

UNIVERSITY OF MEMPHIS TRACK & FIELD 2009 BEST PERFORMANCES INDOOR

55m dash

1. Frashod Barlow	6.60 (finals)	SEMO Invite	Feb 20
2. Aaron Whetstone	6.63 (finals)	SEMO Invite	Feb 20
3. Frashod Barlow	6.64 (prelims)	SEMO Invite	Feb 20
4. Eric July	6.66 (finals)	SEMO Invite	Feb 20
4. Aaroun Whetstone	6.66 (prelims)	SEMO Invite	Feb 20

55m hurdles

1. Robert Jackson	7.78 (finals)	SEMO Invite	Feb 20
2. Robert Jackson	7.84 (prelims)	SEMO Invite	Feb 20
3. Preston Williams	7.95 (finals)	SEMO Invite	Feb 20
4. Preston Williams	7.97 (prelims)	SEMO Invite	Feb 20
5. Darius Anderson	8.17 (prelims)	SEMO Invite	Feb 20

60m dash

1. Eric July	7.04 (Prelims)	C-USA	Feb 28
2. Frashod Barlow	7.09 (Finals)	EIU Mega Meet	Jan 24
2. Frashod Barlow	7.09 (Prelims)	EIU Mega Meet	Jan 24
4. Frashod Barlow	7.11 (Prelims)	C-USA	Feb 28
4. Frashod Barlow	7.11 (Prelims)	Rod McCravy	Feb 7

60m hurdles

1. Robert Jackson	8.18 (Finals)	C-USA	Feb 28
2. Robert Jackson	8.24 (Finals)	Rod McCravy	Feb 7
3. Robert Jackson	8.26 (Prelims)	EIU Mega Meet	Jan 24
4. Robert Jackson	8.27 (Finals)	EIU Mega Meet	Jan 24
5. Preston Williams	8.27 (Prelims)	C-USA	Feb 28

200m dash

1. Eric July	22.60	Rod McCravy	Feb 7
2. Eric July	22.94 (Prelims)	C-USA	Feb 28
3. Frashod Barlow	23.34	Rod McCravy	Feb 7
4. Frashod Barlow	23.36 (Prelims)	C-USA	Feb 28
5. Eric July	23.38	SEMO Invite	Feb 20

400m dash

1. Richard Lowe	50.03	Rod McCravy	Feb 7
2. Richard Lowe	50.52	SIU McDonald's	Jan 31
3. Alex Sweet	50.69 (Prelims)	C-USA	Feb 28
4. Richard Lowe	51.16	EIU Mega Meet	Jan 24
5. Alex Sweet	51.26	SIU McDonald's	Jan 31

800m run

1. Aaron Evans	1:49.02	Ark. Last Chance	Mar 6
2. Aaron Evans	1:50.18	Rod McCravy	Feb 7
3. Aaron Evans	1:52.80 (Finals)	C-USA	Feb 28
4. Aaron Evans	1:53.94	EIU Mega Meet	Jan 24
5. Guy Hudson	1:54.99	Rod McCravy	Feb 7

Mile

1. Edwin Kipkorir	4:16.59	Rod McCravy	Feb 7
2. Edwin Kipkorir	4:21.19	SIU McDonald's	Jan 31
3. Edwin Kipkorir	4:25.67	EIU Mega Meet	Jan 24
4. Edwin Kipkorir	4:32.29	C-USA	Feb 28

3000m run

1. Jorgen Ekdahl	9:02.79	EIU Mega Meet	Jan 24
2. Jorgen Ekdahl	9:03.41	C-USA	Feb 28
3. Edwin Kipkorir	9:05.21	SIU McDonald's	Jan 31
4. Edwin Kipkorir	9:10.02	C-USA	Feb 28
5. Jorgen Ekdahl	9:12.82	SIU McDonald's	Jan 31

5000m run

1. Jacob Chapman	16:11.43	EIU Mega Meet	Jan 24
2. Jacob Chapman	16:21.20	C-USA	Feb 28

Distance Medley Relay

1. Aaron Evans	10:59.50	EIU Mega Meet	Jan 24
Darius Anderson			
Guy Hudson			
Edwin Kipkorir			

4x400m Relay

1. Richard Lowe	3:21.57	C-USA	Feb 28
Alex Sweet			
Guy Hudson			
Aaron Evans			
2. Darrell Lewis	3:37.59	EIU Mega Meet	Jan 24
Calvin Watkins			
Alex Sweet			
Richard Lowe			

