

Pittsburg State University

2004 Women's Outdoor Track and Field Individual Performances

AMY BECKWITH

Meet	3,000 m	Junior	5,000 m	10,000 m
3/18 - PSU Open	12:01.19 (5)			
3/27 - PSU Invite	12:11.22 (12)			
4/16 - Mule Relays				43:55.27
5/1 - MSSU Open		20:03.59 (2)		
5/8-9 - MIAA Champs				45:11.68 (8)

Ft. Scott, Kan./Ft. Scott HS

Event Event

SHAMEKIA BERKLEY

Meet	100 m	Freshman	200 m	Event
3/18 - PSU Open	12.43 (1)		25.44 (1)	
3/27 - PSU Invite	12.52 (3)		25.88 (3)	
4/3 - Northwest Inv.			25.44 (5)	
4/10 - Ark. Inv.	12.86 (10)			
4/24 - UMKC Inv.			25.86 (2)	
5/1 - MSSU Open	12.52 (2)			
5/8-9 - MIAA Champs	12.26 (pre)/12.29 (4)	24.99 (pre)/24.57 (3)		

Waco, Texas/Waco HS

Event Event

ERIN BRECHUE

Meet	Shot Put	Sophomore	Discus	Hammer
<i>Personal Best</i>	36-5.0 ('03)		109-1.0 ('03)	139-4.0 ('03)
3/18 - PSU Open	33-6.75 (7)		115-8.0 (1)	137-9.0 (4)
3/27 - PSU Invite	32-7.75 (15)		122-0 (7)	135-1.0 (13)
4/3 - Northwest Inv.			119-8 (5)	
4/16 - Mule Relays			120-6 (13)	Foul
4/24 - UMKC Inv.			111-6 (9)	139-9 (2)
5/1 - MSSU Open			FOUL	135-0 (13)
5/8-9 - MIAA Champs			104-11 (16)	149-4 (9)

Bloomington, Ind./Bloomington North HS

Event Event Event

LINDSEY CARTER

Meet	Triple Jump	Sophomore	Long Jump	Event
<i>Personal Best</i>	35-2.0 ('03)			
3/18 - PSU Open	38-4.25 (1) *			
3/27 - PSU Invite	38-2.00 (2)			
4/3 - Northwest Inv.	Foul			
4/10 - Ark. Inv.	Foul			
5/1 - MSSU Open	36-11.0 (3)			
5/8-9 - MIAA Champs	37-1.0 (4)	17-7.50 (7)		
5/15 - ESU Twilight	35-5.75 (9)			

Altamont, Kan./Labette County HS

Event Event

JESSICA CASLEY

Meet	Pole Vault	Sophomore	Event	Event
<i>Personal Best</i>	9-00.25 ('03)			
3/18 - PSU Open	9-6.25 (5)			
3/27 - PSU Invite	9-8.0 (6)			
4/16 - Mule Relays	10-2.0 (14)			
4/24 - UMKC Inv.	9-6.0 (3)			
5/1 - MSSU Open	10-3.25 (7)			
5/8-9 - MIAA Champs	10-3.25 (6)			

Frontenac, Kan./Frontenac HS

Event Event Event

CRYSTAL CASTANEDA

Meet	Event	Freshman	Event	Event
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Larned, Kan./Larned HS

Event Event

MEGAN COX

Meet	3,000 m	Sophomore	Steeple	5,000 m	Wichita, Kan./Maize HS	1,500 m	Event	Event
<i>Personal Best</i>	11:48.41 ('03)		12:13.69 ('03)	19:14.88 ('03)				
3/18 - PSU Open	11:43.11 (4)							
3/27 - PSU Invite	11:34.18 (7)							
4/3 - Northwest Inv.			13:05.56 (6)					
4/16 - Mule Relays	12:41.93 (8)							
4/24 - UMKC Inv.			12:25.27 (5)					
5/1 - MSSU Open						5:21.40 (9)		
5/8-9 - MIAA Champs			12:31.17 (7)					

