

## CMU TOP OUTDOOR PERFORMANCES – 2010 WOMEN

### 100 Meter

Sarah Lewey	12.94	@CMU Mini-Meet
Sarah Lewey	13.16	@Asics Invite
Sarah Lewey	13.24	@Jewell Relays
Sarah Lewey	13.27	@Wash. U. Invite
Sarah Lewey	13.40	@2010 Ala. Relays
Sarah Lewey	13.65	@HAAC (h)
Sarah Lewey	15.35	@HAAC (s)

### 200 Meter

Sarah Lewey	27.41	@Jewell Relays
Sarah Lewey	27.89	@HAAC
Sarah Lewey	28.02	@Wash. U. Invite
Jayna Trokey	28.49	@Jewell Relays
Sarah Lewey	28.75	@2010 Ala. Relays
Sarah Lewey	29.00	@Asics Invite
Shelby Garrigus	30.38	@Wash. U. Invite

### 400 Meter

Elizabeth Zaragoza	57.59	bq	@CMU Mini-Meet
Elizabeth Zaragoza	59.88		@Wash. U. Invite
Jayna Trokey	1:01.63		@HAAC
Jayna Trokey	1:01.99		@Asics Invite
Katie Gladbach	1:03.60		@Asics Invite
Jayna Trokey	1:04.33		@Wash. U. Invite
Jayna Trokey	1:04.35		@Jewell Relays
Katie Gladbach	1:04.44		@HAAC
Katie Gladbach	1:04.62		@2010 Ala. Relays
Katie Gladbach	1:04.69		@Jewell Relays
Katie Gladbach	1:05.21		@Wash. U. Invite
Jayna Trokey	1:05.76		@2010 Ala. Relays

### 800 Meter

Elizabeth Zaragoza	2:12.52	sr	@ NAIA (s)
Elizabeth Zaragoza	2:13.65		@ NAIA – (f)
Elizabeth Zaragoza	2:14.47	aq	@ESU Qualifier
Elizabeth Zaragoza	2:15.13	aq	@2010 Ala. Relays
Elizabeth Zaragoza	2:15.80		@ NAIA – (h)
Elizabeth Zaragoza	2:16.53	bq	@Asics Invite
Elizabeth Zaragoza	2:20.30		@HAAC
Deanna Quisenberry	2:28.87		@HAAC
Kirstyn Linders	2:29.64		@HAAC
Deanna Quisenberry	2:31.45		@Asics Invite
Kirstyn Linders	2:32.16		@Asics Invite
Deanna Quisenberry	2:33.46		@Wash. U. Invite
Kirstyn Linders	2:34.94		@Wash. U. Invite
Amber Beaverson	2:35.38		@CMU Mini-Meet
Kirstyn Linders	2:36.55		@Jewell Relays
Deanna Quisenberry	2:39.37		@Jewell Relays
Lisa Scrivener	2:39.81		@Wash. U. Invite
Kirstyn Linders	2:41.20		@CMU Mini-Meet
Lisa Scrivener	2:43.90		@CMU Mini-Meet
Amber Beaverson	2:47.59		@Wash. U. Invite
Tabatha Leaton	2:57.33		@Wash. U. Invite
Tabatha Leaton	2:57.76		@CMU Mini-Meet
Shelby Garrigus	2:59.47		@Wash. U. Invite
Tabatha Leaton	3:08.61		@Jewell Relays

### 1500 Meter

Elizabeth Zaragoza	4:53.00	@HAAC
Elizabeth Zaragoza	5:07.94	@Wash. U. Invite
Deanna Quisenberry	5:11.35	@Jewell Relays
Amber Beaverson	5:18.82	@CMU Mini-Meet
Deanna Quisenberry	5:19.37	@CMU Mini-Meet
Emily Jahrling	5:21.68	@Asics Invite
Tabatha Leaton	5:22.74	@Asics Invite
Deanna Quisenberry	5:27.04	@2010 Ala. Relays
Kirstyn Linders	5:27.16	@CMU Mini-Meet
Lisa Scrivener	5:28.01	@Wash. U. Invite
Tabatha Leaton	5:28.09	@CMU Mini-Meet
Amber Beaverson	5:28.63	@Wash. U. Invite
Kirstyn Linders	5:30.80	@Jewell Relays
Tabatha Leaton	5:31.81	@Jewell Relays
Tabatha Leaton	5:32.09	@Wash. U. Invite
Tabatha Leaton	5:32.22	@HAAC
Lisa Scrivener	5:33.28	@CMU Mini-Meet
Tabatha Leaton	5:34.85	@2010 Ala. Relays
Taylor Beaverson	5:37.34	@Jewell Relays
Taylor Beaverson	5:38.77	@CMU Mini-Meet
Kirstyn Linders	5:39.81	@ 2010 Ala. Relays
Taylor Beaverson	5:42.54	@HAAC
Taylor Beaverson	6:02.13	@Asics Invite

### 5000 Meter

Lisa Scrivener	19:48.94	@HAAC
Lisa Scrivener	21:18.23	@Asics Invite

### 10000 Meter

Lisa Scrivener	43:26.37	@HAAC
Lisa Scrivener	43:29.13	@Jewell Relays
Lisa Scrivener	44:08.25	@2010 Ala. Relays

