

# Pittsburg State University

## 2010 Women's Indoor Track and Field Individual Performances

**MEGAN BALLOCK**  
**Meet** Senior Eudora, Kan./Eudora High School  
**Personal Best** 600y 800m Mile Event  
**1:33.99, 2010** **2:19.01, 2008** **5:14.12, 2008**  
 Jan. 22-23, MSSU Invite 2:33.62 (5)  
 Jan. 29-30, MSSU Invite 2:34.75 (17)  
 Feb. 12, Pitt State Invite 1:40.00 (7)  
 Feb. 19, UCM Classic 1:36.83 (8)  
 Feb. 27-28, MIAA Champs 1:33.99 pre.

**JENNIFER BUTLER**  
**Meet** Junior Bennington, Kan./Butler Community College  
**Personal Best** Mile 3000m 5000m Event  
**5:20.09, 2010** **10:23.54, 2010** **18:17.41, 2010**  
 Jan. 22-23, MSSU Invite 10:28.82 (2)  
 Feb. 5-6, Husker Invite 18:17.41 (11)  
 Feb. 19, UCM Classic 5:20.09 (3)  
 Feb. 27-28, MIAA Champs 10:23.54 (10) 18:29.06 (6)

**AMANDA CALLAWAY**  
**Meet** Freshman Belle Plaine, Kan./Belle Plaine High School  
**Personal Best** 800m Mile Event Event  
**2:21.56, 2010** **5:15.98, 2010**  
 Jan. 22-23, MSSU Invite 5:33.34 (13)  
 Jan. 29-30, MSSU Invite 2:23.66 (3)  
 Feb. 19, UCM Classic 5:15.98 (1)  
 Feb. 27-28, MIAA Champs 2:21.56 pre. / 2:24.84 (7)

**GRETCHEN CLARK**  
**Meet** Junior Cozad, Neb./Doane College  
**Personal Best** High Jump Event Event Event  
**5-6.5, 2010**  
 Feb. 12, Pitt State Invite 5-6.5 (1) #  
 Feb. 19, UCM Classic 5-3 (6)  
 Feb. 27-28, MIAA Champs 5-5.75 (5) #  
 Mar. 12-13, NCAA Champs 5-6 (8) !

**HILARY DICKEY**  
**Meet** Freshman Pittsburg, Kan./St. Mary's Colgan High School  
**Personal Best** 600y Event Event Event  
**1:31.09, 2010**  
 Jan. 22-23, MSSU Invite 1:32.95 (1)  
 Feb. 19, UCM Classic 1:31.09 (3)  
 Feb. 27-28, MIAA Champs 1:32.11 pre.

**TARA FALKNER**  
**Meet** Sophomore Gardner, Kan./Gardner-Edgerton High School  
**Personal Best** Pole Vault Event Event Event  
**10-0, 2010**  
 Jan. 22-23, MSSU Invite 9-00.25 (6)  
 Jan. 29, 30, MSSU Invite 10-0 (4)  
 Feb. 5, UCM Mule Relays 9-8 (9)  
 Feb. 12, Pitt State Invite 8-10.25 (11)  
 Feb. 19, UCM Classic 9-10 (7)  
 Feb. 27-28, MIAA Champs 9-4.25 (8)

**LESLI GILBERT**  
**Meet** Junior McPherson, Kan./McPherson High School  
**Personal Best** Shot Put Weight Throw Event Event  
**44-0.5, 2010** **47-8.5, 2009**  
 Jan. 22-23, MSSU Invite 44-8.25 (12)  
 Jan. 29-30, MSSU Invite 45-0.5 (7)  
 Feb. 5, UCM Mule Relays 44-2.5 (9)  
 Feb. 12, Pitt State Invite 47-4.5 (7)  
 Feb. 19, UCM Classic 45-5 (8)  
 Feb. 27-28, MIAA Champs 44-0.5 (5) 47-3 (10)