LISA DOUGLASS

Meet	100 m	Sophomore	Pole Vault	Long Jump	Wichita, Kan./Maize HS	Event	Event	Event
<i>Personal Best</i>	13.39 ('03)		11-5.75 ('03)	17-8.75 ('03)				
3/18 - PSU Open			11-5.75 (1) *					
3/27 - PSU Invite			10-8.0 (4)					
4/10 - Ark. Inv.			11-3.75 (11)					
4/16 - Mule Relays			11-1.75 (5)					
4/24 - UMKC Inv.			NH					
5/1 - MSSU Open			10-9.0 (3)	15-11.75 (7)				
5/8-9 - MIAA Champs			10-9.0 (3)	17-0.75 (10)				
5/15 - ESU Twilight			NH					

JENNY DURKIN

Meet	High Jump	Freshman	Event	Event	Eudora, Kan./Eudora HS	Event	Event
3/18 - PSU Open	4-10.25 (2)						
3/27 - PSU Invite	4-11.0 (8)						
4/3 - Northwest Inv.	NH						
4/16 - Mule Relays	4-11.0 (9)						
4/24 - UMKC Inv.	4-11.0 (7)						
5/1 - MSSU Open	4-9.75 (7)						
5/8-9 - MIAA Champs	NH						

MARTY GARRISON

Meet	800 m	Senior	1,500 m	3,000 m	Prairie Village, Kan./SM East HS	5,000 m	Event	Event
<i>Personal Best</i>	2:24.1 ('02)		4:57.13 ('02)	10:59.31 ('03)		18:54.84 ('03)		
3/18 - PSU Open				11:36.50 (3)				
3/27 - PSU Invite				11:21.25 (5)				
4/16 - Mule Relays						20:03.64 (9)		
4/24 - UMKC Inv.			5:14.26 (9)					
5/8-9 - MIAA Champs				11:11.39 (9)				

STACEY HOTTMAN

Meet	100 m	Sophomore	200 m	Event	Parsons, Kan./Parsons HS	Event	Event
3/18 - PSU Open	13.02 (5)		27.15 (6)				
3/27 - PSU Invite	13.07 (12)						
4/16 - Mule Relays	13.12 (9)						
4/24 - UMKC Inv.	13.33 (4)						
5/1 - MSSU Open	13.05 (10)						
5/8-9 - MIAA Champs	12.80 (13)						

COURTNEY HOWARD

Meet	Shot Put
3/18 - PSU Open	36-2.75 (5)
3/27 - PSU Invite	34-2.0 (14)
4/3 - Northwest Inv.	38-1.50 (6)
4/16 - Mule Relays	37-7.25 (10)
4/24 - UMKC Inv.	36-11.25 (10)
5/1 - MSSU Open	37-10.75 (11)
5/8-9 - MIAA Champs	35-3.0 (17)

Freshman

Discus	Hammer
101-6.0 (6)	114-2 (7)
FOUL	126-0
108-5 (10)	124-6 (9)
120-4 (14)	120-10 (16)
101-9 (14)	115-4 (9)
FOUL	FOUL
116-9 (10)	

Garden Plain, Kan./Garden Plain HS

Event	Event
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KYLE HUTSEY

Meet	1,500 m
<i>Personal Best</i>	5:02.34 ('02)
4/16 - Mule Relays	
4/24 - UMKC Inv.	
5/1 - MSSU Open	
5/8-9 - MIAA Champs	

Senior

3,000 m	5,000 m
10:44.25 ('02)	18:43.62 ('02)
12:02.22	
10:46.97 (4)	
	20:22.59 (12)

Pittsburg, Kan./Frontenac HS

Steeple	10,000 m	Event
11:43.25 ('02)	40:14.83 ('02)	
		11:51.0h (2)
		12:25.19 (6)

KRISTIE JULIAN

Meet	Pole Vault
<i>Personal Best</i>	10-6.00 ('03)
3/18 - PSU Open	10-11.75 (3)
3/27 - PSU Invite	11-1.75 (3)
4/3 - Northwest Inv.	10-6.00 (3)
4/10 - Ark. Inv.	10-10.0 (12)
4/16 - Mule Relays	11-7.75 (3) *
4/24 - UMKC Inv.	10-6.00 (1)
5/1 - MSSU Open	10-9.0 (5)
5/8-9 - MIAA Champs	11-3.0 (2)
5/15 - ESU Twilight	NH

