

2010

Lady Razorback Track and Field Guide, 2010

University of Arkansas, Fayetteville. Athletics Media Relations

University of Arkansas, Fayetteville. Women's Athletics Department. Women's Communications Office

University of Arkansas, Fayetteville. Women's Athletics Department. Women's Sports Information Office

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Tara Diebold
Megan Jackson
Kristen Keith
Jillian Rosen
Katie Stripling
Miranda Walker
Shelise Williams
Newcomers

The Staff

Lance Harter
Rolando Greene
Bryan Compton
Support Staff

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Credits

The 2010 Arkansas Razorback women's track and field media guide was designed by assistant media relations director Molly O'Mara. Editing by Kevin Trainor, Dr. Bill Smith and Mary Lynn Gibson. Photography by Robert Black, Wesley Hitt and Gary Yandell. Printing by MultiAd of Peoria, Ill.

On the Cover

The covers of the 2010 Arkansas Razorback women's track and field media guide were designed by Andrew Reynolds.



Arkansas Athletic Media Relations

Assistant Athletic Media Relations Director Molly O'Mara handles the publicity and media information for the University of Arkansas track and field programs for the the 2009-10 season. The Athletic Media Relations office is located in Barnhill Arena and can be reached at 479-575-2751.



Asst. Media Relations Director
Molly O'Mara

Coach/Student-Athlete Interviews

Please make arrangements for all coach and student-athlete interviews through the Athletic Media Relations Office. Phone interviews for media can be arranged with 24-hour notice.

Coach Harter is available at the Media Relations Weekly Olympic Sport Press Conference, Tuesdays at 1 p.m. in the Barnhill Arena Media Room.

Photographers

Anyone wishing to shoot any meets should contact the Athletic Media Relations Office.

Post-Meet Results

Complete results for each meet will be available via email, in the Athletic Media Relations Office and at ArkansasRazorbacks.com.

Razorbacks on the Web

The latest in Razorback sports can be accessed by logging onto the official web site. Check out ArkansasRazorbacks.com for complete student-athlete and coaches' bios, releases and results on the Arkansas track and field team and other sports.

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Fayetteville, AR 72701

University of Arkansas Quick Facts

Location Fayetteville, Arkansas
Enrollment 19,849
Founded 1871
Chancellor Dr. G. David Gearhart
Westminster College, 1974
UA System President Dr. B. Alan Sugg, Arkansas, 1960
Vice Chancellor and Director of Athletics Jeff Long
Ohio Wesleyan, 1982
NCAA Faculty Representative Howard Brill, Duke, 1965

Arkansas Athletics Quick Facts

Website ArkansasRazorbacks.com
Nickname Razorbacks
Colors Cardinal and White
National Affiliation NCAA Division I
Conference Affiliation Southeastern Conference

2010 Schedule

Indoor

Jan. 8	Arkansas Invitational	Fayetteville, Ark.
Jan. 15-16	Virginia Tech Challenge	Blacksburg, Va.
Jan. 15-16	Missouri Southern Invitational	Joplin, Mo.
Jan. 22-23	Razorback Invitational	Fayetteville, Ark.
Jan. 29-30	Texas A&M Challenge	College Station, Texas
Feb. 5-6	New Balance Collegiate Invit.	New York, N.Y.
Feb. 12-13	Tyson Invitational	Fayetteville, Ark.
Feb. 26-27	SEC Championships	Fayetteville, Ark.
March 5	Arkansas Last Chance	Fayetteville, Ark.
March 12-13	NCAA Championships	Fayetteville, Ark.

Outdoor

March 19-20	Arizona Invitational	Tucson, Ariz.
March 26-27	Stanford Invitational	Palo Alto, Calif.
March 27	Razorback Spring Invit.	Fayetteville, Ark.
M31/A3	Texas Relays	Austin, Texas
April 9-10	John McDonnell Invit.	Fayetteville, Ark.
April 16-17	Mt. SAC Relays	Walnut, Calif.
April 22-24	Drake Relays	Des Moines, Iowa
April 30	Arkansas Twilight	Fayetteville, Ark.
May 1	Cardinal Invitational	Palo Alto, Calif.
May 13-16	SEC Championships	Gainesville, Fla.
May 27-29	NCAA West Regional	Austin, Texas
June 9-12	NCAA Championships	Eugene, Ore.
June 24-27	USA Championships	Des Moines, Iowa

Track & Field Quick Facts

Track and Field Quick Facts

Head Coach (Distance)	Lance Harter, 20th Season
Assoc. Head Coach (Sprints, Hurdles, Jumps, Multis)	Rolando Greene
	Bryan Compton
Asst. Coach (Pole Vault, Throws)	April Steiner-Bennett,
Volunteer Asst. Coaches	Christin Wurth-Thomas
	Jeff Kent
Director of Operations	Natasha Brown
Secretary	Gwendolyn Davis
Athletic Trainer	479-575-6384
Office Phone	479-575-3716
Office Fax	10 S. Razorback Road
Mailing Address	PO Box 7777
	John McDonnell Field
	Fayetteville, Ark. 72701

Facilities

Indoor Track	Randal Tyson Track Center
	Capacity: 5,500
	(200 Meters, banked track, Mondo surface)
Indoor Press Box Phone	479-571-2362
Outdoor Track	John McDonnell Field
	Capacity: 7,000
	(nine-lane Mondo)
Outdoor Press Box Phone	479-575-6956

2009 Review

SEC Indoor Track Finish	3rd
NCAA Indoor Track Finish	20th
SEC Outdoor Track Finish	4th
NCAA Mideast Regional Finish	7th
NCAA Outdoor Track Finish	29th
Returning All-Americans	5

Noting the University of Arkansas

-Located in Fayetteville, Ark., the University was founded on March 27, 1871.

-The slogan for the University of Arkansas is a nationally competitive student-centered research university serving Arkansas and the world.

-Students at Arkansas can choose from one of more than 200 programs of study.

-The University has been referred to as "among the most affordable of major research universities," *Princeton Review*.

-Graduates of the University have their name etched into the concrete sidewalks that run through campus. "Senior Walk" is one of Arkansas' oldest traditions and includes more than 140,000 names.

Noting the Razorbacks

-Arkansas' 19 SEC Championships are the most by any school since Arkansas joined the league in 1991-92.

-The all-time leader for SEC individual titles is Arkansas' Amy Yoder Begley who won 15 championships in cross country, indoor and outdoor track.

-The Razorbacks were the first team in SEC history to win back-to-back conference triple crowns.

-Since joining the SEC, Arkansas has won at least one SEC title in 14 of 18 years including the 2008-09 seasons.

-The SEC is widely considered the best conference for track and field in the country. At the 2004 Athens Olympics, 80 SEC track and field student-athletes, including five Razorbacks, participated.



Amy Yoder Begley competes at the Randal Tyson Track Center.



Arkansas' SEC trophies are displayed on the Razorback Wall of Champions.

The Southeastern Conference



The Nation's Top Track & Field Conference

In the ever-changing world of collegiate athletics, the tradition of excellence in the Southeastern Conference has remained constant. The SEC boasts a rich history and has dominated track and field like no other conference.

2009 SEC Women's Indoor Track & Field

The SEC had four teams finish in the top 15 at the NCAA Indoor Championships with Tennessee winning the national championship followed by LSU (6th), Florida (12th) and South Carolina (12th). Overall, eight SEC teams competed at the NCAAs, including Alabama, Arkansas, Auburn and Ole Miss. Tennessee claimed its third SEC Indoor Championship in five years. Mariam Kevkhishvili of Florida was tabbed as the Field Event Athlete of the Year. LSU's Rachel Laurent and Tennessee's Ellen Wortham shared Freshman Field Event Athlete of the Year honors. Tennessee head coach JJ Clark was named Coach of the Year. Tennessee's Sarah Bowman was named the Runner of the Year and South Carolina's Nadonnia Rodrigues was tabbed Freshman Runner of the Year.

2009 SEC Women's Outdoor Track & Field

The SEC was well represented at the NCAA Championships with a total of eight teams including LSU's sixth-place finish. Of the other seven teams which the SEC sent, Florida (9th), Tennessee (10th), Auburn (25th) and Arkansas (29th) all finished in the top 30 with South Carolina, Mississippi State and Ole Miss also scoring in the national meet. Florida won the SEC Outdoor Championship. Florida's Mike Holloway earned the Coach of the Year award, while Arkansas' Catherine White took home Runner of the Year honors. Kentucky's Ashley Muffet and Arkansas' Katie Stripling shared Field Athlete of the Year honors. Florida's Genevieve LaCaze was named Freshman Runner of the Year and LSU's Rachel Laurent was named Freshman Field Athlete of the Year. Tennessee's Sarah Bowman was named Scholar-Athlete of the Year for the second consecutive year.

Indoor Track

Fourteen national championships since 1987, 109 NCAA individual champions, 12 NCAA Championship record holders. 30 All-Americans in 2009 with Tennessee winning the title.

Outdoor Track

Eleven consecutive NCAA titles by LSU from 1987-97 and again in 2000 and 2008, 115 NCAA individual champions since 1982, eight NCAA Championship record holders, 34 All-Americans in 2009. LSU finished sixth.

2009 SEC Women's Track and Field Awards



**Indoor
Coach of the Year**
J.J. Clark
Tennessee



**Outdoor
Coach of the Year**
Mike Holloway
Florida



**Indoor Runner/
Scholar-Athlete
of the Year**
Sarah Bowman
Tennessee



**Outdoor
Runner of the Year**
Catherine White
Arkansas



**Indoor Freshman
Runner of the Year**
Nadonnia
Rodrigues
South Carolina



**Outdoor Freshman
Runner of the Year**
Genevieve LaCaze
Florida



**Indoor Field
Athlete of the Year**
Mariam
Kevkhishvili
Florida



**Outdoor Co-Field
Athlete of the Year**
Katie Stripling
Arkansas



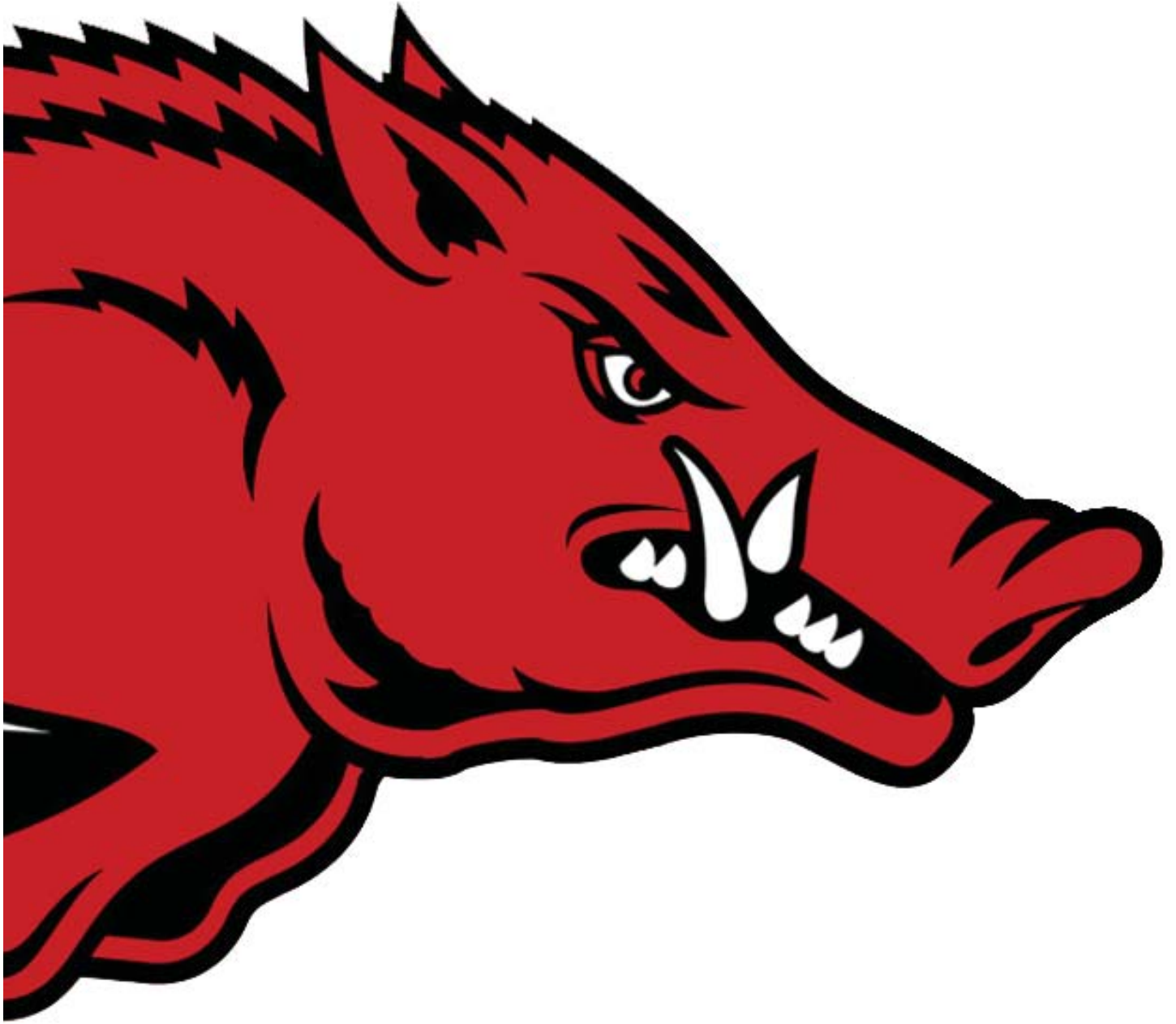
**Outdoor Co-Field
Athlete of the Year**
Ashley Muffet
Kentucky



**Indoor Co-/
Outdoor
Freshman
Field Athlete of
the Year**
Rachel Laurent
LSU



**Indoor Co-
Freshman
Field Athlete of
the Year**
Ellen Wortham
Tennessee



2009 Review

To open the season at the Arkansas Invitational, Katie Stripling cleared 13-9.25, a personal best, to earn her spot at the NCAA Championships in March. She also led four of her teammates in a 1-2-3-4-7 Arkansas finish. The second-, third- and fourth-place finishers hit the NCAA provisional mark of 12-11.5.

Tina Sutej finished second with her provisional height of 13-5.25 in her Arkansas debut. Tara Diebold was third, clearing 12-11.5 and senior Sarah Landau cleared the same bar for a fourth-place finish.

Peter-Gaye Beckford led a 1-3 Arkansas finish in the long jump. She won the event with a mark of 19-9.5, just missing the NCAA provisional mark. Whitney Jones, in her Arkansas debut, earned the bronze finish with a jump of 18-10.75.

Catherine White, making her track debut after an outstanding cross country season, won the mile run with a time of 4:53.42. She paced her teammates to second- (Megan Jackson), third- (Jillian Rosen) and fourth-place (Denise Bargiachi) finishes.

On day one of the Missouri Southern Invitational, the Hogs picked up wins in four separate events. Beckford finished first in the triple jump (38-6.75) and third in the shot put (43-5.75). Her toss in the shot put was a new PR. She also finished second in the long jump with a mark of 20-0.25. Her jump was an NCAA provisional-qualifying mark and ranked first among SEC competitors and sixth nationally.

Arkansas' other event wins came from Lauren Lewis (800 meters, 2:19.39), Shelise Williams (600Y, 1:23.93) and the 4x400-meter relay (Kelly Long, Courtney Blair, Lewis, Janine Davis, 4:00.44).

On day two, Jones continued competition with a third-place finish in the long jump (19-8.25), a second-place finish in the triple jump (37-10.75) and a win in the 60 meters (7.67p/7.58f). Her long jump and 60-meter time were personal bests.

At the Razorback Invitational, the long jump continued to be a strong event for the Razorbacks Beckford and Jones both improved their season bests.

Beckford finished second overall in the field of 32 competitors. Her mark measured in at 20-1.25 and was an improved NCAA provisional qualifier.

Jones, who had re-set her personal best three times at that point in the season, earned a bronze finish with her jump of 19-11.5.

Karen Thomas made her Razorback debut in the 200 meters and clocked a 25.96 to finish 56th.

On the second day of competition, Stripling improved her season and personal best in the pole vault to 13-11.25. She also picked up another event win. Her height improved her NCAA automatic qualifier, ranked second nationally and first in the SEC. Her mark was also No. 2 on the Arkansas all-time list.

Arkansas' 4x400-meter relay also made a big improvement, the quartet of Davis, Williams, Jones and



Christine Kalmer

Thomas combined for a time of 3:42.30, good for second in the SEC ranks.

Williams also posted a solid season debut in the 400 meters. Just off the NCAA provisional-qualifying time, she clocked a 54.43 for a fifth-place finish.

Two Razorbacks clocked personal bests in the mile. Bargiachi dipped below the five-minute mark for the first time with her clocking of 4:52.99 and finished seventh. Megan Jackson was eighth with her improved time of 4:53.14.

Arkansas picked up three NCAA qualifiers on day one of the UW Invitational in Seattle, Wash. White (16:14.62), Bargiachi (16:21.14) and Christine Kalmer (16:35.41) combined for an Arkansas 3-4-5 finish, respectively, in the 5,000 meters. All three times were under the provisional qualifying mark of 16:45 and all three student-athletes clocked personal bests in the event.

Additionally, White ranked third nationally and lead the SEC by more than a minute. Bargiachi ranked fourth nationally and second in the SEC. Kalmer ranked sixth nationally and third in the SEC.

In State College, Pa., members of Arkansas' sprints, hurdles and jumps crew competed in day one of the Penn State National. Jones had another solid day of competition with a fifth-place finish in the long jump (19-5.5) and an 11th-place finish in the semi-finals of the 60-meter dash (7.58). Jones clocked a prelim time of 7.54, a personal best, to qualify for the semis.

Beckford also competed in the long jump. She finished second in the field of 34 jumpers with a leap of 20-1.5. Her jump was a season best, an improved NCAA provisional mark and ranked third in the SEC.

On day two of the Penn State National, Williams clocked an NCAA provisional-qualifier in the 400 meters. Her time of 54.35, good for a fourth-place finish in the invitational heat, was a personal best, ranked third in the SEC and sixth nationally.

2009 Indoor Review

The 4x400-meter relay, Davis, Jones, Williams and Thomas, combined for a time of 3:40.25 to win the invitational heat. The time was a season best and lead the SEC.

Other impressive performances included a third-place finish in the invitational 200 meters for Jones (24.30), a seventh-place finish in the invitational 800 meters for Davis (2:10.14) and a 10th-place finish in the 3,000 meters for Ashley Williams (10:12.36). Both times were season bests.

In Seattle at the UW Invitational, Jackson clocked a 9:54.40 in the 3,000 meters. Samantha Learch clocked a personal-best time of 4:58.55 in the mile. Both times were season bests.

At the New Balance Collegiate Invitational, Stripling led a 1-2-4-9 finish in the pole vault. She won the event for the first time in her career. She cleared 13-9.25 to pick up her third NCAA automatic qualifier.

Sutej earned a runner-up finish. She cleared 13-9.25 and was second on misses. Her clearance was a career best and automatically qualified her for the NCAA Championships in March.

Diebold earned a fourth-place finish with a height of 12-11.5. Landau cleared 12-5.5 to finish ninth.

In the 1,000-meter run, Lewis led the Hogs with a third-place finish in the field of 36 and a clocking of 2:54.28. Learch ran a time of 2:54.31, good for a fourth-place finish and Davis finished eighth with a 2:55.42.

On day one of the Tyson Invitational, Bargiachi finished third in a stacked heat of the 3,000 meters. She clocked a time of 9:29.63 to earn a bronze finish. Her time was a personal best, ranked second in the Southeastern Conference and provisionally-qualifies her for the NCAA Championships.

Also in the 3,000 meters, Kalmer finished ninth with a time of 9:45.17. In the invitational 4x400-meter relay, the quartet of Davis, Williams, Jones and Thomas combined



Tara Diebold

for a time of 3:40.14 and a bronze finish.

In the 800 meters, Davis clocked a time of 2:10.22 to finish 10th. Lewis clocked a 2:10.83 to finish 11th and Learch ran a 2:12.58 for a 13th-place finish.

Jones also competed in the 60 meters, with a prelim time of 7.60 and a 19th-place finish, and the long jump, finishing 10th with a jump of 18-9.75.

On day two, Stripling cleared 14-3.25 to win the event and tie April Steiner Bennett's school record of 14-3.25 set in 2003. Her clearance of was a season and personal best, extended her SEC lead and ranked No. 2 in the NCAA.

Also in the pole vault, Diebold improved her NCAA provisional mark with a personal best. She cleared 13-7.25 to finish fifth and she ranked 12th in the NCAA and third in the SEC.

The Razorback 4x400-meter relay picked up a much-anticipated NCAA provisional time. With a second-place finish, the quartet of Thomas (55.60), Williams (53.46), Davis (55.03) Jones (55.44) clocked a time of 3:39.52. They ranked third in the SEC and 11th in the NCAA.

Jones also clocked a big personal best in the 200 meters. She finished ninth overall with a time of 24.06.

Arkansas finished third at the SEC Championships in Lexington, Ky. The Hogs picked up an event win and three runner-up finishes on the final day of competition.

Arkansas picked up a 1-2-3 finish in the 5,000 meters, good for 24 points. Kalmer led the Hogs with her race win. She clocked a personal-best time of 16:20.06 to break the Nutter Field House record, earn her second All-SEC honor and improve her NCAA qualifying time.

Bargiachi was second across the line in the 5,000 meters. She clocked a 16:23.90 to earn her third All-SEC honor. White finished third with a time of 16:38.07.

Arkansas ended the weekend with two runner-up finishes in the relays. The distance medley relay clocked a time of 11:37.70 while the 4x400-meter relay clocked a time of 3:35.18.



Peter-Gaye Beckford

In the 4x400-meter relay, Thomas (53.7), Williams (52.6), Davis (54.4) and Jones (53.6) combined for the 3:35.18. In the DMR, Lewis (1,200 meters, 3:39), Courtenay Brown (400 meters, 55.0), Leach (800 meters, 2:09) and Rosen (mile, 4:51) combined for the 11:37.70.

Other scorers for the Hogs included Jones in the 200 meters (seventh, 24.03), Williams in the 400 meters (fourth, 53.52), Davis in the 800 meters (seventh, 2:09.30) and Rosen in the mile (sixth, 4:47.46). Williams' time in the 400 meters was a personal best and an improved NCAA qualifier.

Beckford recovered from the grueling pentathlon and won the long jump title. She marked a leap of 20-9.25 to take the win. Her mark is an improved NCAA qualifier, ranks tied for 11th on the NCAA list and is the third-best jump in school history.

Diebold paced the Razorback vaulters to a 2-3-8 finish for Arkansas in the event. She cleared 13-5 to earn the second All-SEC honor of her career. Sutej was right behind her with the same clearance and a bronze finish. Stripling struggled at the early bars and was only able to clear 12-9.5 to finish eighth.

Arkansas picked up one new and two improved NCAA qualifiers at the Last Chance meet at the Randal Tyson Track Center. White won the 5,000 meters with an NCAA automatic-qualifying time of 16:07.50. Her time was a personal best by seven seconds, automatically qualified for the next week's NCAA Championships, ranked tied for 12th in the NCAA and was the No. 5 time on the Arkansas all-time list.

Bargiachi was right behind White in the 5K race. She finished second with a time of 16:15.65. Her time was a personal best, an improved NCAA provisional qualifier and ranked No. 18 on the NCAA list.

Diebold also got a personal best. She finished second in the pole vault with a clearance of 13-8.25. Her height was a career best, an improved NCAA provisional mark and ranked No. 13 on the NCAA list.



Whitney Jones



Megan Jackson

Clocking some of the fastest times in school history, Bargiachi and White picked up All-America honors for Arkansas on day one of the NCAA Indoor Championships in College Station, Texas.

Bargiachi was Arkansas' top runner in the 5,000-meter final with a sixth-place finish. She clocked a personal best time of 16:01.30, the fourth-fastest time in Arkansas school history. She earned the second All-America honor of her career and improved on her 10th-place finish from the 2008 NCAA Indoor Championships.

White finished 11th in the packed 5,000-meter field. She too clocked a personal best with a time of 16:06.01 and was just off Arkansas' all-time top-five list. White picked up her first All-America honor as she was the eighth American to cross the finish line.

Stripling picked up a bronze finish and the 4x400-meter relay scored points as the Razorbacks finished tied for 20th with 11 points at the NCAA Indoor Championships. The Hogs brought eight All-America honors back to Fayetteville.

Stripling, earned her second-straight third-place finish in the NCAA pole vault. She cleared 13-11.25 and scored six points. She earned the second All-America honor of her career including her bronze finish from the 2008 NCAA Outdoor Championships. Her clearance was tied for the third best in school history.

Diebold finished ninth in the pole vault. She cleared 13-3.5. She was among the top eight Americans and earned the first All-America honor of her career. Sutej finished 12th in the event with her height of 13-3.5.

The 4x400-meter relay was the final event of the season and the Arkansas quartet finished seventh. The group of Thomas (55.09), Williams (52.63), Davis (55.50) and Jones (53.69) combined for a time of 3:36.90. Williams picked up her second All-America honor while Thomas, Davis and Jones earned their first certificate.

2009 Outdoor Review

Sarah Landau



Arkansas opened their outdoor season at the UC Irvine Spring Break Classic by picking up six event wins and six regional qualifiers.

Sarah Landau led a 1-2-3-4 finish for the Razorbacks in the pole vault. She cleared 12-11.5 to take the win. Janice Keppler, All-American Tara Diebold and Tina Sutej tied for second with their clearances of 12-7.5. All four cleared the regional-qualifying height.

In her outdoor debut, freshman All-American Whitney Jones won the long jump. Her best jump of the day measured 19-8.75 and qualified her for the NCAA Regional Championships.

All-American Shelise Williams had a solid weekend in the short sprints. She earned a runner-up finish in the 100 meters with a time of 11.91. She followed that up with a win in the 200 meters with a time of 24.01.

Arkansas ended the two-day event with a win in the 4x400-meter relay. The quartet of Brown, All-American Etienne Chaplin, Thomas and Williams combined for a time of 3:40.10, also a regional qualifier.

The following week the Hogs traveled north to Palo Alto, Calif. for the Stanford Invitational and added five more regional qualifiers and six personal bests.

The Razorbacks picked up three qualifiers in the top section of the 5,000 meters. Catherine White clocked a personal-best time of 16:08.29 to finish 12th. Denise Bargiachi was 16th with a clocking of 16:11.56. Christine Kalmer was 20th with a time of 16:43.17. Both White and Bargiachi also clocked personal bests.

Jillian Rosen won the third section of the 1,500 meters. The win was her second in as many weeks after winning the 3,000 meters at UC Irvine. She clocked a regional-qualifying and personal-best time of 4:24.61.

Samantha Learch finished seventh in her section of the 1,500 meters. Just a freshman, she clocked a respectable 4:33.68 in her first collegiate 1,500 meters.

Making her 2009 outdoor debut, two-time All-American and SEC Champion Katie Stripling won the pole

vault on day one of the Florida Relays. She took the top spot in the vault with a clearance of 13-9.25. Her mark was a regional qualifier, ranked tied for second nationally and lead the SEC. She led a 1-4-6 finish for Arkansas in the event.

Landau improved her regional mark from 12-11.5 to 13-1.5 with a fourth-place finish in the pole vault. Keppler was sixth with her clearance of 12-7.5, also the regional-qualifying height.

Arkansas also found success in the open 400 meters. Williams was the top Razorback finisher with a personal-best time of 52.87. She finished sixth overall and third among collegians. Her time was a regional qualifier, ranked third nationally and third in the SEC.

On a day filled with relays, the Razorbacks made a big improvement in an important event on day two of the Florida Relays. The 4x400-meter relay clocked an improved regional-qualifying time with a seventh-place finish in the event. The quartet of Brown, Williams, Jones and Janine Davis combined for a time of 3:39.56.

On day two of the John McDonnell Invitational, Stripling cleared the nation's best height in the pole vault. Forced inside because of heavy rain in the Fayetteville area, Stripling won the pole vault with a jump of 14-3.25. Her clearance tied her existing school record and personal best, was an improved regional qualifier and lead the NCAA and the SEC.

Williams continued to excel in the sprints. She finished third in the invitational heat of the 200 meters. With a time of 23.78, she clocked a personal best, qualified for the NCAA Regional Championships and ranked seventh in the SEC.

Williams also ran the second leg of the 4x100-meter relay that won the event. Thomas, Williams, Courtney Blair and Jones combined for a time of 45.75, just off the regional-qualifying mark of 45.70.

Chaplin competed in numerous events at the McDonnell meet including the javelin, long jump and 100-meter hurdles. She hit the regional qualifier in the hurdles with a prelim time of 13.88 and a sixth-place finish.

The Arkansas Twilight meet was cut short due to rain, but before the weather set in Jones finished second overall and first among collegians in the long jump. Her best jump of the day measured 20-1.75 and was an improved personal best and regional qualifier. She ranked third in the SEC.

Also at the Arkansas Twilight, Stripling won her fifth-straight pole vault competition of the season. She cleared 13-11.75 to lead a 1-3-4-5-6-8 finish for Arkansas in the event.

Distance runners Kalmer and Rosen improved their regional-qualifying marks at Stanford's Payton Jordan Cardinal Invitational. Kalmer, competing in the top heat of the 5,000 meters, clocked a time of 16:11.77 to finish 11th overall and fifth among collegians. Her time was a



Denise Bargiachi

personal best, an improved regional qualifier and ranked fourth in the SEC.

Rosen, competing in the second section of the 1,500 meters, clocked a time of 4:23.61 to finish 11th overall and ninth among collegians. Also improving her regional qualifier, Rosen's time was a personal best and ranked fourth in the SEC.

After day one of the Southeastern Conference Championships, Chaplin sat in fourth place with 3,342 points in the heptathlon after four events. She opened the day with a fifth-place finish in the 100-meter hurdles. She clocked a personal-best time of 13.77 to pick up 1,011 points. In the high jump, Chaplin found her rhythm early and cleared the first five bars all on first attempts. She had her first miss of the day on her first attempt at 5-5.25 but cleared it easily on her second attempt.

In the final event on the first day of competition, Chaplin finished strong with a solid 200 meters. She clocked a time of 24.55, just off her PR of 24.47, to finish third overall. She scored 929 points and moved back up to fourth place.

Chaplin won her second career SEC title and her first in the outdoor heptathlon on day two of competition. She scored a career-best point total of 5,594 points. With her point total, she was automatically qualified for the NCAA Championships and had the "A" standard for the USA Championships.

The Razorbacks picked up 21 points for their total with a 1-2-6 finish in the 10,000 meters. White led the way with a race win and her second All-SEC honor. She clocked a time of 35:07.50 to win her second SEC individual title and her first in outdoor track.

Bargiachi earned a runner-up finish behind White. She clocked a time of 35:13.64 to nab her third All-SEC honor. Kalmer, competing in her first collegiate 10K, rounded out the Razorback scorers with a sixth-place finish and a time of 36:00.62.

Jackson picked up a bronze finish in the 3,000-meter

steeplechase. She clocked a time of 10:37.61. George, in her SEC Championship debut, finished eighth to add a point to the team total. She clocked a time of 11:22.32.

In the long jump finals, Chaplin, rebounding from the heptathlon, picked up a fifth-place finish. Her best jump of the day measured 19-4.25. Jones was right behind her in sixth with a mark of 19-4.

Williams clocked the fastest 400-meter prelim time overall to automatically advance to Sunday's finals with her heat win. She clocked a personal-best time of 52.74.

Thomas also clocked a personal best in the 400 meters. Clocking a 55.10, she advanced to the 400-meter finals based on time. She finished eighth overall in the prelims.

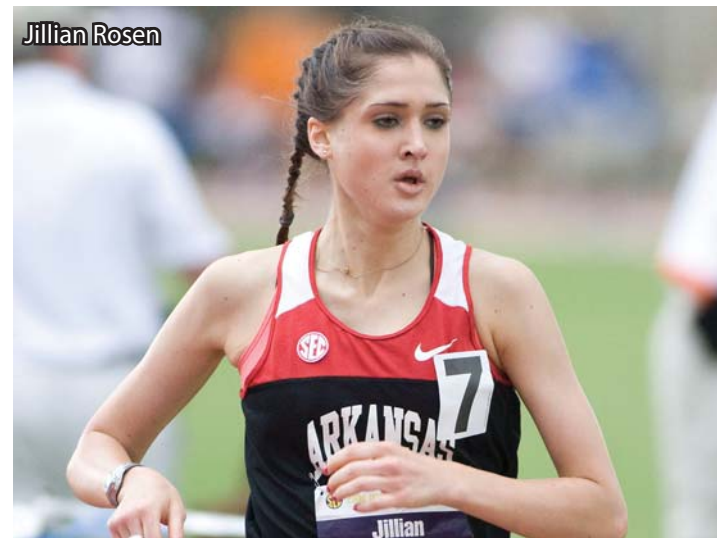
Arkansas also nabbed two qualifiers in the 1,500 meters. Rosen finished second in her heat and fourth overall to automatically qualify for the finals. She clocked a time of 4:28.76. Leach, in her SEC Outdoor debut, ran a personal-best 1,500-meter time of 4:28.06. She earned an automatic spot in the finals with a second-place finish in her heat.

Stripling made SEC history on the final day of competition. Winning her third conference pole vault title and second outdoors, she cleared 14-5.25. Arkansas has now won three-straight titles in the outdoor pole vault (2007-09). Her clearance is an Arkansas record, an SEC meet record, a personal best and is the new NCAA leader.

Stripling led a 1-4-8 finish for Arkansas in the event. Diebold finished tied for fourth with her height of 13-1.5. Landau was eighth, clearing the same height.

White won her third SEC title and her second in outdoor track with a victory in the 5,000 meters. She clocked a time of 16:29.72 to take the tape and earn her third All-SEC honor. White led a 1-3-5 finish for Arkansas in the event. Bargiachi was third with her time of 16:36.27 and Kalmer was fifth with a clocking of 16:46.69.

Williams had a clear lead coming off the final turn in the 400-meter final but locked up in the final home stretch



Jillian Rosen

2009 Outdoor Review



to earn a runner-up finish. She clocked a personal-best time of 52.41. Thomas finished eighth in the quarter mile with her time of 55.75.

Rosen clocked a PR and had an SEC career-best finish in the 1,500-meter finals. She clocked a time of 4:21.58 to take bronze. Learch finished eighth with her time of 4:29.51.

At the SEC Championships, the Razorbacks scored 96.5 points for a fourth-place finish.

Three Razorbacks punched their tickets for the NCAA Championships on day one of the NCAA Midwest Regional Championships, at Louisville's Cardinal Park. Additionally, four Razorbacks put themselves in contention for an at-large bid in their respective events.

Stripling led the Arkansas vault crew with a bronze finish to punch her ticket to the NCAA meet. A two-time All-American and three-time SEC Champion, Stripling cleared 13-9.75 to lead a 3-4-6-6-13 finish for the Razorbacks.

Kepler cleared a personal best to earn her spot in the NCAA Championships. Her clearance of 13-5.75 earned a fourth-place finish.

Diebold and Sutej finished tied for sixth with their clearances of 13-1.75. Landau was 13th, clearing 12-10.

Bargiachi led the charge for Arkansas in the 5,000 meters. She finished fourth to earn her trip to the NCAA Championships. Also holding a provisional qualifier in the 10,000 meters, Bargiachi clocked a time of 16:25.38. Kalmer finished ninth in the 5K with a time of 16:39.77 and White finished 11th with a time of 16:46.48.

On the final day of competition at the NCAA Midwest regionals, Rosen, running in the final of the 1,500 meters, clocked a time of 4:26.82, good enough for a fifth-place finish. Williams running in the final of the 400 meters scored a second-place finish with a personal best time of 52.32.

At the NCAA Championships, White picked up a sixth-place finish in the 10,000 meters to earn her second All-America honor and her first outdoors. White never left the top 10 in the 25-lap race but used her strong kick to score a sixth-place finish and a time of 34:15.26.

Rosen clocked a three-second personal best in her prelim heat of the 1,500 meters. She finished fourth in her heat and 18th overall with her time of 4:18.56. Despite not making the final of the event, she had a huge breakthrough with her first sub-4:20 race and also clocked her fourth PR of the season.

Chaplin wrapped up the heptathlon on day three. She finished 12th, scoring 5,483 points. She opened up the second day of competition with a long jump of 20-7, a 13-inch personal best, the Arkansas school record for the heptathlon long jump and the No. 3 mark in school history.

In the pole vault, Stripling earned her third All-America honor with a fifth-place finish and a clearance of 14-1.25. Landau cleared a personal-best height of 13-9.25 to finish eighth. She earned her first All-America honor.

Bargiachi ran her final race in Fayetteville as a Razorback. In the 5,000-meter final, she finished 11th with a time of 16:49.40.

Williams made Arkansas history in the 400 meters on day four of the NCAA Outdoor Championships. She finished seventh in one of the fastest 400-meter finals in NCAA history. She earned her first All-America honor in an individual event and her third career certificate.

Williams crossed the finish line in a time of 52.01. Her clocking was a season and personal best and ranked as the No. 3 time in Arkansas school history.

Arkansas finished 29th in the team race with 10 points.



