

# Saint Louis Billikens

## 2007-08 Indoor Track and Field Performance List

### Women's 55-Meter Dash

*School Record – Tiffany Alexander, 7.88 (2/16/08-P)*

- |                      |                                |
|----------------------|--------------------------------|
| 1. Tiffany Alexander | 7.88 (2/16/08, A-10 Champs.-P) |
|----------------------|--------------------------------|

### Women's 55-Meter Hurdles

*School Record – Tiffany Alexander, 9.12 (2/16/08-P)*

- |                      |                                |
|----------------------|--------------------------------|
| 1. Tiffany Alexander | 9.12 (2/16/08, A-10 Champs.-P) |
|----------------------|--------------------------------|

### Women's 60-Meter Dash

*School Record – Tiffany Alexander, 8.42 (2/2/08)*

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|----------------------|-----------------------------------|
| 1. Tiffany Alexander | 8.42 (2/2/08 - UNI Invite)        |
| 2. Tiffany Alexander | 8.49 (12/8/07 - ISU Open)         |
| 3. Tiffany Alexander | 8.52 (1/25/08 - Gladstein Invite) |
| 4. Tiffany Alexander | 8.52 (2/9/08 - McDonald's Invite) |

### Women's 60-Meter Hurdles

*School Record – Tiffany Alexander, 9.52 (2/2/08)*

- |                      |                                   |
|----------------------|-----------------------------------|
| 1. Tiffany Alexander | 9.52 (2/2/08 - UNI Invite)        |
| 2. Tiffany Alexander | 9.54 (12/8/07 - ISU Open)         |
| 3. Tiffany Alexander | 9.76 (1/25/08 - Gladstein Invite) |
| 4. Tiffany Alexander | 9.77 (2/9/08 - McDonald's Invite) |

### Women's 200-Meter Dash

*School Record – Tiffany Alexander, 27.33 (2/9/08)*

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|----------------------|------------------------------------|
| 1. Tiffany Alexander | 27.33 (2/9/08 - McDonald's Invite) |
| 2. Tiffany Alexander | 27.81 (2/2/08 - UNI Invite)        |
| 3. Tiffany Alexander | 27.85 (1/26/08 - Gladstein Invite) |

### Women's 400-Meter Dash

*School Record – Maddie O'Quinn, 59.07 (2/9/08)*

- |                      |                                      |
|----------------------|--------------------------------------|
| 1. Maddie O'Quinn    | 59.07 (2/9/08 - McDonald's Invite)   |
| 2. Maddie O'Quinn    | 1:00.44 (12/8/07 - ISU Open)         |
| 3. Maddie O'Quinn    | 1:00.73 (1/25/08 - Gladstein Invite) |
| 4. Maddie O'Quinn    | 1:01.02 (1/19/08 - EIU Mega Meet)    |
| 5. Roxanne Rodenborn | 1:06.69 (1/19/08 - EIU Mega Meet)    |
| 6. Roxanne Rodenborn | 1:07.13 (1/25/08 - Gladstein Invite) |

### Women's 500-Meter Run

*School Record – Maddie O'Quinn, 1:17.02 (2/16/08)*

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|-------------------|----------------------------------|
| 1. Maddie O'Quinn | 1:17.02 (2/16/08 - A-10 Champs.) |
|-------------------|----------------------------------|

### Women's 600-Meter Run

*School Record – Maddie O'Quinn, 1:37.68 (2/2/08)*

- |                   |                               |
|-------------------|-------------------------------|
| 1. Maddie O'Quinn | 1:37.68 (2/2/08 - UNI Invite) |
|-------------------|-------------------------------|

### Women's 800-Meter Run

*School Record – Brigette Schutzman, 2:18.10 (1/27/07)*

- |                |                                      |
|----------------|--------------------------------------|
| 1. Sara Fraley | 2:19.48 (2/2/08 - UNI Invite)        |
| 2. Sara Fraley | 2:21.07 (1/26/08 - Gladstein Invite) |
| 3. Sara Fraley | 2:21.73 (2/16/08 - A-10 Champs.)     |
| 4. Sara Fraley | 2:23.85 (12/8/07 - ISU Open)         |

