

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S TOP PERFORMERS

(PROVISIONAL AND AUTOMATIC QUALIFYING MARKS IN PARENTHESES)

### 60m (7.44 provisional ▶ 7.26 automatic)

7.61	Bianca Stuart (prelims)	MVC Championships	3/1/09
7.62	Bianca Stuart	MVC Championships	3/1/09
7.64	Bianca Stuart (prelims)	Rod McCravy Invitational	2/7/09
7.65	Bianca Stuart	Saluki Fast Start	12/5/08
7.67	Bianca Stuart	Rod McCravy Invitational	2/7/09

### 60m Hurdles (8.43 provisional ▶ 8.14 automatic)

8.42 P	Meredith Hayes	MVC Championships	3/1/09
8.42 P	Meredith Hayes	Iowa State Classic	2/14/09
8.48	Meredith Hayes (prelims)	MVC Championships	3/1/09
8.50	Meredith Hayes	Rod McCravy Invitational	2/7/09
8.51	Meredith Hayes	McDonald's Invitational	1/31/09

### 200m (24.10 provisional ▶ 23.40 automatic)

25.20	Kandise Thompson (prelims)	MVC Championships	3/1/09
25.30	Kandise Thompson	Rod McCravy Invitational	2/7/09
25.37	Kandise Thompson	McDonald's Invitational	1/31/09
25.38	Kandise Thompson	Iowa State Classic	2/14/09
25.41	Bianca Stuart	Rod McCravy Invitational	2/7/09

### 400m (54.70 provisional ▶ 52.70 automatic)

55.08	Kandise Thompson	Iowa State Classic	2/14/09
55.87	Kandise Thompson	MVC Championships	3/1/09
56.28	Kandise Thompson	Rod McCravy Invitational	2/7/09
56.81	Kandise Thompson (prelims)	MVC Championships	3/1/09
57.15	Kendra Deck (prelims)	MVC Championships	3/1/09

### 600m (Non-NCAA Event)

1:37.47	Nefeteri Williams	Saluki Fast Start	12/5/08
1:41.29	Nefeteri Williams	Carle/Health Alliance Invite	1/24/09
1:41.90	Nikura Walls	Carle/Health Alliance Invite	1/24/09
1:43.53	Nikura Walls	Saluki Fast Start	12/5/08

### 800m (2:09.40 provisional ▶ 2:05.40 automatic)

2:12.10	Toni Whitfield	Iowa State Classic	2/14/09
2:14.22	Toni Whitfield	MVC Championships	3/1/09
2:14.87	Toni Whitfield (prelims)	MVC Championships	3/1/09
2:14.92	Toni Whitfield	McDonald's Invitational	1/31/09
2:16.65	Nefeteri Williams	Rod McCravy Invitational	2/7/09

### Mile Run (4:48.60 provisional ▶ 4:38.60 automatic)

5:07.53	Toni Whitfield	Rod McCravy Invitational	2/7/09
5:08.29	Jamie Pfister	Iowa State Classic	2/14/09
5:09.91	Emily Toennies	SASF Invitational	1/17/09
5:11.30	Jamie Pfister	MVC Championships	3/1/09
5:12.65	Megan Hoelscher	Rod McCravy Invitational	2/7/09

### 1000m Run (Non-NCAA Event)

2:59.89	Toni Whitfield	Carle/Health Alliance Invite	1/24/09
3:04.14	Kim Beardwood	Carle/Health Alliance Invite	1/24/09

### 3000m Run (9:34.80 provisional ▶ 9:15.80 automatic)

9:57.52	Emily Toennies	McDonald's Invitational	1/31/09
10:01.70	Megan Hoelscher	Iowa State Classic	2/14/09
10:04.99	Emily Toennies	MVC Championships	3/1/09
10:06.68	Emily Toennies	Iowa State Classic	2/14/09
10:13.32	Ryan Eichelberger	Iowa State Classic	2/14/09

### 5000m Run (16:46.60 provisional ▶ 16:09.60 automatic)

17:27.21	Emily Toennies	MVC Championships	3/1/09
17:31.46	Megan Hoelscher	MVC Championships	3/1/09
17:45.09	Ryan Eichelberger	MVC Championships	3/1/09

### Weight Throw (18.75m provisional ▶ 21.00m automatic)

64-04.00 (19.61m) P	Gwen Berry	MVC Championships	3/1/09
63-07.00 (19.38m) P	Gwen Berry	EIU Friday Night Special	2/20/09
63-00.75 (19.22m) P	Rickael Roach	McDonald's Invitational	1/30/09
63-00.25 (19.21m) P	Sasha Leeth	EIU Friday Night Special	2/20/09
62-10.00 (19.15m)	Gwen Berry	NCAA Championships	3/13/09
62-05.75 (19.04m) P	Rickael Roach	Iowa State Classic	2/13/09
62-04.00 (19.00m) P	Rickael Roach	EIU Friday Night Special	2/20/09
62-02.50 (18.96m) P	Sasha Leeth	MVC Championships	3/1/09
62-01.75 (18.94m) P	Sasha Leeth	SASF Invitational	1/16/09
62-00.50 (18.91m) P	Rickael Roach	MVC Championships	3/1/09
61-09.00 (18.82m) P	Jeneva McCall	Rod McCravy Invitational	2/6/09
61-07.00 (18.77m) P	Jeneva McCall	McDonald's Invitational	1/30/09