2009 Indoor & Outdoor Awards & Honors

2009 Indoor Top Marks

60 Meters	Whitney Jones	7.54 (Penn State, 1/31/09)
200 Meters	Whitney Jones	24.03 (SEC, 3/1/09)
400 Meters	Shelise Williams	53.52 (SEC, 3/1/09)
800 Meters	Janine Davis	2:09.30 (SEC, 3/1/09)
Mile	Jillian Rosen	4:47.46 (SEC, 3/1/09)
3,000 Meters	Catherine White	9:25.06 (SEC, 2/28/09)
5,000 Meters	Denise Bargiachi	16:01.30 (NCAA, 3/13/09)
60-Meter H	Brittany Hyter	8.78 (Arkansas Invit., 1/9/09)
4x400-Meter Relay	Thomas, Williams, Davis, Jones	3:35.18 (SEC, 3/1/09)
Distance	Lewis, Brown,	11:37.70 (SEC, 2/28/09)
Medley Relay	Learch, Rosen	
High Jump	Katie Stripling	5-3.25 (SEC, 3/1/09)
Pole Vault	Katie Stripling	14-3.25 (Tyson Invit., 2/14/09)
Long Jump	Peter-Gaye Beckford	20-9.25 (SEC, 2/28/09)
Triple Jump	Peter-Gaye Beckford	38-7.5 (SEC, 3/1/09)
Shot Put	Peter-Gaye Beckford	43-5.75 (MSSU Invit. 1/17/09)
Pentathlon	Peter-Gaye Beckford	3,585 pts. (SEC, 2/27/09)

2009 NCAA Indoor All-Americans

Denise Bargiachi, 5,000 Meters, 6th
 Tara Diebold, Pole Vault, 9th
 Katie Stripling, Pole Vault, 3rd
 Catherine White, 5,000 Meters, 11th
 Karen Thomas, Shelise Williams, Janine Davis,
 Whitney Jones, 4x400-Meter Relay, 7th

2009 SEC Indoor Champions

Christine Kalmer, 5,000 Meters
 Peter-Gaye Beckford, Long Jump

2009 All-SEC Honors

Denise Bargiachi, 5,000 Meters, Second Team
 Peter-Gaye Beckford, Long Jump, First Team
 Tara Diebold, Pole Vault, Second Team
 Whitney Jones, Long Jump, All-Freshman Team
 Christine Kalmer, 5,000 Meters, First Team
 Lauren Lewis, Courtenay Brown, Samantha Learch,
 Jillian Rosen, DMR, Second Team
 Karen Thomas, Shelise Williams, Janine Davis,
 Whitney Jones, 4x400-Meter Relay, Second Team

USTFCCCA All-Academic Team

Denise Bargiachi	Tara Diebold	Megan Jackson
Sarah Landau	Katie Stripling	Catherine White

SEC Spring Academic Honor Roll

Denise Bargiachi	Erin Gray	Sarah Landau
Dacia Perkins	Megan Jackson	Kristen Keith
Angie Scott	Katie Stripling	Miranda Walker
Ashley Williams	Tara Diebold	Catherine White

SEC Freshman Academic Honor Roll

Samantha Learch

2009 Outdoor Top Marks

100 Meters	Shelise Williams	11.91 (UCI, 3/21/09)
200 Meters	Shelise Williams	23.78 (McDonnell, 4/18/09)
400 Meters	Shelise Williams	52.01 (NCAA, 6/13/09)
800 Meters	Lauren Lewis	2:09.34 (McDonnell, 4/18/09)
1,500 Meters	Jillian Rosen	4:18.56 (NCAA, 6/10/09)
Steeplechase	Megan Jackson	10:27.49 (Mt. SAC, 4/16/09)
5,000 Meters	Catherine White	16:08.21 (Stanford Invit., 3/27/09)
10,000 Meters	Catherine White	33:37.83 (Mt. SAC, 4/7/09)
100-Meter H	Etienne Chaplin	13.77 (SEC, 5/14/09)
400-Meter H	Brittany Hyter	1:01.42 (SEC, 5/15/09)
4x100-Meter Relay	Thomas, Williams, Blair, Jones	45.75 (McDonnell, 4/18/09)
4x400-Meter Relay	Thomas, Williams, Chaplin, Jones	3:36.38 (Reg., 5/30/09)
High Jump	Etienne Chaplin	5-5.25 (SEC, 5/14/09)
Pole Vault	Katie Stripling	14-5.25 (SEC, 5/17/09)
Long Jump	Etienne Chaplin	20-7 (NCAA, 6/12/09)
Shot Put	Etienne Chaplin	37-5.25 (Texas Relays, 4/1/09)
Discus	Kelly Carruthers	134-0 (McDonnell, 4/17/09)
Javelin	Etienne Chaplin	127-3 (UCI, 3/21/09)
Hammer	Angie Scott	146-11 (MSSU Invit., 4/24/09)
Heptathlon	Etienne Chaplin	5,594 pts. (SEC, 5/15/09)

2009 NCAA Outdoor All-Americans

Denise Bargiachi, 5,000 Meters, 11th
 Sarah Landau, Pole Vault, 8th
 Katie Stripling, Pole Vault, 5th
 Catherine White, 10,000 Meters, 6th
 Shelise Williams, 400 Meters, 7th

2009 NCAA Midwest All-Region

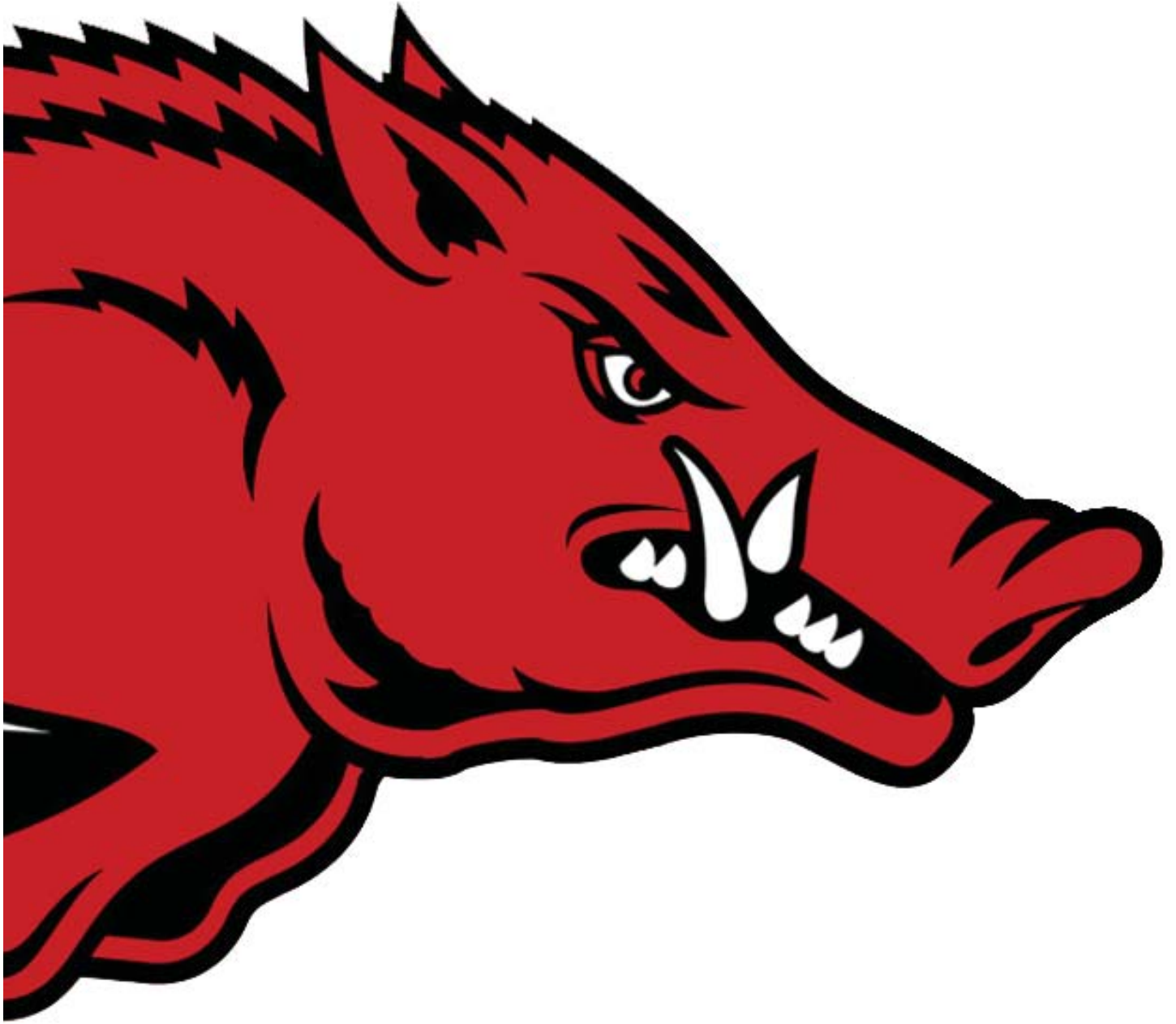
Denise Bargiachi, 5,000 Meters, 4th
 Etienne Chaplin, 4x400-Meter Relay, 8th
 Tara Diebold, Pole Vault, 6th
 Whitney Jones, 4x400-Meter Relay, 8th
 Janice Keppler, Pole Vault, 4th
 Jillian Rosen, 1,500 Meters, 5th
 Katie Stripling, Pole Vault, 3rd
 Tina Sutej, Pole Vault, 6th
 Shelise Williams, 400 Meters, 2nd;
 4x400-Meter Relay, 8th
 Karen Thomas, 4x400-Meter Relay, 8th

2009 SEC Outdoor Champions

Etienne Chaplin, Heptathlon
 Katie Stripling, Pole Vault
 Catherine White, 5,000 Meters, 10,000 Meters

2009 All-SEC Honors

Denise Bargiachi, 10,000 Meters, Second Team
 Etienne Chaplin, Heptathlon, First Team
 Whitney Jones, Long Jump, All-Freshman Team
 Katie Stripling, Pole Vault, First Team
 Catherine White, 5,000 Meters, First Team;
 10,000 Meters, First Team
 Shelise Williams, 400 Meters, Second Team



2010 Outlook

Head coach Lance Harter, in his 20th season at the helm of the Razorback program, has compiled a talented and experienced group for his 2010 roster of student-athletes.

Led by seniors Megan Jackson, Janice Keppler, Katie Stripling and Karen Thomas, the 2010 version of the Razorbacks boasts five juniors, seven sophomores and welcomes 13 freshmen and newcomers.

"This is a very dynamic group of student-athletes," Harter said. "There's youth, there's experience and there's excitement in all the event groups."

Arkansas' pole vault crew is made up of three-time SEC Champion and indoor and outdoor school record holder Stripling, 2009 All-American and two-time All-SEC performer Tara Diebold, NCAA qualifiers Keppler and Tina Sutej and Lauren Kegley and Kristen Keith.

"Coach Bryan Compton does a superb job with our vault crew," Harter said. "He's arguably the best in the nation in what he does and he recruits the best vaulter to Arkansas. They thrive in the environment here and with the vault crew they have to work with."



Indoor Championship team and earned a NJCAA runner-up finish in the 400 meters with a time of 55.57.

"The sprint events are obviously very important to us on the SEC and NCAA level," Harter said. "Shelise is a great leader for this young group. She has a ton of experience to help our younger runners figure out what running in the SEC and NCAA means."

Jackson, senior Ashley Williams, juniors Miranda Walker and Jillian Rosen and sophomore Samantha Learch will take over the reins of Arkansas's formidable distance crew. They are joined by sophomore steeplechaser Cali George, freshmen Martine Borge, Stephanie Brown, Katelin Cherry, Paige Johnston and Keri Wood and sophomores Kristen Gillespie and Taylor Johnson.

Jackson, Walker and Rosen are all NCAA qualifiers in their respective events. Jackson is fresh off a bronze finish in the steeplechase at the SEC Championships and Walker redshirted the 2009 season.



The Razorback sprinters are led by 2009 All-American and SEC runner-up at 400 meters, Shelise Williams. Williams will also play a vital role on the 4x400-meter relay. She is joined by Courtney Blair, relay member and hurdler Brittany Hyter, two-time All-SEC performer and All-American Whitney Jones, All-American Thomas and newcomers Edina Brooks and Rachel Werner.

Brooks, a transfer from South Plains College, was a four-time All-American in the 400 meters, 4x100- and 4x00-meter relays. She was also a member of the quartet that set the school record in the indoor (3:43.35) and outdoor (3:41.37) 4x400-meter relays. She holds personal bests of 24.57 in the 200 meters and 55.07 in the 400 meters. Brooks was also a member of the 2009 NJCAA



2010 Preview



"We have three strong leaders in our middle distance and distance groups," Harter said. "Which is good because we also have a lot of young runners. That blend creates a good dynamic and I expect some of our younger runners to immediately contribute at the SEC and NCAA levels."

Rosen finish third in the SEC 1,500 meters, sixth in the mile and clocked her first sub-4:20 1,500-meter time at the 2009 NCAA Outdoor Championships.

Jones will also play a large role in the jumps events. An SEC scorer, indoors and out, in the long jump, she will be joined by junior transfer Shantel Thompson, redshirt freshman heptathlete Leah Orley and freshman Regina George.

"Whitney Jones had a great freshman season," Harter said. "She never really carried herself like a freshman. She jumped right into competition and worked hard. We are very excited to see what the future has in store for her."

Thompson was a six-time All-American, indoors and out, while competing in the high, long and triple jumps for New Mexico Junior College. Her best finishes were runner-up in the 2008 NJCAA Indoor high jump (5-5), third in the 2008 NJCAA Indoor long jump (18-11.25) and fourth in the 2008 NJCAA Outdoor triple jump (38-11.75). She is the school record holder in the outdoor long jump with a personal-best mark of 19-9. She holds personal bests of 5-8 in the high jump, 19-9 in the long jump and 40-10.25.

George, with the potential to contribute in numerous events, holds personal bests of 25.08 in the 200 meters, 55.69 in the 400 meters, 2:10 in the 800 meters and 5-10 in the high jump. She was the 2009 Illinois State Champion at 200 meters (25.08), the runner-up in the 400 meters (55.69) and finished third in the high jump (5-5).

"This is one of our best recruiting classes as a staff," Harter said. "We are anxious to get them on the track and see how they face collegiate competition. We have a lot of new people on our roster that could make an immediate

impact and that's what we are looking for when we recruit. This is a very special group and if they continue to work hard, our possibilities and successes are huge."

The Razorbacks will host six meets during the indoor season at the Randal Tyson Track Center, including the SEC Indoor (Feb. 26-28) and the NCAA Indoor Championships (March 12-13). Also on the schedule are the Arkansas Invitational, the Razorback Invitational and the Arkansas Last Chance.

Arkansas will travel for indoor meets to the Virginia Tech Invitational, Jan. 15-16, in Blacksburg, Va., the Texas A&M Challenge, Jan. 29-30 in College Station, Texas, and the New Balance Collegiate Invitational, Feb. 5-6 in New York, N.Y.

"Our schedule is such that we get the best of both worlds," Harter said. "We host home meets in the best facility in the nation and travel to some great meets to face some competition we wouldn't normally see."

The outdoor season will begin with the Arizona Invitational, March 19-20, the Stanford Invitational and the Razorback Spring Invitational, March 26-27. The Razorback Spring Invitational will be a one-day event (March 26) at John McDonnell Field.

Trips to Texas Relays (March 31-April 3), Drake Relays (April 22-24) and Penn Relays (April 22-24) highlight the month of April. The John McDonnell Invitational is set for April 9-10.

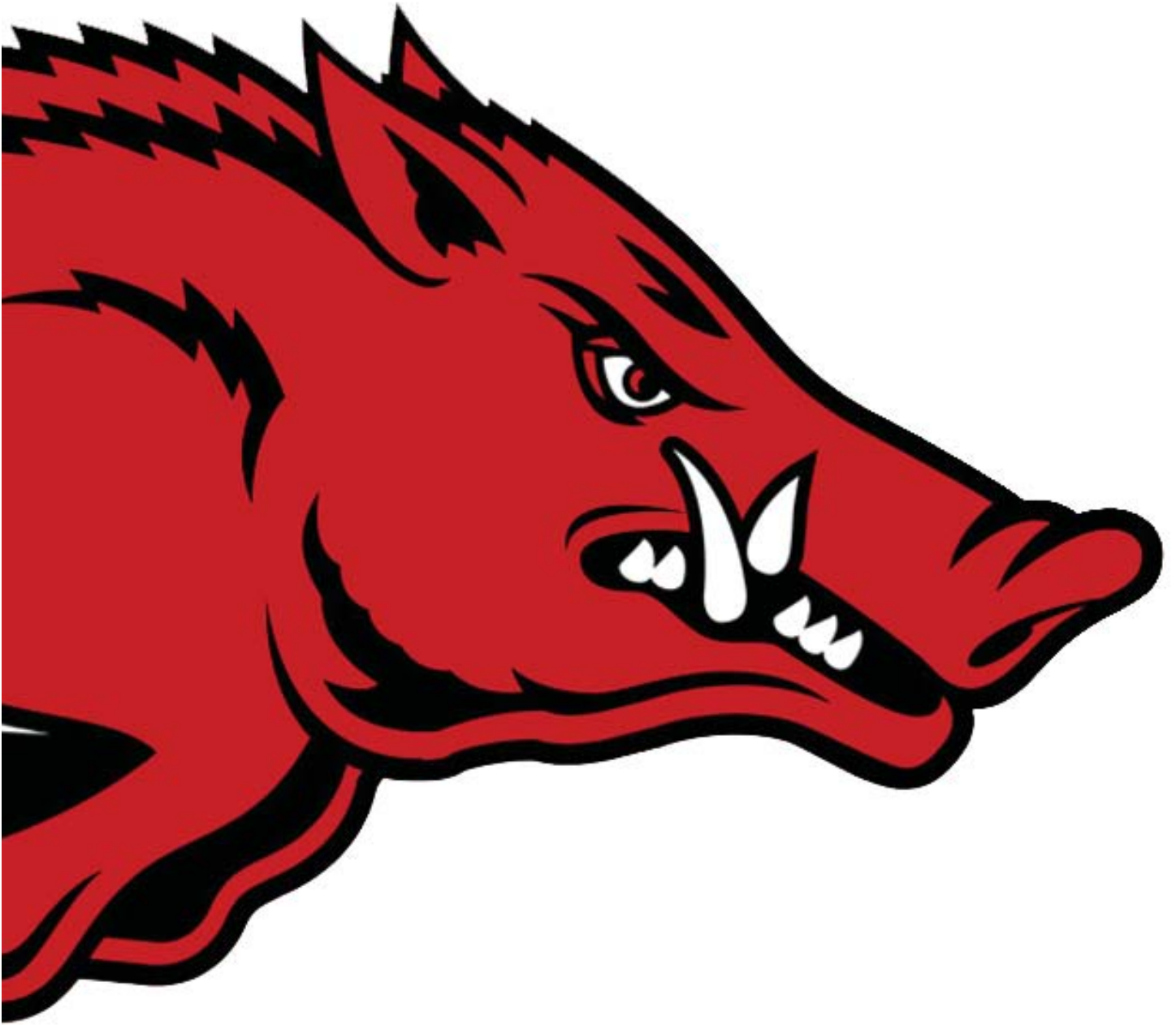
The championship season will begin May 14-16 with the SEC Championships in Knoxville, Tenn. Arkansas has been named to the NCAA West Regional and will compete in Austin, Texas, May 27-29. The collegiate season will conclude with the NCAA Championships, June 9-12, in Eugene, Ore., on the campus of the University of Oregon.



Name	Events	Height	CC/IN/OUT	Hometown (Previous School)
Courtney Blair	Sprints	5-7	X/SO/SO	Texarkana, Ark. (Arkansas HS)
Martine Borge	Middle Distance	5-7	X/FR/FR	Bergen, Norway (Sandsli Videregaendes Kale)
Edina Brooks	Sprints	5-6	X/JR/JR	Spring, Texas (Klein HS/South Plains College)
Stephanie Brown	Middle Distance	5-4	FR/FR/FR	Downs, Ill. (Tri-Valley HS)
Katelin Cherry	Distance	5-6	FR/FR/FR	Oklahoma City, Okla. (Westmoore HS)
Tara Diebold	Pole Vault	5-6	X/JR/JR	Branson, Mo. (Branson HS)
Cali George	Distance	5-8	SO/SO/SO	Gardner, Kan. (Edgerton HS)
Regina George	Sprints		FR/FR/FR	Chicago, Ill. (St. Gregory HS)
Kristen Gillespie	Middle Distance	5-8	SO/SO/SO	Overland Park, Kan. (Shawnee Mission South HS/Oklahoma State)
Brittany Hyter	Sprints/Hurdles	5-6	X/SO/SO	Woodbridge, Va. (Osborn Park HS)
Megan Jackson	Distance	5-9	SR/SR/SR	Middlebury, Ind. (Northridge HS)
Taylor Johnson	Middle Distance	5-9	FR/FR/SO	Ben Lomond, Calif. (San Lorenzo Valley HS)
Paige Johnston	Middle Distance	5-7	FR/FR/FR	Midlothian, Va. (Midlothian HS)
Whitney Jones	Jumps/Sprints	5-7	X/SO/SO	Searcy, Ark. (Searcy HS)
Lauren Kegley	Pole Vault	5-5	X/FR/FR	Scott, Ark. (Central Arkansas Christian Acad.)
Kristen Keith	Pole Vault	5-8	X/JR/JR	Southlake, Texas (Oklahoma/Carroll HS)
Janice Keppler	Pole Vault	5-10	X/SR/SR	Medina, N.Y. (Eastern Michigan/Medina HS)
Samantha Learch	Middle Distance	5-4	SO/SO/SO	Barrington, Ill. (Barrington HS)
Leah Orley	Multis	5-10	X/FR/FR	Benton, Ill. (Benton HS)
Jillian Rosen	Distance	5-7	JR/JR/JR	Dallas, Texas (Richardson HS)
Katie Stripling	Pole Vault	5-9	X/SR/SR	Jonesboro, Ark. (Jonesboro HS)
Tina Sutej	Pole Vault	5-6	X/SO/SO	Ljubljana, Slovenia (Gimnazija Bezigrad)
Karen Thomas	Sprints	5-6	X/SR/SR	Camden, Ark. (Fairview HS/South Plains College)
Shantel Thompson	Jumps	5-10	X/JR/JR	St. Thomas, Jamaica (Vere Tech HS/New Mexico JC)
Miranda Walker	Distance	5-2	JR/JR/JR	Southlake, Texas (Carroll HS)
Rachel Werner	Sprints	5-3	X/FR/FR	The Woodlands, Texas (The Woodlands HS)
Ashley Williams	Distance	5-4	SR/SR/SR	Little Rock, Ark. (Oklahoma/Mt. St. Mary Academy)
Shelise Williams	Sprints	5-5	X/JR/JR	Long Beach, Calif. (Woodrow Wilson HS)
Keri Wood	Middle Distance	5-8	FR/FR/FR	College Station, Texas (A&M Consolidated HS)

Staff

Lance Harter	Head Coach (Distance)
Rolando Greene	Assistant Coach (Sprints/Pole Vault)
Bryan Compton	Assistant Coach (Field Events/Multis)
Jeff Kent	Director of Operations
Monica Hargrove	Volunteer Assistant Coach
April Steiner Bennett	Volunteer Assistant Coach
Christin Wurth-Thomas	Volunteer Assistant Coach
Gwendolyn Davis	Athletic Trainer



The Razorbacks

Megan Jackson
Distance, Senior, 5-9
Middlebury, Ind. (Northridge HS)



**TWO-TIME ALL-REGION
 NATIONAL QUALIFIER
 REGIONAL QUALIFIER**

2009: Indoor: At the Arkansas Invitational, Jackson opened her season with a runner-up finish and a time of 4:57.04 in the mile. She improved upon that time at the Razorback Invitational with a personal-best time of 4:53.14 and an eighth-place finish. At the SEC Championships, she ran the prelim of the mile, finishing 12th with a time of 5:05.20. **Outdoor:** At the UC Irvine Spring Break Classic, she ran the 1,500 meters, clocking a time 4:39.10. At the Stanford Invitational, Jackson competed in the steeplechase and finished fourth in a time of 10:39.72, good for an NCAA regional qualifier. At Mt. SAC Relays, she improved greatly upon her steeplechase time with a 20th-place finish and a time of 10:27.49. She earned a bronze finish in her signature event at the SEC Championships, clocking a time of 10:37.61. At the NCAA Mideast Regional Championships, she had a bad landing in the water jump and was unable to finish the race.

2008: Indoor: Jackson opened with a mile time of 5:07.53, good for a bronze finish, at the Arkansas Invitational. She clocked a personal-best time of 9:48.30 in the 3,000 meters to finish 25th at the UW Invitational. She ended the season with a 10th-place finish in the 3,000 meters (10:02.89) and a 21st-place finish in the 5,000 meters (18:04.35) at the SEC Championships. **Outdoor:** She competed in four steeplechase races and hit the regional qualifier on two occasions. Her season-best showing of 10:34.70 and an 11th-place finish came at the Stanford Invitational. She earned a fifth-place finish in the steeplechase at the SEC Championships with a time of 10:44.77. The second all-region honor of her career came with a fourth-place finish at the NCAA Mideast Regional Championships. Her time of 10:35.94 punched her ticket to the NCAA Championships. Her season concluded with a 23rd-place showing and a time of 10:51.26 at the NCAA Championships.

2007: Indoor: At the Arkansas Invitational, she opened up with a mile time of 5:07.81 to finish sixth. At the New Balance Collegiate Invitational, she clocked a season-best time of 9:53.71 in the 3,000 meters. A 24th-place showing and a time of 10:28.96 at the SEC Championships concluded her season. **Outdoor:** In her collegiate 3,000-meter steeplechase debut, she hit the regional qualifier with a time of 10:45.50 and a 10th-place finish at the Stanford Invitational. She ran the race five times during the season and improved in each competition until the NCAA Mideast Regional Championships where she clocked a season best 10:38.33. She finished fifth at the

SEC Championships (10:44.57) and grabbed seventh at the regional to earn all-region honors.

AT NORTHRIDGE HS: A four-year first-team all-state selection, Jackson owns the Raiders' 3,200-meter school record as well as a school and state record as a member of the 4x800-meter relay. Individually, she placed in the top 13 four times in cross country and was a part of four conference, sectional championship teams as well as six squads that took regional titles.

PERSONAL: Born May 8, 1988, she is the daughter of Craig and Dawn Jackson. She is enrolled in the College of Education and Health Professions and is majoring in kinesiology.

Career Bests:

1,500 Meters (O)	4:38.63	McDonnell Invit., 4/21/07
Mile (I)	4:53.14	Razorback Invit., 1/24/09
3,000 Meters (I)	9:48.30	UW Invit., 2/2/08
5,000 Meters (I)	18:04.35	SEC Champs., 3/2/08
5,000 Meters (O)	17:16.51	J.-Kersey Invit., 4/13/07
Steeplechase (O)	10:27.49	Mt. SAC Relays, 4/16/09



The Razorbacks

Janice Keppler
Pole Vault, Senior, 5-10
Medina, N.Y.
(Medina HS/Eastern Michigan)



**2009 ALL-REGION
NATIONAL QUALIFIER
REGIONAL QUALIFIER**

2009: Indoor: Keppler redshirted the season. **Outdoor:** She began her Razorback career at the UC Irvine Spring Break Classic where she tied for second in the pole vault with a clearance of 12-7.5, good for a NCAA regional-qualifying mark. She improved greatly on her mark at the John Jacobs Invitational, placing third and clearing 13-1.5. At the MSSU Invitational, she improved again to 13-3.5, good for a sixth-place finish. At the NCAA Mideast Regional Championships, she cleared a personal-best height of 13-5.75, good for a fourth-place finish and an all-region honor. Her finish punched her ticket to the NCAA Championships; however she was unable to clear the opening height in Fayetteville.

AT EASTERN MICHIGAN: Keppler was the 2007 Mid-American Conference outdoor pole vault champion, jumping 13-1.5 to take the title. She finished fourth at the NCAA Mideast Regional Championships to earn a trip to the NCAA Championship. She finished 12th in Sacramento. In 2007, she won nine of the 15 meets she competed in. She also finished fourth at the Penn Relays. She was seventh at the 2007 MAC Indoor Championships.

AT MEDINA HS: She was a New York State Champion and indoor All-American her senior year. She held a high school personal-best of 12-0. She was also an indoor All-American her junior year after finishing seventh. She was also a member of the soccer team and named team MVP her freshman year.

PERSONAL: Born March 22, 1987, she is the daughter of Philph and Dawn Keppler. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in sociology.

Career Bests:

Pole Vault (I) 13-3.5 Razorback Invit., 1/24/09 (una.)
Pole Vault (O) 13-5.75 NCAA Reg. Champs., 5/31/09



Janice Keppler

Katie Stripling
Pole Vault, Senior, 5-9
Jonesboro, Ark. (Jonesboro HS)



**THREE-TIME ALL-AMERICAN
THREE-TIME SEC CHAMPION
THREE-TIME ALL-SEC
TWO-TIME ALL-REGION
2009 ACADEMIC ALL-AMERICAN
2009 ACADEMIC ALL-DISTRICT
2009 SEC OUTDOOR Co-FIELD ATHLETE OF THE YEAR
2008 NACAC CHAMPION
USA CHAMPIONSHIPS QUALIFIER
U.S. OLYMPIC TRIALS QUALIFIER
NATIONAL QUALIFIER
REGIONAL QUALIFIER**

2009: Indoor: Stripling opened the 2009 season winning the pole vault at four-straight competitions. She jumped 13-9.25 twice, 13-11.25 and a season best 14-3.25 at the Tyson invitational, all NCAA automatic qualifiers. Her jump at Tyson was a personal best and tied April Steiner's school record. After a disappointing eighth-place finish at the SEC Championships, she rebounded with a bronze finish and a clearance of 13-11.25 at the NCAA Championships. She earned her second All-America honor and her first indoors. **Outdoor:** She picked up another winning streak, taking six-straight titles outdoors. She cleared 13-9.25, 13-11.25, 13-11.75, 14-3.25 and 14-4. She concluded her streak with the conference title at the SEC Championships where she cleared 14-5.25. Her clearance

is an Arkansas record, an SEC meet record, a personal best and was the 2009 NCAA leader. She punched her ticket to the NCAA Championships with a bronze finish and clearance of 13-9.75 at the NCAA Mideast Regional Championships. At the national meet, she earned the third All-America honor of her career with a fifth-place finish and a clearance of 14-1.25.

2008: Indoor: Stripling cleared her season best at the Arkansas Invitational with an NCAA provisional-qualifying mark of 13-8.25. She won the pole vault at the SEC-Big Ten Challenge with a clearance of 13-2.25. She won her first SEC title and first All-SEC honor with a clearance of 13-6.5 at the league championships. She led a 1-2-4-6 finish for Arkansas in the vault. At the NCAA Championships, she ended the season finishing 14th with a height of 13-1.5.

Outdoor: Her season began with the first of four regional-qualifying marks when she cleared 12-7.5 to finish eighth at Texas Relays. She broke the school record for the first time when she cleared 14-2 to win the vault at the Arkansas Twilight. The mark was the best in the nation at the time and also improved her regional-qualifying mark. She won her second SEC title and second All-SEC honor with a height of 13-6.5 at the conference meet. She was the first Razorback to win SEC indoor and outdoor titles in the same season. At the NCAA Mideast Regional Championships, she finished 13th with a height of 12-6. After declarations were announced, she earned an at-large bid based on her season-best performance. She redeemed herself with a bronze finish at the NCAA Championships. She cleared 13-9.25 to earn the first All-America honor of her career. At the U.S. Olympic Trials, she ended the season with a 13th-place finish and a height of 13-5.25. She reset the school record with a clearance of 14-3.25 and a title win at the NACAC Championships in Toluca, Mexico.

2007: Indoor: Making her much anticipated debut, she finished fifth at the Arkansas Invitational after clearing 12-1.5. She was part of a 1-3-6 finish for Arkansas in the pole vault at the SEC Championships. She cleared 12-0.5 to earn her scoring spot. She ended the season clearing 12-8.75 to finish seventh at the Arkansas Last Chance. **Outdoor:** She began with a sixth-place finish and a clearance of 12-1.5 at the Jim Click Shoot-Out. She improved to 12-5.5 at Texas Relays to finish fourth. Her season best of 13-1.5 came at the John McDonnell Invitational. The mark, good for a fourth-place finish, was a regional qualifier. She was the Penn Relays Champion in the vault with another regional-qualifying clearance of 13-1.5. She earned a bronze finish (12-11.75) at the SEC Championships and was part of a 1-2-3 finish by the Hogs at the league meet. At her first NCAA event, she finished eighth in the vault to earn an at-large bid to the NCAA Championships. Her clearance, 12-11.75, also earned her all-region honors. She ended the season clearing 12-9.5 in the prelims at the NCAA Championships.

2006: She redshirted the season.

AT JONESBORO HS: The Jonesboro High School team MVP as a freshman, Stripling's career got better as she matured. She helped the Hurricane to three conference championships and a state title while competing mostly in the high jump. She was a two-time conference champion in the high jump, setting the Jonesboro High School record as a freshman. Along with earning four letters in track, Stripling was also a member of the National Honor Society, marching band, Beta club and Mu Alpha Theta.

PERSONAL: Born Sept. 9, 1987, she is the daughter of Mark and Peggy Stripling. She is enrolled in the College of Education and Health Professions and is majoring in kinesiology.

Career Bests:

Pole Vault (I)	14-3.25	Tyson Invit., 2/14/09
Pole Vault (O)	14-5.25	SEC Champs., 5/17/09



The Razorbacks

Karen Thomas
Sprints, Senior, 5-6
Camden, Ark.
(Fairview HS/South Plains College)



2009 ALL-AMERICAN
2009 ALL-SEC
NATIONAL QUALIFIER
REGIONAL QUALIFIER

2009: Indoor: Thomas began at the Razorback Invitational where she ran in the 400 meters and placed 18th with a time of 56.95. She also ran the 200 meters with a time of 25.26, a season-best, and anchored the 4x400-meter relay team that finished fourth in a time of 3:42.30. At the Tyson Invitational, in the 400, she placed 16th with a time of 55.96. On the 4x400-meter relay, she ran the lead leg of the team that finished second (3:39.52). At the SEC Championships, she finished 11th in the 400-meter preliminaries (55.38). As the lead leg, her 4x400-meter relay team earned a runner-up finish and All-SEC honors with an NCAA provisional-qualifying time of 3:35.19. At the NCAA Championships, Thomas ran the first leg of the 4x400-meter relay and the team finished seventh with a time of 3:36.90. She earned the first NCAA All-America honor of her career. **Outdoor:** She competed at the UC Irvine Spring Break Classic placing second in the 400 meters with a time of 55.60. She also ran the third leg of the 4x400-meter relay that won with a time of 3:40.10, good for an NCAA regional-qualifying time. Also running the lead leg of the 4x100-meter relay team, Thomas and her teammates were race winners at the John McDonnell Invitational with a time of 45.75. Thomas finished eighth in the 400 meters at the SEC Championships with a time of 55.75. She clocked her season best of 55.10 in the prelims.

AT SOUTH PLAINS COLLEGE: She was a two-time NJCAA Champion as a member of the 4x100-meter relay (2007 and 2008). She earned NJCAA All-America honors with a fifth-place finish in the long jump and a sixth-place finish in the triple jump in 2008. In 2007, she finished sixth in the 100 meters and seventh in the 200 meters at the NJCAA Championships. Thomas recorded personal bests of 11.94 in the 100 meters, 24.42 in the 200 meters and 54.32 in the 400 meters.

AT FAIRVIEW HS: Thomas' team won state titles in 2005 and 2006. Individually, she won state titles in the 100 meters and 400 meters in 2005 and state titles in the 100 meters, 200 meters, 400 meters and the long jump in 2006.

PERSONAL: Born March 23, 1988, she is the daughter of Earl, Sr. and Gloria Thomas. Her father is a University of Arkansas graduate. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in sociology.

Career Bests:
200 Meters (I) 25.26 Razorback Invit., 1/23/09
400 Meters (I) 54.81 Arkansas Last Chance, 3/6/09
400 Meters (O) 55.10 SEC Champs., 5/16/09



Ashley Williams
Distance, Senior, 5-4
Little Rock, Ark.
(Mt. St. Mary Academy/Oklahoma)



2009: Indoor: Williams began at the Arkansas Invitational where she placed sixth in the 3,000 meters with a time of 10:20.38. She improved on that time soon after at the Razorback Invitational, placing sixth with a personal-best time of 10:12.02. She also ran the 5,000 meters at the Tyson Invitational, placing 12th with a time of 17:55.43. **Outdoor:** She competed in the 3,000 meters at the UC Irvine Spring Break Classic, placing 11th with a personal-best time of 10:06.66. At the John McDonnell Invitational, she placed eighth in the 5,000 meters with a personal-best time of 18:03.00. Williams also placed 20th at the Stanford Invitational in the 10,000 meters after clocking a personal-best time of 36:58.16. She ran that same race at the SEC Championships and placed 15th.

2008: Indoor: Williams made her Cardinal and White debut at the Arkansas Invitational where she finished fourth in the 3,000 meters with a time of 10:37.06. She clocked her season-best 3,000 meters at the Tyson Invitational with a clocking of 10:19.91 and a 14th-place finish. **Outdoor:** At the MSSU Festival, she opened with a 3K time of 10:35.37 to finish seventh. She ran the 1,500 meters at the MSSU Invitational and clocked a personal-best time of 4:58.06, good for a sixth-place finish. She clocked a 5K time of 18:23.66 to finish third at the Arkansas Twilight.

AT OKLAHOMA: She attended Oklahoma for three semesters, redshirting her first season with the Sooners.

AT MT. ST. MARY ACADEMY: One of the best distance runners to come out of Arkansas in several years, Williams was a nine-time state champion in the distances for Mt. St. Mary Academy. She was exceptional her junior season when she won three state championships and set the 3,200-meter record at 11:13.92. She swept the indoor and outdoor 3,200-meter championships her senior season. On the cross country course, she was a two-time state champion.

PERSONAL: Born June 27, 1987, she is the daughter of Scott and Shirley Williams. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in journalism.

