

Pittsburg State University

2010 Women's Outdoor Track and Field Individual Performances

MEGAN BALLOCK	Senior	Eudora, Kan./Eudora High School		
Meet	400m	800m	1,500m	Event
Personal Best	1:05.64, 2010	2:13.03, 2007	4:49.96, 2007	
Mar. 27, PSU/Wendy's Open		2:31.06 (6)		
Apr. 2-3, FHSU Quad	1:05.64 (8)			
Apr. 10, Gorilla Classic		2:28.02 (13)		
Apr. 23, MSSU Invite		2:35.45 (15)		
Apr. 30, Bearcat Open		2:25.76 (2)		
JENNIFER BUTLER	Junior	Bennington, Kan./Butler Community College		
Meet	5,000m	Steeplechase	1,500m	Event
Personal Best	18:40.04, 2010	11:11.62, 2010	4:47.80, 2010	
Apr. 2-3, FHSU Quad	18:40.04 (2)			
Apr. 10, Gorilla Classic		11:49.50 (1)		
Apr. 14-17, Kansas Relays		11:41.59 (7)		
Apr. 23, MSSU Invite			4:47.80 (1)	
May 8-9, MIAA Champs		11:11.62 (2) #		
May 15, ESU Qualifier		11:54.75 (2)		
AMANDA CALLAWAY	Freshman	Belle Plaine, Kan./Belle Plaine High School		
Meet	800m	1,500m	Event	Event
Personal Best	2:15.59, 2010	4:41.45, 2010		
Mar. 27, PSU/Wendy's Open	2:19.78 (1)			
Apr. 2-3, FHSU Quad		5:04.33 (5)		
Apr. 10, Gorilla Classic		4:45.57 (2)		
Apr. 14-17, Kansas Relays	2:17.41 (4)			
May 8-9, MIAA Champs	2:15.59/2:22.30 (7)	4:41.45 (6)		
GRETCHEN CLARK	Junior	Cozad, Neb./Doane College		
Meet	High Jump	Event	Event	Event
Personal Best	5-7.75, 2010			
Mar. 27, PSU/Wendy's Open	5-4.25 (2)			
Apr. 2-3, FHSU Quad	5-3 (4)			
Apr. 10, Gorilla Classic	5-7.75 (1) #			
Apr. 16, Mule Relays	5-5 (4)			
Apr. 23, MSSU Invite	5-5.25 (2)			
Apr. 30, Bearcat Open	5-5 (2)			
May 8-9, MIAA Champs	5-6 (5) #			
May 27-29, NCAA-II Champs	5-7 (8) !			
MARESA CUEVAS	Junior	Iola, Kan./Allen County Community College		
Meet	5,000m	Steeplechase	Event	Event
Personal Best	19:47.49, 2010	12:29.65, 2010		
Apr. 10, Gorilla Classic	21:27.84 (12)			
Apr. 23, MSSU Invite	19:47.49 (5)			
Apr. 30, Bearcat Open		12:29.65		
May 8-9, MIAA Champs		12:38.72 (13)		
HILLARY DICKEY	Freshman	Pittsburg, Kan./St. Mary's Colgan High School		
Meet	400m	400mH	Event	Event
Personal Best	59.75, 2010	1:10.99, 2010		
Mar. 27, PSU/Wendy's Open	1:00.48 (3)			
Apr. 2-3, FHSU Quad	1:00.43 (2)			
Apr. 10, Gorilla Classic		1:10.99 (11)		
Apr. 23, MSSU Invite		DNF		
Apr. 30, Bearcat Open	59.75 (2)			
May 8-9, MIAA Champs	1:00.76 pre.			

