



# OKLAHOMA STATE TRACK AND FIELD

German Fernandez -- 2009 NCAA Champion Outdoor 1,500 Meters

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## 2009-10 Men's Roster

Name	In/Out	Hometown/Previous School
Raul Botezan	Fr./Fr.	Cluj-Napoca, Romania
David Chirchir	Jr./Jr.	Eldoret, Kenya/Cameron Univ.
Tom Farrell	Fr./Fr.	Carlisle, U.K./Austin Friars St. Monica's
German Fernandez	So./So.	Riverbank, Calif./Riverbank
Sean Fleming	Sr./Jr.	Regina, Saskatchewan, Canada
Kyle Gibson	Fr./Fr.	Naperville, Ill./Naperville
Ryan Gibson	Fr./Fr.	Duncan, Okla./Duncan
John Kosgei	Sr./-	Eldoret, Kenya/LSU
Ryan Little	Jr./Jr.	Eden Prairie, Minn./Eden Prairie
Colby Lowe	So./So.	Southlake, Texas/Carroll
Ryan Lusk	So./Jr.	Mesquite, Texas/Poteet
Michael Lynch	Fr./Fr.	Columbia, Md./Atholton
Joseph Manilafasha	Fr./Fr.	Denver, Colo./Denver North
Brad McNiff	Jr./Jr.	Pearl River, N.Y./St. Thomas Aquinas
Girma Mecheso	So./So.	Addis Ababa, Ethiopia/Auburn
Taylor Monaghan	Fr./Fr.	Tulsa, Okla./Tulsa Union
Matthew Perez	Fr./Fr.	Hanover Park, Ill./Hoffman Estates
Ryan Prentice	Fr./Fr.	Seattle, Wash./Mount Rainier
John Stublaski	Jr./Jr.	Eagan, Minn./Henry Sibley
Tucker Weems	Sr./Sr.	Lake Quivira, Kan./Shawnee Mission NW
Bryan Wilson	Fr./Fr.	Edmond, Okla./Memorial
Peter Wood	Sr./Sr.	Davenport, Iowa/Assumption

### Coaches:

Dave Smith	Michigan State, 1993, Eighth Year at Oklahoma State
Bobby Lockhart	Wisconsin, 2007, Second Year at Oklahoma State
Sean McCabe	Oklahoma State, 2006, Second Year at Oklahoma State

## 2009-10 Women's Roster

Name	In/Out	Hometown/Previous School
Alexis Alexander	Fr./Fr.	New Braunfels, Texas/New Braunfels
Brandi Andrews	Jr./Jr.	Chattanooga, Tenn./Girls Prep School
Clarissa Andrews	Jr./Jr.	Rockwall, Texas/Rockwall
Morgan Booth	Fr./Fr.	Independence, Ky./Enid
Alexandria Bruner	Fr./Fr.	Duncanville, Texas/Duncanville
Jacqueline Campos	Fr./Fr.	Santa Teresa, N.M./Santa Teresa
Jessica Coleman	Fr./Fr.	Broken Bow, Okla./Broken Bow
Victoria Fratzcak	So./So.	Dartmouth, Nova Scotia, Canada
Melanie Funke	So./So.	Minot, N.D./Minot
Zoe Galbraith	Fr./Fr.	Austin, Texas/Vista Ridge
Alyse Goldsmith	Fr./Fr.	Houston, Texas/Cinco Ranch
Brooke Gritters	Fr./Fr.	Pella, Iowa/Pella
Katie Hamilton	So./So.	Idabel, Okla./Idabel
Laura Heaton	So./So.	Amarillo, Texas/Tascosa
Alyssa Henrichs	RFr./RFR	Beresford, S.D./Beresford
Tone Hjalmarson	Sr./Sr.	Bodoe, Norway
Mykka Jaspar	RFr./RFR	Anadarko, Okla./Anadarko
Natalia Kovtun	Sr./Sr.	Severodonetsk, Ukraine/USC
Kate Kujawa	Fr./Fr.	Regina, Canada/Campbell Collegiate
Jessica Lewis	RFr./RFR	Crowley, Texas/Crowley
Teran Mixon	Jr./Jr.	Coalgate, Okla./Coalgate
Autumn Moses	RFr./RFR	Tulsa, Okla./Booker T. Washington
Kelli Quimby	Fr./Fr.	Hennessey, Okla./Hennessey
Julie Rader	Sr./Sr.	Tulsa, Okla./Union
CeTarracca Rockwell	Fr./Fr.	Richardson, Texas/Richardson
Kaitlin Scepanski	So./So.	Edmond, Okla./Tampa
Leah Schroeder	Jr./Jr.	Sauk City, Wis./Sauk Prairie
Destyn Stallings	Sr./Sr.	Holdenville, Okla./Holdenville
Mihaela Susa	Jr./Jr.	Cluj-Napoca, Romania
Sabrina Switzer	Sr./Sr.	Dallas, Texas/JJ Pearce
Caitlin Way	Fr./Fr.	Mitchell, S.D./Mitchell
Kendra Woodson	So./So.	Farmington, N.M./Peidra Vista