Career Bests:

1,500 Meters (O)	4:58.06	MSSU Invit., 4/25/08
3,000 Meters (I)	10:12.02	Razorback Invit., 1/24/09
3,000 Meters (O)	10:06.66	UCI Classic, 3/21/09
5,000 Meters (I)	17:55.43	Tyson Invit., 2/14/09
5,000 Meters (O)	18:03.00	McDonnell Invit., 4/18/08
10,000 Meters (O)	36:58.16	Stanford Invit., 3/27/09



Ashley Williams

The Razorbacks

Tara Diebold
Pole Vault, Junior, 5-6
Branson, Mo. (Branson HS)



2009 ALL-AMERICAN
2009 ACADEMIC ALL-AMERICAN
2009 ACADEMIC ALL-DISTRICT
2009 ALL-REGION
TWO-TIME ALL-SEC
2008 SEC ALL-FRESHMAN TEAM
NATIONAL QUALIFIER
REGIONAL QUALIFIER

2009: Indoor: Diebold began her season clearing 12-11.5 at the Arkansas Invitational, good for third and an NCAA provisional-qualifying mark. She competed at the Tyson Invitational and vaulted to a height of 13-7.25, improving upon her provisional-qualifying mark and finishing fifth in the meet. She earned a runner-up finish at the SEC Championships, earning All-SEC honors, with a height of 13-5. At the Arkansas Last Chance Meet, Diebold improved even more with a personal best height of 13-8.25, good for second in the event. Diebold concluded the season with a ninth-place finish and All-America honors at the NCAA Championships (13-3.5). **Outdoor:** She finished tied for second at the UC Irvine Spring Break Classic after clearing a height of 12-7.5, good for an NCAA regional-qualifying mark. At the John McDonnell Invitational, she cleared a personal-best height of 13-6.25 and picked up a fourth-place finish. She finished tied for fourth with a height of 13-1.5 at the SEC Championships. At the NCAA Mideast Regional Championships, she finished tied for sixth with a clearance of 13-1.75 and concluded her season at the NCAA Championships finishing tied for 19th and clearing a height of 12-9.5.

2008: Indoor: Diebold made her Razorback debut at the Arkansas Invitational where she finished eighth in the pole vault with a clearance of 12-6.25. She won her section of the vault at the Tyson Invitational with a clearance of 12-11.75, also an NCAA provisional-qualifying mark. She made a huge breakthrough at the SEC Championships where she earned a runner-up finish with a personal-best clearance of 13-6.5. Her mark was an improved NCAA provisional qualifier and earned her All-SEC and SEC All-Freshman honors. She ended the season with a 13th-place finish at the NCAA Championships (13-5.25). **Outdoor:** At Texas Relays, she tied for eighth with a pole vault of 12-7.5, her first regional-qualifying mark of the season. She cleared an improved regional-qualifying mark of 13-2.25 at the Arkansas Twilight. She finished sixth (12-7.5) at the SEC Championships as part of a 1-4-6-7 Arkansas finish. She finished tied for 15th (12-6) at the NCAA Mideast Regional Championships to end the season.

AT BRANSON HS: A two-sport athlete for Branson High School, Diebold excelled in track and also earned all-area and all-conference honors in volleyball. As a member of the Pirates track team she broke the school record in the pole vault each year she competed and holds the record at 13-0. She was a three-time champion at COC's as well as three district and sectional titles. Diebold also took three Class 3 state championships. She is also the Missouri all-class record holder. On the club circuit, Diebold finished second at the USATF Junior Olympics with a height of 12-5.

PERSONAL: Born Nov. 28, 1988, she is the daughter of Wayne and Diane Diebold. She is enrolled in the College of Education and Health Professions and is majoring in communication disorders.

Career Bests:

Pole Vault (I)	13-8.25	Arkansas Last Chance, 3/6/09
Pole Vault (O)	13-6.25	McDonnell Invit., 4/18/09



Kristen Keith
Pole Vault, Junior, 5-8
Southlake, Texas
(Carroll HS/Oklahoma)



Career Bests:
Pole Vault (I) 12-10.25 SEC Champs., 3/1/08
Pole Vault (O) 13-1.5 McDonnell Invit., 4/19/08

Kristen Keith



REGIONAL QUALIFIER

2009: Indoor: Keith began her season at the Arkansas Invitational where she placed seventh in the pole vault with a clearance of 11-11.75. At the Razorback Invitational, she finished ninth, clearing a height of 11-5.75. She also finished eighth with a clearance of 11-11.75 at the Arkansas Last Chance. **Outdoor:** She tied for sixth in the pole vault after clearing a mark of 11-7.75 at the UC Irvine Spring Break Classic. She improved on her mark with a clearance of 12-1.5 at the Florida Relays. At the MSSU Invitational, Keith vaulted to her best height of the season with 12-3.5, good for a ninth-place finish. She ended the season clearing 12-1.5 to finish 19th at the Arkansas Twilight.

2008: Indoor: Keith made her Razorback debut at the Arkansas Invitational where she finished ninth with a pole vault clearance of 12-0.5. She upped her season best to 12-4.5, for a seventh-place finish, at the Razorback Invitational. She won her flight of the pole vault at the New Balance Collegiate Invitational with an improved 12-7.5. She ended the season with a seventh-place finish and a personal-best clearance of 12-10.25 at the SEC Championships as part of a 1-4-6-7 Arkansas finish in the vault. **Outdoor:** She cleared a season- and personal-best height of 13-1.5, also a regional qualifying mark, to win the pole vault at the John McDonnell Invitational. She finished seventh in the event at the Arkansas Twilight with a clearance of 12-7.5, also the regional-qualifying height. She ended the season with a seventh-place finish and a height of 12-1.5 at the SEC Championships.

AT OKLAHOMA: She redshirted the season.

AT CARROLL HS: Keith was one of the best pole vaulters in the state of Texas at Carroll High School. She finished among the top five at the state championships her sophomore, junior and senior seasons and was the runner-up her final year. She also took three regional runner-up honors and never finished worse than third at the district level, winning the event twice. Her teams were also successful, winning four district and a regional championship during her time and finishing as high as third at the state meet. Along with her four years of track, Keith was also a two-year letterwinner in diving and earned one letter in volleyball.

PERSONAL: Born March 14, 1988, she is the daughter of Tim and Jennie Keith. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in journalism.

The Razorbacks

Jillian Rosen
Distance, Junior, 5-7
Dallas, Texas (Richardson HS)



**2009 ALL-SEC
TWO-TIME ALL-REGION
NATIONAL QUALIFIER
REGIONAL QUALIFIER**

2009: Indoor: Rosen made her 2009 debut at the Arkansas Invitational where she placed third in the mile run, clocking a time of 5:03.30. She was able to improve on her mile time at the Tyson Invitational with a 4:53.08 and also ran the 800-meter leg of the runner-up DMR (11:47.43). At the SEC Championships, she finished sixth in the mile (4:47.46) and anchored the distance medley relay to a runner-up finish (11:37.70) and All-SEC honors. Both times were NCAA provisional qualifiers. At the Arkansas Last Chance, she won the mile in a time of 4:48.21. **Outdoor:** Rosen began competition at the UC Irvine Spring Break Classic where she won the 3,000 meters with a time of 9:49.04. She won her race of the 1,500 meters at the Stanford Invitational, clocking a regional-qualifying time of 4:24.61. She improved her 1,500-meter time to 4:23.61 at the Cardinal Invitational. She earned a bronze finish in her signature event at the SEC Championships, clocking an improved time of 4:21.58, dropping another three seconds off her PR. She finished fifth at the NCAA Mideast Regional Championships to secure her ticket to the national meet. At the NCAA Championships, she made another huge stride with the first sub-4:20 time of her career. Rosen finished 14th in the prelims and was the second left out of the finals. She clocked a personal-best time of 4:18.56. In total, Rosen dropped nine seconds from her 1,500-meter best in 2009.

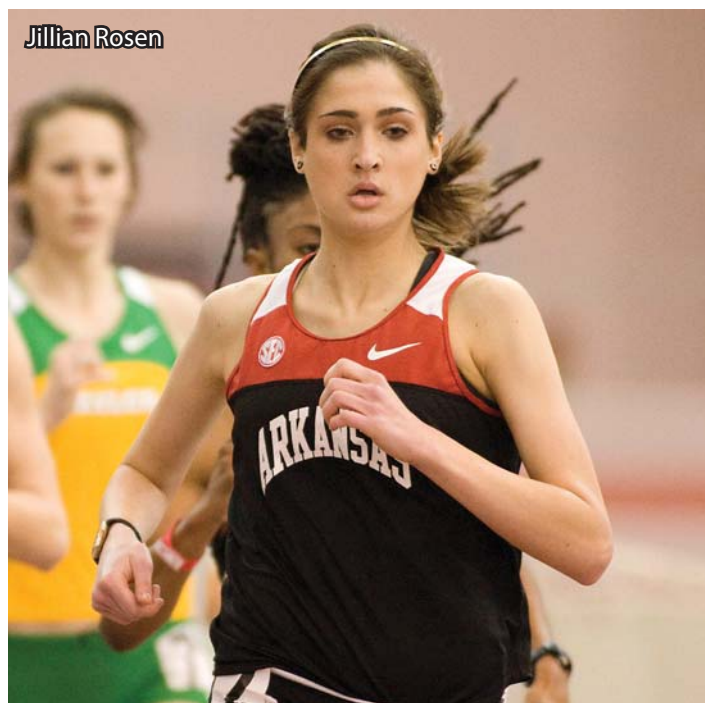
2008: Indoor: At the Arkansas Invitational, she clocked a mile time of 4:53.30, good for a sixth-place finish. 4:59.92. She moved up to the 3,000 meters at the UW Invitational and finished 17th with a personal-best time of 9:40.69. She earned a fourth-place finish with a personal-best mile time of 4:43.90 at the Tyson Invitational. At the SEC Championships, she finished ninth in the prelims (4:53.10) and seventh in the finals (4:50.71). **Outdoor:** She finished 14th in the 1,500 meters at the Stanford Invitational with a time of 4:31.88. In her first collegiate 5,000 meters, at Mt. SAC Relays, she clocked a regional-qualifying time of 16:47.33 to finish 10th. She dipped below the NCAA regional qualification in the 1,500 meters at the Arkansas Twilight. She earned ninth-place finishes in the prelims (4:27.76) and the finals (4:28.30) of the 1,500 meters at the SEC Championships. At the NCAA Mideast Regional Championships, she earned all-region honors with an eighth-place finish (4:30.03) in the finals of the 1,500 meters.

AT RICHARDSON HS: Rosen was a multiple-time district and regional cross country champion for Richardson High School. She also made huge strides on the track with two top-four finishes in the 1,600 meters her sophomore and junior seasons. As a sophomore, she was named her district's runner of the year after winning the cross country title, grabbing the 800-meter championship and finishing fourth in the 1,600 meters. She went on to win two more district and region cross country titles and place seventh at the state championships. She was also a participant at the 2005 Foot Locker South meet, the 2006 Nike Outdoor Nationals and the 2006 USA Cross Country Championships.

PERSONAL: Born Sept. 6, 1988, she is the daughter of Stephen and Donna Rosen. She has an older sister, Holly, who was a four-year letterwinner for the Razorback soccer team. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in anthropology.

Career Bests:

800 Meters (I)	2:12.71	Razorback Invit., 1/24/09
1,500 Meters (O)	4:27.06	Arkansas Twilight, 5/2/08
Mile (I)	4:43.90	Tyson Invit., 2/15/08
3,000 Meters (I)	9:40.69	UW Invit., 2/2/08
5,000 Meters (O)	16:47.33	Mt. SAC Relays, 4/18/08



The Razorbacks

Miranda Walker

Distance, Junior, 5-1
Southlake, Texas (Carroll HS)



2009: Walker redshirted the season.

2008: Indoor: Opening the season at the Arkansas Invitational, Walker finished seventh in the 3,000 meters with a 10:02.82. Running the mile at the Razorback Invitational, she finished fourth crossing the line in a time of 5:08.41. With an eighth-place finish in the 5K, she clocked a personal-best time of 17:06.54 at the UW Invitational. At the Tyson Invitational, she finished fourth in the 3,000 meters with a time of 10:03.63. She finished 12th (17:16.65) in the 5,000 meters at the SEC Championships. **Outdoor:** She clocked a 10K personal best and an NCAA provisional qualifier of 34:45.11 to finish sixth at the Stanford Invitational. She won the 5K at the Arkansas Twilight, taking the tape in a personal-best time of 16:59.91. She finished fifth in the 10K at the SEC Championships with her time of 35:13.26.

2007: Indoor: Running in the Cardinal and White for the first time, she finished fifth in the 3,000 meters at the Arkansas Invitational with a time of 9:53.82. At the Razorback Invitational, she won her section of the mile with a personal-best time of 4:59.35. She shaved time of her 3K with a personal-best 9:49.72 at the Tyson Invitational. She concentrated on the 5,000 meters at the SEC Championships and finished 16th (17:31.16). **Outdoor:** A time of 10:19.63 in the 3,000 meters at the John McDonnell Invitational earned a runner-up finish. At Drake Relays, she crossed the line with a 17:16.64 in the 5,000 meters to finish 17th. She competed in the 5K and the 10K at the SEC Championships finishing fourth in the longer distance (36:37.18) and 13th in the 5K.

AT CARROLL HS: Walker was a force on the track during her time at Carroll High School, winning four district and three regional championships. She led the Dragons to a third-place finish at the state championships as a sophomore as she claimed the state title in the 3,200-meter run and placed second in the 1,600 meters. Walker helped set state records in the 4x800-meter relay and distance medley relay, set a school, district and region record in the 3,200-meter run and Carroll records for two and three miles in cross country.

PERSONAL: Born Oct. 29, 1987, she is the daughter of Brad and Niki Walker. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in psychology.

Career Bests:

Mile (I)	4:59.35	Razorback Invit., 1/20/07
3,000 Meters (I)	9:49.72	Tyson Invit., 2/10/07
3,000 meters (O)	10:19.63	McDonnell Invit., 4/21/07
5,000 meters (I)	17:06.54	UW Invit., 2/1/08
5,000 meters (O)	16:59.91	Arkansas Twilight, 5/2/08
10,000 meters (O)	34:45.11	Stanford Invit., 4/5/08



Miranda Walker

Shelise Williams
Sprints, Junior, 5-5
Los Angeles, Calif.
(Woodrow Wilson HS)



THREE-TIME ALL-AMERICAN
THREE-TIME ALL-REGION
TWO-TIME ALL-SEC
NATIONAL QUALIFIER
REGIONAL QUALIFIER

2009: Indoor: Williams began at the Razorback Invitational where she competed in the 400 meters and placed fifth with a time of 54.43. Also at that meet, she ran the second leg of the 4x400-meter relay that finished fourth with a time of 3:42.30. At the Penn State National, Williams improved on her 400-meter time to 54.35, good for a fourth-place finish and an NCAA provisional-qualifying mark. Running the second leg of the 4x400-meter relay at the Tyson Invitational, Williams and her teammates posted a time of 3:39.52, good for an NCAA provisional qualifier. She ran her best 400-meter time at the SEC Championships, placing fourth with a time of 53.52. The 4x400-meter relay team also posted their best time at the SEC Championships, earning a runner-up finish with a time of 3:35.19 and improving their NCAA provisional

The Razorbacks

mark. At the NCAA Championships, Williams earned the second All-America honor of her career as the second leg of the 4x400-meter relay that clocked a time of 3:36.90 to finish seventh. She also finished 12th in the prelim round of the 400 meters (54.05). **Outdoor:** At the UC Irvine Spring Break Classic, Williams competed in her only 100-meter race of the season and placed second with a time of 11.91. She also won the 200 meters with a time of 24.01 and ran the anchor leg of the winning 4x400-meter relay (3:40.10), good for an NCAA regional-qualifying mark. She placed third in the 200 meters at the John McDonnell Invitational with a time of 23.78, her best of the season and another NCAA regional qualifier. She also ran the second leg of the winning 4x100-meter relay (45.75). At the SEC Championships, she earned a runner-up finish and an All-SEC honor with a time of 52.41 in the 400 meters. She was the NCAA Mideast Region runner-up at 400 meters, lowering her quarter-mile time to 52.32, and ran the second leg of the 4x400-meter relay that finished sixth (3:36.38), earning all-region honors. At the NCAA Championships, Williams placed seventh with a personal-best time of 52.01 in the 400 meters, qualifying her for the USA Championships. She finished the season with a 17th-place finish at the USA Championships. She recorded a time of 53.47.

2008: Indoor: Arriving in January, Williams went right to work as a member of the 4x400-meter relay at the Arkansas Invitational. She ran the third leg of the quartet that finished first with a time of 3:41.54. At the Razorback Invitational, she recorded a personal-best 200-meter time of 24.78. She also ran the third leg of the 4x400-meter relay that finished third with an NCAA provisional-qualifying time of 3:37.52. At the Tyson Invitational, she ran the open 400 meters (54.48, 21st), the lead leg of the 4x400-meter relay (3:40.55; fifth) and the second leg of the distance medley relay (11:18.33, first). The DMR's clocking was an NCAA provisional mark. She finished 14th in the 400-meter prelims (54.83) and ninth as the lead leg of the 4x400-meter relay (3:42.15) at the SEC Championships. At the Alex Wilson Invitational, she ran the third leg of the 4x400-meter relay that earned a runner-up finish with an improved NCAA time of 3:35.10. She ended the season earning All-America honors with a seventh-place finish and a season-best time of 3:34.66 as the third leg of the 4x400-meter relay. **Outdoor:** She clocked a 400-meter time of 55.17 for a fourth-place finish at the Louisiana Classics. She was a member of the 4x100 (45.61, eighth), the 4x400 (3:41.95, second) and the sprint medley relay (3:54.54, fourth) at Texas Relays. At the John McDonnell Invitational, she finished second in the 400 meters with a time of 54.74 and was the second leg of the 4x400-meter relay that finished first with a regional-qualifying time of 3:38.53. She competed in the 4x200 (1:38.45, fifth), the 4x400 (3:39.92, first) and the sprint medley (3:53.19, second) relays at Drake Relays. She clocked her first regional-qualifying time of 54.03 to finish third in the 400 meters at the Arkansas Twilight. She also ran the second leg

of the 4x400-meter relay that clocked a regional-qualifying time of 3:38.54 to finish third. At the SEC Championships, she ran the lead leg of the runner-up 4x400-meter relay (3:35.40) and finished eighth in the 400-meter finals (55.49). She earned a trip to the NCAA Championships as the second leg of the 4x400-meter relay that finished sixth at the regional championships. The quartet finished 14th (3:36.06) in the relay prelims at the NCAA Championships with Williams running the lead leg. She ended the season with a prelim time of 54.06 and a final time of 53.65 in the 400 meters at the USA Junior Championships.

AT WOODROW WILSON HS: A member of one of the strongest programs in California, Williams was a three-time all-state performer in the 200 meters, the 4x100-meter relay and 4x400-meter relay her junior season and All-CIF in the 200 meters and 400 meters. Her squad won the state championship her third year after finishing runner-up the year before and sectional runner-up her freshman year. She was also a member of several national squads while competing at both the USATF and AAU track championships.

PERSONAL: Born Aug. 15, 1989, she is the daughter of Albert Williams and Sheila Harrison Williams. She is enrolled in the Bumpers College of Agricultural Food and Life Sciences and is majoring in human development, family sciences and rural sociology.

Career Bests:

200 Meters (I)	24.78	Razorback Invit., 1/25/08
400 Meters (I)	53.52	SEC Champs., 3/1/09
400 Meters (O)	52.01	NCAA Champs., 6/13/09



Shelise Williams

Courtney Blair
Sprints, Sophomore, 5-7
Texarkana, Ark. (Arkansas HS)



2009: Indoor: Blair made her Razorback debut in the 4x400-meter relay at the Arkansas Invitational. She ran the lead leg for the squad that finished fifth and clocked a time of 3:55.40. She ran her first open race, the 400 meters, at the MSSU Invitational and finished third with a time of 59.25. Also in Joplin, she ran the lead leg of the 4x400-meter relay that won the event. At the Penn State National, she finished 19th with a personal-best time of 25.53 in the 200 meters. She finished 25th in the prelims of the 200 meters at the SEC Championships (25.64). She ended the season with a fourth-place finish and a 400-meter personal-best time of 56.98 at the Arkansas Last Chance. **Outdoor:** At the UC Irvine Spring Break Classic, she finished seventh in the 400 meters with a time of 57.85, a career best. At the John McDonnell Invitational, she ran the third leg of the race-winning 4x100-meter relay that clocked a time of 45.75. She ran the third leg of the 4x200-meter relay team at the Florida Relays which finished seventh with a time of 3:39.56. At Drake Relays, she competed as a member of the 4x100-meter and 4x400-meter relays.

AT ARKANSAS HS: In 2008, Blair was the state champion at 400 meters as a member of Arkansas High School's 6A state champion team. She set the conference record in the 400 meters with a personal-best time of 56.4. She competed in the 2006 USA Junior Olympics in Norfolk, Va.

PERSONAL: Born March 17, 1990, she is the daughter of Johnny and Rosie Blair. She is enrolled in the Fulbright College of Arts and Sciences.

Career Bests:

200 Meters (I)	25.53	Penn State National, 1/24/09
400 Meters (I)	56.98	Arkansas Last Chance, 3/6/09
400 Meters (O)	57.85	UCI Classic (3/21/09)



Cali George
Distance, Freshman/Sophomore, 5-8
Gardner, Kan. (Edgerton HS)



USA JUNIOR CHAMPIONSHIPS QUALIFIER

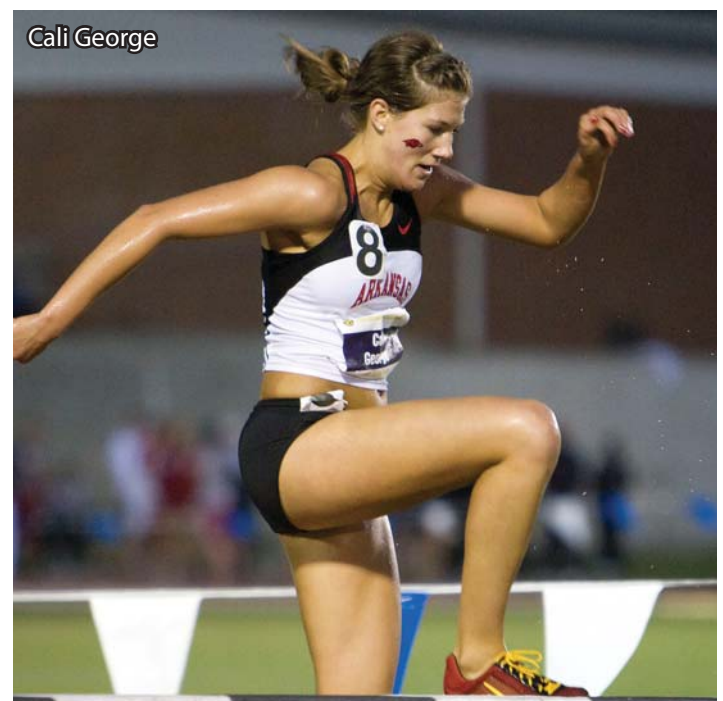
2009: Indoor: George redshirted the season. **Outdoor:** She made her collegiate debut in the steeplechase at the Stanford Invitational finishing 10th with a time of 11:06.37. At the John McDonnell Invitational, she improved on her steeplechase time, clocking an 11:04.73, good for a personal best and an eighth-place finish. She scored points in the event at the SEC Championships with her eighth-place finish. At the USA Junior Championships, George finished fifth with a time of 11:20.35.

AT EDGERTON HS: She was a four-time all-metro and all-league selection while competing in the 800 meters, 1,600 meters and 3,200 meters for Edgerton High School. She was a two-time state champion at 1,600 meters (2004 and 2005). She also earned runner-up honors at the state championships in the 1,600 meters in 2006 and 2007. In the 800 meters, she finished third at the 2008 state championships. Also at 800 meters, she earned runner-up finishes in 2004, 2005 and 2006 at the state championships. In 2008, she also added a runner-up finish in the 3,200 meters at the state championships. She also lettered in soccer and basketball. She was a member of the three-time state champion KC Comets (soccer; 2000, 2002-03). In basketball, she was a second-team all-state honoree in 2008 after leading her team to a fourth-place finish at the state championships.

PERSONAL: Born March 20, 1990, she is the daughter of Terry and Kerry George. She is enrolled in the Bumpers College of Agriculture, Food and Life Sciences and is majoring in food, human nutrition and hospitality.

Personal Bests:

Steeplechase	11:04.73	McDonnell Invt., 4/18/09
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The Razorbacks

Brittany Hyter
Sprints/Hurdles, Sophomore, 5-6
Woodbridge, Va.
(Osborn Park HS)



2009: Indoor: Hyter began her Razorback career at the Arkansas Invitational running in the 60-meter hurdles and clocking a finals time of 8.78, good for a third-place finish. At the MSSU Invitational, she finished fifth in the 400 meters with a time of 59.66. At the Razorback Invitational, she finished eighth in the 60-meter hurdles with a final time of 8.93. **Outdoor:** Competing at the UC Irvine Spring Break Classic, she finished eighth in the 100-meter hurdles with a time of 14.67. She also competed in the 400-meter hurdles and finished sixth with a time of 1:04.55. She steadily improved upon her time with a third-place finish and a time of 1:02.13 at the John Jacobs Invitational before peaking at the SEC Championships with a personal-best time of 1:01.42 and a 10th-place finish.

AT OSBOURN PARK HS: Hyter placed seventh in the 400-meter hurdles at the 2008 Penn Relays. In 2008, she won titles in the 300-meter hurdles and as a member of the 4x400-meter relay. She was named the All-Metropolitan Athlete of the Year from 2005 to 2008.

PERSONAL: Born Oct. 24, 1989, she is the daughter of Anthony and Tammy Hyter. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in criminal justice.

Career Bests:

400 Meters (I)	59.66	MSSU Invt., 1/17/09
60M Hurdles (I)	8.78	Arkansas Invt., 1/9/09
100M Hurdles (O)	14.67	UC Irvine (3/21/09) 400M
Hurdles (O)	1:01.42	SEC, 5/16/09

Taylor Johnson
Distance, Freshman/Sophomore, 5-9
Ben Lomond, Calif.
(San Lorenzo Valley HS)



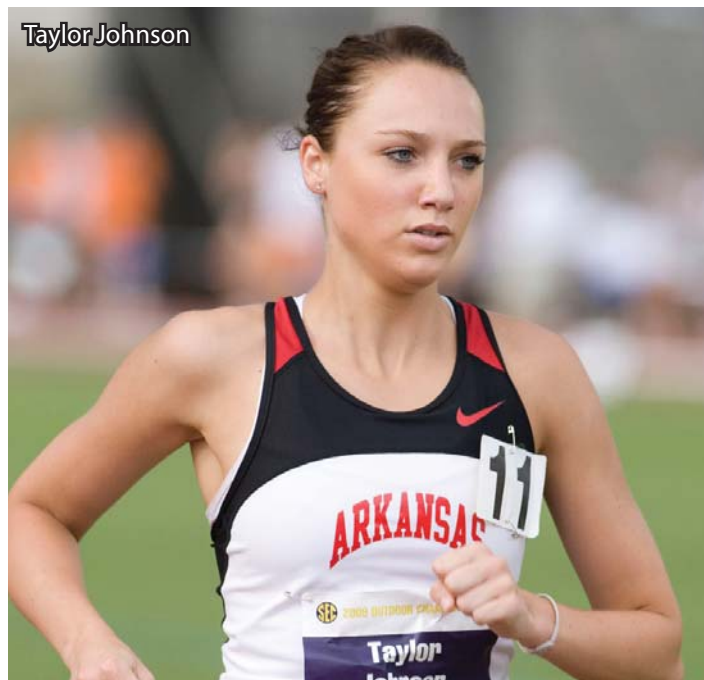
2009: Indoor: Johnson redshirted the season. **Outdoor:** She made her Razorback debut at the UC Irvine Spring Break Classic where she clocked an 800-meter time of 2:19.73. In the 1,500-meters, she ran a season-best time at the John McDonnell Invitational with a 4:49.82, good for a fifth-place finish. At the SEC Championships, she finished 22nd in the 1,500-meter prelims with a clocking a 4:52.17.

AT SAN LORENZO VALLEY HS: She was all-state and all-region both her freshman and sophomore years at San Lorenzo Valley High School. During her freshman year, she finished second at the regional meet and fourth at state championships. Her sophomore year she was the Mt. SAC individual cross country champion. Her junior year she earned all-region and all-league honors and won the Stanford High School Invitational. On the track, she was a three-time regional champion at 1,600 meters and held a prep best of 4:53.1 in the event. She also had PRs of 2:13.68 in the 800 meters and 10:51 for 3,200 meters. Her senior year she was a track and cross country team captain and was named team MVP.

PERSONAL: Born Oct. 19, 1990, she is the daughter of Carolyn Johnson and Greg and Kim Johnson. Her father was a track All-American at Tri-State University. She is enrolled in the Bumpers College of Agriculture, Food and Life Sciences and is majoring in food, human nutrition and hospitality.

Career Bests:

800 meters	2:19.73	UCI Classic, 3/21/09
1,500 meters	4:49.82	McDonnell Invt., 4/18/09



Whitney Jones
Jumps/Sprints, Sophomore, 5-7
Searcy, Ark. (Searcy HS)



2009 ALL-AMERICAN
2009 ALL-REGION
2009 ALL-SEC
2009 SEC INDOOR & OUTDOOR
ALL-FRESHMAN TEAM
USA JUNIOR CHAMPIONSHIPS QUALIFIER
NATIONAL QUALIFIER
REGIONAL QUALIFIER

2009: Indoor: Jones began her freshman campaign at the Arkansas Invitational and competed in the 60-meters, placing 12th with a time of 7.72. In that same meet, Jones showed her versatility as she placed third in the long jump with a mark of 18-10.75. To cap off her performance, she also ran the anchor leg of the 4x400-meter relay team which earned a runner-up finish after clocking a time of 3:46.54. At the Penn State National Meet, Jones placed 11th in the 60 meters with a 7.58 finals time after clocking a personal-best preliminary time of 7.54. She also improved in the long jump, finishing fifth with a mark of 19-5.5. She also ran the second leg of the race-winning 4x400-meter relay team that clocked a time of 3:40.25. She ran the anchor leg of the 4x400-meter relay team which clocked an NCAA provisional time of 3:39.52, good for runner-up finish at the Tyson Invitational. Competing again in the 200 meters at the SEC Championships, Jones placed seventh after clocking a time of 24.03, a personal best. As the anchor leg of the 4x400-meter relay, Jones passed several runners down the home stretch to secure a runner-up finish or the Razorbacks and an All-SEC honor. The quartet clocked a time of 3:35.19, improving their NCAA provisional qualifying mark. At the NCAA Championships, she earned her first All-America honor as the anchor leg of the 4x400-meter relay that finished seventh with a time of 3:36.90. **Outdoor:** She won the long jump with a mark of 19-8.75, good for an NCAA regional qualifying mark, at the UC Irvine Spring Break Classic. At the Florida Relays, she ran the third leg of the 4x400-meter relay team that placed seventh with a time of 3:39.56, an NCAA regional-qualifying mark. Jones posted a season-best long jump at the Arkansas Twilight with a mark of 20-1.75, good for a runner-up finish and an improved NCAA regional qualifier. She ran a personal best in the 200 meters at the SEC Championships, placing 12th with a time of 24.07. At the NCAA Mideast Regional Championships, she ran the anchor leg of the 4x400-meter relay team that finished eighth with a time of 3:36.38, good for all-region honors. She also finished 14th in the long jump ((19-7.5). At the USA Junior Championships, she finished fourth in the long jump with a mark of 19-11.75.

AT SEARCY HS: Jones set the Arkansas state record in the triple jump and holds the Arkansas Meet of Champions record in the same event. She is a two-time state heptathlon champion and a three-time state champion at 100 and 200 meters, triple jump and long jump. She was named the 2007 and 2008 Arkansas Track Athlete of the Year and was named a Nike Indoor All-American in the triple jump her senior year.

PERSONAL: Born Jan. 24, 1990, she is the daughter of Wilford and Kimberly Jones. She is enrolled in the College of Education and Health Professions and is majoring in kinesiology.

Career Bests:		
60 Meters (I)	7.54	Penn State National, 1/24/09
100 Meters (O)	11.99	UCI Classic, 3/21/09
200 Meters (I)	24.03	SEC Champs., 3/1/09
200 Meters (O)	24.07	SEC Champs., 5/16/09
Long Jump (I)	19-11.5	Razorback Invit., 1/23/09
Long Jump (O)	20-1.75	Arkansas Twilight, 5/1/09
Triple Jump (I)	37-10.75	MSSU Invit., 1/16/09

Whitney Jones



Samantha Learch
Middle Distance, Sophomore, 5-4
Barrington, Ill. (Barrington HS)



2009 ALL-SEC

2009: Indoor: Learch made her Razorback debut at the Arkansas Invitational where she recorded a time of 2:13.83 in the 800 meters and placed third in the event. She placed 15th at the UW Invitational with a time of 4:58.55 in the mile run, a season best. Posting a season-best 800-meter time of 2:12.58, she placed 13th at the Tyson Invitational. She ran the second leg of the distance medley relay that earned a runner-up finish and All-SEC honors with a time of 11:37.70 at the SEC Championships. **Outdoor:** She competed in her only 800-meter and 3,000-meter races of the season at the UC Irvine Spring Break Classic. She finished 10th with a time of 2:13.73 and 12th with a time of 10:08.11, respectively. At the Stanford Invitational, she ran the 1,500 meters in a time of 4:33.68, finishing seventh. She improved that time at the Mt. SAC Relays, placing 18th with a time of 4:30.76. Learch's 1,500-meter runs peaked at the SEC Championships where she ran a time of 4:29.51, placing her eighth after posting a preliminary time and season-best of 4:28.06.

AT BARRINGTON HS: Learch was a four-time all-conference, all-area and all-state honoree while running for Barrington High School. She competed at Nike Nationals and was named MVP of her team. During the 2007 cross country season, she led her team to a runner-up finish at the state championships and was

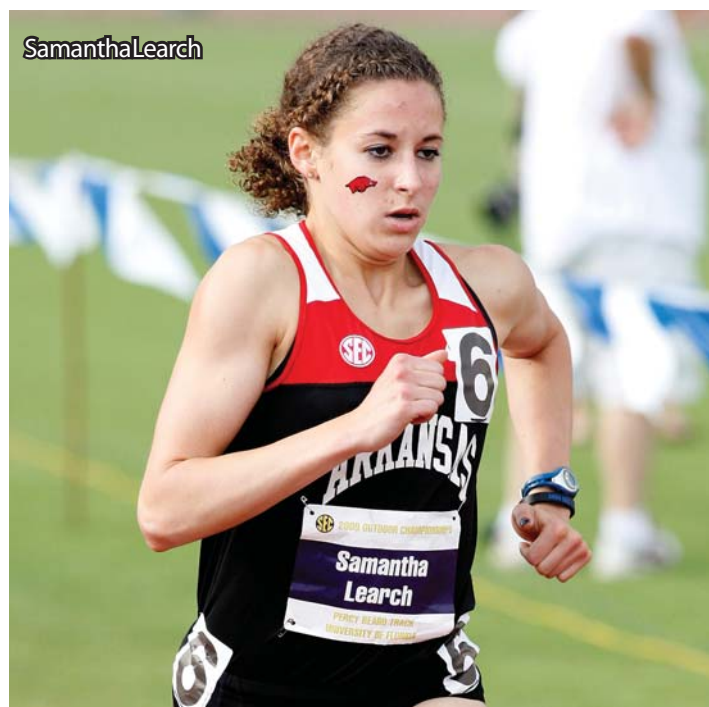
The Razorbacks

named all-state for her performance. On the track, she competed in distances ranging from 100 meters to the mile. She holds the high school stadium records in the 200 meters, 400 meters, 800 meters and 4x400-meter relay. She was a two-time state champion as a member of the 4x800-meter relay. Barrington's 4x800-meter relay set a state record in the event in 2008. In 2007, she led her team to the state championships title and a runner-up finish in 2008. Also as a senior, she earned the Coaches Award and the Athlete of the Meet Award.

PERSONAL: Born Sept. 10, 1989, she is the daughter of John and Debbie Learch. She is enrolled in the College of Education and Health Professions and is majoring in kinesiology.

Career Bests:

800 Meters (I)	2:12.58	Tyson Invit., 2/14/09
800 Meters (O)	2:13.73	UCI Classic, 3/21/09
1,500 Meters (O)	4:28.06	SEC Champs., 5/16/09
Mile (I)	4:58.55	UW Invit., 1/31/09
3,000 Meters (O)	10:08.11	UCI Classic, 3/20/09



Tina Sutej
 Pole Vault, Sophomore, 5-6
 Ljubljana, Slovenia
 (Gimnazija Bezigrad)



**2009 ALL-REGION
 NATIONAL QUALIFIER
 REGIONAL QUALIFIER**

2009: Indoor: Sutej made her Razorback debut at the Arkansas Invitational where she posted a clearance of 13-5.25, good for a runner-up finish and an NCAA provisional-qualifying mark. The freshman was able to post her best height of the season at the New Balance Collegiate Invitational with a clearance of 13-9.25, good for another runner-up finish and an NCAA automatic qualifier. She also tied the Slovenian National record with her clearance. At the SEC Championships, she earned a bronze finish with a height

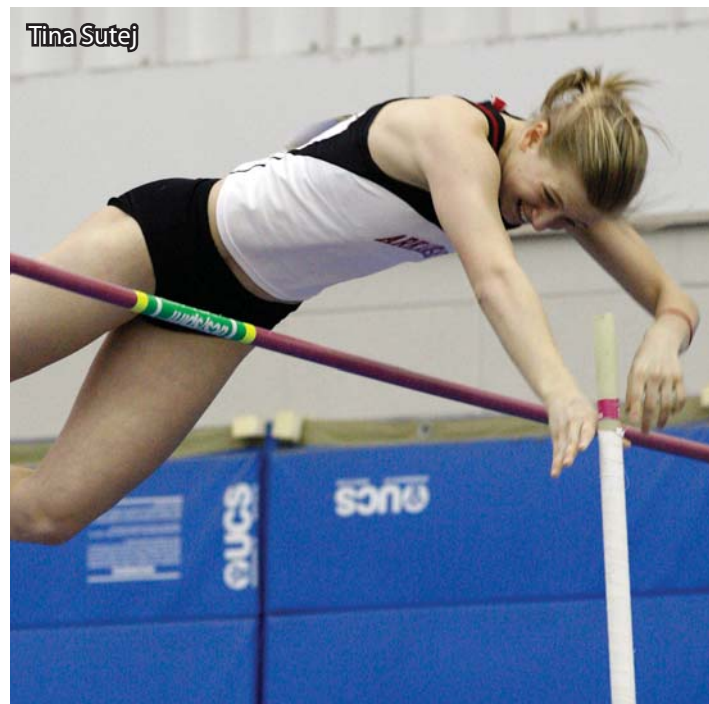
of 13-5. She ended the season with a 12th-place finish (13-3.5) at the NCAA Championships. **Outdoor:** She competed at the UC Irvine Spring Break Classic, finishing tied for second with a height of 12-7.5, good for an NCAA regional-qualifying mark. She improved upon that mark at the John McDonnell Invitational where she cleared 13-1.75. At the MSSU Invitational, she cleared her season-best height of 13-7.25, good for fifth place. At the NCAA Mid-east Regional Championships, Sutej posted a height of 13-1.75 for a sixth-place finish and all-region honors.

