

Pittsburg State University

2009 Women's Outdoor Track and Field Individual Performances

MEGAN BALLOCK	Junior	Eudora, Kan./Eudora High School		
Meet	800m	1,500m	400m	Event
Personal Best	2:13.03, 2007	4:49.96, 2007	2:28.67, 2009	
Apr. 4 - PSU Triangular			2:28.67 (2)	
Apr. 11 - Gorilla Classic	2:23.59 (8)			
Apr. 16-18 - KU Relays	2:26.08 (30)			
Apr. 24 - MSSU Invitational	2:30.39 (8)			
May 2-3 - MIAA Champs	2:21.45 pre.			
HALEY BEGGS	Freshman	Overland Park, Kan./Shawnee Mission South High School		
Meet	3000m	Steeplechase	5,000m	Event
Personal Best	11:29.61, 2009	12:17.37, 2009	19:39.54, 2009	
Apr. 4 - PSU Triangular	11:29.61 (11)			
Apr. 11 - Gorilla Classic		12:17.37 (2)		
Apr. 17 - UCM Mules Relays			19:39.54 (4)	
May 2-3 - MIAA Champs		12:27.93 (7)		
LAUREN CARR	Sophomore	Liberty, Mo./Liberty High School		
Meet	3,000m	5,000m	Steeplechase	10,000m
Personal Best	11:09.53, 2008	19:20.46, 2008	12:13.95, 2009	40:16.73, 2009
Apr. 4 - PSU Triangular	11:15.43 (5)			
Apr. 11 - Gorilla Classic			12:13.95 (1)	
Apr. 17 - UCM Mules Relays				40:16.73 (2)
May 2-3 - MIAA Champs			12:28.58	
JAYNA CASTRO	Sophomore	Topeka, Kan./Topeka High School		
Meet	Pole Vault	Event	Event	Event
Personal Best	9-10, 2009			
Apr. 4 - PSU Triangular	8-6.25 (9)			
Apr. 11 - Gorilla Classic	9-2.25 (8)			
Apr. 24 - MSSU Invitational	9-10 (14)			
May 2-3 - MIAA Champs	NH			
ASHLEY ERDMAN	Senior	Pittsburg, Kan./Pittsburg High School		
Meet	Pole Vault	Event	Event	Event
Personal Best	11-1.75, 2008			
Apr. 4 - PSU Triangular	10-0 (6)			
Apr. 11 - Gorilla Classic	10-8 (6)			
Apr. 17 - UCM Mules Relays	10-4 (1)			
Apr. 24 - MSSU Invitational	NH			
May 2-3 - MIAA Champs	10-6 (7)			
TARA FALKNER	Freshman	Gardner, Kan./Gardner-Edgerton High School		
Meet	Pole Vault	Event	Event	Event
Personal Best	9-2.25, 2009			
Apr. 4 - PSU Triangular	8-6.25 (10)			
Apr. 11 - Gorilla Classic	9-2.25 (11)			
Apr. 24 - MSSU Invitational	NH			
LESLI GILBERT	Sophomore	McPherson, Kan./McPherson High School		
Meet	Shot Put	Hammer	Discus	Event
Personal Best	38-1.5, 2008	141-11, 2009	114-6, 2009	
Apr. 4 - PSU Triangular		133-3 (5)	114-6 (8)	
Apr. 11 - Gorilla Classic		138-10 (7)	110-0 (10)	
Apr. 17 - UCM Mules Relays		141-11 (8)	103-10 (14)	
Apr. 24 - MSSU Invitational		136-7 (9)	108-8 (8)	
May 2-3 - MIAA Champs		128-2 (13)		
BRITTNEY GRAFF	Sophomore	Eudora, Kan./Eudora High School		
Meet	1,500m	3,000m	5,000m	Event
Personal Best	4:44.18, 2009	10:17.22, 2009	17:25.12, 2009	
Apr. 4 - PSU Triangular	4:57.05 (3)	10:47.82 (1)		
Apr. 11 - Gorilla Classic	4:47.90 (6)			
Apr. 16-18 - KU Relays			17:45.02 (5)	
Apr. 24 - MSSU Invitational	4:56.11 (2)			
May 2-3 - MIAA Champs	4:44.18 (5)	10:17.22 (4)	17:36.14 (3)	
May 9 - ESU Qualifier			17:25.12 (1) #	