DMR

1. Aaron Evans	10:32.67	C-USA	Feb 28
Richard Lowe			
Guy Hudson			
Edwin Kipkorir			

High Jump

1. Jerome Leslie	1.94m (6-04.25)	C-USA	Feb 28
2. Jerome Leslie	1.93m (6-04.00)	SEMO Invite	Feb 20
3. Jerome Leslie	1.89m (6-02.25)	SIU McDonald's	Jan 31
3. Jerome Leslie	1.89m (6-02.25)	Rod McCravy	Feb 7
5. Jerome Leslie	1.84m (6-00.50)	EIU Mega Meet	Jan 24
5. Jason Morgan	1.84m (6-00.50)	EIU Mega Meet	Jan 24

Long Jump

1. Aaron Whetstone	6.91m (22-08.00)	Rod McCravy	Feb 7
2. Aaron Whetstone	6.86m (22-06.25)	SEMO Invite	Feb 20
2. Aaron Whetstone	6.86m (22-06.25)	SIU McDonald's	Jan 31
4. Jerome Leslie	6.71m (22-00.25)	SEMO Invite	Feb 20
5. Jerome Leslie	6.68m (21-11.00)	EIU Mega Meet	Jan 24

Triple Jump

1. Aaron Whetstone	15.56m (51-00.75)	Ark. Last Chance	Mar 6
2. Aaron Whetstone	15.44m (50-08.00)	C-USA	Feb 28
3. Aaron Whetstone	14.96m (49-01.00)	SIU McDonald's	Jan 31
4. Aaron Whetstone	14.93m (48-11.75)	Rod McCravy	Feb 7
5. Aaron Whetstone	14.64m (48-00.75)	SEMO Invite	Feb 20

Pole Vault

1. Brian Prackett	4.46m (14-07.50)	C-USA	Feb 28
2. Brian Prackett	4.41m (14-06.00)	SEMO Invite	Feb 20
3. Brian Prackett	4.30m (14-01.25)	SIU McDonald's	Jan 31
4. Jason Morgan	4.00m (13-01.50)	EIU Mega Meet	Jan 24
5. Jason Morgan	3.85m (12-07.50)	SIU McDonald's	Jan 31

Shot Put

1. Knut Syversen	17.16m (56-03.75)	C-USA	Feb 28
2. Knut Syversen	16.94m (55-07.00)	SEMO Invite	Feb 20
3. Knut Syversen	16.85m (55-03.50)	EIU Mega Meet	Jan 24
4. Knut Syversen	16.59m (54-05.25)	Rod McCravy	Feb 7
5. Knut Syversen	16.45m (53-11.75)	SIU McDonald's	Jan 31

Weight Throw

1. Steffen Nerdal	22.54m (73-11.50)	NCAA Champs	March 14
2. Steffen Nerdal	21.56m (70-09.00)	Rod McCravy	Feb 7
3. Steffen Nerdal	21.55m (70-08.50)	C-USA	Feb 28
4. Steffen Nerdal	21.13m (69-04.25)	SEMO Invite	Feb 20
5. Steffen Nerdal	20.29m (66-07.00)	SIU McDonald's	Jan 31

UNIVERSITY OF MEMPHIS TRACK & FIELD 2009 BEST PERFORMERS INDOOR

55m dash

1. Frashod Barlow	6.60 (finals)	SEMO Invite	Feb 20
2. Aaron Whetstone	6.63 (finals)	SEMO Invite	Feb 20
3. Eric July	6.66 (finals)	SEMO Invite	Feb 20
4. Marvin Stewart	6.87 (prelims)	SEMO Invite	Feb 20
5. Darrell Lewis	6.95 (prelims)	SEMO Invite	Feb 20

55m hurdles

1. Robert Jackson	7.78 (finals)	SEMO Invite	Feb 20
2. Preston Williams	7.95 (finals)	SEMO Invite	Feb 20
3. Darius Anderson	8.17 (prelims)	SEMO Invite	Feb 20