AT GIMNAZIJA BEZIGRAD: Sutej was a three-time Junior National Champion in her native Slovenia. During her prep career, she competed at the 2007 European Indoor Championships, the 2006 World Junior Championships and the 2005 IAAF World Youth Championships and European Junior Championships. She cleared her personal-best height of 13-11.25 at the World Junior Championships in Beijing in 2006.

PERSONAL: Born Nov. 7, 1988, she is the daughter of Marko Sutej and Zumra Cankusic. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in biology.

Career Bests:

Pole Vault (I)	13-9.25	NB Coll. Invit., 2/7/09
Pole Vault (O)	13-7.25	MSSU Invit., 4/25/09



Lauren Kegley
Pole Vault, RS Freshman, 5-5
Scott, Ark.
(Central Ark. Christian Academy)



2009: She redshirted the season.

AT CENTRAL ARKANSAS CHRISTIAN ACADEMY: Only in high school for three years, Kegley graduated at age 15. She earned three letters in track and field as a pole vaulter, leading the C.A.C. team to a conference championship. She is the school record holder in the pole vault. In addition to lettering in track and field, she also lettered twice in golf and was a member of the district championship team. She earned a runner-up finish individually at the district championships. Kegley played violin for the Arkansas Youth Symphony Orchestra, was a member of the National Honor Society, Beta Club, Mu Alpha Theta and Key Club.

PERSONAL: Born July 1, 1992, she is the daughter of Rodney and Kim Kegley. She is an Honors College Fellow and an Arkansas Governor's Distinguished Scholar. She is enrolled in the Bell College of Engineering and is majoring in electrical engineering.

Leah Orley
Multi Events, RS Freshman, 5-10
Benton, Ill. (Benton HS)



USA JUNIOR CHAMPIONSHIPS QUALIFIER

2009: Orley redshirted the collegiate season but competed in the heptathlon at the USA Junior Championships. She finished fourth with 4,746 points.

AT BENTON HS: Orley was a three-time state champion in the 300-meter hurdles, once in the 100-meter hurdles, twice a state champion in the triple jump and a member of Benton's 800-meter relay state championship team. She holds the Illinois state record in the triple jump both indoors and outdoors, and led Benton to state titles in 2006 and 2008. At the 2007 USATF Junior Olympics, she placed seventh in the triple jump, eighth in the high jump and ninth in the 400-meter hurdles. She finished eighth in the heptathlon at the 2007 USA Junior National Championships.

PERSONAL: Born May 8, 1990, she is the daughter of Robert and Donna Orley. She is enrolled in the College of Education and Health Professions and is majoring in elementary education.

Kristen Gillespie
Middle Distance, Sophomore, 5-8
Overland Park, Kan.
(Shawnee Mission South HS/
Oklahoma State)



AT OKLAHOMA STATE: Gillespie posted season bests of 1:26.46 in the 600 yards and 2:09.82 in the 800 meters. She was the lone true freshman to score for Oklahoma State at the Big 12 Indoor Championships, where she placed sixth in the 800 meters with a 2:11.60 and earned All-Big 12 honors. She was also part of the Cowgirl distance medley relay team that finished fourth at the Big 12 Championships with an NCAA provisional time of 11:30.34. Outdoors, she ran as part of Oklahoma State's 4x400-meter relay team at the John Jacobs Invitational and was part of the Cowgirls' 4x800-meter relay and distance medley team at the Texas Relays. She posted an 800-meter season-best time of 2:11.76 at the Beach Invitational. She also competed in the 5,000 meters at the Big 12 Outdoor Championships, running a 18:27.94 to take 25th.

AT SHAWNEE MISSION SOUTH HS: A 15-time state medalist, a three-time first-team All-Sunflower League selection, a four-time All-Metro, All-Sun, and All-Johnson County track team selection, Gillespie was named the Kansas City Star and All-Sun Country's Track Athlete of the Year in 2008. She finished seventh at the Kansas Cross Country Championships in 2007 and 10th in 2004. She was a two-time first-team All-Metro cross country selection, a two-time first-team All-Sun cross country selection, a two-time first-team All-Johnson County cross country selection and a three-time member of the all-state cross country team. She was Class 6A State Champion in the 800 meters in 2008 with a best time of 2:13.6 and was state runner-up in the 400 meters. Additionally, she was state runner-up as a member of the 4x800-meter relay and fourth place in the 4x400-meter relay her senior year. She anchored her 4x800-meter relay team to a state championship and set a Kansas state record for all classes with a 9:20 finish in 2007. Also at the 2007 state championships, she finished fourth in the 400 meters (57.40), third in the 800 meters (2:16.07) and was fifth in the 4x400-meter relay. She was also a three-year letterwinner and three-year starter for the basketball team. At Shawnee Mission South HS, she was an 11-time varsity letterwinner, a two-year member of the National Honor Society and was a 2008 Kansas City Star Scholar-Athlete.

PERSONAL: Born June 1, 1989, she is the daughter of Jim and Kathy Gillespie. Her twin brother, Scott, also runs for the Razorbacks and her older sister, Stephanie, played basketball at Cornell College. She is enrolled in the Sam M. Walton College of Business and is majoring in international business.

The Razorbacks

Edina Brooks
Sprints, Junior, 5-6
Spring, Texas
(Klein HS/South Plains College)



AT SOUTH PLAINS COLLEGE: Brooks was a four-time All-American in the 400 meters, 4x100- and 4x400-meter relays. She was also a member of the quartet that set the school record in the indoor (3:43.35) and outdoor (3:41.37) 4x400-meter relays. She holds personal bests of 24.57 in the 200 meters and 55.07 in the 400 meters. Brooks was also a member of the 2009 NJCAA Indoor Championship team and earned a NJCAA runner-up finish in the 400 meters with a time of 55.57.

AT KLEIN HS: Brooks holds the 200, 400, 4x100-meter and 4x400-meter relay records at Klein High School. She was a Junior Olympic qualifier as a member of the 4x400-meter and 4x800-meter relays while competing for the Track Houston Track Club.

PERSONAL: Born Oct. 30, 1988, she is the daughter of VeOtis Brooks. Her father, VeOtis, competed in track and field at the University of Central Arkansas. She is enrolled in Fulbright College of Arts and Sciences and is majoring in sociology.

Shantel Thompson
Jumps, Junior • 5-10
St. Thomas, Jamaica
(Vere Tech HS/New Mexico JC)



AT NEW MEXICO JC: Thompson was a six-time NJCAA All-American, indoors and out, while competing in the high, long and triple jumps. Her best finishes were runner-up in the 2008 NJCAA Indoor high jump (5-5), third in the 2008 NJCAA Indoor long jump (18-11.25) and fourth in the 2008 NJCAA Outdoor triple jump (38-11.75). She is the school record holder in the outdoor long jump with a personal-best mark of 19-9. She also holds personal bests of 5-8 in the high jump and 40-10.25.

AT VERE TECH HS: She competed in track and field, specializing in the jumps events.

PERSONAL: Born Feb. 12, 1988, she is the daughter of Hugar and Jacqueline Thompson. She is enrolled in the Bumpers College of Agricultural, Food and Life Sciences and is majoring in human development, family sciences and rural sociology.

Martine Borge
Middle Distance, Freshman, 5-7
Bergen, Norway
(Sandsli Videregaendes Kale)



AT SANDSLI VIDEREGAENDES KALE: Borge holds personal bests of 56.49 in the 400 meters and 2:09.14 in the 800 meters. While attending high school at Sandsli Videregaendes Kale, she competed for the club team BFG Fana in Bergen, Norway.

PERSONAL: Born March 8, 1990, she is the daughter of Espen Borge and Hege Eikemo. Her father, Espen, ran under John McDonnell (1985-86) and was a two-time All-American in the distance medley relay and in the 1,500 meters. He was also a member of the Southwest Conference title-winning distance medley relay. Borge was a member of the Norwegian team at the 1988 Olympic Games in Seoul, South Korea. She is enrolled in the Sam M. Walton College of Business and is majoring in general business.

Stephanie Brown
Middle Distance, Freshman, 5-4
Downs, Ill. (Tri-Valley HS)



AT TRI-VALLEY HS: Brown holds personal bests of 2:07.81 in the 800 meters, 4:48.27 in the 1,600 meters and 4:50.12 in the mile. Her 800-meter time ranked 12th and her mile time was fourth in the U.S. her senior season. At the 2009 Arkansas High School Invitational, she won the mile in a time of 5:07.19, her then-personal best, and won the 800 meters with a then-personal best of 2:08.41. In 2008, Brown broke the 20-year-old Illinois Class A State Championships record in the 800-meter run with a time of 2:10.96, the third-best outdoor clocking in Pantagraph area history. She became the third girl in Class A history to win the 800 meters three times. In 2009, Brown became the first girl to win four state 800-meter titles. She picked up her fourth title with a time of 2:09.12 to break her own state championships record. She also claimed the 2009 state title in the 1,600 meters with a time of 5:01.50. Her 2008 season-best 800 meters of 2:08.1 indoors was the nation's 13th fastest. She also placed second in 2008's state championship 1,600 meters with a time of 5:08.05. She was a member of the state champion 4x800-meter relay that broke the state record with a time of 9:23.93. She split a time of 2:06.3.

PERSONAL: Born March 4, 1991, she is the daughter of Robert and Kelly Brown. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in journalism.

Katelin Cherry
Distance, Freshman, 5-6
Oklahoma City, Okla.
(Westmoore HS)



AT WESTMOORE HS: Cherry competed in the distance events at Westmoore High School with personal bests of 5:13 in the 1,600 meters, 11:10 in the 3,200 meters and 17:46 in the 5,000 meters. She was a two-time state champion in the 3,200 meters and won one state title in the 1,600 meters. Additionally, she was a three-time runner-up at the state cross country championships and a two-time runner-up at the state championships in the 3,200 meters. She is the Westmoore High School record holder in cross country, the two-mile run, the 1,600 meters and the 3,200 meters.

PERSONAL: Born Oct. 21, 1990, she is the daughter of Ben and Pam Cherry. She is enrolled in the Bell College of Engineering.

Regina George
Sprints/High Jump, Freshman, 5-9
Chicago, Ill. (St. Gregory HS)



AT ST. GREGORY HS: George holds personal bests of 25.08 in the 200 meters, 55.69 in the 400 meters, 2:10 in the 800 meters and 5-10 in the high jump. She was the 2009 Illinois State Champion at 200 meters (25.08), the runner-up in the 400 meters (55.69) and finished third in the high jump (5-5).

PERSONAL: Born Feb. 17, 1991, she is the daughter of Phillips George and Floencia Chilberry. Both parents competed in track and field at the University of Kansas. Her brother, Patrick, plays football at Northern Illinois. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in psychology.

Paige Johnston
Middle Distance, Freshman, 5-7
Midlothian, Va. (Midlothian HS)



AT MIDLOTHIAN HS: Johnston holds personal bests of 2:13.62 in the 800 meters, 4:59.59 in the 1,600 meters, 5:09.65 in the mile, 11:05 in the 3,200 meters and 18:38 in the 5K. She was one of the top prep 1,000-meter runners in the nation. Her PR of 2:51.05, clocked in 2008, was the No. 2 in the U.S. and is No. 3 in Virginia on the all-time list. She is the owner of four individual state championship titles (two 1,000-meter titles, one 800-meter title and one 1,600-meter title) and was a part of seven team state titles (four in cross country and three in indoor track). At the 2008 Virginia Cross Country Championships, she placed ninth with a time of 18:56. In 2009, she was named the Virginia High School League AAA Female Athlete of the Year. She holds six Midlothian High School records.

PERSONAL: Born Dec. 20, 1990, she is the daughter of Billy and Susie Johnston. She is enrolled in the Fulbright College of Arts and Sciences and is majoring in English and journalism.

Rachel Werner
Sprints, Freshman, 5-3
The Woodlands, Texas
(The Woodlands HS)



AT THE WOODLANDS HS: Werner holds personal bests of 7.18 in the 60 meters, 11.8 in the 100 meters, 24.6 in the 200 meters and 57.2 in the 400 meters. She is a member of the school record holding 4x200-meter relay (1:38.5) and sprint medley relay (4:02.86). She earned silver (SMR) and bronze (4x200M) medals at the 2009 Texas Relays.

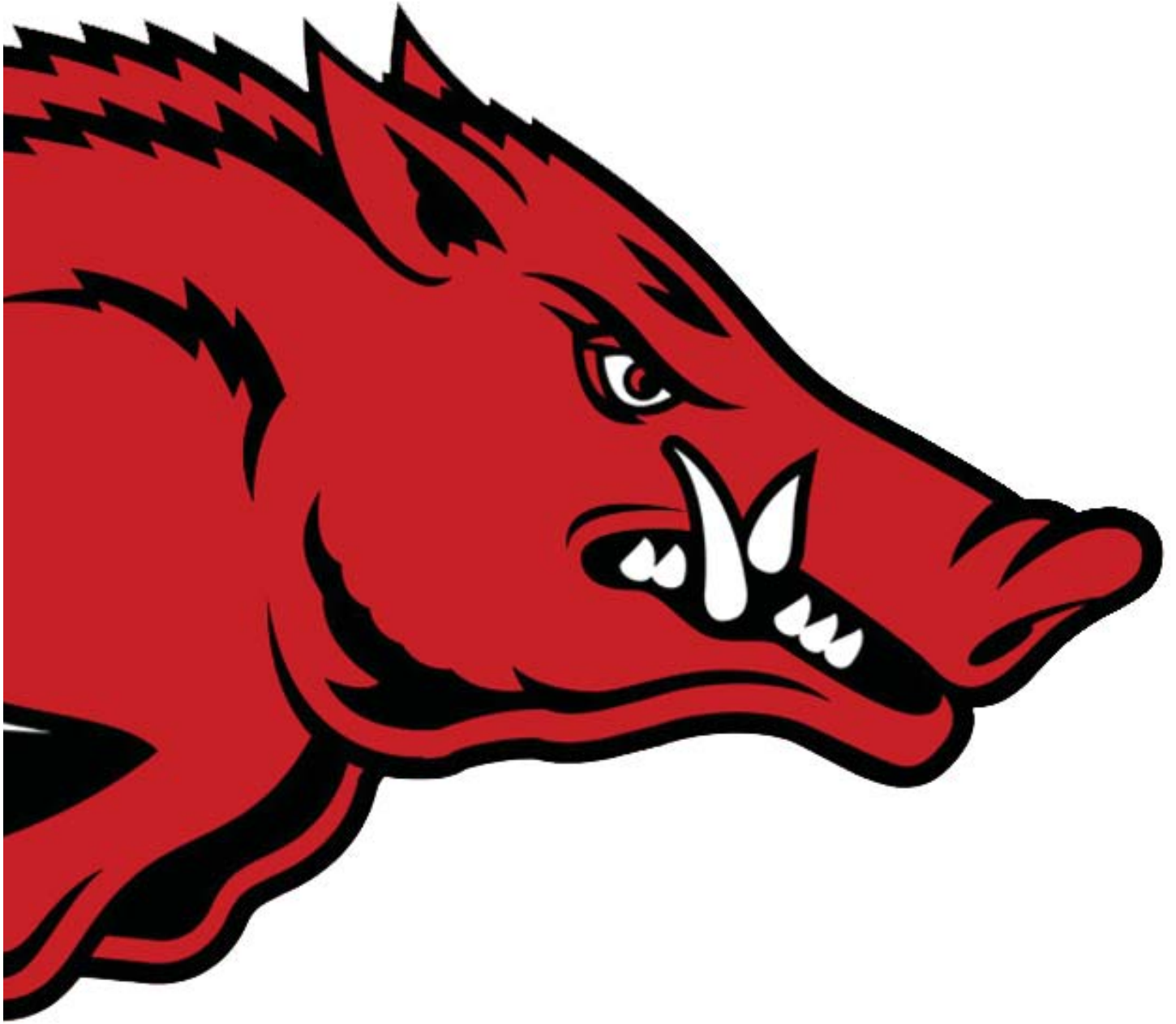
PERSONAL: Born Oct. 15, 1990, she is the daughter of Donald and Ruth Werner. She is enrolled in the College of Education and Health Professions and is majoring in kinesiology.

Keri Wood
Middle Distance, Freshman, 5-7
College Station, Texas
(A&M Consolidated HS)



AT A&M CONSOLIDATED HS: Wood earned academic excellence awards in cross country and track and field and is a member of the National Honor Society. In cross country, she is a two-time state qualifier with her team finishing in seventh-place finish during her sophomore season and eighth as a junior. On the track, she holds personal bests of 2:13.92 in the 800 meters and 4:57.20 in the 1,600 meters. Her 4:57.20 is the A&M Consolidated record in the event. As a sophomore, she finished sixth in the 1,600 meters at the state meet. She bettered that to a fifth-place finish as a junior. At the 2009 state championships, she earned a bronze finish in the 1,600 meters with a time of 5:00.98.

PERSONAL: Born Feb. 5, 1991, she is the daughter of Bryan and Judy Wood. She is enrolled in the Sam M. Walton College of Business and is majoring in marketing.



The Staff

Head Coach Lance Harter

The most successful coach in University of Arkansas and Southeastern Conference women's cross country and track and field history, Lance Harter is in his 20th year at the helm of the Razorback program. During his tenure, Arkansas has won 19 SEC titles (13 cross country, three indoor track and three outdoor track) and earned six NCAA trophies, including four national runner-up awards in cross country. Throughout his 31-year career as a collegiate head coach,



Harter has built programs that win.

Harter has led his cross country teams to 13 league championships in 18 years, and racked up an impressive 15 NCAA regional titles, bringing Arkansas to the brink of a national championship with four NCAA runner-up trophies. His student-athletes have earned 23 cross country All-America honors, numerous all-conference and all-regional certificates and 11 SEC individual titles.

While his list of accomplishments as a cross country coach at Arkansas is long, his record as a track coach is just as impressive, with a pair of SEC triple crown championships, three national coach of the year honors and seven top-10 finishes at the NCAA national meet.

The high water mark to his career at Arkansas, so far, had to be when his teams won a league-record seven-consecutive SEC titles including a pair of triple crowns (titles in cross country, indoor track and outdoor track in the same academic year). Harter's teams were just the second team in league history to accomplish the task,

then repeated the performance in 2000-01 making them the only squad in the SEC's 26-year history of women's cross country and track and field to accomplish the task multiple times.

Those banner seasons were not without other accolades in addition to the SEC titles. During that time period, Harter's Razorbacks posted school-best finishes at both the NCAA Indoor (third) and Outdoor (fifth) Championships, as he led his teams to five top-six NCAA finishes. On a personal level, Harter was awarded numerous honors including six SEC Coach of the Year Awards, six South Central Region Coach of the Year trophies and three U.S. Track and Field and Cross Country Coaches' Association (USTFCCCA) National Coach of the Year honors.

For his numerous achievements at Arkansas, Harter has been honored several times in recent years, including his induction into the University of Arkansas Sports Hall of Honor in the fall of 2006. His inclusion into the elite club makes him the only active Razorback women's coach to be enshrined and just the second women's coach at Arkansas to be included, joining former cross country and track coach and current Executive Associate Athletic Director Bev Lewis.

He has also seen his name bronzed in the Arkansas Track and Field Hall of Fame, Mt. SAC Relays Hall of Fame and Cal Poly Hall of Fame.

Harter's coaching prowess has been noticed not just by his peers but by national organizations like USA Track & Field who have asked Harter to coach at several international competitions. He has represented his country five times including the 1992 Olympic Games in Barcelona, Spain, where he was an assistant coach. He was also the head coach for the 1999 USA World Championships team and had the pleasure of once again coaching one of his pupils, multi-time U.S. Champion and 2004 Olympic bronze medalist Deena Kastor. His most recent appointment to a national coaching position came in 2003 when he was the head women's coach for Team USA's World Cross Country team in Brussels, Belgium.



Harter is quick to give credit for his success to his athletes and assistant coaches, but there is no arguing that with him at the helm the Razorbacks are one of the nation's elite programs. Harter has won as many SEC women's cross country championships (13) as all other member institutions combined in the history of the SEC (13).

For his efforts in cross country, Harter has earned 13 SEC Coach of the Year Awards, 12 NCAA Regional Coach of the Year honors and the 1999 NCAA National Coach of the Year Award. In total, he has been awarded the conference's Coach of the Year honor 19 times and is the only coach to ever earn awards in cross country, indoor and outdoor track. He has been given an NCAA Regional Coach of the Year award 17 times during his career and NCAA National Coach of the Year four times.

From a team perspective, Harter's influence on Arkansas cross country and track has been tremendous. He has led both the cross country and indoor track teams to number one national rankings, the only number one rankings by any women's team in Arkansas history. During his career, Harter has brought seven NCAA team trophies back to Fayetteville: four national runner-up awards in



Head Coach Lance Harter

cross country, a third place for cross country and a third and a fourth-place finish for indoor track.

Harter's career at Arkansas began in the fall of 1990, and it didn't take long for him to carry his previous success to the Razorback program. Picking up a Southwest Conference runner-up finish in his first year, he also guided that squad to the first of his 13 regional titles. As good as his team was in year one, it was the 1991 squad that made Arkansas cross country a household name. Leading a strong group of young women into the season, Arkansas took the first of three-consecutive NCAA runner-up trophies and finished the year with just a single loss.

The 1991 season also brought the Razorbacks into the SEC and it didn't take long for Arkansas to establish its superiority. The Razorbacks scored 30 points at their first SEC Championship, placing all five scorers in the top nine. The conference title was the first of five -onsecutive championships, a feat that has only been equaled once since (1998-2002).

While the end of the millennium raised the bar for the Razorbacks, Harter challenged himself to exceed the lofty expectations heaped upon his team. Since 2001, Harter has guided Arkansas to eight SEC Championships, including two in track, and watched former Razorback athletes win six medals in the Olympic Games. His eye for talent has been his best asset and developing those skills runs a close second. He often likens his coaching style and philosophy to a series of escalators where student-athletes get on at the ground floor when they arrive as freshmen and get off at the penthouse upon graduation.

A perfect example was a raw talent from Kendallville, Ind., that Harter groomed first into a conference and national champion then into the greatest female track athlete in SEC history. When Amy Yoder Begley completed her collegiate career with a pair of national titles, she became the all-time leader in SEC history with 15 individual championships, the all-time leader for a female athlete at Arkansas with 15 All-America honors, and only the third track athlete in conference history to become the SEC Athlete of the Year.

Career Accomplishments

Cross Country

- 13 SEC Championships
- 14 NCAA Regional titles at Arkansas
- 13-time SEC Coach of the Year
- 12-time NCAA South Central Region Coach of the Year
- National Coach of the Year (1999)
- Four-time Division I runner-up at Arkansas
- Eight Division II titles

Indoor Track

- Coached Arkansas to back-to-back conference championships in 2000 and 2001
- Coached Arkansas to its third conference championship in 2003
- Coached Arkansas to its highest national finish (third) in 2000
- Two-time National Coach of the Year (2000, 2001)
- Two-time South Central Region Coach of the Year (2000, 2001)
- Coached all seven of Arkansas' NCAA Champions

Outdoor Track

- Coached Arkansas to back-to-back conference championships in 2000 and 2001
- Coached Arkansas to its best finish (fifth) in 2001
- National Coach of the Year (2000)
- Three-time NCAA South Central Region Coach of the Year (2000, 2001, 2005)
- Coached Arkansas' only NCAA Outdoor champions (four)
- SEC record for team points at conference meet (182)
- Six Division II titles at Cal Poly-SLO

International

- 2003 head women's coach for Team USA's World Cross Team
- 1999 head coach for Team USA's World Championship Team
- 1992 U.S. Olympic Team Assistant
- 1987 Team USA Coach, World Cross Country Meet
- 1985 Team USA Coach, World Indoor Meet



Harter arrived at Arkansas in 1990 after 11 years of building the nation's top Division II program at Cal Poly-San Luis Obispo. His teams at Cal Poly-SLO won a Division II record 14 national championships, including eight-consecutive cross country and six track and field titles. He was Division II national coach of the year 10 times.

From the beginning of NCAA Division II Championships in 1981, Harter's teams controlled the awards ceremonies. The Mustangs finished runner-up the initial season and after that ran off a string of eight-straight titles. In track and field, Harter won five NCAA and one AIAW championship. He was inducted into Cal Poly's Hall of Fame in the fall of 2004.

Before coaching at Cal Poly-SLO, Harter was the men's and women's track and field coach at Smoky Hill High School in Denver, Colo. During his five years with SHHS, his teams won five cross country and five track conference titles. Before SHHS, he was an assistant coach for two years at Colorado State.

A 1972 graduate of Texas Tech, Harter set several school records as a member of the cross country and track teams. A dean's list honoree every semester at Tech, he earned his degree in physical education and American history. He earned his master's in education from Colorado State in 1974, focusing on physiology of exercise. He has completed doctoral hours at both Colorado and Colorado State.

Harter and his wife, Kim, have five children, Jeff, Meagan, Alison, Kristy and Josh.

No other active women's coach in the SEC has more cross country coach of the year awards, more national trophies or more international appointments than Lance Harter.

Associate Head Coach Rolando Greene

- 2004 USATFCCCA National Assistant Coach of the Year
- 2006 USTFCCCA Midwest Region Sprint Coach of the Year
- 2003 Assistant Coach for Bahamas at the NACAC Games
- Coached six Olympians
- Coached two USTFCCCA South Central Region Athletes of the Year
- Coached four student-athletes to five NCAA event titles
- Coached 22 Arkansas student-athletes who have earned 55 All-America honors
- Coached two SEC Female Runners of the Year

Associate head coach Rolando Greene begins his 14th season with the University of Arkansas with the start of the 2009-10 season. Charged with handling the sprints, hurdles, jumps and multis corps for the Razorbacks, Greene brings a world-wide recruiting base and a keen eye for spotting and developing talent.



Promoted to associate head coach in the spring of 2000, Greene put together back-to-back unprecedented seasons in 2004 and 2005 when two of his athletes swept the 200-meter national championships at the NCAA Indoor and Outdoor meets the first year, then backed it up with a sweep of the 800-meter titles in '05. The 2004 duo, Veronica Campbell (now Campbell-Brown) and La'Shaunte'a Moore, were also participants at the Athens Olympics, leaving no question as to why he won the national assistant coach of the year award.

One of the most humble men in and around collegiate athletics, Greene is quick to give credit to the student-athletes that he has coached but his peers had something else in mind in the spring of 2004 when they awarded him the U. S. Track and Cross Country Coaches' Association's (USTFCCCA) National Assistant Coach of the Year. He was also named the USTFCCCA's Midwest Region Sprint Coach of the Year in 2007.

Greene's meteoric rise as a developer of talent began in the summer of 2003 when he was named an assistant coach on the national athletics team for his native Bahamas at the

North America, Central America and Caribbean games.

During Greene's 14-year tenure at Arkansas, he has coached five Olympians, two USTFCCCA South Central Region Athletes of the Year, four student-athletes to five NCAA event titles, eight SEC Champions, 22 athletes who have earned 55 All-America honors in 11 different events and two SEC Runners of the Year.

During his 20 years of coaching on the collegiate level, Greene has guided 80 All-Americans, six Olympians and three student-athletes who have competed at the World Championships.

Shelise Williams made Arkansas history in the 400 meters at the 2009 NCAA Outdoor Championships at John McDonnell Field. Williams finished seventh in one of the fastest 400-meter finals in NCAA history. She earned her first All-America honor in an individual event and her third career certificate. Williams crossed the finish line in a time of 52.01. Her clocking was a season and personal best and ranks as the No. 3 time in Arkansas school history.

Williams also earned runner-up honors in the 400 meters at the 2009 SEC Outdoor Championships. She clocked a time of 52.41 to earn her first All-SEC honor.



Associate Head Coach Rolando Greene



Additionally, his athletes have competed at the World Junior Championships, the World University Games, the Pan Am Games, the NACAC Championships and the Senior Central American Championships. He has served on the coaching staffs for the Central American Championships and the NACAC Championships.

While Greene's student-athletes continue to raise the bar, it was a tough, but non-descript, task that he is most proud. In 2006, Tominque Boatright broke both the University of Arkansas' indoor and outdoor 400-meter records giving athletes coached by Greene a clean sweep of every sprints, hurdles and relays record. His assault on those marks began in his first season at the UA, but as the 2009 season began, none of the 13 records are older than 1998 and all but one was set after the millennium.

Not just a sprints and hurdles coach, Greene is also an active contributor in the middle distances, coaching many of the Razorbacks' 800-meter runners. His most recent star, Aneita Denton, became just the third woman in NCAA history to sweep national championships in both the indoor and outdoor 800 meters. Denton also posted the third-fastest indoor 800 in NCAA history and was the anchor of Arkansas'

4x800-meter relay team that ran the fastest time in the world in the spring of 2005.

Greene is deeply involved in coaching Arkansas' multi-event athletes as well. During his time with the Razorbacks, Arkansas has produced four All-America student-athletes in the tough event including a pair of 5,700-point heptathlon scorers during the 2000 season. His work with Gi-Gi Miller in 2000-01 was the foundation of her rise to U.S. Champion in the heptathlon at the 2006 national championships. In 2009, Etienne Chaplin won the latest of a string of SEC multi-event titles with her win in the outdoor heptathlon at the SEC Championships.

Prior to arriving in Fayetteville in the fall of 1996, Greene was an assistant coach with the Minnesota Golden Gophers' women's track team. He spent six seasons as an assistant at what is now Missouri State University after graduating from Murray State.

A native of Nassau, Bahamas, Greene is married to former Razorback LaTayna Stewart, who ran in the early '80s. The Greene family includes a daughter, Charisse; three sons, Cameron, Isaiah and Jacob; and two grandchildren, Tylan and Caleb.



Assistant Coach Bryan Compton

- 2005 USTFCCCA MidEast Region Assistant Coach of the Year
- Coached Arkansas' first SEC Champion in the throws
- Coached eight Arkansas pole vaulters to 21 All-America honors
- Coached athletes to the SEC Outdoor pole vault record three times
- Coached Arkansas' first-ever high jump All-American and SEC Champion
- Coached Arkansas' only two throwers to win SEC titles
- Coached two Canadian National Championships

Joining the Razorbacks in the fall of 1998, Bryan Compton has proven to be a valuable addition for its coaching staff. In 11 years of working with the Razorback throwers and vaulters, Compton's student-athletes have set 13 school records a total of 63 times, not including numerous heptathlon marks.

Arkansas' resident vault expert was recognized for his contributions during the spring of 2005 when he was named the U.S. Track and Field and Cross Country Coaches' Association's (USTFCCCA) MidEast Region Assistant Coach of the Year. That season his student-athletes earned two All-America honors, broke a pair of school records and each of the athletes he coached earned a spot at the NCAA MidEast Regional Championships, including four pole vaulters.

Compton's expertise in the vault is the biggest addition to the Arkansas arsenal. In the past 11 years, he has coached eight student-athletes to 21 All-America honors, seven Southeastern Conference championships and a trio of SEC championship records. One of his most recent protégés, Jodi Unger, earned four All-America honors during the 2006 and 2007 seasons and was the national runner-up in the pole vault outdoors as a senior.

In 2008, Katie Stripling carried on the strong pole vault tradition as she became the first Razorback to win both the SEC indoor and outdoor titles in the same season. She re-set the school record to 14-2 at the Arkansas Twilight and then to 14-3.25 at the NACAC Championships, earned her first All-America honor at the NCAA Outdoor Championships and won the vault title at the 2008 NACAC Championships in Mexico. Her bronze finish at the NCAA Championships picked up the All-America certificate.

Stripling carried over her success from 2008 into the 2009 season. She picked up two additional All-America honors and the 2009 SEC Outdoor individual title. Winning her third conference pole vault title and second outdoors, she cleared 14-5.25. Arkansas has won three-straight titles in the SEC outdoor pole vault (2007-09). Stripling's clearance is an Arkansas record, an SEC meet record, a personal best and was the new NCAA leader in 2009. Stripling now holds all five of the top clearances on Arkansas' all-time list.

Prior to Stripling and Unger's emergence, Compton was best known for his work with former Razorback and 2008 Olympian April Steiner Bennett. A novice in the event when she arrived on campus in the fall of 2000, Steiner Bennett quickly became a household name and was the first woman in SEC history to clear 13 feet in the event indoors. She earned three-consecutive All-America honors indoors and set the standards for all Arkansas vaulters with school records exceeding 14 feet, both indoors and out.

Compton's magic touch is not limited to the vault, but to the other disciplines he coaches as well. In the throws, Compton guided Marie LeJour to Arkansas' first SEC Commissioner's Trophy by a non-distance runner, as well as its first conference championship in a throwing event. The summer following her breakthrough year, LeJour went on to win the first of her two Canadian National Championships in the discus.

Additionally, Brandy Blackwood, under Compton's guidance, was one of Arkansas' most decorated student-athletes and throwers. Blackwood stood out in the crowd with her eighth-place finish in the hammer throw at the 2004 SEC Championships in Oxford, Miss. Her points were vital to Arkansas picking up the 2004 SEC Outdoor Team Championship.

Blackwood holds the Arkansas records in the indoor weight throw and the outdoor hammer throw. She marked a toss of 68-6.5 in the weight throw at the 2005 NCAA Indoor Championships in Fayetteville, Ark. Her best hammer throw measured 192-9 at



Assistant Coach Bryan Compton



the 2005 NCAA Midwest Regional Championships in Bloomington, Ind.

Her school record weight throw in Fayetteville also earned her an All-America honor. She finished ninth at the 2005 NCAA Indoor Championships. She is one of just two Arkansas student-athletes to earn an All-America honor in a throwing event. LeJour earned the accolade in the weight throw at the 2002 NCAA Indoor Championships.

Added to his list of responsibilities in 2002 was the high jump, and Compton once again produced. He coached Jessica Johnson to Arkansas school records both indoors and out, breaking the then-oldest school records in the books. With the records in hand, Johnson went after bigger and better things, taking Arkansas' first-ever All-America honor in the high jump and finishing as national runner-up in the spring of 2003 with a clearance of 6-1.25.

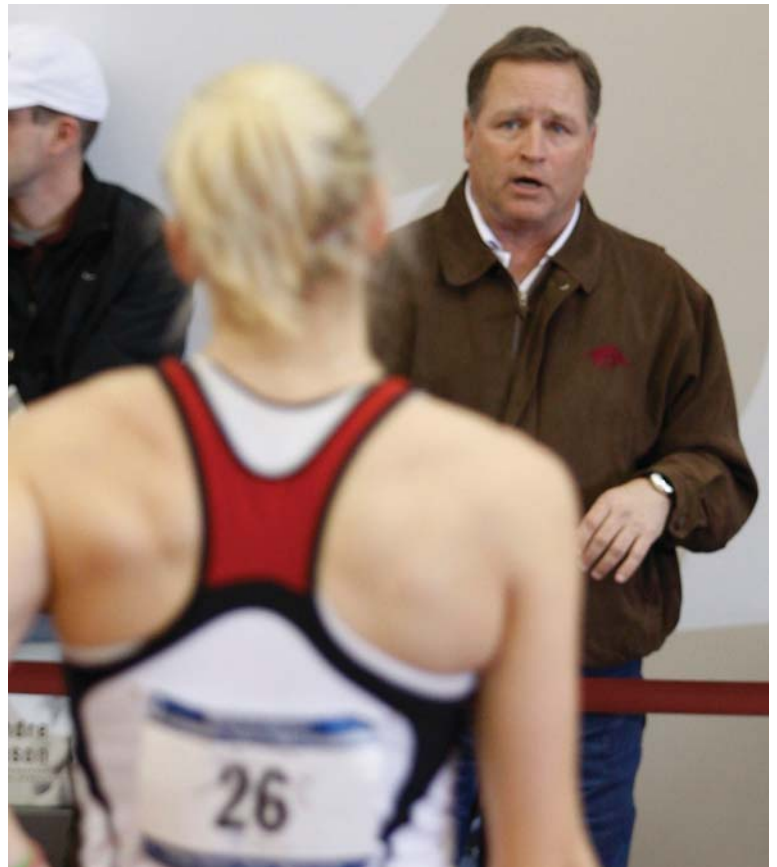
Not to be ignored is Compton's work with Arkansas' multi-event personnel. His athletes have broken each of the Razorback event records in the multi-event throws and have earned a total of six All-America honors. In the spring of 2000, Arkansas qualified three heptathletes for the NCAA Outdoor Championships.

In Compton's first year, he coached former Razorback Tali Griner to a second-place finish in the indoor pole vault at the SEC Championships with a then-impressive vault of 11-9. Griner also scored at the SEC Outdoor Championships that season with Israeli national records in the event both indoors and out. Compton's first season also saw a pair of Razorbacks place in the hammer throw outdoors and another protege, Monica Ballow, finish third in the weight throw.