### Coaches:

Dave Smith	Michigan State, 1993, Eighth Year at Oklahoma State
Zivile Pukstiene	SMU, 2003, Seventh Year at Oklahoma State
John Baumann	Doane College, 1990, Fifth Year at Oklahoma State
Brionne Yosten	Texas Tech, 2005, First Year at Oklahoma State

## The Basics

The Oklahoma State Cowboy and Cowgirl track & field teams travel to Fayetteville, Ark., on Friday and Saturday for the Razorback Invite at the Randal Tyson Track Center.

It is the first of four trips to Fayetteville during the indoor season for OSU, as both teams will return for the Arkansas Last Chance, the Tyson Invitational and the NCAA Championships.

## OSU Lineups

The Cowboys will send 18 runners to Arkansas to compete in four different events.

Seniors David Chirchir and John Kosgei are among five Cowboys entered in the mile run.

The Cowboys will enter 12 runners in the 3,000 meters highlighted by sophomores Colby Lowe and Girma Mecheso.

The Cowgirls will also suit up 18 runners for the Razorback Invite. They will compete on Friday and Saturday with jumpers and throwers highlighting Friday's competition.

Saturday will be primarily a distance day for the Cowgirls.

## Last Time Out

The Cowboys and Cowgirls each competed at the Wichita State Varsity Apartments Invitational.

Freshman Tom Farrell turned in a second-place performance for the Cowboys with a 4:17.40 time in the indoor mile.

For the Cowgirls, Brandi Andrews placed second in the 800-meter run and Julie Rader was second in the weight throw.

## OSU Competition Schedule

### Women

High Jump - Friday, 4 p.m.  
Destyn Stallings, Senior

200 Meter Dash - Friday, 6:30 p.m.  
Autumn Moses, Freshman

Long Jump - Friday, 7 p.m.  
Clarissa Andrews, Junior  
Autumn Moses, Freshman  
Jessica Murphy, Freshman

Weight Throw - Friday, 8 p.m.  
Alyssa Henrichs, Freshman  
Mykka Jaspar, Freshman  
Julie Rader, Senior

Distance Medley - Friday, 8 p.m.  
OSU "A"  
OSU "B"

Shot Put - Friday, 5 p.m.  
Kaitlin Hamilton, Sophomore

3000 Meter Run - Saturday, 10:30 a.m.  
Laura Heaton, Sophomore

Mile Run - Saturday, 4:20 p.m.  
Jacqueline Campos, Freshman  
Melanie Funke, Freshman  
Alyse Goldsmith, Freshman  
Kate Kujawa, Freshman

800 Meter Run - Saturday, 11:30 a.m.  
Alexis Alexander, Freshman  
Brandi Andrews, Junior  
Teran Mixon, Junior

400 Meter Dash - Saturday, 12:35 p.m.  
Kendra Woodson, Sophomore

Triple Jump - Saturday, 3 p.m.  
Clarissa Andrews, Junior

### Men

3000 Meter Run - Saturday, 10 a.m./3:20 p.m.

Colby Lowe, Sophomore  
Girma Mecheso, Sophomore  
Raul Botezan, Sophomore  
Tom Farrell, Freshman

Ryan Little, Sophomore  
Michael Lynch, Freshman  
Joseph Manilafasha, Freshman  
Taylor Monaghan, Freshman  
Mark Nelson, Sophomore  
Matthew Perez, Freshman  
Bryan Wilson, Freshman  
Peter Wood, Junior

Mile Run - Saturday, 11 a.m./4:10 p.m.

