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ATHLETIC MEDIA RELATIONS

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ESU 2009 Track & Field Outdoor Schedule

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

Papa John's D-II Challenge Records

Men			
100	10.30	Lerone Clarke (04)	Lincoln
200	21.08	C. Charles (01)	Lewis
400	47.22	E.J. Falkner (05)	NW Missouri
800	1:50.90	Jeff Arnold (02)	Pittsburg State
1500	3:49.57	Matt Pearson (03)	South Dakota St.
5000	15:10.66	Paul Bennett (01)	Central Missouri
110 H	13.94	Brian Moorman (98)	Pittsburg State
400 H	51.22	Brian Moorman (99)	Pittsburg State
3000SC	9:12.56	T. Jay Sanderson (07)	SW Baptist
400R	40.50	Lincoln (03)	Lincoln
1600R	3:10.48	Lincoln (03)	Lincoln
HJ	7-01.75	Andy Gilmore (03)	Central Missouri
PV	17-06.25	Duane Chappell (01)	Lewis
LJ	26-04.50	Wilbert Walker (06)	Lincoln
TJ	53-10.25	Wilbert Walker (06)	Lincoln
SP	60-00.75	Jason Stuke (98)	Emporia State
DT	183-7	Dane Tobey (06)	Neb.-Keamey
HT	201-02	Dan Raithe(08)	Central Missouri
JT	234-1	Zach Kinder (01)	Ft. Hays State
Dec.	7596	Travis Goepfert (03)	MF Athletic
Women			
100	11.45	Karen Robinson (06)	Lincoln
200	23.75	Davita Prendergast (06)	Lincoln
400	52.62	Davita Prendergast (06)	Lincoln
800	2:10.49	L. Zunda (01)	Lewis
1500	4:33.12	Cortney Christensen (03)	NDSU
3000	9:59.37	Jonel Rossbach(08)	Emporia State
5000	17:05.53	Jeannette Mott (02)	Pittsburg State
100 H	13.91	Carla Thomas (06)	Lincoln
400 H	1:00.76	Carla Thomas (06)	Lincoln
3000SC	10:47.46	Kristin Anderson (05)	Central Missouri
400 R	45.14	Lincoln (06)	Lincoln
1600 R	3:40.55	Lincoln (03)	Lincoln
HJ	5-10.75	Leslie Cutcher (06)	Neb.-Keamey
PV	12-11.50	Jennifer Hensel (06)	MSU-Moorehead
LJ	19-10.25	Fuluso Makide (05)	Neb.-Omaha
TJ	40-00.75	Emily Volkmer (06)	Chadron State
SP	51-07.75	Heather Leverington (02)	Emporia State
DT	163-06	Kara Brockmeier (01)	Emporia State
HT	179-00	Amber Tiefenthaler (03)	Neb.-Keamey
JT	155-11	Lea Shireman (05)	Pittsburg State
Hept.	5437	Anastasia Kyvelidou (05)	Neb.-Omaha

Media Contacts

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 ESU track & field practices at approximately 3 p.m. Monday-Friday. Please contact Don Weast to ensure an interview.

ESU Track & Field

Hosts the Papa John's D-II Challenge Witten Track at Welch Stadium • Emporia, Kan.

Thursday - Saturday, April 9-11, 2009

NEXT ACTION: Kansas Relays • April 16-18, 2009 • Lawrence, Kan.

Mt. SAC Relays • April 16-18, 2009 • Walnut, Calif.

Azusa Pacific Invite • April 17, 2009 • Azusa, Calif.

VS Athletics LBSU Invitational • April 18, 2009 • Long Beach, Calif.

CHALLENGING D-II

Emporia State will play host to the Papa John's D-II Challenge this weekend. Three nationally ranked women's and two nationally ranked men's teams are entered in the meet in addition to the 2009 Division II Women's Indoor Champions.

THE COACH

Dave Harris is in his 17th season as the head coach of the track and field and cross country programs at ESU. 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 169 times his athletes have earned All-American honors, including 16 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 17th and the women are 18th in the latest NCAA D-II Power Rankings. ESU is one of four MIAA teams with both their men's and women's teams ranked. The rankings are determined by the top two marks for each school in the events contested at the NCAA D-II Outdoor Championships.

