

# 2011-12 SALUKI INDOOR TRACK & FIELD

## MEN'S PERFORMANCE LIST

### 2011-12 Indoor Schedule/Results

Dec. 3	Saluki Fast Start	Carbondale, Ill.	No Team Scores
Jan. 13-14	Saluki Open	Carbondale, Ill.	No Team Scores
Jan. 20-21	Gladstein Invitational	Bloomington, Ind.	No Team Scores
Jan. 27-28	Rod McCravy Memorial	Lexington, Ky.	No Team Scores
Feb. 3-4	SIU Invitational	Carbondale, Ill.	
Feb. 10-11	Iowa State Classic	Ames, Iowa	
Feb. 17	EIU Friday Night Special	Charleston, Ill.	
Feb. 25-26	State Farm MVC Indoor Championships	Cedar Falls, Iowa	
March 3-4	Alex Wilson Invitational	South Bend, Ind.	
	Last Chance Meet	Fayetteville, Ark.	
March 10-12	NCAA Indoor Championships	Boise, Idaho	

### MVC Field Athlete of the Week

J.C. Lambert- Jan. 16, 2012

### 2012 NCAA National Qualifiers

J.C. Lambert- weight throw

# 2011-12 SALUKI INDOOR TRACK & FIELD

## MEN'S PERFORMANCE LIST

### NCAA AUTOMATIC MARKS

60M-6.60

60M HURDLES- 7.70

200M- 20.73

400M- 46.00

800M- 1:47.30

1 MILE RUN- 3:57.90

3000M RUN- 7:52.30

5000M RUN- 13:44.60

WEIGHT THROW- 21.50M

SHOT PUT- 19.35M

POLE VAULT- 5.50M

HIGH JUMP- 2.24M

LONG JUMP- 8.00M

TRIPLE JUMP- 16.30M

HEPTATHLON- 5750 POINTS

4x400 RELAY- 3:06.50

DISTANCE MEDLEY- 9:31.00

KEY:

\* NCAA AUTO

# 2011-12 SALUKI INDOOR TRACK & FIELD

## MEN'S PERFORMANCE LIST

### NEAL ANDERSON

SALUKI OPEN <small>JAN 13-14</small>		
1 MILE	4:17.89	5TH OF 34
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
3000M	8:20.69	10TH OF 45

### STEPHEN ARVANIS

SALUKI FAST START <small>DEC 3</small>		
1 MILE	4:15.80	1ST OF 19
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
1 MILE	4:18.32	4TH OF 26
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
800M	1:51.38	4TH OF 38

### MAXIM BAKANA

SALUKI FAST START <small>DEC 3</small>		
LJ	23-04.00	3RD OF 22
TJ	44-08.75	8TH OF 17
SALUKI OPEN <small>JAN 13-14</small>		
LJ	22-11.75	5TH OF 21
TJ	47-00.75	3RD OF 7
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
LJ	22-07.75	3RD OF 15
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
LJ	22-03.50	12TH OF 32
TJ	46-04.75	9TH OF 16

### JEREMY BANKSTON

SALUKI OPEN <small>JAN 13-14</small>		
60M	7.38	26TH OF 40
60H	8.78P	9TH OF 24
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
60H	8.33P	7TH OF 16
	8.44F	9TH OF 14
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
60H	8.47P	14TH OF 23
	8.56F	13TH OF 16

### JOHN BAUGHMAN

SALUKI FAST START <small>DEC 3</small>		
PV	14-02.50 (4.33M)	5TH OF 6
SALUKI OPEN <small>JAN 13-14</small>		
PV	13-11.25 (4.25M)	5TH OF 7
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
PV	13-08.25 (4.17M)	12TH OF 14
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
PV	14-00.00	14TH OF 14

### MATT BENES

SALUKI FAST START <small>DEC 3</small>		
60M	7.14P	14TH OF 40
60H	8.19P	3RD OF 11
	8.22F	3RD OF 9