Sophomore

Triple Jump	Event
35-1.75 (2)	
FOUL	
34-6.25 (10)	

Pittsburg, Kan./Pittsburg HS

Event	Event	Event
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ANNA KESTERSON

Meet	100 m
<i>Personal Best</i>	12.44 ('02)
3/18 - PSU Open	13.45 (6)
3/27 - PSU Invite	13.21 (18)
4/3 - Northwest Inv.	13.07 (13)
4/10 - Ark. Inv.	13.22 (14)
4/16 - Mule Relays	13.20 (10)
4/24 - UMKC Inv.	13.38 (5)
5/1 - MSSU Open	13.04 (9)

Junior

200 m	Event
26.29 ('03)	

Wichita, Kan./Wichita South HS

Event

JENNIFER KUCHENBECKER

Meet	100 m
<i>Personal Best</i>	12.51 ('03)
3/18 - PSU Open	
4/3 - Northwest Inv.	
4/10 - Ark. Inv.	
5/8-9 - MIAA Champs	

Junior

200 m	400 m
25.83 ('03)	57.60 ('03)
25.58 (2)	58.55 (1)
25.96 (8)	
	59.94
	57.48 (pre)/57.51 (5)

Arkansas City, Kan./Johnson County CC

Event	Event	Event
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CHELSEY LEONARD

Meet Long Jump
Personal Best 19-2.0 ('03)
 3/18 - PSU Open 17-11.50 (1)
 3/27 - PSU Invite 18-8.00 (1) *
 4/3 - Northwest Inv. 18-1.75 (1)
 4/10 - Ark. Inv. 17-10.75 (5)
 4/16 - Mule Relays Foul
 4/24 - UMKC Inv.
 5/1 - MSSU Open 18-6.00 (1)
 5/8-9 - MIAA Champs 19-1.25 (1) *
 5/15 - ESU Twilight 18-9.00 (3) *

Sophomore

Triple Jump 100 m
 37-11.25 ('03)
 12.78 (3)
 36-3.50 (3)
 36-4.0 (1)
 12.88 (7)
 38-0.75 (2) *

Miami, Okla./Miami HS

100 m H 200 m Event Event
 14.77 ('03) 26.83 ('03)
 15.65 (1)
 15.30 (4) 26.77 (11)
 14.70 (pre)/15.46 (4)
 14.94 (12)
 15.10 (pre)/15.26 (6) 26.57 (5)
 15.42 (2)
 15.05 (6)
 14.67 (pre)/14.66 (5)

MELISSA McCOY

Meet Shot Put
 3/18 - PSU Open 37-10.5 (1)
 3/27 - PSU Invite 37-11.50 (7)
 4/3 - Northwest Inv. 37-10.0 (8)
 4/10 - Ark. Inv. 39-9.25 (7)
 4/16 - Mule Relays 41-8.75 (4)
 4/24 - UMKC Inv. 38-0.0 (6)
 5/1 - MSSU Open 41-1.75 (4)
 5/8-9 - MIAA Champs FOUL
 5/15 - ESU Twilight

Freshman

Discus Hammer
 114-11.0 (3) 134-5.0 (5)
 117-5.0 (9) 138-10 (10)
 136-10 (8)
 105-7 (8) 123-0 (19)
 146-3 (2) * 127-8 (14)
 119-5 (5) 132-8 (5)
 128-6 (5) 129-8 (16)
 132-11 (6)
 148-5 (3) *

Cherryvale, Kan./Cherryvale HS

Event Event

MARGARET MOHR

Meet 1,500 m
Personal Best 4:53.82 ('03)
 3/18 - PSU Open 5:07.30 (2)
 3/27 - PSU Invite
 4/3 - Northwest Inv.
 4/16 - Mule Relays 5:15.90 (5)
 4/24 - UMKC Inv.
 5/1 - MSSU Open 5:02.34 (7)
 5/8-9 - MIAA Champs
 5/15 - ESU Twilight

Senior

3,000 m 5,000 m
 10:31.90 ('02) 18:19.87 ('03)
 11:14.2 (1)
 19:08.38 (7)
 11:15.91 (5)
 19:07.91 (2)
 19:55.56 (9)