<b>BRITTNEY GRAFF</b> <b>Meet</b> <i>Personal Best</i> Feb. 5-6, Husker Invite Feb. 19, UCM Classic Feb. 27-28, MIAA Champs	<b>Junior Mile</b> <b>5:15.54, 2008</b>  5:19.09 (2)	<b>Eudora, Kan./Eudora High School</b> <b>3000m</b> <b>5000m</b> <b>10:28.68, 2010</b> <b>18:08.00, 2009</b> 10:29.99 (11)  10:28.68 (11)	<b>Event</b>
<b>CARISSA HUGHES</b> <b>Meet</b> <i>Personal Best</i> Jan. 22-23, MSSU Invite Feb. 12, Pitt State Invite Feb. 19, UCM Classic Feb. 27-28, MIAA Champs	<b>Senior Pole Vault</b> <b>10-10, 2010</b> 10-0 (4) 9-10 (7) 10-4 (5) 10-10 (2)	<b>Wellsville, Kan./Wellsville High School</b> <b>Event</b> <b>Event</b>	<b>Event</b>
<b>LAUREN KARLEY</b> <b>Meet</b> <i>Personal Best</i> Jan. 22-23, MSSU Invite Jan. 29-30, MSSU Invite Feb. 5, UCM Mule Relays Feb. 12, Pitt State Invite Feb. 19, UCM Classic Feb. 27-28, MIAA Champs	<b>Sophomore 400m</b> <b>1:02.72, 2009</b> 1:04.76 (5) 1:03.63 (13) 1:03.95 (12) 1:05.69 (6) 1:03.48 (8) 1:03.49 pre.	<b>Shawnee Mission, Kan./Shawnee Mission Northwest High School</b> <b>Event</b> <b>Event</b>	<b>Event</b>
<b>CAITLIN LASKOWSKI</b> <b>Meet</b> <i>Personal Best</i> Jan. 22-23, MSSU Invite Jan. 29-30, MSSU Feb. 5-6, Husker Invite Feb. 19, UCM Classic Feb. 27-28, MIAA Champs	<b>Junior Mile</b> <b>5:12.90, 2010</b>  5:18.14 (7) 5:15.02 (9) 5:26.06 (7) 5:12.90 (5)	<b>Blue Springs, Mo./Blue Springs High School</b> <b>3000m</b> <b>Event</b> <b>10:50.32, 2009</b> 10:58.54 (5)	<b>Event</b>
<b>EMMY LEHMAN</b> <b>Meet</b> <i>Personal Best</i> Jan. 22-23, MSSU Invite Jan. 29, 30, MSSU Invite Feb. 5, UCM Mule Relays Feb. 12, Pitt State Invite Feb. 19, UCM Classic Feb. 27-28, MIAA Champs	<b>Freshman Pole Vault</b> <b>11-3.75, 2010</b> 9-6.25 (5) 10-6 (3) 10-8 (2) 10-4 (5) 10-10 (2) 11-3.75 (4)	<b>Gardner, Kan./Gardner-Edgerton High School</b> <b>Event</b> <b>Event</b>	<b>Event</b>
<b>JOSIE McCracken</b> <b>Meet</b> <i>Personal Best</i> Jan. 29-30, MSSU Invite Feb. 5, UCM Mule Relays Feb. 19, UCM Classic Feb. 27-28, MIAA Champs	<b>Sophomore 55m</b> <b>7.79, 2009</b>	<b>Steffenville, Mo./Highland High School</b> <b>60m</b> <b>200m</b> <b>8.03, 2010</b> <b>26.89, 2010</b> 8.12 pre. 8.22 pre.                              27.16 pre. 8.21 pre.                              27.06 (5) 8.03 pre.                              26.89 pre	<b>Event</b>
<b>JENNA MELLEN</b> <b>Meet</b> <i>Personal Best</i> Jan. 22-23, MSSU Invite Jan. 29-30, MSSU Invite Feb. 5-6, Husker Invite Feb. 19, UCM Classic Feb. 27-28 MIAA Champs	<b>Junior 800m</b> <b>2:20.06, 2008</b>	<b>Clearwater, Kan./Clearwater High School</b> <b>Mile</b> <b>3,000m</b> <b>5:19.56, 2010</b> <b>10:56.35, 2010</b> 5:23.62 (6)  10:56.35 (5)  5:19.56 (14) 5:22.21 (5) 5:21.24 (9)	<b>Event</b>

