FR

Event	Meet	Mark	Place
55M	Western Michigan	7.75	4th
100M	Collegiate Chall.	13.15	6th
LJ	Western Michigan	16-05.75	9th
	GVSU	16-10.75	23rd
	Silverston Invite	17-01.50	7th
	Coastal Carolina	15-11.50	31st
TJ	BG Challenge	36-04.00	6th
	Great Dane	35-01.25	18th
	IU Relays	35-06.00	19th
	GVSU	34-05.00	22nd
	Coastal Carolina	34-10.25	14th
	Collegiate Chall.	35-04.50	4th

Lei Bornhorst - FR

Event	Meet	Mark	Place
3000M	Western Michigan	11:18.74	10th
	Great Dane	10:56.37	21st
5000M	BG Challenge	18:57.95	8th

Hannah Brisson - FR

Event	Meet	Mark	Place
2000St	Collegiate Chall.	7:28.39	3rd
3000M	BG Challenge	10:52.81	21st
	Great Dane	10:37.06	14th
3000St	Coastal Carolina	11:53.81	6th
5000M	Golden Flash Gala	19:29.54	25th
	GVSU	18:47.54	19th

Audra Brown - JR

Event	Meet	Mark	Place
800M	Western Michigan	2:31.79	8th
1500M	Collegiate Chall.	4:47.12	3rd
Mile	Western Michigan	5:20.22	6th
3000M	Collegiate Chall.	10:28.40	1st
5000M	Great Dane	17:39.20	3rd
	GVSU	17:28.61	14th
	MAC Indoor	17:39.75	8th
10K	Coastal Carolina	37:27.65	2nd

Joni Camp - JR

Event	Meet	Mark	Place
800M	Western Michigan	2:29.67	7th

PERFORMANCE LIST (BY ATHLETE)

1000M	Great Dane	3:07.43	9th
Mile	Western Michigan	5:30.29	8th
3000M	BG Challenge	10:35.93	15th
3000St	Coastal Carolina	11:51.22	5th
5000M	GVSU	18:25.26	10th

Megan Chambers - JR

Event	Meet	Mark	Place
JT	Coastal Carolina	15.07	45th
	Collegiate Chall.	21.88	9th

Liza Cholin - SO

Event	Meet	Mark	Place
5000M	Golden Flash Gala	19:19.46	21st
	Coastal Carolina	19:46.62	11th

Sam Condron - FR

Event	Meet	Mark	Place
3000M	BG Challenge	10:35.78	14th
	GVSU	10:43.52	8th
5000M	Great Dane	17:52.41	5th
	Collegiate Chall.	18:27.76	2nd
10K	Coastal Carolina	39:14.22	8th

Amber Cushnie - JR

Event	Meet	Mark	Place
3000M	Oiler Opener	11:10.00	10th
	Western Michigan	10:53.76	6th
3000St	Coastal Carolina	11:59.88	8th
5000M	Golden Flash Gala	19:27.37	23rd
	Great Dane	19:06.71	11th
	GVSU	18:53.29	21st
	Collegiate Chall.	19:41.95	9th

Kiah Douglas - FR

Event	Meet	Mark	Place
55M	Western Michigan	7.54	3rd
60M	Golden Flash Gala	8.08	-
200M	Western Michigan	27.35	4th
400M	GVSU	1:01.47	33rd
4x100M (4)	Collegiate Chall.	47.34	2nd
4x400M (1)	Oiler Opener	4:00.01	3rd
4x400M (3)	Golden Flash Gala	3:54.87	3rd
LJ	Oiler Opener	18-08.50	1st
	Golden Flash Gala	18-02.25	3rd
	Western Michigan	17-09.00	3rd
	Great Dane	17-11.50	10th

	IU Relays	18-00.50	4th
	GVSU	18-06.00	5th
	Silverston Invite	18-03.75	2nd
	MAC Indoor	18-03.00	13th
	Coastal Carolina	19-00.50	1st
	Collegiate Chall.	19-08.00	1st
TJ	Collegiate Chall.	36-03.50	3rd

Hannah Evans - FR

Event	Meet	Mark	Place
Mile	Tom Wright	5:41.64	11th
3000M	Western Michigan	11:11.01	8th
5000M	BG Challenge	19:05.97	10th
	GVSU	18:38.74	16th
10K	Coastal Carolina	41:10.74	10th

Lauren Fausey - FR

Event	Meet	Mark	Place
Mile	Tom Wright	5:54.27	12th
3000M	Western Michigan	11:49.91	11th
5000M	Golden Flash Gala	21:30.05	31st
	BG Challenge	19:51.62	15th
	GVSU	19:59.31	39th

Ali Fisher - SO

Event	Meet	Mark	Place
3000M	Western Michigan	11:16.82	9th
5000M	Golden Flash Gala	19:24.69	22nd
	BG Challenge	19:14.78	11th
	GVSU	19:44.93	35th
	Collegiate Chall.	19:18.62	6th
10K	Coastal Carolina	41:07.19	11th

Ari Fisher - JR

Event	Meet	Mark	Place
800M	Western Michigan	2:23.96	5th
Mile	Great Dane	4:59.83	1st
3000M	GVSU	9:43.22	1st
5000M	Golden Flash Gala	16:48.66	1st
	MAC Indoor	16:42.87	1st
DMR	Great Dane	12:09.33	1st

Yuhong Fu - FR

Event	Meet	Mark	Place
TJ	Oiler Opener	38-06.75	2nd
	Western Michigan	37-10.75	3rd
	BG Challenge	37-09.50	4th
	Great Dane	37-10.75	6th

PERFORMANCE LIST (BY ATHLETE)

LJ	GVSU	38-07.50	7th
	Silverston Invite	37-11.25	2nd
	MAC Indoor	38-11.00	7th
	Collegiate Chall.	36-07.00	2nd
	Golden Flash Gala	16-03.75	T-14th

Maureen Gibbs - FR

Event	Meet	Mark	Place
Mile	Tom Wright	6:07.50	13th
3000M	Western Michigan	11:51.69	12th
5000M	BG Challenge	19:19.08	13th
	GVSU	19:18.92	29th
	Collegiate Chall.	19:38.41	8th
10K	Coastal Carolina	41:58.73	15th

Jaime Gittens - SO

Event	Meet	Mark	Place
LJ	GVSU	16-09.25	27th
TJ	Western Michigan	38-09.75	2nd
	BG Challenge	38-09.50	1st
	Great Dane	38-02.75	4th
	IU Relays	37-10.75	7th
	GVSU	37-07.25	11th
	MAC Indoor	37-11.25	10th
	Coastal Carolina	37-05.75	6th
	Collegiate Chall.	37-03.00	1st

Richelle Gray - FR

Event	Meet	Mark	Place
Mile	Tom Wright	6:09.15	14th
3000M	Coastal Carolina	11:23.75	27th
5000M	GVSU	20:23.95	40th
	Collegiate Chall.	19:56.81	10th

Paulina Handzlik - SR

Event	Meet	Mark	Place
PV	Golden Flash Gala	9-10.00	T-16th
	BG Challenge	9-06.25	14th
	GVSU	9-10.00	14th
	Collegiate Chall.	10-00.00	3rd

Danielle Jacoby - JR

Event	Meet	Mark	Place
60M	Golden Flash Gala	59.60	10th
200M	Great Dane	26.77	42nd
	IU Relays	26.60	24th
	Coastal Carolina	26.23	29th

	Collegiate Chall.	26.65	6th
300M	Oiler Opener	42.55	8th
400M	Western Michigan	1:02.35	7th
	IU Relays	1:00.13	19th
	GVSU	59.00	12th
	Silverston Invite	1:00.17	4th
	Collegiate Chall.	58.02	2nd
600M	BG Challenge	1:40.18	4th
4x400M (1)	Golden Flash Gala	4:12.11	15th
4x400M (3)	IU Relays	3:53.84	5th
	GVSU	3:50.79	6th
	MAC	3:58.24	9th
4x800M(3)	Coastal Carolina	10:12:58	6th
JT	Coastal Carolina	31.13	18th
	Collegiate Chall.	33.45	4th
DMR	Great Dane	12:09.33	1st
	MAC Indoor	12:08.20	7th

Huijun Jing - FR

Event	Meet	Mark	Place
HJ	Golden Flash Gala	5-04.50	4th
	Western Michigan	5-04.00	2nd
TJ	GVSU	36-11.75	16th