### 100 Meter Hurdles

Jamie Guffey	16.30	sr	@Asics Invite
Amelia Truex	16.37	sr	@Wash. U. Invite
Jamie Guffey	16.41		@Jewell Relays
Amelia Truex	16.54		@Jewell Relays
Amelia Truex	16.60		@CMU Mini-Meet
Amelia Truex	16.75		@Asics Invite
Jamie Guffey	16.75	sr	@2010 Ala. Relays
Jamie Guffey	16.81		@Wash. U. Invite
Amelia Truex	17.07		@HAAC (f)
Jamie Guffey	17.24		@HAAC (f)
Amelia Truex	17.46		@HAAC (s)
Jamie Guffey	17.48		@HAAC (s)
Shelby Garrigus	17.52		@HAAC
Shelby Garrigus	17.53		@Asics Invite
Shelby Garrigus	17.57		@Wash. U. Invite
Amelia Truex	17.57		@2010 Ala. Relays
Shelby Garrigus	17.64		@CMU Mini-Meet
Shelby Garrigus	17.96		@2010 Ala. Relays

### 3000 Meter Steeplechase

Amber Beaverson	12:28.16	@HAAC
Amber Beaverson	12:28.82	@Jewell Relays
Amber Beaverson	12:32.63	@Asics Invite

Amber Beaverson 12:44.40 @2010 Ala. Relays

#### 4x100 Relay

Guffey, Garrigus, 51.46 @Asics Invite  
Barajas, Lewey  
Guffey, Gladbach, 51.46 @2010 Ala. Relays  
Garrigus, Lewey  
Guffey, Gladbach, 51.77 @Wash. U. Invite  
Barajas, Lewey  
Guffey, Garrigus 51.92 @HAAC  
Barajas, Gladbach

#### 4x200 Relay

Lewey, Guffey, 1:49.96 @2010 Ala. Relays  
Gladbach, Zaragoza

#### 4x400 Relay

Zaragoza, Quisenberry, 4:09.39 sr @Asics Invite  
Trokey, Gladbach  
Zaragoza, Quisenberry, 4:11.02 sr @2010 Ala. Relays  
Trokey, Gladbach  
Trokey, Linders, 4:19.23 @HAAC  
Quisenberry, Gladbach

#### 4x800 Relay

Zaragoza, Trokey 10:01.45 @HAAC  
Beaverson A., Quisenberry

#### High Jump

Kate Fulton 1.65/5-5 sr/bq @BU Last Chance  
Kate Fulton 1.60/5-3 @NAIA  
Kate Fulton 1.60/5-3 @ESU Qualifier  
Kate Fulton 1.60/5-3 =sr @CMU Mini-Meet  
Kate Fulton 1.60/5-3 =sr @Jewell Relays  
Rebeca Barajas 1.60/5-3 =sr @Asics Invite  
Kate Fulton 1.60/5-3 =sr @Wash. U. Invite  
Rebeca Barajas 1.60/5-3 =sr @Wash. U. Invite  
Kate Fulton 1.55/5-1 @HAAC  
Kate Fulton 1.55/5-1 @Asics Invite  
Rebeca Barajas 1.55/5-1 @2010 Ala. Relays  
Rebeca Barajas 1.50/4-11 @HAAC  
Kate Fulton 1.50/4-11 @Asics Invite  
Katie Gladbach 1.50/4-11 @Wash. U. Invite  
Kate Gladbach 1.45/4-9 @HAAC  
Katie Gladbach 1.45/4-9 @Jewell Relays  
Shelby Garrigus 1.40/4-7 @Asics Invite  
Shelby Garrigus 1.37/4-6 @Wash. U. Invite

#### Long Jump

Rebeca Barajas 5.25/17-2.5 sr @Wash. U. Invite  
Amelia Truex 5.24/17-2.25 @Asics Invite  
Rebeca Barajas 5.23/17-2 @HAAC  
Shelby Garrigus 5.11/16-9.25 @Wash. U. Invite  
Amelia Truex 5.05/16-7 @BU Last Chance  
Amelia Truex 5.01/16-5.25 @CMU Mini-Meet  
Amelia Truex 4.98/16-4.25 @ESU Qualifier  
Shelby Garrigus 4.96/16-3.25 @HAAC  
Amelia Truex 4.95/16-3 @Wash. U. Invite  
Shelby Garrigus 4.86/15-11.5 @CMU Mini-Meet  
Amelia Truex 4.85/15-11 @HAAC  
Rebeca Barajas 4.70/15-5 @2010 Ala. Relays  
Amelia Truex 4.57/15-0 @2010 Ala. Relays

#### Triple Jump

Rebeca Barajas 11.32/37-1.75 sr/bq @Asics Invite  
Shelby Garrigus 11.30/37-1 bq @Asics Invite  
Rebeca Barajas 11.25/36-11 bq @ESU Qualifier  
Shelby Garrigus 11.20/36-9 bq @HAAC  
Rebeca Barajas 11.09/36-4.75 @NAIA  
Shelby Garrigus 11.07/36-4 @ESU Qualifier  
Shelby Garrigus 11.06/36-3.5 @NAIA  
Rebeca Barajas 11.05/36-3 @HAAC  
Rebeca Barajas 10.78/35-4.5 @2010 Ala. Relays  
Shelby Garrigus 10.63/34-10.5 @2010 Ala. Relays