SALUKI OPEN <small>JAN 13-14</small>		
60M	7.08P	11TH OF 40
60H	8.20P	1ST OF 24
	8.27F	2ND OF 11
200M	23.01	16TH OF 48

GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
60M	7.06P	17TH OF 32
60H	8.18P	3RD OF 16
	8.39F	8TH OF 14

ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
60H	8.24P	9TH OF 23
	8.15F	7TH OF 16

### KENDRICK BRANCH

SALUKI FAST START <small>DEC 3</small>		
HJ	6-04.00	9TH OF 11
TJ	44-09.75	6TH OF 17
SALUKI OPEN <small>JAN 13-14</small>		
HJ	6-04.00	6TH OF 10
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
HJ	6-06.75	5TH OF 6

### JUAN CARRERA

SALUKI FAST START <small>DEC 3</small>		
1 MILE	4:29.04	6TH OF 19
SALUKI OPEN <small>JAN 13-14</small>		
3000M	9:09.16	15TH OF 28
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
3000M	8:52.85	34TH OF 45

### LUCAS CHERRY

SALUKI OPEN <small>JAN 13-14</small>		
1 MILE	4:16.55	4TH OF 34
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
3000M	8:38.89	5TH OF 14
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
1 MILE	4:14.29	11TH OF 35

### TYLER CLOTT

SALUKI OPEN <small>JAN 13-14</small>		
SP	47-08.50	12TH OF 31
WT	39-11.50	21ST OF 27
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
SP	48-10.25	9TH OF 18
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
SP	47-03.00	12TH OF 21

### BRIAN COOPER

SALUKI FAST START <small>DEC 3</small>		
SP	51-00.25	3RD OF 13
WT	54-10.00	5TH OF 11
SALUKI OPEN <small>JAN 13-14</small>		
SP	50-01.75	7TH OF 31
WT	54-03.25	10TH OF 27

GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
SP	52-04.75	3RD OF 18
WT	53-10.50	10TH OF 23
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
SP	52-02.50	6TH OF 21
WT	53-08.50	10TH OF 23

### ZACH DAHLEEN

SALUKI OPEN <small>JAN 13-14</small>		
1 MILE	4:09.02	1ST OF 34
GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
3000M	8:16.46	15TH OF 26
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
1 MILE	4:06.92	1ST OF 35

### BRANDON DELONEY

SALUKI FAST START <small>DEC 3</small>		
60M	6.94P	4TH OF 40
	6.92F	1ST OF 10
200M	21.75	1ST OF 27

### BRIAN DIXON

SALUKI OPEN <small>JAN 13-14</small>		
1 MILE	4:34.40	18TH OF 34
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
3000M	8:44.71	30TH OF 45

### CODY DOERFLEIN

SALUKI FAST START <small>DEC 3</small>		
PV	16-08.00 (5.08M)	1ST OF 6

### DAN DUNBAR

GLADSTEIN INVITATIONAL <small>JAN 20-21</small>		
1 MILE	4:21.70	9TH OF 26
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
3000M	8:18.46	7TH OF 45

### EVAN EHRENHEIM

SALUKI OPEN <small>JAN 13-14</small>		
3000M	8:58.31	10TH OF 34
ROD McCRAVY INVITATIONAL <small>JAN 27-28</small>		
3000M	8:44.60	29TH OF 45

### TYLER FISHER

SALUKI FAST START <small>DEC 3</small>		
200M	23.50	13TH OF 27
SALUKI OPEN <small>JAN 13-14</small>		
60M	7.30	21ST OF 40
200M	23.54	28TH OF 48

### BRAD FOOTE

SALUKI FAST START <small>DEC 3</small>		
SP	48-01.25	7TH OF 13
WT	54-03.75	6TH OF 11