TARA FALKNER Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 16, Mule Relays Apr. 30, Bearcat Open	Sophomore Pole Vault 9-6.25, 2010 9-4.25 (4) 9-6.25 (6) NH NH NH	Gardner, Kan./Gardner-Edgerton High School Event Event Event
LESLI GILBERT Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 16, Mule Relays Apr. 23, MSSU Invite Apr. 30, Bearcat Open May 8-9, MIAA Champs	Junior Shot Put 38-1.5, 2008 150-9 (3) 136-0 (5) FOUL FOUL 148-3 (6) 151-8 (5) 157-3 (7)	McPherson, Kan./McPherson High School Hammer 157-3, 2010 Discus 114-6, 2009 Event
BRITTNEY GRAFF Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 23, MSSU Invite Apr. 30, Bearcat Open May 8-9, MIAA Champs	Junior 1,500m 4:44.18, 2009 4:56.20 (4) 4:55.06 (5) 4:48.21 (2) 4:47.11 (12)	Eudora, Kan./Eudora High School 3,000m 10:17.22, 2009 5,000m 17:25.12, 2009 Event 18:03.26 (8)
CARISSA HUGHES Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 16, Mule Relays Apr. 23, MSSU Invite Apr. 30, Bearcat Open May 8-9, MIAA Champs	Senior Pole Vault 10-10, 2009 9-4.25 (5) 9-6.25 (5) NH 10-0.5 (7) NH 10-9 (3) 9-4.25 (9)	Wellsville, Kan./Wellsville High School Event Event Event
LAUREN KARLEY Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 23, MSSU Invite Apr. 30, Bearcat Open May 8-9, MIAA Champs	Sophomore 200m 26.88, 2010 26.88 (9) 27.33 (9)	Shawnee Mission, Kan./Shawnee Mission Northwest High School 400m 1:01.58, 2009 Event Event 1:02.61 (4) 1:01.58 (5) 1:02.11 (5) 1:01.63 (14) pre.
AMBER KLOSTER Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 14-17, Kansas Relays Apr. 21-24, Drake Relays May 8-9, MIAA Champs May 27-29, NCAA-II Champs	Freshman Shot Put 37-6, 2010 30-0.25 (10) 34-10.25 (12) 37-6 (14)	Pittsburg, Kan./Pittsburg High School Hammer 114-7, 2010 Javelin 146-0, 2010 Event 107-6 (10) 134-7 (1) # 114-7 (11) 138-5 (1) # FOUL 145-8 (1) # 145-1 (5) # 133-1 (10) # 146-0 (1) # 142-11 (8) !
TESIA LAHM Meet <i>Personal Best</i> Apr. 10, Gorilla Classic Apr. 16, Mule Relays Apr. 23, MSSU Invite May 8-9, MIAA Champs	Sophomore High Jump 5-6, 2009 5-2.5 (3) NH 5-1.25 (5) NH	Carl Junction, Mo./Carl Junction High School Triple Jump 35-8.75, 2009 Event Event

CAITLIN LASKOWSKI	Junior	Blue Springs, Mo./Blue Springs High School		
Meet	1,500m	3,000m	5,000m	Event
Personal Best	4:44.19, 2010	10:27.53, 2010	17:58.90, 2010	
Mar. 27, PSU/Wendy's Open			18:34.05 (1)	
Apr. 2-3, FHSU Quad	4:49.98 (2)			
Apr. 10, Gorilla Classic		10:27.53 (1)		
Apr. 16, Mule Relays	4:48.40 (5)			
May 8-9, MIAA Champs	4:44.19 (9)		17:58.90 (7)	
EMMY LEHMAN	Freshman	Gardner, Kan./Gardner-Edgerton High School		
Meet	Pole Vault	Event	Event	Event
Personal Best	10-10, 2010			
Mar. 27, PSU/Wendy's Open	10-10 (1)			
Apr. 2-3, FHSU Quad	10-6 (2)			
Apr. 10, Gorilla Classic	10-10 (5)			
Apr. 16, Mule Relays	10-6.25 (6)			
Apr. 23, MSSU Invite	10-10 (2)			
Apr. 30, Bearcat Open	10-3.25 (5)			
May 8-9, MIAA Champs	10-4 (7)			
SHANNON LYNCH	Junior	Pittsburg, Kan./St. Mary's-Colgan High School		
Meet	Javelin	Event	Event	Event
Personal Best	142-8, 2010			
Mar. 27, PSU/Wendy's Open	112-4 (4)			
Apr. 2-3, FHSU Quad	115-0 (4)			
Apr. 10, Gorilla Classic	FOUL			
Apr. 16, Mule Relays	122-9 (8)			
Apr. 23, MSSU Invite	122-3 (3)			
May 8-9, MIAA Champs	142-8 (2) #			
May 27-29, NCAA-II Champs	124-4 (15)			
JOSIE McCRACKEN	Sophomore	Steffenville, Mo./Highland High School		
Meet	100m	200m	Long Jump	Event
Personal Best	12.64, 2009	26.28, 2009	15-1.5, 2009	
Mar. 27, PSU/Wendy's Open	13.17 (6)	27.23 (8)		
Apr. 10, Gorilla Classic	12.75 (11)	26.70 (6)		
Apr. 23, MSSU Invite	12.72 pre. / 12.80 (6)			
Apr. 30, Bearcat Open	12.93 (6)	26.84 (8)		
May 8-9, MIAA Champs	12.99 (16) pre.	26.46 (19) pre.		
JENNA MELLEN	Junior	Clearwater, Kan./Clearwater High School		
Meet	800m	1,500m	3,000m	Steeplechase
Personal Best	2:19.01, 2008	4:43.79, 2009	10:48.44, 2009	12:30.46, 2009
Mar. 27, PSU/Wendy's Open	2:27.38 (3)	4:52.43 (2)		
Apr. 2-3, FHSU Quad	2:26.39 (6)			
Apr. 10, Gorilla Classic	2:26.45 (11)	4:50.02 (3)		
Apr. 14-17, Kansas Relays	2:21.45 (14)			
May 8-9, MIAA Champs	2:21.83 (15) pre.	4:48.08 (13)		
EMILY MIDDLETON	Senior	Iola, Kan./Iola High School		
Meet	High Jump	Triple Jump	Event	Event
Personal Best	5-7, 2010	37-1.25, 2009		
Mar. 27, PSU/Wendy's Open	5-6 (1) #	36-5.75		
Apr. 2-3, FHSU Quad	5-5 (1)	35-8.5 (4)		
Apr. 10, Gorilla Classic	5-4.5 (2)	36-2 (5)		
Apr. 16, Mule Relays	5-5 (2)			
Apr. 23, MSSU Invite	5-5.25 (2)	36-2 (5)		
Apr. 30, Bearcat Open	5-7 (1) #			
May 8-9, MIAA Champs	5-5 (6)			
May 15, ESU Qualifier	5-5 (1)			
May 27-29, NCAA-II Champs	5-5.75 (14)			