#### Shot Put

Megan Turner 11.25/36-11 @CMU Mini-Meet  
Megan Turner 11.07/36-4 @HAAC  
Breanna Hobbs 11.06/36-3.50 @HAAC  
Megan Turner 10.99/36-.75 @Jewell Relays  
Breanna Hobbs 10.52/34-6.25 @Asics Invite  
Sam Smith 10.45/34-3.5 @Jewell Relays  
Megan Turner 10.37/34-.25 @Asics Invite  
Breanna Hobbs 10.32/33-10.25 @Jewell Relays  
Megan Turner 10.31/33-10 @Wash. U. Invite  
Sam Smith 10.25/33-7.5 @CMU Mini-Meet  
Sam Smith 10.22/33-6.5 @Asics Invite  
Sam Smith 10.10/33-1.75 @HAAC  
Sam Smith 9.89/32-5.5 @Wash. U. Invite  
Breanna Hobbs 9.79/32-1.5 @CMU Mini-Meet  
Melissa Morrow 9.62/31-6.75 @CMU Mini-Meet  
Jessica McComb 9.56/31-4.5 @Asics Invite  
Melissa Morrow 9.40/30-10.25 @HAAC  
Jessica McComb 9.22/30-3 @CMU Mini-Meet  
Melissa Morrow 9.15/30-.5 @Wash. U. Invite  
Melissa Morrow 9.00/29-6.50 @Jewell Relays  
Jessica McComb 8.85/29-.50 @Jewell Relays  
Shelby Garrigus 8.77/28-9.25 @Wash. U. Invite  
Melissa Morrow 8.74/28-8.25 @Asics Invite

#### Javelin Throw

Shelby Garrigus 33.26/109-1 sr @Asics Invite  
Shelby Garrigus 32.25/105-10 @HAAC  
Shelby Garrigus 27.83/91-4 @2010 Ala. Relays

#### Discus Throw

Sam Smith 36.11/118-5 sr @CMU Mini-Meet  
Sam Smith 35.85/117-7 sr @Wash. U. Invite  
Sam Smith 35.35/115-11 @Asics Invite  
Sam Smith 35.41/116-2 @HAAC  
Melissa Morrow 34.77/114-1 @CMU Mini-Meet  
Megan Turner 34.70/113-10 @CMU Mini-Meet  
Sam Smith 34.68/113-9 @Jewell Relays  
Melissa Morrow 33.17/108-10 @Asics Invite  
Megan Turner 33.15/108-9 @Wash. U. Invite  
Megan Turner 32.57/106-10 @Jewell Invite  
Melissa Morrow 32.53/106-9 @HAAC  
Melissa Morrow 32.44/106-5 @Jewell Relays  
Melissa Morrow 32.35/106-2 @Wash. U. Invite  
Megan Turner 32.32/106 @Asics Invite  
Megan Turner 30.72/100-9 @HAAC  
Megan Turner 29.50/96-9 @2010 Ala. Relays  
Breanna Hobbs 28.20/92-6 @Asics Invite  
Jessica McComb 26.26/86-2 @CMU Mini-Meet

Breanna Hobbs	25.36/83.2	@CMU Mini-Meet
Jessica McComb	24.34/79-10	@Jewell Relays
Jessica McComb	23.02/76-6	@Asics Invite

### Hammer Throw

Sam Smith	43.54/142-10	sr @HAAC
Sam Smith	42.86/140-7	sr @Jewell Relays
Sam Smith	41.19/135-1	@Asics Invite
Breanna Hobbs	40.75/133-8	@Jewell Relays
Breanna Hobbs	40.06/131-5	@Asics Invite
Breanna Hobbs	40.55/133-0	@2010 Ala. Relays
Breanna Hobbs	40.21/131-11	@Wash. U. Invite
Megan Turner	39.44/129-5	@HAAC
Breanna Hobbs	39.12/128-4	@HAAC
Melissa Morrow	38.09/124-11	@Asics Invite
Sam Smith	37.67/123-7	@Wash. U. Invite
Megan Turner	37.42/122-9	@Wash. U. Invite
Megan Turner	37.29/122-4	@Asics Invite
Sam Smith	36.47/119-8	@2010 Ala. Relays
Melissa Morrow	36.46/119-7	@Jewell Relays
Melissa Morrow	36.36/119-3	@Wash. U. Invite
Megan Turner	36.35/119-3	@ 2010 Ala. Relays
Megan Turner	35.93/117-10	@Jewell Relays
Melissa Morrow	33.08/108-6	@HAAC
Jessica McComb	23.77/78	@Jewell Relays
Jessica McComb	22.81/74-10	@Asics Invite

### Heptathlon

Shelby Garrigus	2879 points	sr @Wash. U. Invite
100m Hurdles	17.57 – 534 pts	
High Jump	1.37/4-6 – 481 pts	
Shot Put	8.77/28-9.25 – 449 pts	
200m	30.38 - 456 pts	
Long Jump	5.11/16-9.25 – 589 pts	
Javelin	Foul –	
800m	2:59.47 – 370 pts	

aq =automatic national qualifier  
 bq = "B" national qualifier  
 sr = school record  
 NC = national champion

### TEAM AWARDS

#### Athlete of the Week

March 28 - Elizabeth Zaragoza  
 April 3 – Elizabeth Zaragoza  
 April 10 – Shelby Garrigus  
 April 17 – Sam Smith  
 April 23 – Elizabeth Zaragoza  
 May 1 – Elizabeth Zaragoza

#### Track Athlete of the Week

March 28 – 4 x 400m Relay  
 April 3 – Amelia Truex

April 10 – Elizabeth Zaragoza  
 April 17 – Amber Beaverson  
 April 23 – Amber Beaverson  
 May 1 – Lisa Scrivener