PREVIEWING THE WEEKEND

A total of seven NCAA Division II teams are entered in this year's Papa John's D-II Challenge and the Open Multis. Three nationally ranked women's teams and two nationally ranked men's teams are entered in the meet as well as the defending NCAA Division II Indoor National Champions from Lincoln. At total of five indoor national champions are entered in meet. ESU's indoor national champion Josh Honeycutt is the D-II leader in the triple jump and has the second best collegiate jump in the nation this season. He has one of six marks that are ranked in the top five of the nation. There are seven women's marks that are ranked in the top five in the nation including the nation's leader in the long jump, indoor national champion Anna Kay Campbell of Lincoln.

HAVING A FIELD DAY

Ten of the 16 field events this weekend will feature a competitor ranked in the top 15 of the nation. The women's high jump features four of the top ten marks in the nation, including the indoor national champion. The women's long jump has three of the top 11 performers including the top ranked and indoor national champion

LOOKING BACK AT 2008

The ESU men and women combined to win ten event championships as each team placed second in the Papa John's Pizza D-II Challenge at Witten Track and Welch Stadium. There were a total of 44 marks that hit at least the provisional qualifying mark with five of them being automatic. Hornet Josh Honeycutt was named the men's Field Athlete of the Meet after breaking a 42 year old school record with an automatic qualifying mark in the triple jump. He jumped 50-07.50 (15.43m) on his final attempt to break Richard Boehringer's mark of 50-02.00 set in 1966 at the Arkansas Relays. Honeycutt also jumped 22-05.00 (6.83m) to place fifth in the long jump. Sean Bergstedt of Truman was named the men's Track Athlete of the Meet. The nation's leader in the 400m hurdles won his specialty with a time of 51.67 that was just .02 away from an automatic mark. ESU All-American Jonel Rossbach was named the women's Track Athlete of the Meet with two wins and two provisional qualifiers. She dominated the field in the 3000m, winning in a time of 9:59.37 and won the 1500m with a time of 4:40.58 earlier in the meet. Truman's Ashley Bernard was named the women's Field Athlete of the Meet after scoring a meet high 28 points. She won the hammer and shot and finished second in the discus with a provisional qualifying mark.

UP NEXT

The Hornets will split their squad next weekend. Selected athletes will head to the West Coast to take part in the Mt. SAC Relays, Azusa Pacific Invite and the VS Long Beach State Invitational. Another group will take part in the Kansas Relays in Lawrence.

Donald Weast, Assistant Athletic Director for Media Relations

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ESU Track & Field
 Papa Johns D-II Challenge
 Welch Stadium/Witten Track
 Emporia, Kan.
 April 9-11, 2009

ESU Automatic and Provisional Qualifiers

JOSHING AROUND

Indoor national champion **Josh Honeycutt** (So./Iola, Kan.) broke his own school record with a triple jump of 53-09.75 at the Euler State Farm ESU Relays. It is the best mark in Division II this season and the second best collegiate mark in the country at any level this year. He went 48-07.00 to win the triple jump at the UTA Bobby Lane Invitational. The win was his fifth in his last seven triple jump competitions dating back to last season. He is ranked eighth in the nation in the long jump at 23-09.50 after winning the ESU Relays. He is currently ranked first in the triple jump in the MIAA and second in the long jump.

PYLEING ON

Alex Pyle (Sr./Towanda, Kan.) has provisionally qualified for the outdoor national championships in both competitions this year. He went 6-08.75 to win the Euler State Farm Relays and place second at the UTA Bobby Lane Invitational. He earned All-American honors at the 2008 NCAA Indoor Championships.

HOWZE IT DONE

Vincent Howze (Fr./Raymore, Mo.) provisionally qualified for the NCAA Championships with a 53.29 in winning the 400m hurdles at the Euler State Farm ESU Relays. That ranks sixth in the nation this year and is the fifth best mark all-time at ESU.