MICHELLE MITCHELL	Junior	Garden Plain, Kan./Garden Plain High School		
Meet	Pole Vault	Long Jump	Triple Jump	Heptathlon
Personal Best	12-5.5, 2009	16-11.5, 2008	36-2.25, 2009	3,834 pts., 2008
Mar. 27, PSU/Wendy's Open	NH			
Apr. 2-3, FHSU Quad	11-11.75 (1) #			
Apr. 10, Gorilla Classic	12-3.5 (1) #			
Apr. 16, Mule Relays	12-0 (2) #			
Apr. 14-17, Kansas Relays	11-11.75 (8) #			
Apr. 21-24, Drake Relays	12-1.5 (11) #			
Apr. 30, Bearcat Open	11-9 (1)			
May 8-9, MIAA Champs	11-9.75 (2) #			
May 15, ESU Qualifier	NH			
May 27-29, NCAA-II Champs	12-2.75 (9)			
ROSALYN NELSON	Junior	Fort Scott, Kan./Fort Scott High School		
Meet	100m	Event	Event	Event
Personal Best	11.77, 2010			
Mar. 27, PSU/Wendy's Open	12.12 (1) #			
Apr. 2-3, FHSU Quad	11.77 (1) #			
May 8-9, MIAA Champs	12.29/12.29 (4)			
MELISSA PEDEN	Sophomore	Overland Park, Kan./Shawnee Mission North High School		
Meet	3,000m	5,000m	10,000m	Event
Personal Best	10:49.83, 2009	18:21.12, 2010	38:16.90, 2009	
Apr. 10, Gorilla Classic		19:31.74 (2)		
Apr. 16, Mule Relays		18:48.57		
Apr. 23, MSSU Invite		18:42.22 (1)		
May 8-9, MIAA Champs		18:21.12 (10)	38:16.90 (6)	
JALEXIS PETERSON	Freshman	Kansas City, Mo./Lincoln College Prep		
Meet	Long Jump	Triple Jump	Event	Event
Personal Best	16-5.75, 2010	34-10.25, 2010		
Mar. 27, PSU/Wendy's Open	16-5.75 (1)	34-10.25 (4)		
Apr. 23, MSSU Invite		FOUL		
MARISSA QUILLIN	Sophomore	Wichita, Kan./Wichita Southeast High School		
Meet	800m	1,500m	3,000m	Event
Personal Best	2:22.77, 2010	4:52.43, 2010	10:35.57, 2010	
Mar. 27, PSU/Wendy's Open	2:28.07 (4)	4:52.43 (3)		
Apr. 2-3, FHSU Quad	2:30.2 (8)	5:09.84 (6)		
Apr. 10, Gorilla Classic			10:35.57 (4)	
Apr. 14-17, Kansas Relays		4:53.69 (11-Unseeded)		
Apr. 23, MSSU Invite	2:22.77 (6)	4:57.59 (6)		
May 8-9, MIAA Champs	2:24.77 (19) pre.	4:53.47 (15)		
LARISSA RICHARDS	Sophomore	Great Bend, Kan./Great Bend High School		
Meet	Shot Put	Discus	Event	Event
Personal Best	48-2.50, 2010	157-6, 2010		
Mar. 27, PSU/Wendy's Open	42-0.75 (2)	134-2 (2)		
Apr. 2-3, FHSU Quad	44-6.25 (3) #	129-8 (6)		
Apr. 10, Gorilla Classic	46-2.75 (2) #	134-2 (2)		
Apr. 16, Mule Relays	45-7.75 (3) #	143-8 (3) #		
Apr. 23, MSSU Invite	48-2.50 (1) \$	125-4 (5)		
Apr. 30, Bearcat Open	45-9.75 (3) #	FOUL		
May 8-9, MIAA Champs	44-5.75 (3) #	149-0 (1) #		
May 15, ESU Qualifier		154-0 (2)		
May 27-29, NCAA-II Champs	47-6.25 (6) !	157-6 (3) !		