Wichita, Kan./Bishop Carroll HS

Steeple Event Event
 12:54.67
 12:10.68 (5)
 12:20.74 (11)

MEGAN NELSON

Meet 3,000 m
Personal Best 10:36.6h ('03)
 4/3 - Northwest Inv.
 4/16 - Mule Relays
 5/8-9 - MIAA Champs

Junior

5,000 m 10,000 m
 17:56.43 ('03) 37:05.85 ('03)
 18:05.97 (2)
 18:20.17 (3)
 18:54.95 (4) 40:19.09 (2)

Baldwin City, Kan./Baldwin HS

Event Event Event

JENNIE NEMETH

Meet Pole Vault
Personal Best 12-00.5 ('03)
 3/18 - PSU Open 10-11.75 (2)
 3/27 - PSU Invite 11-7.75 (2) *
 4/3 - Northwest Inv. 11-5.75 (1) *
 5/1 - MSSU Open 10-3.25 (6)
 5/8-9 - MIAA Champs 10-9.0 (3)
 5/15 - ESU Twilight 10-11.75 (2)

Junior

Event Event

Shawnee, Kan./Emporia State Univ.

Event Event Event

NATALIE NOE

Meet 200 m
 3/18 - PSU Open 27.02 (5)
 3/27 - PSU Invite
 4/3 - Northwest Inv.
 4/10 - Ark. Inv.
 4/16 - Mule Relays
 4/24 - UMKC Inv.
 5/1 - MSSU Open
 5/8-9 - MIAA Champs

Freshman

400 m 400 m H
 1:00.17 (2)
 1:00.90 (4)
 1:12.47 (4)
 1:00.43
 1:11.34 (11)
 1:08.56 (4)
 1:08.55 (3)
 58.77 (7)

St. Paul, Kan./St. Paul HS

Event Event Event

ABBEY OSHEL

Meet 800 m
Personal Best 2:12.33 ('03)
 3/27 - PSU Open 2:18.64 (1)
 4/3 - Northwest Inv. 2:19.75 (1)
 4/10 - Ark. Inv.
 5/1 - MSSU Open 2:15.68 (2)
 5/8-9 - MIAA Champs 2:18.99 (pre)/2:17.23 (1)
 5/15 - ESU Twilight

Senior

1,500 m 3,000 m
 4:33.21 ('03) 10:34.6h ('03)
 5:02.43 (5)
 4:52.27 (3)
 4:48.91 (10)
 4:37.80 (1) *
 4:40.44 (5) *

Clay Center, Kan./Clay Center Community HS

Event Event

STACY PECK

Meet 100 m H
Personal Best 16.52 ('03)
 3/18 - PSU Open
 3/27 - PSU Invite
 4/24 - UMKC Inv.
 5/1 - MSSU Open

Sophomore

200 m 800 m
 27.48 ('03) 2:52.0 ('03)

Overland Park, Kan./Blue Valley North HS

High Jump Long Jump
 4-5.50 ('03) 16-4.25 ('03)
 15-11.50 (4)
 15-7.50 (9)
 15-0.25 (7)
 14-9.75 (9)

Meet Javelin
Personal Best 112-9 ('03)
 4/16 - Mule Relays
 5/1 - MSSU Open

Shot Put Heptathlon
 31-4.00 ('03) 3,696 pts. ('03)

Triple Jump
 32-7.75 (6)
 FOUL

STEPHANIE ROHNER

Meet 3,000 m
Personal Best 11:34.23 ('03)
 4/3 - Northwest Inv.
 4/16 - Mule Relays
 5/8-9 - MIAA Champs

Sophomore

5,000 m 10,000 m
 19:16.95 ('03) 40:56.43 ('03)
 19:41.97 (8)
 39:37.24 (2)
 41:58.16 (4)

Girard, Kan./Girard HS

Event Event Event

JESSICA SHAY

Meet 100 m
Personal Best 12.57 ('03)
 3/18 - PSU Open 12.60 (2)
 3/27 - PSU Invite 12.68 (5)
 4/3 - Northwest Inv. 12.68 (pre)/12.66 (8)
 4/10 - Ark. Inv. 12.93 (12)
 4/16 - Mule Relays 12.86 (pre)/12.77 (4)
 4/24 - UMKC Inv. 12.94 (2)
 5/1 - MSSU Open 12.64 (3)
 5/8-9 - MIAA Champs 12.54 (pre)/12.62 (7)

