

Pittsburg State University

2009 Women's Indoor Track and Field Individual Performances

MEGAN BALLOCK Meet <i>Personal Best</i>	Junior 800m 2:19.01, 2008	Eudora, Kan./Eudora High School Mile 5:14.12, 2008	Event Event	Event
HALEY BEGGS Meet <i>Personal Best</i> Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Freshman 3,000m 11:16.75, 2009 11:41.19 (11) DQ 11:19.16 (6) 11:16.75 (24)	Overland Park, Kan./Shawnee Mission South High School Event Event	Event Event	Event Event
LAUREN CARR Meet <i>Personal Best</i>	Freshman (RS) Event	Liberty, Mo./Liberty High School Event Event	Event Event	Event
JAYNA CASTRO Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite	Sophomore Pole Vault 9-8, 2008 9-0.25 (8) 9-0.25 (7) NH NH	Topeka, Kan./Topeka High School Event Event	Event Event	Event
ASHLEY ERDMAN Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Senior Pole Vault 10-11.75, 2009 10-4 (5) 10-6 (2) 10-8.25 (6) 10-11.75 (T4) 10-6.75 (4) 10-7 (8)	Pittsburg, Kan./Pittsburg High School Event Event	Event Event	Event
TARA FALKNER Meet <i>Personal Best</i> Feb. 13, Pitt State Invite Feb. 21, MSSU Invite	Freshman Pole Vault 9-0.25, 2009 9-0.25 (9) NH	Gardner, Kan./Gardner-Edgerton High School Event Event	Event Event	Event
LESLI GILBERT Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Sophomore Shot Put 36-7.75, 2008 Foul Foul	McPherson, Kan./McPherson High School Weight Throw 47-8.5, 2009 46-10.25 (6) 44-8 (6) 45-1.5 (6) 47-8.5 (7) 46-6.75 (3) 44-10.75 (14)	Event Event	Event
BRITTNEY GRAFF Meet <i>Personal Best</i> Jan. 23, UCM Invite Feb. 6-7, Husker Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Sophomore Mile 5:15.54, 2008 5:15.59 (6)	Eudora, Kan./Eudora High School 3000m 10:34.55, 2009 10:38.39 (2) 10:34.55 (6) 5000m 18:08.16, 2009 18:08.16 (12) 18:16.59 (3)	Event Event	Event
CARISSA HUGHES Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Junior Pole Vault 10-8, 2008 10-4 (6) 10-6 (3) 10-2.5 (7) 9-6.25 (T7) 10-0.75 (7) 10-1.25 (10)	Wellsville, Kan./Wellsville High School Event Event	Event Event	Event

MICHELLE MITCHELL Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, Husker Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Sophomore Pole Vault 11-11.75, 2009 11-3.75 (2) 11-7.75 (1) # 11-9.75 (4) # 11-11.75 (1) # 11-6.5 (2) 11-9 (3) #	Garden Plain, Kan./Garden Plain High School Event	Event	Event
MARYJO MOTT Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Sophomore 55m 7.52, 2009 7.52 pre. / 7.53 (5)	Bellevue, Kan./St. Marys High School 60m 7.98, 2008 8.19 (11) 8.18 (7) 8.17 pre. / 8.21 (5) 8.11 pre. / 8.05 (3) 8.01 pre.	200m 26.25, 2009 26.93 (6) 26.68 (4) 26.25 (1) 26.27 pre. / 26.62 (8)	Event
TRACY NAUMANN Meet <i>Personal Best</i>	Freshman (RS) Event	Meriden, Kan./Jefferson West High School Event	Event	Event
ANGIE RAMSEY Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Junior Pole Vault 10-8, 2008 NH 9-6.25 (T7) NH 9-7.25 (11)	Andale, Kan./Andale High School Event	Event	Event
KATIE ROBBEN Meet <i>Personal Best</i> Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Junior 200m 26.82, 2007	Garden Plain, Kan./Garden Plain High School 400m 59.39, 2008 1:00.60 (3) 59.55 pre.	Event	Event
CAITLIN ROLFS Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Senior High Jump 5-3.75, 2008 NH 5-1.25 (4) 4-11.5 (5) 4-11.5 (T5) NH 5-0.25 (12)	Milford, Kan./Junction City High School Long Jump 16-7.25, 2009 16-7.25 (2)	400m 1:01.91, 2009 1:05.78 (10) 1:03.54 (1) 1:01.91 (8)	Event
ALI SHAFFER Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, MSSU Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Senior 60mH 9.62, 2009 10.61 (18) 10.39 (16) 9.96 pre. / 9.62 (5) 9.87 pre. / 9.76 (5)	Arma, Kan./Girard High School Long Jump 17-2, 2008 16-7 (5) 16-10.5 (6) 16-7 (8) 16-8 (12)	600y 1:31.13 (2) 1:31.13 (2)	Shot Put 30-9, 2009 ND 30-9 (12)
ALI SHAFFER (continued) Meet <i>Personal Best</i> Feb. 13, Pitt State Invite Feb. 27-Mar. 1, MIAA Champs	55mH 9.02, 2009 9.03-pre. / 9.02 (6)	High Jump 4-7.5, 2009 4-7.5 (13)	Triple Jump 35-1, 2009 35-1 (14)	Pentathlon 3011 3011 (6)
HEIDI SMITH Meet <i>Personal Best</i> Jan. 16-17, MSSU Invite Jan. 23, UCM Invite Feb. 6-7, Husker Invite Feb. 13, Pitt State Invite Feb. 21, MSSU Invite Feb. 27-Mar. 1, MIAA Champs	Freshman Shot Put 43-8.5, 2009 41-6.5 (6) 43-8.5 (2) # 41-0.5 (20) 43-2.25 (3) 42-4.25 (3) 42-4.25 (8)	Elkhart, Kan./Elkhart High School Weight Throw 48-6.5, 2009 44-3.25 (9) 45-6.5 (5) 46-7.5 (8) 46-0.5 (5) 48-6.75 (9)	Event	Event