CARISSA HUGHES Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Junior Pole Vault 10-10, 2009 10-4 (5) NH NH 10-10 (13) 10-6 (8)	Wellsville, Kan./Wellsville High School Event	Event	Event
AYANNA JOHNSON Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays	Freshman 100m 12.79, 2009 12.79 (6) 12.88 pre. 13.08 pre.	Kansas City, Mo./Lincoln College Prep 200m 27.68, 2009 28.20 (15) 27.68 (21) 27.86 (11)	Event	Event
LAUREN KARLEY Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Freshman 400m 1:02.49, 2009 1:02.49 (6) 1:02.98 (13) 1:03.47 (10) 1:04.68 (11) 1:03.69 pre.	Kansas City, Mo./Lincoln College Prep Event	Event	Event
TESIA LAHM Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Freshman High Jump 5-6, 2009 5-6 (3) # 5-3 (5) 5-1 (24) NH NH	Carl Junction, Mo./Carl Junction High School Triple Jump 35-8.75, 2009 35-8.75 (7) 35-5.75 (7)	Event	Event
CAITLIN LASKOWSKI Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Sophomore 1,500m 4:52.65, 2009 4:56.02 (2) 4:52.65 (7) 5:01.55 (3) 4:54.89 (10)	Carl Junction, Mo./Carl Junction High School 3,000m 10:30.38, 2009 10:55.52 10:37.64 (2) 10:30.38 (6)	Event	Event
VENESSA LEE Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 22-25 - Drake Relays May 2-3 - MIAA Champs May 9 - ESU Qualifier May 21-23 - NCAA-II Champs	Senior 800m 2:06.42, 2007 2:23.05 (1) 2:10.38 (6) \$ 2:10.69 (4) # 2:17.71 pre. / 2:11.99 (2) # 2:09.29 (1) \$ 2:10.90 pre. / 2:10.88 (3)	Cleveland, Mo./Cass Midway High School 1,500m 4:33.38, 2007 4:44.98 (1) 4:36.20 (1) # 4:37.70 (1) #	Event	Event
SHANNON LYNCH Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Sophomore Javelin 130-4, 2009 127-4 (3) 130-4 (2) 123-1 (2) 115-3 (3) 117-1 (8)	Pittsburg, Kan./St. Mary's-Colgan High School Event	Event	Event
JOSIE McCracken Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Freshman 100m 12.64, 2009 12.66 (1) 13.33 pre. 12.64 pre. / 12.67 (7)	Steffenville, Mo./Highland High School 200m 26.28, 2009 26.28 (5) 26.54 (13) 26.33 (6) 26.66 pre.	Long Jump 15-1.50, 2009 15-1.50 (14) 14-7.0 (14)	Event

JENNA MELLE Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Sophomore 400m 1:02.90, 2008 2:21.23 (14) 2:23.05 pre.	Clearwater, Kan./Clearwater High School 800m 2:19.01, 2008 2:24.07 (9) 2:23.05 pre.	1,500m 4:43.79, 2009 4:43.79 (3) 4:46.58 (6)	Steeplechase 12:30.46, 2009 12:30.46 (2)
JENNA MELLE (Cont.) Meet <i>Personal Best</i> Apr. 24 - MSSU Invitational	Sophomore 3,000m 10:48.44, 2009 10:48.44	Clearwater, Kan./Clearwater High School Event	Event	Event
HALEY MENDICKI Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays May 2-3 - MIAA Champs	Senior 200m 25.22, 2008 25.42 (1) 25.31 (4) 25.27 pre. / 25.59 (7)	Frontenac, Kan./Frontenac High School 400m 56.85, 2008 58.90 (1) 57.07 (1) 57.97 pre. 57.39 pre. / 57.99 (7)	Event	Event
EMILY MIDDLETON Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Junior High Jump 5-6, 2007 5-3.75 (4) 5-5 (2) 5-5 (6) 5-4.25 (2) 5-1 (8)	Iola, Kan./Iola High School Triple Jump 37-1.25, 2009 37-1.25 (3) 36-4.25 (4) 35-11.5 (18) 36-1.25 (10)	Event	Event
MICHELLE MITCHELL Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs May 9 - ESU Qualifier May 21-23 - NCAA-II Champs	Sophomore Pole Vault 12-5.50, 2009 11-9.75 (1) 12-1.50 (2) # 11-1.75 (15) 11-9.75 (10) 11-5.75 (3) 12-5.50 (3) # 12-3.50 (10)	Garden Plain, Kan./Garden Plain High School Long Jump 16-11.5, 2008 Triple Jump 36-2.25, 2009 36-2.25 (4) 35-3 (8) 35-4.5 (19)		Heptathlon 3,834 pts., 2008
MARYJO MOTT Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Sophomore 100m 12.40, 2009 12.48 (1) 12.60 pre. / 12.53 (5) 12.56 pre. / 12.40 (5) 12.76 pre. / 12.70 (6)	Bellevue, Kan./St. Marys High School 200m 25.33, 2009 25.93 (2) 25.96 (7) 25.33 (5) 25.81 pre. / 25.90 (8)	Event	Event
TRACY NAUMANN Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic	Freshman (RS) Discus 114-6, 2008 112-2 (9) NT	Meriden, Kan./Jefferson West High School Event	Event	Event
MISTY PETERSON Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs May 9 - ESU Qualifier	Senior Shot Put 41-6, 2008 38-7.50 (5) 35-9.25 (11) 38-2.75	McPherson, Kan./Butler Community College Discus 141-6, 2008 139-5 (2) 132-6 (2) 135-2 (3) 136-0 (2) 115-9 (11) 135-2 (6)	Hammer 151-8, 2008 137-5 (4) 145-11 (4) 139-6 (10) 147-0 (4) 141-5 (8) NT	Event
MELISSA PEDEN Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays May 2-3 - MIAA Champs	Freshman 3,000m 10:49.83, 2009 11:24.60 (8) 10:49.83 (3)	Newton, Kan./Newton High School 5,000m 18:46.25, 2009 18:46.25	10,000m 39:44.99, 2009 39:44.99 (8)	Event

