



1200 Commercial  
Emporia, KS  
66801-5087

620-341-5526 office  
620-344-6190 cell  
620-342-6406 home

## ATHLETIC MEDIA RELATIONS

www.emporia.edu/athletics  
dweast@emporia.edu  
Campus Box 4020

### ESU 2008-09 Track & Field Schedule

Indoor		
Date	Meet	Location
Dec. 12	Robinson Pentathlon	Manhattan, Kan.
Dec. 13	KSU All Corners	Manhattan, Kan.
Jan. 9	Missouri Invite	Columbia, Mo.
Jan. 17	Wildcat Invitational	Manhattan, Kan.
Jan. 23	UCM Invitational	Warrensburg, Mo.
Feb. 6	Mule Relays - Women	Warrensburg, Mo.
Feb. 7	Frank Sevigne Invitational	Lincoln, Neb.
	Mule Relays -Men	Warrensburg, Mo.
Feb. 13-14	Iowa State Classic	Ames, Iowa
Feb. 20	Nebraska Tune-up	Lincoln, Neb.
Feb. 21	KSU Open	Manhattan, Kan.
Feb. 27-28	MIAA Championships	Warrensburg, Mo.
Mar. 1	MIAA Championships	Warrensburg, Mo.
Mar. 13-14	NCAA Championships	Houston, Texas
Outdoor		
Date	Meet	Location
March 11	Mike's Sporting Goods Twilight	Emporia
March 28	UT-Arlington Inv.	Arlington, Texas
April 4	ESU/State Farm Relays	Emporia
April 9-10	ESU Open Multis	Emporia
April 10-11	Papa John's D-II Challenge	Emporia
April 16-18	Kansas Relays	Lawrence, Kan.
April 16-18	Mt. SAC Relays	Walnut, Calif.
April 17	Azusa Pacific Invite	Azusa, Calif.
April 18	VS Athletics LBSU Inv.	Long Beach, Calif.
April 23-25	Drake Relays	Des Moines, Iowa
April 25	Sooner Open	Norman, Okla.
April 26-27	MIAA Multi-events	Maryville, Mo.
May 2-3	MIAA Championships	Joplin, Mo.
May 9	ATG Sports Twilight Qualifier	Emporia
May 21-23	NCAA Championships	San Angelo, Texas

#### ESU Automatic Qualifiers (with national rank)

<b>Men's 60 Meter Dash</b>			
4 #Williams, Sam	6.74	2/7/09	
<b>Men's Triple Jump</b>			
4 Honeycutt, Josh	15.27m	50-01.25	2/7/09
<b>ESU Provisional Qualifiers (with national rank)</b>			
<b>Women's 800 Meter Run</b>			
33 Mona, Katie	2:16.38	2/20/09	
<b>Women's Mile Run</b>			
10 Mona, Katie	4:57.38	2/20/09	
<b>Women's Distance Medley</b>			
14 #Emporia State	12:04.00	2/14/09	
Davison, K.; Jacobs, J.; Weller, C.; Mona, K.			
<b>Women's High Jump</b>			
6 Robinson, Jennifer	1.72m	5-07.75	12/12/08
<b>Women's Long Jump</b>			
17 Kent, Brooke	5.67m	18-07.25	1/23/09
<b>Women's Pentathlon</b>			
26 Kent, Brooke	3291 pts	12/12/08	
<b>Men's 60 Meter Dash</b>			
9 Kenton Lonberger	6.79	12/13/08	
<b>Men's 200 Meter Dash</b>			
14 Williams, Sam	21.92	2/7/09	
18 Lonberger, Kenton	22.02	1/23/09	
<b>Men's High Jump</b>			
6 Saalfeld, Craig	2.09m	6-10.25	1/23/09
14 Pyle, Alex	2.05m	6-08.75	2/21/09
<b>Long Jump</b>			
19 Koelling, Matt	7.10m	23-03.50	2/7/09
<b>Triple Jump</b>			
9 Koelling, Matt	14.95m	49-00.75	1/23/09
16 Marshall, Doug	14.63m	48-00.00	2/7/09
<b>Heptathlon</b>			
11 Saalfeld, Craig	4838 pts	1/31/09	