<b>EMILY MIDDLETON</b>	<b>Senior</b>	<b>Iola, Kan./Iola High School</b>		
<b>Meet</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Event</b>	<b>Event</b>
<b>Personal Best</b>	<b>5-7.25, 2007</b>	<b>35-9.5, 2010</b>		
Jan. 22-23, MSSU Invite	4-11.75 (4)			
Jan. 29-30, MSSU Invite	5-2.25 (7)	34-5.75 (7)		
Feb. 5, UCM Mule Relays	5-3 (6)	35-7.25 (6)		
Feb. 12, Pitt State Invite	5-3.75 (3)	35-8.75 (5)		
Feb. 19, UCM Classic	5-3 (5)	35-9.25 (3)		
Feb. 27-28, MIAA Champs	5-5.75 (4) #	35-9.5 (13)		
<b>MICHELLE MITCHELL</b>	<b>Junior</b>	<b>Garden Plain, Kan./Garden Plain High School</b>		
<b>Meet</b>	<b>Pole Vault</b>	<b>Event</b>	<b>Event</b>	<b>Event</b>
<b>Personal Best</b>	<b>12-2, 2010</b>			
Jan. 22-23, MSSU Invite	11-5.75 (2) #			
Jan. 29-30, MSSU Invite	11-11.75 (2) #			
Feb. 5-6, Husker Invite	11-11.75 (8) #			
Feb. 12, Pitt State Invite	11-9.75 (1) #			
Feb. 19, UCM Classic	12-0 (1)			
Feb. 27-28, MIAA Champs	12-1.5 (3) #			
Mar. 12-13, NCAA Champs	12-2 (9)			
<b>ROSALYN NELSON</b>	<b>Junior</b>	<b>Fort Scott, Kan./Fort Scott High School</b>		
<b>Meet</b>	<b>55m</b>	<b>60m</b>	<b>Event</b>	<b>Event</b>
<b>Personal Best</b>	<b>7.10, 2010</b>	<b>7.50, 2010</b>		
Jan. 22-23, MSSU Invite		7.69 pre. / 7.64 (2) # %		
Jan. 29-30, MSSU Invite		7.67 pre. / 7.61 (1) # %		
Feb. 5-6, Husker Invite		7.58 pre. / 7.55 (2) # %		
Feb. 12, Pitt State Invite	7.14 pre. / 7.10 (1) %			
Feb. 19, UCM Classic		7.59 pre. / 7.68 (1) #		
Feb. 27-28, MIAA Champs		7.54 pre. / 7.58 (1) # %		
Mar. 12-13, NCAA Champs		7.53 pre. / 7.50 (5) % !		
<b>JALEXIS PETERSON</b>	<b>Freshman</b>	<b>Kansas City, Mo./Lincoln College Prep</b>		
<b>Meet</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>55mH</b>	<b>60mH</b>
<b>Personal Best</b>	<b>16-11.5, 2010</b>	<b>37-8.75, 2010</b>	<b>9.99, 2010</b>	<b>9.51, 2010</b>
Jan. 22-23, MSSU Invite	16-8.5 (4)	37-8.75 (1) #		
Jan. 29-30, MSSU Invite	16-3.75 (10)	36-4.25 (3)		
Feb. 5-6, Husker Invite		37-4 (9) #		
Feb. 12, Pitt State Invite	16-11.5 (3)	36-11.75 (2)	9.99 pre.	
Feb. 19, UCM Classic	16-0.25 (13)	37-8.75 (1) #		9.51 pre.
Feb. 27-28, MIAA Champs		36-5.5 (11)		
<b>MARISSA QUILLIN</b>	<b>Freshman (RS)</b>	<b>Wichita, Kan./Wichita Southeast High School</b>		
<b>Meet</b>	<b>800m</b>	<b>Mile</b>	<b>Event</b>	<b>Event</b>
<b>Personal Best</b>	<b>2:31.24, 2010</b>	<b>5:19.92, 2010</b>		
Jan. 22-23, MSSU Invite		5:30.87 (10)		
Feb. 5, UCM Mule Relays		5:27.17 (7)		
Feb. 12, Pitt State Invite	2:31.24 (1)			
Feb. 19, UCM Classic		5:28.61 (8)		
Feb. 27-28, MIAA Champs		5:19.92 (8)		
<b>LARISSA RICHARDS</b>	<b>Sophomore</b>	<b>Great Bend, Kan./Great Bend High School</b>		
<b>Meet</b>	<b>Shot Put</b>	<b>Event</b>	<b>Event</b>	<b>Event</b>
<b>Personal Best</b>	<b>42-11, 2010</b>			
Feb. 12, Pitt State Invite	42-11 (3)			
<b>HEIDI SMITH</b>	<b>Sophomore</b>	<b>Elkhart, Kan./Elkhart High School</b>		
<b>Meet</b>	<b>Shot Put</b>	<b>Weight Throw</b>	<b>Event</b>	<b>Event</b>
<b>Personal Best</b>	<b>48-4.5, 2010</b>	<b>51-8.5, 2010</b>		
Jan. 22-23, MSSU Invite	42-5.5 (3)	46-4.75 (8)		
Jan. 29-30, MSSU Invite	46-11 \$	50-2.5 (5)		
Feb. 5-6, Husker Invite	43-1.75 (18)			
Feb. 12, Pitt State Invite	44-2 (1)	50-2.5 (6)		
Feb. 19, UCM Classic	44-9 (2)	49-7 (4)		
Feb. 27-28, MIAA Champs	46-9 (3) #	51-8.5 (5)		
Mar. 12-13, NCAA Champs	48-4.5 (6) % !			

<b>WHITNEY SOUTHARD</b>	<b>Freshman</b>	<b>Girard, Kan./Girard High School</b>	
<b>Meet</b>	<b>55m</b>	<b>60m</b>	<b>200m</b> <b>Event</b>
<b>Personal Best</b>	<b>7.76, 2010</b>	<b>8.21, 2010</b>	<b>27.83, 2010</b>
Jan. 22-23, MSSU Invite		8.38 pre.	
Jan. 29-30, MSSU Invite		8.31 pre.	
Feb. 5, UCM Mule Relays		8.40 pre.	27.83 pre.
Feb. 12, Pitt State Invite	7.76 pre.		
Feb. 27-28, MIAA Champs		8.21 pre.	