### Shot Put (15.20m provisional ▶ 16.90m automatic)

49-07.25 (15.12m)	Gwen Berry	MVC Championships	3/1/09
47-09.00 (14.55m)	Gwen Berry	Rod McCravy Invitational	1/31/09
47-02.50 (14.39m)	Jordan Harris	MVC Championships	3/1/09
46-07.25 (14.20m)	Rickael Roach	MVC Championships	3/1/09
46-00.50 (14.03m)	Rickael Roach	Carle/Health Alliance Invite	1/24/09

### Pole Vault (3.95m provisional ▶ 4.20m automatic)

12-04.75 (3.78m)*	Miracle Thompson	EIU Friday Night Special	2/20/09
12-01.50 (3.70m)	Miracle Thompson	Iowa State Classic	2/14/09
12-01.50 (3.70m)	Miracle Thompson	Rod McCravy Invitational	2/6/09
12-00.00 (3.66m)	Miracle Thompson	Saluki Fast Start	12/5/08
11-11.25 (3.64m)	Miracle Thompson	MVC Championships	2/28/09

### Long Jump (6.10m provisional ▶ 6.35m automatic)

21-06.25 (6.56m)* A	Bianca Stuart	MVC Championships	3/1/09
21-02.00 (6.45m)	Bianca Stuart	NCAA Championships	3/13/09
21-00.50 (6.41m)* A	Bianca Stuart	SASF Invitational	1/16/09
20-08.50 (6.31m) P	Bianca Stuart	Rod McCravy Invitational	2/7/09
20-07.75 (6.29m) P	Bianca Stuart	Iowa State Classic	2/14/09
20-06.25 (6.25m) P	Bianca Stuart	Carle/Health Alliance Invite	1/24/09
20-03.75 (6.19m) P	Bianca Stuart	Saluki Fast Start	12/5/08

### High Jump (1.78m provisional ▶ 1.85m automatic)

5-02.25 (1.58m)	Tracy Walker	EIU Friday Night Special	2/20/09
5-02.25 (1.58m)	Tracy Walker	Saluki Fast Start	12/5/08
5-02.25 (1.58m)	Tracy Walker	SASF Invitational	1/17/09
5-02.25 (1.58m)	Tracy Walker	McDonald's Invitational	1/31/09
5-00.25 (1.53m)	Tracy Walker	Carle/Health Alliance Invite	1/24/09

### Triple Jump (12.65m provisional ▶ 13.30m automatic)

41-00.50 (12.51m)	Malaikah Love	Saluki Fast Start	12/5/08
40-11.75 (12.49m)	Malaikah Love	MVC Championships	3/1/09
40-08.25 (12.40m)	Malaikah Love	Iowa State Classic	2/14/09
40-01.50 (12.23m)	Judeka Adams	Saluki Fast Start	12/5/08
39-10.00 (12.14m)	Malaikah Love	McDonald's Invitational	1/31/09

### Distance Medley (11:32.00 provisional ▶ 11:11.00 automatic)

12:17.82	Beardwood, Baron, Williams, Pfister	MVC Championships	3/1/09
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### 4x400 Relay (3:41.20 provisional ▶ 3:34.20 automatic)

3:46.99	Deck, Williams, Baron, K. Thompson	Rod McCravy Invitational	2/7/09
3:49.10	Deck, Williams, Baron, K. Thompson	MVC Championships	3/1/09
3:53.25	Deck, Williams, Baron, K. Thompson	SASF Invitational	1/17/09
3:53.58	K. Thompson, Baron, Williams, Deck	McDonald's Invitational	1/31/09
3:54.19	Deck, Williams, Baron, K. Thompson	Carle/Health Alliance Invite	1/24/09

### Key

\* Southern Illinois School Record

P NCAA Provisional Mark

A NCAA Automatic Mark

! NCAA Record

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S PERFORMANCE LIST

### 2008-09 Indoor Schedule/Results

Dec. 5	Saluki Fast Start	Carbondale, Ill.	No Team Scores
Jan. 16-17	SASF Invitational	Carbondale, Ill.	No Team Scores
Jan. 24	Carle/Health Alliance Invitational	Champaign, Ill.	2nd of 7
Jan. 30-31	McDonald's Invitational	Carbondale, Ill.	1st of 7
Feb. 6-7	Rod McCravy Invitational	Lexington, Ky.	No Team Scores
Feb. 15-16	Iowa State Classic	Ames, Iowa	No Team Scores
Feb. 20	Friday Night Special	Charleston, Ill.	No Team Scores
Feb. 28-Mar. 1	MVC Championships	Cedar Falls, Iowa	1st of 8
Mar. 13-14	NCAA Indoor Championships	College Station, Texas	--

### MVC Championships Results

#### 1. Southern Illinois, 154 pts.

2. Wichita State, 143 pts.
3. Missouri State, 111 pts.
4. Indiana State, 88.5 pts.
5. Illinois State, 70 pts.
6. Northern Iowa, 63.5 pts.
7. Drake, 30 pts.
8. Bradley, 1 pt.