Prior to his time at Arkansas, Compton made stops at Wichita State, Illinois State and Texas Tech for a combined eight-plus years. During that time period, he coached athletes to NCAA finals, Olympic Trials and numerous conference championships.

Compton came to Arkansas from Wichita State, where he served as assistant track coach in charge of throws. Over three years with the Shockers, Compton coached five All-Americans who garnered a total of eight honors.

Not only has Compton been an accomplished coach over the past 16-plus years, but he was also a good athlete in his own right. A varsity track athlete at Angelo State, Compton was a national qualifier for the Division II national championships in both 1983 and 1984 in the long jump and the sprint relay. Compton earned his bachelor's degree in physical education and biology from Angelo State in 1985. He has a son, Austin.





Jeff Kent
Director of Operations

Jeff Kent joined the Arkansas Razorback women's cross country and track and field staff in September 2009. Kent serves as the director of women's cross country and track and field operations.

His day-to-day duties include overseeing the program's equipment needs, travel arrangements and meet management at Arkansas' home events.

A native of Valparaiso, Ind., Kent received his bachelor's degree in health and sport studies from the University of Iowa and his master's degree in health, physical education and recreation from Delta State University in Cleveland, Miss.

Most recently, Kent served as Delta State's graduate assistant women's cross country coach. He was responsible for recruiting, budgeting, scheduling, fundraising and academic supervision as well as other aspects of the program.



Natasha Brown
Secretary

Natasha Brown is in her sixth year as the secretary for the Arkansas cross country and track and field programs.

Brown coordinates day-to-day operations of the office as well as overseeing the organizational and administrative needs of the program.

Brown is responsible for organizing the roster of officials for home events including the Tyson Invitational and helping oversee the organization of clinics and other events held through the track program.

Born in Fayetteville, Brown is graduating this fall semester with a degree in communications from UA with an emphasis on interpersonal communication. She has a son, Canaan Sharlow.



Monica Hargrove
Volunteer Assistant Coach

Monica Hargrove is in her first season with the Razorbacks and works specifically with Arkansas sprinters and relay teams.

Hargrove has also spent time as a member of the coaching staffs at Indiana University and Georgetown University.

While at Georgetown, she coordinated the women's recruiting, as well as the strength and speed development for all women's events.

Hargrove brings an impressive resume to the Razorbacks after winning a silver medal at the 2006 World Indoor Championships as a member of the U.S. 4x400-meter relay team, qualifying for the team with a fourth-place finish in the 400 meters at the U.S. Indoor Championships. She also ran the 400-meter leg of the world-record setting U.S. sprint medley relay at the 2007 Penn Relays.

Hargrove was a three-time All-American while running at Georgetown (2001-04). She received her All-America distinction as a member of the Hoyas' distance medley relay team (2002-04). The New Haven, Conn., native was also the 2003 BIG EAST indoor 500-meter champion and was a component in the 2002 BIG EAST outdoor 4x400-meter relay champion squad, clocking a 51.9 relay split.

Hargrove graduated from Georgetown University in 2004 with a bachelor of arts in psychology.



Molly O'Mara
Asst. Media Relations Director

Molly O'Mara is in her fourth year as the assistant media relations director at the University of Arkansas. She joined the staff in June 2006.

O'Mara serves as the primary contact for the Razorback men's and women's cross country and track and field programs. She also assists in the day-to-day responsibilities with football.

Prior to her arrival in Fayetteville, O'Mara served as a media relations assistant at Texas Tech University where she was the primary contact for volleyball, men's and women's cross country, men's and women's track and field and men's and women's tennis. Additionally, she also assisted with game-day preparations for football, men's and women's basketball and baseball.

O'Mara got her start in sports information as a student assistant at the University of Massachusetts where she received her bachelor's degree in sport management from the Isenberg School of Management in 2004.

A native of Melrose, Mass., she is the daughter of Bob and Martha O'Mara.

Support Staff



Christin Wurth-Thomas
Volunteer Assistant Coach

Christin Wurth-Thomas serves as a volunteer assistant coach for the Razorback distance runners.

Still running professionally, she earned a fifth-place finish in the 1,500 meters at the IAAF World Championships in a time of 4:05.21. Wurth-Thomas is the 2009 USA 1,500-meter runner-up (4:06.00).

She made a name for herself in finishing as the runner-up at the 2009 IAAF Golden Gala 1,500 meters in 3:59.98, becoming only the fourth American ever to run sub 4:00.

Also in 2009, she won the event at the Reebok Grand Prix (4:03.96), was fifth at the Nike Pre Classic (4:01.72), finished third at Lausanne (4:05.09) and was third at the World Athletics Final (4:14.10).

Wurth-Thomas secured her spot on the 2008 U.S. Olympic Team with her third-place finish in the 1,500 meters (4:08.48) at the 2008 U.S. Olympic Team Trials. She went on to advance to the event semifinals at the Olympic Games in Beijing.

A star while at competing for the University of Arkansas, Wurth-Thomas became a post-collegiate threat when she won the 1,500 meters at the 2005 Nike Prefontaine Classic. Since then, she has gained fitness and is in the best shape of her life in 2008.

She had seen success over hill and dale the previous year, punching her ticket to the 2004 World Cross Country Championships in Brussels with her seventh-place finish the 2004 USA Cross Country Championships (4K, 13:08)

At Arkansas, she was a three-time SEC Champion on the track, the 2002 SEC Cross Country Champion and earned five All-America honors.

She holds the Arkansas school record outdoors in at 1,500 meters (4:10.49) and owns the second-fastest 6,000-meter cross country time in University of Arkansas history (19:33.55).

Still living and training in Fayetteville, Wurth-Thomas married former Razorback runner Patrick Thomas in January 2004.



April Steiner Bennett
Volunteer Assistant Coach

April Steiner Bennett serves as a volunteer assistant coach for the Razorback pole vault crew.

Still competing professionally, Steiner Bennett had her best-ever finish at a U.S. National Championship when she finished as the runner-up in the pole vault at the 2008 U.S. Olympic Team Trials and qualified for her first Olympic Team. She went on to earn an eighth-place finish in the finals in Beijing during her first Olympic experience.

At the 2009 USA Outdoor Championships, Steiner Bennett finished tied for fourth in the pole vault. She cleared 14-7.25.

Steiner Bennett claimed the silver medal in the women's pole vault at the 2007 Pan American Games, in Rio de Janeiro, Brazil, with her clearance of 14-5.25.

After transferring to Arkansas from Paradise Valley Community College, Steiner Bennett became the first woman in the SEC to clear 13 feet indoors. She earned three-consecutive All-America honors indoors and set the standards for all Arkansas vaulters with school records exceeding 14 feet, both indoors and out. She also claimed the 2003 SEC Outdoor title in the vault.

Steiner Bennett enjoys being a leader and mentor to younger athletes and is very involved with USATF's Be A Champion and Win With Integrity programs.

Steiner Bennett, who works as a physical education teacher in Springdale, Ark., married former Arizona State pole vaulter Cameron Bennett in December 2007.



Kelly Long
Manager



Gwendolyn Davis
Athletic Trainer

Gwendolyn Davis is in her second season as the athletic trainer for the Arkansas Razorback men's and women's cross country and track and field programs.

Davis joined the Razorbacks from Clemson University. She is a Houston, Texas, native and attended L.V. Hightower High in Missouri City, Texas, where she was a member of the National Honor Society.

Her collegiate career began at Texas State University in San Marcos, Texas. Davis worked with men's and women's track and field, women's basketball, football and volleyball and served as a student assistant athletic trainer at San Marcos High School.

Davis graduated Magna Cum Laude with a bachelor's degree in exercise and sports science with a major in athletic training in May 2005 from Texas State.

She moved on to graduate school at Clemson where Davis worked men's cross country and track. Her duties at Clemson included daily prevention, recognition, care and rehabilitation on athletic injuries. She was responsible for practice and meet preparation and supervised students.

In addition, Davis worked the Oliver Purnell Basketball Camps, the Lady Tiger basketball and volleyball camps and the Tiger baseball camp.

She earned her master's degree in human resources development from Clemson in May 2008. Davis is one of three children to Joe and Deborah Davis. She has a sister, Jozetta, and brother, Clifton.



Kristan Olson
Intern Athletic Trainer

Kristan Olson is in her third season with the Razorbacks, currently working as an intern. She previously spent the last two seasons as a graduate assistant in athletic training. Olson

will work primarily with the Arkansas cross country and track and field teams this year.

A 2007 graduate of the University of Kansas, Olson received a Bachelor of Science degree in athletic training. While working with the Jayhawks, Olson assisted the volleyball, women's soccer, rowing and football teams.

In addition, she worked several summer camps, the Susan G. Koman three-day race, the Kansas Relays and served as the KU sports medicine club's vice president for one year.

Olson is the youngest of two children to Wayne and Marla Olson. She has an older brother, Kyle and sister-in-law, Sarah.



Mark Hinton
Grad. Asst. Athletic Trainer

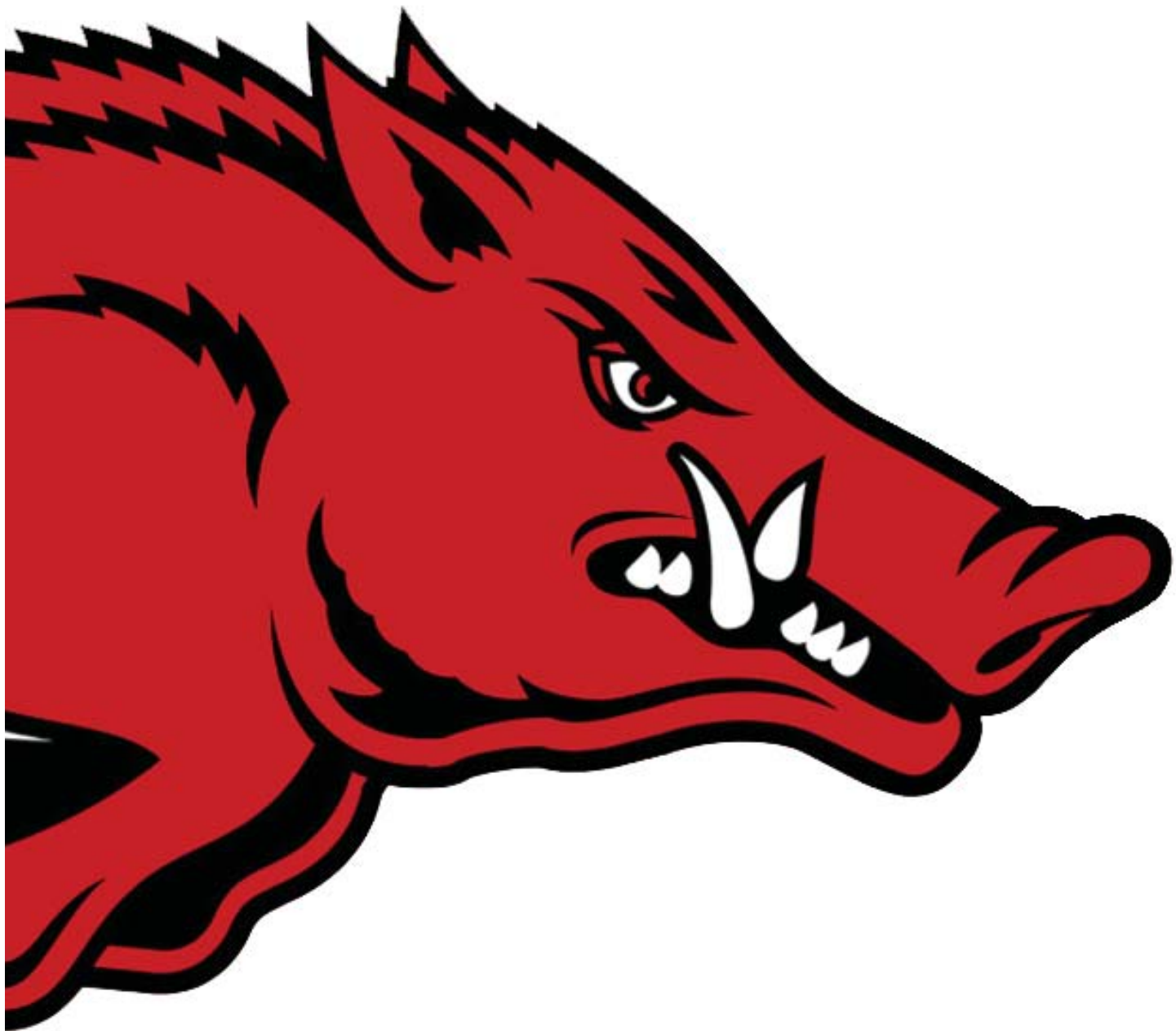
Mark Hinton is in his first year with the Arkansas Razorbacks athletic training staff. He will work with the cross country and track and field programs as a graduate assistant.

He is currently working towards a master's degree in kinesiology with an emphasis in exercise science. A native of Olathe, Kan., he attended Olathe South High School and began his athletic training career at Johnson County Community College.

He also served as a student athletic trainer at Emporia State University, working primarily with football and baseball, while doing some work with cross country/track and field. He was also a member of the athletic training club. His duties included injury diagnosis, day-to-day maintenance of the athletic training clinic and injury care and prevention.

He graduated from Emporia State University with a bachelor's degree in athletic training and minors in health, physical education and recreation.

The son of Tom and Diane Hinton, Hinton has a brother, Matt, sister-in-law, Monica and a nephew, Jackson.



History and Records

Indoor Records

	<u>University of Arkansas</u>	<u>Randal Tyson Track Center</u>	<u>SEC Meet</u>	<u>Collegiate</u>
60 Meters	7.20 – Veronica Campbell SEC Championships, 2004	7.04 – Veronica Campbell adidas, 2006	7.13 – Kelly-Ann Baptiste LSU, 2008	7.09 – Angela Williams USC, 2001
200 Meters	22.43 – Veronica Campbell NCAA Championships, 2004	22.40 – Bianca Knight Texas, 2008 (CR)	22.46 – Kerron Stewart Auburn, 2007	22.40 – Bianca Knight Texas, 2008
300 Meters	Not Run	36.33 – Allyson Felix adidas, 2007 (AR)	Not Run	Not Run
400 Meters	52.60 – Jessica Cousins SEC Championships, 2007	50.80 – Natasha Hastings South Carolina, 2007 (CR)	51.13 – Hazel Ann Regis LSU, 2004	50.80 – Natasha Hastings South Carolina, 2007
800 Meters	2:01.96 – Aneita Denton SEC Championships, 2005	2:00.75 – Nicole Cook Tennessee, 2005	2:00.75 – Nicole Cook Tennessee, 2005	2:00.75 – Nicole Cook Tennessee, 2005
Mile	4:36.94 – Christin Wurth SEC Championships, 2003	4:27.18 – Christin Wurth-Thomas Nike, 2008	4:35.06 – Elizabeth Lynch Alabama, 1986	4:25.91 – Jennifer Barringer Colorado, 2009
3,000 Meters	9:10.62 – Christine Kalmer New Balance Invit., 2007	8:49.18 – Kim Smith Providence, 2004	9:15.69 – Lisa Breiding Kentucky, 1987	8:42.03 – Jennifer Barringer Colorado, 2009
5,000 Meters	15:46.89 – Amy Yoder Begley NCAA Championships, 2000	15:14.18 – Kim Smith Providence, 2004	15:53.34 – Valerie McGovern Kentucky, 1990	15:01.70 – Jenny Barringer Colorado, 2009
60-Meter Hurdles	8.16 – Kyla Shoemake 1998	7.84 – Virginia Powell USC, 2006	8.00 – Vonette Dixon Auburn, 2000	7.84 – Virginia Powell USC, 2006
4x400-Meter Relay	3:33.67 – Boatright, Cousins, Rolle Farrell, ISU Last Chance, 2006	3:27.66 – Texas, 2003 (Downer, McIntosh, Robinson, Richards) (CR)	3:29.06 – LSU, 2005 (Morris, Thomas, Lawrence, Regis)	3:27.66 – Texas, 2003 (Downer, McIntosh, Robinson, Richards) (CR)
Distance Medley Relay	11:09.09 – Denton, Boatright, Farrell Sigmont, New Balance Invit., 2005	10:58.19 – UCLA, 2002 (Burgess, Henderson, Mar Nillson)	11:16.61 – Tennessee, 2004 (Novak, Olupona, Sullivan Hyatt)	10:50.98 – Tennessee, 2009 (Wright, Jones, Price, Bowman)
High Jump	5-11.25 – Jessica Johnson SEC Championships, 2003	6-5 – Destinee Hooker Texas, 2007	6-2 – L. Spencer, UGA, 2006 B. Reese, Ole Miss, 2008	6-6 – Destinee Hooker Texas, 2009
Pole Vault	14-3.25 – April Steiner/Katie Stripling NCAA Champ., 2003/Tyson Invit., 2009	15-5.75 – Jenn Stuczynski adidas, 2007	14-5.25 – Thorey Ellisdottir Georgia, 2001	14-10.25 – Amy Linnen Arizona, 2002
Long Jump	20-11.25 – Angel Heath SEC Championships, 2003	22-8 – Elva Goulbourne Auburn, 2002	22-8 – Elva Goulbourne Auburn, 2002	22-8 – Elva Goulbourne Auburn, 2002
Triple Jump	44-4 – Gi-Gi Miller NCAA Championships, 2001	46-7.25 – Erica McClain Stanford, 2008	46-0.5 – Keisha Spencer LSU, 2000	46-9 – Suzette Lee LSU, 1997
Shot Put	51-9.25 – Amber Crumbo 2000	62-10 – Laura Gerraughty North Carolina, 2004	58-10.25 – M. Kevkhishvili Florida, 2009	62-10 – Laura Gerraughty North Carolina, 2004
Weight Throw	68-6.5 – Brandy Blackwood NCAA Championships, 2005	83-10.25 – Brittany Riley Southern Illinois, 2007 (AR, CR)	73-8 – Candice Scott Florida, 2002	83-10.25 – Brittany Riley Southern Illinois, 2007 (AR)
Pentathlon	4,141 points – DeeDee Brown SEC Championships, 2002	4,496 points – Jacquelyn Johnson Arizona State, 2008	4,417 points – H. Fountain Georgia, 2004	4,496 points – Jacquelyn Johnson Arizona State, 2008

All-Time Indoor Top Five

60 Meters

1.	7.20	Veronica Campbell	2004	Lexington, Ky.
2.	7.23	Veronica Campbell	2004	Fayetteville, Ark.
3.	7.26	Kyla Shoemake	1998	Colorado Springs, Colo.
	7.26	Elisha Brewer	1998	Colorado Springs, Colo.
5.	7.27	Veronica Campbell	2004	Fayetteville, Ark.

200 Meters

1.	22.43	Veronica Campbell	2004	Fayetteville, Ark.
2.	22.51	Veronica Campbell	2004	Fayetteville, Ark.
3.	22.67	Veronica Campbell	2004	Lexington, Ky.
4.	23.03	Veronica Campbell	2004	Lexington, Ky.
5.	23.28	Veronica Campbell	2004	Fayetteville, Ark.

400 Meters

1.	52.60	Jessica Cousins	2007	Lexington, Ky.
2.	52.79	Jessica Cousins	2007	Lexington, Ky.
3.	52.95	Jessica Cousins	2007	Fayetteville, Ark.
4.	53.04	Jessica Cousins	2007	Fayetteville, Ark.
5.	53.17	Tominque Boatright	2006	Fayetteville, Ark.

800 Meters

1.	2:01.96	Aneita Denton	2005	Fayetteville, Ark.
2.	2:03.65	Aneita Denton	2005	Fayetteville, Ark.
3.	2:03.91	Aneita Denton	2005	Fayetteville, Ark.
4.	2:04.58	Nicole Teter	1992	Indianapolis, Ind.
5.	2:04.70	Aneita Denton	2005	Fayetteville, Ark.

Mile

1.	4:36.94	Christin Wurth	2003	Gainesville, Fla.
2.	4:37.19	Londa Bevins	2003	Fayetteville, Ark.
3.	4:38.53	Trine Pilskog	1996	Indianapolis, Ind.
4.	4:39.07	Dacia Barr	2008	South Bend, Ind.
5.	4:39.10	Tracy Robertson	2001	Fayetteville, Ark.



Christin Wurth

3,000 Meters

1.	9:10.62	Christine Kalmer	2007	New York, N.Y.
2.	9:11.21	Lilli Kleinmann	2000	Fayetteville, Ark.
3.	9:12.83	Lilli Kleinmann	2000	Fayetteville, Ark.
4.	9:13.62	Christine Kalmer	2008	Seattle, Wash.
5.	9:14.18	Lilli Kleinmann	2001	Fayetteville, Ark.

5,000 Meters

1.	15:46.89	Amy Yoder Begley	2000	Fayetteville, Ark.
2.	15:52.80	Deena Drossin	1993	Indianapolis, Ind.
3.	15:55.43	Lilli Kleinmann	2001	Fayetteville, Ark.
4.	16:01.30	Denise Bargiachi	2009	College Station, Texas
5.	16:02.95	Megan Flowers	1995	Indianapolis, Ind.



Kyla Shoemake

60-Meter Hurdles

1.	8.16	Kyla Shoemake	1998	Colorado Springs, Colo.
2.	8.17	Kasia Williams	2005	Fayetteville, Ark.
3.	8.20	Kasia Williams	2005	Fayetteville, Ark.
4.	8.21	Kyla Shoemake	2000	Fayetteville, Ark.
5.	8.23	Kasia Williams	2005	Ames, Iowa

4x400-Meter Relay

1.	3:33.67	Boatright, Cousins, Rolle, Farrell,	2006	Ames, Iowa
2.	3:33.72	Boatright, Cousins, Rolle, Farrell,	2006	Fayetteville, Ark.
3.	3:34.69	Boatright, Cousins, Rolle, Farrell,	2007	Lexington, Ky.
4.	3:34.82	Mitchell, Campbell, Denton, Moore,	2004	Fayetteville, Ark.
5.	3:35.10	Brown, Boatright, S. Williams, Farrell,	2008	South Bend, Ind.



Paige Farrell

All-Time Indoor Top Five

Distance Medley Relay

1.	11:09.09	Denton, Boatright, Farrell, Sigmont, 2005	New York, N.Y.
2.	11:11.58c	Bevins, Heath, Sigmont, Wurth, 2003	South Bend, Ind.
3.	11:11.61	Dailey, Savary, Babatunde, Robertson, 2004	Fayetteville, Ark.
4.	11:13.00	Bevins, Heath, Fletcher, Sigmont, 2003	Fayetteville, Ark.
5.	11:13.17	Barr, Cousins, Farrell, Kalmer, 2007	South Bend, Ind.

High Jump

1.	5-11.25	Jessica Johnson	2003	Gainesville, Fla.
2.	5-10.75	Jessica Johnson	2003	Norman, Okla.
		Jessica Johnson	2003	Fayetteville, Ark.
4.	5-10	Jennifer McDonald	1989	Fayetteville, Ark.
5.	5-9	DeeDee Brown	2000	Fayetteville, Ark.
		Jennifer McDonald	1991	Fayetteville, Ark.

Pole Vault

1.	14-3.25	April Steiner	2003	Fayetteville, Ark.
	14-3.25	Katie Stripling	2009	Fayetteville, Ark.
3.	13-11.25	Katie Stripling	2009	Fayetteville, Ark.
4.	13-9.75	April Steiner	2003	Norman, Okla.
5.	13-9.5	April Steiner	2003	Reno, Nev.



April Steiner

Long Jump

1.	20-11.25	Angel Heath	2003	Gainesville, Fla.
2.	20-10.5	Peter-Gaye Beckford	2008	New York, N.Y.
3.	20-9.25	Peter-Gaye Beckford	2009	Lexington, Ky.
4.	20-9	Angel Heath	2002	Ames, Iowa
5.	20-8	Angel Heath	2002	Fayetteville, Ark.

Triple Jump

1.	44-4	Gi-Gi Miller	2001	Fayetteville, Ark.
2.	43-4.5	Gi-Gi Miller	2001	Joplin, Mo.
3.	42-8.75	Gi-Gi Miller	2001	Lexington, Ky.
4.	42-6	Cynthia Moore	1990	Indianapolis, Ind.
5.	42-4.25	Angel Heath	2003	Gainesville, Fla.

Shot Put

1.	51-9.25	Amber Crumbo	2000	Manhattan, Kan.
2.	50-10.25	Marie LeJour	2001	Fayetteville, Ark.
3.	50-9.25	Amber Crumbo	2000	Norman, Okla.
4.	50-4.5	Jessica Sommerfeld	2002	Joplin, Mo.
5.	50-2.5	Amber Crumbo	2000	Colorado Springs, Colo.

Weight Throw

1.	68-6.5	Brandy Blackwood	2005	Fayetteville, Ark.
2.	67-4.75	Brandy Blackwood	2005	Fayetteville, Ark.
3.	66-2.5	Brandy Blackwood	2005	Fayetteville, Ark.
4.	65-11	Brandy Blackwood	2005	New York, N.Y.
5.	64-2.5	Marie LeJour	2002	Fayetteville, Ark.

Pentathlon

1.	4,141	DeeDee Brown	2002	Fayetteville, Ark.
2.	4,095	Etienne Chaplin	2008	Fayetteville, Ark.
3.	4,076	Beyonka McDowell	2005	Fayetteville, Ark.
4.	3,986	Etienne Chaplin	2008	Fayetteville, Ark.
5.	3,929	Elizabeth Everts	2003	Gainesville, Fla.

Pentathlon Event Records

<u>60-Meter Hurdles</u>				
	8.44	Beyonka McDowell	2005	Fayetteville, Ark.
<u>High Jump</u>				
	5-10.75	Jessica Johnson	2003	Gainesville, Fla.
<u>Shot Put</u>				
	45-8	Beyonka McDowell	2005	Fayetteville, Ark.
<u>Long Jump</u>				
	20-3.75	Etienne Chaplin	2008	Fayetteville, Ark.
<u>800 Meters</u>				
	2:20.34	Loren Leaverton	2002	Fayetteville, Ark.

Bold - current student-athlete



Etienne Chaplin

Outdoor Records

	<u>University of Arkansas</u>	<u>John McDonnell Field</u>	<u>SEC Meet</u>	<u>Collegiate</u>
100 Meters	11.10 – Veronica Campbell SEC Championships, 2004	11.03 – Kerron Stewart Auburn, 2006	11.03 – Kerron Stewart Auburn, 2006	10.78 – Dawn Sowell LSU, 1989
200 Meters	22.41 – Veronica Campbell SEC Championships, 2004	22.36 – Shalonda Solomon South Carolina, 2006	22.35 – Debbie Ferguson Georgia, 1999	22.04 – Dawn Sowell LSU, 1989
400 Meters	51.92 – Jessica Cousins NCAA Championships, 2007	50.39 – Joanna Atkins Auburn, 2009	50.63 – Miki Barber South Carolina, 2001	50.10 – Monique Henderson UCLA, 2005
800 Meters	2:01.91 – Aneita Denton Jamaican Championships, 2005	2:00.80 – Geena Gall Michigan, 2009	2:01.00 – Tiffany McWilliams Mississippi State, 2004	1:59.11 – Suzy Favor Wisconsin, 1990
1,500 Meters	4:10.49 – Christin Wurth NCAA Championships, 2003	4:13.05 – Susan Kuijken Florida State, 2009	4:09.19 – Tiffany McWilliams Mississippi State, 2004	3:59.90 – Jennifer Barringer Colorado, 2009
3,000-Meter Steeplechase	10:01.52 – Lilli Kleinmann NCAA Championships, 2002	9:25.54 – Jennifer Barringer Colorado, 2009 (CR)	10:13.73 – Sarah Madebach Georgia, 2007	9:25.54 – Jennifer Barringer Colorado, 2009
5,000 Meters	15:48.89 – Jessica Daily Mt. SAC Relays, 2000	16:13.69 – Lisa Senakiewich Michigan State, 2009	15:59.47 – Valerie McGovern Kentucky, 1990	15:01.70 – Jennifer Barringer Colorado, 2009
10,000 Meters	32:58.2 – Claire Lavers Mt. SAC Relays, 1991	33:25.71 – Danette Doetzel Providence, 2009	33:43.1 – Beth Farmer Florida, 1983	31:25.45 – Sally Kipyego Texas Tech, 2008
100-Meter Hurdles	12.98 – Elisha Brewer USA Championships, 1998	12.91 – Moriam-Seun Adigun Houston, 2009	12.72 – Kim Carson LSU, 1996	12.48 – Virginia Powll USC, 2006
400-Meter Hurdles	56.99 – Tawa Babatunde SEC Championships, 2001	55.39 – Nicole Leach UCLA, 2009	54.50 – Lashinda Demus South Carolina, 2004	53.54 – Sheena Johnson UCLA, 2004
4x100-Meter Relay	43.84 – Williams, Moore, Neely, Campbell NCAA Championships, 2004	42.36 – Texas A&M, 2009 (Carter, Lucas, Duncan, Mayo) (CR)	42.80 – LSU, 2008 (Morris, Henry, Broaddus, Baptiste)	42.36 – Texas A&M, 2009 (Carter, Lucas, Duncan, Mayo)
4x400-Meter Relay	3:28.78 – Rolle, Cousins, Farrell Boatright, NCAA Championships, 2006	3:28.51 – Texas, 2009 (Nwosu, Cooper, Anderson, Malone)	3:27.04 – LSU, 2004 (Davy, Thomas, Hall, Regis)	3:23.75 – Texas, 2004 (Jones, McIntosh, Chapple, Richards)
High Jump	6-1.25 – Jessica Johnson NCAA Championships, 2003	6-4.75 – Destinee Hooker Texas, 2009	6-1.25 – Levern Spencer Georgia, 2007	6-6 – Amy Acuff/Kajsa Bergqvist UCLA/SMU, 1995/1999
Pole Vault	14-5.25 – Katie Stripling SEC Championships, 2009	14-9 – April Steiner adidas, 2007	14-5.25 – Katie Stripling SEC Championships, 2009	15-1 – Chelsea Johnson UCLA, 2006
Long Jump	20-10 – Toshei Woods 1993	21-7.5 – Patricia Sylvester Georgia, 2006	22-5.25 – Brittany Reese Ole Miss, 2008	22-11.25 – Jackie Joyner-Kersey UCLA, 1985
Triple Jump	44-7.5 – Gi-Gi Miller USA Championships, 2001	45-6.5 – Kimberley Williams Florida State, 2009	45-10.75 – Suzette Lee LSU, 1996	46-8 – Trecia Smith Pittsburgh, 1997
Shot Put	51-8 – Amber Crumbo MSSU Invit., 2000	58-4.25 – Mariam Kevkhishvili Florida, 2009	57-6.25 – Kimberli Barrett Florida, 2004	62-3.75 – Meg Ritchie Arizona, 1981
Discus	169-0 – Marie LeJour SEC Championships, 2001	194-4 – Danyel Mitchell LSU, 1994	194-4 – Danyel Mitchell LSU, 1994	221-5 – Meg Ritchie Arizona, 1983
Hammer	192-9 – Brandy Blackwood NCAA Regional Championships, 2005	235-6 – Jenny Dahlgren Georgia, 2006	235-6 – Jenny Dahlgren Georgia, 2006	239-4 – Jenny Dahlgren Georgia, 2007
Javelin	162-10 – Carly Bloomfield Kansas Relays, 2006	195-7 – Rachel Yurkovich Oregon, 2009	180-9 – Emily Carlsten Florida, 2000	202-10 – Irina Kharun Indiana, 2003
Heptathlon	5,925 points – Gi-Gi Miller USA Championships, 2001	6,086 points – Brianne Theisen Oregon, 2009	5,969 points – Sharon Jaklofsky LSU, 1991	6,527 points – Diana G. Gresham George Mason, 1995

All-Time Outdoor Top Five

100 Meters

1.	11.10	Veronica Campbell	2004	Oxford, Miss.
2.	11.12	Veronica Campbell	2004	Oxford, Miss.
3.	11.19	Veronica Campbell	2004	Waco, Texas
4.	11.27	Veronica Campbell	2004	Philadelphia, Pa.
5.	11.29	Elisha Brewer	1998	Springfield, Mo.

Wind-Aided Marks

11.26	LaShaunte'a Moore	2004	Austin, Texas
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200 Meters

1.	22.41	Veronica Campbell	2004	Oxford, Miss.
2.	22.85	Veronica Campbell	2004	Oxford, Miss.
3.	23.31	Elisha Brewer	1998	Springfield, Mo.
4.	23.38	LaShawn Haythe	1989	Norman, Okla.
5.	23.50	LaShaunte'a Moore	2004	Oxford, Miss.

Wind-Aided Marks

22.37	LaShaunte'a Moore	2004	Austin, Texas
22.41	LaShaunte'a Moore	2004	Austin, Texas
22.65	LaShaunte'a Moore	2004	Baton Rouge, La.
23.07	Jessica Cousins	2007	Fayetteville, Ark.
23.30	LaShaunte'a Moore	2004	Baton Rouge, La.
23.30	Tominque Boatright	2007	Fayetteville, Ark.
23.47	LaKeisha Martin	2007	Fayetteville, Ark.

400 Meters

1.	51.92	Jessica Cousins	2007	Sacramento, Calif.
2.	51.96	Jessica Cousins	2007	Sacramento, Calif.
3.	52.01	Shelise Williams	2009	Fayetteville, Ark.
4.	52.06	Jessica Cousins	2007	Tuscaloosa, Ala.
5.	52.10	Jessica Cousins	2007	Columbia, Mo.

Jessica Cousins



800 Meters

1.	2:01.91	Aneita Denton	2005	Kingston, Jamaica
2.	2:02.84	Aneita Denton	2005	Sacramento, Calif.
3.	2:02.93	Aneita Denton	2005	Nashville, Tenn.
4.	2:02.94	Aneita Denton	2005	Nashville, Tenn.
5.	2:03.78	Tanya Blake	1994	Walnut, Calif.

1,500 Meters

1.	4:10.49	Christin Wurth	2003	Sacramento, Calif.
2.	4:11.02	Dacia Barr	2008	Des Moines, Iowa
3.	4:13.16	Dacia Barr	2008	Fayetteville, Ark.
4.	4:13.18	Christin Wurth	2003	Sacramento, Calif.
5.	4:13.77	Dacia Barr	2008	Palo Alto, Calif.

3,000-Meter Steeplechase

1.	10:01.52	Lilli Kleinmann	2001	Philadelphia, Pa.
2.	10:04.99	Lilli Kleinmann	2001	Eugene, Ore.
3.	10:12.78	Lilli Kleinmann	2001	Eugene, Ore.
4.	10:13.89	Lilli Kleinmann	2001	Columbia, S.C.
5.	10:16.01	Maureen Scott	2004	Oxford, Miss.

5,000 Meters

1.	15:48.89	Jessica Dailey	2000	Walnut, Calif.
2.	15:49.85	Amy Yoder Begley	1999	Palo Alto, Calif.
3.	15:52.80	Amy Yoder Begley	2000	Walnut, Calif.
4.	15:54.74	Amy Yoder Begley	2001	Eugene, Ore.
5.	15:54.99	Christin Wurth	2003	Walnut, Calif.

10,000 Meters

1.	32:58.2	Claire Lavers	1991	Walnut, Calif.
2.	33:06.84	Amy Yoder Begley	2000	Walnut, Calif.
3.	33:15.08	Jamie Park	1991	Eugene, Ore.
4.	33:32.77	Michelle Byrne	1993	Walnut, Calif.
5.	33:37.4	Aisling Ryan	1988	Walnut, Calif.

100-Meter Hurdles

1.	12.98	Elisha Brewer	1998	New Orleans, La.
2.	13.05	Kyla Shoemake	2000	Durham, N.C.
3.	13.08	Kyla Shoemake	2000	Durham, N.C.
4.	13.09	Elisha Brewer	1998	New Orleans, La.
	13.09	Elisha Brewer	1998	New Orleans, La.

Wind Aided Marks

13.08	Elisha Brewer	1998	Gainesville, Fla.
13.08	Kasia Williams	2004	Baton Rouge, La.

400-Meter Hurdles

1.	56.99	Tawa Babatunde	2001	Atlanta, Ga.
2.	57.02	Tawa Babatunde	2000	Atlanta, Ga.
3.	57.34	Tawa Babatunde	2001	Fayetteville, Ark.
4.	57.36	Tawa Babatunde	2001	Des Moines, Iowa
5.	57.63	Tawa Babatunde	2001	Des Moines, Iowa

400-Meter Relay

1.	43.84	Williams, Moore, Neely, Campbell, 2004	Austin, Texas
2.	43.86	Williams, Moore, Neely, Campbell, 2004	Austin, Texas
3.	44.09	Neely, Campbell, Williams, Moore, 2004	Oxford, Miss.
4.	44.15	Madison, Brewer, Harris, Shoemake, 1998	Gainesville, Fla.
5.	44.63	Madison, Brewer, Harris, Shoemake, 1998	Fayetteville, Ark.
	44.63	Martin, Beckford, Boatright, Cousins, 2007	Fayetteville, Ark.

4x400-Meter Relay

1.	3:28.78	Rolle, Cousins, Farrell, Boatright, 2006	Sacramento, Calif.
2.	3:30.32	Rolle, Cousins, Farrell, Boatright, 2006	Sacramento, Calif.
3.	3:31.91	Rolle, Boatright, Farrell, Cousins, 2007	Tuscaloosa, Ala.
4.	3:32.66	Rolle, Boatright, Farrell, Cousins, 2007	Des Moines, Iowa
5.	3:32.84	Rolle, Boatright, Farrell, Cousins, 2007	Columbia, Mo.