60m dash

1. Eric July	7.04 (Prelims)	C-USA	Feb 28
2. Frashod Barlow	7.09 (Finals)	EIU Mega Meet	Jan 24
3. Aaron Whetstone	7.14 (Prelims)	C-USA	Feb 28
4. Robert Jackson	7.26 (Prelims)	EIU Mega Meet	Jan 24
5. Darius Anderson	7.61 (Prelims)	SIU McDonald's	Jan 31

60m hurdles

1. Robert Jackson	8.18 (Finals)	C-USA	Feb 28
2. Preston Williams	8.36 (Prelims)	C-USA	Feb 28
3. Darius Anderson	8.49 (Prelims)	C-USA	Feb 28
4. Jason Morgan	8.79 (Finals)	SIU McDonald's	Jan 31

200m dash

1. Eric July	22.60	Rod McCravy	Feb 7
2. Frashod Barlow	23.34	Rod McCravy	Feb 7
3. Aaron Whetstone	23.46	SEMO Invite	Feb 20
4. Calvin Watkins	24.58	EIU Mega Meet	Jan 24

400m dash

1. Richard Lowe	50.03	Rod McCravy	Feb 7
2. Alex Sweet	50.69	C-USA	Feb 28
3. Calvin Watkins	54.15	SIU McDonald's	Jan 31

800m run

1. Aaron Evans	1:49.02	Ark. Last Chance	Mar 6
2. Guy Hudson	1:54.99	Rod McCravy	Feb 7

Mile

1. Edwin Kipkorir	4:16.59	Rod McCravy	Feb 7
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3000m run

1. Jorgen Ekdahl	9:02.79	EIU Mega Meet	Jan 24
2. Edwin Kipkorir	9:05.21	SIU McDonald's	Jan 31

5000m run

1. Jacob Chapman	16:11.43	EIU Mega Meet	Jan 24
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Distance Medley Relay

1. Aaron Evans Richard Lowe Guy Hudson Edwin Kipkorir	10:32.67	C-USA	Feb 28
2. Aaron Evans Darius Anderson Guy Hudson Edwin Kipkorir	10:59.50	EIU Mega Meet	Jan 24

4x400m Relay

1. Richard Lowe Alex Sweet Guy Hudson Aaron Evans	3:21.57	C-USA	Feb 28
2. Darrell Lewis Calvin Watkins Alex Sweet Richard Lowe	3:37.59	EIU Mega Meet	Jan 24

DMR

1. Aaron Evans Richard Lowe Guy Hudson Edwin Kipkorir	10:32.67	C-USA	Feb 28
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High Jump

1. Jerome Leslie	1.94m (6-04.25)	C-USA	Feb 28
2. Jason Morgan	1.84m (6-00.50)	EIU Mega Meet	Jan 24

Long Jump

1. Aaron Whetstone	6.91m (22-08.00)	Rod McCravy	Feb 7
2. Jerome Leslie	6.71m (22-00.25)	SEMO Invite	Feb 20
3. Preston Williams	6.57m (21-06.75)	SIU McDonald's	Jan 31
4. Richard Swaby	6.07m (19-11.00)	SEMO Invite	Feb 20
5. Jason Morgan	5.93m (19-05.50)	SIU McDonald's	Jan 31

Triple Jump

1. Aaron Whetstone	15.56m (51-00.75)	Ark. Last Chance	Mar 6
2. Jerome Leslie	14.49m (47-06.50)	EIU Mega Meet	Jan 24

Pole Vault

1. Brian Prackett	4.46m (14-07.50)	C-USA	Feb 28
2. Jason Morgan	4.00m (13-01.50)	EIU Mega Meet	Jan 24

Shot Put

1. Knut Syversen	17.16m (56-03.75)	C-USA	Feb 28
2. Harding Zills	14.50m (47-07.25)	SEMO Invite	Feb 20
3. Steffen Nerdal	14.41m (47-03.50)	EIU Mega Meet	Jan 24

Weight Throw

1. Steffen Nerdal	22.54m (73-11.50)	NCAA Champs	March 14
2. Knut Syversen	18.87m (61-11.00)	C-USA	Feb 28
3. Harding Zills	16.89m (55-05.00)	C-USA	Feb 28