HEIDI SMITH Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 16, Mule Relays Apr. 23, MSSU Invite Apr. 30, Bearcat Open May 8-9, MIAA Champs May 15, ESU Qualifier May 27-29, NCAA-II Champs	Sophomore Shot Put 46-8.75, 2010 41-7.75 (3) 44-8.75 (2) # 46-2.5 (3) # 44-5.25 (4) # 43-9.00 (4) # 43-3.75 (4) 46-8.75 (1) # 44-0.50 (5) 45-1.50 (11)	Elkhart, Kan./Elkhart High School Discus 135-7, 2010 132-6 (3) 133-8 (3) 129-9 (7) 128-6 (8) 122-2 (6) 123-6 (6) 135-7 (5)	Hammer 168-8, 2010 147-6 (4) 152-1 (3) # 164-11 (4) # 155-7 (6) 168-8 (2) # 167-7 (4) # 168-2 (5) # 158-9 (9)	Event
WHITNEY SOUTHARD Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open May 8-9, MIAA Champs	Freshman 400m 1:03.50, 2010 1:03.50 (6) 1:04.22 (15) pre.	Girard, Kan./Girard High School Event	Event	Event
MEGAN STAHL Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open	Sophomore 400mH 1:06.37, 2009 1:08.37 (2)	Newton, Kan./Newton High School Event	Event	Event
MARYJO SWANN Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 30, Bearcat Open May 8-9, MIAA Champs	Junior 100m 12.40, 2009 12.81 (2) 12.62 (4) 12.66 /12.70 (8) 12.80 (14) pre.	Bellevue, Kan./St. Marys High School 200m 25.33, 2009 26.66 (4) 25.48 (1) 26.09 (2)	Event	Event
KALEY TEMAAT Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 14-17, Kansas Relays May 8-9, MIAA Champs May 8-9, MIAA Champs	Sophomore 800m 2:15.96, 2010 2:22.33 (2) 2:15.96/2:18.00 (4)	Dodge City, Kan./Dodge City High School 1,500m 4:41.63, 2010 4:48.31 (1) 4:51.85 (6) 4:41.63 (7)	3000m 10:35.11, 2010 10:35.11 (3)	Event
SARAH THURBER Meet <i>Personal Best</i> Mar. 27, PSU/Wendy's Open Apr. 2-3, FHSU Quad Apr. 10, Gorilla Classic Apr. 14-17, Kansas Relays Apr. 23, MSSU Invite May 8-9, MIAA Champs	Senior 100m 12.81, 2009, '10 13.19 (7) 12.81 (7)	Bixby, Okla./Bixby High School 100mH 14.08, 2009 14.92 (1) 14.54 (1) # 14.47 / 14.20 (1) # DNF 14.17 pre. / 14.29 (2) 14.46/14.53 (4) #	400mH 1:04.37, 2009 1:07.97 (5) 1:04.37/1:08.08 (8)	Heptathlon 4,463 pts., 2007
SARAH THURBER (Cont.) Meet <i>Personal Best</i> Apr. 2-3, FHSU Quad	Senior High Jump 4-7.5, 2009	Bixby, Okla./Bixby High School Shot Put 29-8.75, 2009	200m 26.20, 2009 26.62 (6)	Long Jump 16-5, 2009
SARAH THURBER (Cont.) Meet <i>Personal Best</i>	Senior Javelin 103-5, 2009	Bixby, Okla./Bixby High School 800m 2:36.60, 2009	Event	Event