CONNIE CAN

Connie Philips (Sr./Reading, Kan.) is a two-time All-American for the Hornets in the javelin. She has provisionally qualified for the NCAA Outdoor Championships in her first two meets of the year. She threw a season best 140-01 at the Euler State Farm Relays after tossing a 135-10 at the UTA Bobby Lane Invitational. She is currently ranked #9 in the nation.

MONA LISA

Katie Mona (Fr./Lenexa, Kan.) placed tenth in the mile run at the NCAA Division II Indoor Championships. She won the 1500m and placed second in the 800m at the Euler State Farm ESU Relays last weekend.

**USTFCCCA NCAA Division II Men's
 National Top 25
 April 9, 2009**

<u>School</u>	<u>Pts</u>
1 Ashland University	332.38
2 Chico State.....	327.94
3 UC-San Diego	310.69
4 Angelo State University	307.77
5 East Stroudsburg.....	307.66
6 Western Oregon University	306.18
7 Central Missouri	299.83
8 Pittsburg State University	281.78
9 Nebraska at Kearney	280.05
10 Abilene Christian University ...	279.20
11 Fort Hays State University ..	279.12
12 Kutztown University	275.06
13 Tiffin University	274.27
14 Lock Haven	259.39
15 Slippery Rock	259.31
16 Seton Hill University	259.08
17 Emporia State University	252.67
18 Grand Valley State University	248.47
19 Northwest Nazarene	247.31
20 Hillsdale College	242.31
21 Saint Joseph's (Indiana)	233.69
22 Wayne State (Nebraska)	219.13
23 Alabama, Huntsville	218.18
24 Adams State College	217.70
25 Texas A&M-Kingsville	213.07
MIAA Teams in Bold	

**USTFCCCA NCAA Division II Women's
 National Top 25
 April 9, 2009**

<u>School</u>	<u>Pts</u>
1 Angelo State University	327.91
2 UC-San Diego	320.93
3 Slippery Rock University	282.88
4 Grand Valley State University ..	276.03
5 Fort Hays State University	255.27
6 Northwest Nazarene University	251.96
7 Nebraska at Kearney	251.73
8 Pittsburg State University	248.49
9 East Stroudsburg University	246.50
10 Ashland University	243.04
11 Central Missouri	239.37
12 Western Oregon University	238.90
13 Lock Haven University	238.08
14 Kutztown University	235.99
15 Winona State University	232.62
16 Northern Michigan University .	229.80
17 Hillsdale College	219.43
18 Emporia State University	203.72
19 Tiffin University	200.61
20 Seton Hill University	199.91
21 West Chester University	197.25
22 Abilene Christian University ...	196.83
23 Adams State College	190.07
24 Wayne State (Nebraska)	183.95
25 Bellarmine University	183.83
MIAA Teams in Bold	



ESU Track & Field
 Papa Johns D-II Challenge
 Welch Stadium/Witten Track
 Emporia, Kan.
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Papa John's Pizza D-II Challenge

National List			
Men			
400m	Huntly Thomas	Lincoln	8th
400m H	Vincent Howze	ESU	6th
400m Relay	Lincoln		2nd
1600m Relay	Lincoln		5th
High Jump	Alex Pyle	ESU	9th
Long Jump	Eric Moore	UCM	7th
	Josh Honeycutt	ESU	8th
Triple Jump	Josh Honeycutt	ESU	1st
	Doug Marshall	ESU	13th
Shot Put	Jaban Moore	UCM	5th
Discus	Drew Frizzell	UCM	5th
	Brett Cavanah	UCM	12th
Hammer	Drew Frizzell	UCM	3rd
	Jaban Moore	UCM	11th
Women			
100m	Jhanell Brown	Lincoln	3rd
	Tia Rolle	Lincoln	10th
	Caitlin Dhein	Winona State	13th
200m	Jhannell Brown	Lincoln	12th
400m Relay	Lincoln		1st
1600m Relay	Lincoln		5th
High Jump	Jenna Schmitt	UCM	4th
	AnnaKay Campbell	Lincoln	5th
	Notoya Thompson	Lincoln	5th
	Lindsey Lettow	UCM	10th
Long Jump	AnnaKay Campbell	Lincoln	1st
	Racquel Anderson	Lincoln	9th
	Lindsey Lettow	UCM	11th
Shot Put	Rebecca Steir	Winona State	13th
Javelin	Connie Philips	ESU	9th
	Lauren Brown	Winona State	10th