### Field Athlete of the Week

March 29 – Rebeca Barajas  
 April 3 - Kate Fulton  
                   Rebeca Barajas  
                   Sam Smith  
 April 10 – Rebeca Barajas  
 April 17 – Kate Fulton  
 April 23 – Sam Smith  
 May 1 – Shelby Garrigus

### Eagle Award

March 28 – Jamie Guffey  
 April 3 – Shelby Garrigus  
 April 10 – Jayna Trokey  
                   Sam Smith  
 April 17 – Deanna Quisenberry  
 April 23 – Megan Turner  
 May 1 – Sam Smith

### TEAM RESULTS

#### Women

Date	Meet	Points/Place
3/25-3/27	Alabama Relays 2010	---
4/2-4/3	Washington University Invite	42/8 <sup>th</sup> of 17 (C.M.U., Culver-Stockton, Edgewood College, Greenville College, Hannibal – LG, Illinois College, McKendree, MO Baptist, Monmoth College, Rhodes College, Saint Louis U., SBU, St. Louis CC, Univ. of S. In., Univ. of Tenn. @ Martin, Wash. U. William Woods)
4/10	Asics/CMU Invite	84.50/3 <sup>rd</sup> of 14 (Baker, Benedictine, CMU, Culver-Stockton, Evangel, Hannibal-LaGrange, Highland CC, Lincoln U., Lindenwood, Maryville, MO Valley, Mount Marty College, William Jewell, William Woods)
4/17	Jewell Relays	75/4 <sup>th</sup> out of 8 (Baker, Benedictine, CMU, UCM, Evangel, MO Valley, Northwest MO, William Jewell)
4/23	CMU Mini-Meet	---
4/30-5/1	HAAC Championships	102.5/3 <sup>rd</sup> out of 9 (Baker, Benedictine, CMU, Culver-Stockton, Evangel, Graceland, MO Valley, Lindenwood, William Jewell)

## CMU TOP OUTDOOR PERFORMANCES – 2010 MEN

### 100 Meter

Edward Stewart	10.66	sr/aq	@Jewell Relays
Ryan Sherman	10.90		@Asics Invite
Edward Stewart	10.91		@HAAC (f)
Edward Stewart	10.93		@HAAC (s)
Ryan Sherman	10.93		@CMU Mini-Meet
Tim Lewis	10.96		@Asics Invite
Ryan Sherman	11.01		@Wash. U. Invite
Tim Lewis	11.03		@CMU Mini-Meet
Josh Whitener	11.09		@CMU Mini-Meet
Colin Fultz	11.13		@Jewell Relays
Tim Lewis	11.14		@Jewell Relays
Edward Stewart	11.15		@HAAC (h)
Colin Fultz	11.20		@CMU Mini-Meet
Ryan Sherman	11.21		@HAAC (s)
Tim Lewis	11.21		@HAAC (s)
Ryan Sherman	11.21		@2010 Ala. Relays
Roscoe Robinson	11.23		@Wash. U. Invite
Tim Lewis	11.26		@HAAC (f)
Tim Lewis	11.29		@2010 Ala. Relays
Colin Fultz	11.30		@Wash. U. Invite
Roscoe Robinson	11.31		@CMU Mini-Meet
Tim Lewis	11.32		@ESU Qualifier
Ryan Sherman	11.32		@Jewell Relays
Tim Lewis	11.32		@Wash. U. Invite
Roscoe Robinson	11.35		@Jewell Relays
Roscoe Robinson	11.37		@2010 Ala. Relays
Ryan Sherman	11.42		@HAAC (f)
Tim Lewis	11.44		@HAAC (h)
Colin Fultz	11.46		@2010 Ala. Relays
Roscoe Robinson	11.51		@HAAC (s)
Colin Fultz	11.54		@HAAC (s)
Ryan Sherman	11.57		@HAAC (h)
Roscoe Robinson	11.63		@HAAC (h)
Colin Fultz	11.75		@HAAC (h)

### 200 Meter

Edward Stewart	21.35	sr/aq	@Jewell Relays
Ryan Sherman	21.67	aq	@Jewell Relays
Ryan Sherman	21.75		@NAIA (h)
Edward Stewart	21.93	bq	@HAAC (f)
Ryan Sherman	22.00		@Wash. U. Invite
Colin Fultz	22.03		@Jewell Relays
Josh Whitener	22.45		@Jewell Relays
Ryan Sherman	22.51		@HAAC (f)
Ryan Sherman	22.51		@2010 Ala. Relays
Tim Lewis	22.57		@Wash. U. Invite
Roscoe Robinson	22.58		@Jewell Relays
Ryan Sherman	22.64		@HAAC (s)
Ryan Sherman	22.67		@Asics Invite
Edward Stewart	22.68		@HAAC (s)
Gary Jones	22.70		@Jewell Relays
Colin Fultz	22.70		@Wash. U. Invite
Colin Fultz	22.72		@HAAC
Tim Lewis	22.73		@HAAC
Tim Lewis	22.83		@Jewell Relays
Josh Whitener	22.97		@2010 Ala. Relays

Josh Whitener	23.00		@HAAC
Tim Lewis	23.02		@2010 Ala. Relays
John Lehman	23.05		@Jewell Relays
Roscoe Robinson	23.21		@2010 Ala. Relays
Roscoe Robinson	23.67		@HAAC
Roscoe Robinson	24.29		@Wash. U. Invite
Drew Hinton	24.80		@Asics Invite