Amanda Kaverman - JR

Event	Meet	Mark	Place
55M	Western Michigan	7.26	1st
	Great Dane	7.26	-
60M	Oiler Opener	7.90	10th
	Golden Flash Gala	7.93	11th
	BG Challenge	7.75	-
	Silverston Invite	7.69	3rd
	MAC Indoor	7.65	4th
200M	Golden Flash Gala	25.09	3rd
	Western Michigan	25.43	1st
	Great Dane	25.06	10th
	IU Relays	24.79	4th
	GVSU	24.71	6th
	MAC Indoor	24.43	1st
	Coastal Carolina	24.28	3rd
300M	Oiler Opener	40.75	1st
400M	BG Challenge	57.28	1st
	GVSU	57.05	1st
	Collegiate Chall.	56.92	1st
4x100M (2)	Collegiate Chall.	47.34	2nd
4x400M (2)	Golden Flash Gala	3:54.87	3rd
	IU Relays	3:53.84	5th

PERFORMANCE LIST (BY ATHLETE)

	GVSU	3:50.79	6th
	MAC Indoor	3:58.24	9th
	Collegiate Chall.	3:58.73	1st
4x400M (3)	Oiler Opener	4:00.01	3rd

Joyce Kennedy - SR

Event	Meet	Mark	Place
800M	Collegiate Chall.	2:25.48	3rd
4x400M (3)	Collegiate Chall.	3:58.73	1st

Emma Kertesz - FR

Event	Meet	Mark	Place
Mile	Western Michigan	5:14.53	3rd
2000St	Collegiate Chall.	7:16.45	2nd
3000M	Western Michigan	10:29.65	3rd
	Great Dane	10:24.38	9th
5000M	GVSU	17:32.56	17th
	MAC Indoor	18:01.14	15th
10K	Coastal Carolina	37:49.35	3rd

Ksenia Kraitchkova - FR

Event	Meet	Mark	Place
200M	IU Relays	27.28	14th
LJ	Oiler Opener	16-05.75	14th
	Golden Flash Gala	16-01.75	T-18th
	Western Michigan	16-09.25	8th
	IU Relays	17-04.75	7th
	GVSU	16-11.25	20th
	MAC Indoor	17-11.50	19th
	Silverston Invite	17-05.50	6th
	Coastal Carolina	16-08.75	18th
	Collegiate Chall.	17-03.50	5th
TJ	Golden Flash Gala	32-10.50	12th
	Western Michigan	34-02.00	7th
	BG Challenge	35-01.25	7th
	Great Dane	35-07.75	14th
	IU Relays	34-04.25	21st
	GVSU	35-01.25	21st
	Coastal Carolina	34-06.25	16th

Nicole Macut- SO

Event	Meet	Mark	Place
PV	GVSU	8-10.25	24th
	Coastal Carolina	9-00.25	20th
	Collegiate Chall.	9-06.25	4th

Amanda Mannon - SO

Event	Meet	Mark	Place
3000M	Collegiate Chall.	11:23.26	14th

Kimara Morgan - JR

Event	Meet	Mark	Place
100M	Collegiate Chall.	12.42	1st
200M	Silverston Invite	26.46	6th
	Coastal Carolina	26.47	34th
	Collegiate Chall.	25.98	3rd
300M	Oiler Opener	41.79	3rd
400M	Golden Flash Gala	58.71	6th
	Western Michigan	1:01.48	4th
	Great Dane	58.95	24th
	IU Relays	58.57	11th
	GVSU	59.15	23rd
	MAC Indoor	58.86	17th
	Coastal Carolina	1:00.05	15th
600M	BG Challenge	1:43.01	12th
4x100M (1)	Collegiate Chall.	47.34	2nd
4x400M (1)	Golden Flash Gala	3:54.87	3rd
	IU Relays	3:53.84	5th
	GVSU	3:50.79	6th
	MAC Indoor	3:58.24	9th
	Collegiate Chall.	3:58.73	1st
4x400M (4)	Oiler Opener	4:00.01	3rd
4x800M(2)	Coastal Carolina	10:12.58	6th

Jessica Myers - FR

Event	Meet	Mark	Place
PV	Golden Flash Gala	8-00.50	36th
	GVSU	8-10.25	24th
	Collegiate Chall.	8-06.25	6th

Emily Nadolny - SR

Event	Meet	Mark	Place
Shot	Western Michigan	30-03.75	7th
Weight	Western Michigan	47-10.00	4th
	BG Challenge	41-08.00	23rd
	Great Dane	47-07.00	11th

Sarah Neubacher - SO

Event	Meet	Mark	Place
3000M	IU Relays	10:48.76	19th
	Collegiate Chall.	10:47.79	5th
5000M	Golden Flash Gala	18:29.03	15th
	GVSU	17:55.22	30th
10K	Coastal Carolina	38:29.94	5th

PERFORMANCE LIST (BY ATHLETE)

Ashley Phillips - FR

Event	Meet	Mark	Place
60M	Golden Flash Gala	8.05	-
200M	Oiler Opener	27.53	11th
	Golden Flash Gala	26.91	28th
4x400M (3)	Golden Flash Gala	4:12.11	15th

Julie Snyder - SO

Event	Meet	Mark	Place
55H	Western Michigan	8.30	3rd
	Great Dane	8.60	8th
60H	IU Relays	8.98	6th
	MAC	8.90	10th
Pent	Golden Flash Gala	3313.00	3rd
	GVSU	3479	5th
	MAC Indoor	3657	6th
HJ	Golden Flash Gala	5-04.50	9th
	Western Michigan	5-02.00	3rd
	BG Challenge	4-11.50	10th
	Great Dane	5-05.00	3rd
	IU Relays	5-04.25	2nd
	MAC Indoor	5-04.50	9th
LJ	Western Michigan	16-10.50	7th
	BG Challenge	17-04.00	6th
	Great Dane	17-09.75	11th
	IU Relays	17-06.00	5th
	Silverston Invite	18-01.50	4th
Shot	Western Michigan	32-05.75	5th
	Collegiate Chall.	32-06.50	8th

Karen Sovacool - JR

Event	Meet	Mark	Place
800M	Western Michigan	2:27.74	6th
Mile	Western Michigan	5:04.28	2nd
	Great Dane	5:11.61	4th
	Silverston Invite	5:10.54	5th
	MAC Indoor	5:08.63	13th
3000M	Collegiate Chall.	10:40.80	4th
5000M	GVSU	18:27.93	43rd
	Coastal Carolina	18:17.44	5th
DMR	Great Dane	12:09.33	1st
	MAC Indoor	12:08.20	7th

Kristal Studer - FR

Event	Meet	Mark	Place
800M	Western Michigan	2:23.13	4th
	GVSU	2:23.91	32nd
	Silverston Invite	2:20.31	3rd
	Collegiate Chall.	2:25.34	2nd
1500M	Coastal Carolina	4:52.01	9th
	Collegiate Chall.	4:53.11	9th
Mile	Western Michigan	5:21.96	7th
	Great Dane	5:13.77	7th
	GVSU	5:13.22	22nd
	MAC Indoor	5:11.47	16th

3000M	IU Relays	10:20.37	6th
DMR	MAC Indoor	12:08.20	7th

Michelle Sutherland - SR

Event	Meet	Mark	Place
HJ	Oiler Opener	5-06	2nd
	Golden Flash Gala	5-04.50	T-7th
	Western Michigan	5-06	1st
	BG Challenge	5-07.25	3rd
	Great Dane	5-08.75	2nd
	IU Relays	5-05.00	5th
	GVSU	5-04.25	11th
	Silverston Invite	5-05	3rd
	MAC Indoor	5-08.50	2nd
	Coastal Carolina	5-05.00	2nd
	Collegiate Chall.	5-04.25	2nd

Dagna Szytkiel - SR

Event	Meet	Mark	Place
3000M	BG Challenge	10:05.67	6th
	GVSU	10:01.24	5th
	MAC Indoor	10:18.91	14th
5000M	Great Dane	17:32.35	2nd

Danielle Thomas - JR

Event	Meet	Mark	Place
800M	GVSU	2:20.99	19th
	Silverston Invite	2:20.83	5th
1000M	Golden Flash Gala	3:04.83	3rd
	Great Dane	3:05.52	7th
1500M	Coastal Carolina	4:56.90	12th
	Collegiate Chall.	4:50.88	6th
Mile	IU Relays	5:16.01	20th
	MAC Indoor	5:16.79	20th
DMR	MAC Indoor	12:08.20	7th

Lindsay Toussant - JR

Event	Meet	Mark	Place
1500M	Collegiate Chall.	4:48.92	4th
Mile	Western Michigan	5:17.71	5th
3000M	Western Michigan	10:22.93	1st
	Great Dane	10:02.87	2nd
	MAC Indoor	10:56.83	29th
	Collegiate Chall.	10:30.80	2nd
5000M	GVSU	17:33.65	19th
10K	Coastal Carolina	38:11.51	4th