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## MEN'S PERFORMANCE LIST

**SALUKI OPEN** JAN 13-14  
 SP 48-10.25 9TH OF 31  
 WT 56-06.00 8TH OF 27

**GLADSTEIN INVITATIONAL** JAN 20-21  
 SP 49-11.75 7TH OF 18  
 WT 55-03.75 9TH OF 23

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 SP 49-06.25 9TH OF 21  
 WT 53-07.50 11TH OF 23

### BLAKE GREEN

**SALUKI FAST START** DEC 3  
 200M 22.93 10TH OF 27  
 400M 51.20 2ND OF 16

**SALUKI OPEN** JAN 13-14  
 200M 23.29 22ND OF 48  
 400M 51.63 8TH OF 31

**GLADSTEIN INVITATIONAL** JAN 20-21  
 400M 51.17 9TH OF 21

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 200M 22.60 14TH OF 25  
 400M 50.02 21ST OF 36

### KULAYIFI HAJI

**SALUKI OPEN** JAN 13-14  
 1 MILE 4:22.84 7TH OF 34

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 3000M 8:47.46 32ND OF 45

### T.J. HEFFERNAN

**SALUKI OPEN** JAN 13-14  
 1 MILE 4:19.83 6TH OF 34

**GLADSTEIN INVITATIONAL** JAN 20-21  
 3000M 8:30.20 2ND OF 14

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 1 MILE 4:18.71 20TH OF 35

### SPENCER JACKSON

**SALUKI FAST START** DEC 3  
 60M 7.18P 17TH OF 40  
 200M 23.84 20TH OF 27

### VINCENT JOHNSON

**SALUKI FAST START** DEC 3  
 LJ 22-03.50 9TH OF 22  
 TJ 45-09.75 5TH OF 17

**SALUKI OPEN** JAN 13-14  
 LJ 21-06.00 10TH OF 21

**GLADSTEIN INVITATIONAL** JAN 20-21  
 LJ 21-06.75 6TH OF 15

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 LJ 20-04.25 23RD OF 32  
 TJ 43-02.25 11TH OF 16

### DEAN JORDAN

**SALUKI OPEN** JAN 13-14  
 LJ 20-07.75 15TH OF 21  
 TJ 42-04.00 7TH OF 7

**GLADSTEIN INVITATIONAL** JAN 20-21  
 HEPTATHLON 3997 POINTS 8TH OF 13

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 60H 9.58P 23RD OF 23  
 LJ 20-05.00 22ND OF 32  
 400M 54.93 36TH OF 36

### KYLE KIRCHNER

**SALUKI OPEN** JAN 13-14  
 1 MILE 4:15.70 2ND OF 34

**GLADSTEIN INVITATIONAL** JAN 20-21  
 1 MILE 4:24.22 11TH OF 26

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 3000M 8:24.30 13TH OF 45

### J.C. LAMBERT

**SALUKI OPEN** JAN 13-14  
 SP 56-09.25 2ND OF 31  
 WT 74-04.25\* 1ST OF 27

**GLADSTEIN INVITATIONAL** JAN 20-21  
 SP 57-05.75 1ST OF 18  
 WT 68-03.75 1ST OF 23

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 SP 57-01.00 1ST OF 21  
 WT 69-09.50 1ST OF 23

### ALEX LIETZ

**SALUKI FAST START** DEC 3  
 PV 14-08.25 (4.48M) 3RD OF 6

**SALUKI OPEN** JAN 13-14  
 PV 14-05.25 (4.40M) 3RD OF 7

**GLADSTEIN INVITATIONAL** JAN 20-21  
 PV 13-08.25 (4.17M) 12TH OF 14

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 PV 14-06.00 10TH OF 14

### OSCAR MEDINA

**SALUKI FAST START** DEC 3  
 1 MILE 4:20.13 3RD OF 19

**SALUKI OPEN** JAN 13-14  
 1 MILE 4:25.00 8TH OF 34

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 3000M 8:38.26 21ST OF 45

### COLLIN OTTO

**SALUKI FAST START** DEC 3  
 WT 57-01.00 3RD OF 11

**SALUKI OPEN** JAN 13-14  
 SP 47-00.75 14TH OF 31

WT 59-03.50 7TH OF 27

**GLADSTEIN INVITATIONAL** JAN 20-21  
 SP 48-08.25 10TH OF 27  
 WT 58-08.50 3RD OF 23

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 SP 46-11.75 14TH OF 21  
 WT 60-01.25 2ND OF 23