### 400 Meter

Josh Whitener	49.22		@HAAC
Josh Whitener	49.36		@Asics Invite
Josh Whitener	50.14		@Wash. U. Invite
Edward Stewart	50.25		@CMU Mini-Meet
Josh Whitener	50.25		@Jewell Relays
Gary Jones	50.32		@CMU Mini-Meet
Josh Whitener	50.36		@2010 Ala. Relays
Gary Jones	50.57		@Jewell Relays
Gary Jones	50.74		@Asics Invite
Gary Jones	50.86		@ESU Qualifier
Lucas Manring	50.92		@CMU Mini-Meet
Gary Jones	50.98		@HAAC
David Tolbert	51.00		@CMU Mini-Meet
Gary Jones	51.13		@2010 Ala. Relays
Ryan Brich	51.37		@HAAC
Gary Jones	51.63		@Wash. U. Invite
Ryan Brich	51.80		@CMU Mini-Meet
David Tolbert	51.89		@HAAC
David Tolbert	51.97		@Asics Invite
Lucas Manring	51.98		@Wash. U. Invite
David Tolbert	52.42		@2010 Ala. Relays
Ryan Brich	52.72		@Jewell Relays
Ryan Brich	53.18		@Wash. U. Invite
David Tolbert	54.01		@Wash. U. Invite

### 800 Meters

Lucas Manring	1:50.83	sr	@NAIA (f)
Lucas Manring	1:50.85	sr	@NAIA (s)
Mike Hernandez	1:52.96	aq	@HAAC
Lucas Manring	1:53.09	aq	@ESU Qualifier
Lucas Manring	1:53.21	aq	@HAAC
Lucas Manring	1:53.23		@NAIA (h)
Lucas Manring	1:53.37	aq	@2010 Ala. Relays
Lucas Manring	1:53.46	aq	@Asics Invite
Mike Hernandez	1:54.49	bq	@Wash. U. Invite
Josphat Sawe	1:57.83		@HAAC
Daniel Jacobs	1:58.97		@HAAC
Edwin Kurgat	1:59.01		@CMU Mini-Meet
Daniel Jacobs	1:59.06		@Asics Invite
Daniel Jacobs	1:59.08		@Jewell Relays
Edwin Kurgat	1:59.57		@Wash. U. Invite
Josphat Sawe	2:00.80		@CMU Mini-Meet
Daniel Jacobs	2:00.83		@Wash. U. Invite
Daniel Jacobs	2:02.70		@2010 Ala. Relays
Daniel Jacobs	2:03.97		@CMU Mini-Meet
Reuben Bett	2:04.04		@Asics Invite
Daniel Simmons	2:05.32		@CMU Mini-Meet
Reuben Bett	2:05.32		@Wash. U. Invite

Reuben Bett	2:05.47		@Jewell Relays
Reuben Bett	2:06.34		@CMU Mini-Meet
Anthony Kiprono	2:09.36		@CMU Mini-Meet
Brennan Denny	2:09.72		@CMU Mini-Meet
Anthony Kiprono	2:09.87		@Wash. U. Invite
Derek Laxton	2:10.04		@Asics Invite
Ryan Brich	2:11.46		@Asics Invite
Derek Laxton	2:13.96		@Wash. U. Invite
Derek Laxton	2:22.37		@CMU Mini-Meet

### 1500 Meter

Mike Hernandez	3:52.84	aq	@Asics Invite
Mike Hernandez	3:53.37		@ NAIA (f)
Mike Hernandez	3:53.60		@ NAIA (h)
Mike Hernandez	3:54.71	aq	@ESU Qualifier
Mike Hernandez	3:55.90	bq	@2010 Ala. Relays
Mike Hernandez	3:59.56		@Wash. U. Invite
Lucas Manring	4:01.56		@Wash. U. Invite
Edwin Kurgat	4:02.05		@Wash. U. Invite
Mike Hernandez	4:03.72		@HAAC
Josphat Sawe	4:07.73		@HAAC
Edwin Kurgat	4:11.41		@CMU Mini-Meet
Josphat Sawe	4:18.63		@CMU Mini-Meet
Josphat Sawe	4:18.78		@Jewell Relays
Daniel Simmons	4:23.91		@CMU Mini-Meet
Anthony Kiprono	4:25.86		@CMU Mini-Meet
Anthony Kiprono	4:26.89		@Wash. U. Invite
Brecht Madalijns	4:34.92		@CMU Mini-Meet
Brennan Denny	4:37.87		@CMU Mini-Meet
Brecht Madalijns	4:44.39		@Wash. U. Invite
Reuben Bett	4:50.47		@CMU Mini-Meet

### 5000 Meter

Edwin Kurgat	14:51.42	aq	@Asics Invite
Edwin Kurgat	14:57.92	bq	@2010 Ala. Relays
Edwin Kurgat	15:08.52	bq	@HAAC
Anthony Kiprono	16:41.47		@Asics Invite

### 10000 Meter

Edwin Kurgat	32:03.30	sr/bq	@HAAC
Anthony Kiprono	35:11.88		@2010 Ala. Relays
Anthony Kiprono	35:23.87		@Jewell Relays