MARISSA QUILLIN Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Freshman 800m 2:30.52, 2009 2:30.52 (16)	Wichita, Kan./Wichita Southeast High School 1,500m 4:56.57, 2009 5:00.93 (9) 5:03.95 (4) 4:56.57 (12)	3,000m 11:02.92, 2009 11:14.92 (4) 11:02.92 (8)	Event
ANGIE RAMSEY Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Junior Pole Vault 10-6, 2008 NH 10-2 (7) 8-10.25 (5) NH 10-0 (12)	Andale, Kan./Andale High School Event	Event	Event
KATIE ROBBEN Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Junior 200m 26.21, 2009 26.21 (4)	Garden Plain, Kan./Garden Plain High School 400m 57.80, 2008 59.88 (2) 1:01.49 pre. 1:00.29 (4) 59.92 pre.	Event	Event
CAITLIN ROLFS Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Junior High Jump 5-5, 2008 NH NH 4-11.75 (4) 5-2.25 (9) NH	Milford, Kan./Junction City High School Long Jump 15-5.50, 2009 15-5.50 (11)	Javelin 85-5, 2009 85-5 (8) 85-2 (9)	Event
ALI SHAFFER Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 26-27 - MIAA Multi Events May 2-3 - MIAA Champs	Senior Long Jump 17-8.75 16-3.25 (10) 16-8.75 (11) 16-3.75 (11)	Arma, Kan./Girard High School Triple Jump 37-10, 2008 35-6 (6) 36-11.75 (6)	Javelin 122-6, 2009 118-2 (4) 120-6 (3) 112-7 (5) 122-6 (2) 114-2 (10)	100mH 15.31, 2009 15.72 (5) 15.72 pre. / 16.05 (7) 15.47 pre. / 15.31 (5) 14.87 (4) 16.22 pre.
ALI SHAFFER (Cont.) Meet <i>Personal Best</i> Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 26-27 - MIAA Multi Events	Senior High Jump 4-11-75, 2009 4-7 (14) 4-11.75 (T5) 4-9.75 (13)	Arma, Kan./Girard High School Shot Put 31-7.50, 2009 31-7.50 (5)	200m 26.86, 2009 26.86 (5)	800m 2:25.68, 2009 2:25.68 (2)
ALI SHAFFER (Cont.) Meet <i>Personal Best</i> Apr. 26-27 - MIAA Multi Events May 2-3 - MIAA Champs	Senior Heptathlon 4,592 pts., 2009 4,592 pts. # 4,592 pts (4) #	Arma, Kan./Girard High School Event	Event	Event
HEIDI SMITH Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 17 - UCM Mules Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs May 9 - ESU Qualifier	Freshman Shot Put 44-7.50, 2009 41-11.50 (1) 42-5.25 (3) 43-2.50 (2) 44-7.50 # 43-10.75 (3) # 42-8.25 (6)	Elkhart, Kan./Elkhart High School Discus 127-11, 2009 127-11 (6) 122-7 (6) 120-7 (6) 115-0 (6) 111-2 (15)	Hammer 145-8, 2009 140-4 (2) 145-8 (5) 142-7 (8) 130-6 (11)	Event