UNIVERSITY OF MEMPHIS TRACK & FIELD INDIVIDUAL MARKS INDOOR

Darius Anderson

55m hurdles	pre	8.17	SEMO Invite	Feb 20
60m dash	pre	7.61	SIU McDonald's	Jan 31
60m hurdles	8th	8.52	EIU Mega Meet	Jan 24
	pre	8.61	EIU Mega Meet	Jan 24
	pre	8.71	SIU McDonald's	Jan 31
	4th	8.61	SIU McDonald's	Jan 31
	pre	8.61	Rod McCravy	Feb 7
	pre	8.49	C-USA	Feb 28
DMR relay	2nd	10:59.50	EIU Mega Meet	Jan 24

Frashod Barlow

55m dash	pre	6.64	SEMO Invite	Feb 20
	2nd	6.60	SEMO Invite	Feb 20
60m dash	9th	7.09	EIU Mega Meet	Jan 24
	pre	7.09	EIU Mega Meet	Jan 24
	pre	7.25	SIU McDonald's	Jan 31
	pre	7.11	Rod McCravy	Feb 7
	pre	7.11	C-USA	Feb 28
200m dash	17th	23.66	EIU Mega Meet	Jan 24
	12th	23.52	SIU McDonald's	Jan 31
	35th	23.34	Rod McCravy	Feb 7
	pre	23.36	C-USA	Feb 28

Jacob Chapman

5000m run	3rd	16:11.43	EIU Mega Meet	Jan 24
	15th	16:21.20	C-USA	Feb 28

Jorgen Ekdahl

3000m run	5th	9:02.79	EIU Mega Meet	Jan 24
	11th	9:12.82	SIU McDonald's	Jan 31
	14th	9:03.41	C-USA	Feb 28

Aaron Evans

800m run	1st	1:53.94	EIU Mega Meet	Jan 24
	3rd	1:50.18	Rod McCravy	Feb 7
	pre	1:57.35	C-USA	Feb 28
	2nd	1:55.38	C-USA	Feb 28
	2nd	1:49.02	Ark. Last Chance	Mar 6
Mile	--	DNF	SIU McDonald's	Jan 31
DMR relay	2nd	10:59.50	EIU Mega Meet	Jan 24
	6th	10:32.67	C-USA	Feb 28
4x400m relay	3rd	3:21.57	C-USA	Feb 28

Guy Hudson

800m run	5th	2:00.98	EIU Mega Meet	Jan 24
	1st	1:57.34	SIU McDonald's	Jan 31
	18th	1:54.99	Rod McCravy	Feb 7
	pre	1:55.01	C-USA	Feb 28
	5th	1:55.38	C-USA	Feb 28
DMR relay	2nd	10:59.50	EIU Mega Meet	Jan 24
	6th	10:32.67	C-USA	Feb 28
4x400m relay	3rd	3:21.57	C-USA	Feb 28

Robert Jackson

55m hurdles	pre	7.84	SEMO Invite	Feb 20
	1st	7.78	SEMO Invite	Feb 20
60m hurdles	3rd	8.27	EIU Mega Meet	Jan 24
	pre	8.26	EIU Mega Meet	Jan 24
	pre	8.47	SIU McDonald's	Jan 31
	2nd	8.39	SIU McDonald's	Jan 31
	pre	8.33	Rod McCravy	Feb 7
	7th	8.24	Rod McCravy	Feb 7
	pre	8.36	C-USA	Feb 28
	4th	8.18	C-USA	Feb 28
60m dash	pre	7.26	EIU Mega Meet	Jan 24
	pre	7.33	SIU McDonald's	Jan 31

Eric July

55m dash	pre	6.68	SEMO Invite	Feb 20
	6th	6.66	SEMO Invite	Feb 20
60m dash	pre	7.21	EIU Mega Meet	Jan 24
	pre	7.24	SIU McDonald's	Jan 31
	pre	7.13	Rod McCravy	Feb 7
	pre	7.04	C-USA	Feb 28
200m dash	22nd	24.16	EIU Mega Meet	Jan 24
	14th	23.66	SIU McDonald's	Jan 31
	25th	22.60	Rod McCravy	Feb 7
	2nd	23.38	SEMO Invite	Feb 20
	pre	22.94	C-USA	Feb 28