Sophomore

200 m Long Jump
 25.78 ('03) 17-00.0 ('03)
 26.47 (3)
 27.19 (15)
 28.14 (17)
 26.17 (6)
 26.11 (10)

Edgerton, Kan./Paola HS

Event Event Event

LEAH SHIREMAN

Meet	Javelin	Junior	Hammer	200 m
<i>Personal Best</i>	151-6.00 ('03)	143-0.00 ('03)		
3/18 - PSU Open	138-7 (1) *	141-2.0 (3)	27.76 (8)	
3/27 - PSU Invite	150-10 (1) *	149-6.0 (7)	27.76 (17)	
4/3 - Northwest Inv.	152-6 (1) *	146-10 (2)		
4/10 - ESU Challenge				
4/16 - Mule Relays		140-1 (9)		
4/23 - Drake Relays	141-11 (6) *			
4/24 - UMKC Inv.			27.9h (11)	
5/8-9 - MIAA Champs	151-0 (2) *	142-9 (14)		
Meet	Long Jump	Event	Event	
4/16 - Mule Relays	15-3.5 (11)			

Girard, Kan./Johnson County CC

100 m H	Heptathlon	High Jump
17.58 (2)		
NT		
	4,114 pts (13)	
18.56 (18)		4-9.0 (13)
17.32 (6)		
	4,141 pts (4)	
Event	Event	Event

AMY VanGUNDY

Meet	800 m	Freshman	400 m	Event
3/18 - PSU Open	2:28.44 (2)			
3/27 - PSU Invite	2:26.68 (6)			
4/3 - Northwest Inv.	2:27.14 (9)			
4/16 - Mule Relays	2:25.34 (11)			
4/24 - UMKC Inv.		1:06.15 (12)		
5/1 - MSSU Open	2:25.37 (8)			
5/8-9 - MIAA Champs	2:25.32 (pre)/2:28.22 (8)			

Americus, Kan./Northern Heights HS

Event	Event
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CARISSA VanGUNDY MARSHALL Senior

Meet	800 m	1,500 m	3,000 m	5,000 m	Event
<i>Personal Best</i>	2:18.82 ('01)	4:39.36 ('01)	10:21.95 ('01)		
3/27 - PSU Invite		4:53.57 (3)			
4/3 - Northwest Inv.	2:26.77 (8)	4:53.34 (5)			
4/10 - Ark. Inv.			10:27.21 (10)		
4/24 - UMKC Inv.	2:21.62 (3)				
5/1 - MSSU Open		4:51.01 (4)			
5/8-9 - MIAA Champs		4:51.59 (6)	10:38.83 (5)	19:25.81 (7)	
5/15 - ESU Twilight		4:46.44 (6)			

Americus, Kan./Northern Heights HS

Event	Event
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LINDSAY WATERS

Meet	Discus	Freshman	Hammer	Javelin
3/18 - PSU Open	90-10 (9)	128-2. (6)	115-7 (4)	
3/27 - PSU Invite	99-4 (13)	116-10 (18)	106-10	
4/16 - Mule Relays		Foul	116-9 (5)	
4/24 - UMKC Inv.		111-5 (12)	106-4 (6)	
5/1 - MSSU Open		FOUL	110-9 (7)	
5/8-9 - MIAA Champs			122-2 (4)	

Shawnee, Kan./Shawnee Mission NW HS

Event	Event	Event
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TRACI WERNER

Meet	Shot Put	Freshman	Discus	Hammer
3/18 - PSU Open	37-9.50 (2)	108-6.0 (5)	153-2.0 (2)	
3/27 - PSU Invite	41-3.00 (2)	113-4 (11)	140-8.0 (9)	
4/3 - Northwest Inv.	38-4.0 (5)	117-9 (6)	139-3 (7)	
4/10 - Ark. Inv.	39-7.25 (8)	101-8 (10)	ND	
4/16 - Mule Relays	37-7.25 (10)	105-2 (24)	147-10 (8)	
4/24 - UMKC Inv.	40-7.0 (1)	95-2 (17)		
5/1 - MSSU Open	40-5.0 (5)	FOUL	139-9 (9)	
5/8-9 - MIAA Champs	39-1.0 (9)		154-11 (7)	
5/15 - ESU Twilight			155-5 (6) *	