All-Time Outdoor Top Five



Jessica Johnson

High Jump

1.	6-1.25	Jessica Johnson	2003	Sacramento, Calif.
2.	6-0.5	Jessica Johnson	2003	Palo Alto, Calif.
3.	6-0	Jessica Johnson	2003	Philadelphia, Pa.
4.	5-11.25	Jennifer McDonald	1990	Col. Station, Texas
5.	5-10.75	Jessica Johnson	2003	Los Angeles, Calif.
	5-10.75	Jessica Johnson	2004	Oxford, Miss.

Pole Vault

1.	14-5.25	Katie Stripling	2009	Gainesville, Ark.
2.	14-4	Katie Stripling	2009	Joplin, Mo.
3.	14-3.25	Katie Stripling	2008	Toluca, Mexico
	14-3.25	Katie Stripling	2009	Fayetteville, Ark.
5.	14-2	Katie Stripling	2008	Fayetteville, Ark.

Long Jump

1.	20-10	Toshei Woods	1993	Fayetteville, Ark.
2.	20-7.25	Cynthia Moore	1990	Coll. Station, Texas
3.	20-7	Peter-Gaye Beckford	2008	Fayetteville, Ark.
	20-7	Etienne Chaplin	2009	Fayetteville, Ark.
4.	20-6.25	Cynthia Moore	1989	Waco, Texas

Triple Jump

1.	44-7.5	Gi-Gi Miller	2001	Eugene, Ore.
2.	43-10.75	Gi-Gi Miller	2001	Beijing, China
3.	43-5	Gi-Gi Miller	2001	Springfield, Mo.
4.	43-1.75	Gi-Gi Miller	2001	Eugene, Ore.
5.	42-10.25	Gi-Gi Miller	2000	Austin, Texas
	42-10.25	Mariann Ahuna	2003	Knoxville, Tenn.

Shot Put

1.	51-8	Amber Crumbo	2000	Joplin, Mo.
2.	50-4	Amber Crumbo	2000	Walnut, Calif.
3.	49-10	Amber Crumbo	2000	Austin, Texas
4.	49-7	Sheila Sims	1996	Baton Rouge, La.
5.	49-1	Sheila Sims	1996	Lexington, Ky.

Discus

1.	169-0	Marie LeJour	2001	Columbia, S.C.
2.	166-10	Kelley Bickham	1997	Fayetteville, Ark.
3.	165-4	Marie LeJour	2001	Long Beach, Calif.
4.	164-11	Marie LeJour	2001	Austin, Texas
5.	164-7	Marie LeJour	2001	Walnut, Calif.

Javelin

1.	162-10	Carly Bloomfield	2007	Tuscaloosa, Ala.
2.	160-7	Carly Bloomfield	2007	Columbia, Mo.
3.	158-3	Jessica Sommerfeld	2002	Starkville, Miss.
4.	155-8	Carly Bloomfield	2007	Fayetteville, Ark.
5.	154-5	Peter-Gaye Beckford	2007	Austin, Texas

Hammer

1.	192-9	Brandy Blackwood	2005	Bloomington, Ind.
2.	192-7	Brandy Blackwood	2005	Nashville, Tenn.
3.	190-10	Brandy Blackwood	2005	Fayetteville, Ark.
4.	190-7	Marie LeJour	2002	Fayetteville, Ark.
5.	189-4	Marie LeJour	2002	Starkville, Miss.

Heptathlon

1.	5,925	Gi-Gi Miller	2001	Eugene, Ore.
2.	5,777	Gi-Gi Miller	2000	Durham, N.C.
3.	5,704	Gi-Gi Miller	2001	Columbia, S.C.
4.	5,700	DeeDee Brown	2001	Columbia, S.C.
5.	5,629	DeeDee Brown	2001	Coll. Station, Texas

Heptathlon Event Records

100-Meter Hurdles				
13.11	Gi-Gi Miller	2001	Eugene, Ore.	
High Jump				
5-10.75	Jessica Johnson	2004	Oxford, Miss.	
Shot Put				
45-7	Beyonka McDowell	2005	Nashville, Tenn.	
200 Meters				
23.65	Gi-Gi Miller	2000	Eugene, Ore.	
Long Jump				
20-7	Etienne Chaplin	2009	Fayetteville, Ark.	
Javelin				
144-3	Peter-Gaye Beckford	2008	Austin, Texas	
800 Meters				
2:13.98	Gi-Gi Miller	2000	Durham, N.C.	
First-Day Score				
3,720 pts.	Gi-Gi Miller	2001	Eugene, Ore.	
Second-Day Score				
2,269 pts.	Gi-Gi Miller	2000	Durham, N.C.	

Bold - current student-athletes



Peter-Gaye Beckford

Non-Championship Top Five

300 Meters - Indoors

1.	39.37	Kerri-Ann Mitchell	2004	South Bend, Ind.
2.	40.05	Lisa Sparks	1983	Fayetteville, Ark.
	40.05	Patricia Johnson	1986	Fayetteville, Ark.
4.	40.70	Shaneatra Neely	2004	South Bend, Ind.
5.	41.37	Pat Lowe	1987	Fayetteville, Ark.

500 Meters - Indoors

1.	1:12.85	Teresa Barr	1984	Fayetteville, Ark.
2.	1:14.38	Paige Farrell	2007	New York, N.Y.
3.	1:14.22	Teresa Barr	1984	Fayetteville, Ark.
4.	1:14.99	Patricia Johnson	1986	Fayetteville, Ark.
5.	1:16.99	Patricia Johnson	1986	Fayetteville, Ark.

1,000 Meters - Indoors

1.	2:43.82	Melody Sye	1987	Okla. City, Okla.
2.	2:53.28	Lauren Lewis	2007	New York, N.Y.
3.	2:54.05	Melody Sye	1987	Okla. City, Okla.
4.	2:48.84	Melody Sye	1986	Okla. City, Okla.
5.	2:50.54	Sarah Schwald	1994	Lincoln, Neb.

1,500 METERS - Indoors

1.	4:28.30	Melody Sye	1986	Fayetteville, Ark.
2.	4:29.32	Melody Sye	1986	Fayetteville, Ark.
3.	4:34.08	Edel Hackett	1986	Fayetteville, Ark.
4.	4:34.48	Cathy Stone	1983	Fayetteville, Ark.
5.	4:37.89	Jody Rittenhouse	1981	Pocatello, Id.

300 Yards

1.	35.91	Lisa Sparks	1983	Lincoln, Neb.
2.	36.05	Lisa Sparks	1983	Norman, Okla.
3.	36.50	Gloria Russell	1982	Lawrence, Kan.
4.	36.61	Lisa Sparks	1983	Norman, Okla.
5.	36.65	Diann Ousley	1980	Columbia, Mo.

440 Yards

1.	55.50	Lisa Sparks	1983	Pontiac, Mich.
2.	55.73	Teresa Barr	1984	Norman, Okla.
3.	56.01	Lisa Sparks	1983	Pontiac, Mich.
4.	56.01	Diann Ousley	1980	Norman, Okla.
5.	57.08	Lisa Sparks	1983	W. Lafayette, Ind.

600 Yards

1.	1:21.17	Diann Ousley	1979	Columbia, Mo.
2.	1:22.11	Tawa Babatunde	2000	Norman, Okla.
3.	1:22.58	Diann Ousley	1980	Baton Rouge, La.
4.	1:22.90	Diann Ousley	1980	Baton Rouge, La.
5.	1:23.29	Diann Ousley	1979	Columbia, Mo.

880 Yards

1.	2:12.01	Melody Sye	1987	Okla. City, Okla.
2.	2:13.00	Siobhan Kavanagh	1984	Columbia, Mo.
3.	2:13.04	Siobhan Kavanagh	1985	Ft. Worth, Texas
4.	2:13.90	Melody Sye	1986	Okla. City, Okla.
5.	2:15.09	Siobhan Kavanagh	1984	Ft. Worth, Texas

Two Miles

1.	10:12.4	Jackie Mota	1987	Ft. Worth, Texas
2.	10:26.6	Edel Hackett	1984	Ft. Worth, Texas
3.	10:28.67	Isabelle Hozang	1985	Columbia, Mo.
4.	10:29.6	Edel Hackett	1987	Ft. Worth, Texas
5.	10:30.4	Maria Tillman	1982	Charleston, Ill.

Three Miles

1.	16:16.7	Maria Tillman	1982	Lawrence, Kan.
2.	16:29.41	Maria Tillman	1982	Columbia, Mo.
3.	16:30.0	Maria Tillman	1982	Cedar Falls, Iowa
4.	17:16.5	Allison Welk	1985	Lawrence, Kan.
5.	18:01.89	Bonnie Moore	1984	Columbia, Mo.

Mile Relay

1.	3:48.69	Russell, Bedford, Sparks, Ousley, 1980	Columbia, Mo.
2.	3:50.67	Russell, Bedford, Sparks, Ousley, 1979	Columbia, Mo.
3.	3:52.14	Rittenhouse, Bedford, Armstrong, Ousley, 1979	Columbia, Mo.
4.	3:52.92	Elmore, Hall, Johnson, Barr, 1984	Norman, Okla.
5.	3:53.51	Barr, Bedford, Sparks, Ousley, 1980	Baton Rouge, La.

4x200-Meter Relay - Indoors

1.	1:41.45	Johnson, Sparks, Russell, Harris, 1982	Columbia, Mo.
2.	1:42.14	Johnson, Sparks, Russell, Harris, 1983	W. Lafayette, Ind.
3.	1:42.19	Johnson, Sparks, Russell, Harris, 1982	Charleston, Ill.
4.	1:42.32	No Order Available, 1980	Baton Rouge, La.
5.	1:42.7	Thompson, Frase, Moore, Haythe, 1988	Fayetteville, Ark.

4x200-Meter Relay - Outdoors

1.	1:33.23	Martin, Boatright, Rolle, Cousins, 2007	Des Moines, Iowa
2.	1:34.90	Neely, Gyasi-Nimako, Heath, Mitchell, 2002	Des Moines, Iowa
3.	1:35.55	Neely, Gyasi-Nimako, Heath, Mitchell, 2002	Des Moines, Iowa
4.	1:38.72	Haythe, Thompson, Moore, Stewart, 1990	Lawrence, Kan.
5.	1:39.01	Thompson, Moore, Stewart, Haythe, 1989	Lawrence, Kan.

4x800-Meter Relay - Indoors

1.	8:43.62	Blake, Schwald, Pillow, Teter, 1993	Ames, Iowa
2.	8:44.64	Blake, Schwald, Pillow, Teter, 1993	Indianapolis, Ind.
3.	8:49.66	Lavers, Barrett, Teter, Olivares, 1992	Lincoln, Neb.
4.	8:55.55	Blake, Schwald, Pillow, Teter, 1993	Lincoln, Neb.
5.	8:58.88	Barker, Stone, Hackett, S. Kavanagh, 1984	Fayetteville, Ark.

4x800-Meter Relay - Outdoors

1.	8:29.13	Farrell, Barr, Sigmont, Denton, 2005	Des Moines, Iowa
2.	8:34.13	Sigmont, Denton, Spaulding, Bevins, 2004	Philadelphia, Pa.
3.	8:38.03	Farrell, Barr, Sigmont, Denton, 2005	Austin, Texas
4.	8:40.04	Bevins, Wurth, Sigmont, Byrd, 2002	Philadelphia, Pa.
5.	8:47.66	Yoder Begley, Dailey, Wurth, Robertson, 2000	Austin, Texas

Shuttle Hurdle Relay - Outdoors

1.	54.23	Brewer, Shoemake, Sealy, Robinson, 1998	Philadelphia, Pa.
2.	55.17	Miller, Brown, Walker, Shoemake, 2000	Fayetteville, Ark.
3.	55.18	Miller, Brown, Walker, Shoemake, 2000	Philadelphia, Pa.
4.	55.85	Miller, Brown, Leaverton, Bell, 2001	Des Moines, Iowa
5.	58.98	T. Thompson, Chaplin, M. Thompson, Fall, 2007	Des Moines, Iowa

All-Americans



Catherine Allsopp
Ind. DMR - '95



Tawa Babatunde
Ind. DMR - '00, '01
Out. 400M H - '01



Denise Bargiachi
Ind. 5,000M - '08, '09
Out. 10,000M - '09



Dacia Barr
Ind. DMR - '05
Mile - '08
Out. 1,500M - '07, '08



Amy Yoder Begley
Ind. 3,000M - '98 '00
5,000M - '99 '00
DMR - '98 '99
Out. 5,000M - '97, '99, '00
10,000M - '00, '01
XC '96, '97, '98 '99



Londa Bevins
Ind. Mile - '03
DMR - '02, '03
Out. 1,500M - '03, '04
XC '02



Brandy Blackwood
Ind. WT - '05



Tanya Blake
Out. 4x800M - '93



Tominque Boatright
Ind. 400M - '06
4x400M - '07, '08
DMR - '05
Out. 4x400M - '06



Elisha Brewer
Ind. 55M - '98



Courtenay Brown
Ind. 4x400M - 2008



DeeDee Brown
Out. Hept. - '00, '02



Andreina Byrd
Ind. DMR - '01, '02



Michelle Byrne
Out. 10,000M - '92
XC '91



Veronica Campbell
Ind. 60M - '08
200 - '04
4x400M - '04
Out. 4x100M - '04

All-Americans By Event

Cross Country.....	26	Outdoor Track	89
Indoor Track.....	107	100 Meters	1
55 Meters	1	200 Meters	1
60 Meters	1	400 Meters	2
200 Meters	2	440 Yards.....	1
400 Meters	2	800 Meters	1
600 Meters	1	1,500 Meters	12
800 Meters	3	3,000 Meters	6
1,000 Meters	1	Steeplechase.....	2
Mile.....	11	5,000 Meters	11
3,000 Meters	10	10,000 Meters	8
5,000 Meters	10	100-Meter Hurdles.....	2
60-Meter Hurdles.....	1	400-Meter Hurdles.....	2
4x400M Relay	10	4x100M Relay	8
DMR.....	32	4x400M Relay	4
High Jump	1	4x800M Relay	8
Pole Vault.....	12	High Jump	1
Long Jump.....	4	Pole Vault.....	9
Triple Jump.....	3	Triple Jump.....	3
Weight Throw.....	2	Heptathlon	7

All-Americans



Shannon Carter
Out. 400M H - '91



Etienne Chaplin
Out. Hept - '07



Jessica Cousins
Ind. 400M - '07
4x400M - '07
Out. 400M - '07
4x400M - '06



Jennifer Culp
Ind. Pole Vault - '03, '04
Out. Pole Vault - '04



Jessica Dailey
Ind. Mile - '99
3,000M - '00
DMR - '98, '99, '00
Out. 3,000M - '98, '00
5,000M - '99, '00
XC '98, '99



Janine Davis
Ind. 4x400M - '09



Aneita Denton
Ind. 800M - '05
4x400M - '04
DMR - '05
Out. 800M - '05



Tara Diebold
Ind. Pole Vault - '09



Deena Drossin
Ind. 5,000M - '93, '94
Out. 5,000M - '92
10,000M - '94, '96
XC '92, '93, '94



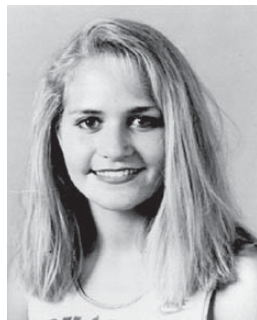
Pauline Durran
XC 1992



Paige Farrell
Ind. 4x400M - '07, '08
Out. 4x400M - '06



Dawnyell Fletcher
Ind. DMR - '01, '03



Megan Flowers
Ind. 3,000M - '94
5,000M - '95, '97
DMR - '95
Out. 3,000M - '96
5,000M - '94, '95
XC '93, '94, '95



Karen Goodberlet
Out. 4x800M - '82



Edel Hackett
Out. 5,000M - '84

All-Americans



Daphne Harris
Ind. DMR - '98, '99



Wanda Harris
Out. 4x100M - '82



Angel Heath
Ind. DMR - '02, '03
Long Jump - '02



L'Anna Howard
Out. 400M Hurd. - 1980



Donna Huppler
Out. 4x800M - '82



Stephanie Irwin
Ind. Pole Vault - '07
Out. Pole Vault - '07



Jessica Johnson
Ind. High Jump - '03
Out. High Jump - '03



Patricia Johnson
Out. 4x100M - '82



Lilli Kleinmann
Ind. 3,000M - '00
DMR - '00
Out. Steeplechase - '01
XC '99, '00



Whitney Jones
Ind. 4x400M - '09



Sarah Landau
Out. Pole Vault - '09



Claire Lavers
Ind. 3,000M - '91
Out. 3,000M - '91
XC '90



Marie LeJour
Ind. WT - '02



Stacie Manuel
Ind. Pole Vault - '03, '05
Out. Pole Vault - '05



Amy McKinley
Out. 10,000M - '95



Gi-Gi Miller
Ind. Triple Jump - '01
Out. Triple Jump - '01
Hept. - '00, '01



Kerri-Ann Mitchell
Ind. 4x400M - '04



Cynthia Moore
Ind. Triple Jump - '90, '91
Out. Triple Jump - '90, '91



La'Shaunte'a Moore
Ind. 200M - '04
4x400M - '04
Out. 100M - '04
200M - '04
4x100M - '04



Jackie Mota
XC '89

All-Americans



Shaneatra Neely
Out. 4x100M - '04



Diann Ousley
Ind. 600M - '79



Jamie Park
Ind. 5,000M - '91
Out. 10,000M - '91



Claire Phythian
Out. Hept. - '95



Rene Pillow
Out. 4x800M - '93



Trine Pilskog
Ind. Mile - '95, '96
DMR - '95
Out. 3,000M - '95



Antionette Reed
Ind. Long Jump - '93, '94



Jody Rittenhouse
Out. 1,500M - '81
4x800M - '82
XC '78



Tracy Robertson
Ind. Mile - '00, '01
3,000M - '98, '00, '01
DMR - '98, '99
Out. 1,500M - '01
3,000M - '98



Sasha Rolle
Ind. 4x400M - '07
Out. 4x400M - '06



Gloria Russell
Out. 4x100M - '82



Nicole Savary
Ind. DMR - '82



Sarah Schwald
Ind. Mile - '94
3,000M - '95
Out. 1,500M - '93, '94, '95
4x800M - '93
XC '93, '94



Mauren Scott
Out. Steeplechase - '04



Kyla Shoemake
Out. 100M H - '00

All-Americans



Erica Sigmont
 Ind. 800M - '05
 Mile - '03
 DMR - '02, '03
 Out. 1,500M - '03



Lisa Sparks
 Out. 440Y - '83
 4x100M - '82



April Steiner
 Ind. Pole Vault - '01, '02, '03
 Pole Vault - '03



Cathy Stone
 Out. 4x800M - '82



Katie Stripling
 Ind. Pole Vault - '09
 Out. Pole Vault - '08, '09



Melody Sye
 Ind. 1,000M - '87
 Mile - '89
 Out. 1,500M - '89
 XC '86, '87



Shelley Taylor
 Out. 5,000M - '93
 XC '92, '93



Nicole Teter
 Ind. 800M - '92
 Out. 4x800M - '93



Karen Thomas
 Ind. 4x400M - '09



Jodi Unger
 Ind. Pole Vault - '06, '07
 Out. Pole Vault - '06, '07



Brooke Upshaw
 XC 2006



Jamie Walker
 Out. Hept. - '00



Catherine White
 Ind. 5,000M - '09
 Out. 10,000M - '09



Felisha Williams
 Ind. DMR - '95



Kasia Williams
 Ind. 60M H - '05
 Out. 100M H - '05
 4x100M - '04



Shelise Williams
 Ind. 4x400M - '08, '09
 Out. 400M - '09



Toshei Woods
 Ind. Long Jump - '94



Christin Wurth
 Ind. Mile - '03
 DMR - '01
 Out. 1,500M - '03
 XC '02

Diann Ousley - 1979 Indoor 600 Yards

As a junior in high school, Diann Ousley was one of the best in the country, but an injury as a senior kept coaches from recruiting her. Coming to Arkansas, Ousley regained the form from her junior year and won the Razorbacks' first national title.

Competing in the 600-yard run at the 1979 national collegiate meet, Ousley shocked the country by beating the defending national champion, Lee Ballenger of Colorado, and the meet record holder, Doraine Lambelet of Villanova, for the title. Her time of 1:21.22 is still a school record in the event and paced the Razorbacks to a fifth-place national finish.

Jamie Park - 1991 Outdoor 10,000 Meters

A transfer from Cal Poly-San Luis Obispo and a Division II national champion at 10,000 meters as a freshman, Jamie Park barely made the NCAA Championship meet as the 16th entry in a 16-person field. With a career best of 34:15.08, no one expected Jamie Park to step in at Arkansas and compete for a national championship as a sophomore.

"Carole Zajac of Villanova was the favorite," Arkansas head coach Lance Harter reflected. "Jamie would always peak at the right time but she had never run 33 minutes in the 10K."

The race began with a large pack in the front where Park would sit between fourth and sixth throughout most of the race. At the five-mile mark, Park moved into the lead which she did without much competition. Soon after she would look to her coach for the green light to move on. With the signal, Park pushed the pace of the race and powered the last 800 meters around the track to finish in an astonishing 33:15.08. Park's championship was the first NCAA title in Arkansas history as well as the first outdoor championship.

Trine Pilskog - 1995 Indoor Mile

The 1995 indoor track championship was a special time for the Razorbacks as two individuals won NCAA championships. The first to accomplish the feat was Norwegian Trine Pilskog in the mile. Pilskog qualified for the NCAA meet with a time of 4:42.27, but struggled during the prelims of the national championship, finishing 10th with a mark of 4:50.95.

"Trine was the last person to qualify for the finals," Lance Harter said. "She barely got in by just hundredths of a second. Our plan for the finals was to sit in and let the field do all the work."

Pilskog followed the game plan set forth by her coach and put herself in decent position with 400 meters to go. With just 250 meters left in the race, Pilskog rose to a new level, according to Harter, and pulled away from the field to win the race with a personal best 4:39.19. Her winning time was the Norwegian indoor national record as well as a Razorback record.



DiannOusley



Jamie Park



TrinePilskog

National Champions

Sarah Schwald - 1995 Indoor 3,000 meters

Sarah Schwald was a national competitor in many races but failed to win a national title until the 1995 indoor season. Entering the championships with a mark of 9:35.2 for 3,000 meters, Schwald improved during the prelims of the race with a time of 9:33.16, which placed her in good position heading into the finals where she would have to face the favorite, Christine Stief of Boston University.

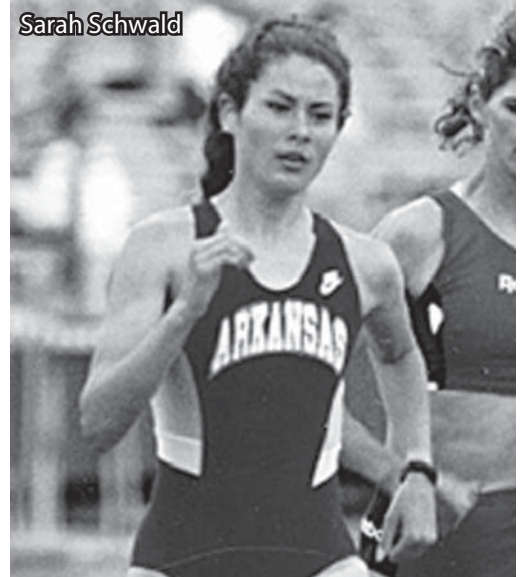
“Sarah was definitely a contender for the title,” said Lance Harter. “When she saw Trine Pilskog win her national championship, there was no stopping her in that race. She was extremely focused.”

The race began with a large pack at the front of the field but many of the contenders started to fall off the lead group as the race wore on. Soon it came down to Schwald and Stief, and with 400 meters to go, both looked very strong.

“They both looked good with two laps to go,” Harter said. “Then all of a sudden, Sarah passed Stief and the race was over.”

Schwald would run a lifetime best 9:19.90 to win the race, less than one second ahead of Stief’s 9:20.69. The title was Arkansas’ second of the 1995 indoor championships, a feat that wasn’t duplicated until 2001, and allowed Arkansas to finish fourth overall at the meet.

Sarah Schwald



Amy Yoder Begley - 2000 Indoor 5,000 Meters

Amy Yoder Begley entered the 2000 indoor track meet as a perennial bridesmaid. The junior had finished second or third in several NCAA competitions. All that changed on March 10, 2000, when Yoder Begley entered the 5,000-meter run at the NCAA Championships in Fayetteville with the fourth-fastest mark in the country.

The race began like most distance competitions at national meets: a lead pack takes the race out and tries to thin the contenders for the top spot. Yoder Begley stayed with the lead group through the midway point where it became clear that there would be only two people vying for the lead, Yoder Begley and Carrie Tollefson of Villanova. Tollefson would sit on Yoder Begley’s side for most of the race, but with 600 meters to go, Yoder Begley made her final move and left Tollefson in her wake. Crossing the finish line in 15:46.89, Yoder Begley won her first national title, set the Arkansas school record and became the first Arkansas athlete to ever win a national championship in Fayetteville.



Amy Yoder Begley

Tracy Robertson - 2001 Indoor Mile

Entering the 2001 NCAA Indoor Championships, Tracy Robertson held the second-fastest time in the competition as well as a chip on her shoulder. A finalist in the

event in 2000, Robertson was among the leaders before getting tripped midway through the race. She would recover for fourth in 2000 but had a point to prove as the 2001 race began.

“Tracy was the epitome of the philosophy of the Arkansas program,” Lance Harter would say months later. “She got on the escalator at the bottom and rode it right to the top.”

Robertson hung with the leaders for four of the eight laps, then took control. She would be challenged throughout by Mary Jane Harrelson of Appalachian State, the race favorite, but with each surge that Harrelson made, Robertson would fend it off and add more distance between herself and her opposition.

Harrelson would make another strong push with one lap remaining, but as Robertson covered the move, Harrelson would drop off the pace giving Robertson a clear path to victory. Crossing the line in 4:39.10, Robertson established a personal best in the race and beat her competition by three seconds.

Tracy Robertson



Gi-Gi Miller - 2001 Indoor Triple Jump

Gi-Gi Miller was a phenomenal athlete who never concentrated on just one event. A heptathlete by trade, she was a threat in every competition, despite the distance or specialty, and as the 2001 indoor triple jump began, Miller was focused.

“Gi-Gi had to overcome some injuries during indoor track and because of her versatility it took a little longer than we expected,” said Lance Harter. “As a competitor, Gi-Gi has the unique ability to psychologically and physiologically go to the next level. During that competition, she just kept getting better with each jump.”

Miller went into the finals with a big jump of 43-4.5 which placed her second overall. As the finals began, Miller’s talent shined. Opening the final three jumps of competition with a mark of 43-8.75, Miller took the lead and never relinquished it. She would improve her mark with her fifth jump to 44-4, despite a big leap by UCLA’s Deana Simmons to end the competition.



AmyYoderBegley



Amy Yoder Begley - 2001 Outdoor 10,000 Meters

Arguably the greatest distance runner in SEC women’s track history, Amy Yoder Begley put a final stamp on her career when she became the first Razorback ever to win a second NCAA individual title. Coming off an Achilles injury, Yoder Begley was not looked at as one of the favorites at the 2001 NCAA Outdoor Track Championships, but she would quickly move up with the leaders and assert her position.

“Our plan was to stay near the front,” Lance Harter said. “We wanted to stay in control and resist any challenges. Then the field began to string out and there were a series of challenges that she conquered. A little later, she was able to establish her own challenges and three-quarters of the way through the race was hers.”

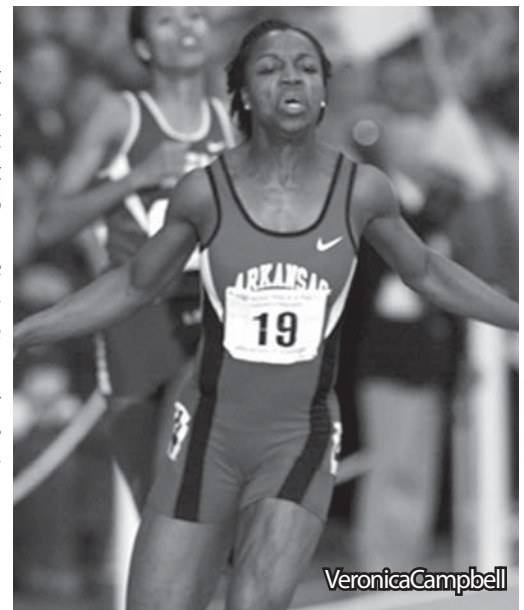
Exhausted from the heat, Yoder Begley collapsed across the finish line well out in front of her competition for her second national title and her 15th All-America honor, both Razorback school records.

Veronica Campbell - 2004 Indoor 200 Meters

Touted as one of the best sprinters of her age group, Veronica did not disappoint the fans at the Randal Tyson Track Center when she entered the finals of the 200 meters with the third-fastest time during prelims. Set up in a prime lane for the final, Campbell roared down the back straight showing her competition why she held the fastest time in the world up to that point.

“Any time you go into a meet as the favorite or the co-favorite, there are always some nerves,” Lance Harter said. “Veronica had to run the collegiate record just to win the race, which shows you just how good the competition was. This may have been the greatest 200-meter race ever.”

Campbell crossed the finish line in 22.44 seconds, breaking the collegiate record by .05 seconds. The time also set the standard for all runners across the globe as it stood as the fastest 200-meter time in the world during the 2004 indoor season.



National Champions

LaShaunte'a Moore - 2004 Outdoor 200 Meters

Entering the 2004 NCAA Outdoor Championships with the nation's 26th-fastest time, not many expected LaShaunte'a Moore to be a factor in the 200 meters. She became more than a factor when she completed an Arkansas sweep of the 200-meter dash during the '04 seasons. Getting out of the blocks well, Moore was with the leaders at the end of the curve, then used her strength to pull away as the field entered the straightaway.

Facing a world-class field, Moore held off the challengers to cross the finish line in stunning fashion at 22.37 seconds, well ahead of the favorite, Muna Lee of LSU, who finished at 22.55 seconds.

"Phenomenal," Lance Harter said. "Coach (Rolando) Greene called it before we went to nationals, that LaShaunte'a would have a great meet and she certainly did."

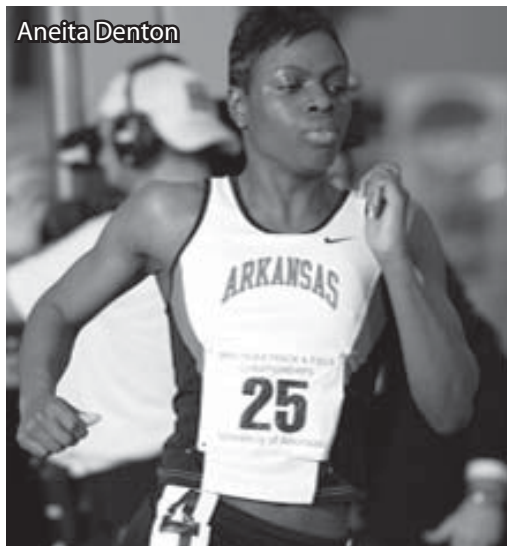
Moore's win in the 200 was Arkansas' 10th individual national title and third in the sprints. It also capped off a tremendous season for Arkansas in the ballistic events which re-wrote the Razorback record books.



LaShaunte'a Moore

Aneita Denton - 2005 Indoor 800 Meters

As the 2005 NCAA Indoor Championships approached, all the buzz in the 800 meters was about Aneita Denton and Nicole Cook of Tennessee who had battled two weeks prior to the meet at the SEC Championships to the tune of the collegiate record and third-fastest collegiate mark. Cook got the best of Denton in that race, but Denton would not let the disappointment get her down.



Aneita Denton

Starting in a pack, Denton made a move with 400-meters to go and built a small lead that was quickly covered by Neisha Bernard-Thomas of LSU. Another charge by Bernard-Thomas put her shoulder-to-shoulder with Denton, but the strength of Denton allowed her to hold off the LSU runner and claim her first national title.

"That couldn't have happened to a better individual," Lance Harter said. "Aneita deserved to win the national championship. She worked really hard, and winning the title is a testament to that work. I am so proud of her."

Denton's victory made her the fifth Razorback to win a national indoor title since the completion of the Randal Tyson Track Center and was the first for a Razorback in the 800 meters.

Aneita Denton - 2005 Outdoor 800 Meters

Taking the unfamiliar roll of being the one to beat at the 2005 NCAA Outdoor Championships, Aneita Denton worked her way through two rounds of competition before setting up to face a tough field in the finals. The defending NCAA indoor champion entered the final with the fastest time and got off to a fast start with the field. In third place at

the break, Denton found herself caught in a box as the runners merged and waited for her way out. The opportunity came just 100 meters later, and Denton cruised to the front of the field to run off the shoulder of Cal Poly's Maggie Vessey. Hitting the homestretch, Denton put it in another gear as she pulled away from the field to sweep the national 800-meter titles.

"What a race," Lance Harter said. "Aneita definitely deserves the title. She could have panicked when she got caught in the box, but kept her head and executed when she got the opportunity."

The sweep of the national 800-meter titles by Denton made her just the third woman in NCAA history to accomplish that task and the first since two-time Olympian Hazel Clark in 1998. She also earned the honor of being the first Razorback to win two NCAA titles in the same academic year, and just the second to win more than one national championship.