MEGAN STAHL Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Freshman 400mH 1:06.37, 2009 1:08.24 (4) DQ 1:07.88 (2) 1:06.37 pre.	Newton, Kan./Newton High School Event	Event	Event
KALEY TEMAAT Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs	Freshman 3,000m 10:50.32, 2009 11:05.20 (4) 10:50.32 (3)	Dodge City, Kan./Dodge City High School 800m 2:29.70, 2009 2:29.70 (14)	1,500m 4:52.99, 2009 5:05.20 (6) 4:52.99 (8)	Event
SARAH THURBER Meet <i>Personal Best</i> Apr. 4 - PSU Triangular Apr. 11 - Gorilla Classic Apr. 16-18 - KU Relays Apr. 24 - MSSU Invitational Apr. 26-27 - MIAA Multi Events May 2-3 - MIAA Champs May 9 - ESU Qualifier May 21-23 - NCAA-II Champs	Senior 100m 12.81, 2009 12.81 (7) 13.15 pre.	Bixby, Okla./Bixby High School 100mH 14.08, 2009 14.53 (1) # 14.62 pre. / 14.33(1) # 14.53 pre. / 14.20 (3) # 14.28 pre. # 14.26 (1) # 14.99 pre. / 14.36 (1) # 14.29 pre. / 14.08 (1) \$ 14.09 pre.	400mH 1:06.66, 2009 1:06.66 (2)	Heptathlon 4463 pts., 2007 4,389 pts. (8) 4,389 pts (8)
SARAH THURBER (Cont.) Meet <i>Personal Best</i> Apr. 26-27 - MIAA Multi Events	Senior High Jump 4-7.50, 2009 4-7.50 (16)	Bixby, Okla./Bixby High School Shot Put 29-8.75, 2009 29-8.75 (11)	200m 26.20, 2009 26.20 (2)	Long Jump 16-5, 2009 16-5 (9)
SARAH THURBER (Cont.) Meet <i>Personal Best</i> Apr. 26-27 - MIAA Multi Events	Senior Javelin 103-5, 2009 103-5 (5)	Bixby, Okla./Bixby High School 800m 2:36.60, 2009 2:36.60 (9)	Event	Event
4x100M RELAY Apr. 4 - PSU Triangular MaryJo Mott, Haley Mendicki, Ayanna Johnson, Josie McCracken Apr. 11 - Gorilla Classic MaryJo Mott, Haley Mendicki, Ayanna Johnson, Josie McCracken Apr. 24 - MSSU Invitational May 2-3 - MIAA Champs Mary Jo Mott, Haley Mendicki, Katie Robben, Josie McCracken	48.68 (1) 48.58 (2) 49.17 (2) 49.49 (8)			
4x400M RELAY Apr. 4 - PSU Triangular Katie Robben (60.7), MaryJo Mott (60.4), Ali Shaffer (59.8), Haley Mendicki (60.3) Josie McCracken (62.5), Megan Ballock (63.4), Megan Stahl (68.3), Lauren Karley (64.2) Apr. 11 - Gorilla Classic Ali Shaffer (60.2), Venessa Lee (57.5), MaryJo Mott (59.8), Haley Mendicki (59.1) Josie McCracken (62.5), Megan Ballock (63.4), Megan Stahl (68.3), Lauren Karley (64.2) Apr. 24 - MSSU Invitational Katie Robben (60.2), MaryJo Mott (59.2), Haley Mendicki (57.9), Megan Ballock 62.5) May 2-3 - MIAA Champs Katie Robben, Haley Mendicki, Ali Shaffer, Venessa Lee	4:01.51 (1) 4:18.72 (5) 3:56.92 (1) 4:10.78 (8) 3:59.89 (3) 3:57.82 (6)			
Distance Medley Apr. 16-18 - KU Relays Caitlin Laskowski, Megan Ballock, Kaley Temaat, Jenna Mellen	12:55.06 (7)			

TEAM RESULTS

Apr. 4 - PSU Triangular	166 points, 1st/3 teams
Apr. 11 - Gorilla Classic	Non Scoring
Apr. 17 - UCM Mules Relays	Non Scoring
Apr. 16-18 - KU Relays	Non Scoring
Apr. 22-25 - Drake Relays	Non Scoring
Apr. 24 - MSSU Invitational	Non Scoring
May 2-3 - MIAA Champs	93 points, 5th/8 teams
May 9 - ESU Qualifier	Non Scoring
May 21-23 - NCAA-II Champs	6 points, 36th (tie)

Provisional Qualifying Mark

\$ Automatic Qualifying Mark

% Pitt State Record