### 2009 MVC Event Winners

**Long Jump** - Bianca Stuart, 21-06.25 (6.56m) \* !

**Weight Throw** - Gwen Berry, 64-04.00 (19.61m)

**Shot Put** - Gwen Berry, 49-07.25 (15.12m)

\*MVC Championship Meet Record; ! MVC All-Time Record

### 2009 MVC Specialty Award-Winners

**Coach of the Year** - Connie Price-Smith

**Co-Outstanding Field Athlete** - Bianca Stuart

### 2009 All-MVC Performers

**Alisa Baron** - 4x400 (3rd)

**Gwen Berry** - Shot Put (1st), weight throw (1st)

**Terri Counts** - 60m Hurdles (3rd)

**Kendra Deck** - 4x400 (3rd)

**Meredith Hayes** - 60m Hurdles (1st)

**Sasha Leeth** - Weight Throw (2nd)

**Malaikah Love** - Long Jump (3rd), triple jump (2nd)

**Rickael Roach** - Weight Throw (3rd)

**Bianca Stuart** - 60m Dash (3rd), long jump (1st)

**Kandise Thompson** - 400m (2nd), 4x400 (3rd)

**Toni Whitfield** - 800m (2nd)

**Nefeteri Williams** - 4x400 (3rd)

### MVC Field Athlete of the Week

**Bianca Stuart** - January 27, 2009

**Gwen Berry** - February 25, 2009

### MVC Scholar-Athlete of the Week

**Bianca Stuart** - March 4, 2009

### 2009 NCAA National Qualifiers

**Gwen Berry** - Weight Throw (11th)

**Sasha Leeth** - Weight Throw (16th)

**Bianca Stuart** - Long Jump (4th), All-American

*Final Version*

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S PERFORMANCE LIST

### JUDEKA ADAMS

SALUKI FAST START INVITATIONAL (DEC. 5)  
TJ 40-01.50 (12.23m) 3rd of 16

SASF INVITATIONAL (JAN. 16-17)  
LJ 18-02.25 (5.54m) 5th of 19  
TJ 38-02.00 (11.63m) 4th of 13

CARLE/HEALTH ALLIANCE INVITATIONAL (JAN. 24)  
TJ 38-09.00 (11.81m) 1st of 11

McDONALD'S INVITATIONAL (JAN. 30-31)  
LJ 17-04.00 (5.28m) 8th of 12  
TJ 38-04.25 (11.69m) 4th of 8

ROD McCRAVY INVITATIONAL (FEB. 6-7)  
LJ 15-11.75 (4.87m) 28th of 33  
TJ 37-01.00 (11.30m) 12th of 20

IOWA STATE CLASSIC (FEB. 13-14)  
LJ 16-00.50 (4.89m) 42nd of 48  
TJ 37-04.00 (11.38m) 13th of 22

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
TJ 37-10.00 (11.53m) 2nd of 11

MVC CHAMPIONSHIPS (FEB. 28-MAR. 1)  
LJ 16-09.75 (5.12m) 15th of 16  
TJ 39-03.25 (11.97m) 4th of 13

### KRISTIAN BALDWIN

McDONALD'S INVITATIONAL (JAN. 30-31)  
3000m 11:32.43 11th of 13

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
3000m 11:32.85 14th of 15

### ALISA BARON

CARLE/HEALTH ALLIANCE INVITATIONAL (JAN. 24)  
400m 59.28 9th of 13

McDONALD'S INVITATIONAL (JAN. 30-31)  
800m 2:20.08 4th of 12

IOWA STATE CLASSIC (FEB. 13-14)  
800m 2:18.05 19th of 58

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
800m 2:18.23 2nd of 16

### KIM BEARDWOOD

SASF INVITATIONAL (JAN. 16-17)  
800m 2:20.97 5th of 36

CARLE/HEALTH ALLIANCE INVITATIONAL (JAN. 24)  
1000m 3:04.14 3rd of 5

McDONALD'S INVITATIONAL (JAN. 30-31)  
800m 2:19.90 3rd of 12

ROD McCRAVY INVITATIONAL (FEB. 6-7)  
Mile 5:16.90 20th of 26

IOWA STATE CLASSIC (FEB. 13-14)  
800m 2:20.62 35th of 58

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
800m 2:20.07 4th of 16

MVC CHAMPIONSHIPS (FEB. 28-MAR. 1)  
Mile 5:17.35 19th of 21

### GWEN BERRY

SALUKI FAST START INVITATIONAL (DEC. 5)  
WT 60-11.25 (18.57m) 2nd of 23

TJ 38-11.75 (11.88m) 4th of 16

SASF INVITATIONAL (JAN. 16-17)  
WT 59-05.00 (18.11m) 4th of 21

SP 44-09.75 (13.66m) 1st of 20  
TJ 36-10.25 (11.23m) 6th of 13

CARLE/HEALTH ALLIANCE INVITATIONAL (JAN. 24)  
SP 45-01.00 (13.74m) 4th of 18

WT 60-00.25 (18.29m) 2nd of 17

McDONALD'S INVITATIONAL (JAN. 30-31)  
WT 60-03.25 (18.37m) 3rd of 11

TJ 37-09.50 (11.52m) 5th of 8

ROD McCRAVY INVITATIONAL (FEB. 6-7)  
WT 59-11.00 (18.26m) 3rd of 31

SP 47-09.00 (14.55m) 9th of 39

IOWA STATE CLASSIC (FEB. 13-14)  
WT 60-03.25 (18.37m) 7th of 40

SP 44-04.25 (13.52m) 25th of 44

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
WT 63-07.00 (19.38m)+ 1st of 19