MEGAN STAHL	Freshman	Newton, Kan./Newton High School		
Meet	600y	Event	Event	Event
Personal Best	1:34.84, 2009			
Jan. 23, UCM Invite	1:37.67 (10)			
Feb. 6-7, MSSU Invite	1:34.84 (4)			
Feb. 13, Pitt State Invite	1:35.71 (4)			
Feb. 27-Mar. 1, MIAA Champs	1:35.85 pre.			
SARAH THURBER	Senior	Bixby, Okla./Bixby High School		
Meet	55mH	60mH	55m	60m
Personal Best	8.32, 2009	8.79, 2009	7.69, 2009	8.21, 2009
Jan. 16-17, MSSU Invite		9.32 pre. / 9.23 (4)		
Jan. 23, UCM Invite		9.27 pre. / 9.11 (2)		8.34 (12)
Feb. 6-7, MSSU Invite		9.02 pre. / 8.98 (8)		
Feb. 13, Pitt State Invite	8.45-pre. / 8.32 (1)		7.69 pre.	
Feb. 20, Nebraska Tune-Up		9.03 (7)		
Feb. 21, MSSU Invite		9.20 pre. / 8.94 (1) #		8.21 pre.
Feb. 27-Mar. 1, MIAA Champs		8.94 pre. / 8.79 (1) #		
Mar. 13-14, NCAA-II Champs		8.99 pre.		
4x400M RELAY				
Jan. 16-17, MSSU Invite	4:15.00 (7)			
Haley Mendicki, MaryJo Mott, Lauren Karley, Sarah Thurber				
Jan. 23, UCM Invite	4:11.73 (3)			
Lauren Karley, Sarah Thurber, MaryJo Mott, Ali Shaffer				
Feb. 6-7, MSSU Invite	4:10.18 (4)			
Ali Shaffer, MaryJo Mott, Megan Stahl, Josie McCracken				
Feb. 13, Pitt State Invite	4:09.44 (1)			
Sara Thurber, MaryJo Mott, Josie McCracken, Ali Shaffer				
Feb. 21, MSSU Invite	4:04.66 (1)			
Ayanna Johnson, Lauren Karley, Josie McCracken, MaryJo Mott				
4x440 YARD RELAY				
Feb. 27-Mar. 1, MIAA Champs	4:02.71 (4)			
Katie Robben, MaryJo Mott, Haley Mendicki, Ali Shaffer				
DISTANCE MEDLEY RELAY				
Feb. 27-Mar. 1, MIAA Champs	3:26.90 (3)			
Jenna Mellen, Haley Mendicki, Haley Beggs, Caitlin Laskowski				
TEAM RESULTS				
Jan. 16-17 - Fazolis/Baymont Inn Invite (MSSU)		non-scoring		
Jan. 23 - UCM Invitational		101 pts., 3rd/5 teams		
Feb. 6-7 - Radio Shack Open Invite (MSSU)		non-scoring		
Feb. 6-7 - Frank Sevigne Husker Invite (Nebraska)		non-scoring		
Feb. 13 - Pitt State Invite		non-scoring		
Feb. 20 - Nebraska Tune-Up Meet		non-scoring		
Feb. 21 - MSSU Invite		non-scoring		
Feb. 27-Mar. 1, MIAA Champs		60 pts., 5th/9 teams		
Mar. 13-14, NCAA-II Champs		6 pts., 26th (tie)		

Provisional Qualifying Mark

\$ Automatic Qualifying Mark

% Pitt State Record