Klaus Schmidt, Freshman  
Ryan Prentice, Sophomore  
David Chirchir, Senior  
Sean Fleming, Senior  
Josh Kosgei, Senior

400 Meter Dash - Saturday, 12 p.m.  
Ryan Gibson, Freshman  
Raul Botezan, Sophomore

## 2010 Oklahoma State Track & Field Schedule

Jan. 15	WSU Invitational	Wichita, Kan.
Jan. 22	Razorback Invitational	Fayetteville, Ark.
Jan. 30	JD Martin Duals	Norman, Okla.
Feb. 6	Oklahoma Christian II	Norman, Okla.
Feb. 12, 13	Husky Classic	Seattle, Wash.
Feb. 12, 13	Tyson Invitational	Fayetteville, Ark.
Feb. 20	Sooner Open I	Norman, Okla.
Feb. 26, 27	Big 12 Championships	Ames, Iowa
March 5, 6	Arkansas Last Chance	Fayetteville, Ark.
March 5, 6	UND Last Chance	South Bend, Ind.
March 12, 13	NCAA Championships	Fayetteville, Ark.

# **OKLAHOMA STATE COWBOY CROSS COUNTRY 2009 NCAA CHAMPIONS**

## **Final Team Standings - 2009 NCAA Cross Country Championships**

1. Oklahoma State, 127 points
2. Oregon, 143 points
3. Alabama, 173 points
4. Northern Arizona, 190 points
5. William & Mary, 226 points
6. Colorado, 315 points
7. Wisconsin, 321 points
- T8. New Mexico, 350 points
- T8. Iowa, 350 points
10. Stanford, 354 points

## **The Dream Season - 2009 Cowboy Cross Country Team Awards**

- Entered in six events, brought home five championships
- Captured OSU's second cross country championship and first since 1954
- The title brought OSU's NCAA Championship total to 49, best in the Big 12 and fourth-best nationally
- Won second-straight Big 12 Championship
- The Cowboys dominated the Big 12 meet, crossing the line one through four
- Won fifth-straight Midwest Region Championship
- Fourth-straight top-10 finish at the NCAA Championships

## **The Dream Season - 2009 Cowboy Cross Country Individual Awards**

- National Coach of the Year: Dave Smith
- Big 12 Coach of the Year: Dave Smith
- USTFCCCA Midwest Region Coach of the Year: Dave Smith
- Big 12 Champion: Ryan Vail
- 2009 All-Americans: Ryan Vail (seventh), Colby Lowe (eighth), John Kosgei (11th), Girma Mecheso (24th)
- all-Big 12: Ryan Vail (first), John Kosgei (second), Colby Lowe (third), German Fernandez (fourth), Girma Mecheso (14th)
- all-Midwest Region: David Chirchir (ninth), John Kosgei (10th), Ryan Vail (11th), German Fernandez (12th), Colby Lowe (13th), Girma Mecheso (14th), Daniel Watts (16th)
- Big 12 Runners of the Week: John Kosgei (Oct. 6), Colby Lowe (Oct. 20)



## **German Fernandez's 2009-2010 Resume**

### **Personal Bests**

- 1,500 meters - 3:39.00
- Mile - 3:55.02
- 3,000 meters - 7:47.97
- 5,000 meters - 13:25.46