### ESU Track & Field

#### at MIAA Indoor Championships Multipurpose Building • Warrensburg, Mo.

Friday - Sunday, Feb. 27 - March 1, 2009

NEXT INDOOR ACTION: NCAA Division II Indoor Championships  
Houston, Texas

#### CHAMPIONSHIPS

Emporia State will begin the championship portion of the schedule with the MIAA Indoor Championships this weekend at the UCM Multipurpose Building in Warrensburg, Mo. For the first time, the championships will cover three days and include the multi-events.

#### THE COACH

Dave Harris is in his 17th season as the head coach of the track and field and cross country programs at Emporia State. He is an 11-time MIAA Coach of the Year.

Under his guidance, the Hornets have established themselves as a nationally prominent NCAA Division II power in both track and cross country as 167 times his athletes have earned All-American honors, including 15 NCAA II individual championships since 1995. He was named the 2001 NCAA Division II Women's Outdoor Track Coach of the Year by the United States Track Coaches Association.

#### NATIONAL RANKINGS

The Hornet men are ranked #17 and the women are #24 in this week's NCAA D-II Power Rankings. The rankings are determined by the top two marks for each school in the events contested at the NCAA D-II Outdoor Championships. ESU is one of two MIAA teams with both their men's and women's teams ranked.

#### LOOKING BACK

The Emporia State men's and women's track & field teams both finished in the top three of the MIAA Championships for the third time in the last four years. The women had nine event championships on their way to a second place finish. The Hornet men had four event championships as they placed third in the team standings. The ESU women got 30 points each from senior Jonel Rossbach and sophomore Brooke Kent as they shared high point honors for the meet. Newcomers led the ESU men with 40 of their 83 points coming from first-year athletes for the Hornets. Kenton Lonberger earned high point honors and freshman of the year honors for the men as he scored 20 points while winning the 60m and 200m with school records in both events.

#### PREVIEWING THE MEET

Based on performance charts, the ESU men go into the meet ranked second in the MIAA and the women are slotted for fourth.

#### UP NEXT

ESU actually host their first outdoor meet on March 11 prior to the NCAA Indoor Championships. The indoor championships will take place in Houston, Texas March 13-14 as part of the NCAA Winter Sports Festival.

Donald Weast, Assistant Athletic Director for Media Relations

An Equal Opportunity Employer



ESU Track & Field  
MIAA Championships  
Warrensburg, Mo.  
Feb. 27-March 1, 2009

## 2008-09 Emporia State Women's Indoor Track & Field Performance List

### 60 Meter Dash

9 Brooke Kent	7.83	KSU Allcomers (12/13/08)
7 Weaver, Renae	8.14	KSU Open (2/21/09)
28 Chastity Hughes-Stanton	8.41	KSU Allcomers (12/13/08)

### 200 Meter Dash

53 Jacobs, Jackie	25.57	ISU Classic (2/14/09)
3 Kent, Brooke	26.50	UCM Invitational (1/23/09)
17 Nichols, Lynnsey	27.43	Husker Tune-up (2/20/09)
21 Hughes-Stanton, Chastity	27.64	Mule Relays (2/6/09)
22 Wakefield-Hall, Ashley	27.69	Mule Relays (2/6/09)
16 Spencer, Ashley	28.32	MU Invitational (1/9/09)