Edwin Kipkorir

Mile	3rd	4:25.67	EIU Mega Meet	Jan 24
	3rd	4:21.19	SIU McDonald's	Jan 31
	6th	4:16.59	Rod McCravy	Feb 7
	17th	4:32.29	C-USA	Feb 28
3000m run	15th	9:10.02	C-USA	Feb 28
DMR relay	2nd	10:59.50	EIU Mega Meet	Jan 24
	6th	10:32.67	C-USA	Feb 28
3000m run	10th	9:05.21	SIU McDonald's	Jan 31

Jerome Leslie

Long jump	6th	6.68 (21-11.00)	EIU Mega Meet	Jan 24
	4th	6.64m (21-09.50)	SIU McDonald's	Jan 31
	21st	6.15m (20-02.25)	Rod McCravy	Feb 7
	5th	6.71m (22-00.25)	SEMO Invite	Feb 20
	14th	6.41m (21-00.50)	C-USA	Feb 28
Triple jump	T-1st	14.49m (47-6.50)	EIU Mega Meet	Jan 24
	4th	14.34m (47-0.75)	SIU McDonald's	Jan 31
	5th	14.15m (46-05.25)	Rod McCravy	Feb 7
	2nd	14.30m (46-11.00)	SEMO Invite	Feb 20
	6th	14.43m (47-04.25)	C-USA	Feb 28
High jump	t-7th	1.84m (6-00.50)	EIU Mega Meet	Jan 24
	6th	1.89m (6-02.25)	SIU McDonald's	Jan 31
	9th	1.89m (6-02.25)	Rod McCravy	Feb 7
	3rd	1.93m (6-04.00)	SEMO Invite	Feb 20
	4th	1.94m (6-04.25)	C-USA	Feb 28

Darrell Lewis

55m dash	pre	6.95	SEMO Invite	Feb 20
4x400m relay	7th	3:37.59	EIU Mega Meet	Jan 24

Richard Lowe

400m dash	4th	51.16	EIU Mega Meet	Jan 24
	6th	50.52	SIU McDonald's	Jan 31
	15th	50.03	Rod McCravy	Feb 7
	2nd	51.35	SEMO Invite	Feb 20
	pre	52.61	C-USA	Feb 28
4x400m relay	7th	3:37.59	EIU Mega Meet	Jan 24
	3rd	3:21.57	C-USA	Feb 28
DMR	6th	10:32.67	C-USA	Feb 28

Seth Major

Shot put	3rd(un)	16.16m (53-00.25)	SEMO Invite	Feb 20
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Jason Morgan

60m hurdles	pre	8.80	SIU McDonald's	Jan 31
	5th	8.79	SIU McDonald's	Jan 31
High jump	t-7th	1.84m (6-00.50)	EIU Mega Meet	Jan 24
	--	SCR	SIU McDonald's	Jan 31
Pole Vault	3rd	3.85m (12-07.50)	SIU McDonald's	Jan 31
Long Jump	11th	5.93m (19.05.50)	SIU McDonald's	Jan 31

Steffen Nerdal

Weight throw	1st	20.23m (66-04.50)	EIU Mega Meet	Jan 24
	1st	20.29m (66-07.00)	SIU McDonald's	Jan 31
	1st	21.56m (70-09.00)	Rod McCravy	Feb 7
	1st	21.13m (69-04.25)	SEMO Invite	Feb 20
	1st	21.55m (70-08.50)	C-USA	Feb 28
Shot put	1st	22.54m (73-11.50)	NCAA Champs	March 14
	2nd	14.41m (47-03.50)	EIU Mega Meet	Jan 24
	--	SCR	SIU McDonald's	Jan 31
	7th	13.95m (45-09.00)	SEMO Invite	Feb 20

Greg Norrid

Shot Put	--	SCR	SIU McDonald's	Jan 31
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Brian Prackett

Pole Vault	2nd	4.30m (14-01.25)	SIU McDonald's	Jan 31
	--	NH	Rod McCravy	Feb 7
	1st	4.41m (14-06.00)	SEMO Invite	Feb 20
	5th	4.46m (14-07.50)	C-USA	Feb 28

Marvin Stewart

55m dash	pre	6.87	SEMO Invite	Feb 20
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Richard Swaby

Long Jump	14th	5.94m (19-06.00)	EIU Mega Meet	Jan 24
	8th	6.07m (19-11.00)	SEMO Invite	Feb 20