### **World Junior Record Holder**

Indoor Mile - 3:55.02

### **American Junior Record Holder**

Indoor Mile - 3:55.02  
Outdoor 5,000 meters - 13:25.46

### **Oklahoma State School Record Holder**

Mile - 3:55.02  
3,000 meters - 7:47.97  
5,000 meters - 13:25.46

### **NCAA Champion**

2009 Outdoor 1,500 meters

### **Big 12 Champion**

2008 Cross Country  
2009 Indoor Mile  
2009 Indoor 3,000 meters  
2009 Outdoor 1,500 meters  
2009 Outdoor 5,000 meters

### **NCAA Regional Champion**

2009 Outdoor 1,500 meters

### **Honors and Awards**

- 2008 Big 12 Cross Country Newcomer of the Year
- 2008 Cross Country All-Midwest Region
- 2009 USA Track and Field Junior Cross Country National Champion
- 2009 Big 12 Indoor Track and Field Outstanding Performer of the Year
- 2009 Big 12 Indoor Track and Field Outstanding Freshman of the Year
- 2009 USTFCCCA Midwest Region Indoor Track Athlete of the Year
- 2009 Big 12 Outdoor Track and Field Outstanding Performer of the Year
- 2009 Big 12 Outdoor Track and Field Outstanding Freshman of the Year
- 2009 USTFCCCA Midwest Region Outdoor Track Athlete of the Year
- 2009 Oklahoma State Athlete of the Year
- 2009 The Bowerman Award Finalist
- 2010 The Bowerman Award Preseason Watch List

### **The Bowerman Award**

- Oklahoma State's German Fernandez is the only 2009 finalist named to be named to the 2010 preseason watch list
- Named for legendary Oregon coach Bill Bowerman
- In its second year, is presented to the nation's top track and field athlete
- Chosen by a committee selected by the USTFCCCA

## 2009 Women's Results by Meet

### KSU All-Comers

Dec. 12, 2009 :: Kansas State University :: Manhattan, Kan.

Pl.	Athlete	Time	Date	Meet	Site
<i>1000 Meter Run</i>					
7	Brandi Andrews	3:09.03	12/12/09	KSU All-Comers	Manhattan, Kan.

### 60 Meter Dash

9	Clarissa Andrews	8.16	12/12/09	KSU All-Comers	Manhattan, Kan.
17	Jessica Murphy	8.69	12/12/09	KSU All-Comers	Manhattan, Kan.
19	Jessica Coleman	9.14	12/12/09	KSU All-Comers	Manhattan, Kan.

### 600 Yard Run

6	Alexis Alexander	1:29.43	12/12/09	KSU All-Comers	Manhattan, Kan.
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### 300 Meter Dash

13	Jessica Murphy	46.14	12/12/09	KSU All-Comers	Manhattan, Kan.
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### Weight Throw

6	Julie Rader	15.88m	12/12/09	KSU All-Comers	Manhattan, Kan.
8	Mykka Jaspar	14.66m	12/12/09	KSU All-Comers	Manhattan, Kan.
15	Alyssa Henrichs	9.68m	12/12/09	KSU All-Comers	Manhattan, Kan.

### High Jump

--	Jessica Coleman	NH	12/12/09	KSU All-Comers	Manhattan, Kan.
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### Long Jump

6	Clarissa Andrews	5.54m	12/12/09	KSU All-Comers	Manhattan, Kan.
13	Jessica Murphy	4.94m	12/12/09	KSU All-Comers	Manhattan, Kan.
18	Jessica Coleman	4.60m	12/12/09	KSU All-Comers	Manhattan, Kan.

### Shot Put

4	Kaitlin Hamilton	12.53m	12/12/09	KSU All-Comers	Manhattan, Kan.
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### Triple Jump

--	Clarissa Andrews	FOUL	12/12/09	KSU All-Comers	Manhattan, Kan.
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### WSU Varsity Apartments Invitational

Jan. 15, 2010 :: Heskett Center :: Wichita, Kan.

Pl.	Athlete	Time	Date	Meet	Site
<i>60 Meter Dash</i>					
21	Autumn Moses	8.71	1/15/10	WSU Invite	Wichita, Kan.
21	Jessica Murphy	8.71	1/15/10	WSU Invite	Wichita, Kan.
23	Jessica Coleman	9.09	1/15/10	WSU Invite	Wichita, Kan.

### 400 Meter Dash

11	Autumn Moses	1:04.61	1/15/10	WSU Invite	Wichita, Kan.
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### 600 Meter Dash

4	Kendra Woodson	1:38.09	1/15/10	WSU Invite	Wichita, Kan.
5	Alexis Alexander	1:39.62	1/15/10	WSU Invite	Wichita, Kan.

### 800 Meter Run

2	Brandi Andrews	2:19.43	1/15/10	WSU Invite	Wichita, Kan.
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### 1000 Meter Run

3	Teran Mixon	3:02.24	1/15/10	WSU Invite	Wichita, Kan.
5	Melanie Funke	3:04.06	1/15/10	WSU Invite	Wichita, Kan.

### 1 Mile Run

10	Kate Kujawa	5:22.54	1/15/10	WSU Invite	Wichita, Kan.
11	Jacqueline Campos	5:22.90	1/15/10	WSU Invite	Wichita, Kan.
14	Alyse Goldsmith	5:31.91	1/15/10	WSU Invite	Wichita, Kan.