PERFORMANCE LIST (By ATHLETE)

Sarah Woodrum - FR				Alecia Zaper - FR			
Event	Meet	Mark	Place	Event	Meet	Mark	Place
100M	Collegiate Chall.	12.74	5th	200M	Coastal Carolina	28.34	63rd
200M	BG Challenge	26.72	10th	4x400M (4)	Golden Flash Gala	4:12.11	15th
	IU Relays	26.46	22nd	55H	Western Michigan	9.10	6th
	Silverston Invite	25.90	3rd		Great Dane	8.72	-
	Coastal Carolina	25.82	17th	60H	Oiler Opener	9.83	-
	Collegiate Chall.	25.81	2nd		Golden Flash Gala	10.05	-
300M	Oiler Opener	41.96	5th		BG Challenge	9.41	-
400M	Golden Flash Gala	58.57	5th		IU Relays	9.46	-
	Western Michigan	59.45	2nd		GVSU	9.61	37th
	Great Dane	57.65	10th	100H	Coastal Carolina	15.39	18th
	IU Relays	57.64	9th		Collegiate Chall.	15.45	3rd
	GVSU	57.54	11th	HJ	Western Michigan	5-02.00	3rd
	MAC Indoor	57.34	7th		BG Challenge	5-01.25	5th
	Coastal Carolina	56.84	2nd		Great Dane	5-01.00	9th
4x100M (3)	Collegiate Chall.	47.34	2nd		IU Relays	5-00.25	12th
4x400M (2)	Oiler Opener	4:00.01	3rd		GVSU	5-02.25	16th
4x400M (4)	Golden Flash Gala	3:54.87	3rd		Collegiate Chall.	5-00.25	5th
	IU Relays	3:53.84	5th		Coastal Carolina	4-09.00	27th
	GVSU	3:50.79	6th	JT	Coastal Carolina	24.21	30th
	MAC Indoor	3:58.24	9th		Collegiate Chall.	24.93	7th
	Collegiate Chall.	3:58.73	1st	LJ	Oiler Opener	15-07.50	19th
4x800M(4)	Coastal Carolina	10:12.58	6th		Golden Flash Gala	16-01.00	T-21st
DMR	Great Dane	12:09.33	1st		Western Michigan	17-00.75	6th
					BG Challenge	16-04.25	11th
					IU Relays	15-10.25	20th
					Silverston Invite	15-07.75	13th
				Pent	MAC Indoor	2881	18th
				Shot	Collegiate Chall.	25-09.50	10th

ALL-TIME OUTDOOR RECORDS

<u>100m</u>		
1. Shantel Ransom	11.57	1990
2. Eunice Ashford	11.70	1985
3. Nicole Wilson	11.76	1993
4. CoCo Saunders	11.83	1996
5. Julia Ford	11.85	2000
Breezie Gibson	11.85	2008
7. LaShawn Vaughns	11.89	2009

<u>200m</u>		
1. Shantel Ransom	23.48	1990
2. Nicole Wilson	23.90	1993
3. Julia Ford	24.03	1999
4. Amanda Kaverman	24.22	2008
5. Candy Campbell	24.38	1992
6. Breezie Gibson	24.40	2008
7. Milan Wilder	24.56	1995
8. LaShawn Vaughns	24.55	2008
9. Glynnise Redden	24.58	1992
10. Eunice Ashford	24.68	1985
11. Lana Rice	24.81	1984
12. Tijuana Littlejohn	24.81	1987
13. Greta Peterson	24.99	1984

<u>400m</u>		
1. Shantel Ransom	53.63	1992
2. Lana Rice	54.10	1984
3. Glynnise Redden	54.67	1993
4. Julia Ford	54.73	1999
5. Greta Peterson	55.03	1984

<u>800m</u>		
1. Megan Palm	2:11.94	2003
2. Brenda Cousin	2:12.66	1987
3. Joyce Kennedy	2:12.68	2008
4. Theresa Mariea	2:12.95	1998
5. Kia Minkinen	2:13.32	2000
6. Angie Brown	2:13.46	1986

<u>1500m</u>		
1. Briana Shook	4:21.51	2004
2. Everlyne Lagat	4:28.34	2003
3. Jessica Kraft	4:30.85	2002
4. Kia Minkinen	4:31.08	2000
5. Theresa Mariea	4:31.24	1998
6. Erica Moriarty	4:32.69	2003
7. Angie Brown	4:33.64	1986
8. Jodi Harrington	4:37.51	2000
9. Jackie Baumgartner	4:37.79	2005
10. Sara Vergote	4:37.85	2003

11. Karen Sovacool	4:40.44	2009
12. Dagmara Handzlik	4:40.51	2006
13. Lois Albers	4:41.77	1996
14. Renata Volf	4:42.94	2009
15. Katherine Smyth	4:43.14	2000
16. Dayna VanPelt	4:44.04	1993
17. Jessica Falk	4:44.91	2001
18. Nancy Keeler	4:45.24	1993
19. Ema Dimitriu	4:46.10	2005

<u>3000m</u>		
1. Briana Shook	9:38.36	2004
2. Kia Minkinen	9:46.82	2000
3. Erica Moriarty	9:50.50	2003
4. Lois Albers	9:52.01	1996
5. Emily Loroupe	9:54.89	2001
6. Jodi Harrington	9:55.85	2000
7. Katherine Smyth	9:57.03	2000
8. Theresa Mariea	10:01.24	1997
9. Sara Vergote	10:02.54	2002
10. Jessica Kraft	10:04.66	2002
11. Chris Tye	10:06.80	2002
12. Petra Teveli	10:07.35	2003
13. Karen Sovacool	10:09.04	2009
14. Ebba Stenbeck	10:11.00	2003
15. Becky Cook	10:11.44	1994
16. Nicole Camp	10:12.98	2006
17. Emily Gora	10:14.18	2001
18. Judit Kocsis	10:14.98	2006
19. Nancy Keeler	10:15.08	1993

<u>3000m Steeplechase</u>		
1. Briana Shook	9:44.71	2003*
2. Ebba Stenbeck	10:03.63	2006**
3. Sara Vergote	10:25.83	2003
4. Dagna Sztykiel	10:47.04	2009
5. Kelly McCarty	11:00.82	2005
6. Kia Minkinen	11:44.09	2001
7. Joni Camp	11:44.39	2009
8. Erica Moriarty	11:54.04	2004

* Shook set the American record in the summer of 2004 with her time of 9:29.31. It is the out-of-season collegiate record, according to *Track and Field News*.

** Stenbeck ran 9:53.17 in summer of 2006. It is an out-of-season collegiate-best time according to *Track and Field News*.

<u>5000m</u>		
1. Briana Shook	16:08.40	2004
2. Everlyne Lagat	16:26.53	2003
3. Ebba Stenbeck	16:51.94	2006
4. Sara Vergote	16:55.15	2003
5. Katherine Smyth	17:07.52	2000
6. Emily Loroupe	17:12.11	2000
7. Erica Moriarty	17:16.59	2003
8. Dagmara Handzlik	17:18.46	2006
9. Renata Volf	17:21.98	2009
10. Petra Teveli	17:22.83	2002
11. Kelly McCarty	17:24.29	2006
12. Lois Albers	17:24.30	1997
13. Judit Kocsis	17:26.42	2006
14. Becky Cook	17:33.48	1994
15. Jackie Jeric	17:36.84	1989
16. Karen Sovacool	17:43.16	2009
17. Audra Brown	17:45.02	2009
18. Emily Gora	17:47.51	2001
19. Dagna Sztykiel	17:49.45	2009
20. Alison Tittle	17:52.06	2004
21. Nancy Keeler	17:53.24	1993
22. Nicole Camp	17:54.96	2008
23. Jennifer Spieldenner	17:58.24	2008
24. Abby Phillips	18:00.50	2001
25. Jackie Baumgartner	18:03.00	2005
26. Bonnie Stewart	18:17.30	2001
27. Lindsey Misejka	18:19.95	2000

<u>10000m</u>		
1. Katherine Smyth	34:43.10	2000
2. Emily Loroupe	34:55.07	2001
3. Briana Shook	35:01.74	2004
4. Sara Vergote	35:13.63	2003
5. Petra Teveli	35:30.85	2002
6. Ebba Stenbeck	35:35.79	2006
7. Lois Albers	35:47.05	1997
8. Chris Tye	35:52.70	2002
9. Dagmara Handzlik	36:02.11	2006
10. Alison Tittle	36:16.68	2006
11. Becky Cook	36:28.40	1994
12. Kelly McCarty	36:36.38	2006
13. Jennifer Spieldenner	36:51.15	2005
14. Nicole Camp	36:55.28	2005
15. Jackie Jeric	36:58.24	1989
16. Dagna Sztykiel	37:11.22	2008
16. Emily Gora	37:29.40	2001