SP 45-10.50 (13.98m) 3rd of 30

MVC CHAMPIONSHIPS (FEB. 28-MAR. 1)  
TJ 39-03.00 (11.96m) 5th of 13

SP 49-07.25 (15.12m) 1st of 18

WT 64-04.00 (19.61m)+ 1st of 16

NCAA CHAMPIONSHIPS (MAR. 13)  
WT 62-10.00 (19.15m) 11th of 17

### JENNY MAE BINGMAN

SALUKI FAST START INVITATIONAL (DEC. 5)  
400m 1:04.60 20th of 25

SASF INVITATIONAL (JAN. 16-17)  
400m 1:05.58 27th of 32

McDONALD'S INVITATIONAL (JAN. 30-31)  
400m 1:04.97 16th of 17

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
400m 1:05.60 17th of 20

### KATHERINE BURTON

SALUKI FAST START INVITATIONAL (DEC. 5)  
60m 8.21p 20th of 26

200m 26.97 21st of 31

SASF INVITATIONAL (JAN. 16-17)  
400m 1:02.11 12th of 32

200m 26.95 27th of 47

CARLE/HEALTH ALLIANCE INVITATIONAL (JAN. 24)  
60m 8.26p 25th of 27

200m 26.96 20th of 27

McDONALD'S INVITATIONAL (JAN. 30-31)  
400m 1:01.77 9th of 17

200m 26.58 11th of 21

ROD McCRAVY INVITATIONAL (FEB. 6-7)  
200m 26.68 46th of 53

IOWA STATE CLASSIC (FEB. 13-14)  
200m 26.79 108th of 130

400m 59.74 29th of 48

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
60m 8.12p 5th of 6

8.10f 9th of 12

200m 26.95 10th of 22

### KALYN CHERRY

McDONALD'S INVITATIONAL (JAN. 30-31)  
3000m 11:34.55 12th of 13

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
3000m 11:14.24 11th of 15

### OLGA CIURA

SALUKI FAST START INVITATIONAL (DEC. 5)  
WT 53-02.75 (16.22m) 7th of 23

SASF INVITATIONAL (JAN. 16-17)  
WT 54-01.75 (16.50m) 5th of 21

CARLE/HEALTH ALLIANCE INVITATIONAL (JAN. 24)  
WT 57-03.50 (17.46m) 5th of 17

McDONALD'S INVITATIONAL (JAN. 30-31)  
WT 56-02.50 (17.13m) 5th of 11

ROD McCRAVY INVITATIONAL (FEB. 6-7)  
WT 53-11.00 (16.43m) 14th of 31

IOWA STATE CLASSIC (FEB. 13-14)  
WT 53-08.50 (16.37m) 14th of 40

EIU FRIDAY NIGHT SPECIAL (FEB. 20)  
WT 57-08.50 (17.59m) 5th of 19

MVC CHAMPIONSHIPS (FEB. 28-MAR. 1)  
WT 57-04.25 (17.48m) 6th of 16

### TERRI COUNTS

SALUKI FAST START INVITATIONAL (DEC. 5)  
60H 8.83p 2nd of 16

8.73f 2nd of 11

200m 26.69 19th of 31

SASF INVITATIONAL (JAN. 16-17)  
60H 9.03p 5th of 21

8.92f 3rd of 12

200m 26.87 23rd of 47

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S PERFORMANCE LIST

### **CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)

60H 9.34p 8th of 15  
8.98f 4th of 8

### **MCDONALD'S INVITATIONAL** (JAN. 30-31)

60m 8.26p 10th of 18  
60H 8.91p 2nd of 11  
8.93f 2nd of 6  
200m 26.71 12th of 21

### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

200m 27.09 51st of 53

### **IOWA STATE CLASSIC** (FEB. 13-14)

60H 8.91p 23rd of 61  
60m 8.38 71st of 84

### **EIU FRIDAY NIGHT SPECIAL** (FEB. 20)

60H 8.94p 2nd of 6  
8.97f 6th of 15

### **MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)

60H 8.75p 3rd of 20  
8.72f 3rd of 7

### **TREDENE DAVIS**

#### **SALUKI FAST START INVITATIONAL** (DEC. 5)

400m 1:01.58 15th of 25

### **KENDRA DECK**

#### **SALUKI FAST START INVITATIONAL** (DEC. 5)

400m 59.00 5th of 25

#### **SASF INVITATIONAL** (JAN. 16-17)

400m 58.68 3rd of 32

#### **CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)

400m 58.26 7th of 13

#### **MCDONALD'S INVITATIONAL** (JAN. 30-31)

200m 26.49 10th of 21

#### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

400m 57.73 23rd of 33

#### **IOWA STATE CLASSIC** (FEB. 13-14)

200m 26.25 92nd of 130

400m 57.63 34th of 49

#### **MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)

400m 57.15p 5th of 14  
57.49f 5th of 8

### **A'SERET DOKUBO**

#### **CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)

Mile 5:30.32 13th of 15

### **MERCEDES DUNN**

#### **SALUKI FAST START INVITATIONAL** (DEC. 5)

LJ 17-07.00 (5.36m) 11th of 26

TJ 37-00.25 (11.28m) 9th of 16

#### **SASF INVITATIONAL** (JAN. 16-17)

LJ 17-04.75 (5.30m) 7th of 19

TJ 35-00.25 (10.67m) 10th of 13

#### **CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)

LJ 15-08.75 (4.79m) 16th of 16

TJ 34-08.50 (10.58m) 11th of 11

#### **MCDONALD'S INVITATIONAL** (JAN. 30-31)

LJ 17-09.00 (5.41m) 5th of 12

TJ 35-07.25 (10.85m) 7th of 8

#### **IOWA STATE CLASSIC** (FEB. 13-14)

LJ 16-07.25 (5.06m) 40th of 48

TJ 35-02.50 (10.73m) 19th of 22

#### **EIU FRIDAY NIGHT SPECIAL** (FEB. 20)

LJ 17-07.50 (5.37m) 8th of 17

TJ 35-05.25 (10.80m) 8th of 11

#### **MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)

LJ 17-03.50 (5.27m) 13th of 16

TJ FOUL

### **RYAN EICHELBERGER**

#### **SASF INVITATIONAL** (JAN. 16-17)

3000m 10:56.07 4th of 12

#### **CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)

Mile 5:13.01 3rd of 15

#### **MCDONALD'S INVITATIONAL** (JAN. 30-31)

Mile 5:15.94 4th of 12

#### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

3000m 10:24.16 17th of 35

#### **IOWA STATE CLASSIC** (FEB. 13-14)

3000m 10:13.32 16th of 54

#### **MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)

5000m 17:45.09 10th of 13

### **JORDAN HARRIS**

#### **SALUKI FAST START INVITATIONAL** (DEC. 5)

WT 51-11.25 (15.83m) 8th of 23

SP 44-01.50 (13.45m) 4th of 26

#### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

WT 50-04.00 (15.34m) 17th of 31

SP 38-11.00 (11.86m) 27th of 39

#### **IOWA STATE CLASSIC** (FEB. 13-14)

WT 51-05.75 (15.69m) 20th of 40

#### **EIU FRIDAY NIGHT SPECIAL** (FEB. 20)

WT 49-10.50 (15.20m) 11th of 19

SP 45-04.25 (13.82m) 4th of 30

#### **MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)

SP 47-02.50 (14.39m) 5th of 18

WT 50-05.25 (15.37m) 12th of 16

### **MEREDITH HAYES**

#### **SASF INVITATIONAL** (JAN. 16-17)

60H 8.91p 2nd of 21

8.75f 2nd of 12

#### **CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)

200m 26.17 16th of 27

60H 8.75p 1st of 15

8.73f 1st of 8

#### **MCDONALD'S INVITATIONAL** (JAN. 30-31)

60m 7.80p t3rd of 18

60H 8.74p 1st of 11

8.51f 1st of 6

200m 25.78 4th of 21

#### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

60H 8.55p 6th of 36

8.50f 4th of 18

200m 25.51 28th of 51

#### **IOWA STATE CLASSIC** (FEB. 13-14)

60H 8.62p 8th of 61

8.42f+ 2nd of 16

200m 25.79 63rd of 130

60m 7.86 t27th of 84

#### **EIU FRIDAY NIGHT SPECIAL** (FEB. 20)

60m 7.94p 2nd of 6

7.85f 4th of 12

#### **MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)

60m 7.79p 10th of 17

200m 25.57p 11th of 20

60H 8.48p 1st of 20

8.42f+ 1st of 7

### **CONNIE HICKS**

#### **SALUKI FAST START INVITATIONAL** (DEC. 5)

400m 1:01.80 16th of 25

#### **SASF INVITATIONAL** (JAN. 16-17)

400m 1:00.95 8th of 32

#### **MCDONALD'S INVITATIONAL** (JAN. 30-31)

400m 1:00.06 4th of 17

#### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

400m 1:00.89 29th of 33

#### **IOWA STATE CLASSIC** (FEB. 13-14)

400m 59.94 31st of 48

#### **EIU FRIDAY NIGHT SPECIAL** (FEB. 20)

200m 26.94 9th of 22

400m 1:01.13 10th of 20

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S PERFORMANCE LIST

### MEGAN HOELSCHER

<b>SASF INVITATIONAL</b> (JAN. 16-17)		
Mile	5:14.76	4th of 26
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
3000m	10:22.48	3rd of 13
<b>ROD McCRAVY INVITATIONAL</b> (FEB. 6-7)		
Mile	5:12.65	14th of 26
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
3000m	10:01.70	2nd of 54
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
5000m	17:31.46	5th of 13