### 110 Meter Hurdles

Edward Stewart	14.11	=sr	@ NAIA (h)
Edward Stewart	14.11	sr, aq	@2010 Ala. Relays
Edward Stewart	14.13		@ NAIA (f)
Edward Stewart	14.22	aq	@Wash. U. Invite
Edward Stewart	14.23	aq	@Asics Invite
Edward Stewart	14.27	aq	@ESU Qualifier
Edward Stewart	14.46		@ NAIA (s)
Edward Stewart	14.54	aq	@HAAC (s)
Edward Stewart	14.80	aq	@HAAC (f)
John Lehman	15.00	bq	@CMU Mini-Meet
John Lehman	15.03		@ NAIA (h)
Josh Vaughn	15.18	bq	@Asics Invite
John Lehman	15.22	bq	@Wash. U. Invite
John Lehman	15.23	bq	@Jewell Relays
John Lehman	15.24	bq	@ESU Qualifier
John Lehman	15.31		@Asics Invite
Josh Vaughn	15.31		@2010 Ala. Relays
John Lehman	15.34		@HAAC (s)

John Lehman	15.39		@HAAC (f)
John Lehman	15.57		@2010 Ala. Relays
Drew Hinton	15.72		@Wash. U. Invite
Drew Hinton	16.23		@CMU Mini-Meet
Drew Hinton	16.26		@HAAC
Drew Hinton	16.42		@2010 Ala. Relays
Drew Hinton	16.84		@Jewell Relays
Josh Vaughn	16.85		@HAAC

### 400 Meter Hurdles

Dustin Menk	55.46		@CMU Mini-Meet
Kevin Couty	55.59		@HAAC
Kevin Couty	55.69		@CMU Mini-Meet
Dustin Menk	56.17		@2010 Ala. Relays
Kevin Couty	56.45		@ESU Qualifier
Dustin Menk	56.58		@Wash. U. Invite
Dustin Menk	56.76		@Asics Invite
Dustin Menk	57.00		@HAAC
Kevin Couty	57.23		@Asics Invite
Kevin Couty	57.50		@Jewell Relays
Kevin Couty	57.68		@2010 Ala. Relays
Dustin Menk	58.40		@Jewell Relays

### 3000 Meter Steeplechase

Daniel Simmons	10:38.32		@Wash. U. Invite
Daniel Simmons	10:42.96		@Asics Invite
Brecht Madalijns	12:12.99		@Asics Invite

### 5000 Meter Racewalk

Peter Muldoon	24:40.77	aq	@HAAC
Peter Muldoon	24:53.64	aq	@Asics Invite
Peter Muldoon	25:27.32	aq	@Wash. U. Invite

### 4x100 Relay

Stewart, Lewis, Sherman, Fultz Whitener, Lewis, Sherman, Stewart	41.32	sr, aq	@Asics Invite
Whitener, Lewis, Sherman, Stewart	41.35		@ NAIA (h)
Whitener, Lewis, Sherman, Stewart	41.52	aq	@HAAC
Whitener, Lewis, Sherman, Fultz Stewart, Lewis, Sherman, Fultz	41.65		@ NAIA (s)
Stewart, Lewis, Sherman, Fultz Stewart, Lewis, Sherman, Fultz	42.12	sr, bq	@2010 Ala. Relays
Stewart, Lewis, Sherman, Fultz Stewart, Lewis, Sherman, Fultz	42.26	bq	@Wash. U. Invite
Stewart, Lewis, Sherman, Fultz Stewart, Lewis, Sherman, Fultz	42.35	bq	@Jewell Relays
Stewart, Lewis, Sherman, Fultz Whitener, Robinson	42.75		@CMU Mini-Meet
Whitener, Robinson Couty, Jones	43.18		@Jewell Relays
Whitener, Robinson, Couty, Tolbert	43.68		@Asics Invite
Menk, Hinton, Lehman, Jones	43.70		@Asics Invite
Whitener, Robinson, Lehman, Jones	43.75		@Wash. U. Invite
Menk, Hinton Lehman, Brich	44.12		@Jewell Relays

### 4x200 Relay

Whitener, Lewis, 1:30.10 sr @2010 Ala. Relays  
Fultz, Sherman

#### 4x400 Relay

Whitener, Jones, 3:19.74 @Asics Invite  
Manring, Hernandez  
Whitener, Menk, 3:20.55 @HAAC  
Couty, Jones  
Whitener, Manring, 3:23.77 @2010 Ala. Relays  
Jones, Hernandez  
Stewart, Tolbert, 3:24.20 @Asics Invite  
Couty, Menk  
Whitener, Jones 3:24.48 @CMU Mini-Meet  
Menk, Hernandez  
Couty, Denny, 3:39.38 @CMU Mini-Meet  
Perry, Hinton

#### 4x800 Relay

Hernandez, Jones, 7:51.23 bq @2010 Ala. Relays  
Jacobs, Manring  
Hernandez, Jones, 7:51.46 @HAAC  
Jacobs, Manring

#### 4x110 Shuttle Hurdle Relay

Lehman, Couty, 1:03.93 sr @2010 Ala. Relays  
Hinton, Stewart

#### Pole Vault

Mitchell Lenard 3.96/13 @Jewell Relays  
Mitchell Lenard 3.90/12-9.5 @HAAC  
Mitchell Lenard 3.75/12-3.5 @Asics Invite  
Mitchell Lenard 3.65/11-11.75 @Wash. U. Invite  
Scott Hill 3.60/11-9.75 @HAAC  
Scott Hill 3.60/11-9.75 @Asics Invite