### 3000 Meter Run

8	Laura Heaton	11:01.34	1/15/10	WSU Invite	Wichita, Kan.
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### High Jump

10	Destyn Stallings	1.53m	1/15/10	WSU Invite	Wichita, Kan.
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### Long Jump

9	Clarissa Andrews	5.41m	1/15/10	WSU Invite	Wichita, Kan.
14	Jessica Murphy	5.08m	1/15/10	WSU Invite	Wichita, Kan.
15	Autumn Moses	5.04m	1/15/10	WSU Invite	Wichita, Kan.
19	Jessica Coleman	4.68m	1/15/10	WSU Invite	Wichita, Kan.

### Triple Jump

9	Clarissa Andrews	10.84m	1/15/10	WSU Invite	Wichita, Kan.
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### Shot Put

3	Katie Hamilton	12.49m	1/15/10	WSU Invite	Wichita, Kan.
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### Weight Throw

2	Julie Rader	15.66m	1/15/10	WSU Invite	Wichita, Kan.
4	Mykka Jaspar	14.17m	1/15/10	WSU Invite	Wichita, Kan.
7	Alyssa Henrichs	12.50m	1/15/10	WSU Invite	Wichita, Kan.
10	Jessica Lewis	9.51m	1/15/10	WSU Invite	Wichita, Kan.

### Alexis Alexander

6	1:29.43	12/12/09	KSU All-Comers	Manhattan, Kan.	600yd
5	1:39.62	1/15/10	WSU Invite	Wichita, Kan.	600m

### Brandi Andrews

7	3:09.03	12/12/09	KSU All-Comers	Manhattan, Kan.	1000m
2	2:19.43	1/15/10	WSU Invite	Wichita, Kan.	800m

### Clarissa Andrews

--	DNP	12/12/09	KSU All-Comers	Manhattan, Kan.	TJ
6	5.54m	12/12/09	KSU All-Comers	Manhattan, Kan.	LJ
9	8.16	12/12/09	KSU All-Comers	Manhattan, Kan.	60m
9	5.41m	1/15/10	WSU Invite	Wichita, Kan.	LJ
9	10.84m	1/15/10	WSU Invite	Wichita, Kan.	TJ

### Jacqueline Campos

11	5:22.90	1/15/10	WSU Invite	Wichita, Kan.	1 Mile
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### Jessica Coleman

18	4.60m	12/12/09	KSU All-Comers	Manhattan, Kan.	LJ
--	NH	12/12/09	KSU All-Comers	Manhattan, Kan.	HJ
19	9.14	12/12/09	KSU All-Comers	Manhattan, Kan.	60m
23	9.09	1/15/10	WSU Invite	Wichita, Kan.	60m
19	4.68m	1/15/10	WSU Invite	Wichita, Kan.	LJ

### Melanie Funke

5	3:04.06	1/15/10	WSU Invite	Wichita, Kan.	1000m
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### Alyse Goldsmith

14	5:31.91	1/15/10	WSU Invite	Wichita, Kan.	1 Mile
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### Katie Hamilton

4	12.53m	12/12/09	KSU All-Comers	Manhattan, Kan.	Shot Put
3	12.49m	1/15/10	WSU Invite	Wichita, Kan.	Shot Put

### Laura Heaton

8	11:01.34	1/15/10	WSU Invite	Wichita, Kan.	3000m
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### Alyssa Henrichs

15	9.68m	12/12/09	KSU All-Comers	Manhattan, Kan.	WT
7	12.50m	1/15/10	WSU Invite	Wichita, Kan.	WT

### Mykka Jaspar

8	14.66m	12/12/09	KSU All-Comers	Wichita, Kan.	WT
4	14.17m	1/15/10	WSU Invite	Wichita, Kan.	WT

### Kate Kujawa

10	5:22.54	1/15/10	WSU Invite	Wichita, Kan.	1 Mile
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### Jessica Lewis

10	9.51m	1/15/10	WSU Invite	Wichita, Kan.	WT
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### Teran Mixon

