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ATHLETIC MEDIA RELATIONS

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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 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 at NCAA Indoor Championships

Friday, March 13

- 9:00 a.m. Craig Saalfeld, Heptathlon**
Ranked 3rd with 5,175 points
- 4:00 p.m. Katie Mona, Mile Run Prelims**
Ranked 9th at 4:57.98
- 4:05 p.m. Craig Saalfeld, High Jump**
Ranked 6th at 6-10.25 (2.09m)
- 5:15 p.m. Sam Williams, 60m Prelims**
Ranked 4th at 6.74
- 5:30 p.m. Josh Honeycutt, Long Jump**
Ranked 13th at 23-05.25 (7.14m)

Saturday, March 14

- 9:30 a.m. Craig Saalfeld, Heptathlon**
Ranked 3rd with 5,175 points
- 2:00 p.m. Josh Honeycutt, Triple Jump**
Ranked 4th at 50-01.25 (15.27m)
- 3:30 p.m. Katie Mona in Mile Run Finals**
Ranked 9th at 4:57.98
- 4:20 p.m. Sam Williams, 60m Prelims**
Ranked 4th at 6.74

By Competitor

Josh Honeycutt

- Long Jump 5:30 p.m. Friday
Triple Jump 2:00 p.m. Saturday

Katie Mona

- Mile Prelims 4:00 p.m. Friday
Mile Finals 3:30 p.m. Saturday

Craig Saalfeld

- Heptathlon 9:00 a.m. Friday
High Jump 4:05 p.m. Friday
Heptathlon 99:30 a.m. Saturday

Sam Williams

- 60m Prelims 5:15 p.m. Friday

ESU Track & Field

at NCAA Indoor Championships Yeoman Fieldhouse • Houston, Texas

Friday - Saturday, March 13-14, 2009

NEXT ACTION: UT-Arlington Invitational (Outdoors)

Arlington, Texas

NCAA CHAMPIONSHIPS

Emporia State will be sending four athletes to compete in six events at the NCAA Division II Indoor Track & Field Championships in Houston, Texas. The national championships are being held in conjunction with the NCAA Division II Winter Sports Festival. The ESU women have scored in every national meet since 1996, the second longest active streak in the MIAA behind UNO and the sixth longest active streak in the nation.

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 #10 and the women are #27 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 three MIAA men's teams ranked in the top ten nationally.

LOOKING BACK AT 2008

Emporia State brought home a total of six All-Americans and a pair of top 25 team finishes from the NCAA Division II Indoor Track and Field Championships held at Minnesota State-Mankato last year. The ESU men placed 11th in the team competition, led by three All-American performances in the high jump. Alex Pyle and Dustin Andrews were two of three athletes to clear 6-10.25, however they were placed third and fourth based on number of misses. Craig Saalfeld also placed in the high jump at eighth. It was the first time in school history ESU had three All-Americans in a single event at the indoor championships. Kenton Lonberger finished fifth with a time of 21.94 in the 200m finals. Freshman Josh Honeycutt was the other Hornet to compete for the men, but fouled on his three attempts in the triple jump. The ESU women tied for 23rd in the team standings. Jonel Rossbach ran 17:16.91 to earn All-American honors with a sixth place finish in the 5000m. Brooke Kent jumped 18-05.00 (5.61m) for a sixth place finish in the long jump to fill out ESU's scoring.

PREVIEWING THE MEET

All of ESU's contingent in Houston are ranked in the top ten nationally of at least one event. Craig Saalfeld is third in the heptathlon, while Josh Honeycutt is fourth in the triple jump and Sam Williams is fourth in the 60m dash.

UP NEXT

ESU is scheduled to open the outdoor schedule at the UT-Arlington Invitational on March 28.