- |                       |                                      |
|-----------------------|--------------------------------------|
| 5. Sara Fraley        | 2:25.21 (1/19/08 - EIU Mega Meet)    |
| 6. Carey Llufrio      | 2:27.27 (2/9/08 - McDonald's Invite) |
| 7. Roxanne Rodenborn  | 2:27.71 (2/9/08 - McDonald's Invite) |
| 8. Carey Llufrio      | 2:27.79 (2/2/08 - UNI Invite)        |
| 9. Roxanne Rodenborn  | 2:28.30 (1/19/08 - EIU Mega Meet)    |
| 10. Roxanne Rodenborn | 2:29.17 (2/2/08 - UNI Invite)        |
| 11. Sandy Inman       | 2:30.29 (2/9/08 - McDonald's Invite) |
| 12. Sandy Inman       | 2:29.94 (1/26/08 - Gladstein Invite) |
| 13. Carey Llufrio     | 2:31.91 (12/8/07 - ISU Open)         |
| 14. Carey Llufrio     | 2:22.40 (1/26/08 - Gladstein Invite) |

### Women's 1,000-Meter Run

*School Record – Lauren Verzal, 3:03.94 (2/16/08)*

- |                  |                                   |
|------------------|-----------------------------------|
| 1. Lauren Verzal | 3:03.94 (2/16/08 - A-10 Champs.)  |
| 2. Lauren Verzal | 3:05.80 (2/2/08 - UNI Invite)     |
| 3. Lauren Verzal | 3:09.87 (1/19/08 - EIU Mega Meet) |

### Women's One-Mile Run

*School Record – Laura Coyer, 5:02.25 (2/16/08)*

- |                   |                                      |
|-------------------|--------------------------------------|
| 1. Laura Coyer    | 5:02.25 (2/16/08 - A-10 Champs.)     |
| 2. Laura Coyer    | 5:04.64 (2/9/08 - McDonald's Invite) |
| 3. Laura Coyer    | 5:07.41 (2/2/08 - UNI Invite)        |
| 4. Laura Coyer    | 5:13.88 (1/19/08 - EIU Mega Meet)    |
| 5. Lauren Verzal  | 5:19.00 (2/9/08 - McDonald's Invite) |
| 6. Laura Coyer    | 5:19.78 (12/8/07 - ISU Open)         |
| 7. Lauren Verzal  | 5:27.08 (12/8/07 - ISU Open)         |
| 8. Sandy Inman    | 5:38.74 (1/25/08 - Gladstein Invite) |
| 9. Sandy Inman    | 5:39.24 (2/2/08 - UNI Invite)        |
| 10. Carey Llufrio | 5:39.53 (1/25/08 - Gladstein Invite) |
| 11. Sandy Inman   | 5:50.43 (1/19/08 - EIU Mega Meet)    |
| 12. Carey Llufrio | 5:50.94 (1/19/08 - EIU Mega Meet)    |
| 13. Sandy Inman   | 5:51.48 (12/8/07 - ISU Open)         |

### Women's 3,000-Meter Run

*School Record – Mary Moloney, 10:25.82 (1/27/07)*

- |                       |                                       |
|-----------------------|---------------------------------------|
| 1. Laura Hamilton     | 10:29.73 (2/16/08 - A-10 Champs.)     |
| 2. Laura Hamilton     | 10:41.32 (2/9/08 - McDonald's Invite) |
| 3. Laura Hamilton     | 10:41.84 (2/2/08 - UNI Invite)        |
| 4. Molly Burke        | 10:51.42 (1/25/08 - Gladstein Invite) |
| 5. Molly Burke        | 10:52.80 (2/9/08 - McDonald's Invite) |
| 6. Laura Hamilton     | 10:56.60 (1/25/08 - Gladstein Invite) |
| 7. Ashley Crannage    | 11:05.40 (2/2/08 - UNI Invite)        |
| 8. Amanda Labuz       | 11:10.64 (2/9/08 - McDonald's Invite) |
| 9. Amanda Labuz       | 11:16.76 (2/2/08 - UNI Invite)        |
| 10. Ashley Crannage   | 11:18.50 (2/9/08 - McDonald's Invite) |
| 11. Katelyn Rocheleau | 11:28.12 (2/9/08 - McDonald's Invite) |
| 12. Amanda Labuz      | 11:30.18 (1/25/08 - Gladstein Invite) |
| 13. Katelyn Rocheleau | 11:34.07 (2/2/08 - UNI Invite)        |
| 14. Katelyn Rocheleau | 11:43.84 (1/25/08 - Gladstein Invite) |
| 15. Katelyn Rocheleau | 11:50.84 (1/19/08 - EIU Mega Meet)    |
| 16. Ashley Soltwisch  | 12:02.75 (1/19/08 - EIU Mega Meet)    |