ARNIKA EDWARDS

- MAC meet record in the 400mH (57.94)
- Five-time MAC Champion
- Ranked 18th in the U.S. in 1997 in the 400mH



SUSIE FRODGE

- Three-time MAC Champion
- NCAA qualifier in the heptathlon
- Ranked 26th in the U.S. in 1990 in the heptathlon



BRIANA SHOOK

- American-record holder in the 3000m steeplechase
- 11-time MAC Champion
- Three-time NCAA All-American
- Five all-time MAC records



ALL-TIME OUTDOOR RECORDS

100H

1. Arnika Edwards	13.70	1996
2. Sonya Pritchett	13.87	1992
3. Francine Jennings	14.10	2008
4. Nicole Cross	14.17	1990

400H

1. Arnika Edwards	57.94	1997
2. Janet Sottek	60.65	1987
3. Kelly Morgan	60.71	1988
4. Francine Jennings	60.86	2007
5. Katrina Adams	61.99	2004
6. Ashley Savoy	62.22	2006

Distance Medley

1. Shook, Ford, Falk, Minkkinen	12:03.60	2001
2. Sottek, Baker, Cummings, Brown	12:18.44	1986

4 x 100m Relay

1. Wilson, Ransom, Pritchett, Wimbs	45.74	1992
2. Vaughns, Gibson, Kaverman , Pessoa	46.69	2009

4 x 400m Relay

1. Peterson, Rice, Babcock, Hammond	3:43.14	1984
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Sprint Medley Relay

1. Ransom, Byrd, Morgan, Cousin	4:02.74	1988
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4 x 800m

1. Brown, Cousin, Sottek, Morgan	9:12.24	1988
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4 x 200m

1. Ford, Stith, Moton, Jean-Baptiste	1:40.39	2000
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4 x 1600m

1. Shook, Falk, Smyth, Minkkinen	20:26.18	2001
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High Jump

1. Susie Frodge	5-9.25	1990
2. Michelle Sutherland	5-8.75	2008
3. Sara Coutu	5-8	1997
Sandra Sulzer	5-8	1996
Nora Mehl	5-8	2007
6. Lindy Hartley	5-6.25	2000
7. Sonya Pritchett	5-6	1993
Julie Snyder	5-6	2009

Long Jump

1. Candy Campbell	21-01.50	1992*
2. April Williams	20-09.75	2007
3. Shantel Ransom	19-11.00	1990
4. Kiah Douglas	19-08.00	2010
5. Pam Byrd	19-07.00	1988
6. Elan Pessoa	19-06.50	2007
7. Blair Summers	19-03.25	2007
8. Michelle DeLatour	19-01.25	2000
9. Sonya Pritchett	18-11.50	1992

Triple Jump

1. April Williams	43-11.75	2007
2. Candy Campbell	39-10.00	1993
3. Kira Shade	39-09.25	2008
4. Susie Frodge	39-05.00	1991
5. Hanna Virtanen	39-02.00	2002
6. Michelle DeLatour	39-00.50	1999
7. Jaime Gittens	38-11.00	2008
8. Elan Pessoa	37-11.50	2006
9. Diana Pinskey	37-08.00	1990
10. Sara Coutu	37-08.00	1996
11. Blair Summers	37-07.25	2007

Shot Put

1. Melody Torcolacci	51-1.25	1984
2. Jill Weiner	46-4	2002
3. Mary Reighard	44-0	1987
4. Cyd Edmunds	43-8	2000
5. Cindy Olberding	42-8	1993
6. Becky Caskey	42-1.25	2001
7. Cathy Smith	41-11.5	1996

Discus

1. Mary Reighard	156-3.5	1987
2. Tammi Semmler	148-7	1986
3. Meredith Elliott	136-4	2004

4. Sandy Brazeau	135-4	2006
5. Jamie Smith	133-7	2003
6. MacKenzie Pinkham	131-3	1999
7. Jill Weiner	131-0	2002
8. Cindy Olberding	130-8	1993
9. Allison Ashley	130-4	2006

Javelin

1. Barbara Veselich	139-7	1982
2. Cyd Edmunds	139-0	2000
3. Tammi Semmler	138-8	1987
4. Kim Beckley	127-7	1995
5. Julie Thomas	123-7	1993

Hammer

1. Megan Vaillant	159-9	2004
2. Allison Ashley	143-2	2006
3. Jill Weiner	141-6	2002
4. Sandy Brazeau	138-9	2009
5. Meredith Elliott	136-7	2004
6. Becky Caskey	134-2	2001
7. April Bartle	131-11	2002
8. Diana Jones	127-2	1999
9. Betsy Lashaway	122-3	2006

Heptathlon

1. Susie Frodge	5286	1990
2. Sonya Pritchett	5092	1993
3. Michelle Hayden	4851	1987
4. Julie Snyder	4695	2009
5. Jen Walters	4466	1996

Pole Vault

1. Shari Harmon	12-07.50	2009
2. Hanna Virtanen	11-00.00	2002
3. Paulina Handzlik	10-08.00	2008

Bold Italics indicates on 2009-10 roster
*MAC All-Time record



SHANTEL RANSOM

- Ranked sixth all-time in MAC in 100m, 200m and 400m
- Two-time NCAA All-American
- Seven-time MAC Champion



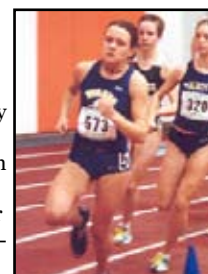
MARY REIGHARD

- Holds school record in discus and shot put (indoor)
- Two-time All-MAC selection
- Two-time MAC runner-up



SARA VERGOTE

- 2002 MAC Cross Country runner-up
- 2003 MAC 10,000m champion
- Two-time NCAA qualifier
- Two-time NCAA all-region



UT ALL-TIME INDOOR RECORDS

60-meters

1. Sherrell Wimbs	7.42	1992
2. Shantel Ransom	7.47	1989
3. Eunice Ashford	7.50	1985
4. CoCo Saunders	7.54	1998
5. LaShawn Vaughns	7.56	2008
6. Breezie Gibson	7.59	2008
7. Amanda Kaverman	7.65	2010
8. Julia Ford	7.68	2000

200-meters

1. Shantel Ransom	23.57	1991
2. Nicole Wilson	24.21	1993
3. Amanda Kaverman	24.43	2010
4. Candy Campbell	24.68	1992
5. CoCo Saunders	24.68	1998
6. LaShawn Vaughns	24.77	2009
7. Arnika Edwards	24.80	1996
8. Breezie Gibson	24.91	2008
9. Julia Ford	25.01	1999

400-meters

1. Shantel Ransom	54.90	1991
2. Arnika Edwards	54.97	1998
3. CoCo Saunders	56.36	1998
4. Julia Ford	56.64	2000
5. Jenny Grimm	56.66	2003
Glynnise Redden	56.66	1993

800-meters

1. Joyce Kennedy	2:12.17	2008
2. Megan Palm	2:12.36	2003
3. Angie Brown	2:13.80	1986
4. Theresa Mariea	2:13.91	1998
5. Kia Minkkinen	2:14.18	2000
6. Andrea McGrew	2:15.57	2003
7. Sharon Reichow	2:16.67	1992
8. Briana Shook	2:17.30	2003
9. Erica Lipstraw	2:19.45	2009
10. Danielle Thomas	2:19.47	2008
11. Jacinda Kemp	2:19.53	1999

Mile

1. Everlyne Lagat	4:49.10	2003#
2. Briana Shook	4:50.47	2003
3. Theresa Mariea	4:54.29	1998
4. Petra Teveli	4:54.49	2002
5. Kia Minkkinen	4:58.25	2000
6. Kelly McCarty	4:58.70	2004
7. Ebba Stenbeck	4:59.58	2006
8. Angie Brown	4:59.76	1984
9. Karen Sovacool	5:01.23	2009
10. Lois Albers	5:01.33	1996
11. Renata Volf	5:01.68	2008
12. Jessica Kraft	5:02.17	2002
13. Dagmara Handzlik	5:02.64	2006
14. Jackie Baumgartner	5:06.34	2003
15. Sara Vergote	5:06.68	2003
16. Jackie Jeric	5:10.60	1991