Aneita Denton

Indoor Conference Champions

Denise Bargiachi



Denise Bargiachi			
5,000 Meters	16:25.34		2008
Peter-Gaye Beckford			
Long Jump	20-9.25		2009
Amy Yoder Begley			
5,000 Meters	16:18.38		2000
5,000 Meters	16:44.13		1999
3,000 Meters	9:37.96		1998
Mile	4:50.22		1998
DMR	11:32.80		1998
Londa Bevins			
DMR	11:40.39		2001
DeeDee Brown			
DMR	11:27.97		2000
Pentathlon	4,141 pts.		2002
Andreina Byrd			
3,000 Meters	9:31.61		2002
5,000 Meters	16:35.29		2002
DMR	11:40.39		2001
Veronica Campbell			
200 Meters	22.67		2004
Etienne Chaplin			
Pentathlon	4,095 pts.		2008
Amber Crumbo			
Weight	59-5.75		2000

Deena Drossin



Jessica Dailey			
DMR	11:27.97		2000
Mile	4:44.62		1999
3,000 Meters	9:33.09		1999
DMR	11:32.80		1998
Deena Drossin			
5,000 Meters	16:43.83		1996
5,000 Meters	16:30.22		1994
5,000 Meters	16:34.40		1993
Dawnyell Fletcher			
DMR	11:40.39		2001
Megan Flowers			
5,000 Meters	16:38.30		1997
5,000 Meters	16:28.69		1995
Edel Hackett			
Two Mile	10:26.60		*1984
Two Mile	10:40.59		*1983
LaShawn Haythe			
55 Meters	6.91		*1990
Christine Kalmer			
5,000 Meters	16:20.06		2009

Indoor Conference Champions

Lilli Kleinmann



Lilli Kleinmann		
Mile	4:48.60	2001
3,000 Meters	9:22.82	2001
5,000 Meters	16:39.36	2001
3,000 Meters	9:26.75	2000
DMR	11:27.97	2000

Claire Lavers		
3,000 Meters	9:24.56	1992



Claire Lavers

Loren Leaverton		
DMR	11:40.39	2001

Stacie Manuel		
Pole Vault	13-4.25	2005
Pole Vault	13-8.5	2003

Beyonka McDowell		
Pentathlon	4,076 pts.	2005

Stacie Manuel



Desiree Owen		
DMR	11:32.80	1998

Jamie Park		
5,000 Meters	16:49.25	1992
5,000 Meters	16:22.59	*1991

Jenny Petite		
DMR	11:27.97	2000

Trine Pilskog		
Mile	4:49.47	1995

Sally Ramsdale		
3,000 Meters	9:20.64	*1988



Erica Sigmont

Indoor/Outdoor Conference Champions

Tracy Robertson	Mile	4:41.12	2000
	DMR	11:32.80	1998
Sarah Schwald	3,000 Meters	9:42.52	1995
Erica Sigmont	Mile	4:54.40	2005
Penny Splichal	3,000 Meters	9:21.56	2006
	5,000 Meters	16:09.14	2006
Katie Stripling	Pole Vault	13-6.5	2008
Melody Sye	Mile	4:45.64	*1989
	1,000 Yards	2:30.92	*1987
Christin Wurth	3,000 Meters	9:23.36	2003
	5,000 Meters	16:30.41	2003

* - indicates SWC Champion

Indoor Titles By Year

Year	Titles	Events
2009	2	5K, Long Jump
2008	3	5K, Pole Vault, Pentathlon
2006	2	3K, 5K
2005	3	Mile, Pole Vault, Pentathlon
2004	1	200M
2003	3	3K, 5K, Pole Vault
2002	3	3K, 5K, Pentathlon
2001	4	Mile, 3K, 5K, DMR
2000	5	Mile, 3K, 5K, DMR, Weight
1999	3	Mile, 3K, 5K
1998	3	Mile, 3K, DMR
1997	1	5K
1996	1	5K
1995	3	Mile, 3K, 5K
1994	1	5K
1993	1	5K
1992	2	3K, 5K
1991	1	5K
1990	1	55M
1989	1	Mile
1988	1	3K
1987	1	1,000 Yards
1984	1	Two Mile
1983	1	Two Mile

Indoor Titles By Event

Event	Titles	Last
55M	1	1990
200M	1	2004
1000Y	1	1987
Mile	7	2005
3,000M	10	2006
Two Mile	2	1984
5,000M	15	2009
DMR	3 (12)	2001
Pole Vault	3	2008
Long Jump	1	2009
Weight	1	2000
Pentathlon	3	2008
Totals	48	



Dacia Barr	1,500 Meters	4:14.97	2007
Amy Yoder Begley	5,000 Meters	16:16.36	2001
	10,000 Meters	35:23.40	2001
	5,000 Meters	16:48.33	2000
	10,000 Meters	35:59.22	2000
	5,000 Meters	17:07.62	1999
	10,000 Meters	34:40.39	1999
	3,000 Meters	9:29.65	1997
	5,000 Meters	16:28.42	1997
Tanya Blake	800 Meters	2:06.60	1994
DeeDee Brown	Heptathlon	5,560 pts.	2000
Andreina Byrd	5,000 Meters	16:44.87	2002

Indoor Conference Champions



Jessica Dailey		
1,500 Meters	4:21.55	2000
3,000 Meters	9:29.03	2000
3,000 Meters	9:40.75	1999
5,000 Meters	16:38.70	1998

Aneita Denton		
800 Meters	2:02.94	2005



Michelle Byrne		
10,000 Meters	35:08.02	1993
10,000 Meters	35:22.59	1992

Veronica Campbell		
100 Meters	11.12	2004
200 Meters	22.41	2004

Etienne Chaplin		
Heptathlon	5,594 pts.	2009

Susan Cope		
Javelin	143-4	*1991

Deena Drossin		
3,000 Meters	9:20.87	1993
5,000 Meters	16:07.73	1993

Megan Flowers		
3,000 Meters	9:35.75	1996



Outdoor Conference Champions



Gi-Gi Miller
Heptathlon 5,704 pts. 2001

Jackie Mota
3,000 Meters 9:38.15 *1990
5,000 Meters 17:10.94 *1990

Claire Phythian
Heptathlon 5,455 pts. 1995

Sally Ramsdale
3,000 Meters 9:23.56 *1988

Tiffany Redlarczyk
Steeplechase 10:31.35 2006

Tracy Robertson

Edel Hackett
3,000 Meters 9:25.64 *1984
5,000 Meters 16:52.08 *1984

Isabelle Hozang
10,000 Meters 35:29.01 *1985
10,000 Meters 34:48.03 *1984

Jessica Johnson
High Jump 5-9.75 2003

Lilli Kleinmann
Steeplechase 10:13.89 2001
10,000 Meters 35:53.44 2002

Marie LeJour
Discus 169-0 2001

Sharon Little
3,000 Meters 9:55.73 *1983
5,000 Meters 17:11.70 *1983



1,500 Meters 4:20.89 2001
1,500 Meters 4:25.90 1998
3,000 Meters 9:35.82 1998

Aisling Ryan
5,000 Meters 16:21.00 *1988
10,000 Meters 35:08.19 *1988

Sarah Schwald
1,500 Meters 4:23.28 1994
3,000 Meters 9:32.08 1994

Maureen Scott
Steeplechase 10:27.29 2005
Steeplechase 10:16.01 2004



Outdoor Conference Champions



Catherine White

Penny Splichal			
10,000 Meters	35:36.23		2003
Erica Sigmont			
1,500 meters	4:26.12		2005
April Steiner			
Pole Vault	13-7.25		2003
Katie Stripling			
Pole Vault	14-5.25		2009
Pole Vault	13-6.5		2009
Melody Sye			
5,000 Meters	16:40.15		*1989
Jodi Unger			
Pole Vault	13-6.25		2007
Catherine White			
5,000 Meters	16:29.72		2009
10,000 Meters	35:07.50		2009
Shiloh Whiting			
Steeplechase	10:32.69		2003
Kasia Williams			
100M Hurdles	13.25		2005
Christin Wurth			
1,500 Meters	4:20.87		2002

* - indicates SWC Champion

Outdoor Titles By Year

Year	# of Titles	Events
2009	4	5K, 10K, Pole Vault, Heptathlon
2008	1	Pole Vault
2007	2	1,500M, Pole Vault
2006	1	Steeplechase
2005	4	800M, 1,500M, 100M H, Steeplechase
2004	3	100M, 200M, Steeplechase
2003	4	Steeplechase, 10K, High Jump, Pole Vault
2002	3	1,500M, 5K, 10K
2001	6	1,500M, Steeplechase, 5K, 10K, Discus, Heptathlon
2000	5	1,500M, 3K, 5K, 10K, Heptathlon
1999	3	3K, 5K, 10K
1998	3	1,500M, 3K, 5K
1997	2	3K, 5K
1996	1	3K
1995	1	Heptathlon
1994	3	800M, 1,500M, 3K
1993	3	3K, 5K, 10K
1992	1	10K
1991	1	Javelin
1990	2	3K, 5K
1989	1	5K
1988	3	3K, 5K, 10K
1985	1	10K
1984	3	3K, 5K, 10K
1983	2	3K, 5K

Outdoor Titles By Event

Event	Titles	Last
100M	1	2004
200M	1	2004
800M	2	2005
1,500M	7	2007
3,000M	11	1998
Steeplechase	5	2006
5,000M	13	2009
10,000M	11	2009
100M Hurdles	1	2005
High Jump	1	2003
Pole Vault	4	2009
Discus	1	2001
Javelin	1	1991
Heptathlon	4	2001
Totals	63	

Southeastern Conference

The University of Arkansas and the Razorbacks have been competing in the Southeastern Conference since the fall of 1991 and in that time have been one of, if not the, best track and field institutions. With SEC team championships dating back as far as 1981, more than 20 years, it would seem unreasonable to expect that the Razorbacks would be a significant part of the league's history.

To the contrary, since Arkansas joined the toughest collegiate track and field conference in the country, it has won more team titles (19) than all but one other institution and has taken a team championship in 19 of 50 opportunities, an unprecedented 38 percent of the time. Pushing the Razorback's team success have been the individuals. Former Razorback and U.S. Olympian Amy Yoder Begley ended her outstanding career with 15 individual conference championships, five more than any other woman in SEC history. Along with Yoder Begley, former Razorback and U.S. Olympian Deena Drossin also cracks into the top 10 with seven individual championships.

SEC Team Titles

	Since 1991-92				All-Time			
	XC	Ind.	Out.	Total	XC	Ind.	Out.	Total
Arkansas	13	3	3	19	13	3	3	19
Florida	3	4	5	12	4	5	5	14
LSU	-	6	4	10	-	11	10	21
Alabama	-	1	1	2	2	1	2	5
S. Carolina	-	-	3	3	-	-	3	3
Tennessee	3	3	-	6	5	4	4	13
Georgia	-	1	2	3	-	1	2	3
Kentucky	-	-	-	-	3	-	-	3

All-Time SEC Team Champions

	<u>Indoor</u>	<u>Outdoor</u>
1981	-	Tennessee
1982	-	Tennessee
1983	-	Tennessee
1984	Tennessee	Tennessee
1985	LSU	LSU
1986	Vacated	Alabama
1987	LSU	LSU
1988	LSU	LSU
1989	LSU	LSU
1990	Florida	LSU
1991	LSU	LSU
1992	Florida	Florida
1993	LSU	LSU
1994	Alabama	Alabama
1995	LSU	Georgia
1996	LSU	LSU
1997	Florida	Florida
1998	LSU	Florida
1999	LSU	S. Carolina
2000	Arkansas	Arkansas
2001	Arkansas	Arkansas
2002	Florida	S. Carolina
2003	Arkansas	Florida
2004	Florida	Arkansas
2005	Tennessee	S. Carolina
2006	Georgia	Georgia
2007	Tennessee	LSU
2008	LSU	LSU
2009	Tennessee	Florida

All-Time SEC Individual Champions

	<u>XC</u>	<u>Ind.</u>	<u>Out.</u>	<u>Total</u>
1. Amy Yoder Begley, Ark.	3	4	8	15
2. Becki Wells, Fla./Ala.	3	6	1	10
3. Muna Lee, LSU	-	5	4	9
Danyel Mitchell, LSU	-	3	6	9
5. Debbie Ferguson, Ga.	-	4	4	8
Alisa Harvey, Tenn.	-	3	5	8
LaVonna Martin, Tenn.	-	4	4	8
Valerie McGovern, Ky.	1	3	4	8
9. Hazel Clark, Fla.	-	4	3	7
Deena Drossin, Ark.	2	3	2	7
Benita Fitzgerald, Tenn.	-	-	7	7
Michelle Freeman, Fla.	-	5	2	7
Angela Homan, Aub.	3	-	4	7
Shelly Steely, Fla.	1	1	5	7
Patty Wiegand, Tenn.	1	2	4	7

Cross Country

1983	Tennessee	1996	Florida
1984	Florida	1997	Florida
1985	Kentucky	1998	Arkansas
1986	Alabama	1999	Arkansas
1987	Alabama	2000	Arkansas
1988	Kentucky	2001	Arkansas
1989	Kentucky	2002	Arkansas
1990	Tennessee	2003	Tennessee
1991	Arkansas	2004	Tennessee
1992	Arkansas	2005	Tennessee
1993	Arkansas	2006	Arkansas
1994	Arkansas	2007	Arkansas
1995	Arkansas	2008	Arkansas
		2009	Florida



SEC Championship Teams



1991 Cross Country
Nov. 4, 1991

University of Georgia Golf Course
Athens, Ga.

1.	#3 Arkansas	30
2.	Georgia	80
3.	Mississippi St.	110
4.	Alabama	111
5.	Auburn	121
6.	Florida	151
7.	Tennessee	167
8.	South Carolina	171
9.	Kentucky	182
10.	Vanderbilt	260
11.	Mississippi	331
12.	LSU	364



1992 Cross Country
Nov. 2, 1992

Kentucky Horse Park
Lexington, Ky.

1.	#2 Arkansas	52
2.	#14 Alabama	80
3.	Auburn	104
4.	#19 Florida	114
5.	Tennessee	126
6.	Georgia	127
7.	South Carolina	148
8.	Mississippi St.	194
9.	Vanderbilt	226
10.	Kentucky	247
11.	Mississippi	333
12.	LSU	357



1993 Cross Country
Oct. 30, 1993
Highland Park
Baton Rouge, La.

1.	#1 Arkansas	37
2.	#19 Alabama	83
3.	Georgia	100
4.	#24 Florida	119
5.	Tennessee	137
6.	Auburn	140
7.	South Carolina	149
8.	Vanderbilt	170
9.	Mississippi St.	225
10.	Kentucky	301
11.	Mississippi	302
12.	LSU	368



1994 Cross Country
Oct. 29, 1994

Prairie Grove State Battlefield
Prairie Grove, Ark.

1.	#5 Arkansas	31
2.	#7 Alabama	80
3.	#20 Auburn	84
4.	Florida	108
5.	Georgia	131
6.	South Carolina	142
7.	Vanderbilt	189
8.	Tennessee	199
9.	Mississippi St.	229
10.	Kentucky	289
11.	LSU	290
12.	Mississippi	303



1995 Cross Country
Oct. 30, 1995

Lakeside Golf Course
Starkville, Miss.

1.	#6 Arkansas	40
2.	#9 Auburn	46
3.	#18 Florida	61
4.	Alabama	107
5.	Vanderbilt	149
6.	South Carolina	168
7.	Georgia	226
8.	Mississippi St.	240
9.	Tennessee	267
10.	Kentucky	273
11.	Mississippi	274
12.	LSU	328



1998 Cross Country
Oct. 31, 1998
Lambert Acres Golf Course
Maryville, Tenn.

1.	#5 Arkansas	25
2.	#24 Florida	48
3.	#22 Tennessee	73
4.	Alabama	147
5.	Georgia	157
6.	Vanderbilt	202
7.	South Carolina	206
8.	LSU	225
9.	#9 Auburn	229
10.	Mississippi St.	280
11.	Kentucky	296
12.	Mississippi	394

SEC Championship Teams



1999 Cross Country
Oct. 30, 1999
Vaughn's Creek Course
Nashville, Tenn.

1.	#2 Arkansas	15
2.	Florida.....	96
3.	Georgia	112
4.	LSU	118
5.	South Carolina	133
6.	Alabama.....	169
7.	Auburn.....	174
8.	Vanderbilt.....	186
9.	Tennessee.....	191
10.	Mississippi St.	248
11.	Mississippi	305
12.	Kentucky	311



2000 Indoor Track
Feb. 26-27, 2000
Randal Tyson Track Center
Fayetteville, Ark.

1.	#5 Arkansas	140
2.	#6 Florida.....	96
3.	#3 South Carolina	94
4.	#1 LSU	65
5.	#9 Georgia	62
6.	#11 Auburn	47.5
7.	Alabama.....	43
8.	Tennessee.....	35
9.	Mississippi	18
10.	Mississippi St.	8
12.	Kentucky	7.5



2000 Outdoor Track
May 11-14, 2000
Bernie Moore Stadium
Baton Rouge, La.

1.	#7 Arkansas	147.75
2.	#4 South Carolina	132.25
3.	#2 LSU	89.5
4.	#18 Florida.....	86.25
5.	#18 Georgia	85
6.	Tennessee.....	71.25
7.	Alabama.....	71
8.	#20 Auburn	54
9.	Mississippi	32
10.	Kentucky	12
11.	Mississippi St.	10
12.	Vanderbilt.....	7



2000 Cross Country
Oct. 30, 2000
Harry Prichett Golf Course
Tuscaloosa, Ala.

1.	#11 Arkansas	43
2.	Georgia	74
3.	Auburn	85
4.	Florida.....	121
5.	Alabama.....	153
6.	Vanderbilt.....	171
7.	Mississippi St.	191
8.	Tennessee.....	196
9.	South Carolina	219
10.	Kentucky	221
11.	LSU	223
12.	Mississippi	358



2001 Indoor Track
Feb. 24-25, 2001
Nutter Field House
Lexington, Ky.

1.	#3 Arkansas	137
2.	#6 Florida.....	109
3.	#1 South Carolina	90
4.	#7 LSU	77
5.	#20 Georgia	61.5
6.	#11 Mississippi	31
7.	Auburn	30
8.	Alabama.....	26
9.	Kentucky	21.5
10.	Tennessee.....	16
11.	Mississippi St.	13
12.	Vanderbilt.....	11



2001 Outdoor Track
May 10-13, 2001
Weems Baskin Track
Columbia, S.C.

1.	#20 Arkansas	182
2.	#11 Florida.....	112
3.	#5 South Carolina	109
4.	#4 LSU	103
5.	Auburn	67
6.	Alabama.....	63.5
7.	#17 Georgia	55
8.	#21 Mississippi	39
9.	Tennessee.....	31
10.	Kentucky	29
11.	Vanderbilt.....	15
12.	Mississippi St.	12.5

SEC Championship Teams



2001 Cross Country
Oct. 29, 2001
Indian Pines Golf Club
Auburn, Ala.

1.	#12 Arkansas	35
2.	Tennessee.....	71
3.	Florida.....	118
4.	Auburn	120
5.	Vanderbilt.....	122
6.	Georgia	176
7.	South Carolina	199
8.	LSU	204
9.	Mississippi St.	205
10.	Kentucky	226
11.	Alabama.....	235
12.	Mississippi	356



2002 Cross Country
Nov. 4, 2002
University Golf Course
Gainesville, Fla.

1.	#10 Arkansas	39
2.	Kentucky	78
3.	Tennessee.....	86
4.	Auburn	117
5.	Mississippi St.	140
6.	Florida.....	152
7.	Georgia	188
8.	Vanderbilt.....	210
9.	LSU	229
10.	Alabama.....	291
11.	South Carolina	305
12.	Mississippi	331



2003 Indoor Track
Feb. 28-Mar. 2, 2003
Stephen C. O'Connell Center
Gainesville, Fla.

1.	#8 Arkansas	129
2.	#5 South Carolina	108.5
3.	#4 Florida.....	105
4.	#1 LSU	88
5.	#13 Auburn	62
6.	Georgia	55.5
7.	Kentucky	48
8.	#20 Mississippi St.	29
9.	Tennessee.....	25
10.	Vanderbilt.....	9
11.	Mississippi	2
	Alabama	



2004 Outdoor Track
May 13-16, 2004
Ole Miss Track & Field
Oxford, Miss.

1.	#11 Arkansas	124
2.	#1 LSU	114
3.	#8 Georgia	101.5
4.	#5 South Carolina	90.5
5.	#6 Florida.....	79
6.	#9 Tennessee.....	78.5
7.	Auburn	68.5
8.	Alabama.....	68
9.	Kentucky	30
10.	Vanderbilt.....	27
11.	#24 Mississippi St.	22
12.	Mississippi	15



2006 Cross Country
Oct. 28, 2006
Highland Park Course
Baton Rouge, La.

1.	#4 Arkansas	17
2.	#19 Georgia	61
3.	#15 Tennessee.....	67
4.	#17 Florida.....	95
5.	Mississippi St.	164
6.	Kentucky	177
7.	Vanderbilt.....	226
8.	Alabama.....	241
9.	LSU	250
10.	Auburn	251
11.	South Carolina	302
12.	Mississippi	368



2007 Cross Country
Oct. 27, 2007
Kentucky Horse Park
Lexington, Ky.

1.	#13 Arkansas	39
2.	Tennessee.....	84
3.	#29 Georgia	85
4.	#27 Florida.....	96
5.	Kentucky	104
6.	Auburn	141
7.	Miss. St.	209
8.	Vanderbilt.....	217
9.	LSU	259
10.	Alabama.....	275
11.	South Carolina	290
12.	Mississippi	352

SEC Championship Teams/Year-By-Year Results



2008 Cross Country
 Nov. 3, 2008
 MSU Cross Country Course
 Starkville, Miss.

1. **Arkansas** 46
2. Florida..... 53
3. Tennessee..... 107
4. Georgia 117
5. Auburn 127
6. Kentucky 134
7. Alabama..... 170
8. Vanderbilt..... 177
9. Mississippi St. 252
10. S. Carolina 262
11. Mississippi 333
12. LSU 341

SEC	Conf. Indoor		NCAA Indoor		Conf. Outdoor		NCAA Outdoor		Conf. XC		NCAA XC	
	Place	Pts.	Place	Pts.	Place	Pts.	Place	Pts.	Place	Pts.	Place	Pts.
2009	3rd	97	T20th	11	4th	96.5	T29th	10	3rd	87	-	-
2008	3rd	93	T29th	7	3rd	88.5	T22nd	11	1st	46	15th	404
2007	4th	83	T21st	9	2nd	110	15th	17	1st	39	13th	406
2006	5th	73	T51st	2	7th	68	T25th	10	1st	17	5th	286
2005	2nd	120	19th	12.5	2nd	124.2	T22nd	11	2nd	51	19th	444
2004	6th	50.5	T10th	19	1st	124	T10th	22	2nd	57	16th	400
2003	1st	129	10th	22	2nd	130	19th	13.5	3rd	103	-	-
2002	2nd	139	T10th	18.5	2nd	138	T45th	4	1st	39	7th	251
2001	1st	137	5th	24	1st	182	5th	31	1st	35	17th	460
2000	1st	140	3rd	37	1st	147.75	6th	36	1st	43	13th	365
1999	4th	73	13th	13	5th	90	41st	7	1st	15	2nd	125
1998	2nd	88	T27th	8	4th	89.5	T29th	8	1st	25	6th	311
1997	7th	33	T49th	1	5th	67	T38th	5	2nd	68	13th	311
1996	6th	58	T22nd	8	5th	72	T43rd	4	2nd	77	14th	347
1995	4th	69	T4th	31	5th	79.5	T33rd	7	1st	40	12th	324
1994	3rd	80	T20th	9	4th	85	T23rd	10	1st	31	3rd	110
1993	3rd	71	T8th	16	2nd	111	T44th	3	1st	37	2nd	71
1992	3rd	78	T31st	4	4th	99	T59th	1	1st	52	2nd	130
1991 (SWC)	2nd	80	13th	11	2nd	56	T10th	18	1st (SEC)	30	2nd	168
1990 (SWC)	4th	47	T20th	8	3rd	121	T56th	2	2nd	37	6th	224
1989 (SWC)	4th	53	-	-	2nd	122	T56th	2	3rd	69	-	-
1988 (SWC)	4th	58	-	-	T-2nd	119	-	-	1st	30	15th	299
1987 (SWC)	4th	40	T21st	4	5th	40	-	-	2nd	41	9th	214
1986 (SWC)	5th	17	-	-	9th	9	-	-	2nd	54	10th	214
1985 (SWC)	5th	28	-	-	4th	55	-	-	3rd	75	-	-
1984 (SWC)	4th	41	-	-	3rd	46	T38th	9	3rd	72	13th	273
1983 (SWC)	3rd	69	T34th	2	3rd	73	-	-	4th	96	-	-

SEC Indoor Championships Team Results Since 1992

1992		1997		2002		2007	
1. Florida	139	1. Florida	131	1. Florida	147	1. Tennessee	120
2. LSU	120	2. LSU	110	2. Arkansas	139	2. Georgia	103
3. Arkansas	78	3. Auburn	88	3. LSU	100	3. LSU	101
4. Tennessee	69	4. South Carolina	70	4. South Carolina	89	4. Arkansas	83
5. Alabama	59	5. Kentucky	37	5. Auburn	71	5. South Carolina	52
6. Auburn	53	6. Georgia	35	6. Georgia	26	6. Florida	42
7. Georgia	30	7. Arkansas	33	7. Tennessee	21	7. Kentucky	40
8. Miss. State	10	8. Tennessee	33	8. Kentucky	19	8. Auburn	39.5
9. Ole Miss	9	9. Vanderbilt	22	9. Miss. State	15	9. Ole Miss	36
10. South Carolina	8	10. Miss. State	18	10. Vanderbilt	13	10. Alabama	21.5
11. Vanderbilt	6	11. Ole Miss	7	11. Alabama	11	11. Vanderbilt	15
12. Kentucky	4	12. Alabama	1	12. Ole Miss	9	12. Miss. St.	10
1993		1998		2003		2008	
1. LSU	133	1. LSU	95	1. Arkansas	129	1. LSU	133
2. Florida	89	2. Arkansas	88	2. South Carolina	108.5	2. Tennessee	116
3. Arkansas	71	3. Florida	85	3. Florida	105	3. Arkansas	93
4. Alabama	58	4. South Carolina	84	4. LSU	88	4. Florida	90
5. Tennessee	54	5. Auburn	80.5	5. Auburn	62	5. Kentucky	57
6. Auburn	53	6. Tennessee	51.5	6. Georgia	55.5	6. Ole Miss	49
7. Georgia	49	7. Georgia	50	7. Kentucky	48	7. Alabama	43
8. Kentucky	15	8. Vanderbilt	45	8. Miss. State	29	8. Auburn	27
9. Ole Miss	8	9. Kentucky	33	9. Tennessee	25	9. South Carolina	20.5
10. South Carolina	8	10. Miss. State	6	10. Vanderbilt	9	10. Georgia	14.50
11. Vanderbilt	6	11. Ole Miss	5	11. Ole Miss	2	11. Miss. St.	12
12. Miss. State	2	12. Alabama	1	12. Alabama	2	12. Vanderbilt	8
1994		1999		2004		2009	
1. Alabama	113	1. LSU	114	1. Florida	105.5	1. Tennessee	111
2. LSU	111	2. Florida	106.5	2. Tennessee	99.5	2. LSU	105
3. Arkansas	80	3. South Carolina	76	3. LSU	84.5	3. Arkansas	97
4. Tennessee	73.33	4. Arkansas	73	4. Georgia	81	4. Florida	84
5. Kentucky	36	5. Tennessee	72.5	5. South Carolina	72	5. So. Carolina	57
6. Auburn	32	6. Georgia	44	6. Arkansas	50.5	6. Auburn	54
7. Florida	31	7. Alabama	35	7. Auburn	48	7. Kentucky	49.50
8. South Carolina	29	8. Ole Miss	30	8. Kentucky	42	8. Mississippi	32
9. Georgia	24.33	9. Auburn	27	9. Vanderbilt	25	9. Miss St.	28
10. Ole Miss	15	10. Kentucky	26	10. Alabama	25	10. Alabama	26.5
11. Miss. State	1	11. Vanderbilt	18	11. Miss. State	21	11. Georgia	14
		12. Miss. State	2	12. Ole Miss	9	12. Vanderbilt	5
1995		2000		2005			
1. LSU	116	1. Arkansas	140	1. Tennessee	135.5		
2. Georgia	96.5	2. Florida	96	2. Arkansas	120		
3. Arkansas	69	3. South Carolina	94	3. LSU	75.5		
4. Tennessee	64	4. LSU	65	4. Florida	74.5		
5. Florida	63	5. Georgia	62	5. South Carolina	70.5		
6. Auburn	49.5	6. Auburn	47.5	6. Georgia	54		
7. Alabama	29	7. Alabama	43	7. Auburn	46		
8. South Carolina	26.5	8. Tennessee	35	8. Alabama	36		
9. Kentucky	18	9. Ole Miss	18	9. Vanderbilt	19		
10. Ole Miss	7.5	10. Miss. State	8	10. Kentucky	14		
11. Miss. State	5	11. Vanderbilt	8	11. Ole Miss	10		
12. Vanderbilt	2	12. Kentucky	7.5	12. Miss. State	8		
1996		2001		2006			
1. LSU	96.5	1. Arkansas	137	1. Georgia	101.5		
2. Auburn	84	2. Florida	109	2. Auburn	96		
3. Georgia	83.5	3. South Carolina	90	3. South Carolina	78.5		
4. Florida	73	4. LSU	77	4. Tennessee	78.5		
5. South Carolina	64	5. Georgia	61.5	5. Arkansas	73		
6. Arkansas	58	6. Ole Miss	31	6. Alabama	70.5		
7. Tennessee	47	7. Auburn	30	7. LSU	62.5		
8. Kentucky	26	8. Alabama	26	8. Florida	45.5		
9. Vanderbilt	25	9. Kentucky	21.5	9. Kentucky	26		
10. Alabama	19	10. Tennessee	16	10. Ole Miss	16		
11. Ole Miss	5	11. Miss. State	13	11. Miss. State	13		
12. Miss. State	4	12. Vanderbilt	11	12. Vanderbilt	2		

SEC Outdoor Championships Team Results Since 1992

1992		1997		2002		2007	
1. Florida	169	1. Florida	140	1. South Carolina	148	1. LSU	139.5
2. LSU	147	2. LSU	120	2. Arkansas	138	2. Arkansas	110
3. Alabama	100	3. South Carolina	103	3. Florida	133	3. Georgia	106
4. Arkansas	99	4. Auburn	102	4. LSU	114	4. Tennessee	89
5. Tennessee	75.5	5. Arkansas	67	5. Auburn	88	5. South Carolina	84
6. Auburn	54	6. Georgia	65	6. Tennessee	52.5	6. Florida	82
7. Georgia	42.5	7. Tennessee	64	7. Georgia	49	7. Auburn	73.5
8. Ole Miss	24	8. Vanderbilt	57	8. Kentucky	27	8. Kentucky	42
9. Kentucky	11	9. Kentucky	26	9. Alabama	20	9. Ole Miss	39
10. Vanderbilt	11	10. Ole Miss	23	10. Vanderbilt	19.5	10. Alabama	23
11. Miss. St.	7	11. Miss. St.	7	11. Ole Miss	17	11. Miss. St.	19
		12. Alabama	2	12. Miss. St.	13	12. Vanderbilt	12
1993		1998		2003		2008	
1. LSU	175	1. Florida	142	1. Florida	159	1. LSU	157.5
2. Arkansas	111	2. South Carolina	121	2. Arkansas	130	2. Florida	129
3. Alabama	100	3. Georgia	103	3. LSU	110	3. Arkansas	88.5
4. Florida	96	4. Arkansas	89.5	4. South Carolina	86	4. Tennessee	85
5. Tennessee	81	5. LSU	77	5. Auburn	77	5. Kentucky	84.5
6. Auburn	52	6. Auburn	76	6. Georgia	66	6. Mississippi	73
7. Georgia	45	7. Tennessee	65	7. Tennessee	55	7. Auburn	66
8. Ole Miss	22	8. Vanderbilt	53	8. Kentucky	49	8. South Carolina	34.5
9. Kentucky	15	9. Kentucky	32	9. Alabama	38	9. Alabama	34
10. South Carolina	13	10. Alabama	25	10. Miss. St.	22	10. Georgia	32
11. Miss. St.	13	11. Ole Miss	19	11. Vanderbilt	19	11. Miss. St.	28
12. Vanderbilt	10	12. Miss. St.	10	12. Ole Miss	5	12. Vanderbilt	7
1994		1999		2004		2009	
1. Alabama	134	1. South Carolina	138	1. Arkansas	124	1. Florida	135.5
2. LSU	133.4	2. Florida	123.5	2. LSU	114	2. LSU	113
3. Tennessee	125	3. LSU	114.5	3. Georgia	101.5	3. Tennessee	106
4. Arkansas	85	4. Georgia	107.5	4. South Carolina	90.5	4. Arkansas	96.5
5. South Carolina	56	5. Arkansas	90	5. Florida	79	5. Auburn	76
6. Georgia	53	6. Tennessee	61	6. Tennessee	78.5	6. Kentucky	56
7. Auburn	50	7. Alabama	50	7. Auburn	68.5	7. Alabama	52.5
8. Florida	38	8. Vanderbilt	47.5	8. Alabama	68	8. South Carolina	51
9. Kentucky	33	9. Kentucky	35	9. Kentucky	30	9. Georgia	45.5
10. Ole Miss	25	10. Ole Miss	28	10. Vanderbilt	27	10. Mississippi	44
11. Vanderbilt	7.5	11. Auburn	13	11. Miss. St.	22	11. Miss. State	42
		12. Miss. St.	10	12. Ole Miss	15		
1995		2000		2005			
1. Georgia	135.5	1. Arkansas	147.75	1. South Carolina	145.2		
2. LSU	124	2. South Carolina	132.25	2. Arkansas	124.2		
3. Tennessee	90	3. LSU	89.5	3. Tennessee	108.33		
4. Florida	87	4. Florida	86.25	4. Georgia	106.2		
5. Arkansas	79.5	5. Georgia	85	5. Auburn	81.5		
6. Auburn	76	6. Tennessee	71.25	6. LSU	78		
7. Kentucky	49	7. Alabama	71	7. Alabama	54		
8. South Carolina	31	8. Auburn	54	8. Florida	32.16		
9. Alabama	28	9. Ole Miss	32	9. Kentucky	31		
10. Miss. St.	20	10. Kentucky	12	10. Ole Miss	26.4		
11. Vanderbilt	9	11. Miss. St.	10	11. Vanderbilt	12		
12. Ole Miss	9	12. Vanderbilt	7	12. Miss. St.	12		
1996		2001		2006			
1. LSU	145	1. Arkansas	182	1. Georgia	136		
2. South Carolina	103	2. Florida	112	2. Auburn	135		
3. Auburn	94	3. South Carolina	109	3. South Carolina	86.5		
4. Georgia	88	4. LSU	103	4. LSU	81		
5. Arkansas	72	5. Auburn	67	5. Tennessee	78		
6. Florida	60	6. Alabama	63.5	6. Alabama	72.5		
7. Alabama	53	7. Georgia	55	7. Arkansas	68		
8. Kentucky	52	8. Ole Miss	39	8. Kentucky	45		
9. Tennessee	47	9. Tennessee	31	9. Florida	38		
10. Vanderbilt	34	10. Kentucky	29	10. Vanderbilt	28		
11. Ole Miss	24	11. Vanderbilt	15	11. Miss. St.	27		
12. Miss. St.	7	12. Miss. St.	12.5	12. Ole Miss	24		

SEC Honors and Awards

Cross Country

Athletes of the Week

- 2000 - Brittney Mensen (9/12)
Lilli Kleinmann (9/19, 10/3)
2001 - Andreina Byrd (9/24, 10/1)
2002 - Londa Bevins (9/10)
Andreina Byrd (10/8)
2003 - Alison Zeinner (9/1)
Maureen Scott (9/8)
2005 - Christine Kalmer (10/19)
2006 - Christine Kalmer (9/13)
Dani Parry (10/3)
2008 - Catherine White (9/9, 9/16,
10/7)
2009 - Miranda Walker (9/8)

Freshman of the Week

- 2007 - Catherine White (9/11)
Jillian Rosen (9/25)
2008 - Samantha Learch (9/16)
2009 - Alyssa Allison (9/22, 10/20)



Lance Harter

Coach of the Year

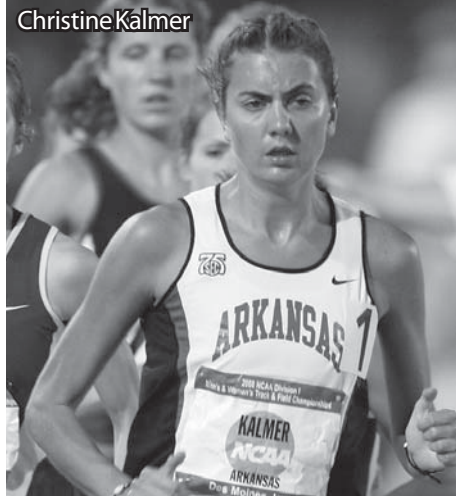
- Lance Harter - 1991, '92, '93, '94, '95,
'98, '99, 2000, '01, '02, '06, '07, '08

Athlete of the Year

- Amy Yoder Begley - 1997, '98, '99
Andreina Byrd - 2001
Deena Drossin - 1992, '93
Megan Flowers - 1994, '95
Lilli Kleinmann - 2000
Brooke Upshaw - 2006
Christin Wurth - 2002

Freshman of the Year

- Alyssa Allison - 2009
Christine Kalmer - 2005
Dani Parry - 2006
Jillian Rosen - 2007
Penny Splichal - 2001



Christine Kalmer

All-SEC

- Alyssa Allison - 2009 (Frosh)
Denise Bargiachi - 2006, '07, '08
(1st), '05 (2nd)
Dacia Barr - 2006 (1st)
Stephanie Barrett - 1991
Amy Yoder Begley - 1996, '97, '98, '99
Catherine Berry - 1995
Londa Bevins - 2001, '02 (1st)
Karen Bockel - 1995, '96, '97, '98
Andreina Byrd - 2001, '02 (2nd)
Michelle Byrne - 1991, '92
Cory Chastain - 1998
Kelly Cook - 1995
Jessica Dailey - 1998, '99
Deena Drossin - 1991, '92, '93, '94
Pauline Durran - 1991, '92
Beth Fahey - 2006 (2nd)
Megan Flowers - 1993, '94, '95
Jennifer Harper - 2006 (2nd)
Michelle Hurn - 2001
Laura Jakosky - 2003 (1st), '04, '05
(2nd)
Taylor Johnson - 2009 (Frosh)
Christine Kalmer - 2005, '06, '07, '08 (1st)
Lilli Kleinmann - 1999, 2000
Clare Lavers - 1991
Amy McKinley - 1993, '94
Desiree Owen - 1995, '96
Dani Parry - 2006 (1st), 2007 (2nd)
Trine Pilskog - 1994
Tracy Robertson - 1997, '98, '99, '00
Jillian Rosen - 2007 (1st)
Alison Rush - 2001, '04 (1st)
Sarah Schwald - 1993, '94
Maureen Scott - 2004 (1st), '02 (2nd)
Staci Snider - 1995
Erica Sigmont - 2002 (2nd)
Penny Splichal - 2001, '05 (1st)
Laurie Sturgell - 1998

- Shelly Taylor - 1992, '93
Brooke Upshaw - 2006 (1st)
Miranda Walker - 2006 (2nd), 2009 (2nd)
Kimi Welsh - 1999
Catherine White - 2008 (1st)
Shiloh Whiting - 2002 (2nd), 2003
(2nd)
Amy Wiseman - 2000
Christin Wurth - 1999, 2000, '01, '02 (1st)

Indoor Track

Athletes of the Week

- 2000 - Amy Yoder Begley (2/16)
2001 - April Steiner (1/23)
2002 - Lilli Kleinmann (1/30)
2003 - April Steiner (2/5)
Christin Wurth (2/19)
Jessica Johnson (2/26)
2004 - Veronica Campbell (2/17)
2007 - Tiavannia Thompson (2/20)
2008 - Katie Stripling (1/15)
2009 - Katie Stripling (2/10)
Tina Sutej (2/10)

Coach of the Year

- Lance Harter - 1998, 2000, '01

Athlete of the Year

- Amy Yoder Begley - 2000
Veronica Campbell - 2004
Sarah Schwald - 1995

Commissioner's Trophy

- Amy Yoder Begley - 1998 (22.5 pts.)
Andreina Byrd - 2002 (28 pts.)
Lilli Kleinmann - 2001 (30 pts.)
Tracy Robertson - 2000 (26 pts.)
Christin Wurth - 2003 (28 pts.)