Donald Weast, Assistant Athletic Director for Media Relations

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ESU Track & Field
 NCAA Division II Indoor
 Championships
 Houston, Texas
 March 13-14, 2009

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

60 Meter Dash

PRE Brooke Kent 7.79
 7 Weaver, Renae 8.14
 28 Chastity Hughes-Stanton 8.41

200 Meter Dash

53 Jacobs, Jackie 25.57
 PRE Brooke Kent 26.12
 17 Nichols, Lynnsey 27.43
 21 Hughes-Stanton, Chastity 27.64
 22 Wakefield-Hall, Ashley 27.69
 16 Spencer, Ashley 28.32

300 Meter Dash

2 Kent, Brooke 43.25
 17 Ashley Spencer 44.75

400 Meter Dash

PRE Jacobs, Jackie 58.66
 13 Wakefield-Hall, Ashley 1:00.87
 15 Baum, Tiffany 1:01.29
 4 Weller, Christy 1:01.43
 19 Hughes-Stanton, Chastity 1:01.73
 20 Shonta Spencer 1:02.63
 8 Bookout, Kylie 1:05.75

600 Yard Run

5 Christy Weller 1:28.64
 1 Davison, Kathryn 1:29.38
 12 Jacquelyn Jacobs 1:31.47
 13 Tiffany Baum 1:31.76
 18 Kylie Bookout 1:34.28

800 Meter Run

10 *Mona, Katie 2:16.38 Husker Tune-up (2/20/09)
 5 Kathryn Davison 2:19.96 MIAA Champ. (2/27-3/1/09)
 1 Weller, Christy 2:21.72 UCM Invitational (1/23/09)
 12 Kylie Bookout 2:31.09 MIAA Champ. (2/27-3/1/09)
 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)

1000 Meter Run

6 Kathryn Davison 3:10.90 KSU Allcomers (12/13/08)
 10 Weller, Christy 3:24.58 MU Invitational (1/9/09)

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

10 Morgan Frehe 19:22.01 MIAA Champ. (2/27-3/1/09)
 9 Frehe, Morgan 19:41.43 Mule Relays (2/6/09)

60 Meter Hurdles

PRE Kent, Brooke 9.25 Sevigne Inv. (2/7/09)
 10 Justine Davenport 9.40 MIAA Champ. (2/27-3/1/09)
 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)
 Wakefield-Hall,Ashley; Baum,Tiffany; Weller,Christy; Hughes-Stanton, Chastity

4x440 Yard Relay

7 Emporia State 4:07.13 MIAA Champ. (2/27-3/1/09)
 Jackie Jacobs, Tiffany Baum, Christy Weller, Ashley Wakefield-Hall

Distance Medley

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

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 5-02.2 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)
 4 Renae Weaver 5.41m 17-09.00 MIAA Champ. (2/27-3/1/09)
 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

17 Lindsay Lippert 10.23m 33-06.75 MIAA Champ. (2/27-3/1/09)

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 Justine Davenport 7.94m 26-00.75 MIAA Multi Events (2/27/09)
 PENT Goff,Kaylea 6.84m 22-05.25 Robinson Pentathlon (12/12/08)

Weight Throw

5 Deja Jackson 15.51m 50-10.75 MIAA Champ. (2/27-3/1/09)
 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)
 11 Justine Davenport 2653 pts MIAA Champ. (2/27-3/1/09)
 11 Goff,Kaylea 2409 pts Robinson Pentathlon (12/12/08)



ESU Track & Field
 NCAA Division II Indoor
 Championships
 Houston, Texas
 March 13-14, 2009