3000-meters

1. Briana Shook	9:23.90	2003*
2. Everlyne Lagat	9:26.40	2003
3. Ebba Stenbeck	9:40.32	2006
4. Ari Fisher	9:43.22	2010
5. Petra Teveli	9:46.10	2002
6. Dagmara Handzlik	9:50.41	2006
7. Lois Albers	9:51.16	1997

8. Sara Vergote	9:54.88	2003
9. Jessica Kraft	9:56.52	2002
10. Renata Volf	9:56.86	2008
11. Chris Tye	9:57.79	2004
12. Theresa Mariea	10:01.00	1998
13. Lindsay Toussant	10:02.87	2010
14. Becky Cook	10:04.67	1995
15. Dagna Sztykiel	10:05.69	2010
16. Kelly McCarty	10:06.57	2004
17. Kia Minkkinen	10:11.55	2001
18. Emily Laroupe	10:11.59	2000
19. Nicole Camp	10:16.88	2006
20. Katherine Smyth	10:17.59	2001
21. Judit Kocsis	10:19.08	2006
22. Kristal Studer	10:20.37	2010

5000-meters

1. Everlyne Lagat	16:15.54	2003*
2. Tuula Laitinen	16:25.13	2001
3. Briana Shook	16:32.12	2003
4. Ari Fisher	16:42.87	2010
5. Ebba Steinbeck	16:49.57	2006
6. Chris Tye	16:59.15	2004
7. Dagmara Handzlik	17:02.85	2006
8. Petra Teveli	17:04.02	2002
9. Sara Vergote	17:05.93	2003
10. Becky Cook	17:12.82	1998
11. Emily Loroupe	17:28.18	2000
12. Audra Brown	17:28.61	2010
13. Dagna Sztykiel	17:32.35	2010
14. Emma Kertesz	17:32.56	2010
15. Lindsay Toussant	17:33.65	2010
16. Kelly McCarty	17:39.97	2006
17. Nicole Camp	17:40.19	2006
18. Allison Tittle	17:51.47	2006

High Jump

1. Susie Frodge	5-10	1988
2. Michelle Sutherland	5-08.75	2010
3. Sara Coutu	5-08	1997
4. Nora Mehl	5-07.75	2007
5. Camille Cain	5-07	1991
6. several tied at 5-6		

Long Jump

1. April Williams	20-09.00	2006
2. Candy Campbell	20-03.50	1994
3. Blair Summers	19-07.50	2008
4. Shantel Ransom	19-04.00	1991
5. Elan Pessoa	19-03.50	2007
6. Sonya Pritchett	19-03.25	1993
7. Michelle DeLatour	18-11.75	1999

Triple Jump

1. April Williams	42-05.00	2006#
2. Candy Campbell	40-02.00	1995
3. Jaime Gittens	40-01.50	2008
4. Alex Afloari	39-11.25	2010
5. Kira Shade	39-09.75	2008
6. Susie Frodge	39-03.75	1991
7. Yuhong Fu	38-11.00	2010
8. Elan Pessoa	38-10.50	2006
9. Michelle DeLatour	38-05.00	2000
10. Hanna Virtinen	38-02.00	2002
11. Brandy Farmer	37-11.75	2004
12. Huijun Jing	36-11.75	2010
13. Kim Morton	36-09.50	2004
14. Sara Coutu	36-07.50	1996

Shot Put

1. Mary Reighard	45-05.50	1989
2. Cyd Edmunds	45-04.50	2000
3. Jill Weiner	44-05.25	2002
4. Angie Draper	42-10.25	1991
5. Cindy Olberding	42-00.25	1993
6. Sandy Brazeau	41-11.25	2006

20 Lb. Weight

1. Jill Weiner	51-04.25	2002
2. Megan Vaillant	51-01.00	2004
3. Meredith Elliott	50-08.75	2004
4. Sandy Brazeau	47-08.50	2006
5. April Bartel	46-00.75	2002
6. Betsy Lashaway	44-11.25	2006
7. Nicole Bergman	44-10.75	2007
8. Anne Kerg	43-11.25	2005
9. Becky Caskey	42-07.00	2001
10. Sheila Minske	42-04.75	2001
11. Diana Jones	40-03.75	2000

Pole Vault

1. Shari Harmon	12-07.50	2009
2. Hanna Virtanen	11-01.75	2002
3. Paulina Handzlik	10-08.25	2009

60-meter Hurdles

1. Arnika Edwards	8.43	1997
2. Francine Jennings	8.59	2008
3. Sonya Pritchett	8.67	1993
4. Susie Frodge	8.71	1991
5. April Williams	8.72	2006
6. Julie Snyder	8.90	2010
7. Katrina Adams	9.15	2006

Pentathlon

1. Sonya Pritchett	3743	1993
2. Julie Snyder	3657	2010
3. Michelle Hayden	3651	1987
4. April Williams	3520	2005
5. Alexandra Afloari	3505	2010
6. Nora Mehl	3414	2007
7. Susie Frodge	3412	1991

Distance Medley Relay

1. Shook, Grimm, Palm, Lagat		
11:29.57		2003
2. Kraft, Grimm, Palm, Teveli		
11:53.44		2002
3. 12:03.96		1996
4. Sovacool, Kennedy, Lipstraw, Toussant		
12:04.50		2009
5. 12:06.19		1997
6. Taylor, Albers, Overly, Cook		
12:09.40		1995
7. S. Smith, Adams, Kennedy , Tittle		
12:14.30		2006
8. Thomas, Jacoby, Kennedy, Sovacool		
12:19.31		2008

Bold italics indicates on 2009-10 roster

*MAC All-Time record

#MAC meet record

Rockets Blast Off Indoor Season with Solid Showing at Findlay Open

(Dec. 4-5, 2009)

FINDLAY, OH - Three individuals scored event titles as the University of Toledo's track team began its indoor slate with a good performance at the Findlay Oiler Opener on Saturday.

Junior **Amanda Kaverman (Sylvania, OH)** took first in the 300 meters with a time of 40.75, besting Central State's Brittany Brown by over half of a second. Junior Kimara Morgan (**Columbus, OH**) placed third in the event in 41.79.



Kaverman

"On a tight 200-meter track, that is a very good performance," head coach Kevin Hadsell said. "Amanda is placing herself in a great position to challenge for a MAC title in the 200-meters."

A pair of first-year Rockets also claimed victories in their Toledo debuts. Freshman **Kiah Douglas (Saginaw, MI)** won the long jump with a leap of 5.77m (18-11 1/4), which is the eighth-best jump in school history.

In the triple jump, junior **Alex Afloari** held off teammate **Yuhong Fu (Beijing, China)**, with both girls making the school's all-time list in their first outing. Afloari won with a leap of 11.76m (38-6) and Fu was right behind in 11.75m (38-5 3/4), which lands the duo at No. 7 and No. 8, respectively, on the all-time list.

"Kiah is going to be a great jumper. She barely fouled a six-meter jump and it was short approach," Hadsell said. "The triple jumpers did really well considering we were going off short approach in all of our jumping events today. We have the potential to have three women over 41-feet indoors, which is really solid."

Another top-performance was turned in by senior **Michelle Sutherland (Maumee, OH)**, who finished second in the high jump with a leap of 1.68m (5-6).

"Mikki redshirted all of last year so this was a great way to knock the rust off," Hadsell said. "Plus, it was a short approach, so it's a very good place to start."

The Rockets' 4x400 relay team, made up of Douglas, freshman **Sarah Woodrum (Marion, OH)**, Kaverman and Morgan also had a good effort, taking third with a mark of 4:00.01.

"Overall, it was a very good opening meet for us," Hadsell said. "We had a great time today and this team has a lot of potential across the board. We have a few more athletes to add to the mix, and with our distance crew, this will be a very hard team to beat by the end of February at the MAC Championships."

ROCKET EVENT WINNERS

300 Meters - Amanda Kaverman, 40.75
Long Jump - Kiah Douglas, 18-11 1/4
Triple Jump - Alex Afloari, 38-6

Fisher, Afloari Pace Women's Track at Golden Flash Gala

(Dec. 11-12, 2009)

KENT, OH - Junior **Ari Fisher (Lebanon, OH)** made her indoor track debut one to remember as she won the 5000 meter run to lead the Rockets in day one action at the Golden Flash Gala.

Fisher, the MAC Cross Country champion and NCAA qualifier, claimed the title in a time of 16:48.66, over 20 seconds better than second place. Her mark is the fastest in the country to date and the fifth-fastest in school-history, and is also less than five seconds away from an NCAA qualifying time (16:44.20). She was competing for the first time this season, and in addition to the MAC title, also won two other individual titles in cross country this fall.