### DOUGLAS PALACIOUS

**SALUKI FAST START** DEC 3  
 60M 7.01P 5TH OF 40  
 7.03F 9TH OF 10  
 TJ 47-08.00 3RD OF 17

**SALUKI OPEN** JAN 13-14  
 LJ 23-05.50 3RD OF 21  
 TJ 49-01.00 1ST OF 7

**GLADSTEIN INVITATIONAL** JAN 20-21  
 60M 7.23P 23RD OF 32

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 TJ 48-11.00 7TH OF 16

### ERIC REEVES

**SALUKI FAST START** DEC 3  
 60M 6.88P 1ST OF 40  
 6.86F 1ST OF 10  
 LJ 22-09.25 6TH OF 22

**SALUKI OPEN** JAN 13-14  
 60M 7.09 13TH OF 40  
 200M 23.00 15TH OF 48

**GLADSTEIN INVITATIONAL** JAN 20-21  
 60M 6.88P 6TH OF 32  
 7.03F 11TH OF 16  
 200M 22.62 9TH OF 9

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 60M 6.96P 8TH OF 33  
 6.92F 10TH OF 18  
 LJ 21-01.50 15TH OF 32

### BAILEE RICKETTS

**SALUKI OPEN** JAN 13-14  
 60M 7.82 33RD OF 40  
 LJ 21-05.25 11TH OF 21

**ROD McCRAVY INVITATIONAL** JAN 27-28  
 LJ 20-10.50 17TH OF 32

### BRADLEY SAUER

**SALUKI FAST START** DEC 3  
 SP 46-01.25 9TH OF 13  
 WT 59-11.00 2ND OF 11

**SALUKI OPEN** JAN 13-14  
 SP 47-11.25 11TH OF 31  
 WT 59-05.75 6TH OF 27

**GLADSTEIN INVITATIONAL** JAN 20-21

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## MEN'S PERFORMANCE LIST

SP 44-11.00 12TH OF 18  
 WT 59-03.50 2ND OF 23  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 SP 45-01.00 17TH OF 21  
 WT 55-11.00 7TH OF 23

### NICK SCHRADER

SALUKI OPEN JAN 13-14  
 3000M 9:00.18 12TH OF 28  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 3000M 8:42.90 27TH OF 45

### JASON SEAMAN

SALUKI FAST START DEC 3  
 SP 52-03.75 2ND OF 13  
 WT 56-11.25 4TH OF 11  
 SALUKI OPEN JAN 13-14  
 SP 50-07.25 6TH OF 31  
 WT 55-09.75 9TH OF 27  
 GLADSTEIN INVITATIONAL JAN 20-21  
 SP 50-05.25 6TH OF 18  
 WT 56-05.50 7TH OF 23

### GREG SEMANISIN

SALUKI FAST START DEC 3  
 SP 47-04.25 8TH OF 13  
 WT 51-10.50 7TH OF 11  
 SALUKI OPEN JAN 13-14  
 SP 47-03.00 13TH OF 31  
 WT 60-06.75 4TH OF 27  
 GLADSTEIN INVITATIONAL JAN 20-21  
 SP 47-03.50 11TH OF 18  
 WT 55-11.25 8TH OF 23  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 SP 46-07.25 15TH OF 21  
 WT 57-09.00 6TH OF 23