### 400 Meter Dash

PRE Jacobs, Jackie	58.66	Sevigne Inv. (2/7/09)
13 Wakefield-Hall, Ashley	1:00.87	Husker Tune-up (2/20/09)
15 Baum, Tiffany	1:01.29	Husker Tune-up (2/20/09)
4 Weller, Christy	1:01.43	KSU Open (2/21/09)
19 Hughes-Stanton, Chastity	1:01.73	Husker Tune-up (2/20/09)
5 Spencer, Shonta	1:02.78	KSU Open (2/21/09)
8 Bookout, Kylie	1:05.75	KSU Open (2/21/09)

### 600 Yard Run

5 Weller, Christy	1:28.94	KSU Inv. (1/17/09)
1 Davison, Kathryn	1:29.38	KSU Open (2/21/09)
12 Jacquelyn Jacobs	1:31.47	KSU Allcomers (12/13/08)
13 Tiffany Baum	1:31.76	KSU Allcomers (12/13/08)
18 Kylie Bookout	1:34.28	KSU Allcomers (12/13/08)

### 800 Meter Run

10 *Mona, Katie	2:16.38	Husker Tune-up (2/20/09)
16 Davison, Kathryn	2:21.24	Husker Tune-up (2/20/09)
1 Weller, Christy	2:21.72	UCM Invitational (1/23/09)
29 Bookout, Kylie	2:32.88	Husker Tune-up (2/20/09)
PENT Kent, Brooke	2:41.49	Robinson Pentathlon (12/12/08)
PENT Robinson, Jennifer	2:41.53	Robinson Pentathlon (12/12/08)
PENT Goff, Kaylea	2:46.54	Robinson Pentathlon (12/12/08)
PENT Davenport, Justine	3:04.66	Robinson Pentathlon (12/12/08)

### Mile Run

5 *Mona, Katie	4:57.38	Husker Tune-up (2/20/09)
4 Davison, Kathryn	5:32.27	UCM Invitational (1/23/09)
3 Morgan Frehe	5:50.53	KSU Allcomers (12/13/08)

### 3000 Meter Run

1 Mona, Katie	10:24.70	UCM Invitational (1/23/09)
12 Frehe, Morgan	11:05.75	Husker Tune-up (2/20/09)

### 5000 Meter Run

9 Frehe, Morgan	19:41.43	Mule Relays (2/6/09)
-----------------	----------	----------------------

### 60 Meter Hurdles

PRE Kent, Brooke	9.25	Sevigne Inv. (2/7/09)
9 Davenport, Justine	9.56	KSU Open (2/21/09)
PENT Robinson, Jennifer	10.49	Robinson Pentathlon (12/12/08)
PENT Goff, Kaylea	10.85	Robinson Pentathlon (12/12/08)

### 4x400 Meter Relay

5 Emporia State	4:02.77	Husker Tune-up (2/20/09)
1)Wakefield-Hall,Ashley 2)Baum,Tiffany 3)Weller,Christy 4)Hughes-Stanton, Chastity		

### Distance Medley

12 * #Emporia State	12:04.00	ISU Classic (2/14/09)
1) Davison, Kathryn 2)Jacobs, Jackie 3) Weller, Christy 4) Mona, Katie		

### High Jump

PENT *Robinson, Jennifer	1.72m (5-07.75)	Robinson Pentathlon (12/12/08)
PENT Kent, Brooke	1.60m (5-03.00)	Robinson Pentathlon (12/12/08)
5 Goff, Kaylea	1.58m 5-02.25	KSU Inv. (1/17/09)
PENT Davenport, Justine	1.51m (4-11.50)	Robinson Pentathlon (12/12/08)

### Long Jump

2 *Kent, Brooke	5.67m 18-07.25	UCM Invitational (1/23/09)
6 Weaver, Renae	5.23m 17-02.00	Mule Relays (2/6/09)
10 Davenport, Justine	5.09m 16-08.50	Mule Relays (2/6/09)
9 Robinson, Jennifer	5.08m 16-08.00	KSU Inv. (1/17/09)
14 Lippert, Lindsay	5.02m 16-05.75	Mule Relays (2/6/09)
PENT Goff, Kaylea	4.21m (13-09.75)	Robinson Pentathlon (12/12/08)