Alex Sweet

400m dash	12th	52.68	EIU Mega Meet	Jan 24
	11th	51.26	SIU McDonald's	Jan 31
	1st	51.34	SEMO Invite	Feb 20
	pre	50.69	C-USA	Feb 28
4x400m relay	7th	3:37.59	EIU Mega Meet	Jan 24
	3rd	3:21.57	C-USA	Feb 28

Knut Syversen

Weight throw	2nd	17.50m (57-05.00)	EIU Mega Meet	Jan 24
	2nd	18.11m (59-05.00)	SIU McDonald's	Jan 31
	8th	17.46m (57-03.50)	Rod McCravy	Feb 7
	2nd	17.90m (58-08.75)	SEMO Invite	Feb 20
	3rd	18-87m (61-11.00)	C-USA	Feb 28
Shot put	1st	16.85m (55-03.50)	EIU Mega Meet	Jan 24
	1st	16.45m (53-11.75)	SIU McDonald's	Jan 31
	4th	16.59m (54-05.25)	Rod McCravy	Feb 7
	1st	16.94m (55-07.00)	SEMO Invite	Feb 20
1st	17.16m (56-03.75)	C-USA	Feb 28	

Calvin Watkins

200m dash	27th	24.58	EIU Mega Meet	Jan 24
400m dash	22nd	54.15	SIU McDonald's	Jan 31
4x400m relay	7th	3:37.59	EIU Mega Meet	Jan 24

Aaron Whetstone

55m dash	pre	6.66	SEMO Invite	Feb 20
	4th	6.63	SEMO Invite	Feb 20
60m dash	pre	7.14	C-USA	Feb 28
	3rd	23.46	SEMO Invite	Feb 20
Long Jump	7th	6.67m (21-10.75)	EIU Mega Meet	Jan 24
	3rd	6.86m (22-06.25)	SIU McDonald's	Jan 31
	5th	6.91m (22-08.00)	Rod McCravy	Feb 7
	3rd	6.86m (22-06.25)	SEMO Invite	Feb 20
	11th	6.60m (21-08.00)	C-USA	Feb 28
Triple Jump	T-1st	14.49m (47-06.50)	EIU Mega Meet	Jan 24
	1st	14.96m (49-01.00)	SIU McDonald's	Jan 31
	2nd	14.93m (48-11.75)	Rod McCravy	Feb 7
	1st	14.64m (48-00.75)	SEMO Invite	Feb 20
	2nd	15.44m (50-08.00)	C-USA	Feb 28
	1st	15.56m (51-00.75)	Ark. Last Chance	Mar 6

Preston Williams

55m hurdles	pre	7.97	SEMO Invite	Feb 20
	3rd	7.95	SEMO Invite	Feb 20
60m hurdles	12th	8.74	EIU Mega Meet	Jan 24
	pre	8.72	EIU Mega Meet	Jan 24
	pre	8.85	SIU McDonald's	Jan 31
	6th	9.36	SIU McDonald's	Jan 31
	pre	8.27	C-USA	Feb 28
Long Jump	7th	8.43	C-USA	Feb 28
	5th	6.57m (21-06.75)	SIU McDonald's	Jan 31
	6th	6.50m (21-04.00)	SEMO Invite	Feb 20
	15th	6.34m (20-09.75)	C-USA	Feb 28
High Jump	--	SCR	SIU McDonald's	Jan 31

Harding Zills

Weight throw	3rd	15.69m (51-05.75)	EIU Mega Meet	Jan 24
	10th	14.90m (48-10.75)	SIU McDonald's	Jan 31
	23rd	15.49m (50-10.00)	Rod McCravy	Feb 7
	4th	16.75m (54-11.75)	SEMO Invite	Feb 20
	5th	16.89m (55-05.00)	C-USA	Feb 28
Shot put	3rd	13.78m (45-02.50)	EIU Mega Meet	Jan 24
	7th	14.14m (46-04.75)	SIU McDonald's	Jan 31
	5th	14.50m (47-07.25)	SEMO Invite	Feb 20
	12th	13.31m (43-08.00)	C-USA	Feb 28

SIU McDonald's Meet (Jan 30-31)

SIU	169
Memphis	116
Florissant Valley CC	94
Central Arkansas	58
UALR	47
SLU	30
Arkansas State	7