#### High Jump

Alex Clawson 1.96/6-5 @Asics Invite  
Alex Clawson 1.95/6-4.75 @Wash. U. Invite  
Alex Clawson 1.93/6-4 @CMU Mini-Meet  
Alex Clawson 1.91/6-3.25 @BU Last Chance  
Alex Clawson 1.91/6-3.25 @HAAC

#### Long Jump

Roscoe Robinson 7.28/ 23-10.75 sr/aq @Asics Invite  
Roscoe Robinson 7.24/23-9 @NAIA  
Colin Fultz 7.19/23-7.25 @NAIA  
Roscoe Robinson 7.16/23-6 aq @ESU Qualifier  
Colin Fultz 7.10/ 23-3.5 bq @Asics Invite  
Colin Fultz 7.08/23-2.75 bq @ESU Qualifier  
Roscoe Robinson 7.05/23-1.75 bq @HAAC  
Colin Fultz 6.93/22.9 @HAAC  
Colin Fultz 6.93/22-9 @Wash. U. Invite  
Roscoe Robinson 6.91/22-8 @Wash. U. Invite  
Colin Fultz 6.80/22-3.75 @2010 Ala. Relays  
Roscoe Robinson 6.54/21-5.50 @2010 Ala. Relays  
Roscoe Robinson 6.51/21-4.25 @Jewell Relays  
Jacob Kleyh 6.51/21-4.25 @2010 Ala. Relays  
Jacob Kleyh 6.50/21-4 @Wash. U. Invite  
Josh Perry 6.46/21-2.5 @Asics Invite  
Jacob Kleyh 6.43/21-1.25 @Asics Invite  
Jacob Kleyh 6.41/21-0.5 @HAAC  
Colin Fultz 6.38/20-11.25 @Jewell Relays

Josh Perry 6.36/20-10.5 @HAAC  
Josh Perry 6.27/20-7 @Wash. U. Invite  
Josh Perry 6.00/19-8.25 @2010 Ala. Relays

#### Triple Jump

Josh Perry 14.03/46-0.5 bq @2010 Ala. Relays  
Josh Perry 13.89/45-7 @NAIA  
Josh Perry 13.85/45-5.25 @HAAC  
Josh Perry 13.76/45-1.75 @ESU Qualifier  
Jacob Kleyh 13.64/44-9 @HAAC  
Josh Perry 13.57/44.6.25 @CMU Mini-Meet  
Jacob Kleyh 13.54/44-5.25 @2010 Ala. Relays  
Josh Perry 13.41/44 @Asics Invite

#### Shot Put

Maurice Coon 14.64/48-.5 @Wash. U. Invite  
Lloyd Dugan 14.50/47-7 @CMU Mini-Meet  
Maurice Coon 14.49/47-6.5 @BU Last Chance  
Maurice Coon 14.33/47-0.25 @ESU Qualifier  
Maurice Coon 14.32/ 46-11.75 @Asics Invite  
Maurice Coon 14.30/46-11 @HAAC  
Emmanuel McComb 14.28/46-10.25 @Wash. U. Invite  
Will Freeman 14.25/46-9 @Jewell Relays  
Maurice Coon 14.25/46-9 @Jewell Relays  
Lloyd Dugan 14.12/46-4 @HAAC  
Will Freeman 14.11/46-3.50 @2010 Ala. Relays  
Will Freeman 14.06/46-1.5 @Wash. U. Invite  
Will Freeman 14.02/46-0 @HAAC  
Lloyd Dugan 14.02/46-0 @2010 Ala. Relays  
Lloyd Dugan 13.99/45-10.75 @Jewell Relays  
Emmanuel McComb 13.99/45-10.75 @Asics Invite  
Maurice Coon 13.94/46-9 @2010 Ala. Relays  
Lloyd Dugan 13.83/45-4.5 @Asics Invite  
Will Freeman 13.78/45-2.5 @CMU Mini-Meet  
Emmanuel McComb 13.74/43-11.25 @BU Last Chance  
Will Freeman 13.70/44-11.5 @Asics Invite  
Emmanuel McComb 13.67/44-10.25 @HAAC  
Lloyd Dugan 13.39/43-11.25 @BU Last Chance  
Randy Barta 12.92/42-4.75 @Jewell Relays  
Emmanuel McComb 12.86/42-2.25 @CMU Mini-Meet  
Randy Barta 12.84/42-2 @2010 Ala. Relays  
Randy Barta 12.50/41-.25 @BU Last Chance  
Randy Barta 12.50/41-.25 @CMU Mini-Meet  
Randy Barta 12.02/39-5.25 @Wash. U. Invite  
Randy Barta 11.96/39-3 @Asics Invite  
Randy Barta 11.48/37-8 @HAAC

#### Discus Throw

Lloyd Dugan 45.97/150-10 sr @ESU Qualifier  
Lloyd Dugan 45.26/148-6 sr @CMU Mini-Meet  
Emmanuel McComb 44.83/147-1 sr @Wash. U. Invite  
Randy Barta 44.55/146-2 @Asics Invite  
Lloyd Dugan 44.52/146-1 @Asics Invite  
Lloyd Dugan 44.45/145-10 sr @2010 Ala. Relays  
Randy Barta 44.39/145-8 @CMU Mini-Meet  
Lloyd Dugan 43.96/144-3 @HAAC  
Emmanuel McComb 43.50/42-8 @BU Last Chance  
Emmanuel McComb 43.49/142-8 @Asics Invite  
Randy Barta 43.12/141-6 @2010 Ala. Relays  
Lloyd Dugan 42.90/140-9 @Jewell Relays  
Lloyd Dugan 42.77/140-4 @BU Last Chance  
Emmanuel McComb 42.77/140-4 @CMU Mini-Meet