Meanwhile, freshman **Kiah Douglas (Saginaw, MI)** and junior **Alex Afloari (Deva, Romania)** went three-four in the long jump. Douglas had a jump of 18-02.50 and Afloari checked in at 18-00.50.

Sophomore **Julie Snyder (Celina, OH)** finished third in the pentathlon, as she racked up 3,313 points. She had the third-best time in the 60 hurdles (9.08) and was fifth in the high jump (5-04.25) and long jump (16-07.75).

On day two, Afloari took first in the triple jump to lead the Rockets. Afloari recorded a jump of 38-11.50, the sixth-best mark in school-history. She won the triple for the second week in a row, and was four and a half inches better than last week.

Junior **Amanda Kaverman (Sylvania, OH)** finished third in the 200 meter dash with her time of 25.09, while junior **Danielle Thomas (Perrysburg, OH)** took third in the 1000 meter run in 3:04.83, just one second from a runner-up finish.

Toledo also picked up a third-place showing in the 4x400 relay, as the team of junior **Kimara Morgan (Columbus, OH)**, Kaverman and freshmen Douglas and **Sarah Woodrum (Marion, OH)** posted a time of 3:54.87.

Also in action was freshman **Huijun Jing (Beijing, China)**, who placed fourth in the high jump at 5-04.50.

ROCKET EVENT WINNERS

5000 Meters - Ari Fisher, 16:48.66
Triple Jump - Alex Afloari, 38-11.50



Fisher

Rockets Fall in Dual Meet at Western Michigan, 71.5-67.5

(Jan. 10, 2010)

KALAMAZOO, MI - Rocket athletes scored wins in six events, but the University of Toledo track team dropped a narrow decision in a dual meet with Western Michigan, falling by four points.

Junior **Amanda Kaverman (Sylvania, OH)** helped pace the Rockets with victories in both the 55 and 200 meter dash. Classmate **Alex Afloari (Deva, Romania)** edged out WMU's Ashley Hunault in the 55 meter hurdles, crossing the finish line just one one-hundredth of a second in front of her with a time of 8.20.



Toussant

Afloari's productive day continued with a win in the triple jump (39-00.25) and a runner-up showing in the long jump (18-02.25). She has won the triple jump in each of the three meets this season.

Lindsay Toussant (Minerva, OH) earned a victory in the 3000 meter run, as she outdistanced Samantha Tomerlin in a time of 10:22.93. Senior **Michelle Sutherland (Maumee, OH)** picked up

a win in the high jump (5-06.00), with freshman **Huijun Jing (Beijing, China)** coming in second.

Freshman **Sarah Woodrum (Marion, OH)** took second in the 400 in a time of 59.45. Junior **Karen Sovacool (Lakewood, OH)** was second in the one mile run with her mark of 5:04.28, while sophomore **Jaime Gittens (Wallaceburg, Ontario)** took second in the triple jump behind Afloari.

"It was the closest dual we have ever had with Western," Kevin Hadsell, head coach, said. "They are traditionally a top-three team in the MAC. I am very encouraged after today as the strength of our team. We didn't run most of our top distance runners in their normal events so this was a winnable meet for us."

ROCKET TOP FINISHERS: 55 Meter Dash - 1. Kaverman (7.26); 200 Meter Dash - 1. Kaverman (25.43); 400 Meter Dash - 2. Woodrum (59.45); 1 Mile Run - 2. Sovacool (5:04.28); 800 Meter Run - 4. Studer (2:23.13); 3000 Meter Run - 1. Toussant (10:22.93); 55 Meter Hurdles - 1. Afloari (8.20); High Jump - 1. Sutherland (5-06.00); Long Jump - 2. Afloari (18-02.25); Triple Jump - 1. Afloari (39-00.25); Shot Put - 5. Snyder (32-05.75); Weight Throw - 4. Nadolny (47-10.00).

Track Jumps to Fourth-Place Finish at BG Challenge

(Jan. 16, 2010)

BOWLING GREEN, OH - Junior **Amanda Kaverman (Sylvania, OH)** and sophomore **Jaime Gittens (Wallaceburg, Ontario)** paced the University of Toledo track and field team to a fourth-place finish at the Bowling Green Challenge.

The Rockets scored 62 points in the 10-team event. Central Michigan claimed the title with 135.5 points.

"I'm pleased and excited with our performance today," Kevin Hadsell, head coach, said. "We used this meet as a warm-up for the next two weeks. We didn't even treat this as a scored meet and we still beat three MAC teams and were competitive with Central and Miami."

Kaverman claimed a victory in the 400-meter dash (57.28), the first time she has competed in the event this season. She now has four wins in seven individual events.

"That was a great sign of her strength," Hadsell said. "That's not even her best event and she ran an excellent race on a tight track. I'm very excited about her performance."

Gittens tied for first in the triple jump with a mark of 38-09.50 to claim her first event victory of the year after taking second in the triple jump last week at Western Michigan. Gittens led a total of five triple jumpers who scored in the event, as junior **Alexandra Afloari (Deva, Romania)** took third, freshman **Yuhong Fu (Beijing, China)** was fourth, freshman **Katie Bollin (Temperance, MI)** was sixth and freshman **Ksenia Kraitchkova (Sylvania, OH)** was seventh.

Senior **Michelle Sutherland (Maumee, OH)** had a season-best effort in the high jump as she took third with a leap of 5-07.25. Freshman **Alecia Zaper (Whitehouse, OH)** took fifth in the high jump (5-01.25), while Afloari recorded a fourth-place showing in the long jump (17-09) to lead the Rockets in that event. Meanwhile, sophomore **Julie Snyder (Celina, OH)** took sixth in the long jump (17-04).

"Our jumps crew just gets better and better each meet," Hadsell said. "It's a deep and impressive group that will really help us at the MAC Championships."

Junior **Danielle Jacoby (Carey, OH)** picked up five points for the Rockets as she took fourth in the 600-meter run in a time of 1:40.18. Senior **Dagna Szykiel (Bytom, Poland)** made her season-debut and placed sixth in the 3000-meter run (10:05.67). She led a host of distance runners who each set personal-best times in the 3000.

"For Dagna to set a PR in her first meet is great," Hadsell said. "We competed without our top-seven runners from cross country so we're very excited about the potential of this group."

The Rockets travel to Albany, NY to compete at the Great Dane Invitational on Friday.

TEAM SCORES: 1. Central Michigan, 135.5. 2. Dayton, 129.5. 3. Miami, 115.5. **4. TOLEDO, 62.** 5. Bowling Green, 49. 6. Ball State, 45. 7. Ohio, 42. 8. Oakland, 28. 9. Detroit, 15. 10. IPFW, 1.5.

ROCKET TOP FINISHERS: 5000 Meter Run - 8. Bornhorst (18:57.95); 400 Meter Dash - 1. Kaverman (57.28); 200 Meter Dash - 10. Woodrum (26.72); 600 Meter Run - 4. Jacoby (1:40.18); 3000 Meter Run - 6. Szykiel (10:05.67); Weight Throw - 23. Nadolny (41-08.00); Long Jump - 4. Afloari (17-09.00); Pole Vault - 14. Handzlik (9-06.25); High Jump - 3. Sutherland (5-07.25); Triple Jump - T1. Gittens (38-09.50).

Rockets Race, Jump to Runner-Up Showing at Great Dane Classic

(Jan. 22, 2010)

NEW YORK - Led by another strong effort from the distance team and the jump group, the University of Toledo track and field team placed second at the 26-team Great Dane Classic, hosted by the University of Albany at the Armory Track.

Toledo scored 92 points, just a shade behind Big East power Seton Hall (98) and well in front of third-place Penn (68.83).

"Today was a huge meet for us," Kevin Hadsell, head coach, said. "This team could possibly be the best team in school history. I'm so proud of where we are, and we didn't get greedy at all for points, so we have more to show by the time the MAC Championships come around."

Junior **Ari Fisher (Lebanon, OH)** claimed a win in the mile run with her time of 4:59.93, while the Rockets distance medley relay team of juniors **Karen Sovacool (Lakewood, OH)**, **Danielle Jacoby (Carey, OH)** and Fisher and freshman **Sarah Woodrum (Marion, OH)** won the event by over 10 seconds in 12:09.33. The DMR time is the best in the MAC this year and sixth in school annals.

The day started with a runner-up showing in the 5000 meter run from senior **Dagna Szykiel (Bytom, Poland)**, who was followed in third place by junior **Audra Brown (Ayersville, OH)** and in fifth by **Sam Condron (Miamisburg, OH)**. Their times are all top-20 on the Toledo indoor list, and when combined with Fisher's effort in the 5000 earlier this season, the Rockets have the top-four times in the MAC this year.