## **Women's 5,000-Meter Run**

*School Record – Mary Moloney, 18:04.45 (2/17/07)*

- |    |                 |          |                              |
|----|-----------------|----------|------------------------------|
| 1. | Ashley Crannage | 19:23.88 | (1/19/08 - EIU Mega Meet)    |
| 2. | Ashley Crannage | 19:28.29 | (1/25/08 - Gladstein Invite) |
| 3. | Amanda Labuz    | 21:03.52 | (1/19/08 - EIU Mega Meet)    |

## **Women's High Jump**

*School Record –*

## **Women's Long Jump**

*School Record –*

## **Women's Triple Jump**

*School Record – Kristin Beckham, 34-8.25 (2/8/08)*

- |    |                 |         |                              |
|----|-----------------|---------|------------------------------|
| 1. | Kristin Beckham | 34-8.25 | (2/8/08 - McDonald's Invite) |
|----|-----------------|---------|------------------------------|

## **Women's Pole Vault**

*School Record – Christine Saxer, 9-06.25 (2/8/08)*

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|----|-----------------|---------|------------------------------|
| 1. | Christine Saxer | 9-06.25 | (2/8/08 - McDonald's Invite) |
| 2. | Christine Saxer | 9-04.25 | (2/2/08 - UNI Invite)        |
| 3. | Christine Saxer | 9-04.25 | (2/16/08 - A-10 Champs.)     |
| 4. | Christine Saxer | 8-6.25  | (1/19/08 - EIU Mega Meet)    |

## **Women's Shot Put**

*School Record –*

## **Women's Weight Throw**

*School Record –*

## **Women's 4x400-Meter Relay**

*School Record – 4:09.18 (2/9/08)*

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|----|-------|---------|------------------------------|
| 1. | SLU A | 4:09.18 | (2/9/08 - McDonald's Invite) |
| 2. | SLU A | 4:16.34 | (2/2/08 - UNI Invite)        |
| 3. | SLU A | 4:16.64 | (1/19/08 - EIU Mega Meet)    |
| 4. | SLU A | 4:18.90 | (12/8/07 - ISU Open)         |
| 5. | SLU B | 4:23.71 | (12/8/07 - ISU Open)         |

## **Women's 4x800-Meter Relay**

*School Record – 9:50.20 (2/16/08)*

- |    |       |          |                           |
|----|-------|----------|---------------------------|
| 1. | SLU A | 9:50.20  | (2/16/08 - A-10 Champs.)  |
| 2. | SLU A | 10:04.25 | (1/19/08 - EIU Mega Meet) |

## **Women's Distance Medley Relay**

*School Record – 12:08.05 (2/16/08)*

- |    |       |          |                              |
|----|-------|----------|------------------------------|
| 1. | SLU A | 12:08.05 | (2/16/08 - A-10 Champs.)     |
| 2. | SLU A | 12:29.46 | (1/26/08 - Gladstein Invite) |