<b>MEGAN STAHL</b>	<b>Sophomore</b>	<b>Newton, Kan./Newton High School</b>	
<b>Meet</b>	<b>400m</b>	<b>600y</b>	<b>Event</b> <b>Event</b>
<b>Personal Best</b>	<b>1:03.59, 2010</b>	<b>1:32.55, 2010</b>	
Jan. 22-23, MSSU Invite		1:37.83 (6)	
Jan. 29-30, MSSU Invite		1:34.34 (12)	
Feb. 5, UCM Mule Relays		1:33.79 (8)	
Feb. 12, Pitt State Invite	1:03.59 (2)		
Feb. 19, UCM Classic		1:32.55 (4)	
Feb. 27-28, MIAA Champs		1:33.67 pre.	

<b>MARYJO SWANN</b>	<b>Junior</b>	<b>Bellevue, Kan./St. Marys High School</b>	
<b>Meet</b>	<b>55m</b>	<b>60m</b>	<b>200m</b> <b>Event</b>
<b>Personal Best</b>	<b>7.52, 2009</b>	<b>7.98, 2008</b>	<b>26.25, 2009</b>
Jan. 22-23, MSSU Invite		8.12 pre./ 8.16 (5)	
Jan. 29-30, MSSU Invite		8.26 pre.	
Feb. 12, Pitt State Invite	7.58 pre. / 7.59 (5)		
Feb. 19, UCM Classic		8.06 pre. / 8.06 (4)	26.47 (1)
Feb. 27-28, MIAA Champs		8.03 pre.	26.27 pre.

<b>KALEY TEMAAT</b>	<b>Sophomore</b>	<b>Dodge City, Kan./Dodge City High School</b>	
<b>Meet</b>	<b>800m</b>	<b>Mile</b>	<b>Event</b> <b>Event</b>
<b>Personal Best</b>	<b>2:19.82, 2010</b>	<b>5:13.02, 2010</b>	
Jan. 22-23, MSSU Invite		5:24.85 (7)	
Feb. 5-6, Husker Invite		5:13.02 (8)	
Feb. 19, UCM Classic	2:20.16 (1)		
Feb. 27-28, MIAA Champs	2:19.82 pre. / 2:20.57 (5)		

#### 4x400M RELAY

Jan. 22-23, MSSU Invite	4:10.87 (3)
Hilary Dickey (64.0), MaryJo Swann (61.1), Megan Stahl (62.7), Whitney Southard (63.1)	
Jan. 22-23, MSSU Invite	4:15.65 (5)
Megan Stahl, Whitney Southard, Lauren Karley, Amanda Callaway	
Feb. 12, Pitt State Invite	4:19.16 (1)
Megan Stahl (64.4), MaryJo Swann (62.3), Lauren Karley (65.6), Megan Ballock (66.7)	
Feb. 19, UCM Classic	4:13.14 (3)
MaryJo Swann (61.8), Megan Stahl (62.8), Hilary Dickey (63.3), Lauren Karley (65.1)	
Feb. 27-28, MIAA Champs	4:10.36 (8)
MaryJo Swann (61.1), Megan Stahl (63.2), Hilary Dickey (62.3), Whitney Southard (63.5)	

#### DISTANCE MEDLEY RELAY

Feb. 5-6, Husker Invite	12:39.93 (6)
Caitlin Laskowski (3:51.6), Hilary Dickey (1:00.5), Jenna Mellen (2:31.2), Amanda Callaway (5:16.3)	
Feb. 27-28, MIAA Champs	12:22.13 (2)
Kaley TEMAAT (3:47.6), Hilary Dickey (63.2), Amanda Callaway (2:21.3), Caitlin Laskowski (5:09.5)	

#### TEAM RESULTS

Jan. 22-23 - Radio Shack MSSU Open Invitational	non-scoring
Jan. 29-30 - Fazoli's/Baymont Inn MSSU Invitational	non-scoring
Feb. 5 - UCM Mule Relays	non-scoring
Feb. 5-6 - Frank Sevigne Husker Invite	non-scoring
Feb. 12 - Pitt State Invitational	non-scoring
Feb. 19 - UCM Classic	non-scoring
Feb. 27-28 - MIAA Championships	5th/9 teams
Mar. 12-13 - NCAA Championships	23rd (tie)

# Provisional Qualifying Mark  
 \$ Automatic Qualifying Mark  
 % Pitt State Record  
 ! NCAA Division II All-American