### QUINCY SHELTON

SALUKI FAST START DEC 3  
 400M 52.17 7TH OF 16  
 SALUKI OPEN JAN 13-14  
 400M 52.03 14TH OF 31  
 GLADSTEIN INVITATIONAL JAN 20-21  
 600M 1:24.05 7TH OF 10  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 400M 50.94 28TH OF 36

### RYAN SIDWELL

SALUKI FAST START DEC 3  
 60M 7.22P 20TH OF 40  
 HJ 6-04.00 7TH OF 11  
 PV 14-08.25 (4.48M) 3RD OF 6  
 SALUKI OPEN JAN 13-14

60H 9.05 15TH OF 24  
 HJ 6-02.00 8TH OF 10  
 PV 15-07.00 (4.75M) 1ST OF 7  
 LJ 20-10.00 13TH OF 21  
 SP 38-06.00 20TH OF 31

### GLADSTEIN INVITATIONAL JAN 20-21

HEPTATHLON 4904 POINTS 2ND OF 13

### ROD McCRAVY INVITATIONAL JAN 27-28

LJ 19-10.25 27TH OF 32  
 PV 14-06.00 (4.24M) 9TH OF 14  
 400M 50.62 27TH OF 36

### JAWON SMITH

SALUKI OPEN JAN 13-14  
 800M 1:57.98 1ST OF 27  
 GLADSTEIN INVITATIONAL JAN 20-21  
 600M 1:21.26 2ND OF 10  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 800M 1:54.79 11TH OF 38

### KYLE WALKER

SALUKI FAST START DEC 3  
 SP 41-06.50 12TH OF 13  
 SALUKI OPEN JAN 13-14  
 SP 42-02.25 17TH OF 31  
 WT 44-07.00 17TH OF 27  
 GLADSTEIN INVITATIONAL JAN 20-21  
 WT 48-01.75 14TH OF 23

### CURTIS WIDEMAN

SALUKI FAST START DEC 3  
 SP 52-06.00 1ST OF 13  
 WT 51-05.75 8TH OF 11  
 SALUKI OPEN JAN 13-14  
 WT 48-05.50 15TH OF 27  
 GLADSTEIN INVITATIONAL JAN 20-21  
 SP 44-08.75 13TH OF 18  
 WT 47-09.25 15TH OF 23  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 SP 46-04.25 16TH OF 21  
 WT 49-09.75 18TH OF 23

### DOMINIC WILLIAMS

SALUKI FAST START DEC 3  
 60M 7.07P 8TH OF 40  
 7.01F 7TH OF 10  
 200M 22.54 4TH OF 27  
 SALUKI OPEN JAN 13-14  
 60M 7.08P 11TH OF 40  
 7.04F 10TH OF 11  
 200M 22.58 7TH OF 48  
 GLADSTEIN INVITATIONAL JAN 20-21  
 60M 7.14 19TH OF 32

200M 22.61 3RD OF 17  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 60M 7.11P 17TH OF 33  
 7.14F 17TH OF 18  
 200M 22.47 12TH OF 25

### BRAD WRAGE

SALUKI OPEN JAN 13-14  
 3000M 8:50.92 6TH OF 28  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 3000M 9:00.81 40TH OF 45

### 4x400 RELAY

SALUKI FAST START DEC 3  
 3:23.11 SHELTON, GREEN  
 WILLIAMS, DELONEY 2ND OF 10  
 SALUKI OPEN JAN 13-14  
 3:25.18 GREEN, WILLIAMS  
 SHELTON, SMITH 3RD OF 9  
 GLADSTEIN INVITATIONAL JAN 20-21  
 3:21.12 BANKSTON, GREEN  
 ARVANIS, SMITH 5TH OF 14  
 ROD McCRAVY INVITATIONAL JAN 27-28  
 3:18.50 BANKSTON, ARVANIS,  
 GREEN, SMITH 5TH OF 14