## Men's 55-Meter Dash

*School Record – David Whelan, 6.58 (2/16/08-P)*

1. David Whelan	6.58 (2/16/08 - A-10 Champs.-P)
2. David Whelan	6.63 (2/16/08 - A-10 Champs.)

## Men's 55-Meter Hurdles

*School Record –*

## Men's 60-Meter Dash

*School Record – David Whelan, 7.15 (2/9/08)*

1. David Whelan	7.15 (2/9/08 - McDonald's Invite)
2. David Whelan	7.24 (2/9/08 - McDonald's Invite-P)
3. David Whelan	7.24 (2/2/08 - UNI Invite)
4. David Whelan	7.24 (1/25/08 - Gladstein Invite)
5. Matt Alexander	7.27 (1/25/08 - Gladstein Invite)
6. Dan Quinlan	7.45 (2/2/08 - UNI Invite)
7. Damon Smith	7.54 (12/8/07 - ISU Open)
8. Dan Quinlan	7.51 (1/25/08 - Gladstein Invite)
9. Brian Poludniak	7.59 (12/8/07 - ISU Open)
10. Brian Poludniak	7.62 (1/25/08 - Gladstein Invite)
11. Brian Poludniak	7.63 (2/2/08 - UNI Invite)
12. Brian Poludniak	7.72 (2/9/08 - McDonald's Invite)
13. Omari Holt	7.79 (2/9/08 - McDonald's Invite)
14. Matt Janda	7.85 (2/9/08 - McDonald's Invite)
15. Matt Janda	7.94 (1/25/08 - Gladstein Invite)
16. Mark Hewitt	7.97 (2/9/08 - McDonald's Invite)
17. Gavin Robey	8.00 (2/9/08 - McDonald's Invite)
18. Gavin Robey	8.03 (12/8/07 - ISU Open)
19. Gavin Robey	8.10 (1/25/08 - Gladstein Invite)
20. Gavin Robey	8.17 (1/19/08 - EIU Mega Meet)

## Men's 60-Meter Hurdles

*School Record – Mark Hewitt, 9.50 (2/9/08)*

1. Mark Hewitt	9.50 (2/9/08 - McDonald's Invite)
2. Mark Hewitt	9.68 (2/9/08 - McDonald's Invite-P)
3. Mark Hewitt	9.73 (2/9/08 - McDonald's Invite)
4. Mark Hewitt	9.85 (1/26/08 - Gladstein Invite)
5. Gavin Robey	9.89 (1/19/08 - EIU Mega Meet)
6. Mark Hewitt	9.90 (2/9/08 - McDonald's Invite-P)
7. Gavin Robey	10.03 (12/8/07 - ISU Open)
8. Mark Hewitt	10.05 (2/2/08 - UNI Invite)
9. Mark Hewitt	10.12 (12/8/07 - ISU Open)
10. Mark Hewitt	10.16 (1/25/08 - Gladstein Invite)
11. Gavin Robey	10.86 (1/25/08 - Gladstein Invite)

## Men's 200-Meter Dash

*School Record – Matt Alexander, 22.65 (1/26/08)*

1. Matt Alexander	22.65 (1/26/08 - Gladstein Invite)
2. David Whelan	23.35 (2/2/08 - UNI Invite)
3. David Whelan	23.92 (1/26/08 - Gladstein Invite)
4. Dan Quinlan	24.37 (1/26/08 - Gladstein Invite)
5. Brian Poludniak	24.51 (2/2/08 - UNI Invite)
6. Dan Quinlan	24.74 (2/2/08 - UNI Invite)
7. Brian Poludniak	24.77 (2/9/08 - McDonald's Invite)
8. Dan Quinlan	24.85 (1/19/08 - EIU Mega Meet)
9. Mat Janda	25.74 (2/2/08 - UNI Invite)
10. Omari Holt	26.06 (2/9/08 - McDonald's Invite)
11. Gavin Robey	26.12 (2/9/08 - McDonald's Invite)