Thursday, April 9

3:00 pm Heptathlon
 Justine Davenport, Kaylea Goff
 3:30 pm Decathlon
 Tony Granillo, Cole Davis

Friday, April 10

10:30 am Decathlon
 Tony Granillo, Cole Davis
 11:30 am Heptathlon
 Justine Davenport, Kaylea Goff
 6:30 pm 10,000m W, M Combined (Time Trial)
 Morgan Frehe; Marcus Summers

Saturday, April 11

Field Events

11:00 am Long Jump W-East M-West
 Brooke Kent, Renae Weaver; Josh Honeycutt, Douglas Marshal
 11:00 am Hammer M-North, W-West
 Dustin Loyd, Kevin Roulhac, Lucas SanMartin; Ashley Watkins,
 Deja Jackson
 12:00 pm Pole Vault M,W
 12:00 pm Discus W/M South Cage
 Deja Jackson, Molly Pannbacker; Kevin Roulhac, Lucas SanMartin
 12:00 pm Javelin M,W
 Warren Nelson; Ashley Watkins, Connie Philips
 12:00 pm High Jump M,W
 Alex Pyle, Dustin Andrews; Brooke Kent
 1:00 pm Triple Jump W-East M-West
 Josh Honeycutt, Douglas Marshal
 2:00 pm Shot W-East, M-West
 Ashley Watkins, Deja Jackson, Molly Pannbacker; Lucas SanMartin

Running Prelims

11:30 am 100H W, 110H M
 Brooke Kent; Vincent Howze
 100m W, M
 Lynnsey Nichols, Renae Weaver; Derwin Hall, Kenton Lonberger,
 Larry Beamon, Samuel Williams

Finals

12:00 pm 3,000m Steeple Chase M, W
 Andrew Wayman, Asher Delmott, Skyler Delmott, William Hohmeier
 12:40 pm 4x100m Relay W, M
 12:50 pm 1500m W, Archie San Romani 1500m M
 Katie Mona; Adam McGovern, Chris Dvorak
 1:10 pm 110H M, 100H W
 1:20 pm 400m W, M
 Ashley Wakefield-Hall, Chastity Hughes-Stanton, Jaclyn Sill,
 Jacquelyn Jacobs, Tiffany Baum; Larry Beamon, Moe Gilstrap
 1:30 pm 100m W, M
 1:45 pm 800m W, Bill Tidwell 800m M
 Christy Weller, Kathryn Davison, Kylie Bookout; Adam McGovern,
 Dillon Cowing, Sloane Kern, William Hohmeier
 2:10 pm 400H W, M
 Ashley Spencer; Vincent Howze, Paul Snyder
 2:35 pm 200m W, M
 Brooke Kent, Chastity Hughes-Stanton, Jaclyn Sill, Lynnsey Nichols;
 Josh Schuler
 2:55 pm 3,000m W
 Katie Mona
 3:20 pm 5,000m M
 Skyler Delmott
 3:45 pm 4x400m Relay W, Charles Wilhite 4x400m Relay M



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2009 Emporia State Women's Outdoor Track & Field Performance List

100 Meter Dash

2 w-Kent, Brooke	12.43	ESU Relays (4/4/09)
4 w-Weaver, Renae	12.78	ESU Relays (4/4/09)
27 Nichols, Lynnsey	13.43	UTA Bobby Lane Inv. (3/28/09)

200 Meter Dash

2 Sill, Jaclyn	25.64	ESU Relays (4/4/09)
7 Wakefield-Hall, Ashley	26.97	ESU Relays (4/4/09)
11 Nichols, Lynnsey	27.26	ESU Relays (4/4/09)
41 Hughes-Stanton, Chastity	27.81	UTA Bobby Lane Inv. (3/28/09)