### Triple Jump

12 Lippert, Lindsay	10.01m 32-10.25	Mule Relays (2/6/09)
---------------------	-----------------	----------------------

### Shot Put

9 Watkins, Ashley	12.16m 39-10.75	KSU Open (2/21/09)
11 Jackson, Deja	11.86m 38-11.00	KSU Open (2/21/09)
4 Pannbacker, Molly	11.81m 38-09.00	KSU Inv. (1/17/09)
PENT Kent, Brooke	8.76m (28-09.00)	Robinson Pentathlon (12/12/08)
PENT Robinson, Jennifer	8.55m (28-00.75)	Robinson Pentathlon (12/12/08)
PENT Davenport, Justine	7.28m (23-10.75)	Robinson Pentathlon (12/12/08)
PENT Goff, Kaylea	6.84m (22-05.25)	Robinson Pentathlon (12/12/08)

### Weight Throw

7 Jackson, Deja	15.39m 50-06.00	KSU Open (2/21/09)
8 Pannbacker, Molly	13.51m 44-04.00	Mule Relays (2/6/09)
14 Watkins, Ashley	11.86m 38-11.00	KSU Inv. (1/17/09)

### Pentathlon

3 *Kent, Brooke	3291 pts	Robinson Pentathlon (12/12/08)
6 Robinson, Jennifer	2953 pts	Robinson Pentathlon (12/12/08)
10 Davenport, Justine	2556 pts	Robinson Pentathlon (12/12/08)
11 Goff, Kaylea	2409 pts	Robinson Pentathlon (12/12/08)

\*\*Automatic NCAA Qualifier

\*Provisional NCAA Qualifier

#ESU School Record

\$MIAA Meet Record



ESU Track & Field  
MIAA Championships  
Warrensburg, Mo.  
Feb. 27-March 1, 2009

## 2008-09 Emporia State Men's Indoor Track & Field Performance List

### 60 Meter Dash

1 **Williams, Sam	6.74
3 *Kenton Lonberger	6.79
PRE Hall, Derwin	6.95
16 Beamon, Larry	7.05
24 Schuler, Josh	7.09
13 Saalfeld, Craig	7.32

### 200 Meter Dash

1 *Williams, Sam	21.92
1 *Lonberger, Kenton	22.02
8 Schuler, Josh	22.44
13 Beamon, Larry	22.86
29 Hall, Derwin	23.08
20 Gilstrap, Moe	23.10
7 Howze, Vincent	23.15

### 400 Meter Dash

4 Howze, Vincent	48.98
35 Gilstrap, Moe	50.92
1 Kotzman, Kyle	51.56
27 Snyder, Paul	54.17
28 Haller, Dane	54.24
3 Knight, Derek	54.59

### 600 Yard Run

5 Kyle Kotzman	1:14.72
5 Kern, Sloane	1:15.00
3 Quillen, Dan	1:15.82
3 Cowing, Dillon	1:16.40
30 Granillo, Tony	1:20.59

### 800 Meter Run

8 McGovern, Adam	1:55.91
5 Kern, Sloane	1:58.36
8 Quillen, Dan	2:00.16
19 Cowing, Dillon	2:00.39
2 Hohmeier, William	2:00.86
5 Kotzman, Kyle	2:00.56
32 Dvorak, Chris	2:10.30

### 1 Mile Run

1 McGovern, Adam	4:21.84
14 Hohmeier, William	4:26.68
6 Skyler Delmott	4:34.49
23 Dvorak, Chris	4:38.36
12 Asher Delmott	4:45.79
15 Ryan Hahn	4:52.23
16 Andrew Wayman	4:54.66