3	3:02.24	1/15/10	WSU Invite	Wichita, Kan.	1000m
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### Autumn Moses

21	8.71	1/15/10	WSU Invite	Wichita, Kan.	60m
11	1:04.61	1/15/10	WSU Invite	Wichita, Kan.	400m
15	5.04m	1/15/10	WSU Invite	Wichita, Kan.	LJ

### Jessy Murphy

13	4.94m	12/12/09	KSU All-Comers	Manhattan, Kan.	LJ
17	8.69	12/12/09	KSU All-Comers	Manhattan, Kan.	60m
21	8.71	1/15/10	WSU Invite	Wichita, Kan.	60m
14	5.08m	1/15/10	WSU Invite	Wichita, Kan.	LJ

### Julie Rader

2	15.66m	1/15/10	WSU Invite	Wichita, Kan.	WT
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### Destyn Stallings

10	1.53m	1/15/10	WSU Invite	Wichita, Kan.	HJ
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### Kendra Woodson

4	1:38.09	1/15/10	WSU Invite	Wichita, Kan.	600m
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## 2009 Women's Results by Individual

Athlete	Time	Date	Meet	Site	Event
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## 2009 Men's Results by Meet

### WSU Varsity Apartments Invitational

Jan. 15, 2010 :: Heskett Center :: Wichita, Kan.

Pl.	Athlete	Time	Date	Meet	Site
<i>400 Meter Dash</i>					
--	Ryan Gibson	DNF	1/15/10	WSU Invite	Wichita, Kan.
<i>1000 Meter Run</i>					
5	Sean Fleming	2:35.20	1/15/10	WSU Invite	Wichita, Kan.
<i>Mile Run</i>					
2	Tom Farrell	4:17.40	1/15/10	WSU Invite	Wichita, Kan.
5	Joseph Manilafasha	4:27.89	1/15/10	WSU Invite	Wichita, Kan.
9	Michael Lynch	4:29.56	1/15/10	WSU Invite	Wichita, Kan.
12	Ryan Little	4:30.50	1/15/10	WSU Invite	Wichita, Kan.
15	Kyle Gibson	4:34.15	1/15/10	WSU Invite	Wichita, Kan.
16	Taylor Monaghan	4:34.36	1/15/10	WSU Invite	Wichita, Kan.
18	Matthew Perez	4:39.05	1/15/10	WSU Invite	Wichita, Kan.
21	Ryan Prentice	4:44.45	1/15/10	WSU Invite	Wichita, Kan.
<i>3000 Meter Run</i>					
6	Klaus Schmidt	9:02.97	1/15/10	WSU Invite	Wichita, Kan.
7	Peter Wood	9:11.29	1/15/10	WSU Invite	Wichita, Kan.
11	Mark Nelson	9:18.82	1/15/10	WSU Invite	Wichita, Kan.
17	Bryan Wilson	9:29.84	1/15/10	WSU Invite	Wichita, Kan.

## 2009 Men's Results by Individual

Athlete	Pl.	Time	Date	Meet	Site	Event
<b>Ryan Gibson</b>	--	DNF	1/15/10	WSU Invite	Wichita, Kan.	400m
<b>Sean Fleming</b>	5	2:35.20	1/15/10	WSU Invite	Wichita, Kan.	1000m
<b>Tom Farrell</b>	2	4:17.40	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Joseph Manilafasha</b>	5	4:27.89	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Michael Lynch</b>	9	4:29.56	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Ryan Little</b>	12	4:30.50	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Kyle Gibson</b>	15	4:34.15	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Taylor Monaghan</b>	16	4:34.36	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Matthew Perez</b>	18	4:39.05	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Ryan Prentice</b>	21	4:44.45	1/15/10	WSU Invite	Wichita, Kan.	Mile
<b>Klaus Schmidt</b>	6	9:02.97	1/15/10	WSU Invite	Wichita, Kan.	3000m
<b>Peter Wood</b>	7	9:11.29	1/15/10	WSU Invite	Wichita, Kan.	3000m
<b>Mark Nelson</b>	11	9:18.82	1/15/10	WSU Invite	Wichita, Kan.	3000m
<b>Bryan Wilson</b>	17	9:24.84	1/15/10	WSU Invite	Wichita, Kan.	3000m