### SASHA LEETH

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
WT	55-09.25 (17.00m)	4th of 23
SP	41-00.25 (12.50m)	10th of 26
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
WT	62-01.75 (18.94m)+	1st of 21
SP	43-11.25 (13.39m)	5th of 20
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
SP	43-02.50 (13.17m)	6th of 18
WT	59-00.00 (17.98m)	4th of 17
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
WT	58-10.25 (17.94m)	4th of 11
SP	42-10.25 (13.06m)	7th of 13
<b>ROD McCRAVY INVITATIONAL</b> (FEB. 6-7)		
WT	56-04.50 (17.18m)	8th of 31
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
WT	61-03.00 (18.67m)	6th of 40
SP	41-10.75 (12.77m)	32nd of 44
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
WT	63-00.25 (19.21m)+	2nd of 19
SP	37-05.25 (11.41m)	15th of 30
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
SP	40-08.25 (12.40m)	15th of 18
WT	62-02.50 (18.96m)+	2nd of 16
<b>NCAA CHAMPIONSHIPS</b> (MAR. 13)		
WT	56-06.75 (17.24m)	16th of 17

### MALAIKAH LOVE

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
LJ	19-02.50 (5.85m)	3rd of 26
TJ	41-00.50 (12.51m)	1st of 16
60m	7.79p	t9th of 26
	7.76f	t5th of 11
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
TJ	37-10.75 (11.55m)	3rd of 11
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
TJ	39-10.00 (12.14m)	1st of 8

### **ROD McCRAVY INVITATIONAL** (FEB. 6-7)

LJ	18-04.50 (5.60m)	9th of 33
TJ	39-04.00 (11.99m)	3rd of 20
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
LJ	18-05.00 (5.61m)	t14th of 48
TJ	40-08.25 (12.40m)	4th of 22
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
LJ	19-07.50 (5.98m)	2nd of 17
TJ	39-09.25 (12.12m)	1st of 11
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
60m	7.89p	11th of 17
LJ	19-06.75 (5.96m)	3rd of 16
TJ	40-11.75 (12.49m)	2nd of 13

### JENEVA McCALL

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
WT	55-03.75 (16.86m)	5th of 23
SP	41-06.50 (12.66m)	8th of 26
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
WT	60-05.75 (18.43m)	3rd of 21
SP	42-06.25 (12.96m)	7th of 20
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
SP	44-03.50 (13.50m)	5th of 18
WT	59-07.75 (18.18m)	3rd of 17
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
WT	61-07.00 (18.77m)+	2nd of 11
SP	41-11.25 (12.78m)	9th of 13
<b>ROD McCRAVY INVITATIONAL</b> (FEB. 6-7)		
WT	61-09.00 (18.82m)+	2nd of 31
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
WT	59-08.50 (18.20m)	8th of 40
SP	42-01.50 (12.84m)	t30th of 44
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
WT	59-10.50 (18.25m)	4th of 19
SP	41-11.25 (12.78m)	10th of 30
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
SP	44-07.50 (13.60m)	8th of 18
WT	59-08.25 (18.19m)	5th of 16

### JACQUE MENKE

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
SP	30-11.75 (9.44m)	24th of 26
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
LJ	15-06.75 (4.74m)	18th of 19
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
LJ	15-00.50 (4.58m)	11th of 12
SP	30-11.00 (9.42m)	12th of 13
60H	10.39p	10th of 11
200m	29.87	21st of 21

### NINA OKAFOR

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
LJ	15-00.75 (4.59m)	25th of 26
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
LJ	16-00.50 (4.89m)	15th of 19
TJ	35-04.00 (10.77m)	9th of 13
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
LJ	18-01.00 (5.51m)	3rd of 12
TJ	34-10.25 (10.62m)	8th of 8
<b>ROD McCRAVY INVITATIONAL</b> (FEB. 6-7)		
LJ	17-04.75 (5.30m)	18th of 33
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
LJ	17-08.25 (5.39m)	t24th of 48
60m	8.20	65th of 84
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
LJ	18-08.00 (5.69m)	3rd of 17
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
LJ	17-01.25 (5.21m)	14th of 16

### JAMIE PFISTER

<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
Mile	5:22.52	8th of 15
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
800m	2:22.86	6th of 12
<b>ROD McCRAVY INVITATIONAL</b> (FEB. 6-7)		
Mile	5:14.67	17th of 26
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
Mile	5:08.29	33rd of 39
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
Mile	5:11.30	14th of 21

### AMY PHEGLEY

<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
Mile	5:22.29	7th of 15
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
3000m	10:40.32	6th of 13
<b>ROD McCRAVY INVITATIONAL</b> (FEB. 6-7)		
Mile	5:20.18	22nd of 26
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
3000m	11:00.33	7th of 15

### MARIA PRETNAR

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
SP	40-04.25 (12.30m)	13th of 26
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
SP	40-03.25 (12.27m)	11th of 20
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
SP	41-10.50 (12.76m)	8th of 18
<b>McDONALD'S INVITATIONAL</b> (JAN. 30-31)		
SP	42-11.50 (13.09m)	6th of 13

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S PERFORMANCE LIST

**ROD McCRAVY INVITATIONAL** (FEB. 6-7)  
 SP 41-07.25 (12.68m) 23rd of 39

**IOWA STATE CLASSIC** (FEB. 13-14)  
 SP 40-06.00 (12.34m) 36th of 44

**EIU FRIDAY NIGHT SPECIAL** (FEB. 20)  
 SP 44-04.00 (13.51m) 5th of 30

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 SP 42-11.00 (13.08m) 9th of 18