MONICA WUERTZ	Freshman	Richmond, Kan./Bixby High School	
Meet	Javelin	Event	Event
Personal Best	141-4, 2010		
Mar. 27, PSU/Wendy's Open	118-6 (3)		
Apr. 2-3, FHSU Quad	115-3 (3)		
Apr. 10, Gorilla Classic	107-8 (9)		
Apr. 16, Mule Relays	115-0 (11)		
Apr. 23, MSSU Invite	115-6 (4)		
May 8-9, MIAA Champs	132-2 (6) #		
May 15, ESU Qualifier	141-4 (2)		
May 27-29, NCAA-II Champs	131-0 (13)		
4x100M RELAY			
Mar. 27, PSU/Wendy's Open	49.13 (1)		
Mary Jo Swann, Josie McCracken, Jalexis Peterson, Rosalyn Nelson			
Apr. 2-3, FHSU Quad	48.37 (1)		
Mary Jo Swann, Josie McCracken, Jalexis Peterson, Rosalyn Nelson			
Apr. 14-17, Kansas Relays	DQ		
Mary Jo Swann, Josie McCracken, Jalexis Peterson, Sarah Thurber			
May 8-9, MIAA Champs	48.98 (5)		
Sarah Thurber, Josie McCracken, Jalexis Peterson, Rosalyn Nelson			
4x400M RELAY			
Mar. 27, PSU/Wendy's Open	B - 4:11.16 (1); A - 4:13.58 (2)		
Team B: Hilary Dickey (61.5), Sarah Thurber (62.1), Amanda Callaway (61.9), Whitney Southard (63.9)			
Team A: Mary Jo Swann (62.1), Megan Stahl (62.5), Lauren Karley (64.9), Megan Ballock (63.9)			
Apr. 2-3, FHSU Quad	4:05.41		
Hilary Dickey (61.1), Mary Jo Swann (59.8), Amanda Callaway (62.0), Lauren Karley (62.3)			
Apr. 10, Gorilla Classic	4:03.30 (4)		
Hilary Dickey (60.2), Mary Jo Swann (59.6), Lauren Karley (61.9), Amanda Callaway (61.3)			
Apr. 14-17, Kansas Relays	4:08.74 (15)		
Hilary Dickey, Mary Jo Swann, Megan Ballock, Lauren Karley			
Apr. 23, MSSU Invite	4:24.53 (4)		
Megan Ballock, Lauren Karley, Mary Jo Swann, Whitney Southard			
Apr. 30, Bearcat Open	4:07.59 (2)		
Hilary Dickey, Lauren Karley, Whitney Southard, Mary Jo Swann			
May 8-9, MIAA Champs	4:04.87 (8)		
Hilary Dickey, Amanda Callaway, Lauren Karley, Whitney Southard			
4400M RELAY			
Apr. 14-17, Kansas Relays	12:22.84 (3)		
Amanda Callaway, Hilary Dickey, Kaley Temaat, Caitlin Laskowski			
4x1600M RELAY			
Apr. 21-24, Drake Relays	20:41.80 (10)		
Amanda Callaway, Kaley Temaat, Caitlin Laskowski, Jenna Mellen			
DISTANCE MEDLEY RELAY			
Apr. 21-24, Drake Relays	12:07.86 (6)		
Kaley Temaat, Mary Jo Swann, Amanda Callaway, Caitlin Laskowski			

TEAM RESULTS

Mar. 27 - PSU/Wendy's Invitational	non-scoring
Apr. 2-3 - FHSU Quad	169.5 pts./1st
Apr. 10 - Gorilla Classic	non-scoring
Apr. 16 - Mule Relays	non-scoring
Apr. 14-17 - Kansas Relays	non-scoring
Apr. 23 - MSSU Invite	non-scoring
Apr. 21-24 - Drake Relays	non-scoring
Apr. 30 - Bearcat Open	non-scoring
May 8-9 - MIAA Championships	113.5 pts./3rd
May 15 - ESU Qualifier	non-scoring
May 27-29 - NCAA-II Championships	12 pts./21st (tie)

Provisional Qualifying Mark

\$ Automatic Qualifying Mark

% Pitt State Record

! NCAA Division II All-American