Nevada, Mo./Nevada HS

Event	Event	Event
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ANJANAE WILSON

Meet	Javelin	Senior Hammer	Event
<i>Personal Best</i>	153-1.0 ('03)	163-4.0 ('03)	
3/18 - PSU Open	131-3 (3)	161-9.0 (1) *	
3/27 - PSU Invite	146-4 (2) *	158-5.0 (4)	
4/3 - Northwest Inv.	149-0 (2) *	144-0.0 (5)	
4/10 - Ark. Inv.	136-11 (2) *	148-9.0 (10)	
4/16 - Mule Relays	135-3 (1) *	166-9 (1) *	
4/23 - Drake Relays	140-0 (8) *		
5/1 - MSSU Open	143-8 (1) *	156-1 (4)	
5/8-9 - MIAA Champs	160-0 (1) **	167-2 (2) *	
5/15 - ESU Twilight	152-1 (3) *	160-4 (3) *	

Topeka, Kan./Topeka HS

Event	Event
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JENNIFER WOOLARD

Meet	Pole Vault	Senior High Jump	Event
<i>Personal Best</i>	10-8 ('01)	5-6.5 ('01)	
3/18 - PSU Open	10-0.0 (4)	5-3.0 (1)	
3/27 - PSU Invite	10-8.0 (5)	5-3.0 (3)	
4/3 - Northwest Inv.	10-6.0 (5)	4-11.75 (7)	
4/10 - Ark. Inv.	10-4.0 (13)	5-0.25 (9)	
4/24 - UMKC Inv.	8-6.0 (5)	5-1.00 (6)	
5/1 - MSSU Open	10-3.25 (7)	4-11.75 (6)	
5/8-9 - MIAA Champs	10-9.0 (5)	5-3.25 (4)	

Lewis, Kan./Lewis HS

Event	Event	Event	Event
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4X100 Relay

3/18 - PSU Open	48.75 (1)	
3/27 - PSU Invite	47.97 (1)	
4/3 - Northwest Inv.	DQ	
4/10 - Ark. Inv.	49.31 (4)	
4/16 - Mule Relays	50.03 (5)	
4/23 - Drake Relays	48.74	Shay, Leonard, Kesterson, Berkley
4/24 - UMKC Inv.	49.03 (1)	
5/1 - MSSU Open	48.13 (2)	
5/8-9 - MIAA Champs	48.00 (4)	Shay, Leonard, Kesterson, Berkley
5/15 - ESU Twilight	47.45 (2) *	

4X400 Relay

3/18 - PSU Open	4:04.31 (1)	
3/27 - PSU Invite	4:11.21 (3) - A	Shay (67.0), Berkley (62.6), Noe (62.2), Kuchenbecker (60.2)
	4:23.39 (6) - B	Hottman (69.9), VanGundy (65.0), Oshel (62.6), Shireman (65.4)
4/3 - Northwest Inv.	3:59.77 (1)	
5/8-9 - MIAA Champs	3:51.08 (2) ***	Noe, Shay, Berkley, Kuchenbecker

Distance Medley Relay

4/23 - Drake Relays	12:11.15 (7)	Oshel (3:38.8), Noe (58.2), VanGundy (2:21.7), Marshall (5:11.8)
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TEAM

3/18 - PSU Open	No team scores kept
3/27 - PSU Invite	No team scores kept
4/3 - Northwest Inv.	2nd/8 teams
4/10 - Ark. Inv.	No team scores kept
4/16 Mule Relays	No team scores kept
4/22-24 Drake Relays	No team scores kept
4/24 - UMKC Inv.	No team scores kept
5/1 - MSSU Open	No team scores kept
5/8-9 MIAA Champs	1st/8 teams

* Provisional Qualifying Mark

** Automatic Qualifying Mark

*** PSU Record