Randy Bartha	42.76/140-3	@Wash. U. Invite
Lloyd Dugan	42.71/140-1	@Wash. U. Invite
Emmanuel McComb	41.88/137-5	@HAAC
Maurice Coon	41.82/137-2	@Wash. U. Invite
Emmanuel McComb	41.68/136-9	@Jewell Relays
Randy Barta	41.36/135-8	@Jewell Relays
Randy Barta	41.20/135-2	@BU Last Chance
Maurice Coon	39.55/129-9	@Jewell Relays
Randy Barta	39.50/129-7	@HAAC
Maurice Coon	38.83/127-5	@2010 Ala. Relays
Maurice Coon	38.53/126-5	@HAAC
Will Freeman	36.21/118-9	@CMU Mini-Meet
Will Freeman	33.16/108-9	@Asics Invite

### Hammer Throw

Lloyd Dugan	45.76/150-1	sr	@HAAC
Emmanuel McComb	45.50/149-3	sr	@CMU Mini-Meet
Will Freeman	45.06/147.10		@HAAC
Lloyd Dugan	44.78/146-11		@CMU Mini-Meet
Lloyd Dugan	44.55/146-2		@BU Last Chance
Lloyd Dugan	44.30/145-4	sr	@2010 Ala. Relays
Lloyd Dugan	44.12/144-9		@Asics Invite
Will Freeman	43.74/143-6		@2010 Ala. Relays
Emmanuel McComb	42.86/140-7		@Asics Invite
Lloyd Dugan	42.82/140-6		@Wash. U. Invite
Emmanuel McComb	42.58/139-8		@Wash. U. Invite
Lloyd Dugan	42.14/138-3		@Jewell Relays
Will Freeman	40.92/134-3		@CMU Mini-Meet
Maurice Coon	38.01/124-8		@Jewell Relays
Randy Barta	37.86/124-2		@CMU Mini-Meet
Maurice Coon	37.77/123-11		@Asics Invite
Randy Barta	37.61/123-5		@Jewell Relays
Will Freeman	37.42/122-9		@Asics Invite
Randy Barta	37.41/122-9		@HAAC
Randy Barta	37.16/ 121-11		@Asics Invite
Will Freeman	36.40/119-5		@Wash. U. Invite
Emmanuel McComb	36.20/118-9		@BU Last Chance
Randy Barta	35.64/116-11		@Wash. U. Invite
Emmanuel McComb	33.61/110-3		@Jewell Relays

aq = automatic national qualifier  
 bq = "B" national qualifier  
 sr = school record  
 NC = National Champion

### TEAM AWARDS

#### Athlete of the Week

March 28 – Edward Stewart  
 April 3 – Emmanuel McComb  
 April 10 – Mike Hernandez  
 April 17 – Edward Stewart  
 April 23 – Lloyd Dugan  
 May 1 – Edward Stewart

#### Track Athlete of the Week

March 28 – Lucas Manring  
 April 3 – Edward Stewart  
 Mike Hernandez

Peter Muldoon  
 April 10 – 4x100m Relay  
 April 17 – Ryan Sherman  
 April 23 – John Lehman  
 May 1 – Edwin Kurgat

#### Field Athlete of the Week

March 28 – Lloyd Dugan  
 April 3 – Colin Fultz  
 April 10 – Roscoe Robinson  
 April 17 – Lloyd Dugan  
 April 23 – Emmanuel McComb  
 May 1 – Lloyd Dugan

#### Eagle Award

March 28 – Josh Perry  
 April 3 – Alex Clawson  
 April 10 – Randy Barta  
 April 17 – Randy Barta  
 April 23 – Gary Jones  
 May 1 – Mike Hernandez

### TEAM RESULTS

Men Date	Meet	Points/Place
3/25-3/27	Alabama Relays 2010	---
4/2-4/3	Washington University Invite	120/1 <sup>st</sup> of 25 (Ashford U. C.M.U., Concordia U. (WI) Cornell College, Culver-Stockton, Edgewood College, Fontbonne College, Greenville College, Hannibal – LG, Illinois College, McKendree, MO Baptist, Lindenwood, Monmouth College, Principia College, Rhodes College, Saint Louis U., SBU, St. Louis CC, St. Louis Coll. Of Pharmacy, Univ. of Ill. CCTC, Univ. of S. In., Univ. of Tenn. @ Martin, Wash. U. William Woods)
4/10	Asics/CMU Invite	167/1 <sup>st</sup> of 15 (Baker, Benedictine, CMU, Culver- Stockton, Evangel, Hannibal-LaGrange, Highland CC, KC Smoke, Lincoln U., Lindenwood, Maryville, MO Valley, William Jewell, William Woods, Wentworth Academy)
4/17	Jewell Relays	160/1 <sup>st</sup> out of 8 (Benedictine, CMU, UCM, Evangel, MO Valley, Northwest Mo, Westminster, William Jewell)
4/23	CMU Mini Meet	---
4/30-5/1	HAAC Championships	208.5/2 <sup>nd</sup> out of 9 (Baker, Benedictine, CMU, Culver- Stockton, Evangel, Graceland, MO Valley, Lindenwood, William Jewell)