### ***RICKAEL ROACH***

**SALUKI FAST START INVITATIONAL** (DEC. 5)  
 WT 58-09.50 (17.92m) 3rd of 23  
 SP 44-09.75 (13.66m) 3rd of 26

**SASF INVITATIONAL** (JAN. 16-17)  
 WT 60-08.50 (18.50m) 2nd of 21  
 SP 44-02.50 (13.47m) 3rd of 20

**CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)  
 SP 46-00.50 (14.03m) 2nd of 18  
 WT 60-10.75 (18.56m) 1st of 17

**MCDONALD'S INVITATIONAL** (JAN. 30-31)  
 WT 63-00.75 (19.22m)+ 1st of 11  
 SP 45-09.25 (13.95m) 4th of 13

**ROD McCRAVY INVITATIONAL** (FEB. 6-7)  
 WT 59-09.50 (18.22m) 4th of 31  
 SP 45-02.50 (13.78m) 15th of 39

**IOWA STATE CLASSIC** (FEB. 13-14)  
 WT 62-05.75 (19.04m)+ 5th of 40  
 SP 45-03.50 (13.80m) 22nd of 44

**EIU FRIDAY NIGHT SPECIAL** (FEB. 20)  
 WT 62-04.00 (19.00m)+ 3rd of 19  
 SP 43-08.00 (13.31m) 8th of 30

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 SP 46-07.25 (14.20m) 6th of 18  
 WT 62-00.50 (18.91m)+ 3rd of 16

### ***BIANCA STUART***

**SALUKI FAST START INVITATIONAL** (DEC. 5)  
 LJ 20-03.75 (6.19m)+ 1st of 26  
 60m 7.67p 5th of 26  
 7.65f 4th of 11

**SASF INVITATIONAL** (JAN. 16-17)  
 LJ 21-00.50 (6.41m)# 1st of 19  
 TJ 38-02.25 (11.64m) 3rd of 13  
 60m 7.77p 7th of 38  
 7.76f 6th of 11

**CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)  
 60m 7.75p t9th of 27  
 LJ 20-06.25 (6.25m)+ 1st of 16

**MCDONALD'S INVITATIONAL** (JAN. 30-31)  
 60m 7.71p 2nd of 18  
 7.68f 2nd of 9

**ROD McCRAVY INVITATIONAL** (FEB. 6-7)  
 LJ 20-08.50 (6.31m)& 2nd of 33  
 60m 7.64p 4th of 44  
 7.67f 7th of 17  
 200m 25.41 24th of 53

**IOWA STATE CLASSIC** (FEB. 13-14)  
 LJ 20-07.75 (6.29m)+ 1st of 48  
 200m 25.43 42nd of 130

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 60m 7.61p 2nd of 17  
 7.62f 3rd of 8

LJ 21-06.25 (6.56m)# 1st of 16  
 TJ 39-02.25 (11.94m) 6th of 13

**NCAA CHAMPIONSHIPS** (MAR. 13)  
 LJ 21-02.00 (6.45m) 4th of 16

### ***KANDISE THOMPSON***

**SALUKI FAST START INVITATIONAL** (DEC. 5)  
 400m 57.55 2nd of 25  
 200m 26.01 11th of 31

**SASF INVITATIONAL** (JAN. 16-17)  
 400m 57.48 2nd of 32  
 200m 25.88 8th of 47

**CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)  
 400m 57.80 5th of 13

**MCDONALD'S INVITATIONAL** (JAN. 30-31)  
 60m 8.20p 9th of 18  
 8.11f 7th of 9  
 200m 25.37 2nd of 21

**ROD McCRAVY INVITATIONAL** (FEB. 6-7)  
 400m 56.28 9th of 33  
 200m 25.30 20th of 53

**IOWA STATE CLASSIC** (FEB. 13-14)  
 200m 25.38 37th of 130  
 400m 55.08 4th of 49

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 200m 25.20p 7th of 20  
 25.62f 7th of 8  
 400m 56.81p 3rd of 14  
 55.87f 2nd of 8

### ***MIRACLE THOMPSON***

**SALUKI FAST START INVITATIONAL** (DEC. 5)  
 PV 12-00.00 (3.66m) 1st of 9  
 60H 8.88p 3rd of 16  
 8.94f 4th of 11

**SASF INVITATIONAL** (JAN. 16-17)  
 PV 10-11.75 (3.35m) 5th of 11  
 60H 9.01p 4th of 21  
 9.02f 4th of 12

**CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)  
 60H 8.98p 5th of 15  
 9.06f 6th of 8  
 PV 11-09.75 (3.60m) 3rd of 5

**MCDONALD'S INVITATIONAL** (JAN. 30-31)  
 PV 11-05.75 (3.50m) 3rd of 6  
 60m 8.10p 8th of 18  
 60H 9.21p 4th of 11  
 9.16f 5th of 6  
 200m 26.48 9th of 21

**ROD McCRAVY INVITATIONAL** (FEB. 6-7)  
 PV 12-01.50 (3.70m)\* 5th of 18  
 60H 9.17p 30th of 36  
 60m 8.05p 31st of 44