## Men's 400-Meter Dash

*School Record – Matt Alexander, 49.66 (2/16/08)*

1. Matt Alexander	49.66 (2/16/08 - A-10 Champs.)
2. Matt Alexander	50.41 (2/2/08 - UNI Invite)
3. Matt Alexander	50.50 (2/9/08 - McDonald's Invite)
4. Matt Alexander	50.61 (12/8/07 - ISU Open)
5. Matt Alexander	50.73 (1/25/08 - Gladstein Invite)
6. Matt Alexander	50.88 (1/19/08 - EIU Mega Meet)
7. Austin Critchlow	51.28 (2/9/08 - McDonald's Invite)
8. Austin Critchlow	51.58 (12/8/07 - ISU Open)
9. Austin Critchlow	52.33 (1/25/08 - Gladstein Invite)
10. David Whelan	52.45 (1/25/08 - Gladstein Invite)
11. David Whelan	52.53 (2/9/08 - McDonald's Invite)
12. Austin Critchlow	53.04 (1/19/08 - EIU Mega Meet)
13. Mark Hewitt	55.41 (1/25/08 - Gladstein Invite)
14. Mat Janda	55.52 (12/8/07 - ISU Open)
15. Mat Janda	56.06 (2/2/08 - UNI Invite)
16. Omari Holt	56.51 (1/19/08 - EIU Mega Meet)
17. Omari Holt	57.65 (1/25/08 - Gladstein Invite)
18. Omari Holt	1:00.89 (12/8/07 - ISU Open)

## Men's 500-Meter Run

*School Record – Austin Critchlow, 1:05.35 (2/16/08)*

1. Austin Critchlow	1:05.35 (2/16/08 - A-10 Champs.)
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## Men's 600-Meter Run

*School Record – Austin Critchlow, 1:23.60 (2/2/08)*

1. Austin Critchlow	1:23.60 (2/2/08 - UNI Invite)
2. Austin Critchlow	1:25.00 (1/26/08 - Gladstein Invite)

## Men's 800-Meter Run

*School Record – Kyle Ross, 1:59.96 (2/16/08)*

1. Kyle Ross	1:59.96 (2/16/08 - A-10 Champs.)
2. Kyle Ross	2:00.06 (2/9/08 - McDonald's Invite)
3. Kyle Ross	2:01.38 (1/19/08 - EIU Mega Meet)
4. Kyle Ross	2:01.55 (2/2/08 - UNI Invite)
5. Kyle Ross	2:02.22 (12/8/07 - EIU Mega Meet)
6. Matt Washburn	2:07.95 (1/26/08 - Gladstein Invite)
7. Kyle Ross	2:08.77 (1/26/08 - Gladstein Invite)

## Men's 1,000-Meter Run

*School Record – Lucas Roethlisberger, 2:42.17 (1/20/07)*

1. Brian Holdmeyer	2:45.10 (1/19/08 - EIU Mega Meet)
2. John Woodman	2:46.09 (2/2/08 - UNI Invite)
3. Greg Orf	2:48.41 (1/19/08 - EIU Mega Meet)
4. Matt Washburn	2:52.86 (2/2/08 - UNI Invite)

## Men's One-Mile Run

*School Record – Brian Holdmeyer, 4:24.75 (2/16/08)*

1. Brian Holdmeyer	4:24.75 (2/16/08 - A-10 Champs.)
2. Brian Holdmeyer	4:27.66 (2/9/08 - McDonald's Invite)
3. Brian Holdmeyer	4:31.63 (1/19/08 - EIU Mega Meet)
4. Brian Holdmeyer	4:39.21 (1/25/08 - Gladstein Invite)
5. John Woodman	4:40.25 (2/2/08 - UNI Invite)
6. John Woodman	4:40.32 (2/9/08 - McDonald's Invite)
7. Brian Holdmeyer	4:42.55 (12/8/07 - ISU Open)
8. John Woodman	4:42.83 (1/25/08 - Gladstein Invite)
9. Matt Washburn	4:44.71 (2/9/08 - McDonald's Invite)

10. John Woodman	4:44.99 (1/19/08 - EIU Mega Meet)
11. John Woodman	4:48.91 (12/8/07 - ISU Open)
12. Matt Washburn	4:51.82 (2/2/08 - UNI Invite)