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

60 Meter Dash			3000 Meter Run		
1 **Williams, Sam	6.74	Mule Relays (2/7/09)	10 Skyler Delmott	8:45.16	MIAA Champ. (2/27-3/1/09)
3 *Kenton Lonberger	6.79	KSU Allcomers (12/13/08)	16 Will Hohmeier	8:52.54	MIAA Champ. (2/27-3/1/09)
PRE Hall, Derwin	6.95	KSU Open (2/21/09)	17 Adam McGovern	8:54.67	MIAA Champ. (2/27-3/1/09)
16 Beamon, Larry	7.05	Mule Relays (2/7/09)	17 Delmott, Asher	9:08.37	Husker Tune-up (2/20/09)
24 Schuler, Josh	7.09	Mule Relays (2/7/09)	23 Summers, Marcus	9:21.40	Husker Tune-up (2/20/09)
HEPT Saalfeld, Craig	7.26	MIAA Champ. (2/27-3/1/09)	25 Wayman, Andrew	9:25.98	Husker Tune-up (2/20/09)
HEPT Granillo	7.55	MIAA Champ. (2/27-3/1/09)	20 Dvorak, Chris	9:36.47	UCM Invitational (1/23/09)
200 Meter Dash			5000 Meter Run		
PRE *Samuel Williams	21.91	MIAA Champ. (2/27-3/1/09)	5 Delmott, Skyler	15:02.44	ISU Classic (2/14/09)
1 *Lonberger, Kenton	22.02	UCM Invitational (1/23/09)	20 Andrew Wayman	16:06.35	MIAA Champ. (2/27-3/1/09)
8 Schuler, Josh	22.44	Husker Tune-up (2/20/09)	22 Asher Delmott	16:24.24	MIAA Champ. (2/27-3/1/09)
13 Beamon, Larry	22.86	Husker Tune-up (2/20/09)	60 Meter Hurdles		
29 Hall, Derwin	23.08	Sevigne Inv. (2/7/09)	1 *Vincent Howze	8.17	MIAA Champ. (2/27-3/1/09)
20 Gilstrap, Moe	23.10	Mule Relays (2/7/09)	4 Eichenberg, Brad	8.48	UCM Invitational (1/23/09)
7 Howze, Vincent	23.15	MU Invitational (1/9/09)	HEPT Saalfeld, Craig	8.51	MIAA Champ. (2/27-3/1/09)
Men 300 Meter Dash			7 Knight, Derek	8.65	UCM Invitational (1/23/09)
1 Lonberger, Kenton	34.92	KSU Inv. (1/17/09)	9 Granillo, Tony	9.40	KSU Open (2/21/09)
7 Vincent Howze	35.63	KSU Allcomers (12/13/08)	PENT Davis,Cole	10.82	Robinson Pentathlon (12/12/08)
26 Danon Haller	37.66	KSU Allcomers (12/13/08)	4x400 Meter Relay		
35 Paul Snyder	38.54	KSU Allcomers (12/13/08)	3 Emporia State University	3:22.59	Husker Tune-up (2/20/09)
400 Meter Dash			Moe Gilstrap, Vincent Howze, Larry Beamon, Kyle Kotzman		
4 Howze, Vincent	48.98	ISU Classic (2/14/09)	Distance Medley		
35 Gilstrap, Moe	50.92	ISU Classic (2/14/09)	2 Emporia State	10:25.65	MIAA Champ. (2/27-3/1/09)
1 Kotzman, Kyle	51.56	KSU Open (2/21/09)	Adam McGovern, Kyle Kotzman, Sloane Kern, Will Hohmeier		
27 Snyder, Paul	54.17	Husker Tune-up (2/20/09)	High Jump		
28 Haller, Dane	54.24	Husker Tune-up (2/20/09)	1 *Saalfeld, Craig	2.09m 6-10.25	UCM Invitational (1/23/09)
3 Knight, Derek	54.59	KSU Inv. (1/17/09)	3 *Pyle, Alex	2.05m 6-08.75	KSU Open (2/21/09)
600 Yard Run			5 Andrews, Dustin	2.00m 6-06.75	KSU Open (2/21/09)
5 Kyle Kotzman	1:14.72	KSU Allcomers (12/13/08)	7 Davis, Cole	1.95m 6-04.75	KSU Open (2/21/09)
5 Kern, Sloane	1:15.00	Mule Relays (2/7/09)	PENT Granillo, Tony	1.83m 6-00.00	Robinson Pentathlon (12/12/08)
3 Quillen, Dan	1:15.82	UCM Invitational (1/23/09)	Pole Vault		