### 3000 Meter Run

10 Delmott, Skyler	8:49.65
5 McGovern, Adam	9:04.60
17 Delmott, Asher	9:08.37
10 Hohmeier, William	9:12.15
23 Summers, Marcus	9:21.40
25 Wayman, Andrew	9:25.98
20 Dvorak, Chris	9:36.47

### 5000 Meter Run

5 Delmott, Skyler	15:02.44
19 Delmott, Asher	16:38.17
21 Wayman, Andrew	16:44.95

Mule Relays (2/7/09)
KSU Allcomers (12/13/08)
KSU Open (2/21/09)
Mule Relays (2/7/09)
Mule Relays (2/7/09)
KSU Open (2/21/09)

### 60 Meter Hurdles

2 Howze, Vincent	8.36
4 Eichenberg, Brad	8.48
23 Saalfeld, Craig	8.55
7 Knight, Derek	8.65
9 Granillo, Tony	9.40
PENT Davis,Cole	10.82

### 4x400 Meter Relay

3 Emporia State University	3:22.59	Husker Tune-up (2/20/09)
1) Gilstrap, Moe 2) Howze, Vincent 3) Beamon, Larry 4) Kotzman, Kyle		

### High Jump

1 *Saalfeld, Craig	2.09m 6-10.25	UCM Invitational (1/23/09)
3 *Pyle, Alex	2.05m 6-08.75	KSU Open (2/21/09)
5 Andrews, Dustin	2.00m 6-06.75	KSU Open (2/21/09)
7 Davis, Cole	1.95m 6-04.75	KSU Open (2/21/09)
PENT Granillo, Tony	1.83m (6-00.00)	Robinson Pentathlon (12/12/08)

### Pole Vault

PENT Saalfeld, Craig	3.45m (11-03.75)	Wildcat Invitational (1/31/09)
----------------------	------------------	--------------------------------

### Long Jump

4 *Koelling, Matt	7.10m 23-03.50	Mule Relays (2/7/09)
5 Josh Honeycutt	6.87m (22-06.50)	KSU Allcomers (12/13/08)
3 Marshall, Doug	6.83m 22-05.00	UCM Invitational (1/23/09)
44 Williams, Sam	6.50m 21-04.00	ISU Classic (2/13/09)
PENT Saalfeld, Craig	6.42m (21-00.75)	Wildcat Invitational (1/30/09)
6 Granillo, Tony	6.36m 20-10.50	KSU Open (2/21/09)
9 Davis, Cole	6.06m 19-10.75	UCM Invitational (1/23/09)

### Triple Jump

4 **Honeycutt, Josh	15.27m 50-01.25	Sevigne Inv. (2/7/09)
1 *Koelling, Matt	14.95m 49-00.75	UCM Invitational (1/23/09)
4 *Marshall, Doug	14.63m 48-00.00	Mule Relays (2/7/09)

### Shot Put

12 Lucas SanMartin	13.10m (42-11.75)	KSU Allcomers (12/13/08)
21 Roulhac, Kevin	12.59m 41-03.75	Mule Relays (2/7/09)
PENT Saalfeld, Craig	11.26 (36-11.50)	Wildcat Invitational (1/30/09)
PENT Davis,Cole	10.09m (33-01.25)	Robinson Pentathlon (12/12/08)
PENT Granillo, Tony	9.39m (30-09.75)	Robinson Pentathlon (12/12/08)

### Weight Throw

4 Roulhac, Kevin	17.26m (56-07.50)	MU Invitational (1/9/09)
9 Loyd, Dustin	15.66m 51-04.50	KSU Open (2/21/09)
16 SanMartin, Lucas	13.77m 45-02.25	Mule Relays (2/7/09)

### Heptathlon

4 *Saalfeld, Craig	4838 pts	Wildcat Invitational (1/30-31/09)
--------------------	----------	-----------------------------------

\*\*Automatic NCAA Qualifier

\*Provisional NCAA Qualifier

#ESU School Record

\$MIAA Meet Record