### Men's 3,000-Meter Run

*School Record – Steve Vargas, 8:49.95 (12/8/07)*

1. Steve Vargas	8:49.95 (12/8/07 - ISU Open)
2. Scott Vicker	9:04.05 (2/16/08 - A-10 Champs.)
3. Brian Holdmeyer	9:09.30 (2/2/08 - UNI Invite)
4. Scott Vicker	9:10.05 (2/9/08 - McDonald's Invite)
5. Neal Rodrigues	9:15.68 (2/9/08 - McDonald's Invite)
6. Scott Vicker	9:18.61 (2/2/08 - UNI Invite)
7. Brian Hayes	9:20.39 (2/9/08 - McDonald's Invite)
8. Scott Vicker	9:20.78 (1/19/08 - EIU Mega Meet)
9. Nick Cowing	9:22.89 (2/9/08 - McDonald's Invite)
10. Neal Rodrigues	9:23.65 (12/8/07 - ISU Open)
11. Tim Hamilton	9:24.31 (12/8/07 - ISU Open)
12. Tim Hamilton	9:24.69 (1/19/08 - EIU Mega Meet)
13. Neil Rodrigues	9:26.68 (2/2/08 - UNI Invite)
14. Nick Cowing	9:27.66 (1/25/08 - Gladstein Invite)
15. Greg Orf	9:27.89 (2/9/08 - McDonald's Invite)
16. Nick Cowing	9:28.94 (2/2/08 - UNI Invite)
17. Greg Orf	9:30.00 (2/2/08 - UNI Invite)
18. Brian Hayes	9:37.30 (2/2/08 - UNI Invite)
19. Neal Rodrigues	9:37.46 (2/2/08 - UNI Invite)
20. Scott Vicker	9:38.94 (12/8/07 - ISU Open)
21. Brian Hayes	9:39.58 (12/8/07 - ISU Open)

### Men's 5,000-Meter Run

*School Record – Paul Lemon, 15:55.40 (1/20/07)*

1. Steve Vargas	16:00.72 (1/19/08 - EIU Mega Meet)
2. Neal Rodrigues	16:41.82 (1/19/08 - EIU Mega Meet)

### Men's High Jump

*School Record – Mark Hewitt, 6-00.50 (2/16/08)*

1. Mark Hewitt	6-00.50 (2/16/08 - A-10 Champs.)
2. Mark Hewitt	5-11.25 (2/8/08 - McDonald's Invite)

### Men's Long Jump

*School Record –*

### Men's Triple Jump

*School Record – David Whelan, 42-08.25 (2/16/08)*

1. David Whelan	42-08.25 (2/16/08 - A-10 Champs.)
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### Men's Pole Vault

*School Record –*

### Men's Shot Put

*School Record – Justin Kwasa, 40-6.25 (1/19/08)*

1. Justin Kwasa	40-6.25 (1/19/08 - EIU Mega Meet)
2. Justin Kwasa	40-0.50 (12/8/07 - ISU Open)
3. Justin Kwasa	39-09.75 (2/16/08 - A-10 Champs)
4. Justin Kwasa	38-4.25 (2/8/08 - McDonald's Invite)
5. Mark Hewitt	29-2.50 (12/8/07 - ISU Open)

### Men's Weight Throw

*School Record – Justin Kwasa, 41-07.25 (2/16/07)*

1. Justin Kwasa, 41-07.25 (2/16/08 - A-10 Champs.)
2. Justin Kwasa, 36-6.75 (2/2/08 - UNI Invite)
3. Justin Kwasa, 34-4.75 (2/8/08 - McDonald's Invite)

### Men's 4x400-Meter Relay

*School Record – 3:27.10 (2/17/07)*

1. SLU A	3:28.21 (2/9/08 - McDonald's Invite)
2. SLU A	3:28.95 (2/16/08 - A-10 Champs.)
3. SLU A	3:38.42 (2/2/08 - UNI Invite)
4. SLU A	3:32.62 (12/8/07 - ISU Open)
5. SLU B	3:43.29 (2/2/08 - UNI Invite)
6. SLU B	3:46.77 (12/8/07 - ISU Open)

### Men's 4x800-Meter Relay

*School Record – 9:50.94 (2/17/07)*

1. SLU A	10:04.25 (1/19/08 - EIU Mega Meet)
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### Men's Distance Medley Relay

*School Record – 12:25.98 (2/17/07)*