3 Cowing, Dillon	1:16.40	KSU Open (2/21/09)	HEPT Saalfeld, Craig	3.63m 11-10.75	MIAA Champ. (2/27-3/1/09)
30 Granillo, Tony	1:20.59	Mule Relays (2/7/09)	HEPT Granillo, Tony	3.13m 10-03.25	MIAA Champ. (2/27-3/1/09)
800 Meter Run			Long Jump		
2 Adam McGovern	1:55.34	MIAA Champ. (2/27-3/1/09)	1 *Josh Honeycutt	7.14m 23-05.25	MIAA Champ. (2/27-3/1/09)
PRE Sloane Kern	1:57.01	MIAA Champ. (2/27-3/1/09)	4 *Koelling, Matt	7.10m 23-03.50	Mule Relays (2/7/09)
8 Quillen, Dan	2:00.16	Mule Relays (2/7/09)	3 Marshall, Doug	6.83m 22-05.00	UCM Invitational (1/23/09)
19 Cowing, Dillon	2:00.39	Husker Tune-up (2/20/09)	HEPT Saalfeld, Craig	6.78m 22-03.00	MIAA Champ. (2/27-3/1/09)
2 Hohmeier, William	2:00.86	KSU Open (2/21/09)	44 Williams, Sam	6.50m 21-04.00	ISU Classic (2/13/09)
5 Kotzman, Kyle	2:00.56	UCM Invitational (1/23/09)	6 Granillo, Tony	6.36m 20-10.50	KSU Open (2/21/09)
32 Dvorak, Chris	2:10.30	Husker Tune-up (2/20/09)	9 Davis, Cole	6.06m 19-10.75	UCM Invitational (1/23/09)
1000 Meter Run			Triple Jump		
8 Adam McGovern	2:35.79	KSU Allcomers (12/13/08)	4 **Honeycutt, Josh	15.27m 50-01.25	Sevigne Inv. (2/7/09)
14 Hohmeier, William	2:36.11	Husker Tune-up (2/20/09)	1 *Koelling, Matt	14.95m 49-00.75	UCM Invitational (1/23/09)
11 Dillon Cowing	2:38.61	KSU Allcomers (12/13/08)	4 *Marshall, Doug	14.63m 48-00.00	Mule Relays (2/7/09)
12 Skyler Delmott	2:41.71	KSU Allcomers (12/13/08)	Shot Put		
HEPT Saalfeld, Craig	2:41.90	MIAA Champ. (2/27-3/1/09)	15 Lucas SanMartin	14.11m 46-03.50	MIAA Champ. (2/27-3/1/09)
HEPT Granillo, Tony	2:46.24	MIAA Champ. (2/27-3/1/09)	21 Roulhac, Kevin	12.59m 41-03.75	Mule Relays (2/7/09)
3 Dvorak, Chris	2:49.80	KSU Open (2/21/09)	PENT Saalfeld, Craig	11.26m 36-11.50	Wildcat Invitational (1/30/09)
PENT Davis,Cole	3:03.65	Robinson Pentathlon (12/12/08)	PENT Davis,Cole	10.09m 33-01.25	Robinson Pentathlon (12/12/08)
1 Mile Run			PENT Granillo, Tony	9.39m 30-09.75	Robinson Pentathlon (12/12/08)
2 Adam McGovern	4:15.78	MIAA Champ. (2/27-3/1/09)	Weight Throw		
14 Hohmeier, William	4:26.68	Husker Tune-up (2/20/09)	7 Kevin Roulhac	17.35m 56-11.25	MIAA Champ. (2/27-3/1/09)
6 Skyler Delmott	4:34.49	KSU Allcomers (12/13/08)	10 Dusty Loyd	16.06m 52-08.25	MIAA Champ. (2/27-3/1/09)
23 Dvorak, Chris	4:38.36	Husker Tune-up (2/20/09)	16 SanMartin, Lucas	13.77m 45-02.25	Mule Relays (2/7/09)
12 Asher Delmott	4:45.79	KSU Allcomers (12/13/08)	Heptathlon		
15 Ryan Hahn	4:52.23	KSU Allcomers (12/13/08)	1 *\$Craig Saalfeld	5175 pts	MIAA Champ. (2/27-3/1/09)
16 Andrew Wayman	4:54.66	KSU Allcomers (12/13/08)	10 Tony Granillo	4232 pts	MIAA Champ. (2/27-3/1/09)
Pentathlon			Pentathlon		
6 Granillo, Tony	3052 pts	Robinson Pentathlon (12/12/08)	6 Granillo, Tony	3052 pts	Robinson Pentathlon (12/12/08)
7 Davis, Cole	2709 pts	Robinson Pentathlon (12/12/08)	7 Davis, Cole	2709 pts	Robinson Pentathlon (12/12/08)