**IOWA STATE CLASSIC** (FEB. 13-14)  
 60H 8.85p 21st of 61  
 PV 12-01.50 (3.70m)\* 2nd of 22

**EIU FRIDAY NIGHT SPECIAL** (FEB. 20)  
 60H 8.79p 2nd of 6  
 8.77f 3rd of 15  
 PV 12-04.75 (3.78m) 1st of 8

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 60H 8.92p 8th of 20  
 PV 11-11.25 (3.64m) 5th of 17

### ***EMILY TOENNIES***

**SASF INVITATIONAL** (JAN. 16-17)  
 Mile 5:09.91 3rd of 26

**MCDONALD'S INVITATIONAL** (JAN. 30-31)  
 3000m 9:57.52 1st of 13

**IOWA STATE CLASSIC** (FEB. 13-14)  
 3000m 10:06.68 22nd of 25

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 5000m 17:27.21 4th of 13

### ***TRACY WALKER***

**SALUKI FAST START INVITATIONAL** (DEC. 5)  
 HJ 5-02.25 (1.58m) t5th of 12

**SASF INVITATIONAL** (JAN. 16-17)  
 HJ 5-02.25 (1.58m) 6th of 12

**CARLE/HEALTH ALLIANCE INVITATIONAL** (JAN. 24)  
 HJ 5-00.25 (1.53m) 7th of 8

**MCDONALD'S INVITATIONAL** (JAN. 30-31)  
 HJ 5-02.25 (1.58m) 5th of 6

**EIU FRIDAY NIGHT SPECIAL** (FEB. 20)  
 HJ 5-02.25 (1.58m) 7th of 14

**MVC CHAMPIONSHIPS** (FEB. 28-MAR. 1)  
 HJ 5-01.00 (1.55m) t12th of 18

# 2008-09 SALUKI INDOOR TRACK & FIELD

## WOMEN'S PERFORMANCE LIST

### **NIKURA WALLS**

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
600m	1:43.53	7th of 10
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
800m	2:26.29	9th of 36
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
600m	1:41.90	6th of 11
<b>MCDONALD'S INVITATIONAL</b> (JAN. 30-31)		
400m	1:02.37	10th of 17
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
400m	1:00.69	34th of 48
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
400m	1:02.41	16th of 20

### **TONI WHITFIELD**

<b>SASF INVITATIONAL</b> (JAN. 16-17)		
800m	2:17.02	2nd of 36
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
1000m	2:59.89	2nd of 5
<b>MCDONALD'S INVITATIONAL</b> (JAN. 30-31)		
800m	2:14.92	1st of 12
<b>ROD MCCRAVY INVITATIONAL</b> (FEB. 6-7)		
Mile	5:07.53	10th of 26
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
800m	2:12.10	19th of 34
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
800m	2:14.87p	4th of 14
	2:14.22f	2nd of 8

### **NEFETERI WILLIAMS**

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
600m	1:37.47	1st of 10
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
800m	2:19.26	4th of 36
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
600m	1:41.29	5th of 11
<b>MCDONALD'S INVITATIONAL</b> (JAN. 30-31)		
400m	59.46	3rd of 17
<b>ROD MCCRAVY INVITATIONAL</b> (FEB. 6-7)		
800m	2:16.65	8th of 27
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
400m	57.74	1st of 48
<b>EIU FRIDAY NIGHT SPECIAL</b> (FEB. 20)		
800m	2:24.64	10th of 16

### **4x400 RELAY**

<b>SALUKI FAST START INVITATIONAL</b> (DEC. 5)		
3:55.43	Deck, Burton, Williams, Thompson, K.	2nd of 7
4:21.17	Hicks, Bingman, Counts, Walls	7th of 7
<b>SASF INVITATIONAL</b> (JAN. 16-17)		
3:53.25	Deck, Williams, Baron, Thompson, K.	1st of 13
4:04.85	Burton, Hicks, Walls, Whitfield	4th of 13
<b>CARLE/HEALTH ALLIANCE INVITATIONAL</b> (JAN. 24)		
3:54.19	Deck, Williams, Baron, Thompson, K.	5th of 11
4:05.10	Burton, Beardwood, Walls, Whitfield	7th of 11
<b>MCDONALD'S INVITATIONAL</b> (JAN. 30-31)		
3:53.58	Thompson, K., Baron, Williams, Deck	1st of 4
<b>MCDONALD'S INVITATIONAL</b> (JAN. 30-31)		
3:46.99	Thompson, K., Baron, Williams, Deck	6th of 16
3:57.74	Burton, Beardwood, Walls, Whitfield	10th of 16
<b>IOWA STATE CLASSIC</b> (FEB. 13-14)		
3:58.95	Burton, Walls, Hicks, Beardwood	t28th of 32
<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
3:49.10	Deck, Williams, Baron, Thompson, K.	3rd of 7

### **DISTANCE MEDLEY RELAY**

<b>MVC CHAMPIONSHIPS</b> (FEB. 28-MAR. 1)		
12:17.82	Beardwood, Baron, Williams, Pfister	7th of 8

### **KEY**

\* - SIU Record  
& - Meet Record  
\$ - MVC Record  
+ - NCAA Provisional  
# - NCAA Automatic  
% - SIU Student Recreation Center Record

Final Version