400 Meter Dash

2 Sill, Jaclyn	59.12	ESU Relays (4/4/09)
5 Baum, Tiffany	1:00.14	ESU Relays (4/4/09)
7 Hughes-Stanton, Chastity	1:00.83	ESU Relays (4/4/09)
11 Wakefield-Hall, Ashley	1:01.62	ESU Relays (4/4/09)
27 Hughes-Stanton, Chastity	1:03.72	UTA Bobby Lane Inv. (3/28/09)

800 Meter Run

2 Mona, Katelyn	2:21.30	ESU Relays (4/4/09)
7 Bookout, Kylie	2:27.40	ESU Relays (4/4/09)
8 Weller, Christy	2:28.60	ESU Relays (4/4/09)

1500 Meter Run

1 Mona, Katelyn	4:52.68	ESU Relays (4/4/09)
2 Davison, Kathryn	5:00.08	ESU Relays (4/4/09)

5000 Meter Run

3 Frehe, Morgan	20:31.01	ESU Relays (4/4/09)
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100 Meter Hurdles

5 Davenport, Justine	15.55	ESU Relays (4/4/09)
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400 Meter Hurdles

5 Spencer, Ashley	1:11.30	ESU Relays (4/4/09)
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4x100 Meter Relay

3 Emporia State	49.81	ESU Relays (4/4/09)
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4x400 Meter Relay

3 Emporia State	4:07.48	ESU Relays (4/4/09)
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4x800 Meter Relay

2 Emporia State	10:28.20	ESU Relays (4/4/09)
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High Jump

7 Goff, Kaylea	1.50m 4-11.00	ESU Relays (4/4/09)
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Long Jump

1 w-Weaver, Renae	5.43m 17-09.75	ESU Relays (4/4/09)
2 Kent, Brooke	5.39m 17-08.25	ESU Relays (4/4/09)
3 Davenport, Justine	5.26m 17-03.25	ESU Relays (4/4/09)
6 Lippert, Lindsey	5.01m 16-05.25	ESU Relays (4/4/09)

Triple Jump

5 Lippert, Lindsey	10.45m 34-03.50	ESU Relays (4/4/09)
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Shot Put

3 Pannbacker, Molly	11.85m 38-10.50	ESU Relays (4/4/09)
16 Jackson, Deja	11.79m 38-08.00	UTA Bobby Lane Inv. (3/28/09)
4 Watkins, Ashley	11.19m 36-08.50	ESU Relays (4/4/09)

Discus Throw

2 Pannbacker, Molly	41.76m 137-00	ESU Relays (4/4/09)
3 Jackson, Deja	40.53m 133-00	ESU Relays (4/4/09)

Hammer Throw

6 Jackson, Deja	49.43m 162-02	UTA Bobby Lane Inv. (3/28/09)
12 Watkins, Ashley	30.43m 99-10	ESU Relays (4/4/09)

Javelin Throw

2 *Phillips, Connie	42.70m 140-01	ESU Relays (4/4/09)
8 Watkins, Ashley	33.32m 109-04	ESU Relays (4/4/09)

*NCAA Division II Provisional Qualifying Mark



ESU Track & Field
 Papa Johns D-II Challenge
 Welch Stadium/Witten Track
 Emporia, Kan.
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2009 Emporia State Men's Outdoor Track & Field Performance List