All-SEC

- Denise Bargiachi - 2008 (5K), '09 (5K)
Peter-Gaye Beckford - 2009 (LJ)
Amy Yoder Begley - 1998 (Mile, 3K,
DMR), '99 (5K), '00 (5K)
Londa Bevins - 2001 (DMR)
Courtney Brown - 2009 (DMR)
DeeDee Brown - 2000 (DMR), '02
(Pen)
Andreina Byrd - 2001 (DMR), '02
(3K, 5K)
Veronica Campbell - 2004 (200M)
Etienne Chaplin - 2008 (Pent.)
Amber Crumbo - 2000 (WT)

SEC Honors and Awards

Jessica Dailey - 1999 (Mile, 3K), '00 (DMR)
Janine Davis - 2009 (4x400M)
Tara Diebold - 2008, '09 (PV)
Deena Drossin - 1993 (5K), '94 (5K), '96 (5K)
Dawnyell Fletcher - 2001 (DMR)
Megan Flowers - 1995 (5K), '97 (5K)
Whitney Jones - 2009 (Frsosh LJ, 4x400M)
Christine Kalmer - 2009 (5K)
Lilli Kleinmann - 2000 (3K, DMR), '01 (Mile, 3K, 5K)
Clare Lavers - 1992 (3K)
Samantha Learch - 2009 (DMR)
Loren Leaverton - 2001 (DMR)
Lauren Lewis - 2009 (DMR)
Stacie Manuel - 2003, '05 (PV)
Beyonka McDowell - 2005 (Pent.)
Desiree Owen - 1998 (DMR)
Jamie Park - 1992 (5K)
Jennifer Petite - 2000 (DMR)
Trine Pilskog - 1995 (Mile)
Annette Quaid - 1998 (DMR)
Tracy Robertson - 1998 (DMR), '00 (Mile)
Jillian Rosen - 2009 (DMR)
Sarah Schwald - 1995 (3K)
Erica Sigmont - 2005 (Mile)
Penny Splichal - 2006 (3K, 5K)
Kaite Stripling - 2008 (PV)
Nicole Teter - 1992 (800M)
Karen Thomas - 2009 (4x400M)
Shelise Williams - 2009 (4x400M)
Catherine White - 2008 (3K)
Christin Wurth - 2003 (3K, 5K)

Outdoor Track

Athletes of the Week

2000 - Amy Yoder Begley (3/29)
2001 - Lilli Kleinmann (5/1)
Gi-Gi Miller (5/8)
2002 - DeeDee Brown (4/10)
Marie LeJour (5/8)
2003 - Londa Bevins (5/6)
2004 - Veronica Campbell (4/21)
2005 - Aneita Denton (4/20)
2007 - Katie Stripling (5/1)
Carly Bloomfield (5/8)
Tiavannia Thompson (5/8)
2008 - Sarah Landau (3/25)
Catherine White (4/22)
Dacia Barr (5/6)
Katie Stripling (5/6)
2009 - Whitney Jones (3/31, 5/5)
Katie Stripling (4/21, 4/28)

Coach of the Year

Lance Harter - 2000, 2001, 2004

Athlete of the Year

Amy Yoder Begley - 2001

Runner of the Year

Catherine White - 2009

Field Athlete of the Year

Katie Stripling - 2009

Commissioner's Trophy

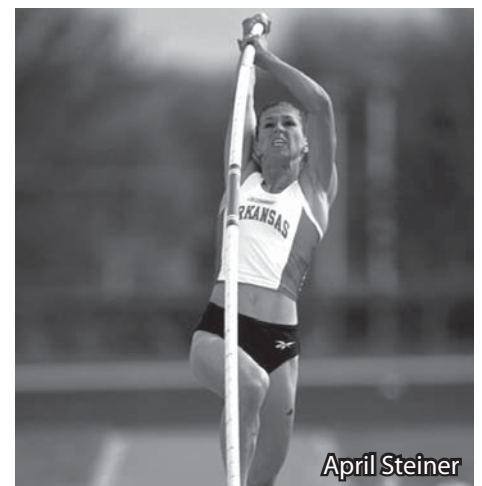
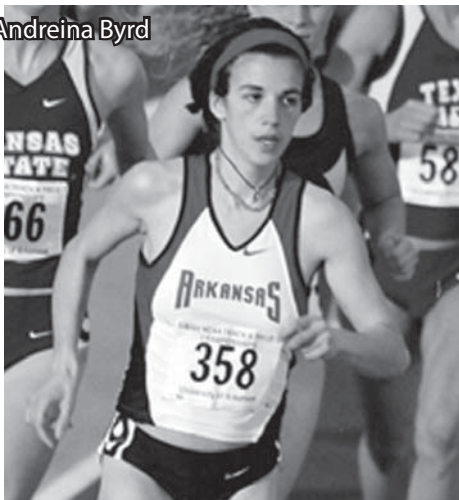
Amy Yoder Begley - 2000 (28 pts.)
Jessica Dailey - 2000 (28 pts.)
Marie LeJour - 2001 (23 pts.)

All-SEC

Denise Bargiachi - 2009 (10K)
Amy Yoder Begley - 1997 (3K, 5K), '99 (5K, 10K), '00 (5K, 10K), '01 (5K, 10K)
Tanya Blake - 1994 (800)
Tominque Boatright - 2008 (4x400M)
Courtenay Brown - 2008 (4x400M)
Andreina Byrd - 2002 (5K)
Michelle Byrne - 1992 (10K), '93 (10K)
Veronica Campbell - 2004 (100M, 200M)
Etienne Chaplin - 2009 (Hept.)
Jessica Dailey - 1998 (5K), '99 (3K), '00 (1,500, 3K)
Aneita Denton - 2005 (800M)
Deena Drossin - 1993 (3K, 5K)
Paige Farrell - 2008 (4x400M)

Megan Flowers - 1995 (10K), '96 (3K)
Jessica Johnson - 2003 (High Jump)
Whitney Jones - 2009 (Frosh LJ)
Christine Kalmer - 2008 (5K)
Lilli Kleinmann - 2001 (Steeple), '02 (10K)
Marie LeJour - 2001 (Discus)
Gi-Gi Miller - 2001 (Hept.)
Dacia (Barr) Perkins - 2007, '08 (1,500M)
Claire Phythian - 1995 (Hept.)
Tiffany Redlarczyk - 2006 (Steeple)
Tracy Robertson - 1998 (1,500, 3K), '01 (1,500)
Sarah Schwald - 1994 (3K), '95 (1,500, 3K)
Maureen Scott - 2004, '05 (Steeple)
Erica Sigmont - 2005 (1,500M)
Penny Splichal - 2003 (10K)
April Steiner - 2003 (PV)
Katie Stripling - 2008, '09 (PV)
Jodi Unger - 2007 (PV)
Catherine White - 2009 (5K, 10K)
Shiloh Whiting - 2003 (Steeple)
Kasia Williams - 2005 (100M H)
Shelise Williams - 2008 (4x400M), 2009 (400M)
Christin Wurth - 2002 (1,500M)

Andreina Byrd



Career Scoring

All-Time Career Scoring

SEC Indoor

1. Tracy Robertson	76.5
2. Lilli Kleinmann	64.5
3. Amy Yoder Begley	56.5
4. Christin Wurth	56
5. Penny Splichal	51
6. Jessica Dailey	48.5
7. Andreina Byrd	42.5
8. Sarah Schwald	39.5
9. Megan Flowers	32.25
10. Deena Drossin	32

NCAA Indoor

1. Tracy Robertson	24.5
Amy Yoder Begley	24.5
3. Trine Pilskog	19.25
4. Veronica Campbell	16.75
5. Sarah Schwald	15.5
6. Cynthia Moore	14
7. Megan Flowers	12.25
8. Aneita Denton	11
9. April Steiner	10.5
10. Angel Heath	10
Gi-Gi Miller	

SEC Outdoor

1. Amy Yoder Begley	88
2. Tracy Robertson	66
3. Jessica Dailey	64
4. Deena Drossin	62
5. Sarah Schwald	47
6. DeeDee Brown	44
7. Megan Flowers	41
Christin Wurth	41
9. Marie Lejour	35
10. Londa Bevins	34
Erica Sigmont	

NCAA Regional

1. Dacia Barr	23
2. Jodi Unger	17
3. Jessica Johnson	16
4. Tominque Boatright	15.75
5. LaShaunte'a Moore	14.5
6. Jessica Cousins	11.5
Kasia Williams	11.5
8. Aneita Denton	11.25
9. April Steiner	10
10. Londa Bevins	9

NCAA Outdoor

1. Amy Yoder Begley	33
2. Gi-Gi Miller	18
3. Jessica Dailey	16
La'Shaunte'a Moore	16
5. Aneita Denton	10
Deena Drossin	10
Jamie Park	10
8. Tracy Robertson	9
9. DeeDee Brown	8
10. Jessica Johnson	7

Senior Scoring

SEC Indoor

Christin Wurth	28	2003
Tracy Robertson	24	2001
Penny Splichal	20	2006
Claire Lavers	18	1992

NCAA Indoor

Tracy Robertson	12	2001
Aneita Denton	10.25	2005
Gi-Gi Miller	10	2001
Trine Pilskog	8	1996

SEC Outdoor

Jessica Dailey	28	2000
Amy Yoder Begley	20	2001
Gi-Gi Miller	18.25	2001
Tracy Robertson	18	2001

NCAA Regional

Aneita Denton	10.25	2005
April Steiner	10	2003
Jodi Unger	10	2007
Dacia Barr	10	2008
Carly Bloomfield	8	2007
Jessica Johnson	8	2004

NCAA Outdoor

Amy Yoder Begley	10	2001
Aneita Denton	10	2005
Gi-Gi Miller	10	2001
Jessica Dailey	8	2000

Junior Scoring

SEC Indoor

Lilli Kleinmann	30	2001
Andreina Byrd	28	2002
Tracy Robertson	26	2000
Jessica Dailey	22	1999

NCAA Indoor

V. Campbell	16.75	2004
Amy Yoder Begley	14	2000
Trine Pilskog	11.25	1995
Sarah Schwald	10	1995

SEC Outdoor

Amy Yoder Begley	28	2000
Marie Lejour	23	2001
Sarah Schwald	20	1994
DeeDee Brown	19	2001

NCAA Regional

L. Moore	14.5	2004
Jessica Johnson	11.5	2007
T. Boatright	9.5	2007
P. Beckford	8.75	2007

NCAA Outdoor

L. Moore	16	2004
Amy Yoder Begley	14	2000
Gi-Gi Miller	8	2000
Jessica Johnson	7	2003

Sophomore Scoring

SEC Indoor

Lilli Kleinmann	18.5	2000
Amy Yoder Begley	18	1999
Andreina Byrd	14.5	2001
Penny Splichal	13	2003

NCAA Indoor

Amy Yoder Begley	9.25	1999
Deena Drossin	8	1993
Lilli Kleinmann	6.25	2000
Sarah Schwald	5	1994

SEC Outdoor

V. Campbell	22	2004
Deena Drossin	20	1993
Amy Yoder Begley	20	1999
Catherine White	20	2009

NCAA Regional

T. Boatright	5.5	2006
Dacia Barr	4	2006
Christine Kalmer	3	2007
Paige Farrell	2.5	2006

NCAA Outdoor

Jamie Park	10	1991
Jessica Dailey	5	1998
Amy Yoder Begley	4	1999
DeeDee Brown	4	2000

Freshman Scoring

SEC Indoor

Amy Yoder Begley	22.5	1998
Tracy Robertson	16.5	1998
Penny Splichal	12	2002
Nicole Teter	10.5	1992

NCAA Indoor

Tracy Robertson	4.25	1998
Nicole Teter	4	1992
Amy Yoder Begley	1.25	1998
Daphne Harris	1.25	1998
Felisha Williams	1.25	1995

SEC Outdoor

Tracy Robertson	20	1998
Amy Yoder Begley	20	1997
Deena Drossin	16	1992
Shelly Taylor	16	1993

NCAA Regional

Megan Jackson	2	2007
Christine Kalmer	2	2006
Jodi Unger	2	2004
Dacia Barr	1	2005
Katie Stripling	1	2007

NCAA Outdoor

Amy Yoder Begley	5	1997
Tracy Robertson	3	1998
Shelly Taylor	2	1993
Deena Drossin	1	1992



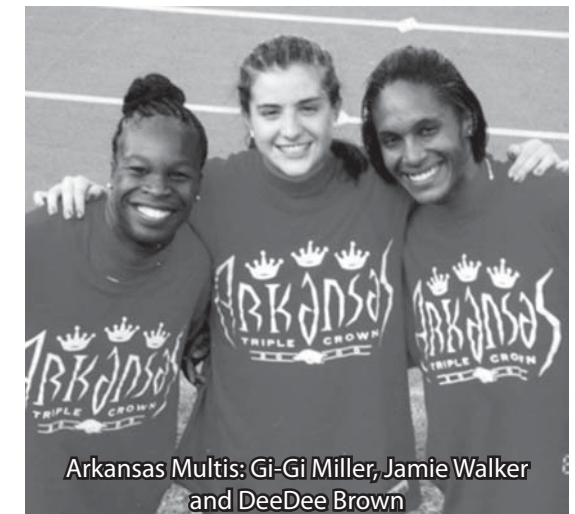
Dacia Perkins



Jodi Unger



Carly Bloomfield



Arkansas Multis: Gi-Gi Miller, Jamie Walker and DeeDee Brown

Event Winners

The Razorbacks have won numerous event titles over the years with the total number reaching well over 400 in just the past decade. While every school can claim championships from small meets, it is only a select few that can say it has won both individual and relay championships at some of the biggest indoor and outdoor meets in the country.

Penn Relays

3,000 Meters	Tracy Robertson	9:27.33	April 23, 1998
3,000 Meters	Amy Yoder Begley	9:21.22	1999
Steeplechase	Lilli Kleinmann	10:01.52	April 26, 2001
5,000 Meters	Deena Drossin	16:16.32	1993
5,000 Meters	Sally Ramsdale	16:23.1	1989
10,000 Meters	Amy Yoder Begley	34:18.11	April 26, 2001
Pole Vault	Katie Stripling	13-1 ½	April 26, 2007
Pole Vault	Jodi Unger	13-5 ¼	April 27, 2006
Pole Vault	Stacie Manuel	13-9 ½	April 22, 2004
Pole Vault	April Steiner	14-0	April 24, 2003
4x1,500M Relay		17:34.63	April 27, 2001
(Andreina Byrd, Lilli Kleinmann, Christin Wurth, Tracy Robertson)			
Distance Medley Relay		10:55.00	2000
(Tracy Robertson, Gi-Gi Miller, Tawa Babatunde, Jessica Dailey)			

Drake Relays

4x200M Relay		1:33.23	Apr. 27, 2007
(LaKeisha Martin, Tominque Boatright, Sasha Rolle, Jessica Cousins)			
4x200M Relay		1:34.90	Apr. 26, 2002
(Shaneatra Neely, Adwoa Gyasi-Nimako, Angel Heath, Kerri-Ann Mitchell)			
4x400M Relay		3:32.66	Apr. 28, 2007
(Sasha Rolle, Tominque Boatright, Paige Farrell, Jessica Cousins)			
4x800M Relay		8:29.13	Apr. 29, 2005
(Paige Farrell, Dacia Barr, Erica Sigmont, Aneita Denton)			

Texas Relays

1,500 Meters	Tracy Robertson	4:21.39	1999
Steeplechase	Maureen Scott	10:24.00	Apr. 1, 2004
Steeplechase	Lilli Kleinmann	10:17.74	Apr. 6, 2001
Discus	Marie LeJour	164-11	Apr. 6, 2001
Heptathlon	Deedee Brown	5,542	Apr. 4, 2002
4x800M Relay		8:38.03	Apr. 7, 2005
(Paige Farrell, Dacia Barr, Erica Sigmont, Aneita Denton)			
Sprint Medley Relay		3:48.25	Apr. 6, 2007
(LaKeisha Martin, Jessica Cousins, Tominque Boatright, Paige Farrell)			
Distance Medley Relay		11:23.73	Apr. 9, 2005
(Erica Sigmont, Paige Farrell, Aneita Denton, Dacia Barr)			

Mt. SAC Relays

800 Meters	Aneita Denton	2:03.94	Apr. 17, 2005
1,500 Meters	Christin Wurth	4:18.70	Apr. 18, 2003
3,000 Meters	Jessica Dailey	9:14.04	Apr. 17, 1998
10,000 Meters	Catherine White	33:37.83	Apr. 16, 2009
Pole Vault	April Steiner	13-5.75	Apr. 18, 2003

Kansas Relays

400 Meters	Adwoa Gyasi-Nimako	54.50	Apr. 20, 2002
Shuttle Hurdle Relay		1:03.05	Apr. 19, 2002
(Shaneatra Neely, Loren Leaverton, Andrea Bell, Krystal Walton)			

Tyson Invitational

200 Meters	Veronica Campbell	22.51	Feb. 13, 2004
5,000 Meters	Christin Wurth	16:16.79	Feb. 14, 2003
5,000 Meters	Amy Yoder Begley	16:14.24	Feb. 11, 2000
Pole Vault	Katie Stripling	14-3.25	Feb. 14, 2009
Pole Vault	Jodi Unger	13-6 ¼	Feb. 11, 2006
Pole Vault	Stacie Manuel	12-8	Feb. 14, 2003
Pole Vault	April Steiner	13-3 ½	Feb. 1, 2002
Shot Put	Amber Crumbo	49-5	Feb. 11, 2000
Weight Throw	Marie LeJour	62-1 ¾	Feb. 1, 2002
Distance Medley Relay		11:13.61	Feb. 11, 2000



All-Time Event Champions

(Since 1996)

Indoor

1.	Lilli Kleinmann	12
	Marie LeJour	
3.	Amber Crumbo	11
	April Steiner, Christin Wurth	
6.	Kyla Shoemake	9
	Penny Splichal	
8.	Angel Heath	8
	Amy Yoder Begley	
10.	Tawa Babatunde	7
	Kelley Bickham, Elisha Brewer, Jessica Dailey, Stacie Manuel, Gi-Gi Miller	

Outdoor

1.	Marie LeJour	13
2.	Amy Yoder Begley	12
3.	Crystal Shadd	10
4.	Tracy Robertson	7
	April Steiner	
	Jodi Unger	
7.	Tawa Babatunde	6
8.	Jessica Sommerfeld	5
	Brandy Blackwood	
10.	Elisha Brewer,	4
	Carly Bloomfield, Deedee Brown, Aneita Denton, Adwoa Gyasi-Nimako, Jessica Johnson, Lilli Kleinmann, Maureen Scott, Sheila Sims, Tiavannia Thompson, Kasia Williams, Christin Wurth	

Championships Won By Event

Indoor

55/60 Meters	6
200 Meters	13
400 Meters	8
800 Meters	14
Mile 32	
3,000 Meters	27
5,000 Meters	20
55/60M Hurdles	19
4x400M Relay	10
Distance Medley Relay	7
High Jump	7
Pole Vault	33
Long Jump	11
Triple Jump	10
Shot Put	17
Weight Throw	19
Pentathlon	3

Outdoor

100 Meters	10
200 Meters	8
400 Meters	15
800 Meters	13
1,500 Meters	17
Steeplechase	12
5,000 Meters	11
10,000 Meters	12
100M Hurdles	16
400M Hurdles	7
4x100M Relay	10
4x400M Relay	10
High Jump	8
Pole Vault	25
Long Jump	11
Triple Jump	7
Shot Put	12
Discus	9
Javelin	11
Hammer	10
Heptathlon	4

Academics

ESPN The Magazine/CoSIDA Academic All-District and All-America Selections

U.S. Track & Field Cross Country Coaches Association All-Academic Team of the Year 2002 - 3.28 GPA, 10th NCAA Indoors

U.S. Track & Field Cross Country Coaches Association All-Academic Team 2006, 2008

Academic All-American of the Year 2002 - Andreina Byrd

Academic All-Americans

2009 Katie Stripling, First Team
Tara Diebold, Second Team
Denise Bargiachi, Third Team
2006 Penny Splichal, Third Team
2005 Maureen Scott, First Team
Laura Jakosky, Second Team
2004 Maureen Scott, First Team
Jessica Johnson, Second Team
2003 Andreina Byrd, First Team
Jessica Johnson, Second Team
2002 Andreina Byrd, First Team
Marie LeJour, First Team
Jamie Walker, Second Team
Fall 2000 Lilli Kleinmann, Third Team
Spring 2000 Jessica Dailey, Second Team
Amy Yoder Begley, Second Team
Fall 1999 Jessica Dailey, Second Team
Fall 1998 Jessica Dailey, Third Team
Spring 1997 Megan Flowers, Third Team
Fall 1994 Megan Flowers, Third Team
Fall 1993 Kim Mount, First Team
Fall 1992 Rene Pillow, Second Team
Kim Mount, Third Team
Fall 1991 Claire Lavers, First Team

Academic All-District

2009 Denise Bargiachi, First Team
Tara Diebold, First Team
Katie Stripling, First Team
Catherine White, Second Team
2008 Denise Bargiachi, First Team
Katie Stripling, First Team
2007 Dacia Barr, Second Team
2006 Penny Splichal, First Team
Dacia Barr, Second Team
2005 Laura Jakosky, First Team
Maureen Scott, First Team
Alison Rush, Second Team
2004 Jessica Johnson, First Team
Maureen Scott, First Team
2003 Andreina Byrd, First Team
Jessica Johnson, First Team
2002 Andreina Byrd, First Team
Marie LeJour, First Team
Jamie Walker, First Team
Spring 2001 Tracy Robertson, First Team
Jamie Walker, Second Team
Fall 2000 Lilli Kleinmann, First Team
Spring 2000 Jessica Dailey, First Team
Amy Yoder Begley, First Team
Fall 1999 Jessica Dailey, First Team
Amy Yoder Begley, Second Team
Fall 1998 Jessica Dailey, First Team
Karen Bockel
Spring 1997 Megan Flowers, First Team
Spring 1996 Megan Flowers
Fall 1994 Megan Flowers, First Team
Fall 1993 Kim Mount, First Team
Fall 1992 Rene Pillow, First Team
Kim Mount, First Team
Fall 1991 Claire Lavers, First Team
Spring 1989 Sally Ramsdale



Andreina
Byrd



Clare
Lavers



Marie
LeJour



Kim
Mount



Maureen
Scott



Katie
Stripling

Southeastern Conference Academic Honor Roll

- 2009 – Denise Bargiachi, Tara Diebold, Erin Gray, Megan Jackson, Megan Jackson, Kristen Keith, Sarah Landau, Dacia Perkins, Angie Scott, Katie Stripling, Mrianda Walker, Ashley Williams, Catherine White
- 2008 – Denise Bargiachi, Dacia Barr, Tominque Boatright, Jennifer Fall, Erin Gray, Jennifer Harper, Megan Jackson, Kristen Keith, Sarah Landau, Kelsey Mollenkamp, Dani Parry, Caroline Peyton, Tiffany Redlarczyk, Michelle Rossio, Angie Scott, Katie Stripling, Miranda Walker
- 2007 – Denise Bargiachi, Dacia Barr, Carly Bloomfield, Beth Fahey, Erin Gray, Jennifer Harper, Michelle Martin, Kelsey Mollenkamp, Caroline Peyton, Tiffany Redlarczyk, Sasha Rolle, Michelle Rossio, Angie Scott, Megan Scott, Katie Stripling, Jodi Unger, Kelly Vrshek
- 2006 – Dacia Barr, Carly Bloomfield, Brandy Buss, Jessie Gordon, Laura Kerr, Michelle Martin, Kelsey Mollenkamp, Caroline Peyton, Tiffany Redlarczyk, Sasha Rolle, Michelle Rossio, Megan Scott, Penny Splichal
- 2005 – Brandy Blackwood, Jessie Gordon, Laura Insell, Laura Jakosky, Laura Kerr, Rebecca Kerr, Michelle Martin, Caroline Peyton, Tiffany Redlarczyk, Sarah Saffa, Maureen Scott, Erica Sigmont, Penny Splichal, Shiloh Whiting
- 2004 – Veronica Campbell, Jessie Gordon, Katie Howard, Laura Jakosky, Jessica Johnson, Jennifer Lincoln, Alison Rush, Maureen Scott, Shannon Spaulding, Penny Splichal, Ashley Sutton, Shiloh Whiting
- 2003 – Kerry Allen, DeeDee Brown, Andreina Byrd, Dawnyell Fletcher, Michelle Hurn, Laura Jakosky, Jessica Johnson, Marie LeJour, Jennifer Lincoln, Allison Medlin, Robin Rahat, Alison Rush, Erica Sigmont, Jessica Sommerfeld, Penny Splichal, April Steiner, Ashley Sutton, Jamie Walker, Kristal Walton, Kristina Watkins, Shiloh Whiting, Christin Wurth
- 2002 – Amy Yoder Begley, DeeDee Brown, Dawnyell Fletcher, Adwoa Gyasi-Nimako, Jessica Johnson, Lilli Kleinmann, Marie LeJour, Jennifer Lincoln, Allison Medlin, Jennifer Petite, Tracy Robertson, Alison Rush, April Steiner, Ashley Sutton, Jamie Walker, Sydnei Woodley, Christin Wurth
- 2001 - Lilli Kleinmann, Allison Medlin, Tracy Robertson, Jamie Walker, Donesha Williams, Christin Wurth, Amy Yoder Begley
- 2000 – Jessica Dailey, Allison Medlin, Tracy Robertson, Amanda Ross, Amy Yoder
- 1999 – Karen Bockel, Jessica Koch, Tracy Robertson, Amanda Ross, Stacy Tiefenauer, Amy Yoder
- 1998 – Karen Bockel, Andrea Evans, Kim Heron, Christina Mayerhoff, Annette Quaid, Marisa Robinson, Amanda Ross, Stacy Tiefenauer, Felisha Williams, Amy Yoder
- 1997 – Karen Bockel, Kelly Cook, Andrea Evans, Megan Flowers, Annette Quaid, Margaret Robinson, Elisabeth Shell.
- 1996 – Kelly Cook, Megan Flowers, Christina Mayerhoff, Claire Phythian, Trine Pilskog, Carrie Pollock, Margaret Robinson, Sheila Sims, Cinda Soekin
- 1995 – Lisa Ann Brown, Michelle Byrne, Kelly Cook, Megan Flowers, Claire Phythian, Rene Pillow, Margaret Robinson, Sarah Schwald, Sheila Sims, Cinda Soekin
- 1994 – Lisa Brown, Michelle Byrne, Kimberly Mount, Michelle Pillow, Sarah Schwald
- 1993 – Michelle Byrne, Barb Mariani, Kim Mount, Jamie Park, Rene Pillow, Sarah Schwald, Rhonda Whisenhunt
- 1992 – Stephanie Barrett, Claire Lavers, Pauline Durran, Kimberly Mourton, Jamie Park, Rene Pillow, Barb Marianni

SEC Freshman Academic Honor Roll

- 2009 – Samantha Learch
- 2008 – Lauren Cox, Tara Diebold, Mallory Lawrence, Jillian Rosen, Catherine White
- 2007 – Megan Jackson, Dani Parry, Brooke Upshaw, Miranda Walker
- 2006 – Denise Bargiachi, Jennifer Harper, Kelly Vrshek
- 2005 – Dacia Barr, Brandy Buss, Megan Scott
- 2004 – Becky Kerr, Michelle Martin, Caroline Peyton, Sarah Saffa.

Representing the State of Arkansas for Scholarship, Service and Athletics

The University of Arkansas received its 12th NCAA Woman of the Year for the state in 2004 with the selection of All-American high jumper Jessica Johnson. Since the first state representatives were selected in 1991, a Razorback has been a part of the National Woman of the Year banquet in 12 of the 14 years of the program.

The cross country and track and field teams have provided a good portion of Arkansas' NCAA Woman of the Year recipients. Cynthia Moore was Arkansas' first woman of the year back in 1991 and since then has been followed by six others that have competed for the Razorbacks on the track. Kim Mount was the state representative in 1994, followed by 10-time All-American Megan Flowers in 1997. Volleyball All-American and track walk-on Jessica Field represented the Razorbacks in 1999 before Jessica Dailey became the University's first top 10 finisher in 2000. 15-time All-American Amy Yoder Begley was selected in 2001 followed by All-American Jessica Johnson in 2004.

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Since records for the early Razorback track and field teams are incomplete, please let us know if you see any errors. Contact Molly O'Mara with the Arkansas Athletic Media Relations office.



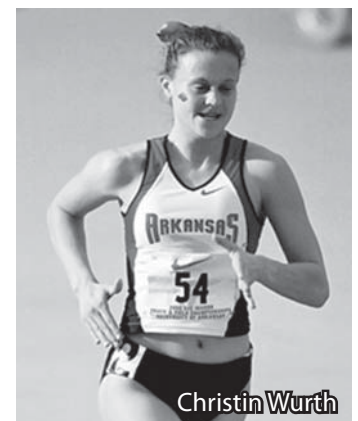
Gi-Gi Miller



Kyle Shoemake



Melody Sye



Christin Wurth

Randal Tyson Track Center

One of the newest facilities on the University of Arkansas campus is the Randal Tyson Track Center, which was dedicated on Feb. 12, 2000. The new facility was the vision of former UA head coach John McDonnell and Athletic Director Frank Broyles and continues the tradition of building some of the finest facilities in the nation at Arkansas.

In its first year of operation, the \$8 million facility hosted the Tyson Invitational, a meet on the Golden Spike Tour, the 2000 Southeastern Conference Championships and the 2000 NCAA Indoor Championships. In 2001 and 2002, the Randal Tyson Track Center once again served as the host for the Golden Spike Tour's Tyson Invitational and the NCAA Indoor Championships.



During the 2003 season, three events were held at the state-of-the-art facility: the SEC West Challenge, the Tyson Invitational and the NCAA Championships. The 2004 campaign saw four exciting events take place at the Randal Tyson Track Center, including the Arkansas, Razorback and Tyson Invitational meets and the national championships.

The schedule was full in 2005 as the Arkansas, Razorback and Tyson Invitationals and the SEC and NCAA Championships were all held at the Tyson Track Center.

A new 36x20 custom video scoreboard system by Daktronics was installed in time for the 2005 NCAA Championships. It features a 23x13 video display screen with instant replay, electronic timing and scoring capabilities.

The track itself is a 200-meter, 60-degree banked track that has 55-meter straightways running the entire length of the facility. It also includes men's and women's jumping runways and pits. The surface of the track is red and grey Mondo and was repainted in 2003.

With all of the big name events that are held in the facility, the Tyson Track Center was built to handle the demands for the many media outlets. The press box is two-tiered offering 50 seats and has an announcer's booth. There are four elevated camera positions located around the track. A media room is also available in the north concourse.



Randal Tyson Track Center All-Time Attendances

Att.	Date	Event
5,672	3/10/2001	2001 NCAA Championships - Day Two
5,596	3/11/2006	2006 NCAA Championships - Day Two
5,583	3/15/2003	2003 NCAA Championships - Day Two
5,567	3/9/2002	2002 NCAA Championships - Day Two
5,461	3/11/2005	2005 NCAA Championships - Day One
5,428	3/13/2004	2004 NCAA Championships - Day Two
5,371	3/9/2001	2001 NCAA Championships - Day One
5,350	3/11/2000	2000 NCAA Championships - Day Two
5,177	3/8/2002	2002 NCAA Championships - Day One
5,117	3/10/2000	2000 NCAA Championships - Day One
5,074	3/12/2004	2004 NCAA Championships - Day One
5,045	3/10/2006	2006 NCAA Championships - Day One
4,836	2/2/2002	2002 Tyson Invitational
4,519	2/15/2008	2008 Tyson Invitational
4,423	2/9/2007	2007 Tyson Invitational
4,397	2/13/2009	2009 Tyson Invitational
4,167	3/15/2008	2008 NCAA Championships - Day Two
4,111	2/12/2000	2000 Golden Spike Tour
3,837	3/14/2008	2008 NCAA Championships - Day One
3,649	2/27/2000	2000 SEC Championships - Day Two
3,536	2/11/2000	2000 Tyson Invitational
3,382	2/26/2000	2000 SEC Championships - Day One

John McDonnell Field

Outdoor home to the most successful program in NCAA history, John McDonnell Field is one of the top outdoor track and field facilities in the nation. Named for legendary head coach John McDonnell, the winner of 40 NCAA national championships, the facility is one of only two IAAF Class 1 certified track and field complexes in the U.S. and the first such facility on a collegiate campus.

The state-of-the-art competition areas include a nine-lane Mondo track, a grass infield as well as a full hammer cage and multiple throw areas. The pole vault and jumping pits are reversible and contain two sets of runways to accommodate multiple events. Capacity is currently set at 7,000 with the potential to hold 10,000 with additional construction.

John McDonnell Field played host to the 2006 Southeastern Conference Championships, the 2008 NCAA Midwest Regional Championships, the 2009 NCAA Outdoor Championships, in addition to the annual John McDonnell Invitational. The 2006 SEC and 2009 NCAA meets were the first in what promises to be a long line of prominent events slated for the new facility.



John McDonnell Field All-Time Attendances

<u>Att.</u>	<u>Date</u>	<u>Event</u>
5,430	6/12/2009	2009 NCAA Championships - Day Three
5,212	6/13/2009	2009 NCAA Championships - Day Four
5,206	6/11/2009	2009 NCAA Championships - Day Two
4,816	6/10/2009	2009 NCAA Championships - Day One
4,132	5/14/2006	2006 SEC Championships - Day Four
3,784	5/31/2008	2008 NCAA Midwest Championships - Day Two
3,468	5/13/2006	2006 SEC Championships - Day Three
2,850	5/30/2008	2008 NCAA Midwest Championships - Day One
1,746	5/12/2006	2006 SEC Championships - Day Two
562	5/11/2006	2006 SEC Championships - Day One



Facility Records

Randal Tyson Track Center Records

60 Meters	7.04 – Veronica Campbell adidas, 2006
200 Meters	22.40 – Bianca Knight Texas, 2008
400 Meters	50.80 – Natasha Hastings South Carolina, 2007
800 Meters	2:00.75 – Nicole Cook Tennessee, 2005
Mile	4:27.18 – Christin Wurth-Thomas USA, 2008
3,000 Meters	8:49.18 – Kim Smith Providence, 2004
5,000 Meters	15:14.18 – Kim Smith Providence, 2004
60-Meter Hurdles	7.84 – Virginia Powell USC, 2006
4x400-Meter Relay	3:27.66 – Texas, 2003 (Downer, McIntosh, Robinson, Richards)
Distance Medley Relay	10:58.19 – UCLA, 2002 (Burgess, Henderson, Mar, Nillson)
High Jump	6-5 – Destinee Hooker Texas, 2007
Pole Vault	15-5.75 – Jenn Stuczynski Adidas, 2007
Long Jump	22-8 – Elva Goulbourne Auburn, 2002
Triple Jump	46-7.25 – Erica McLain Stanford, 2008
Shot Put	62-10 – Laura Gerraughty North Carolina, 2004
Weight Throw	83-10.25 – Brittany Riley Southern Illinois, 2007
Pentathlon	4,496 points – Jacquelyn Johnson Arizona State, 2008

John McDonnell Field Records

100 Meters	11.03 – Kerron Stewart Auburn, 2006
200 Meters	22.36 – Shalonda Solomon South Carolina, 2006
400 Meters	50.39 – Joanna Atkins Auburn, 2009
800 Meters	2:00.80 – Geena Gall Michigan, 2009
1,500 Meters	4:13.05 – Susan Kuijken Florida State, 2009
Steeplechase	9:25.54 – Jennifer Barringer Colorado, 2009 (CR)
5,000 Meters	16:13.69 – Lisa Senakiewich Michigan State, 2009
10,000 Meters	33:25.71 – Danette Doetzel Providence, 2009
100-Meter Hurdles	12.91 – Moriam-Seun Adigun Houston, 2009
400-Meter Hurdles	55.39 – Nicole Leach UCLA, 2009
4x100-Meter Relay	42.36 – Texas A&M, 2009 (Carter, Lucas, Duncan, Mayo) (CR)
4x400-Meter Relay	3:28.51 – Texas, 2009 (Nwosu, Cooper, Anderson, Malone)
High Jump	6-4.75 – Destinee Hooker Texas, 2009
Pole Vault	14-9 – April Steiner Adidas, 2007
Long Jump	21-7.5 – Patricia Sylvester Georgia, 2006
Triple Jump	45-6.5 – Kimberley Williams Florida State, 2009
Shot Put	58-4.5 – Mariam Kevkhishvili Florida, 2009
Discus	194-4 – Danyel Mitchell LSU, 1994
Hammer	235-6 – Jenny Dahlgren Georgia, 2006
Javelin	195-7 – Rachel Yurkovich Oregon, 2009
Heptathlon	6,086 points – Brianne Theisen Oregon, 2009

2008 Beijing Olympic Games

The 2008 Summer Olympic Games saw 10 former Arkansas Razorback student-athletes make the trip to Beijing in representation of four countries.

Arkansas women's track and field had six of its former student-athletes competing in Beijing. Nicole Teter (800 meters), Christin Wurth-Thomas (1,500 meters), Amy Yoder Begley (10,000 meters), Deena Kastor (marathon), April Steiner Bennett (pole vault) and LaShaunte'a Moore (4x100-meter relay pool) represented Team USA while Veronica Campbell-Brown ran the 200 meters and as a member of the 4x100-meter relay for Team Jamaica.

Campbell-Brown, the first Razorback women's Olympic gold medalist in UA school history at the 2004 Olympic Games in Athens, won the gold medal with a personal-best time of 21.74 in Beijing. Her new medal was the fifth in her collection and she became only the second woman in history to successfully defend the Olympic 200-meter title. Her clocking, 21.74, is eighth on the all-time list. She also served as Jamaica's flag bearer at the Opening Ceremonies.

Deena Kastor was also after another Olympic medal in Beijing, after having won bronze in the marathon in 2004. In her third Olympic competition in Beijing, Kastor failed to finish the competition after experiencing discomfort in her right foot five kilometers into the race.

Nicole Teter, another multi-time Olympian for the Razorback women, competed in her second Olympic Games in Beijing after qualifying at 800 meters in the 2004 games at Athens. A leg injury kept Teter from even completing a lap, as she stepped off the track 100 meters into the race with tears streaming down her face.

"I really thought I could just step on the track and get through it," Teter said. "This is the Olympics. I had to go for it. My first stride, I just couldn't get on my toes. I went as far as I could and I just couldn't do it."

April Steiner Bennett finished eighth in the women's pole vault competition, clearing a personal-best 14-11. It was her first Olympic competition, and she couldn't help but feel the emotion.

"I walked out of the tunnel and onto the track and I started to cry," Steiner Bennett said. "It was just so overwhelming."

Cristin Wurth-Thomas dittoed Steiner Bennett's performance by posting an eighth-place finish of her own in her heat of the 1,500 meters. She posted a time of 4:09.70 in her first dose of competition at the Olympic Games.

Amy Yoder Begley, one of the most decorated women's track athletes in Razorback history, also saw her first dose of action in Olympic competition when she competed in the final at 10,000 meters. Her road to Beijing was one of trials and tribulations.

Immediately after finishing third at the US trials in Eugene, Ore., Yoder Begley was still uncertain as to whether or not she had made the time standard required to make the Olympic team. Needing to meet the Olympic A standard of 31:45.0, Yoder Begley cut it close and initially thought she was over the standard.

"The best way to describe my feelings was I was emotionally paralyzed," she said. "I was so crushed and so I just laid down on the track because I didn't know what else to do."

As it turned out, she was credited with posting a time of 31:43.60, 1.4 seconds under the standard.

"I couldn't believe it," Yoder Begley said. "I went from this incredible low to this incredible high instantaneously."