"The 5k really got the meet going for us," Hadsell said. "We sold out and Sam Condron stuck herself behind the lead pack and practically set a personal-record at 3K en-route."

Junior **Lindsay Toussant (Minerva, OH)** was the runner-up in the 3000 meter run in 10:02.87, while Sovacool placed fourth in the mile and freshman **Kristal Studer (Bright, IN)** finished seventh to also score points. **Danielle Thomas (Perrysburg, OH)** took seventh in the 1000 meter run in 3:05.52 to round out the scoring for Rocket runners.

In the field events, junior **Alexandra Afloari (Deva, Romania)** won the triple jump in 40-01.50 and was fifth in the long jump at 18-03.75. Afloari's triple jump is a personal-best and ties her for third on the school's all-time list. Sophomore **Jaime Gittens (Wallaceburg, ONT)** took fourth in the triple and freshman **Yuhong Fu (Beijing, China)** was sixth.

Senior **Michelle Sutherland (Maumee, OH)** was runner-up in the high jump with a leap of 5-08.75, the second-best in school history. Sophomore **Julie Snyder (Celina, OH)** was right behind in third at 5-05.00.

Rockets Wrap Up Action at Indiana Relays

(Jan. 29-30, 2010)

BLOOMINGTON, IN - The University of Toledo track team wrapped up a successful two days of competition at the Indiana Relays with several top finishes.

On day one, **Julie Snyder** paced the team as she tied for second in the high jump (5-04.25) and finished fifth in the long jump in 17-06.00. Snyder, along with **Alexandra Afloari**, also qualified for Saturday's finals in the 60 meter hurdles.

Amanda Kaverman took fourth in the 200 meter dash in 24.79, while **Kristal Studer** placed sixth in the 3000 meter run (10:20.37) to round out the top finishers for Toledo.

On day two, **Afloari (Deva, Romania)** claimed another victory in the triple jump, winning with a leap of 39-05.25. Freshman **Kiah Douglas (Saginaw, MI)** finished fourth in the long jump at 18-00.50. Senior **Michelle Sutherland (Maumee, OH)** took fifth in the high jump (5-05.00), while **Jaime Gittens** placed seventh in the triple jump.

Meanwhile, **Snyder (Celina, OH)** made it through the prelims and the semis and took sixth in the 60 meter hurdles in 8.98. Freshman **Sarah Woodrum (Marion, OH)** placed ninth in the 400 meters in 57.64.

The Rockets also competed in the 4x400 meter relay, taking fifth out of 12 teams in 3:53.84. The relay was comprised of junior **Kimara Morgan (Columbus, OH)**, **Kaverman (Sylvania, OH)**, junior **Danielle Jacoby (Carey, OH)** and Woodrum.



Afloari

School Record Falls as Toledo Concludes Action at Big Meet

(Feb. 12-13, 2010)

ALLENDALE, MI - The 4x400 meter relay team broke the 15-year school record in the event to highlight the University of Toledo track and field team's second day of action at The Big Meet, hosted by Grand Valley State.

The team of **Kimara Morgan**, **Amanda Kaverman**, **Danielle Jacoby** and freshman **Sarah Woodrum** finished sixth in the relay with a time of 3:50.79. The previous record of 3:51.49 was set in 1995.

"What a way to end the meet," head coach Kevin Hadsell said. "That is a tough school record to beat and I'm really proud of the girls. They took nearly three seconds off their best time this year in the process."

Junior **Ari Fisher** won the 3000 meter run invite in a time of 9:43.22, 10 seconds faster than Purdue's Kristin Phillips. Her mark moves her into fourth on the UT all-time list behind a trio of All-Americans in Briana Shook (2004), Everlyne Lagat (2003) and Ebba Stenbeck (2007). Seniors **Renata Volf** and **Dagna Szykiel** took fourth and fifth, respectively, in the event.

Toledo runners also dot the top of the MAC Rankings in the 5000-meters after four different women broke the 18:00 barrier this weekend. Junior **Audra Brown** led the Rockets in 17:28.61, which is the fifth-fastest time in the MAC this year. She was followed this weekend by freshman **Emma Kertesz** in 17:32.56 (No. 6 in the MAC), junior **Lindsay Toussant** 17:33.65 (No. 8), and sophomore **Sarah Neubacher** in 17:55.22 (No. 13). The Rockets are sitting at second, fifth, sixth, seventh, eighth, 12th and 13th on MAC list in the event.

Kaverman, meanwhile, won the 400 meter open race with her mark of 57.05. Freshman **Samantha Condron** finished eighth in the 3000 meter run open in 10:43.52, while junior **Joni Camp** placed 10th in the 5000 meter run open (18:25.26).

The Rockets placed a pair of competitors in the top-10 of the triple jump, as **Alexandra Afloari** finished sixth (11.95m) and freshman **Yuhong Fu** took seventh (11.77m). Afloari's triple jump performance comes on the heels of her effort in Friday's pentathlon, in which her tally of 3505 moves her just ahead of sophomore **Julie Snyder**'s 3501 into fourth on the all-time Toledo list. Snyder's high jump of 5' 7" moves her into a tie for fifth on UT all-time list and puts Snyder in sixth on the MAC list.

"We had a lot of huge improvements this week," Hadsell said. "We have been working hard and, for an incredibly young team, we showed a lot of poise. We have an opportunity to battle for a MAC Indoor Championship in two weeks, which has never happened."

Track Completes Final Warmup Before MAC Championships

(Feb. 20, 2010)

ANN ARBOR, MI - In their final tune up before the MAC Indoor Championships, the University of Toledo track and field team had numerous top-10 finishers at the Silverston Invitational Saturday afternoon.

Freshman **Kiah Douglas** led five Rocket long jumpers who finished in the top-seven, as she placed second in 18-03.75. Junior **Alexandra Afloari** was right behind her in third (18-03.25) and sophomore **Julie Snyder** finished fourth (18-01.50). In sixth was freshman **Ksenia Kraitchkova** (17-05.50) while classmate **Katie Bollin** took seventh (17-01.50).

Freshman **Yuhong Fu** finished second in the triple jump with a mark of 37-11.25, while senior **Michelle Sutherland** finished third in the high jump with a mark of 5-05.

Junior **Amanda Kaverman** finished in third in the 60 meter dash (7.69) and freshman **Kristal Studer** finished likewise in the 800 (2:20.31), just .11 out of second. **Danielle Thomas** was behind Studer in fifth in the 800.

Toledo placed a pair in the top-six in the 200 meter dash, with freshman **Sarah Woodrum** taking third in 25.90 and **Kimara Morgan** placing sixth (26.46). Meanwhile, junior **Danielle Jacoby** placed fourth in the 400 meter dash (1:00.17) and classmate **Karen Sovacool** was fifth in the mile run (5:10.54).



Douglas

Kaverman Wins 200, Rockets Finish Eighth at MAC Championships

(Feb. 26-27, 2010)

MOUNT PLEASANT, MI - **Amanda Kaverman** sprinted her way to a victory in the 200-meter dash as the Toledo track and field team finished eighth at the MAC Indoor Championships, hosted by Central Michigan.

The Rockets finished with 44 points, just a shade behind Buffalo (46). Kent State won the title with 107 points. Toledo improved on its 10th-place finish from a year ago, and **Ari Fisher** was named the MAC's outstanding distance runner after winning the 5000 meter run. Her time was an NCAA provisional qualifier and 26 seconds ahead of the nearest competitor.

Kaverman, a junior, recorded a personal-best time in the 200 meters with her mark of 24.43. She claimed victory by over two-tenths of a second. The Sylvania, Ohio also took eighth in the 600-meter dash with her time of 7.68.

Michelle Sutherland nearly equaled her personal-best in the high jump as the senior finished in second place with a height of 5-08.50.

A pair of Rockets scored in the triple jump, led by **Alexandra Afloari**, who placed fourth (39-11.25). Her mark is a Toledo-best and the fourth-best in Rocket history. **Yuhong Fu** came in seventh with a leap of 38-11.00, which is also seventh on the school's performance list.

Julie Snyder worked her way to a sixth place showing in the pentathlon with a tally of 3657 points. It's the second-best mark in school-history, eclipsing Michelle Hayden's 3651 (1993), and is just short of the NCAA provisional mark of 3725.

Sarah Woodrum, competing in her first MAC Championships, finished seventh in the 400 meter dash with a time of 57.34, nearly two-tenths of a second faster than her preliminary time.