<u>100 Meter Dash</u>			<u>Triple Jump</u>		
2 w-Hall, Derwin	10.54	ESU Relays (4/4/09)	1 **Honeycutt, Josh	16.39m 53-09.25	ESU Relays (4/4/09)
5 w-Schuler, Josh	10.79	ESU Relays (4/4/09)	2 *Marshall, Doug	14.53m 47-08.00	ESU Relays (4/4/09)
9 Beamon, Larry	11.62	ESU Relays (4/4/09)	<u>Shot Put</u>		
<u>200 Meter Dash</u>			12 SanMartin, Lucas	13.25m 43-05.50	UTA Bobby Lane Inv. (3/28/09)
1 Schuler, Josh	21.78	ESU Relays (4/4/09)	<u>Discus Throw</u>		
31 Beamon, Larry	23.19	UTA Bobby Lane Inv. (3/28/09)	14 SanMartin, Lucas	32.85m 107-09	UTA Bobby Lane Inv. (3/28/09)
<u>400 Meter Dash</u>			<u>Hammer Throw</u>		
3 Gilstrap, Moe	49.55	ESU Relays (4/4/09)	9 Loyd, Dustin	45.26m 148-05	UTA Bobby Lane Inv. (3/28/09)
8 Beamon, Larry	52.14	ESU Relays (4/4/09)	6 SanMartin, Lucas	42.77m 140-04	ESU Relays (4/4/09)
13 Granillo, Tony	52.83	ESU Relays (4/4/09)	<u>Javelin Throw</u>		
15 Davis, Cole	53.56	ESU Relays (4/4/09)	2 Nelson, Warren	53.00m 173-11	ESU Relays (4/4/09)
<u>800 Meter Run</u>			7 Davis, Cole	47.29m 155-02	ESU Relays (4/4/09)
5 Kern, Sloane	1:57.05	ESU Relays (4/4/09)	**NCAA Division II Automatic Qualifying Mark		
10 Cowing, Dillon	1:59.81	ESU Relays (4/4/09)	*NCAA Division II Provisional Qualifying Mark		
44 Dvorak, Chris	2:13.29	UTA Bobby Lane Inv. (3/28/09)	#ESU School Record		
<u>1500 Meter Run</u>					
5 McGovern, Adam	4:04.40	UTA Bobby Lane Inv. (3/28/09)			
14 Hohmeier, William	4:11.78	UTA Bobby Lane Inv. (3/28/09)			
28 Dvorak, Chris	4:34.01	UTA Bobby Lane Inv. (3/28/09)			
<u>5000 Meter Run</u>					
3 Delmott, Skyler	15:56.10	ESU Relays (4/4/09)			
4 Hohmeier, William	16:02.54	ESU Relays (4/4/09)			
6 Summers, Marcus	16:19.53	ESU Relays (4/4/09)			
8 Delmott, Asher	16:26.98	ESU Relays (4/4/09)			
9 Wayman, Andrew	16:39.04	ESU Relays (4/4/09)			
11 Dvorak, Chris	17:16.76	ESU Relays (4/4/09)			
<u>110 Meter Hurdles</u>					
1 Howze, Vincent	15.30	ESU Relays (4/4/09)			
10 w-Granillo, Tony	17.50	ESU Relays (4/4/09)			
<u>400 Meter Hurdles</u>					
1 *Howze, Vincent	53.29	ESU Relays (4/4/09)			
10 Snyder, Paul	59.21	ESU Relays (4/4/09)			
<u>3000 Meter Steeplechase</u>					
4 Delmott, Asher	9:50.11	UTA Bobby Lane Inv. (3/28/09)			
7 Delmott, Skyler	9:53.77	UTA Bobby Lane Inv. (3/28/09)			
8 Hohmeier, William	10:05.11	UTA Bobby Lane Inv. (3/28/09)			
10 Wayman, Andrew	10:22.24	UTA Bobby Lane Inv. (3/28/09)			
<u>4x100 Meter Relay</u>					
2 Emporia St.	42.10	UTA Bobby Lane Inv. (3/28/09)			
<u>4x400 Meter Relay</u>					
3 Emporia State	3:27.15	ESU Relays (4/4/09)			
<u>High Jump</u>					
1 *Pyle, Alex	2.05m 6-08.75	ESU Relays (4/4/09)			
2 Andrews, Dustin	2.00m 6-06.75	ESU Relays (4/4/09)			
4 Davis, Cole	1.90m 6-02.75	ESU Relays (4/4/09)			
<u>Long Jump</u>					
1 *Honeycutt, Josh	7.25m 23-09.50	ESU Relays (4/4/09)			
2 Marshall, Doug	7.09m 23-03.25	ESU Relays (4/4/09)			
7 Granillo, Tony	6.55m 21-06.00	ESU Relays (4/4/09)			