"We are one of the most improved teams in the MAC, and an unfortunate end to the meet dropped us to eighth," Kevin Hadsell, head coach, said. "Still, we scored the most points in the meet that we have since 2003."

EVENT TITLES

Ari Fisher: 5000 meter (16:42.87, NCAA Provisional)
Amanda Kaverman: 200 meter (24.43)

POINT SCORERS

Distance Medley Relay: Karen Sovacool, Danielle Jacoby, Danielle Thomas, Kristal Studer (12:08.20, 7th).
Alexandra Afloari: Triple jump (39-11.25, 4th).
Audra Brown: 5000 meter (17:39.75, 8th).
Yuhong Fu: Triple jump (38-11.00, 7th).
Amanda Kaverman: 60 meter (7.68, 8th).
Julie Snyder: Pentathlon (3657, 6th).
Michelle Sutherland: High jump (5-08.50, 2nd).
Sarah Woodrum: 400 meter (57.34, 7th).

Eleven Top-10 Efforts Highlight Toledo's Effort at Coastal Carolina

(March 12-13, 2010)

CONWAY, SC - The University of Toledo track and field team concluded its spring break trip with a bevy of top performances at the Coastal Carolina Invitational.

Kiah Douglas won the long jump with her final leap of the day of 19-00.50. **Michelle Sutherland** took second in the high jump with a mark of 5-05.

In the triple jump, **Jaime Gittens** finished sixth (37-05.75) and **Alexandra Afloari** took eighth (37-01.75).

Sarah Woodrum was the runner-up in the 400 meter run with a time of 56.84 and **Amanda Kaverman** took third in the 200 meter dash (24.28).

Karen Sovacool placed fifth in the 5000 meter run with her time of 18:17.44, while **Kristal Studer** crossed the line in ninth in the 1500 meter run (4:52.01).

Toledo had three of the top-eight finishers in the steeplechase, led by **Joni Camp** (11:51.22) in fifth. **Hannah Brisson** was a shade behind Camp in sixth (11:53.81), and **Amber Cushnie** took eighth (11:59.88).

A strong performance in the 10,000 meter run highlighted the first day of competition.

Audra Brown led a handful of Rockets who finished in the top-10 in the 10,000 meter run, as the junior took second in 37:27.65. **Emma Kertesz** finished third (37:49.35), **Lindsay Toussant** fourth (38:11.51), **Sarah Neubacher** fifth (38:29.94) and **Samantha Condron** eighth (39:14.22) to round out the distance crew.

The Rockets also had a solid showing in the 4x800 meter relay, finishing sixth in a time of 10:12.58.

Jonathan DeWitt was also in competition for the Rockets, and he placed third in the men's 10,000 meter run with a time of 32:53.32.



Brown

HEAD COACH KEVIN HADSELL



Kevin Hadsell is in his 12th year as head coach of the men's and women's cross country programs, and his sixth year as the director of the women's track and field and men's and women's cross country programs at the University of Toledo. During his 16 years in the profession, Hadsell has established himself as one of the top coaches in the region. He is dedicated to recruiting great student-

athletes, developing their skills and motivating them to great heights in both their athletic and academic careers.

In 1998, Hadsell was hired to be the head cross country coach for a men's and women's program that had perennially been at the bottom of the Mid-American Conference. Before Hadsell's arrival, the women's program had finished last in the MAC 13 of 18 years, and the men's program had never finished in the top-half of the conference in over 50 years of competition. In just a short time, Hadsell turned the women's program into one of the top distance programs in the region. In 2003, Hadsell was named Director of Track and Field and Cross Country, and the women's track and field program enjoyed immediate improvement under his leadership.

Hadsell's athletes now hold three all-time MAC records (Indoor: 3000m, 5000m; Outdoor: 3000mSC) and six all-time MAC meet records (Indoor: Mile, 3000m, 5000m, Long Jump; Outdoor: 3000mSC, 5000m). Hadsell has had three different athletes named All-American a total of six times.

At the MAC level over the last eight years, Hadsell's athletes have won four Runner of the Year awards in cross country and two runner-up finishes, as well as four Athlete of the Year honors in track and field. Between cross country and track, Hadsell has coached 22 MAC champions and 17 MAC runner-up finishers. In cross country, his women's team has won two MAC titles (2001, 2002) and had three MAC runner-up team finishes (2003, 2005, 2009). He has twice been named Mid-American Conference Coach of the Year (2001, 2002).

On the NCAA Regional level in cross country, few MAC coaches have enjoyed similar success. Individually, he is the only women's coach in Mid-American Conference history to have an NCAA Regional Cross Country Champion and NCAA Regional Cross Country Athlete of the Year (Briana Shook, 2002). Since 1999, the Rockets have had 12 NCAA All-Region selections, twice as many as any other MAC school over that same period. Additionally, the Rockets have sent six individuals to the NCAA Championships since 2000, more than the rest of the Mid-American Conference combined over the same period.

On the NCAA Regional level since 2000, the Rockets as a team have finished higher than any other MAC program when they finished fourth in 2001. The Rockets made history in 2000 when they finished fifth and defeated the University of Michigan for the first time in school history in a year that the Wolverines were the Big Ten runners-up. In both 2001 and 2002, the Rockets lost tie-breakers to the University of Washington for an NCAA bid.

At the NCAA Regional Track and Field level, Hadsell has had tremendous success as well. In 2007, the Rockets finished in a tie for 13th (out of 81 schools) with then-MAC champion Akron. Two Toledo women have won NCAA Regional titles

a total of three times, with Shook winning the 3000-meter steeplechase in 2002 and 2004 and Ebba Stenbeck winning the regional title in that same event in 2007. Shook's regional meet record time of 9:55.12 still stands today.

In 2000, Tuula Laitinen became only the second-ever MAC freshman to qualify for the NCAA Championships by finishing as the NCAA Regional Runner-Up. That was also the first season that the Rockets appeared in the NCAA Division I Women's Cross Country Poll. In 2001-02, the Rockets sent Shook to the NCAA Cross Country Championships. She was also named an All-American in the spring in the NCAA Championships in the 3000-meter steeplechase.

In 2002-03, the Rockets sent two individuals to the NCAA Cross Country Championships with Shook and current assistant coach and UT Hall of Famer Sara Vergote. Shook was named All-American and Vergote finished 54th.

In indoor competition in 2003, Hadsell guided Everlyne Lagat to the NCAA Indoor Championships in the 5000-meters, where she took ninth. Lagat also set the all-time MAC indoor record in the 5000-meters in 16:15. Lagat also qualified for the NCAA Outdoor Championships that year where she again finished ninth, while Vergote qualified in the 3000-meter steeplechase and placed 17th. Shook also won the USA Track and Field Championships in the 3000-meter steeplechase in a then-American record of 9:44.

In 2006-07, Hadsell had two athletes named All-American a total of three times. April Williams was named All-American in the long jump at the 2006 NCAA Indoor Track and Field Championships. At the 2007 Outdoor Track and Field Championships Williams (eighth, triple jump) and Ebba Stenbeck (eighth, 3000-meter steeplechase) both earned All-American status.

With his success at the steeplechase, Hadsell has twice been invited to assist in clinics for the top female steplers in the country at the USA Olympic Training Center in Chula Vista, CA.

In addition, Hadsell has sent four athletes to the World Cross Country Championships: Catherine Conder (1994), Katherine Smyth (2000), Christine Tye (2003) and Abraham Habte (2004). He has also sent two athletes to the World University Games: Conder and Angela Murphy (1996).

All totaled, his athletes have been designated All-MAC 43 times. In addition, he has had seven different women represent the University of Toledo at the NCAA Championships in cross country or distance events. Hadsell has had 10 different women hit the regional or provisional standards on the track in the distance events over his career at Toledo.

Hadsell has a son, Brent (14), and is the adoptive parent of Alexandra (10), Cassandra (8) and Nickolas (6).

THE HADSELL FILE

Alma Mater: Vermont, '93
Bachelor's Degrees: B.S. Education K-12 (1993, Vermont)
B.A. Journalism (1997, Coastal Carolina)

Hometown: Burlington, Vermont

Favorite sports teams: Yankees, Raiders.

Three words that describe me: Caring, outgoing and funny.

Place I would most like to visit: Asia.

Most memorable moment as a Rocket: Briana Shook's American record her senior year.

If I were stranded on a deserted island, the one thing I would bring is: Roll of twine.

My proudest accomplishment is: Cycling from South Carolina to Vermont in 1995.

My biggest superstition: I try to do things in threes.

One thing I couldn't live without: My family.